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> Relado C02W Automatic Blood Pressure Monitor Instruction Manual

Relado C02W

Relado C02W Automatic Blood Pressure Monitor Instruction Manual

Brand: Relado | Model: C02W

INTRODUCTION

This manual provides essential information for the safe and effective use of your Relado C02W Automatic Blood Pressure Monitor. Please read these instructions thoroughly before using the device and retain them for future reference. This device is designed for home use to measure systolic and diastolic blood pressure, as well as pulse rate.

PRODUCT OVERVIEW

The Relado C02W Blood Pressure Monitor features a large LED backlit display, dual user memory, and a comfortable adjustable arm cuff. It is designed for ease of use with one-button operation.

Included Components

- 1x Main device
- 1x Arm Cuff (8.7"-15.7" / 22-40cm)
- 1x USB-C cord (Batteries and AC adapter Not Included)
- 1x User Manual
- 1x Quick Guide
- 1x Storage Bag



Figure 1: The package includes the main blood pressure monitor unit, an arm cuff, a USB-C charging cable, a user manual, a quick guide, and a storage bag.

SETUP

1. Power Supply

Your monitor can be powered in two ways:

- **Batteries:** Insert 3 AA batteries into the battery compartment on the back of the device. Ensure correct polarity (+/-). Batteries are not included.
- **USB-C Cord:** Connect the provided USB-C cord to the monitor and a compatible USB power source (e.g., wall adapter, computer USB port). The USB-C cord is for plug-in use only and does not recharge internal batteries.

2. Connecting the Arm Cuff

Insert the air tube connector from the arm cuff firmly into the air jack on the side of the main monitor unit.

3. Initial Settings (Date/Time)

Refer to the included User Manual for detailed instructions on setting the date and time. This ensures accurate record-keeping for your measurements.

OPERATING INSTRUCTIONS

1. Proper Cuff Placement

Accurate measurement depends on correct cuff placement. Follow these steps:

1. Ensure no clothing obstructs the cuff on your upper left arm.
2. Wrap the cuff around your upper left arm, approximately 2-3 cm (0.8"-1.2") above your elbow.
3. The air tube should run down the inside of your arm, aligned with your middle finger.
4. The cuff should be snug but not too tight; you should be able to insert two fingers between the cuff and your arm.
5. Position your arm so the cuff is at heart level.



Irregular Heartbeat Detection

When the displayed icon appears after your measurement, it indicates irregular heartbeat activity detected

Figure 2: Visual guide for correct cuff placement and body posture during measurement. Ensure the cuff is 2 fingers above the elbow and at heart level.

2. Taking a Measurement

To begin a measurement:

1. Sit quietly with your feet flat on the floor and rest for 15 minutes before taking a measurement.
2. Press the large “**START/STOP**” button. The cuff will automatically inflate, and the measurement will begin.
3. Remain still and do not talk during the measurement.
4. The readings (Systolic, Diastolic, and Pulse) will be displayed on the screen within approximately 1 minute.
5. The device will automatically store the reading in the selected user profile.



Figure 3: The large LED display clearly shows Systolic, Diastolic, and Heart Rate. Buttons for SET, START/STOP, and MEMORY are also visible.

3. Understanding the Display

The large LED backlit display shows:

- **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.

- **PUL (Pulse Rate):** Your heart rate in beats per minute.
- **WHO Classification Bar:** A color-coded bar on the side indicates your blood pressure level according to WHO guidelines.
- **User A/B Indicator:** Shows which user profile is currently active.
- **Irregular Heartbeat Symbol:** Appears if an irregular heartbeat is detected.
- **Movement Error Symbol:** Indicates excessive movement during measurement.
- **Cuff Self-Detecting Function:** Helps ensure the cuff is correctly applied.
- **Battery Symbol:** Indicates battery level.

