

## LinkSun 2005

# LinkSun Model 2005 Blood Pressure Monitor

User Manual

## 1. INTRODUCTION

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Thank you for choosing the LinkSun Model 2005 Automatic Digital Upper Arm Blood Pressure Monitor. This device is designed for accurate and convenient blood pressure and heart rate measurement at home. It features a large LCD screen, one-touch operation, and memory storage for two users. Please read this manual thoroughly before use to ensure proper operation and to obtain the most accurate readings.

## 2. SAFETY INFORMATION

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- If you are taking medication, consult with your physician to determine the most appropriate time to measure your blood pressure. Never change a prescribed medication without first consulting with your physician.
- If there is overmuch pressure or you feel uncomfortable, please press the power button immediately for quick deflation.
- Any reading may be affected by the measuring position, the patient's position, movement, or the patient's physical condition.
- Too frequent blood pressure measurements can lead to unnecessary stress and elevated blood pressure.
- Before using, you should wash your hands.

## 3. WHAT'S IN THE BOX

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Upon opening your LinkSun Model 2005 Blood Pressure Monitor package, you should find the following items:

- 1 x LinkSun Model 2005 Blood Pressure Monitor
- 1 x Adjustable Arm Cuff (suitable for 8.66-16.54 inches arm circumference)
- 4 x AA Batteries
- 1 x Instruction Manual (this document)
- 1 x Storage Bag
- 1 x Type-C USB Cable (for optional power)

## What's in the box?



Blood Pressure Monitor\*1

AA Batteries\*4

User Manual\*1

Type-c Cable\*1

Adjustable Arm Cuff\*1



Image: The LinkSun Model 2005 Blood Pressure Monitor and its included accessories: adjustable arm cuff, 4 AA batteries, user manual, Type-C USB cable, and a storage bag.

## 4. PRODUCT OVERVIEW

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Familiarize yourself with the components of your blood pressure monitor:

# PRODUCT SPECIFICATIONS



Image: A detailed diagram highlighting the various parts of the LinkSun Model 2005 Blood Pressure Monitor's LCD display and control buttons, including indicators for date/time, systolic/diastolic pressure, pulse rate, irregular heartbeat, user selection, speaker, low battery, average value, memory, and the SET, START/STOP, and MEM buttons.

- **Large LCD Screen:** Displays blood pressure readings, pulse rate, date, and time.
- **Cuff Connector Port:** For connecting the arm cuff.
- **SET Button:** Used for setting date, time, and user profiles.
- **START/STOP Button:** Initiates and stops the measurement process.
- **MEM Button:** Accesses stored memory readings.
- **Power Port:** For optional USB power.
- **Battery Compartment:** Holds 4 AA batteries.

## 5. SETUP

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### 5.1 Installing Batteries

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

Alternatively, you can power the device using the provided Type-C USB cable connected to a compatible USB power source.

### 5.2 Attaching the Arm Cuff

- Insert the air plug of the arm cuff firmly into the air jack on the side of the monitor.
- Ensure the connection is secure to prevent air leakage during measurement.

## 5.3 Applying the Arm Cuff

Proper cuff placement is crucial for accurate readings:

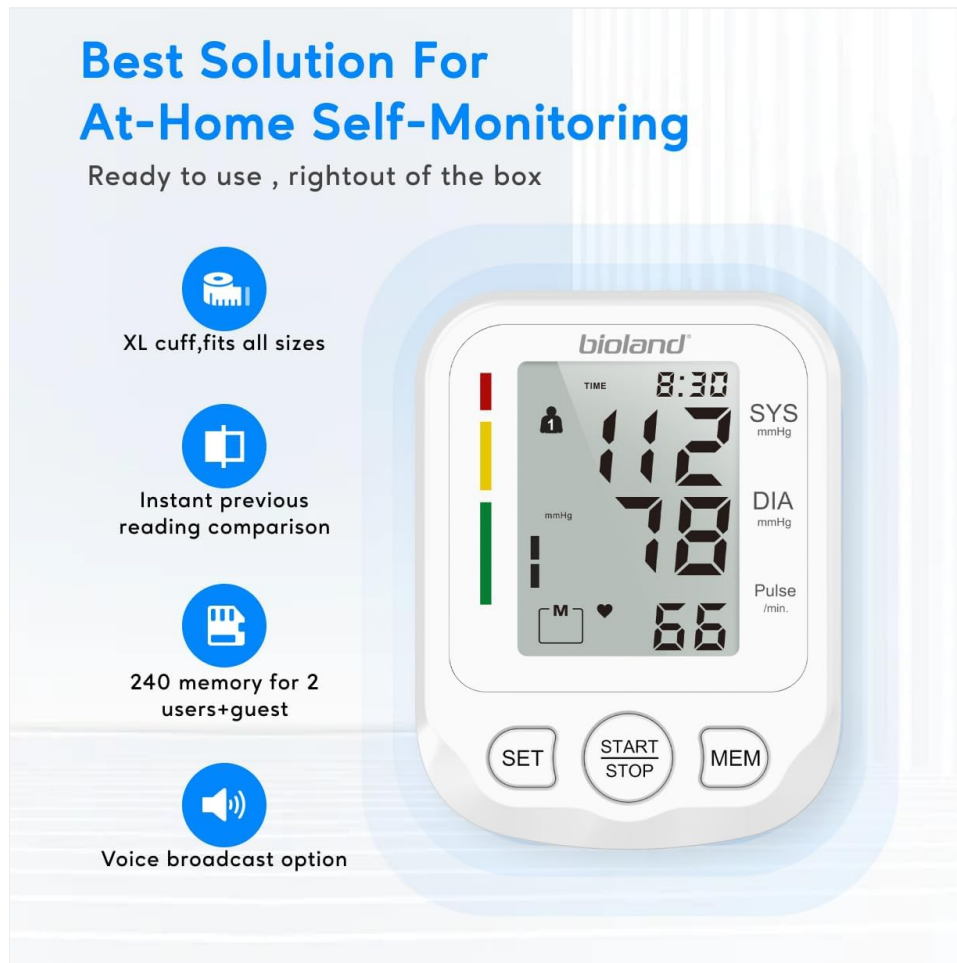


Image: Visual guide demonstrating the four key steps for correctly applying the blood pressure cuff to the upper arm for an accurate measurement.

1. Wrap the cuff around your upper left arm, ensuring the air tube runs down the center of your arm in line with your middle finger.
2. The bottom edge of the cuff should be approximately 2-3 cm (0.8-1.2 inches) above your elbow joint.
3. Ensure the cuff is snug but not too tight; you should be able to insert one finger comfortably between the cuff and your arm.
4. The cuff is designed for arm circumferences between 8.66-16.54 inches.

## 6. OPERATING INSTRUCTIONS

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### 6.1 Taking a Measurement

1. Sit quietly with your feet flat on the floor and rest for at least 5 minutes before taking a measurement.
2. Place your arm on a table so the cuff is at heart level.
3. Press the **START/STOP** button. The cuff will automatically inflate.
4. Remain still and do not talk during the measurement.
5. Once the measurement is complete, the cuff will deflate, and your systolic pressure (SYS), diastolic pressure (DIA), and pulse rate will be displayed on the LCD screen.
6. The device will automatically power off after a period of inactivity.

The monitor also features a voice broadcast option for reading out the results.

## 7. UNDERSTANDING YOUR READINGS

Your blood pressure reading consists of two numbers:

- **Systolic Pressure (SYS):** The top number, which indicates the pressure when your heart beats and pushes blood through your arteries.
- **Diastolic Pressure (DIA):** The bottom number, which indicates the pressure when your heart rests between beats.
- **Pulse Rate:** Your heart rate, measured in beats per minute.

### 7.1 Blood Pressure Classification (WHO / ISH)

**Easy to use at home**

- ✓ One-button operation
- ✓ Simple to follow instructions
- ✓ 2.9" large, easy to read display
- ✓ Automatic Irregular heartbeat detection

- 1** Wrap the cuff around your upper left arm
- 2** Leave a two finger gap from your elbow to the edge of the cuff
- 3** Leave enough space to fit 1 finger between your arm and the cuff
- 4** Press start and wait 30 seconds for an accurate reading

Image: A visual representation of blood pressure categories as defined by the World Health Organization (WHO) and International Society of Hypertension (ISH).

Blood Pressure Classification	Systolic mmHg		Diastolic mmHg
Normal	Less than 120	and	Less than 80
Elevated	120-129	and	Less than 80
High Blood Pressure (Hypertension) Stage 1	130-139	or	80-89
High Blood Pressure (Hypertension) Stage 2	140-160	or	90 or higher
Hypertensive Crisis (Consult your doctor immediately)	Higher than 160	and /or	Higher than 120

Consult your healthcare professional for interpretation of your readings and for any health concerns.

