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› Relado W1101L Wrist Blood Pressure Monitor User Manual

Relado W1101L

Relado W1101L Wrist Blood Pressure Monitor User Manual

Comprehensive guide for safe and effective use of your Relado W1101L Blood Pressure Monitor.

1. IMPORTANT SAFETY INFORMATION

Please read this instruction manual thoroughly before using the device. Keep this manual for future reference.

- This device is intended for adult use only.
- Do not use this device for diagnosis or treatment of any health problem or disease. Always consult your physician for diagnosis and treatment.
- Keep the device out of reach of infants and children.
- Avoid strong electromagnetic fields, such as those near mobile phones or microwave ovens, as they may interfere with the device's operation.
- Do not disassemble or attempt to repair the device yourself. Contact qualified service personnel for any repairs.
- Do not use the device in a moving vehicle.

2. PRODUCT OVERVIEW

2.1 Components

The Relado W1101L Blood Pressure Monitor package includes the following items:

- Relado W1101L Wrist Blood Pressure Monitor
- USB Charging Cable
- Instruction Manual
- Quick Guide
- Carrying Box

Dual User Mode

Each user can store 120 historical measurement records separately



Image: Package contents including the monitor, USB cable, manuals, and carrying case.

2.2 Features

The Relado W1101L Blood Pressure Monitor is designed with several key features for convenient and accurate home use:

- **Accurate & Reliable Reading:** Equipped with an advanced chip for validated accuracy within ± 3 mmHg.
- **Clear Digital Display:** Features a large LED display with clear digits for easy reading in various lighting conditions.
- **Voice Announcement:** Provides an optional voice broadcast of measurement results, ideal for users with visual impairments. The voice function can be turned off.
- **Dual User x 120 Reading Memory:** Stores up to 120 measurements for two individual users, allowing for long-term tracking of blood pressure trends.
- **Portable & Rechargeable:** Compact design with a built-in rechargeable battery and included carrying case for easy portability and use without frequent battery replacement.



Image: Front view of the Relado W1101L monitor displaying systolic, diastolic, and pulse readings.

Advance Accuracy Technolohy



Image: Diagram illustrating the advanced accuracy technology and internal chip of the monitor.

3. SETUP

3.1 Charging the Device

Before first use, ensure the device is fully charged. Connect the provided USB charging cable to the monitor's charging port and a suitable USB power source (e.g., computer USB port, wall adapter). The battery indicator on the display will show charging status.

Fast and Accurate Measurements

To provide you with fast and accurate measurement data



35s

Image: The blood pressure monitor being charged via its USB-C port.

3.2 Applying the Wrist Cuff

1. Remove any tight clothing from your wrist.
2. Slide the monitor onto your left wrist with the display facing up. The cuff should be positioned approximately 1-2 cm (0.4-0.8 inches) from your palm.
3. Fasten the cuff snugly around your wrist using the hook-and-loop closure. Ensure it is not too tight or too loose.



Images: Proper placement and adjustment of the wrist cuff.

3.3 Proper Measurement Posture

For accurate readings, it is crucial to maintain the correct posture:

1. Sit comfortably with your back supported and feet flat on the floor.
2. Rest your arm on a table or flat surface, ensuring the monitor is at the same level as your heart.
3. Remain still and silent during the measurement. Avoid talking or moving.



Image: Correct arm and monitor positioning at heart level for accurate measurement.

4. OPERATING INSTRUCTIONS

4.1 Taking a Measurement

1. Ensure the cuff is correctly applied and you are in the proper measurement posture.
2. Press the **START/STOP** button to turn on the device. The cuff will automatically inflate and begin the measurement.
3. Remain still and relaxed. The measurement will take approximately 35 seconds.
4. Once the measurement is complete, the systolic (SYS), diastolic (DIA), and pulse readings will be displayed on the screen. If the voice function is enabled, the results will be announced.
5. The device will automatically power off after a period of inactivity to conserve battery. You can also press the **START/STOP** button to manually turn it off.

MULTI-SCENE USE



Image: Demonstrating the one-button operation to start a blood pressure measurement.

4.2 Understanding the Display

The large LED display provides clear readings:

- **SYS (Systolic Blood Pressure):** The top number, indicating the pressure in your arteries when your heart beats.
- **DIA (Diastolic Blood Pressure):** The bottom number, indicating the pressure in your arteries between beats.
- **PULSE:** Your heart rate in beats per minute.
- **User Mode:** Indicates whether User A or User B is selected.
- **Memory Reading (M):** Indicates that the displayed reading is from memory.
- **WHO Warning Strip:** A color-coded bar on the display that visually indicates your blood pressure category according to WHO guidelines.

VOICE BROADCAST

Voice announcements can help you get a clearer picture of your health.

Tip: Sounds can be turned off or adjusted using the "START/STOP" button.

