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SureLife WRS-35H

SureLife Wrist Blood Pressure Monitor User Manual

Model: WRS-35H

INTRODUCTION

Thank you for choosing the SureLife Wrist Blood Pressure Monitor. This manual provides essential information for the safe and effective use of your device. Please read it thoroughly before first use and keep it for future reference.

This monitor is designed for convenient and accurate blood pressure measurement at the wrist. It features a large, easy-to-read display and memory function for tracking your readings.

IMPORTANT SAFETY INFORMATION

Always consult your physician for diagnosis and treatment. Self-diagnosis and treatment based on measured results can be dangerous. Do not alter medication dosages without consulting your doctor. Keep the device out of reach of children. Do not use this device on infants or individuals who cannot express their consent.

Avoid using the monitor in areas with strong electromagnetic fields, such as near mobile phones or microwave ovens, as this may affect accuracy.

PACKAGE CONTENTS

Verify that all items are present in the package:

- SureLife Wrist Blood Pressure Monitor
- 2 x AAA Batteries
- Instruction Manual (this document)



Image: The SureLife Wrist Blood Pressure Monitor packaged in its retail box, showing the device and indicating included accessories.

SETUP

1. Installing Batteries

Locate the battery compartment on the back of the monitor. Open the cover and insert the two AAA batteries, ensuring the correct polarity (+/-) as indicated inside the compartment. Close the battery cover securely.

Note: The monitor requires 2 AAA batteries, which are included.

2. Setting Date and Time

Refer to the on-screen prompts or specific buttons (e.g., 'SET' or 'M') to enter the date and time setting mode. Use the adjustment buttons to set the current year, month, day, hour, and minute. Confirm each setting to proceed.

OPERATING INSTRUCTIONS

1. Before Measurement

- Avoid eating, drinking alcohol, smoking, exercising, and bathing for 30 minutes before measurement.
- Rest for at least 5 minutes before taking a reading.
- Take measurements at the same time each day for consistent results.

2. Applying the Wrist Cuff

LARGE LCD-DISPLAY



Image: A person's wrist with the SureLife Blood Pressure Monitor cuff correctly positioned, showing the adjustable nature of the cuff.

1. Place the wrist blood pressure monitor on the **inside** of your left wrist, approximately 1/2 inch from your hand. Ensure the display faces upwards.
2. The cuff is designed to comfortably fit wrists from 5.3" to 7.7" (13.5cm to 19.5cm). Secure the cuff snugly but not too tightly.

3. Correct Measurement Posture



Image: A diagram illustrating the correct posture for blood pressure measurement, with the wrist held at heart level. Sit comfortably with your back supported. Place your elbow on a table and raise your wrist so the monitor is at the same level as your heart. Relax your hand.

DO NOT move, talk, or tighten muscles during the measurement process. Remain still until the measurement is complete.

4. Taking a Measurement



Image: A detailed view of the SureLife Wrist Blood Pressure Monitor, highlighting its large LCD display and control buttons.

1. Press the **Power button** (green button) to start the measurement. The cuff will automatically inflate.
2. Once the measurement is complete, the monitor will display your Systolic (SYS), Diastolic (DIA), and Pulse (PUL) readings.
3. The Four-Color Backlit HD LCD Display provides intuitive color indicators:
 - **White:** Standby
 - **Green:** Normal reading
 - **Yellow:** Mild high blood pressure
 - **Red:** High blood pressure
4. The monitor also features **Irregular Heartbeat Detection**, which will alert you if an irregular heartbeat is detected during the measurement.
5. Press the **Power button** again to turn off the device, or it will automatically shut down after a period of inactivity.

5. Memory Function

The monitor automatically stores each measurement value. It can store up to 199 sets of values for each of two users (User 1 and User 2). To access stored readings, press the **'M' button**. Repeatedly pressing 'M' will cycle through previous readings.

MAINTENANCE

Cleaning

Wipe the monitor and cuff gently with a soft, dry cloth. If necessary, use a cloth lightly dampened with water or a mild detergent, then wipe dry immediately. Do not use abrasive cleaners or immerse the device in water.

Storage

Store the device in a clean, dry place away from direct sunlight, extreme temperatures, and humidity. If the device will not be used for an extended period, remove the batteries to prevent leakage.

Battery Replacement

When the low battery indicator appears on the display, replace both AAA batteries with new ones. Dispose of used batteries according to local regulations.

TROUBLESHOOTING

Problem	Possible Cause	Solution
No display when powered on	Batteries are dead or incorrectly inserted.	Replace batteries or check polarity.
Inconsistent readings	Incorrect cuff placement, movement during measurement, or improper posture.	Ensure cuff is correctly placed 1/2 inch from hand, remain still, and keep wrist at heart level. Take multiple readings.
"E" or Error message on display	Cuff not inflated properly, excessive movement, or technical malfunction.	Re-apply cuff, ensure no movement, or contact customer support if problem persists.
Irregular Heartbeat (IR) symbol appears frequently	Indicates detection of irregular heartbeats.	This is a feature, not a malfunction. Consult your physician if this symbol appears frequently.

SPECIFICATIONS

- **Model:** WRS-35H
- **Measurement Method:** Oscillometric
- **Measurement Range:**
 - Pressure: 0-299 mmHg
 - Pulse: 40-199 beats/minute
- **Accuracy:**
 - Pressure: ± 3 mmHg
 - Pulse: $\pm 5\%$ of reading
- **Cuff Circumference:** 5.3" to 7.7" (13.5 cm to 19.5 cm)
- **Memory:** 2 users x 199 readings each
- **Power Source:** 2 x AAA batteries (included)
- **Display:** Four-Color Backlit HD LCD Display
- **Dimensions:** 3.3"L x 2.5"W x 1"Th (approx.)

- **Weight:** 500 Grams (approx.)
- **Operating Conditions:** Temperature: 5°C to 40°C (41°F to 104°F), Humidity: 15% to 90% RH (non-condensing)
- **Storage Conditions:** Temperature: -20°C to 55°C (-4°F to 131°F), Humidity: 15% to 90% RH (non-condensing)

WARRANTY AND SUPPORT

SureLife products are manufactured by AOJ Medical Technology Co. For warranty information and customer support, please refer to the contact details provided on the product packaging or visit the official SureLife website. Keep your purchase receipt as proof of purchase for warranty claims.

Legal Disclaimer: Statements regarding dietary supplements have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition. This device is intended for general health monitoring and should not replace professional medical advice.