## 8. FACTORS AFFECTING ACCURACY OF BLOOD PRESSURE MEASUREMENT

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Several 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 (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: A table illustrating various factors that can lead to inaccurate blood pressure readings and the typical range of discrepancy they cause.

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

## 9. TIPS FOR GETTING ACCURATE MEASUREMENT

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Follow these guidelines to ensure the most accurate blood pressure readings:

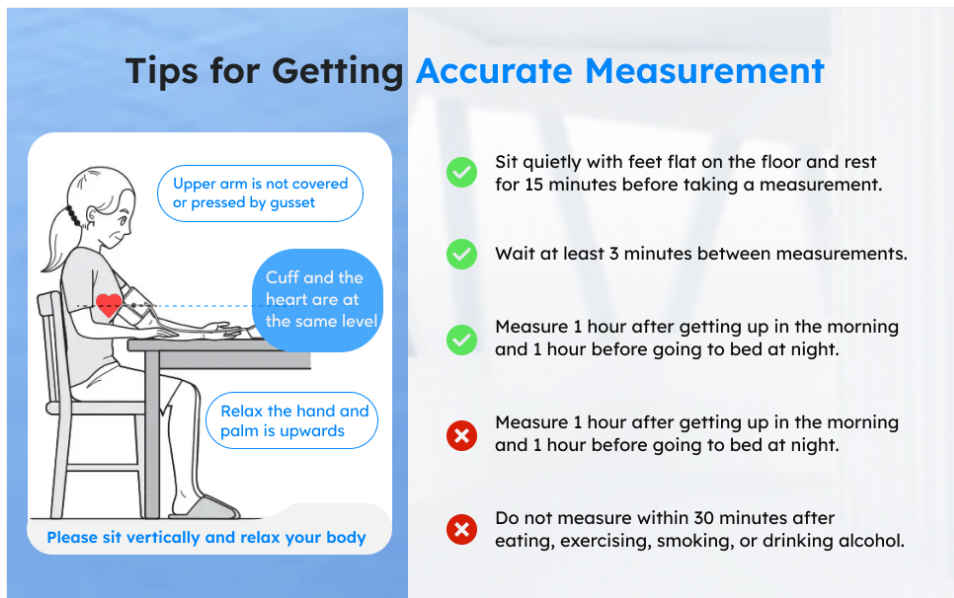


Image: A visual and textual guide providing essential tips for achieving accurate blood pressure measurements, including proper body posture and timing considerations.

- 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.
- Ensure your upper arm is not covered or pressed by clothing.
- Keep the cuff and your heart at the same level during measurement.
- Relax your hand and keep your palm upwards.

## 10. MEMORY FUNCTION

The LinkSun Model 2005 monitor can store up to 120 readings for two users (User A and User B), allowing you to track your blood pressure trends over time.



Image: An illustration of the dual-user memory function, showing how the device stores 120 readings for each user, including date, time, systolic, diastolic, and pulse data.

### 10.1 Accessing Memory Records

1. With the device off, press the **MEM** button.
2. The most recent reading will be displayed first.
3. Press **MEM** repeatedly to scroll through previous readings.
4. To switch between User A and User B memory, press the **SET** button while in memory mode.

## 10.2 Deleting Memory Records

Refer to the detailed instructions in the full user manual for specific steps on deleting memory records, if desired.

## 11. MAINTENANCE AND CARE

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- Clean the monitor and cuff with a soft, dry cloth. Do not use abrasive cleaners or immerse the device in water.
- 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 to prevent leakage.
- Do not disassemble or attempt to repair the monitor yourself. Contact customer support for assistance.

## 12. TROUBLESHOOTING

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If you encounter issues with your blood pressure monitor, please refer to the following common problems and solutions:

Problem	Possible Cause	Solution
No display when powered on	Batteries are dead or incorrectly inserted; power cable not connected.	Replace batteries, check polarity, or ensure USB cable is securely connected.
Cuff does not inflate or inflates weakly	Cuff air plug not securely connected; air leakage from cuff or tube.	Ensure cuff plug is fully inserted. Check cuff and tube for any damage or leaks.
Inaccurate or inconsistent readings	Improper cuff placement; movement or talking during measurement; incorrect posture; recent activity (eating, smoking, exercise).	Review sections on "Applying the Arm Cuff" and "Tips for Accurate Measurement". Ensure proper resting period before measurement.
Error message on display	Specific error codes indicate different issues (e.g., excessive movement, cuff pressure error).	Consult the full user manual for a list of error codes and their corresponding solutions. Re-take the measurement carefully.

