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> SmartHeart Blood Pressure Monitor | Wide Range Arm Cuff | 2-Person Memory | 198 Total Reading Storage | Excessive Movement Indicator | Easy to Use Automatic Inflation and Deflation

SmartHeart 01-573

SmartHeart Blood Pressure Monitor User Manual

Model: 01-573

INTRODUCTION

This manual provides detailed instructions for the proper use and maintenance of your SmartHeart Blood Pressure Monitor. Regular home monitoring is crucial for tracking your blood pressure and understanding your overall health. For interpretation of your results, please consult your healthcare professional.



Image: SmartHeart Blood Pressure Monitor, including the main unit, wide-range arm cuff, and product packaging.

WHAT'S INCLUDED

Your SmartHeart Blood Pressure Monitor package contains the following items:

- SmartHeart Blood Pressure Monitor Unit
- Wide-Range Arm Cuff (fits arm size: 8.6" – 16.5" / 22 – 42 cm)
- 4 AAA Batteries
- Detailed English/Spanish Instructions Manual (this document)
- Quick Start Guide
- FAQ Pamphlet
- Blood Pressure Charting Log
- 1-Year Limited Warranty Information



Image: The SmartHeart Blood Pressure Monitor box, detailing the included components and key features such as automatic inflation and 2-person memory.

1. Battery Installation

The monitor requires 4 AAA batteries (included). Open the battery compartment on the back of the unit and insert the batteries, ensuring correct polarity (+/-). Close the compartment securely.



Image: A close-up view of the SmartHeart Blood Pressure Monitor's digital display and control buttons, showing the main unit.

2. Connecting the Arm Cuff

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

Your browser does not support the video tag.

Video: Demonstrates how to connect the arm cuff to the SmartHeart Blood Pressure Monitor unit and properly apply the cuff to the arm for a reading.

3. Applying the Arm Cuff

Ensure the cuff is placed directly on your bare upper arm, approximately 1-2 cm above the elbow joint. The air tube should run down the inside of your arm. The Cuff Placement Indicator icon on the monitor helps ensure proper positioning for accurate readings. The wide-range cuff fits arm sizes from 8.6" to 16.5" (22 – 42 cm).

SMARtheART®
Blood Pressure
Monitor

Model 01-573

SMARtheART®

A Name You Can Trust.



WIDE-RANGE ARM CUFF

- ✓ This monitor comes with a wide-range arm cuff.
- ✓ Fits arm circumference:
8.6 in. – 16.5 in." (22 cm – 42 cm)
- ✓ Traditional D-ring style cuff allows for easy application.
- ✓ Soft fabric with secure hook & loop closure.

How to Choose the Proper Size Cuff:

To determine the proper cuff size, measure the circumference of your left upper arm at the point halfway between the bend at your elbow and your shoulder. Choose a cuff with the range that best accommodates your arm size measurement. Using an incorrect cuff size could result in inaccurate readings. Only approved SmartHeart® brand cuffs will accurately work with this model.

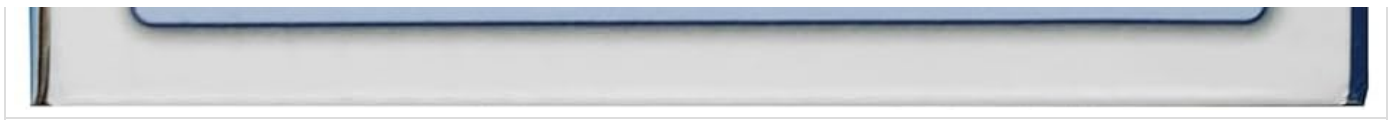


Image: The back of the SmartHeart Blood Pressure Monitor box, illustrating the wide-range arm cuff and instructions for proper sizing and application.

OPERATING INSTRUCTIONS

Taking a Measurement

1. Sit comfortably with your arm resting on a flat surface, ensuring the cuff is at heart level.
2. Press the large power button (**U**) to start the measurement. The monitor will automatically inflate the cuff.
3. Remain still and quiet during the measurement. The Excessive Movement Indicator will notify you if your arm moved too much.
4. Once the measurement is complete, the cuff will deflate, and your Systolic (SYS), Diastolic (DIA), and Pulse (PUL) readings will be displayed.

Interpreting Your Results

The monitor provides visual cues to help you understand your readings:

- **Hypertension Indicator:** This feature assesses if your reading falls within the globally accepted World Health Organization standards, indicated by a color-coded bar on the display (green for normal, yellow for elevated, red for hypertension).
- **Irregular Heartbeat Detection:** An icon will appear on the display if an irregular heartbeat was detected during the measurement.

Memory Function

The SmartHeart monitor features a generous 2-person memory bank, storing up to 99 measurements for each user. This allows for easy recall and tracking of your results over time. Use the 'M' button to access memory readings and the user selection button (two person icon) to switch between users.

MAINTENANCE

- Keep the monitor and cuff clean by wiping 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.
- Ensure the air tube is not kinked or twisted during storage.
- Replace batteries when the low battery indicator appears on the display to ensure accurate readings.

TROUBLESHOOTING

If you encounter issues with your SmartHeart Blood Pressure Monitor, please try the following common troubleshooting steps:

- **No Display/Power:** Check battery installation and ensure batteries are fresh.
- **Inaccurate Readings:** Verify proper cuff placement and size. Ensure you are relaxed and still during measurement. Avoid talking or moving.
- **Cuff Not Inflating/Deflating:** Check that the air tube is securely connected to both the cuff and the monitor. Ensure there are no kinks in the tube.

- **Error Messages:** Refer to the FAQ pamphlet included with your device for specific error code explanations.

If problems persist, contact customer support.

SPECIFICATIONS

Feature	Detail
Model Number	01-573
Product Dimensions	8"L x 5"W x 5"Th
Weight	1.04 Pounds
Cuff Size	Wide-range, fits arm size: 8.6" – 16.5" (22 – 42 cm)
Power Source	4 AAA Batteries (included)
Display Type	Digital
Memory	2 users, 99 readings per user
Material Feature	Not made with natural rubber latex
Manufacturer	Veridian Healthcare
Country of Origin	China

WARRANTY AND SUPPORT

Your SmartHeart Blood Pressure Monitor comes with a 1-year limited warranty.

For customer care and support, please contact Veridian Healthcare LLC:

Toll-Free: 1-866-626-1313

Hours: Monday - Friday, 8:00 AM - 4:30 PM CST

Please note: 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. Consult your healthcare professional for medical advice.