

Oklar C02

Oklar C02 Blood Pressure Monitor User Manual

Your Guide to Accurate Home Blood Pressure Monitoring

1. INTRODUCTION

Thank you for choosing the Oklar C02 Blood Pressure Monitor. This device is designed for easy and accurate measurement of blood pressure and pulse rate at home. It features a one-button operation, a large LED display for clear readings, and memory storage for two users. Please read this manual thoroughly before use to ensure proper operation and to maintain the accuracy of your readings.

2. SAFETY INFORMATION

For your safety and to ensure accurate readings, please adhere to the following guidelines:

- Do not measure within 30 minutes after eating, exercising, smoking, or drinking alcohol.
- Do not compress or restrict the air hose or the cuff when taking measurements.
- Consult your physician for interpretation of blood pressure measurements. Self-diagnosis and treatment based on measurements can be dangerous.
- Keep the device out of reach of children.

3. WHAT'S INCLUDED

Your Oklar C02 Blood Pressure Monitor package includes:

- Oklar C02 Blood Pressure Monitor (Main Unit)
- Adjustable Arm Cuff (8.7"-15.7" / 22-40 cm)
- USB Cable (Type-C)
- Drawstring Carrying Bag
- User Manual

WHAT'S INCLUDED



Blood Pressure Monitor*1



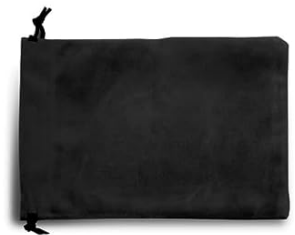
Cuff*1



User Manual*1



USB Cable*1



Carrying Bag*1

Image: All components included in the Oklar Blood Pressure Monitor package.

4. PRODUCT OVERVIEW

The Oklar C02 Blood Pressure Monitor is designed for ease of use and clear readability.

4.1 Display and Buttons

EASY OPERATION

Press the Start/Stop button to automatically start blood pressure measurement.



Image: Detailed view of the monitor's display and control buttons.

- **Large LED Display:** Features a backlit screen with clear digits for easy reading, even in low light conditions. Displays Systolic, Diastolic, and Pulse readings.
- **SET Button:** Used for setting user profiles (User A/B) and other configurations.
- **START/STOP Button:** Initiates and stops the measurement process.
- **MEM Button:** Accesses stored measurement records.

4.2 Key Features

- **One-Button Operation:** Simplifies the measurement process.
- **Dual User Memory:** Stores up to 120 readings for each of two users (total 240 readings), allowing for long-term tracking of blood pressure trends.

DUAL USERS

Automatically Stores Memory For Dual Users



240 Memory record

Supports a total of 240 measurement histories for two users

Image: The monitor supports two users, each with 120 memory slots.

- **Dual Power Supply:** Can be powered by 3 AA batteries or via a Type-C USB cable (Note: The device is not rechargeable; the USB cable provides power only when batteries are not installed).

Movement Detection Cuff Self-Detection

Timely detection of wrong detection methods

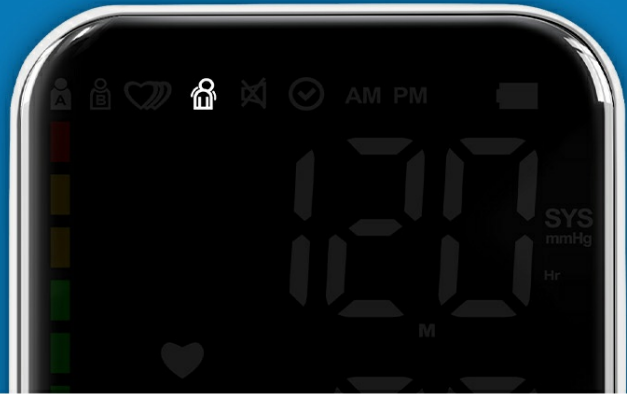
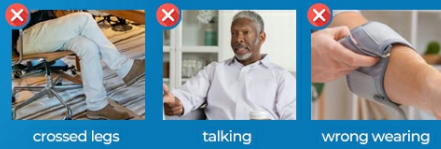
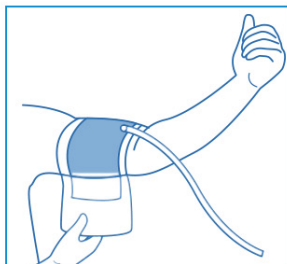


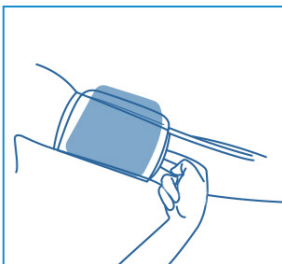
Image: The monitor can be powered by batteries or a Type-C USB cable.

- **Irregular Heartbeat Detection:** An icon will appear on the display if an irregular heartbeat activity is detected during measurement.

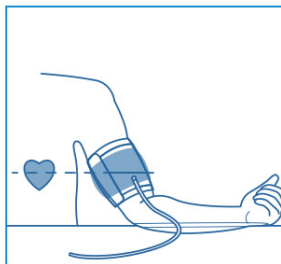
Guaranteed more accurate measurement results



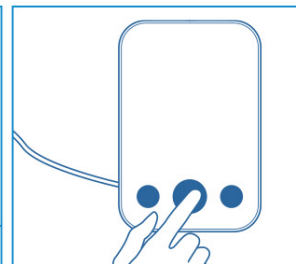
wrap the cuff around
the upper left arm



make sure the cuff is
about 2 fingers above
the elbow



stay at the same level
as the heart



Calm down and press
the start button and
get your result.

Image: The monitor features irregular heartbeat detection.

