Relado W06

Relado Automatic Wrist Blood Pressure Monitor W06 User Manual

Model: W06 | Brand: Relado

1. Introduction

Thank you for choosing the Relado Automatic Wrist Blood Pressure Monitor W06. This device is designed for convenient and accurate blood pressure measurement at home. It features a large LED backlit display, one-touch operation, and memory storage for two users. Please read this manual thoroughly before use to ensure proper operation and accurate readings.



Image: The Relado Automatic Wrist Blood Pressure Monitor W06, showcasing its sleek design and large display.

2. Safety Information

Legal Disclaimer: Actual product packaging and materials may contain more and different information than what is shown on our website. We recommend that you do not rely solely on the information presented and that you always read labels, warnings, and directions before using or consuming a product.

This device is intended for home use only and should not be used for diagnosis or treatment of any medical condition. Always consult a healthcare professional for interpretation of blood pressure readings and before making any medical decisions. Keep out of reach of children. Do not use this device on infants or individuals who cannot express consent.

3. Product Overview

The Relado W06 Blood Pressure Monitor is designed for ease of use and accuracy. Its compact design makes it ideal for both home and travel. Key features include:

- **Highest Accuracy:** Unique built-in chip with advanced measurement technology for accurate readings within 50 seconds.
- **One-Touch Button Operation:** Fully automatic measurement with a single press of the "Start/Stop" button.
- **Two User, 120 Memories:** Separate storage for two users, each with up to 120 measurement records for easy tracking.
- **Portable Design:** Compact and lightweight, includes a carrying case for convenience.
- **LED Backlit Display:** Clear and easy-to-read display, suitable for use in low-light conditions.



Image: Detailed view of the blood pressure monitor's LED display, showing SYS, DIA, PULSE, user, memory, ON/OFF, and WHO bar indicators.



Image: Visual representation of the monitor's key performance features: high accuracy, dual users, 120x2 memories, self-detection, large LED display, and easy operation.

4. Setup

4.1 Battery Installation

The monitor requires two AAA batteries (not included). Open the battery compartment cover on the back of the device and insert the batteries according to the polarity indicators. Close the cover securely.

4.2 Cuff Connection

Ensure the cuff is properly connected to the monitor. The air tube from the cuff should be securely inserted into the port on the side of the main unit.

Video: A seller-provided video demonstrating the use of a blood pressure monitor, which may include setup and measurement techniques.

5. Operating Instructions

5.1 Power On/Off

Press the "Start/Stop" button to turn the device on. The device will automatically power off after a period of inactivity to conserve battery life.

5.2 User Selection

The monitor supports two users. To switch between User 1 and User 2, press the user selection button (typically indicated by a person icon). Each user has a dedicated memory bank for storing readings.



Image: Illustration showing the monitor's capability to store 120 readings for two separate users, allowing individual tracking of blood pressure.

5.3 Viewing Memory Records

To access stored measurements, press the "MEM" button. You can cycle through previous readings for the selected user. The device stores up to 120 readings per user.

6. Proper Measurement Technique

For accurate results, follow these steps:

1. **Wear the Cuff:** Place the cuff on your left wrist, ensuring the display faces towards you. The cuff should be positioned approximately 1 cm from the bottom of your palm. The wrist strap is adjustable and fits wrists from 4.9 to 8.5 inches.
2. **Position Your Arm:** Sit comfortably with your arm resting on a table, palm facing upwards. Ensure the cuff is at the same height as your heart. Remain still and avoid talking during the measurement.
3. **Start Measurement:** Press the "Start/Stop" button. The cuff will automatically inflate and then slowly deflate as it takes your reading.
4. **Movement Detection:** If movement is detected during measurement, a movement error symbol may appear. Remove the cuff, wait 2-3 minutes, and reapply for another measurement.



Image: Step-by-step guide showing how to correctly wear the wristband on the left wrist with the display facing the user.



Image: Illustration detailing the correct placement of the cuff, ensuring a 1 cm distance from the bottom of the palm.

Image: Guide on how to position the arm on a table, palms up, so the cuff is at the same height as the heart for accurate measurement.



Image: The monitor displaying a movement detection symbol, indicating that the user moved during measurement and should re-measure after a short break.

7. Understanding Your Readings

The monitor displays Systolic (SYS), Diastolic (DIA) blood pressure, and Pulse rate (PUL). The LED display also features a WHO (World Health Organization) standard bar, which provides a visual indication of your blood pressure category based on established guidelines. Consult your doctor for personalized interpretation of your readings.

8. Maintenance

8.1 Cleaning

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

8.2 Storage

Store the device in its carrying case in a cool, dry place, away from direct sunlight, extreme temperatures, and dust.

9. Troubleshooting

- **No Display/Low Battery:** Check battery installation or replace batteries. The device requires two AAA batteries.
- **Inaccurate Readings:** Ensure proper cuff placement and arm position. Avoid talking or moving during measurement. Re-measure after a few minutes of rest.
- **Movement Error:** If the movement detection symbol appears, remove the cuff, rest for 2-3 minutes, and then re-measure.

10. Specifications

- **Model Name:** W06
- **Power Source:** Battery Powered (2 x AAA batteries, not included)
- **Display Type:** LED
- **Memory:** 120 readings x 2 users
- **Wrist Cuff Range:** 4.9 inches to 8.5 inches
- **Product Dimensions:** 9.5L x 9W x 8.2Th Centimetres
- **UPC:** 199284996465



Image: Diagram illustrating the physical dimensions of the Relado W06 Blood Pressure Monitor.

11. Warranty and Support

For warranty information or technical support, please refer to the contact details provided with your purchase or visit the

official Relado website. Keep your purchase receipt as proof of purchase.

Ask a question about this manual

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. Privacy details.

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question