

Relado C02B

Relado C02B Automatic Blood Pressure Monitor User Manual

Model: C02B

1. INTRODUCTION

This manual provides essential instructions for the safe and effective operation of your Relado C02B Automatic Blood Pressure Monitor. Please read this manual thoroughly before using the device and retain it for future reference. This monitor is designed for home use to measure systolic and diastolic blood pressure and pulse rate in adults.

2. SAFETY INFORMATION

- Consult your physician to interpret blood pressure measurements. Self-diagnosis and treatment based on measurements can be dangerous.
- Do not adjust medication based on measurements from this device without consulting a healthcare professional.
- This device is intended for adult use only.
- Do not use this device on infants, children, or individuals who cannot express consent.
- Avoid using the monitor in areas with strong electromagnetic fields (e.g., near mobile phones, microwave ovens).
- Do not disassemble or attempt to repair the device. Refer all servicing to qualified personnel.
- Keep the device and cuff away from water and moisture.

3. PRODUCT OVERVIEW

The Relado C02B Blood Pressure Monitor is an automatic device featuring a large LED-backlit display and an adjustable arm cuff for convenient home use.

3.1 Components

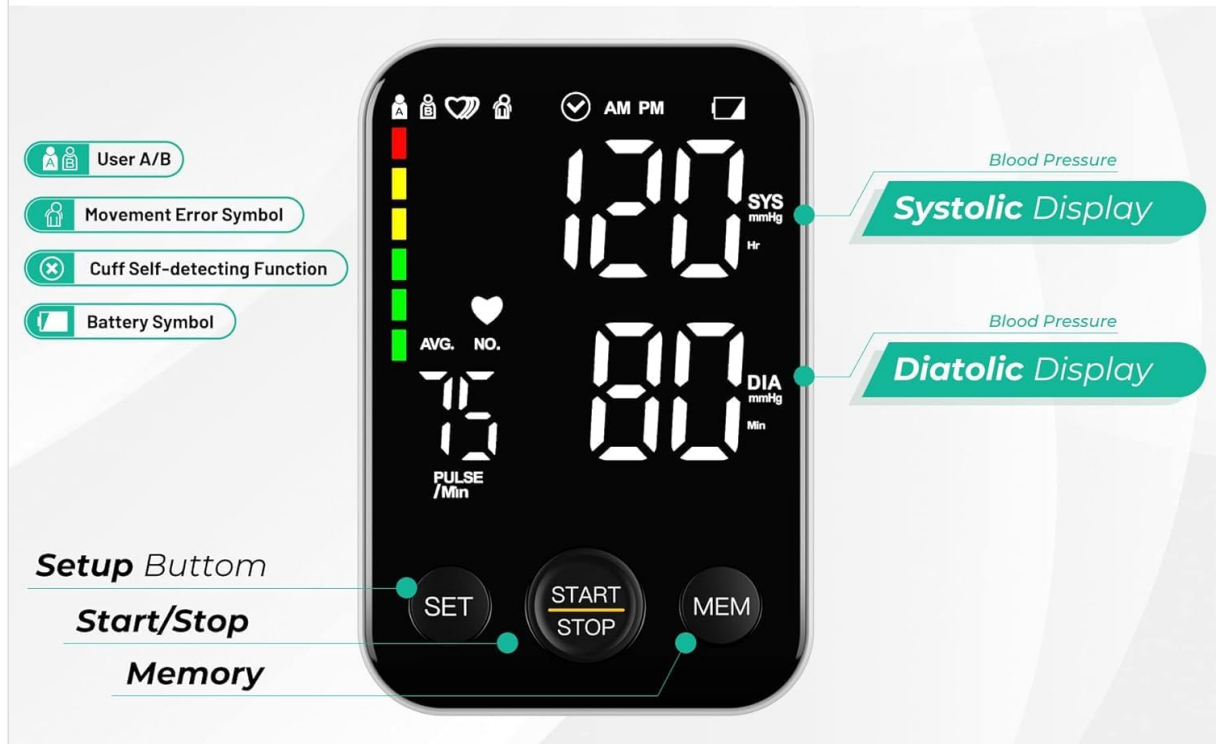
- Blood Pressure Monitor Unit
- Adjustable Arm Cuff (8.7"-15.7" / 22-40cm)
- USB-C Cable (for power only)
- User Manual
- Drawstring Carrying Bag



Image: Contents of the Relado C02B Blood Pressure Monitor package.

3.2 Display and Buttons

EASY OPERATION



● Intuitive Numerical Display

Quickly show your physical condition with Large Font, so it makes middle-aged and elderly people easy to use and trust our products.

Image: Relado C02B Monitor Display and Buttons.

- **Systolic Display (SYS):** Top large number, indicates the pressure in your arteries when your heart beats.
- **Diastolic Display (DIA):** Bottom large number, indicates the pressure in your arteries between beats.
- **Pulse /Min:** Heart rate in beats per minute.
- **User A/B:** Indicates which user's data is being displayed or stored.
- **Movement Error Symbol:** Appears if excessive movement is detected during measurement.
- **Cuff Self-detecting Function:** Indicates if the cuff is applied correctly.
- **Battery Symbol:** Shows current battery level.
- **SET Button:** Used to toggle between users and access settings.
- **START/STOP Button:** Initiates and stops the measurement process.
- **MEM Button:** Used to view stored measurement records.

4. SETUP

4.1 Power Supply

The monitor can be powered in two ways:

- **3 AA Batteries:** Insert three AA batteries into the battery compartment, ensuring correct polarity. Batteries are not included.
- **USB-C Cord:** Connect the provided USB-C cable to the monitor and a suitable USB power source.
Note: The USB-C cord is for plug-in use only and does not charge an internal battery; this device is not rechargeable. Do not use both power sources simultaneously.

