

CITIZEN CHUH719

CITIZEN Upper Arm Blood Pressure Monitor CHUH719 Instruction Manual

Model: CHUH719

1. PRODUCT OVERVIEW

The CITIZEN CHUH719 is an automatic electronic upper arm blood pressure monitor designed for non-invasive measurement of systolic and diastolic blood pressure for health management. It is classified as a Specified Controlled Medical Device (Certification Number: 303ADBZX00111000).

Key Features:

- Easy one-handed cuff application.
- Large capacity memory: 130 records for 2 users, including morning/evening measurements.
- Displays the average of the last 3 readings.
- Includes an AC adapter for convenient power.
- Features 'Body Movement Mark' and 'Irregular Pulse Interval Mark' to alert during measurement.
- 'Temperature Gauge Mark' indicates if measurement is outside the optimal operating temperature range (10°C-40°C).
- Blood pressure classification mark based on WHO/ISH 6-stage guidelines.
- Flexible clock display options: date/time/temperature, date/time, time/temperature, time, or off.

毎日の測定をより簡単に! 装着しやすい「カプッとカフ」

U字型のカフ「カプッとカフ」で
簡単装着!測定時の負荷を軽減し、
毎日の測定をよりお手軽に。



①片手で簡単に



②カプッとフィット!



③カフが回り難いので
引っ張りやすい



④正しい位置に
巻き易い

Image: CITIZEN CHUH719 Upper Arm Blood Pressure Monitor with the cuff attached.

2. IMPORTANT SAFETY INFORMATION

Please read all safety information carefully before using the device. Failure to follow these instructions may result in injury, accident, or device malfunction.

Contraindications and Prohibitions:

- Always use the included cuff with this blood pressure monitor. Do not connect or use it with other medical devices.
- When self-measuring, always follow your doctor's guidance for measurement and diagnosis. Adhere to your doctor's instructions for medication. Do not self-diagnose or treat based on measurement results.
- Do not apply the cuff to an arm with unhealed wounds, as this may worsen the condition.
- Do not apply the cuff to an arm undergoing intravenous drip or blood transfusion treatment.
- If you have severe circulatory problems in your arm, consult a doctor before use.
- Measurement may not be possible for individuals with poor blood flow at the measurement site, weak blood vessels, or frequent irregular pulses. This judgment is made by a doctor. Always consult a doctor before use.
- Do not use near flammable gases, such as anesthetic gas, in hospitals, due to the risk of ignition.
- Do not use in high-concentration oxygen environments, such as hyperbaric oxygen chambers or oxygen tents, in hospitals, due to the risk of fire.
- This product is intended for home self-blood pressure measurement. Do not use it in medical institutions or public places where many unspecified individuals are measured.
- Individuals with pacemakers or who have undergone mastectomy should follow their doctor's instructions.

Precautions for Use:

- Do not use for purposes other than blood pressure measurement. Do not disassemble, repair, or modify the device, as this may lead to fire, malfunction, or accident.
- Do not bring the device near equipment emitting electromagnetic waves (e.g., mobile phones) during blood pressure measurement, as this may cause malfunction.
- Do not use on children or individuals unable to express their intentions.
- If measuring blood pressure continuously, always wait for an interval of at least 1 minute between measurements to avoid congestion or swelling.
- If the battery mark appears on the display or nothing is displayed when pressing the [Measure/Stop] switch, replace all 4 dry cell batteries simultaneously with new ones. If using rechargeable batteries, recharge them.
- Do not use the device with the air hose bent.
- If you feel strong pressure or any abnormality during measurement, immediately press the [Measure/Stop] switch, or remove the air hose plug, or remove the cuff.
- Use only the dedicated AC adapter. Using other adapters may cause fire or electric shock.
- Do not plug or unplug the AC adapter from the outlet with wet hands. When not in use, always unplug the power cord from the outlet to prevent electric shock, fire, or malfunction.
- If a malfunction is discovered, stop use immediately, do not disassemble the device, and contact the retailer or CITIZEN Systems customer service center (0120-88-6295).
- The manufacturer cannot be held responsible for any damage resulting from use not in accordance with the attached documents and instruction manual, or for any unauthorized repair, modification, disassembly, or readjustment.

