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› iHealth Push Wrist Blood Pressure Monitor (Model KD-723) - Instruction Manual

iHealth KD-723

iHealth Push Wrist Blood Pressure Monitor (Model KD-723) - Instruction Manual

INTRODUCTION

This manual provides comprehensive instructions for the safe and effective use of your iHealth Push Wrist Blood Pressure Monitor, Model KD-723. Please read this manual thoroughly before using the device and retain it for future reference.

SAFETY INFORMATION

Keep out of reach of children.

To use a wrist blood pressure monitor, place the cuff snugly around your wrist, 1-2 centimeters above the wrist bone, with your palm facing upwards, while sitting comfortably with your feet flat on the floor.

WHAT'S INCLUDED

- 1 x iHealth Push Wrist Blood Pressure Monitor (Adjustable Cuff Accommodates Wrists from 5 ½" to 7 ¾")
- 2 x AAA batteries
- 1 x Portable Carrying Case
- 1 x Instruction manual



The iHealth Push Wrist Blood Pressure Monitor, its adjustable cuff, and portable carrying case.

PRODUCT OVERVIEW

The iHealth Push Wrist Blood Pressure Monitor features a large display for clear readings, a comfortable adjustable cuff, and simple controls for ease of use. It is designed for convenient blood pressure tracking at home or while traveling.



Front view of the iHealth Push monitor displaying blood pressure readings.

SETUP

1. Battery Installation

Open the battery compartment on the side or back of the device. Insert the two AAA batteries, ensuring correct polarity (+/-). Close the battery compartment securely.

Advanced Algorithms

Leveraging more than two decades of research expertise, and drawing from a colossal pool of information acquired through over 100,000 research study data points, iHealth has pioneered its exclusive Intelligent Physiological Features Recognition Algorithms (IPFRA).

This proprietary blood pressure algorithm customizes itself to the unique physiological traits of each user, significantly amplifying the precision of both systolic and diastolic blood pressure readings.



IPFRA

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Illustration of battery installation within the iHealth Push monitor.

2. Cuff Placement

Slide the cuff onto your wrist, ensuring the display faces upwards and is positioned approximately $\frac{1}{2}$ inch (1-2 cm) above your wrist bone. The cuff should fit snugly but not too tightly, allowing one finger to fit comfortably between the cuff and your wrist.

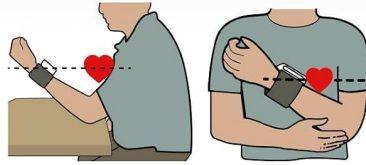
Tips for Obtaining Accurate Measurements

Sit quietly for **5 mins** before taking a measurement;

Wait at least **1 mins** between consecutive measurements;

Measure before bedtime;

Measure before having breakfast and any medications.



1 Measuring without a table



Step 1

Put on the cuff, leaving $\frac{1}{2}$ " between the cuff and the base of your hand.



Step 2

Sit with your back supported. Keep both feet flat on the floor.



Step 3



Step 4

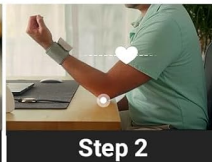
Fold your arm across your chest while keeping the cuff at heart level.

2 Measuring at a table



Step 1

Put on the cuff, leaving $\frac{1}{2}$ " between the cuff and the base of your hand.



Step 2

Rest your elbow on the table and keep your cuff level with your heart.



Step 3

Sit with your back supported. Keep both feet flat on the floor.



