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› [SmartHeart](#) /

› SmartHeart Blood Pressure Monitor | Adult Wrist Cuff | 2-Person Memory | 398 Total Reading Storage | Easy to Use | Automatic Inflation and Deflation

SmartHeart 01-574

SmartHeart Blood Pressure Monitor

MODEL: 01-574

Instruction Manual

Introduction

This SmartHeart Blood Pressure Monitor is designed for convenient and accurate home blood pressure monitoring. It features automatic inflation and deflation, a 2-person memory, and clear indicators for easy interpretation of results. Regular home monitoring can provide valuable insights into your overall health.



Figure 1: SmartHeart Blood Pressure Monitor and its retail packaging.

For optimal benefits and accurate interpretation of your blood pressure readings, it is recommended to consult your healthcare professional.

Setup

- Battery Installation:** Open the battery compartment on the back of the monitor. Insert 2 x AAA batteries, ensuring correct polarity (+/-). Close the compartment securely.
- Cuff Application:** The monitor comes with an attached adult wrist cuff. Ensure your wrist measurement is within the specified range of 5.3" – 7.6" (13.5 cm – 19.5 cm) for accurate readings. Slide the pre-formed cuff onto your wrist, ensuring the monitor display is on the inside of your wrist, facing you. The cuff should be snug but not uncomfortably tight.



Figure 2: Close-up of the SmartHeart Blood Pressure Monitor, showing the display and control buttons.

Note: If your wrist measurement falls outside the 5.3" – 7.6" range, an arm-style cuff monitor may be necessary for accurate measurements. Individuals with severe hypertension, arteriosclerosis, or diabetes should consult their physician regarding wrist blood pressure monitoring.

Operating Instructions

- Preparation:** Sit comfortably with your arm resting on a flat surface, ensuring your wrist is at heart level. Remain still and avoid talking during the measurement.
- Starting a Measurement:** Press the large blue power button (labeled with a power symbol) to begin automatic inflation and measurement. The monitor will inflate the cuff and then slowly deflate, displaying your systolic, diastolic, and pulse readings.
- Memory Function:** The monitor features 2-person memory banks, each storing up to 199 measurements. Press the 'M' (Memory) button to review past readings. The monitor also displays the date/time stamp and the average of the last three readings.
- Interpreting Results:** The display includes a Hypertension Indicator and an Irregular Heartbeat Icon. The

Hypertension Indicator assesses if your reading aligns with globally accepted World Health Organization standards. The Irregular Heartbeat detector alerts you if an irregular heartbeat was detected during the measurement.



Figure 3: Packaging highlighting the monitor's features, including automatic inflation, 2-person memory, and hypertension indicator.

Maintenance

- **Cleaning:** Wipe the monitor and cuff with a soft, dry cloth. Do not use abrasive cleaners or immerse the unit in water.
- **Storage:** Store the monitor in a cool, dry place, away from direct sunlight and extreme temperatures.
- **Battery Replacement:** Replace batteries when the low battery indicator appears on the display. Remove old batteries promptly to prevent leakage.

Troubleshooting

Problem	Possible Cause	Solution
Inaccurate Readings	Incorrect cuff size, improper positioning (wrist not at heart level), movement during measurement.	Ensure cuff fits wrist (5.3"-7.6"). Position wrist at heart level. Remain still and silent during measurement. Consult a healthcare professional if readings consistently differ from clinic measurements.
Monitor does not power on	Dead or incorrectly installed batteries.	Replace batteries with new AAA batteries, ensuring correct polarity.
Error Code Displayed	Excessive movement, cuff not properly applied, or internal error.	Re-apply cuff, ensure stillness, and retry measurement. If error persists, refer to the detailed instruction manual or contact support.

Specifications

Brand: SmartHeart

Model Number: 01-574

Product Dimensions: 5"L x 5"W x 4"Th (5 x 5 x 4 inches; 6 ounces)

Band Size: 7.6 inches (fits adult wrists 5.3" – 7.6")

Power Source: Battery Powered (2 x AAA batteries included)

Display Type: Digital

Included Components: Monitor with attached cuff, 2 x AAA batteries, detailed English / Spanish instructions, quick start guide, FAQ, results charting log.

UPC: 845717011020

Manufacturer: Veridian Healthcare

Country of Origin: China

Warranty and Support

This SmartHeart Blood Pressure Monitor comes with a **1-year limited warranty** from the date of purchase. Please retain your proof of purchase for warranty claims.

For detailed information, frequently asked questions (FAQ), or to access the results charting log, please refer to the comprehensive English/Spanish instruction manual included with your device.

For technical support or warranty inquiries, please contact the manufacturer, Veridian Healthcare, through their official support channels.