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

## 13. SPECIFICATIONS

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## Blood pressure classification by the WHO / ISH

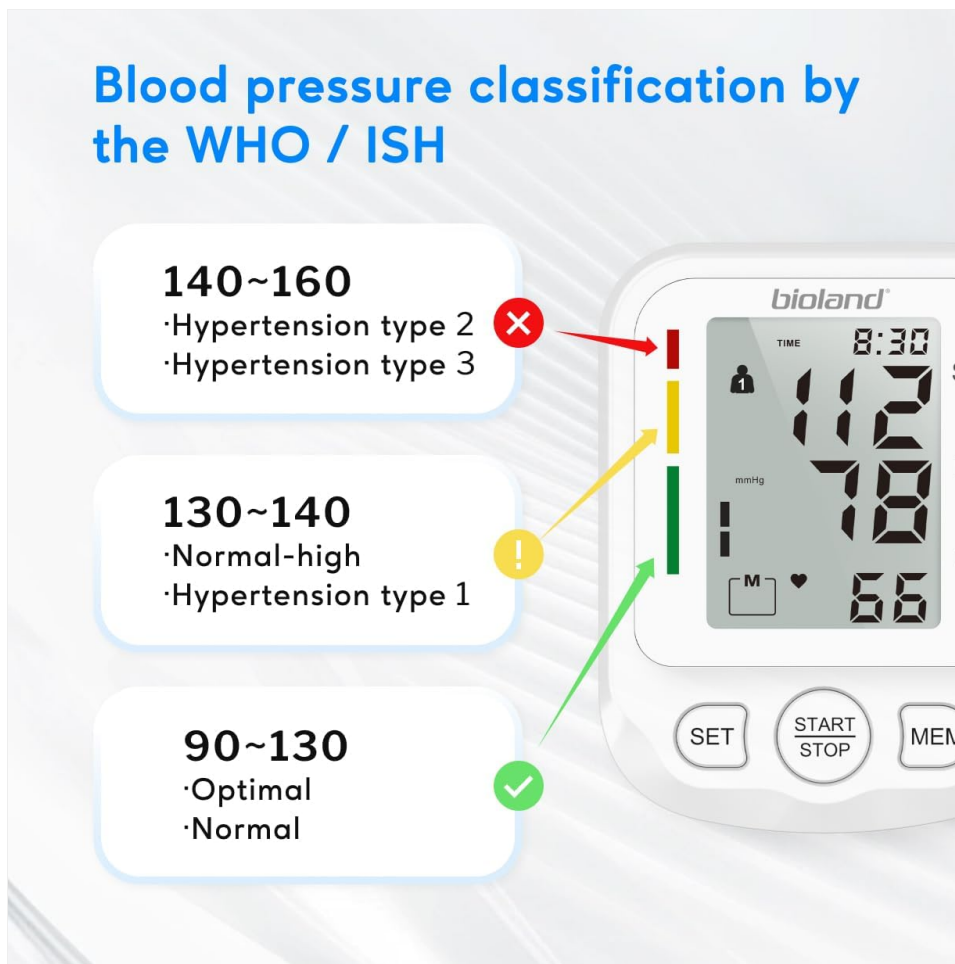


Image: A visual representation of the LinkSun Model 2005 Blood Pressure Monitor's physical dimensions.

- **Model Name:** 2005
- **Brand:** LinkSun
- **Product Dimensions:** 6.3 x 3.9 x 4.3 inches
- **Item Weight:** 16 ounces
- **Power Source:** 4 AA batteries (included) or Type-C USB cable
- **Display Type:** LCD
- **Cuff Size:** Adjustable, suitable for arm circumference 8.66-16.54 inches
- **Memory:** 2 users, 120 records per user
- **Measurement Method:** Oscillometric
- **Measurement Range:** Pressure: 0-299 mmHg; Pulse: 40-199 beats/minute
- **Accuracy:** Pressure:  $\pm 3$  mmHg; Pulse:  $\pm 5\%$  of reading
- **Manufacturer:** Bioland

## 14. WARRANTY AND SUPPORT

LinkSun provides a warranty for this product against defects in materials and workmanship under normal use. For detailed warranty information, terms, and conditions, please refer to the warranty card included in your package or visit the official LinkSun website.

If you have any questions, require technical assistance, or need to report an issue with your device, please contact LinkSun customer support through the contact information provided on the product packaging or their official website. Please have your model number (2005) and purchase details ready when contacting support.



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Model: 2005