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› [LinkSun](#) /

› [Blood Pressure Monitor Upper Arm Large Cuff, Backlit Large LCD Screen, Automatic Digital Blood Pressure Machine, Adjustable BP Cuff, BPM Model - 2008 Blue Backlight User Manual](#)

LinkSun 2008

LinkSun Blood Pressure Monitor User Manual

Model: 2008 Blue Backlight

1. INTRODUCTION

Thank you for choosing the LinkSun Model 2008 Upper Arm Blood Pressure Monitor. This device is designed to provide accurate and reliable blood pressure readings for home use. It utilizes advanced oscillometric technology to ensure precise measurements, helping you effectively manage your health. Featuring a large, backlit LCD screen, dual user memory, and an adjustable comfort cuff, this monitor combines convenience with accuracy for an optimal user experience.

2. PACKAGE CONTENTS

Please check the box to ensure all items are present:

- LinkSun Blood Pressure Monitor (Model 2008)
- Comfort Cuff (fits arm sizes 22-42 cm)
- USB Cable
- 4 AA Batteries (included)
- Drawstring Carrying Bag
- User Manual (this document)

Blood Pressure Monitor

Stabilized blood pressure, more peace of mind

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



Image: All items included in the LinkSun Blood Pressure Monitor package.

3. PRODUCT OVERVIEW

Familiarize yourself with the components and display of your blood pressure monitor.

