

## **sinocare ARM-30E+**

# **sinocare ARM-30E+ Upper Arm Blood Pressure Monitor User Manual**

Model: ARM-30E+ | Brand: sinocare

## **1. INTRODUCTION**

Thank you for choosing the sinocare ARM-30E+ Upper Arm Blood Pressure Monitor. This device is designed to provide accurate and convenient blood pressure measurements for home use. It is clinically approved and certified, ensuring reliable readings for effective health management.

This manual provides essential information for the proper use, maintenance, and troubleshooting of your blood pressure monitor. Please read it thoroughly before first use and keep it for future reference.



Image: The sinocare ARM-30E+ Blood Pressure Monitor with its accompanying upper arm cuff.

## 2. IMPORTANT SAFETY INFORMATION

- 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 using the device in environments with strong electromagnetic fields.
- Do not use the device on an injured arm or an arm undergoing medical treatment.
- Readings should be interpreted by a healthcare professional. Self-diagnosis and treatment based on measurements can be dangerous.

### 3. PACKAGE CONTENTS

Upon unpacking, please verify that all the following items are included:

- 1 x sinocare ARM-30E+ Upper Arm Blood Pressure Monitor
- 1 x Upper Arm Cuff (adjustable range: 22-42 cm)
- 4 x AAA Batteries
- 1 x User Manual



Image: The sinocare ARM-30E+ Blood Pressure Monitor, cuff, batteries, and user manual as included in the package.

### 4. PRODUCT OVERVIEW

#### 4.1. Device Components

- **LCD Display:** Large and clear 3.6-inch display showing SYS (Systolic), DIA (Diastolic), PUL (Pulse), date, and time.

- **SET Button:** Used to set date, time, and user profiles.
- **START/STOP Button:** Initiates and stops the measurement process.
- **MEM Button:** Accesses stored measurement records.
- **Cuff Connector Port:** Where the air tube from the cuff connects to the monitor.
- **Battery Compartment:** Located on the back of the device.



Image: A detailed view of the sinocare ARM-30E+ monitor's large LCD display and control buttons (SET, START/STOP, MEM).

#### 4.2. Blood Pressure Level Indicator

The monitor features a color-coded indicator on the side of the display to help interpret blood pressure levels at a glance. This indicator categorizes readings into normal, mild, moderate, and severe hypertension based on standard guidelines.



# Blood Pressure Level Indicator



Image: The sinocare ARM-30E+ monitor displaying the blood pressure level indicator, showing different ranges for systolic and diastolic pressure.

## 5. SETUP

### 5.1. Installing Batteries

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

**Note:** The device is powered by 4 AAA batteries, which are included in the package. If the low battery indicator

appears on the display, replace all four batteries simultaneously.

## 5.2. Attaching the Cuff

1. Plug the air tube connector from the cuff firmly into the cuff connector port on the side of the blood pressure monitor.
2. Ensure the connection is secure to prevent air leakage during measurement.



Image: Illustration demonstrating the correct placement of the adjustable cuff on the upper arm for a comfortable and accurate measurement.

## 6. OPERATING INSTRUCTIONS

## 6.1. Before Taking a Measurement

- Avoid eating, drinking alcohol, smoking, exercising, and bathing for 30 minutes before measurement.
- Rest for at least 5 minutes before taking a measurement.
- Sit in a comfortable position with your back supported and feet flat on the floor.
- Place your arm on a flat surface so the cuff is at heart level.

## 6.2. Taking a Measurement

1. Wrap the cuff around your upper arm, approximately 1-2 cm above the elbow joint. Ensure it is snug but not too tight. The adjustable cuff fits arm circumferences from 22 cm to 42 cm.
2. Press the **START/STOP** button. The cuff will automatically inflate, and the measurement will begin.
3. Remain still and silent during the measurement.
4. Once the measurement is complete, the SYS, DIA, and PUL readings will be displayed on the LCD screen. The device will automatically store the reading.
5. Press the **START/STOP** button again to turn off the device, or it will automatically shut off after 1 minute of inactivity.

## 6.3. Dual User Mode

The sinocare ARM-30E+ supports a dual-user mode, allowing two individuals to track their blood pressure readings independently. Each user can store up to 99 sets of measurements.

- To switch between User 1 and User 2, press the **SET** button when the device is off. The user icon will toggle between **User 1** and **User 2**.
- Once the desired user is selected, proceed with the measurement as described above. Readings will be saved to the active user's memory.



**DUAL USERS SUPPORTED**  
Supporting 2 users to record every tests



**1**  
99 READING RECORDS

**2**  
99 READING RECORDS



**Sinocare**  
8:02 AM  
SYS mmHg 120  
DIA mmHg 79  
PUL /min 75  
03  
mmHg

SET START/STOP MEM

Image: The sinocare ARM-30E+ monitor illustrating its dual-user capability, allowing two users to store 99 readings each for easy tracking.

#### 6.4. Irregular Heartbeat Indicator

The monitor automatically detects and displays an irregular heartbeat symbol on the LCD screen if an irregular pulse rhythm is detected during measurement. If this symbol appears frequently, consult your physician.

## 7. MAINTENANCE

### 7.1. Cleaning

- Wipe the monitor 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.
- Ensure no liquid enters the device.

7.2. Storage

- Store the device in a clean, dry place, away from direct sunlight, extreme temperatures, and humidity.
- If the device will not be used for an extended period, remove the batteries to prevent leakage.

8. TROUBLESHOOTING

Problem	Possible Cause	Solution
Device does not turn on.	Batteries are dead or incorrectly inserted.	Replace batteries with new ones, ensuring correct polarity.
Error message (e.g., "E1", "E2") displayed.	Cuff not properly attached, movement during measurement, or air leakage.	Re-attach cuff securely, remain still, check cuff and tube for damage. Repeat measurement.
Inaccurate readings.	Improper cuff placement, incorrect body position, or recent activity.	Ensure correct cuff placement and body position. Rest for 5 minutes before re-measuring.
Irregular heartbeat symbol appears frequently.	Indicates an irregular pulse rhythm.	This is a warning, not a malfunction. Consult a physician if this occurs often.

9. SPECIFICATIONS

- **Model:** ARM-30E+
- **Measurement Method:** Oscillometric
- **Measurement Range:**
  - Pressure: SYS: 57 - 225 mmHg (7.6 - 34.0 kPa), DIA: 25 - 195 mmHg (3.3 - 26.0 kPa)
  - Pulse Rate: 40 - 199 beats/minute
- **Accuracy:**
  - Pressure:  $\pm 3$  mmHg /  $\pm 0.4$  kPa
  - Pulse Rate:  $\pm 5\%$  of reading
- **Cuff Size:** Adjustable, 22-42 cm (8.6 - 16.5 inches)
- **Display Type:** Large LCD (3.6 inches)
- **Memory:** 2 users x 99 sets of readings

- **Power Source:** 4 x AAA batteries (included)
- **Dimensions (L x W x H):** 12 x 6 x 10 cm
- **Weight:** 300 grams (excluding batteries)
- **Operating Conditions:** Temperature: 5°C to 40°C, Humidity: 15% to 85% RH
- **Storage Conditions:** Temperature: -20°C to 55°C, Humidity: 10% to 93% RH

## 10. WARRANTY AND SUPPORT

sinocare is committed to providing high-quality products and excellent customer service. If you encounter any issues with your ARM-30E+ Blood Pressure Monitor, please do not hesitate to contact our support team.

Our team is available to provide 7x24 hour service to assist you with any questions or concerns regarding the device's operation, maintenance, or troubleshooting.

For support, please refer to the contact information provided on the product packaging or the official sinocare website.