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› LIFEHOOD Digital Blood Pressure Monitor Upper Arm with 22~42cm Cuff That Fits Standard to Large - Automatic Blood Pressure Cuff Stores Up to 60 * 2 Readings (Black) User Manual

LIFEHOOD TMB-1491-S

LIFEHOOD Digital Blood Pressure Monitor User Manual

Model: TMB-1491-S

INTRODUCTION

This user manual provides essential information for the safe and effective operation of your LIFEHOOD Digital Blood Pressure Monitor. Please read this manual thoroughly before using the device and keep it for future reference. The LIFEHOOD Digital Blood Pressure Monitor is designed for accurate measurement of systolic and diastolic blood pressure and pulse rate in adults using the oscillometric method. It is intended for home use.

PRODUCT FEATURES

- **Comprehensive BP Monitor Indicators:** Includes excessive body motion detector, cuff wrap indicator, irregular heartbeat indicator, low voltage, fault reminders, and automatic shutdown.
- **Dual Users Mode:** Stores up to 120 sets of measurements for 2 users (60 readings per user) with WHO target.
- **Large Backlight Color Display:** Easy-to-read LCD (40.5×60mm) for clear readings, even in dim light. One-touch automatic measurement of diastolic, systolic, and heart rate.
- **Portable and Rechargeable:** Powered by 4 AAA batteries (included) for convenience at home or on the go.
- **Comfortable Large Blood Pressure Cuff:** Durable, easy-wrap cuff accommodates adult arms from 22-42cm circumference for accurate readings.

PACKAGE CONTENTS

Please check the package contents upon opening to ensure all items are present:

- LIFEHOOD Digital Blood Pressure Monitor Unit
- Adult Large Cuff (22-42cm)
- 4 x AAA Batteries

- User Manual (this document)



Image: The LIFEHOOD Digital Blood Pressure Monitor unit, an adult large cuff, and four AAA batteries, as typically included in the package.

SETUP

1. Installing Batteries

1. Open the battery compartment cover on the back of the monitor.
2. Insert the four AAA batteries according to the polarity indicators (+ and -) inside the compartment.
3. Close the battery compartment cover securely.

2. Connecting the Cuff

1. Locate the air tube connector on the cuff.
2. Insert the air tube connector firmly into the air jack on the side of the blood pressure monitor unit.

3. Setting Date and Time (if applicable)

Refer to the "Operating" section for detailed instructions on setting the date and time, which ensures accurate record-keeping for your measurements.