4.2 Attaching the Arm Cuff

The adjustable arm cuff fits arm circumferences from 8.7 to 15.7 inches (22-40 cm).

BIG SIZE CUFF

SUITABLE FOR MOSTLY ARM SIZE OF THE ADULTS



Length of the cuff: 22cm-40cm

Adopt slow and deliberate boost pressure to reduce oppression during measurements, bring comfortable experience

Image: Proper application of the adjustable arm cuff.

1. Ensure the air tube is securely connected to the monitor unit.
2. Wrap the cuff around your upper left arm, approximately 2-3 cm above your elbow.
3. The air tube should run down the inside of your arm and align with your middle finger.
4. Secure the cuff snugly with the Velcro fastener, but not so tightly that it restricts circulation. You should be able to insert two fingers comfortably under the cuff.

5. OPERATING INSTRUCTIONS

5.1 Before Measurement

- Sit quietly with your feet flat on the floor and rest for at least 15 minutes before taking a measurement.
- Ensure your arm is relaxed and supported at heart level.
- Do not measure within 30 minutes after eating, exercising, smoking, or drinking alcohol.
- 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 for consistent readings.
- Do not compress or restrict the air hose or the cuff when taking measurements.

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.

Image: Guidelines for accurate measurement results.

5.2 Taking a Measurement

1. Ensure the cuff is correctly applied to your upper arm.
2. Press the **START/STOP** button. The cuff will automatically inflate.
3. Remain still and silent during the measurement.
4. Once the measurement is complete (within approximately 1 minute), your systolic pressure, diastolic pressure, and pulse rate will be displayed on the screen.
5. The monitor will automatically store the reading.

What's Included



- ✓ Blood Pressure Monitor
- ✓ Drawstring Carrying Bag
- ✓ Comfort Cuff
- ✓ USB Cable
- ✓ User Manual
- ✓ Quick Guide

Image: Step-by-step guide for taking a measurement.

5.3 Dual User and Memory Function

The monitor supports two users (User A and User B) and stores up to 120 readings for each user, totaling 240 readings. Each record includes date and time stamps.




**DUAL
USERS**
Automatically stores
memory for dual users

240^M
**MEMORY
RECORD**
Support 2 users to
record the measurement
history separately

- Press “SET” button to toggle which user you want to view history for.
- Press the “MEM” button to display the average value of the latest three records.
- Continue to press the “MEM”. The monitor will display previous records, starting with the latest record first.

Image: Dual User and Memory Record feature.

1. Press the **SET** button to toggle between User A and User B before taking a measurement.
2. To view past records, press the **MEM** button. The monitor will display the average value of the latest three records first.
3. Continue to press the **MEM** button to scroll through previous records, starting with the latest.

6. UNDERSTANDING YOUR READINGS

6.1 Irregular Heartbeat Detection



2x120 Readings

Suitable for the whole family, it can keep an eye on the health of the whole family's blood pressure

Image: Irregular Heartbeat Detection.

If the irregular heartbeat icon appears after your measurement, it indicates that irregular heartbeat activity was detected. This does not necessarily mean you have an arrhythmia, but it is advisable to consult your physician if this symbol appears frequently.

6.2 Movement and Cuff Detection



Irregular Heartbeat Detection

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

Image: Movement Detection and Cuff Self-Detection.

The monitor is equipped with features to detect common errors that can affect accuracy:

- **Movement Error Symbol:** If you move or talk during a measurement, this symbol will appear, indicating a potentially inaccurate reading.
- **Cuff Self-detecting Function:** This feature helps ensure the cuff is applied correctly. If an issue with cuff placement is detected, an indicator will appear.

Always ensure proper posture and cuff placement for the most accurate results.

7. 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 a cool, dry place, away from direct sunlight and extreme temperatures. If not in use for an extended period, remove the batteries.
- **Cuff Care:** Avoid bending or creasing the air tube excessively. Do not wash the cuff.

8. TROUBLESHOOTING

Problem	Possible Cause	Solution
Monitor does not power on.	Batteries are dead or incorrectly inserted. USB-C cable not connected or faulty.	Replace batteries with new ones, ensuring correct polarity. Check USB-C cable connection or try a different cable/power source.
Inaccurate or inconsistent readings.	Incorrect cuff placement. Movement or talking during measurement. Not resting before measurement.	Ensure cuff is correctly applied and snug. Remain still and silent. Rest for 15 minutes before measuring. Follow all pre-measurement guidelines.
Cuff does not inflate or inflates too little/much.	Air tube disconnected or kinked. Cuff not properly secured.	Check that the air tube is securely connected to both the monitor and the cuff. Ensure the cuff is wrapped tightly enough.
Error symbol displayed.	Specific error (e.g., movement, cuff error).	Refer to the display symbols section for specific error meanings. Re-take measurement ensuring proper technique.

9. SPECIFICATIONS

Feature	Detail
Model Number	C02B
Brand	Relado
Measurement Method	Oscillometric
Cuff Size	Adjustable, 8.7"-15.7" (22-40 cm)
Memory	2 users x 120 readings (total 240)
Display	Large LED Backlit Display
Power Source	3 AA batteries (not included) or USB-C cord (plug-in use only)
Product Dimensions	8.4L x 2.8W x 12.7Th Centimetres
UPC	199284252035
Manufacturer	Xiamen Lishuxuan Trading Co., Ltd.

10. WARRANTY AND SUPPORT

This product is subject to a return policy allowing returns or replacements within 60 days of purchase. For any issues or support inquiries, please contact the manufacturer, Xiamen Lishuxuan Trading Co., Ltd., or your retailer.

