

HealthTech B0FFNHTQLS MONITOR W/ MED/LARGE CUFF

HealthTech Blood Pressure Monitor User Manual

Model: B0FFNHTQLS MONITOR W/ MED/LARGE CUFF

1. INTRODUCTION

This manual provides essential information for the proper use and maintenance of your HealthTech Blood Pressure Monitor. Please read this manual thoroughly before using the device to ensure accurate measurements and safe operation. Keep this manual for future reference.

2. SAFETY INFORMATION

- **Consult a Physician:** This device is intended for home use and should not replace professional medical advice. Always consult your physician for diagnosis and treatment.
- **Proper Cuff Size:** Ensure the correct cuff size is used. An improperly sized cuff can lead to inaccurate readings. This model includes a Medium/Large cuff.
- **Avoid Self-Diagnosis:** Do not use measurement results for self-diagnosis or self-treatment.
- **Battery Safety:** Use only specified batteries. Do not mix old and new batteries or different types of batteries. Remove batteries if the device will not be used for an extended period.
- **Device Handling:** Do not drop, impact, or disassemble the device. Keep it away from water and extreme temperatures.

3. PACKAGE CONTENTS

Verify that all items are present in the package:

- Blood Pressure Monitor Unit
- Medium/Large Arm Cuff
- Instruction Manual
- Storage Bag (if included)
- Batteries (if included)

4. DEVICE OVERVIEW

The HealthTech Blood Pressure Monitor consists of a main unit and an arm cuff. The main unit typically features a display screen, measurement buttons, and a memory function.

Image of the Blood Pressure Monitor Unit would be placed here if available. (e.g.,)

Image of the Arm Cuff would be placed here if available. (e.g.,)

5. SETUP

5.1. Battery Installation

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

5.2. Cuff Attachment

1. Insert the air plug of the arm cuff into the air jack on the side of the monitor unit. Ensure it is firmly connected.
2. The cuff is now ready for use.

6. OPERATING INSTRUCTIONS

6.1. Preparation for Measurement

- Avoid eating, drinking alcohol, smoking, exercising, and bathing for 30 minutes before measurement.
- Rest for at least 5 minutes before taking a measurement.
- Sit in a comfortable position with your back supported and feet flat on the floor. Do not cross your legs.
- Place your arm on a flat surface so the cuff is at heart level.
- Remove tight-fitting clothing from your upper arm.

6.2. Applying the Arm Cuff

1. Wrap the cuff around your bare upper arm, approximately 1-2 cm above the elbow joint.
2. Ensure the air tube is positioned along the center of your inner arm and points towards your hand.
3. Tighten the cuff so it is snug but not uncomfortably tight. You should be able to insert two fingers between the cuff and your arm.

6.3. Taking a Measurement

1. Press the 'START/STOP' button to turn on the monitor. The cuff will automatically inflate.
2. Remain still and silent during the measurement.
3. Once the measurement is complete, the monitor will display your systolic pressure, diastolic pressure, and pulse rate.
4. Press the 'START/STOP' button again to turn off the monitor, or it will automatically shut off after a period of inactivity.

6.4. Understanding Your Readings

Blood pressure readings are typically presented as two numbers: systolic (the top number) and diastolic (the bottom number). Consult your healthcare provider to understand what your blood pressure readings mean for your health.

6.5. Memory Function

This monitor stores previous readings. To view past measurements, press the 'MEM' button. Repeatedly pressing 'MEM' will cycle through stored readings. Refer to the display icons for user profiles if applicable.

7. MAINTENANCE

7.1. Cleaning

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

7.2. Storage

- Store the device in its storage bag in a clean, dry place.
- Avoid direct sunlight, extreme temperatures, and high humidity.
- Do not fold the cuff tightly or kink the air tube.

7.3. Battery Replacement

When the low battery indicator appears on the display, replace all four AA batteries with new ones. Follow the battery installation steps in Section 5.1.

8. TROUBLESHOOTING

Problem	Possible Cause	Solution
Monitor does not turn on	Dead or incorrectly inserted batteries	Check battery polarity; replace batteries.
Error message (e.g., 'E1', 'E2')	Cuff not applied correctly, movement during measurement, or air leakage	Reapply cuff, remain still, check cuff connection. Repeat measurement.
Inaccurate readings	Improper cuff size, incorrect measurement posture, or recent activity	Ensure correct cuff size, follow preparation guidelines (Section 6.1), and re-measure.

If problems persist, contact customer support.

9. SPECIFICATIONS

- **Measurement Method:** Oscillometric
- **Measurement Range:** Pressure: 0-299 mmHg; Pulse: 40-199 beats/minute
- **Accuracy:** Pressure: ± 3 mmHg; Pulse: $\pm 5\%$ of reading
- **Power Source:** 4 x AA batteries (DC 6V)
- **Cuff Size:** Medium/Large (typically 22-42 cm arm circumference)

- **Operating Conditions:** 10°C to 40°C (50°F to 104°F), 15% to 90% RH
- **Storage Conditions:** -20°C to 55°C (-4°F to 131°F), 10% to 95% RH

10. WARRANTY AND SUPPORT

Your HealthTech Blood Pressure Monitor is covered by a limited warranty against defects in materials and workmanship for a period of one (1) year from the date of purchase. This warranty does not cover damage caused by misuse, accident, unauthorized alteration, or failure to follow instructions.

For warranty claims, technical support, or service inquiries, please refer to the contact information provided on the product packaging or visit our official website. Please have your model number (B0FFNHTQLS) and proof of purchase ready when contacting support.

11. DISPOSAL

This device contains electronic components and batteries. Do not dispose of it with general household waste. Please follow local regulations for the disposal of electronic waste and batteries to protect the environment.

© 2024 HealthTech. All rights reserved.

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

