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## Sejoy DBP-1359

# Sejoy Blood Pressure Monitor (Model: DBP-1359)

User Instruction Manual

## 1. INTRODUCTION

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The Sejoy DBP-1359 Blood Pressure Monitor is an automatic upper arm device designed for accurate and convenient blood pressure and heart rate measurement at home. This manual provides essential information for safe and effective use of your monitor.



Image: The Sejoy DBP-1359 Blood Pressure Monitor with its accompanying upper arm cuff.

## 2. WHAT'S IN THE BOX?

Please check the contents of your package to ensure all items are present:

- 1 x Sejoy Blood Pressure Monitor
- 1 x Upper Arm Cuff (adjustable for arm circumference 22-42cm / 8.7-16.5 inch)
- 1 x Storage Bag
- 1 x User's Manual
- 4 x AAA Batteries
- 1 x USB Cable (for optional power)

# What's In The Box?

- 1 Blood Pressure Monitor
- 2 Upper Arm Cuff
- 3 Storage Bag
- 4 User's Manual
- 5 4\*AAA Batteries
- 6 USB Cable



Image: Visual representation of all items included in the product package: the monitor, cuff, storage bag, user manual, batteries, and USB cable.

## 3. PRODUCT FEATURES

The Sejoy Blood Pressure Monitor is equipped with several features for accurate and user-friendly operation:

- **Clinical Accuracy:** Tested and proven for high accuracy.
- **Large LCD Backlit Display:** 3.75-inch screen with backlight for easy reading, especially in low light conditions.
- **One-Button Operation:** Fully automatic measurement initiated with a single press of the "Start" button.
- **Adjustable Arm Cuff:** Designed for upper arm circumferences from 22-42cm (8.7-16.5 inches).
- **Two Users Memory:** Stores up to 120 readings (60 for each of two users) with date and time stamps.
- **Dual Power Supply:** Can be powered by 4 AAA batteries (included) or via USB charge (cable included).
- **Arrhythmia Detection:** Alerts the user to irregular heartbeats.
- **WHO BP Level Indicator:** Provides a color-coded classification of blood pressure levels according to WHO guidelines.

# Blood Pressure Monitor

Protect your family's health



One-Button Operation



2X60 Memories



Smart Inflation



WHO BP Level Indicator



Arrhythmia Detection



Date/Time Stamp



Fast Test



Large Backlit Display



Image: An infographic highlighting the monitor's key features, including one-button operation, memory, smart inflation, WHO indicator, arrhythmia detection, date/time stamp, fast test, and large backlit display.

## Extra Large HD Backlit Display

Large font and backlight display, you can see your measurement results more clearly, and it is also very convenient to use in dark places



Image: A close-up view of the monitor's extra-large HD backlit display, showing clear numerical readings in a dark environment.



Image: Illustrates the dual-user mode, allowing two individuals to store their measurement records separately, each with 60 memories.

## Oversized Adjustable Arm Cuff

8.6~16.5inch (22~42cm) Adjustable arm cuff, can better fit the arms of people of different body shapes, do not worry about the arm cuff is too loose or not long enough