LARGE LCD DISPLAY

3.7 inch Large Screen
Easy To Read With
Large Display

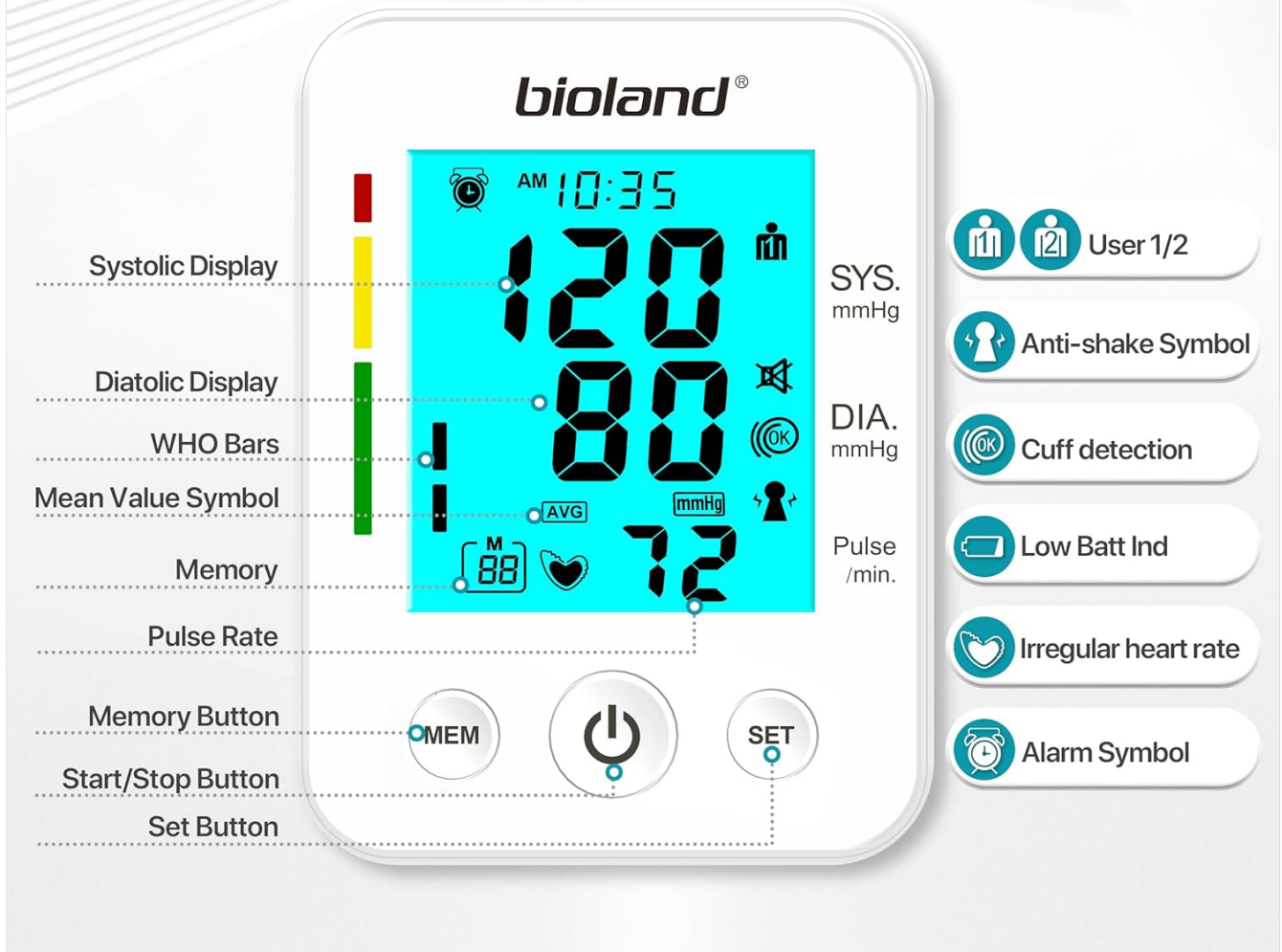


Image: Detailed view of the monitor's large LCD display and button functions.

Display Indicators:

- **SYS (Systolic Display):** The top number, indicating the pressure in your arteries when your heart beats.
- **DIA (Diastolic Display):** The bottom number, indicating the pressure in your arteries between beats.
- **Pulse /min:** Your heart rate in beats per minute.
- **WHO Bars:** Color-coded bars indicating blood pressure classification according to WHO standards (Green: Optimal/Normal, Yellow: Mild/Moderate High, Red: Severe High).
- **Memory Symbol (M):** Indicates that the current reading is stored in memory.
- **User 1/2:** Indicates which user profile is currently active.
- **Anti-shake Symbol:** Appears if excessive movement is detected during measurement.
- **Cuff Detection:** Indicates if the cuff is correctly applied.
- **Low Batt Ind:** Low battery indicator.
- **Irregular Heart Rate:** Symbol appears if an irregular heartbeat is detected.
- **Alarm Symbol:** Indicates an alarm is set.

Buttons:

- **MEM (Memory Button):** Press to view stored readings.
- **Power Button (Start/Stop Button):** Press to turn on the device and start a measurement, or to turn it off.
- **SET Button:** Used to adjust settings such as date, time, and user profile.



Image: The blue backlit LCD display ensures easy readability in low-light conditions.

4. SETUP

4.1. Installing Batteries

The monitor can be powered by 4 AA batteries (included) or via a USB cable.

1. Open the battery compartment cover on the back of the monitor.
2. Insert 4 AA batteries, ensuring the correct polarity (+/-) as indicated inside the compartment.
3. Close the battery compartment cover securely.

4.2. Connecting the Cuff

Connect the air tube from the cuff to the air jack on the left side of the monitor.

4.3. Setting Date, Time, and User Profile

Before first use, it is recommended to set the date, time, and select the user profile for accurate record-keeping.

1. With the monitor off, press the **SET** button. The year will start flashing.
2. Press the **MEM** button to adjust the year. Press **SET** to confirm and move to the next setting.
3. Repeat the process for month, day, hour, and minute.
4. After setting the time, the user profile (User 1 or User 2) will flash. Press **MEM** to switch between User 1 and User 2. Press **SET** to confirm.
5. The settings are now saved.

5. OPERATING INSTRUCTIONS

5.1. Preparing for Measurement

For accurate readings, follow these guidelines:

- Have an empty bladder.
- Rest comfortably in a quiet environment for at least 5 minutes in a chair.
- Measure blood pressure in a quiet, private environment with adequate ambient temperature.
- Do not eat, ingest caffeine, smoke, or engage in physical activity at least 30 minutes prior to measurement.
- Sit vertically with your back supported, feet flat on the ground, and arm relaxed.

