

sinocare ARM-30E+

Sinocare ARM-30E+ Upper Arm Blood Pressure Monitor: User Manual

Model: ARM-30E+

1. INTRODUCTION

The Sinocare ARM-30E+ is an automatic upper arm blood pressure monitor designed for convenient and accurate blood pressure measurement at home. This device utilizes an oscillometric method to measure systolic and diastolic blood pressure, as well as pulse rate. It features a large display, dual-user memory, and irregular heartbeat detection, making it suitable for regular health monitoring.



Figure 1.1: Sinocare ARM-30E+ Blood Pressure Monitor with cuff.

2. SAFETY INFORMATION

- Consult your physician before using this device if you have any medical conditions.
- Do not use this device on infants, children, or individuals unable to express consent.
- Measurements should be taken in a quiet environment. Avoid talking or moving during measurement.
- This device is intended for home use and is not a substitute for professional medical advice or treatment.
- Do not attempt to repair or modify the device yourself. Contact customer support for assistance.
- Keep the device and cuff away from water and extreme temperatures.

3. PACKAGE CONTENTS

Verify that all items are present in the package:

- Sinocare ARM-30E+ Blood Pressure Monitor Unit
- Adjustable Upper Arm Cuff (8.6"-16.5")
- 4 x AAA Batteries
- Instruction Manual

Packliste

Blood Pressure Monitor
Wide Range Cuff(8.7"-16.5")
4 AAA Batteries
Instruction Manual



Figure 3.1: Contents included in the Sinocare ARM-30E+ package.

4. PRODUCT COMPONENTS

Familiarize yourself with the main parts of your blood pressure monitor:

- **Display Screen:** Shows blood pressure readings, pulse rate, time, date, user ID, and other indicators.
- **START/STOP Button:** Powers the device on/off and starts/stops a measurement.
- **SET Button:** Used to adjust settings such as date, time, and user ID.
- **MEM Button:** Accesses stored measurement records.
- **Arm Cuff:** Inflatable cuff for upper arm measurement.
- **Air Tube:** Connects the cuff to the monitor unit.
- **Battery Compartment:** Located on the bottom of the unit.
- **Type-C Port:** For alternative power supply.

3.6 inch Schermo grande



Figure 4.1: The large 3.6-inch display screen of the monitor.

5. SETUP

5.1 Power Supply

The monitor can be powered by 4 AAA batteries or a Type-C 5V, 1A cable (not included).

Battery Installation:

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

Type-C Power:

Connect a Type-C 5V, 1A cable to the Type-C port on the side of the monitor and plug the other end into a compatible power source.



Figure 5.1: Dual power supply options: 4 AAA batteries or Type-C cable.

5.2 Connecting the Cuff

Insert the air plug of the arm cuff firmly into the air jack on the side of the monitor unit.

5.3 Setting Date and Time (If Applicable)

Upon first use or after battery replacement, you may need to set the date and time. Refer to the on-screen prompts or press the 'SET' button to enter setting mode. Use the 'MEM' button to adjust values and 'SET' to confirm.

6. OPERATION

6.1 Before Measurement

For accurate readings, follow these guidelines:

- Rest for at least 5 minutes before taking a measurement.
- Avoid eating, drinking alcohol, smoking, exercising, or bathing for 30 minutes prior.
- Sit in a comfortable position with your back supported and feet flat on the floor.
- Ensure your arm is resting comfortably on a table at heart level.

- Remove tight-fitting clothing from your upper arm.

6.2 Applying the Arm Cuff

1. Insert the air plug into the air jack securely.
2. Place the hand through the cuff loop. Pull the cuff until it reaches your upper left arm.
3. The bottom edge of the arm cuff should be 2 to 3 cm (0.8-1.2 inches) above the inside elbow.
4. Ensure the cuff is wrapped snugly but not too tight. The 'OK' symbol on the screen indicates correct cuff placement.



Figure 6.1: Proper placement of the adjustable arm cuff.