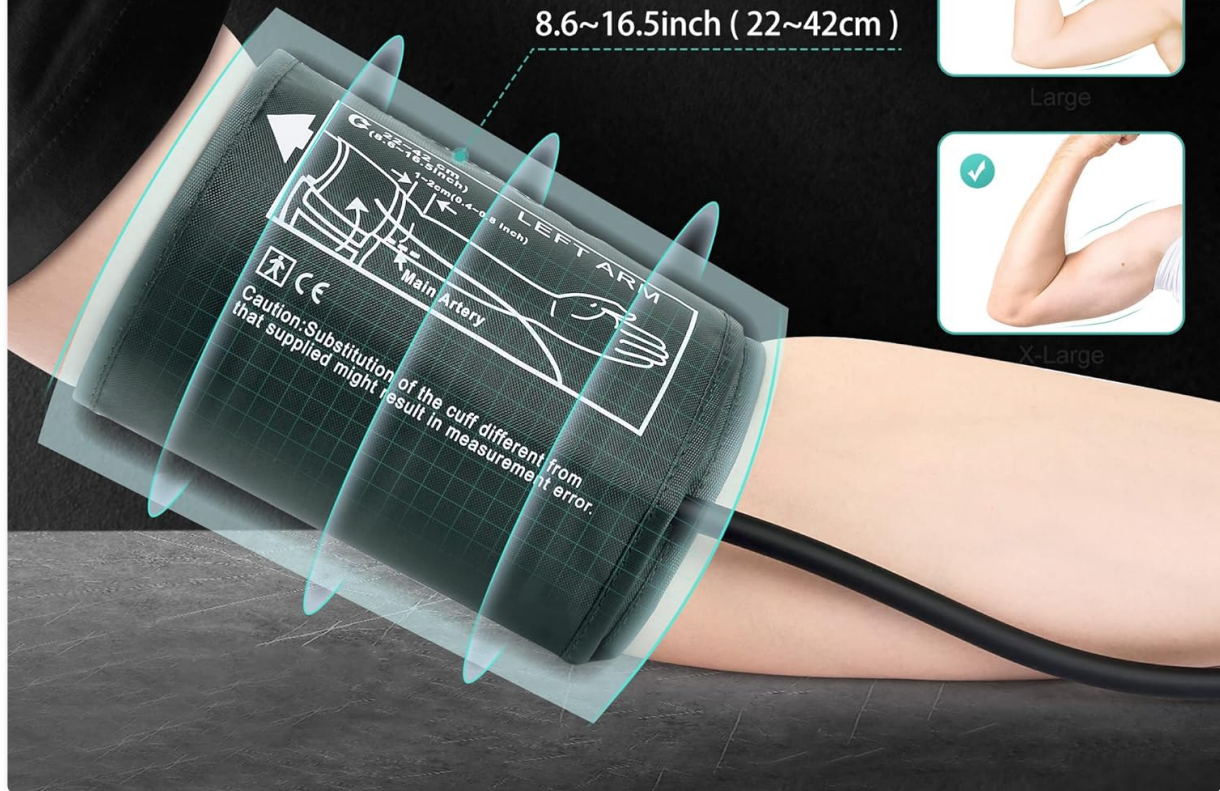


Image: Shows the oversized adjustable arm cuff, demonstrating its flexibility to fit various arm sizes from 8.6 to 16.5 inches (22-42 cm).

## 4. SETUP

### 4.1. Power Supply

The monitor can be powered by batteries or via USB:

- **Battery Installation:** Open the battery compartment on the back of the monitor. Insert 4 AAA batteries, ensuring correct polarity (+/-).
- **USB Power:** Connect the provided USB cable to the monitor's USB port and to a compatible USB power adapter (not included) or computer USB port.

### 4.2. Cuff Connection

Insert the air tube connector from the arm cuff firmly into the air jack on the side of the blood pressure monitor.

## 5. OPERATING INSTRUCTIONS

Follow these steps for accurate blood pressure measurement:

### 1. Step 1: Preparation before measurement

Remove any jewelry from your hand. Avoid eating, drinking alcohol or caffeinated beverages, smoking, exercising, or bathing for 30 minutes prior to taking a measurement. It is best to take a reading on bare skin; pull up long sleeves if necessary.

### 2. Step 2: Tighten the cuff properly

Rest for several minutes prior to testing. Sit down in a quiet place, preferably at a desk or table, with your arm resting on a firm surface and your feet flat on the floor. Apply the cuff to your left upper arm, ensuring the air tube runs down the center of your arm. The bottom edge of the cuff should be approximately 1-2 cm (0.4-0.8 inches) above your elbow joint. The main artery mark on the cuff should align with your brachial artery.

### 3. Step 3: Rest wrist at heart level

Ensure your arm is relaxed and the cuff is at the same level as your heart.

### 4. Step 4: Start measuring

Press the "Start" button. The cuff will automatically inflate. Remain still and do not talk during the measurement. The monitor will display your systolic, diastolic, and pulse readings once complete. Take two or three readings approximately a minute apart to get an average and record your readings with the time/date stamp function.

## HOW TO MEASURE YOUR BLOOD PRESSURE PROPERLY AT HOME

### Step 1

#### Preparation before measurement

Remove the jewelry from your hand. Avoid eating, drinking alcohol or caffeinated beverages, smoking, exercising or bathing for 30 minutes prior to taking a measurement. It's best to take a reading on bare skin, pull up long sleeves.