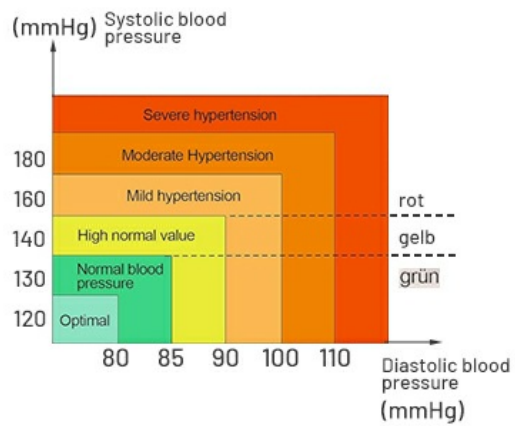


Image: Breakdown of the LED display elements, including SYS, DIA, Pulse, User Mode, Memory, and WHO Warning Strip.

4.3 Voice Broadcast Function

The device features a voice broadcast function for convenience. To adjust or turn off the voice, press and hold the **START/STOP** button during measurement or when the device is idle to cycle through voice volume levels or mute the sound.

Portable & Rechargeable

No need to replace the battery, convenient to carry and use



Image: The monitor displaying readings with an icon indicating the voice function is active.

4.4 Dual User Mode

The monitor supports two users (User A and User B), each with independent memory storage. To switch between users, press the **SET** button when the device is off. The user icon will change on the display.

Package List

- 1 Blood Pressure Monitor
- 2 Power Cord
- 3 Instruction Manual
- 4 Quick Guide
- 5 Carrying Box



Image: Illustration of the dual-user mode, showing separate displays for User A and User B.

5. MEMORY FUNCTION

The device automatically saves up to 120 readings for each user. To review past measurements:

1. Ensure the correct user (A or B) is selected.
2. Press the **MEM** button when the device is off. The most recent reading will be displayed.
3. Press the **MEM** button repeatedly to scroll through older readings.
4. *Note:* The memory function does not store timestamps for the readings.

5.1 Clearing Memory

To clear all stored readings for the currently selected user, press and hold the **MEM** button for approximately 5 seconds until the display shows "CLr" or similar, indicating memory clear.

6. MAINTENANCE

6.1 Cleaning the Device

- Wipe the device and cuff gently 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 casing.

6.2 Storage

- Store the device in its carrying case when not in use to protect it from dust and damage.
- Store in a cool, dry place, away from direct sunlight, extreme temperatures, and humidity.
- Avoid dropping the device or subjecting it to strong impacts.

6.3 Battery Care

- The device uses a built-in rechargeable Lithium Polymer battery.
- Recharge the battery when the low battery indicator appears on the display.
- If the device will not be used for an extended period, charge it periodically (e.g., every 3 months) to maintain battery health.

7. TROUBLESHOOTING

If you encounter issues with your blood pressure monitor, refer to the table below for common problems and solutions:

Problem	Possible Cause	Solution
Device does not turn on.	Low battery or no charge.	Charge the device using the provided USB cable.
Error message (e.g., "Err") on display.	Improper cuff placement, movement during measurement, or irregular pulse.	Re-apply the cuff correctly, remain still and silent, or consult a physician if irregular pulse persists.
Inconsistent readings.	Incorrect posture, talking/moving during measurement, or recent physical activity.	Ensure correct posture, relax for 5 minutes before measurement, and avoid talking/moving. Take multiple readings and average them.
Voice function not working.	Voice function is muted or volume is too low.	Press and hold the START/STOP button to adjust the voice volume or unmute.

If the problem persists after trying these solutions, please contact customer support.

8. SPECIFICATIONS

Technical specifications for the Relado W1101L Wrist Blood Pressure Monitor:

Specification	Detail
Model Name	W1101L
Measurement Method	Oscillometric

Specification	Detail
Measurement Range	Pressure: 0-299 mmHg, Pulse: 40-199 beats/minute
Accuracy	Pressure: ± 3 mmHg, Pulse: $\pm 5\%$ of reading
Memory Capacity	2 users x 120 readings each
Cuff Size	Adjustable Wrist Cuff (4.92-8.46 inches / 12.5-21.5 cm)
Power Source	Built-in Rechargeable Lithium Polymer Battery
Charging Port	USB Type-C
Product Dimensions	7.5L x 2W x 6.5Th Centimetres (approx.)
Item Weight	230 g (approx.)
UPC	762206394511



Image: Detailed dimensions of the blood pressure monitor.

9. WARRANTY AND SUPPORT

The Relado W1101L Wrist Blood Pressure Monitor comes with a limited warranty. Please refer to the warranty information provided in the packaging or contact the manufacturer for details regarding warranty coverage and duration. For technical support, troubleshooting assistance, or any inquiries regarding your device, please contact Relado customer service through the contact information provided in your product packaging or on the official Relado website.



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Model: W1101L