FDK FT-C03-V (L)

FDK Blood Pressure Monitor FT-C03-V (L) Instruction Manual

Model: FT-C03-V (L) | Brand: FDK

Introduction

Thank you for choosing the FDK Blood Pressure Monitor. This device is designed for accurate and convenient blood pressure measurement at home. Please read this manual thoroughly before use to ensure proper operation and to understand all safety precautions.

Important Safety Information

- Consult your physician for interpretation of blood pressure measurements. Self-diagnosis and treatment based on measurement results can be dangerous.
- This device is intended for adult home use only.
- Do not use this device on infants or individuals who cannot express consent.
- Keep the device out of reach of children.
- Do not use the device in a moving vehicle.
- Avoid eating, drinking, smoking, or exercising for at least 30 minutes before measurement.
- Rest for 5-10 minutes before taking a measurement.

What's in the Box

The FDK Blood Pressure Monitor package includes the following components:

- 1 x FDK Blood Pressure Monitor Unit
- 1 x Extra Wide Range Cuff (fits upper arms with 9.45-18.9 inches / 24-48 cm circumference)
- 1 x Instruction Manual



Image: Contents of the FDK Blood Pressure Monitor package.

Product Features

- **Large Digital Display & Backlit:** Ensures all measurement results are easy to read, especially beneficial for seniors and vision-impaired users.
- **Bilingual Audio Options:** Offers English, Spanish, or Mute settings with adjustable voice volume for user convenience.
- **Multiple Power Sources:** Operates with (4) AA batteries, Smart Micro USB, or an AC/DC adapter (batteries and adapters not included).
- **Dual User Memory:** Two data storage profiles, each capable of storing up to 90 readings, preventing data mix-ups.
- **Clinical Approved Accuracy:** Provides accurate results with easy one-touch operation. No calibration required.
- **Heart Rhythm Disturbance Detection:** Automatically identifies and alerts for any irregular heart rhythms, displaying a warning symbol after measurement.

Image: Large, backlit display for enhanced readability.

Image: Bilingual audio options (English/Spanish) and mute function.

Image: Multiple power source options for the monitor.

Image: Dual-user memory storage feature.

Setup

1. Power Installation

The monitor can be powered by four (4) AA batteries, a Micro USB cable, or an AC/DC adapter.

1. **Using Batteries:** Open the battery compartment cover on the bottom of the device. Insert four (4) AA batteries, ensuring correct polarity (+/-). Close the cover securely.
2. **Using Micro USB:** Connect a Micro USB cable (not included) to the Micro USB port on the side of the monitor and to a compatible USB power source.
3. **Using AC/DC Adapter:** Connect an AC/DC adapter (not included) to the appropriate port on the monitor.

2. Attaching the Cuff

Connect the air tube from the cuff securely into the air jack on the side of the monitor unit.