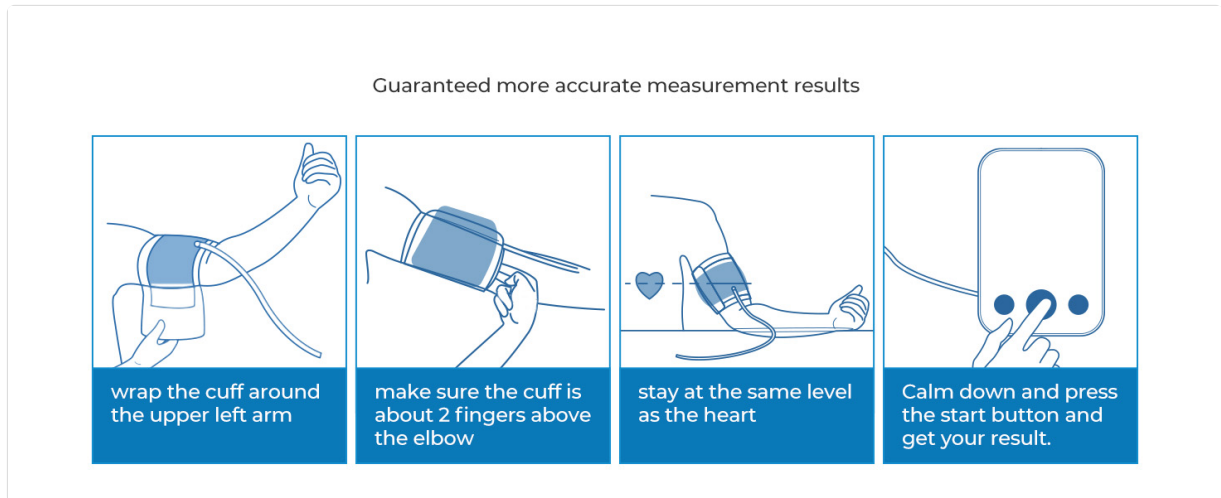


Figure 4: The large LED backlit screen ensures clear readability even in low-light conditions.

4. Dual User Memory

The monitor can store up to 120 readings for each of two users (User A and User B), including date and time stamps. It also calculates the average value of the last three readings.

- Press the **“SET”** button to toggle between User A and User B.
- Press the **“MEM”** button to display the average value of the latest three records.
- Continue pressing **“MEM”** to view previous records, starting with the latest.

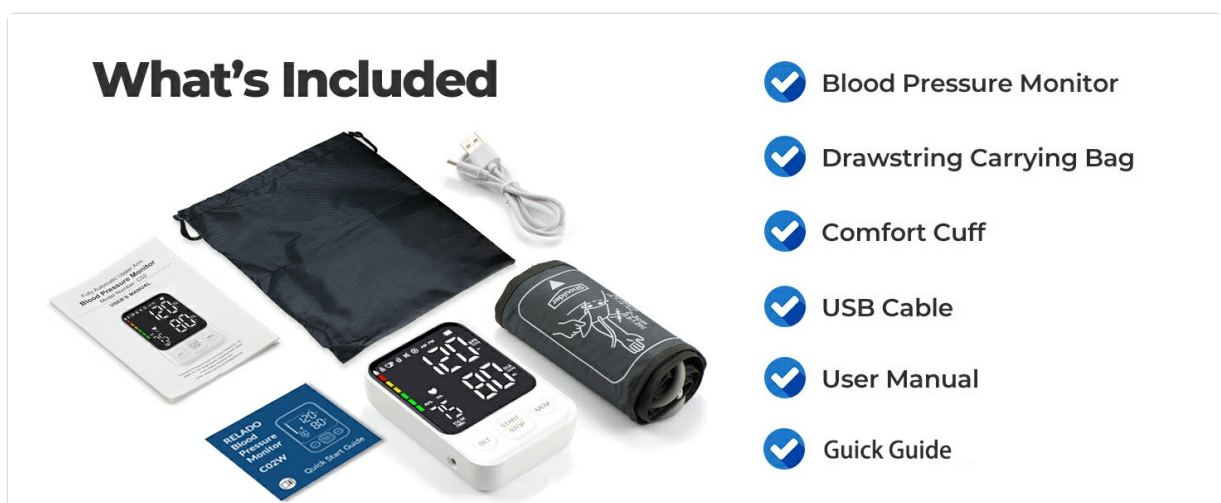


Figure 5: The monitor supports two users, each with 120 memory records, allowing for separate tracking of blood pressure history.

5. Irregular Heartbeat Detection

If the irregular heartbeat symbol appears after your measurement, it indicates irregular heartbeat activity was detected. Consult your doctor if this symbol appears frequently.

Guaranteed more accurate measurement results



- ✓ Sit quietly with feet flat on the floor and rest for 15 minutes before taking a measurement.
- ✓ Wait at least 3 minutes between measurements.
- ✓ Measure 1 hour after getting up in the morning and 1 hour before going to bed at night.
- ✗ Do not measure within 30 minutes after eating, exercising, smoking, or drinking alcohol.
- ✗ Do not compress or restrict the air hose or the cuff when taking measurements.

Figure 6: The irregular heartbeat symbol will appear on the display if detected during measurement.

6. Important Measurement Tips

- Sit quietly with feet flat on the floor and rest for 15 minutes before taking a measurement.
- Wait at least 3 minutes between measurements.
- Measure 1 hour after getting up in the morning and 1 hour before going to bed at night.
- Do not measure within 30 minutes after eating, exercising, or drinking alcohol.
- Do not compress or restrict the air hose or the cuff when taking measurements.

MAINTENANCE

Cleaning

Wipe the monitor and cuff with a soft, dry cloth. Do not use abrasive cleaners or immerse the device in water.

Storage

Store the device in its storage bag 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.

TROUBLESHOOTING

If you encounter issues, refer to the following common problems:

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