OPERATING INSTRUCTIONS

1. Before Measurement

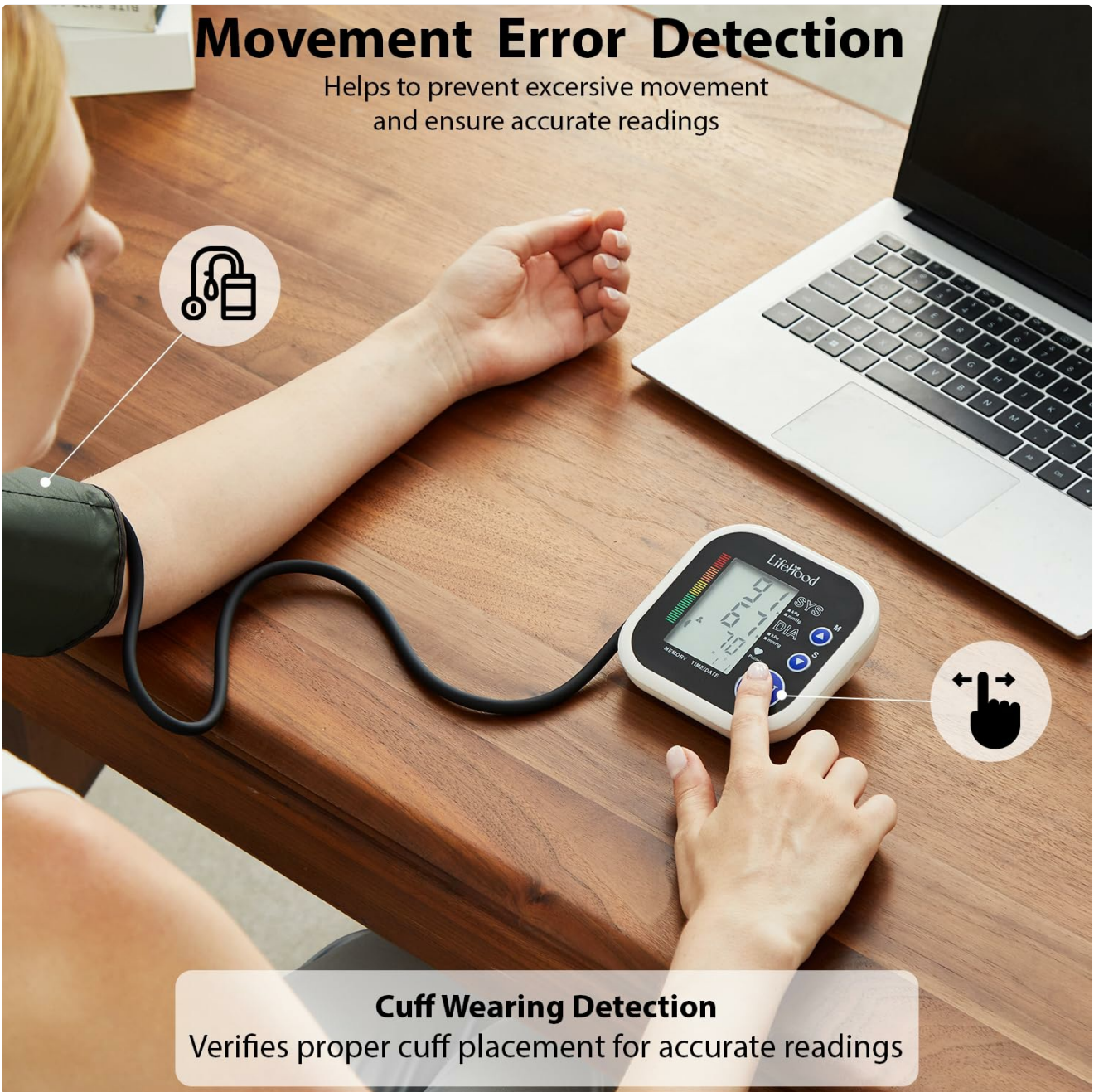
- Avoid eating, drinking alcohol, smoking, exercising, and bathing for 30 minutes before measurement.
- Rest for at least 5 minutes before taking a measurement.
- Sit in a comfortable position with your back supported and feet flat on the floor.
- Place your arm on a flat surface so the cuff is at heart level.

2. Applying the Arm Cuff

1. Slide your left arm through the cuff loop. The air tube should run down the inside of your arm.
2. Position the cuff so the bottom edge is approximately 2-3 cm (0.8-1.2 inches) above your elbow joint.
3. Wrap the cuff snugly around your upper arm, ensuring it is not too tight or too loose. The index line should be within the range indicated on the cuff.

Movement Error Detection

Helps to prevent excessive movement and ensure accurate readings



Cuff Wearing Detection

Verifies proper cuff placement for accurate readings

Image: A person demonstrating the correct placement of the blood pressure cuff on the upper arm, ensuring it is snug and positioned correctly above the elbow.



Image: A close-up view of the blood pressure cuff on an arm, highlighting its "Comfort+Inflation Technology" and large cuff size (22-42 cm) for comfortable and accurate measurement.