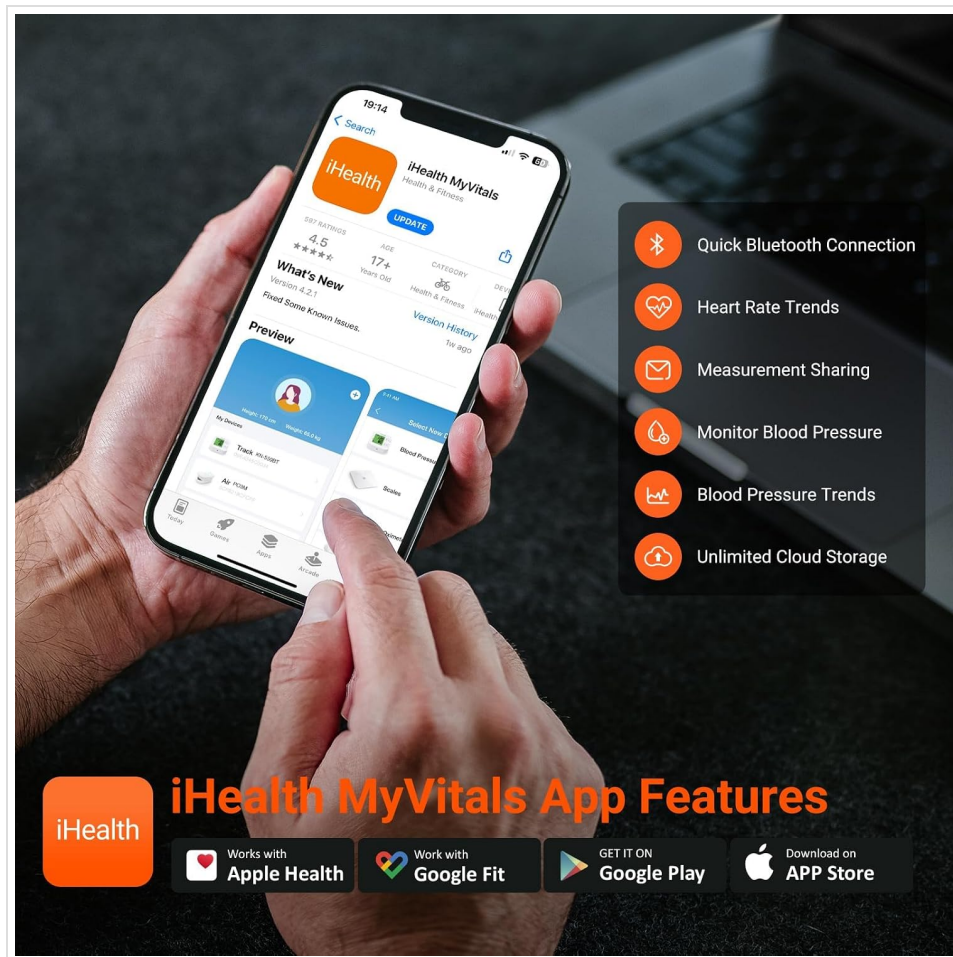
Step 4

Visual guide for proper wrist cuff placement.

OPERATING INSTRUCTIONS

1. Proper Measurement Posture

Sit quietly for 5 minutes before taking a measurement. Sit with your back supported and both feet flat on the floor, with legs uncrossed. Fold your arm across your chest, keeping the cuff at heart level. Remain still and avoid talking during the measurement.



Correct posture for taking a blood pressure reading.

2. Taking a Measurement

Once the cuff is correctly positioned and you are in the proper posture, press the 'Start/Stop' button on the monitor. The cuff will inflate, and the measurement will begin. Your results will be displayed on the large screen within seconds.

*Official iHealth video demonstrating the use of the Wrist
Blood Pressure Monitor for at-home or travel use.*

APP INTEGRATION (iHEALTH MYVITALS)

The iHealth Push monitor features built-in Bluetooth for effortless data syncing with the free iHealth MyVitals app. This allows for easy tracking, storing, and sharing of your readings with healthcare providers. The monitor stores up to 99 readings, while the app offers unlimited data storage.



The iHealth MyVitals app interface showing historical blood pressure data.

INTERPRETING RESULTS: COLOR-CODED INDICATOR

The monitor features a color-coded Blood Pressure Indicator that categorizes your results into easy-to-understand ranges: Normal BP (green), High-normal BP (yellow), Mild Hypertension (orange), and Severe Hypertension (red). This provides an immediate visual assessment of your blood pressure status.



Wireless Sync with Bluetooth Technology

Built-in Bluetooth technology synchronizes readings with your smartphone or tablet, facilitating intuitive tracking, trend analysis, and the sharing of results with your physician or loved ones.



Color-coded indicator on the iHealth Push monitor for quick result interpretation.

TIPS FOR ACCURATE MEASUREMENTS

- Rest for 5 minutes before measuring.
- Allow 60-90 seconds between consecutive readings.
- Measure before bedtime.
- Take readings before breakfast.
- Check before morning medication.
- Wait 30 minutes after physical activity.



Additional tips to ensure optimal accuracy for your blood pressure readings.

MAINTENANCE

To ensure the longevity and accuracy of your iHealth Push monitor, clean the device and cuff regularly with a soft, dry cloth. Do not use abrasive cleaners or immerse the device in water. Store the monitor in its portable carrying case in a cool, dry place away from direct sunlight and extreme temperatures.

TROUBLESHOOTING

If you encounter issues with your monitor, first check the battery levels and ensure the cuff is correctly applied. Refer to the full instruction manual for a detailed troubleshooting guide. If problems persist, contact customer support.

SPECIFICATIONS

Feature	Detail
Product Dimensions	3.15"L x 2.75"W x 2.56"Th
Item Model Number	KD-723
Batteries	2 AAA batteries required (included)
Item Weight	118.4 Grams
Band Size	7.75 inches (Adjustable Cuff Accommodates Wrists from 5 ½" to 7 ¾")
Display Type	Large Display

Power Source	Battery Powered
Included Components	Case, Cuff
Age Range (Description)	Adult

WARRANTY AND SUPPORT

The iHealth Push Wrist Blood Pressure Monitor comes with a worry-free 12-month limited warranty. For any questions or assistance, please contact our friendly California-based customer service team.

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