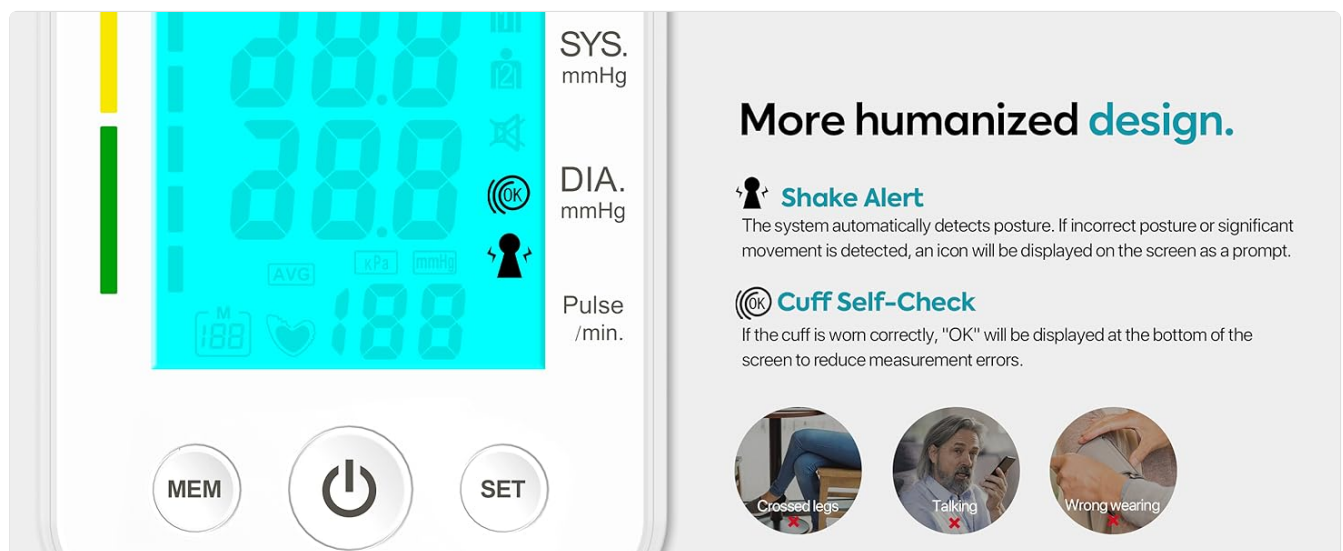


Image: Proper body positioning for accurate blood pressure measurement.

5.2. Applying the Arm Cuff

The adjustable cuff fits arm sizes from 22 to 42 cm.

1. Wrap the cuff around your upper left arm, ensuring it is directly on your skin (not over clothing).
2. Position the cuff approximately two fingers above your elbow.
3. Ensure the cuff is at the same level as your heart.
4. The cuff detection symbol on the display will indicate if the cuff is correctly applied.

Easy to use at home



Irregular Heart beat Detection



01 Wrap the cuff around the upper left arm



02 Position cuff 2 fingers above elbow.




03 Stay at the same level as the heart



04 Stay calm, press start, get results.

Image: Step-by-step guide for applying the cuff and preparing for measurement.

5.3. Taking a Measurement

1. Once the cuff is correctly applied and you are in the proper position, press the **Power Button** () to start the measurement.
2. The cuff will automatically inflate. Remain still and silent during the measurement.
3. Once the measurement is complete, the systolic, diastolic, and pulse rate readings will be displayed on the screen. The device may also announce the results if the voice function is enabled.
4. The reading will automatically be saved to the selected user profile.
5. Press the **Power Button** again to turn off the monitor, or it will automatically shut off after a period of inactivity.

5.4. Dual User Mode and Memory Function

The monitor supports two users, each with 50 memory sets.