3. SETUP

3.1 Power Supply Installation

The CHUH719 can be powered by 4 AA batteries or the dedicated AC adapter.

1. **Battery Installation:** Open the battery compartment cover on the back of the unit. Insert 4 AA alkaline or manganese batteries, ensuring correct polarity (+/-). Close the cover securely. If using rechargeable Ni-MH batteries (e.g., eneloop or evolta), ensure they are fully charged.
2. **AC Adapter Connection:** Insert the dedicated AC adapter plug into the power jack on the side of the main

unit. Plug the AC adapter into a standard electrical outlet.

3.2 Cuff Connection

Connect the air plug of the cuff hose firmly into the air jack on the side of the main unit.

3.3 Setting Date and Time

Accurate date and time settings are essential for tracking your measurements. Refer to the detailed instructions in the full manual for specific steps on setting the date, time, and year.



Image: Preparing for measurement, including ensuring proper time and a calm state.

4. OPERATING INSTRUCTIONS

4.1 Applying the Cuff

The CHUH719 features an easy-to-apply cuff designed for one-handed use.

1. Sit comfortably with your arm resting on a table, palm facing up.
2. Slide your arm through the cuff loop. The air tube should run along the inside of your arm.
3. Position the cuff so its lower edge is approximately 1-2 cm above your elbow. The center of the cuff should be aligned with your middle finger.
4. Tighten the cuff snugly around your upper arm using the hook-and-loop fastener. Ensure it is not too tight or too loose.

2人で使える大容量メモリー 朝/夜の測定結果を記録

大容量メモリーで2人分の測定結果
各130回分(合計260回分)と
朝と夜の測定結果を記録。

2人分の
データを
各130回分
記録



Image: Demonstrates the one-handed application of the cuff to the upper arm.

4.2 Taking a Measurement

1. Ensure you are seated comfortably and relaxed. Avoid talking or moving during measurement.
2. Press the **[Measure/Stop]** button. The cuff will automatically inflate.
3. The device will display your systolic pressure, diastolic pressure, and pulse rate upon completion.

4. Press the **[Measure/Stop]** button again to turn off the device, or it will automatically power off after a period of inactivity.



Image: Correct measurement posture and cuff placement on the arm.

4.3 Understanding Display Icons

The CHUH719 display provides helpful indicators:

- **Body Movement Mark:** Appears if significant body or arm movement is detected during measurement, which can affect accuracy.
- **Irregular Pulse Interval Mark:** Indicates that an irregular pulse rhythm was detected during measurement. Consult your doctor if this appears frequently.
- **Cuff Error Mark:** Appears if the cuff is not applied correctly (too loose or improperly positioned).
- **Temperature Gauge Mark:** Flashes if the measurement is taken outside the recommended operating temperature range (10°C to 40°C).



Image: Icons indicating body movement and irregular pulse interval during measurement.

4.4 Memory Function

The device stores 130 measurements for two users (total 260 records). It also records morning and evening measurements separately.

- Press the **[Memory]** button to view past readings.
- Use the user selection switch (if available) to switch between User 1 and User 2 data.
- The device can display the average of the last three readings.

測定中の脈間隔の変動や 体動などをマークでお知らせ

測定中に脈間隔の変動や体動などを
検出した場合、画面にマークが表示されます。
マークでお知らせするので、
正しく測定できます。



脈間隔変動マーク



体動マーク



カフ巻きエラーマーク



温度計マーク

Image: The large digital display showing blood pressure readings, pulse, date, and time.

4.5 Clock Display Settings

When not in use for blood pressure measurement, the device can function as a clock with room temperature display. You can select from 4 display patterns or turn the display off.



Image: Various display modes for date, time, and room temperature.

5. MAINTENANCE

5.1 Cleaning

- Wipe the main unit and cuff with a soft, dry cloth.
- If necessary, lightly dampen the cloth with water or a mild detergent, then wipe dry.
- Do not use abrasive cleaners, solvents, or harsh chemicals, as these may damage the device.
- Do not wash the cuff or immerse the main unit in water.

5.2 Storage

- Store the device in a clean, dry place away from direct sunlight, extreme temperatures, and high humidity.
- Keep out of reach of children and pets.
- The cuff can be neatly stored within the main unit for space-saving and portability.



Image: The blood pressure monitor with its cuff stored compactly within the unit.