### Step 2

#### Tighten the cuff properly

Rest for several minutes prior to testing. Sit down in a quiet place, preferably at a desk or table, with your arm resting on a firm surface and your feet flat on the floor.

### Step 3

#### Rest wrist at heart level

Apply cuff to your left arm and keep level with your heart. Bottom of cuff should be placed approximately 1-2cm (0.4-0.8") above elbow joint.

### Step 4

#### Start measuring

Do not move while cuff inflates and deflates. Take two or three readings approximately a minute apart to get an average and record your readings with our time/date stamp function.

Image: A visual guide detailing the four steps for accurate home blood pressure measurement: preparation, proper cuff placement, arm positioning, and starting the measurement.

## 6. MAINTENANCE

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To ensure the longevity and accuracy of your blood pressure monitor:

- Clean the monitor and cuff with a soft, dry cloth. Do not use abrasive cleaners or immerse the unit in water.
- Store the device in its storage bag in a cool, dry place, away from direct sunlight and extreme temperatures.
- Remove batteries if the unit will not be used for an extended period to prevent leakage.

## 7. TROUBLESHOOTING

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If you encounter issues with your monitor, please refer to the following common solutions:

- **No Display/Power:** Check battery installation and ensure batteries are not depleted. If using USB power, ensure the cable is securely connected and the power source is active.
- **Error Message:** Ensure the cuff is correctly applied and the air tube is not kinked. Remain still and quiet during measurement. If errors persist, consult the full user manual for specific error codes.
- **Inconsistent Readings:** Ensure proper measurement technique (refer to Section 5). Take multiple readings and average them. Avoid measuring after physical activity, caffeine, or smoking.
- **Cuff Not Inflating/Deflating:** Check that the air tube is securely connected to both the cuff and the monitor. Ensure there are no leaks in the cuff or tube.

For more detailed troubleshooting, please refer to the complete user manual included in the package.

## 8. SPECIFICATIONS

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Specification	Detail
Model Number	DBP-1359
Product Dimensions	16.5 x 12.5 x 8.7 cm; 540 g
Cuff Circumference	22-42 cm (8.7-16.5 inches)
Display Type	LCD with Backlight
Memory Capacity	2 users x 60 readings (120 total)
Power Source	4 x AAA Batteries (included) or USB Charge
Manufacturer	Joytech healthcare Co.,Ltd.

## 9. BLOOD PRESSURE STAGES (ACCORDING TO AMERICAN HEART ASSOCIATION)

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Blood Pressure Category	Systolic mm Hg (upper #)		Diastolic mm Hg (lower #)
Normal	less than 120	and	less than 80
Elevated	120-129	and	less than 80
High Blood Pressure (Hypertension) Stage 1	130-139	or	80-89

High Blood Pressure (Hypertension) Stage 2	140 or higher	or	90 or higher
Hypertensive Crisis (Seek Emergency Care)	high than 180	and/or	high than 120

Source: American Heart Association



## How to Use

**Step 1**

**Preparation before measurement**  
Remove the jewelry from your hand. Avoid eating, drinking alcohol or caffeinated beverages, smoking, exercising or bathing for 30 minutes prior to taking a measurement. It's best to take a reading on bare skin, pull up long sleeves.

**Step 2**

**Tighten the cuff properly**  
Rest for several minutes prior to testing. Sit down in a quiet place, preferably at a desk or table, with your arm resting on a firm surface and your feet flat on the floor.

**Step 3**

**Rest wrist at heart level**  
Apply cuff to your left arm and keep level with your heart. Bottom of cuff should be placed approximately 1-2cm (0.4-0.8") above elbow joint.

**Step 4**

**Start measuring**  
Do not move while cuff inflates and deflates. Take two or three readings approximately a minute apart to get an average and record your readings with our time/date stamp function.






Image: A table illustrating the different categories of blood pressure, including normal, elevated, hypertension stages, and hypertensive crisis, with corresponding systolic and diastolic ranges.

## 10. WARRANTY AND SUPPORT

Specific warranty details for the Sejoy DBP-1359 Blood Pressure Monitor are not provided in the available product information. Please refer to the warranty card included with your product or contact Sejoy customer support for warranty claims and technical assistance.

For support, please refer to the contact information provided in your product packaging or visit the official Sejoy website.