3. Taking a Measurement

1. Press the "START/STOP" button. The cuff will automatically inflate.
2. Remain still and silent during the measurement. Do not talk or move your arm.
3. Once the measurement is complete, the cuff will deflate, and your systolic pressure, diastolic pressure, and pulse rate will be displayed on the LCD.
4. The measurement will automatically be stored in the memory.
5. Press the "START/STOP" button again to turn off the monitor, or it will automatically shut off after 1 minute of inactivity.



Image: A person seated at a table, taking a blood pressure measurement with the LIFEHOOD monitor on their left arm, demonstrating proper posture during the process.



Image: An overhead view of the LIFEHOOD blood pressure monitor and its cuff resting on a wooden table, ready for use.

4. Understanding Display Symbols

LCD Display Symbols

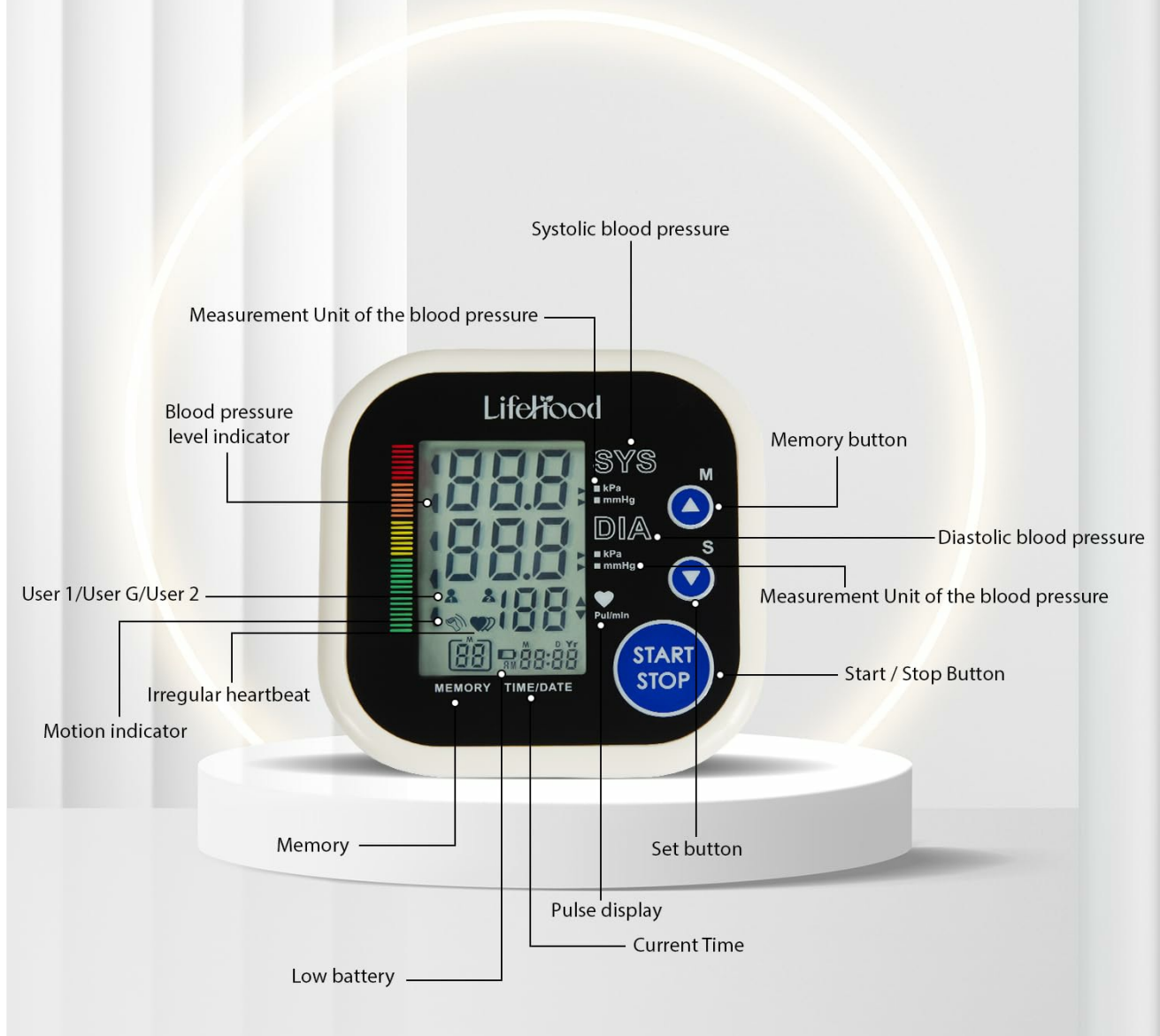


Image: A detailed diagram illustrating the various symbols and indicators on the LIFEHOOD blood pressure monitor's LCD display, including systolic/diastolic pressure, pulse, memory, time/date, and error indicators.

5. Recalling Memory Readings

To view previous measurements, press the "M" (Memory) button. Each press will cycle through the stored readings for the current user. The monitor supports two users, each with 60 memory slots.

6. Switching Users

To switch between User 1 and User 2, press the "S" (Set) button when the monitor is off. The user icon will change, indicating the active user profile.

MAINTENANCE

Cleaning the Monitor and Cuff

- Wipe the monitor and cuff with a soft, dry cloth.
- If necessary, use a cloth lightly dampened with water or a mild detergent. Do not use abrasive cleaners or immerse the unit in water.

- Do not wash the cuff.

Storage

- Store the device in a clean, dry place, away from direct sunlight, extreme temperatures, and humidity.
- If the device will not be used for an extended period, remove the batteries to prevent leakage.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Monitor does not turn on.	Batteries are dead or incorrectly inserted.	Check battery polarity or replace with new batteries.