- To switch between User 1 and User 2, press the **SET** button when the device is off, then use the **MEM** button to select the desired user.
- To view past readings, press the **MEM** button when the device is off. Each press will cycle through the stored readings from most recent to oldest.

Dual User Mode

50 memories for each



Image: The monitor supports dual user mode, storing 50 readings for each user.

6. MAINTENANCE

6.1. 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 or immerse the device in water.

6.2. Storage

- Store the device in the provided drawstring carrying bag when not in use.
- Keep the monitor 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.

7. TROUBLESHOOTING

If you encounter issues, refer to the table below for common problems and solutions.

Problem	Possible Cause	Solution
Monitor does not turn on.	Batteries are dead or incorrectly inserted.	Replace batteries or check polarity. Ensure USB cable is properly connected if using external power.
Error message (e.g., E-1, E-2) or inaccurate readings.	Cuff not applied correctly, excessive movement, talking during measurement, or incorrect posture.	Re-apply cuff, remain still and silent, ensure correct posture. Refer to "Tips for Getting Accurate Measurement" section.
No display or dim display.	Low battery.	Replace batteries.
Irregular Heartbeat symbol appears.	Device detected an irregular heartbeat during measurement.	This is an indicator, not an error. Consult a healthcare professional if this occurs frequently.

Factors Affecting Accuracy:

Certain factors can influence the accuracy of your blood pressure readings. Be aware of these to ensure reliable results:

Factor	Magnitude of Systolic/Diastolic Blood Pressure Discrepancy (mmHg)
Talking or active listening	10/10
Distended bladder	15/10
Cuff over clothing	5-50
Cuff too small	10/2-8
Smoking within 30 minutes of measurement	6-20
Paralyzed arm	2-5
Back unsupported	6-10
Arm unsupported, sitting	1-7/5-11
Arm unsupported, standing	6/8

Blood Pressure Stages

Category	Systolic		Diastolic
Optimal	< 80	and	< 120
Normal	< 85	and	< 130
High-normal	< 90	and	< 140
Mild high blood pressure	< 100	and	< 160
Moderate high blood pressure	< 110	and	< 180
Severe high blood pressure	≥ 110	or	≥ 180

Image: Factors that can influence the accuracy of blood pressure readings.

8. SPECIFICATIONS

Feature	Detail
Model Number	2008
Brand	LinkSun
Measurement Method	Oscillometric
Display Type	Large LCD with Blue Backlight
Cuff Size	Adjustable, fits arm sizes 22-42 cm (16.5 inch band size)
Memory Capacity	2 users, 50 readings per user (total 100)
Power Source	4 AA batteries (included) or USB powered
Automatic Shut-off	Yes
Dimensions (Monitor)	Approx. 13.5cm (5.3in) H x 10cm (3.9in) W x 5.3cm (2.0in) D
Weight	Approx. 1.1 Pounds (including batteries)
Manufacturer	bioland
UPC	794414336335



PRODUCT SIZE

22cm(W)-42cm(L) / 9inch(W)-17inch(L)
Adjustable length

Image: Product dimensions for the monitor and cuff.

Factors Affecting Accuracy of Blood Pressure Measure

Factor	Magnitude of systolic/diastolic blood pressure discrepancy (mm Hg)
Talking or active listening	10/10
Distended bladder	15/10
Cuff over clothing	5-50
Cuff too small	10/2-8
Smoking within 30 minutes of measurement	6-20
Paralyzed arm	2-5
Back unsupported	6-10
Arm unsupported, sitting	1-7/5-11
Arm unsupported, standing	6/8

Image: Dual power supply options: USB cable or AA batteries.

9. WARRANTY AND SUPPORT

For warranty information or technical support, please refer to the contact details provided on the product packaging or visit the official LinkSun website. Keep your purchase receipt as proof of purchase for any warranty claims.

Legal Disclaimer: 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. This device is intended for general wellness and informational purposes only and should not replace professional medical advice.