How to take proper measurements

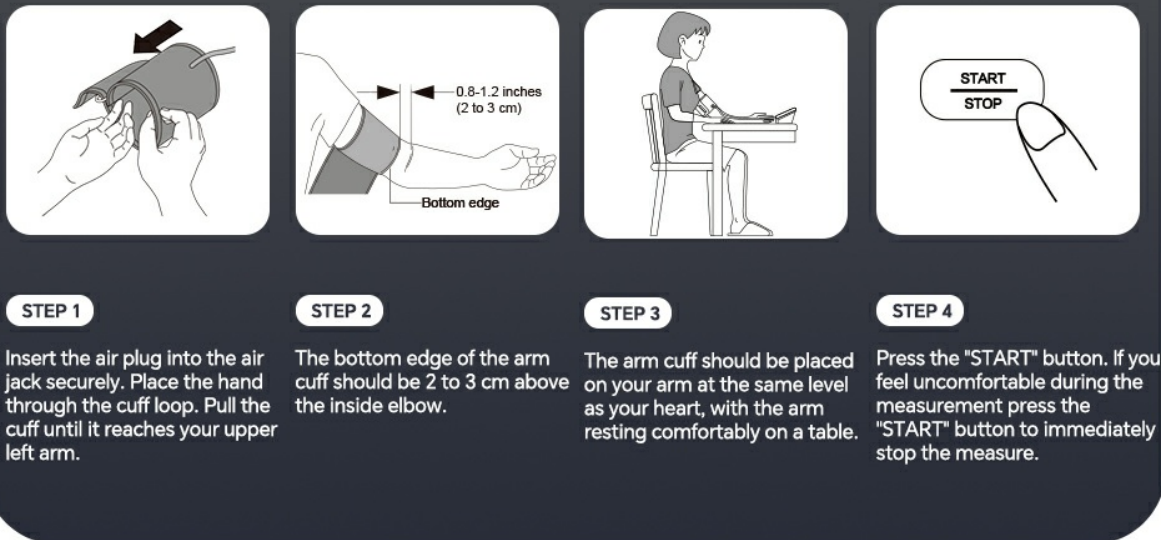


Figure 6.2: Visual guide for proper measurement steps.

6.3 Taking a Measurement

1. Press the 'START/STOP' button. The cuff will automatically inflate.
2. Remain still and silent during the measurement.
3. Once the measurement is complete, the cuff will deflate, and your systolic pressure, diastolic pressure, and pulse rate will be displayed on the screen.
4. If you feel uncomfortable during the measurement, press the 'START/STOP' button again to immediately stop the inflation.

6.4 Understanding Results

The monitor displays your systolic (SYS) and diastolic (DIA) blood pressure, along with your pulse rate (PUL). A color-coded indicator on the side of the display helps classify your blood pressure level according to standard guidelines.

Blood Pressure Classification



Figure 6.3: Blood Pressure Classification on the display.

Color Classification



Figure 6.4: Detailed color classification for blood pressure readings.

6.5 Special Features

Irregular Heartbeat Detection:

If an irregular heartbeat is detected during the measurement, an icon will appear on the display. If this icon appears frequently, consult your physician.



Figure 6.5: Irregular Heartbeat Icon on the display.

Posture Detection:

The monitor can detect incorrect posture during measurement. Ensure you maintain a correct, relaxed posture for accurate results. An indicator may appear if posture is incorrect.

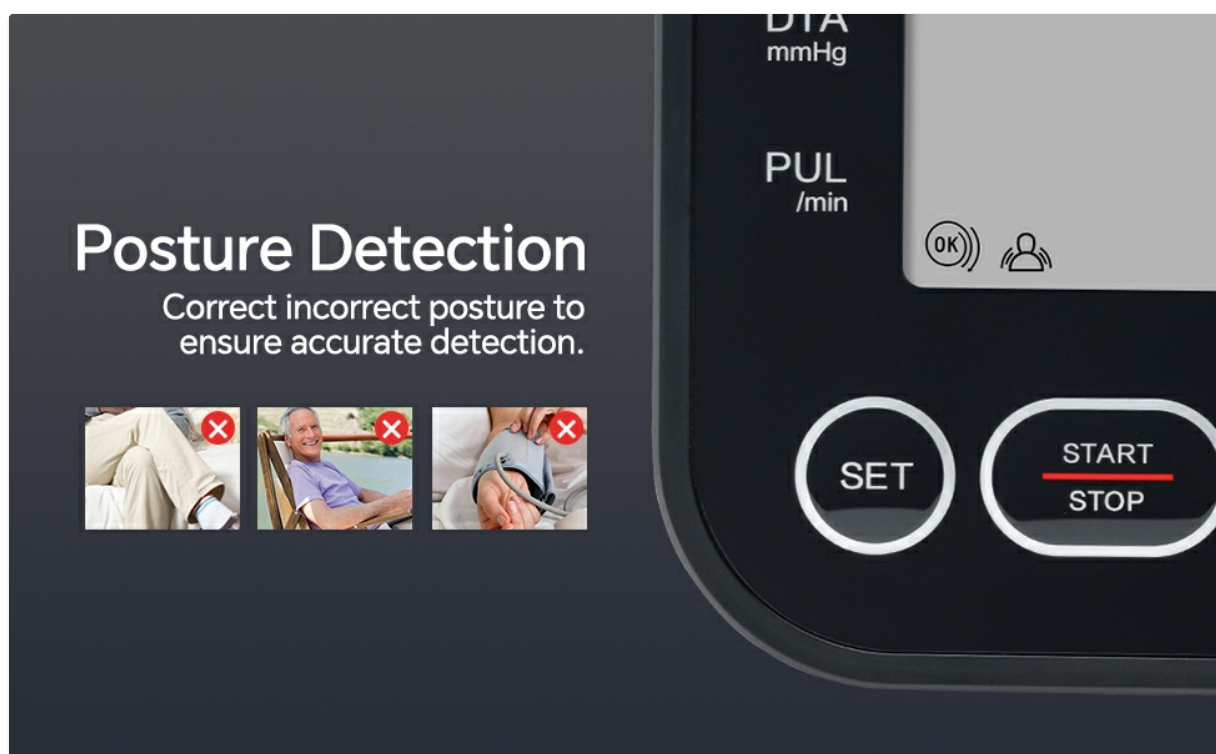


Figure 6.6: Examples of incorrect postures to avoid during measurement.