"E" or Error message displayed.	Cuff not applied correctly, excessive movement during measurement, or irregular heartbeat detected.	Reapply cuff, remain still and silent, or consult a healthcare professional if irregular heartbeat persists.
Inaccurate readings.	Improper cuff placement, incorrect posture, or recent activity.	Ensure correct cuff placement, sit still and relaxed, and follow pre-measurement guidelines.
No memory recall.	No measurements stored or incorrect user selected.	Take a measurement to store data. Ensure the correct user profile (User 1/User 2) is selected.

SPECIFICATIONS

- **Model:** TMB-1491-S
- **Measurement Method:** Oscillometric
- **Measurement Range:**
 - Pressure: 0-299 mmHg
 - Pulse: 40-199 beats/minute
- **Accuracy:**
 - Pressure: ± 3 mmHg
 - Pulse: $\pm 5\%$ of reading
- **Cuff Size:** Adult Large Cuff (22-42 cm)
- **Memory:** 2 users x 60 measurements
- **Power Source:** 4 x AAA batteries (included)
- **Display:** Large Backlit LCD (40.5x60mm)
- **Dimensions:** Approximately 9.98 x 13.79 x 5.08 cm
- **Weight:** Approximately 399 g (excluding batteries)
- **Operating Conditions:** Temperature: 5°C to 40°C, Humidity: 15% to 85% RH
- **Storage Conditions:** Temperature: -20°C to 55°C, Humidity: 10% to 93% RH

WARRANTY AND SUPPORT

LIFEHOOD products are manufactured with care and attention to quality. For warranty information, technical support, or service inquiries, please refer to the contact information provided on the product packaging or visit the official LIFEHOOD website.

Please retain your purchase receipt as proof of purchase for warranty purposes.

IMPORTANT SAFETY INFORMATION

- This device is intended for adult use only.
- Do not use this device on infants, toddlers, or children.
- Consult your physician before using this device if you have any medical conditions, including but not limited to diabetes, kidney disease, or severe arteriosclerosis.
- Blood pressure measurements can fluctuate. Do not self-diagnose or self-treat based on measurements from this device. Always consult a healthcare professional for interpretation of results.
- Do not use the device in a moving vehicle.
- Keep the device and cuff out of reach of children and pets.