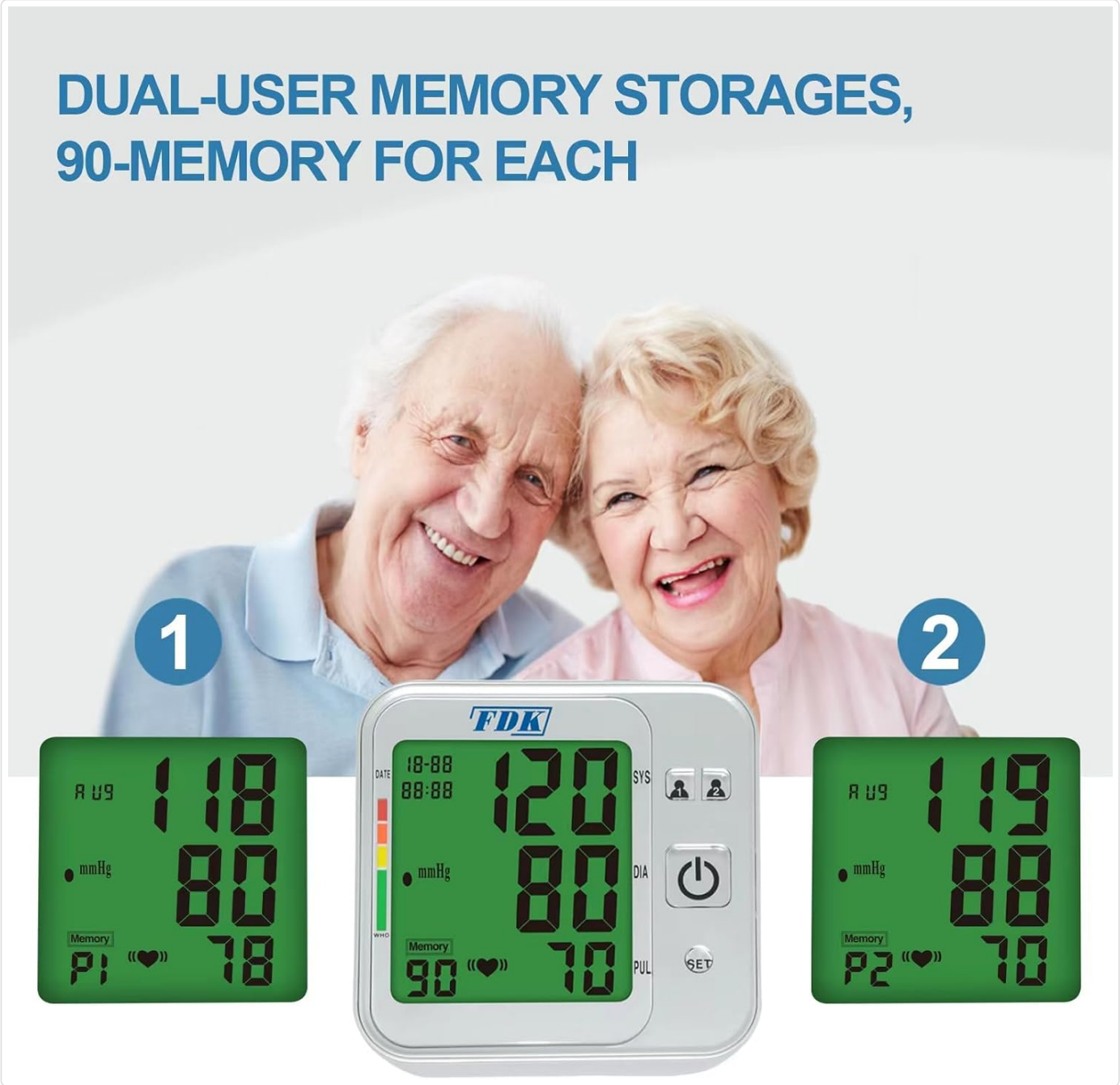


Image: Proper connection of the cuff to the monitor.

Operating Instructions

1. Applying the Cuff

1. Ensure your arm is bare or has thin clothing.
2. Sit comfortably with your feet flat on the floor, and your arm supported at heart level.
3. Wrap the cuff around your upper arm, approximately 1-2 cm above your elbow. The air tube should run down the inside of your arm.
4. Secure the cuff snugly but not too tightly. There should be enough space to insert two fingers between the cuff and your arm.



Image: Correct cuff placement on the upper arm.

2. Taking a Measurement

1. Press the **Power** button ( ) to turn on the monitor. The display will show "00".
2. Select the user profile (P1 or P2) by pressing the **User** buttons ( ).
3. The cuff will automatically inflate and then slowly deflate. Remain still and quiet during the measurement.
4. Once the measurement is complete, your systolic pressure, diastolic pressure, and pulse rate will be displayed and announced (if voice function is enabled).
5. The result will be automatically stored in the selected user profile.
6. Press the **Power** button again to turn off the monitor, or it will automatically shut off after a period of inactivity.

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Video: Official FDK video demonstrating the speaking arm cuff blood pressure monitor in use, including measurement process and voice output.

3. Adjusting Voice Volume and Language

The monitor features adjustable voice volume and bilingual language options (English/Spanish).

- To adjust the volume, use the **+/-** buttons located on the side of the device.
- To change the language or mute the voice, press the **SET** button repeatedly until the desired option (SP 01: English, SP 02: Spanish, SP OF: Mute) is displayed.



Image: Location of voice volume control on the monitor.

4. Reviewing Stored Readings

To access previous measurements:

1. Turn on the monitor.
2. Select the desired user profile (P1 or P2).
3. Press the **Memory** button (often labeled "M" or similar, or indicated by the user profile icons) to cycle through stored readings.

Maintenance

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

Troubleshooting

Problem	Possible Cause	Solution
Monitor does not power on.	Low or dead batteries; incorrect battery installation; no power from USB/AC adapter.	Replace batteries; check battery polarity; ensure USB/AC adapter is properly connected and functional.
Cuff does not inflate or inflates incorrectly.	Cuff not properly connected to the monitor; air leakage from cuff or tube; cuff not wrapped correctly.	Check cuff connection; inspect cuff and tube for damage; re-wrap cuff snugly.
Inaccurate readings.	Movement during measurement; incorrect cuff placement; talking during measurement; arm not at heart level.	Remain still and quiet; ensure correct cuff placement; measure at the same time daily; rest before measurement.
Voice function not working.	Volume too low; voice function muted.	Adjust volume using +/- buttons; check language setting (SP OF for mute) and change if necessary using SET button.

Specifications

- **Model Name:** FT-C03-V (L)
- **Product Dimensions:** 5.5"L x 3.79"W x 4.76"Th
- **Weight:** 1.15 Pounds
- **Cuff Size:** Large (fits upper arms 9.45-18.9 inches / 24-48 cm)
- **Power Source:** 4 AA batteries, Micro USB, AC/DC adapter (not included)
- **Display Type:** Large eye-friendly digital display with backlighting
- **Memory:** 2 users, 90 readings each
- **Manufacturer:** FUDAKANG INDUSTRIAL CO., LTD

Warranty and Support

For warranty information or technical support, please contact FDK Medical customer service. Refer to the product packaging or the official FDK website for contact details.

Legal Disclaimer: Statements regarding dietary supplements have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition. This device is not a substitute for professional medical advice.

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