

## Rossmax Z5

# Rossmax Z5 Blood Pressure Monitor (PARR) User Manual

Model: Z5 | Brand: Rossmax

## INTRODUCTION

The Rossmax Z5 is an automatic blood pressure monitor designed for accurate measurement of blood pressure from the upper arm. This device incorporates PARR (Pulse Arrhythmia Recognition) technology, including detection for Arrhythmia (ARR), Atrial Fibrillation (AFib), and Premature Contraction (PC). It features Bluetooth connectivity for data transfer and a Type-C USB port for power. This manual provides essential information for the safe and effective use of your Rossmax Z5 Blood Pressure Monitor.

## SAFETY INFORMATION

Please read all instructions carefully before using the device. Keep this manual for future reference.

- Consult your physician before using this device if you have any medical conditions.
- Do not use this device for purposes other than measuring blood pressure.
- Keep the device out of reach of children and pets.
- Do not disassemble or attempt to repair the device yourself.
- Avoid strong electromagnetic fields during use.
- The accuracy of its blood pressure measurement technology has yet to be proven to MDR requirements.

## PACKAGE CONTENTS

Verify that all items are present in the package:

- Rossmax Z5 Blood Pressure Monitor Unit
- Universal Cone Cuff
- 4 AA Batteries (included)
- Instruction Manual
- Storage Bag
- USB Type-C Cable



Image: The complete package contents of the Rossmax Z5 Blood Pressure Monitor, showing the main unit, the universal cone cuff, a storage bag, and cables.

## PRODUCT OVERVIEW

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Familiarize yourself with the components of your Rossmax Z5 monitor.



Image: The Rossmax Z5 Blood Pressure Monitor unit displayed next to its universal cone cuff, showing the large LCD screen and control buttons.

- **Main Unit:** Features a large LCD display (69 x 64.4 mm) for clear readings.
- **Universal Cone Cuff:** Latex-free, designed for comfortable and accurate upper arm measurements.
- **Buttons:** Power button, Memory button (M), Bluetooth button (Bluetooth symbol).
- **Ports:** USB Type-C Port for power.
- **Indicators:** Arrhythmia Detection (ARR), Atrial Fibrillation Detection (AFib), Premature Contraction Detection (PC), Cuff Detection, Movement Detection, Hypertension Risk Indication.

## SETUP

### 1. Installing Batteries

The device requires 4 AA batteries (included). Open the battery compartment on the back of the unit and insert the batteries according to the polarity indicators (+/-). Close the compartment securely.

## 2. Connecting the Cuff

Insert the air plug of the cuff firmly into the air jack on the side of the monitor unit.

## OPERATING INSTRUCTIONS

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### 1. Preparing for Measurement

- Sit comfortably with your back supported and feet flat on the floor.
- Rest your arm on a table so the cuff is at heart level.
- Wrap the cuff around your bare upper arm, ensuring the air tube is centered on the inside of your arm and pointing towards your hand. The bottom edge of the cuff should be approximately 2-3 cm above your elbow.
- Ensure the cuff is snug but not too tight.

### 2. Taking a Measurement

1. Press the Power button to turn on the device.
2. The cuff will automatically inflate. Remain still and silent during the measurement.
3. Once the measurement is complete, the systolic, diastolic, and pulse readings will be displayed on the LCD screen. Any detected arrhythmias (ARR, AFib, PC) will also be indicated.
4. The device automatically stores the reading.
5. Press the Power button again to turn off the device, or it will automatically shut off after a period of inactivity.



Image: A person demonstrating the correct way to wear the cuff and use the Rossmax Z5 Blood Pressure Monitor for a measurement.

### 3. Understanding Readings and Indicators

- **SYS (Systolic Pressure):** The top number, indicating the pressure in your arteries when your heart beats.
- **DIA (Diastolic Pressure):** The bottom number, indicating the pressure in your arteries between beats.
- **PULSE /min:** Your heart rate in beats per minute.
- **ARR (Arrhythmia Detection):** Indicates an irregular heartbeat.
- **AFib (Atrial Fibrillation Detection):** Indicates potential atrial fibrillation.
- **PC (Premature Contraction Detection):** Indicates premature heartbeats.
- **Hypertension Risk Indication:** A visual scale on the left side of the display helps categorize your blood pressure level.





Image: The Rossmax Z5 Blood Pressure Monitor unit shown alongside a smartphone displaying the Rossmax Healthstyle app, illustrating its Bluetooth connectivity.

#### 4. Bluetooth Connectivity

The Rossmax Z5 features Bluetooth low energy technology to transfer your readings to a compatible smartphone app (e.g., Rossmax Healthstyle App). Refer to the app's instructions for pairing and data synchronization.

#### 5. Memory Function

The device stores 120 memories for 2 users with date and time indication. Press the 'M' button to review past readings. It also provides an average of the last three readings and 7-day AM/PM averaging.

### MAINTENANCE

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#### Cleaning

Wipe the monitor unit and cuff with a soft, dry cloth. If necessary, use a cloth lightly dampened with water or a mild detergent. Do not use abrasive cleaners or immerse the device in water.

## Storage

Store the device in a cool, dry place, away from direct sunlight and extreme temperatures. If not in use for an extended period, remove the batteries.

## TROUBLESHOOTING

Problem	Possible Cause	Solution
Device does not turn on.	Batteries are dead or incorrectly inserted.	Replace batteries or check polarity. Ensure USB-C power is connected if using.
Cuff does not inflate or inflates improperly.	Cuff not connected securely; air leakage; cuff damaged.	Ensure cuff air plug is fully inserted. Check cuff for damage.
Inaccurate readings.	Incorrect cuff placement; movement during measurement; speaking during measurement.	Re-apply cuff correctly. Remain still and silent during measurement.
Bluetooth connection issues.	Bluetooth off on phone; app not open; device not in pairing mode.	Ensure Bluetooth is enabled on your phone. Open the Rossmax Healthstyle app. Follow app instructions for pairing.

## SPECIFICATIONS

Model Number	Z5
Display Type	Digital LCD (69 x 64.4 mm)
Measurement Site	Upper Arm
Power Source	4 AA Batteries (included) or USB Type-C
Memory Capacity	120 memories for 2 users with date & time
Special Features	Bluetooth Low Energy, Arrhythmia Detection (ARR), Atrial Fibrillation Detection (AFib), Premature Contraction Detection (PC), Cuff Detection, Movement Detection, Hypertension Risk Indication, Average of last three readings, 7-day AM/PM Averaging.
Cuff Type	Latex-Free Patented Universal Cone Cuff
Item Weight	612 g
Country of Origin	Taiwan

## WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the warranty card included with your product or visit the

official Rossmax website. You may also contact the importer:

**Importer:** Healthshine India Private Limited

62/4, 62/5 Nishabdha Nagara Marur Main Road Village Kudur (Hobli) Taluq Magadi District Ramnagara 561101

**Manufacturer:** Rossmax International Ltd., 12F - 189 Kang Chien Road, Taipei 114, TAIWAN ROC. (info@rossmax.com)

An extended warranty option may be available. Please check with your retailer or the manufacturer for details.

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This manual is for informational purposes only. Consult a healthcare professional for medical advice.