- **Movement Detection & Cuff Self-Detection:** Provides timely detection of incorrect measurement methods, such as crossed legs, talking, or improper cuff wearing, to ensure accuracy.

Guaranteed more accurate measurement results



- ✓ Sit quietly with feet flat on the floor and rest for 15 minutes before taking a measurement.
- ✓ Wait at least 3 minutes between measurements.
- ✓ Measure 1 hour after getting up in the morning and 1 hour before going to bed at night.
- ✗ Do not measure within 30 minutes after eating, exercising, smoking, or drinking alcohol.
- ✗ Do not compress or restrict the air hose or the cuff when taking measurements.

Image: The monitor detects common errors like movement or incorrect cuff placement.

5. SETUP

5.1 Power Supply

The monitor can be powered by 3 AA batteries or a Type-C USB cable.

- **Battery Installation:** Open the battery compartment on the back of the device and insert 3 AA batteries, ensuring correct polarity.
- **USB Power:** Connect the provided Type-C USB cable to the monitor and a compatible USB power source (e.g., wall adapter, computer USB port). This is an alternative to batteries; the device is not rechargeable.

5.2 Cuff Connection

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

6. OPERATING INSTRUCTIONS

6.1 Preparing for Measurement

- Sit quietly with feet flat on the floor and rest for 15 minutes before taking a measurement.
- Wait at least 3 minutes between measurements if taking multiple readings.
- Measure 1 hour after getting up in the morning and 1 hour before going to bed at night for consistent tracking.

What's Included



- ✓ Blood Pressure Monitor
- ✓ Drawstring Carrying Bag
- ✓ Comfort Cuff
- ✓ USB Cable
- ✓ User Manual

Image: Guidelines for preparing for an accurate blood pressure measurement.

6.2 Taking a Measurement

Follow these steps for an accurate reading:

1. **Step 1: Relax and Position.** Relax your body and adjust the direction of the cuff.
2. **Step 2: Wrap the Cuff.** Wrap the cuff around your left upper arm, ensuring it is about 2 fingers above the elbow. The air tube should run down the inside of your arm.
3. **Step 3: Proper Fit.** Allow two fingers of space between the cuff and your arm for a comfortable and secure fit. Ensure the cuff is at the same level as your heart.
4. **Step 4: Start Measurement.** Press the 'START/STOP' button. The cuff will automatically inflate, and the measurement will begin. Remain still and silent during the process.
5. **Step 5: View Results.** Your blood pressure and pulse readings will be displayed on the large LED screen within approximately 1 minute.

USE PROCEDURE

Step
1



- Relax your body and adjust the direction of the cuff

Step
2



- Wrap the cuff around the left upper arm

Step
3



- Allow two fingers of space between the cuffs

Step
4



- Press the START/STOP button and get the result.

Image: Step-by-step procedure for taking a blood pressure measurement.

6.3 Switching Users

To switch between User A and User B:

1. Press the 'START/STOP' button to turn off the screen if it's on.
2. Then, press the 'SET' button to select either User A or User B.
3. Press 'START/STOP' again to confirm your selection and proceed with measurement or memory access.

6.4 Accessing Memory Records

To view past readings:

- With the device off, press the 'MEM' button.
- The most recent reading for the currently selected user will be displayed.
- Press 'MEM' repeatedly to scroll through previous readings.

7. MAINTENANCE

7.1 Cleaning

- Wipe the monitor and cuff with a soft, dry cloth.
- If necessary, use a slightly damp cloth with mild soap, then wipe dry.
- Do not use abrasive cleaners, solvents, or immerse the device in water.

7.2 Storage

- Store the device in the provided carrying bag to protect it from dust and damage.
- Keep it 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.

8. TROUBLESHOOTING

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

Problem	Possible Cause	Solution
No display when powered on	Batteries are dead or incorrectly inserted; USB cable not connected properly.	Replace batteries with new ones, ensuring correct polarity. Check USB cable connection.
Inaccurate readings	Improper cuff placement; movement or talking during measurement; incorrect posture; recent activity (eating, exercise, smoking).	Ensure cuff is correctly placed and snug. Remain still and silent. Follow preparation guidelines (Section 6.1). Wait 30 minutes after activities.
Cuff does not inflate or inflates too little/much	Air tube not securely connected; air leakage from cuff or tube; cuff size is incorrect.	Check air tube connection to the monitor. Inspect cuff and tube for damage. Ensure cuff size is appropriate for your arm (8.7"-15.7").
Irregular Heartbeat (IHB) symbol appears frequently	Actual irregular heartbeat; movement during measurement.	Remain still during measurement. If the symbol appears frequently, consult your doctor.

9. SPECIFICATIONS

Specification	Detail
Product Dimensions	4.96 x 3.34 x 1.1 inches; 5.28 ounces
Item Model Number	C02
Manufacturer	Shenzhen Jamr Technology Co., Ltd.
Brand	Oklar
Included Components	Carrying Bag, Cuff, Instruction Manual, USB Cable
Power Source	Battery Powered (3 AA batteries) or Type-C USB
Use for	Arm

Specification	Detail
Display Type	LED
Cuff Size Range	8.7 - 15.7 inches (22-40 cm)
Memory Storage	2 users x 120 readings (total 240)

10. WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the contact details provided on the product packaging or visit the official Oklar website. You can also find additional support and a downloadable PDF version of this user manual at the following link:

[Download User Manual \(PDF\)](#)

For any technical issues or questions regarding the use of your Oklar Blood Pressure Monitor, please contact our customer service team.

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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

Answered questions about this manual

What does the 'Er 2' error code mean on the Oklar C02 Blood Pressure Monitor?

While the specific error code Er 2 is not explicitly defined in the provided troubleshooting table for the Oklar C02, it

typically refers to a measurement error related to movement or signal detection in...

[Read full answer](#)