ZIQING B0CBFMYBJD

ZIQING Wrist Blood Pressure Monitor User Manual

Brand: ZIQING | Model: B0CBFMYBJD

Introduction

This manual provides comprehensive instructions for the safe and effective use of your ZIQING Wrist Blood Pressure Monitor. Designed for convenience and accuracy, this device allows you to monitor your blood pressure and pulse rate at home, during travel, or in the office. Please read all instructions carefully before use to ensure optimal performance and reliable readings.

What's in the Box

- 1 x ZIQING Wrist Blood Pressure Monitor
- 2 x AAA Batteries
- 1 x User Manual
- 1 x Portable Case



The ZIQING Wrist Blood Pressure Monitor, along with two AAA batteries, user manual, and portable case.

Setup

Battery Installation

The monitor requires 2 AAA batteries for operation. Locate the battery compartment on the back of the device, open it, and insert the batteries according to the polarity indicators (+/-). Close the compartment securely.

Setting Date and Time

After installing batteries, press the 'SET' button to enter the date and time setting mode. Use the 'MEM' button to adjust values and 'SET' to confirm each setting (year, month, day, hour, minute). This ensures accurate record-keeping for your measurements.

User Mode Selection

The device supports two users (User 1 and User 2) with 99 memory sets each. To switch between users, press the 'USER' button. This allows individual tracking of blood pressure trends.

Operating Instructions

Proper Cuff Placement

For accurate readings, ensure correct cuff placement. Wrap the cuff around your left wrist, approximately 0.5-1 cm above your wrist joint, with the display facing upwards. Sit comfortably with both feet flat on the floor and your arm resting on a table so that the monitor is at heart level. Avoid talking or moving during measurement.



Ensure the cuff is placed correctly on the wrist for accurate readings.

Taking a Measurement

With the cuff correctly positioned, press the 'START/STOP' button. The monitor will automatically inflate and begin measurement. Remain still and quiet. The device features voice guidance that will talk you through the process and announce the results.

Your browser does not support the video tag.

Watch a demonstration of how to use the ZIQING Wrist Blood Pressure Monitor for a quick and accurate reading.

Interpreting Results

After measurement, your systolic, diastolic, and pulse readings will be displayed on the backlit LCD screen. The screen's backlight color indicates your blood pressure level according to WHO standards:

- **Green:** Normal blood pressure
- **Yellow:** Slightly high blood pressure (Mild)
- **Red:** High blood pressure (Moderate to Serious)



The 3-color intuitive display helps visualize your blood pressure status.

Maintenance

To ensure the longevity and accuracy of your blood pressure monitor, keep it clean and store it properly. Wipe the device with a soft, dry cloth. Do not use abrasive cleaners or immerse the unit in water. Store the monitor in its portable case in a cool, dry place away from direct sunlight and extreme temperatures.

Troubleshooting

Error Message	Cause	Solution
Error 4	Software problem	Return the item for replacement.
No blood pressure can be measured	Cuff not attached or too loose.	Check wearing position of cuff (wristband) and re-measure.
Low power	Batteries are low.	Replace batteries firmly.
Measurement too high/low	Incorrect wrist position or movement during measurement.	Re-adjust wristband according to manual, keep still and don't move.

Specifications

Feature	Detail
Product Dimensions	3.07"L x 2.95"W x 2.68"Th
Item Weight	113.5 Grams (4 ounces)
Band Size (Cuff Circumference)	13.5-19.5 centimeters
Display Type	Backlit LCD
Power Source	Battery Powered (2 x AAA Batteries)
Memory Storage	2 users x 99 sets of memory
Measuring Range (Pressure)	20-280 mmHg
Measuring Range (Pulse)	40-199 beats/min
Pressure Accuracy	±3 mmHg
Pulse Rate Accuracy	±5% of reading
Operating Environment	+5°C to +40°C, 15%-93% RH
Storage Environment	-20°C to +55°C, 10%-93% RH

Warranty and Support

The ZIQING Wrist Blood Pressure Monitor comes with a 6-month warranty. For any questions, concerns, or to activate your warranty, please contact our customer support team. Our team is available 24/7 to assist you.
Contact Email: update.warranty.service@gmail.com

Ask a question about this manual

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. Privacy details.

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question