5.3 Battery Replacement

When the battery indicator appears on the display or the device does not power on, replace all four AA batteries simultaneously with new ones. If using rechargeable batteries, recharge them.

6. TROUBLESHOOTING

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

- **No Display / Device Does Not Turn On:** Check if batteries are inserted correctly and have sufficient charge. Replace all four batteries with new ones or ensure the AC adapter is securely connected.
- **"Cuff Error" Mark Appears:** Re-apply the cuff, ensuring it is snug and correctly positioned 1-2 cm above the elbow, with the air tube aligned.
- **Inconsistent Readings:** Ensure you are relaxed, seated correctly, and not moving or talking during measurement. Wait at least 1 minute between measurements. Factors like stress, time of day, and recent

activity can affect readings.

- **"Body Movement" or "Irregular Pulse" Mark Appears:** Remain still and quiet during measurement. If the irregular pulse mark appears frequently, consult your doctor.
- **"Temperature Gauge" Mark Flashes:** The ambient temperature is outside the operating range (10°C to 40°C). Move the device to a room with a suitable temperature and wait for it to adjust before measuring.

If the problem persists after trying these steps, stop using the device and contact customer support.

7. SPECIFICATIONS

| Item | Specification |
|------------------------------------|---|
| Product Name | CITIZEN Upper Arm Blood Pressure Monitor CHUH Series |
| Model | CHUH719 |
| Measurement Method | Oscillometric method |
| Display Method | Digital display |
| Cuff Type | Arm cuff |
| Applicable Arm Circumference | 17.0 - 36.0 cm |
| Measurement Range (Pressure) | 0 - 280 mmHg (Resolution: 1 mmHg) |
| Measurement Range (Pulse) | 40 - 180 beats/min |
| Measurement Accuracy (Pressure) | ±3 mmHg |
| Measurement Accuracy (Pulse) | ±5% of reading |
| Temperature Accuracy | ±2°C (0°C - 50°C) |
| Clock Accuracy | Monthly difference ±30 seconds (at 25°C) |
| Inflation | Automatic inflation by pump |
| Deflation | Speed-controlled deflation by electronic control valve |
| Exhaust | Rapid exhaust by electronic control valve |
| Rated Voltage / Power Supply | DC6V (4 AA dry cell batteries or dedicated AC adapter or 4 AA Ni-MH rechargeable batteries) |
| Battery Usage Count (Alkaline AA) | Approx. 500 times |
| Battery Usage Count (Manganese AA) | Approx. 150 times (1 measurement/day, 22°C, 170mmHg inflation) |

| | |
|--------------------------------|---|
| Operating Temperature/Humidity | 10°C - 40°C / Relative humidity 15% - 85% RH |
| Storage Temperature/Humidity | -20°C - 60°C / Relative humidity 10% - 95% RH |
| Operating Pressure Range | 700 hPa - 1060 hPa |
| Memory Capacity | 130 records |
| Electric Shock Protection | Class II equipment (with AC adapter), Internal power supply equipment (without AC adapter) |
| Dimensions | Approx. 119 (W) x 169 (H) x 148 (D) mm |
| Weight (Main Unit) | Approx. 450g (excluding batteries) |
| Weight (Cuff) | Approx. 160g |
| Accessories | Cuff, 4 AA alkaline batteries (for monitor), Instruction Manual/EMC Technical Data/Warranty, Medical Device Attachment Document |

8. WARRANTY AND SUPPORT

8.1 Warranty Information

The CITIZEN CHUH719 Blood Pressure Monitor comes with a 1-year free repair warranty from the date of purchase, provided the product has been used correctly according to the instruction manual. Please retain your warranty card and proof of purchase.

Please note that the manufacturer cannot be held responsible for any use not in accordance with the attached documents and instruction manual, or for any unauthorized repair, modification, disassembly, or readjustment.

8.2 Customer Support

For any inquiries, technical assistance, or repair services, please contact:

CITIZEN Systems Corporation Customer Service

Address: 6-1-12 Tanashi-cho, Nishitokyo-shi, Tokyo 188-8511, Japan

Phone: 0120-88-6295

Manufacturer: CITIZEN SYSTEMS (JIANGMEN) CO., LTD., People's Republic of China

Distributor: CITIZEN Systems Corporation