6.6 Dual User Mode and Memory Function

The monitor supports two user profiles (User A and User B), each capable of storing up to 99 readings.

Switching Users:

Before taking a measurement, use the 'SET' button to select the desired user (User A or User B). The selected user icon will be displayed.

Accessing Memory:

Press the 'MEM' button to view stored readings for the currently selected user. Repeatedly pressing 'MEM' will cycle through the stored records.



Figure 6.7: Dual user mode with separate memory storage.

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

7.3 Battery Replacement

When the low battery indicator appears on the display, replace all four AAA batteries with new ones. Ensure correct polarity during installation.

8. TROUBLESHOOTING

Problem	Possible Cause	Solution
Device does not power on	Batteries are dead or incorrectly inserted; Type-C cable not connected.	Replace batteries, check polarity, or connect Type-C power.
Cuff does not inflate or inflates improperly	Air plug not securely connected; Cuff is damaged.	Ensure air plug is fully inserted. Check cuff for leaks or damage.
Inaccurate readings	Incorrect cuff placement; Movement or talking during measurement; Improper posture.	Re-apply cuff correctly. Remain still and silent. Ensure proper posture. Rest for 5 minutes before measurement.
Irregular Heartbeat icon appears frequently	Detection of irregular heart rhythm.	Consult your physician for advice.

9. SPECIFICATIONS

- **Model:** ARM-30E+
- **Measurement Method:** Oscillometric
- **Cuff Pressure Accuracy:** ±3 mmHg (±0.4 kPa)
- **Pulse Rate Accuracy:** ±5%
- **Cuff Size:** 8.6"-16.5" (22-42 cm)
- **Display Type:** LCD
- **Power Source:** 4 x AAA Batteries or Type-C 5V/1A
- **Memory:** 2 users x 99 readings
- **Product Dimensions:** 4.6"L x 2.5"W x 3.9"Th (11.7 x 6.4 x 9.9 cm)
- **Weight:** Approximately 14.39 ounces (408 grams)
- **Special Features:** Irregular Heartbeat Icon, Posture Detection, Color Classification

Accurate & Reliable

Accuracy of the Cuff Pressure: ± 3 mmHg (± 0.4 Kpa)

Accuracy of the Pulse Rate: $\pm 5\%$

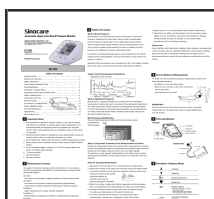


Figure 9.1: Accuracy specifications of the Sinocare ARM-30E+.

10. WARRANTY AND SUPPORT



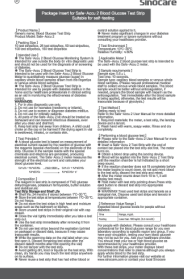


For warranty information, technical support, or any questions regarding your Sinocare ARM-30E+ Blood Pressure Monitor, please contact Sinocare customer service. Refer to the contact information provided with your purchase or visit the official Sinocare website.

Related Documents - ARM-30E+



[Sinocare BA-823 Automatic Upper Arm Blood Pressure Monitor User Manual](#)

Comprehensive user manual for the Sinocare BA-823 Automatic Upper Arm Blood Pressure Monitor, covering setup, measurement, interpretation, and maintenance. Learn how to accurately monitor your blood pressure at home.

	<p>Sinocare AES-U181 Arm Blood Pressure Monitor User Manual</p> <p>User manual for the Sinocare AES-U181 Arm Blood Pressure Monitor. Provides detailed instructions on setup, operation, maintenance, troubleshooting, and safety guidelines for accurate blood pressure and pulse rate measurement.</p>
	<p>Sinocare BSX516 Blood Pressure Monitor User Manual</p> <p>Comprehensive guide for the Sinocare BSX516 Blood Pressure Monitor, detailing setup, operation, measurement methods, and troubleshooting for accurate home blood pressure monitoring.</p>
	<p>Sinocare Safe-Accu 2 Blood Glucose Test Strips: User Guide and Specifications</p> <p>Comprehensive package insert for Sinocare Safe-Accu 2 Blood Glucose Test Strips, covering intended use, test principles, performance, and important warnings for self-testing.</p>
	<p>Safe-Accu 2 Blood Glucose Meter User Manual - Sinocare</p> <p>Comprehensive user manual for the Sinocare Safe-Accu 2 Blood Glucose Monitoring System. Learn how to set up, test, and maintain your device for effective diabetes management.</p>
	<p>Sinocare Safe AQ UG Blood Glucose Test Strips User Manual</p> <p>User manual for Sinocare Safe AQ UG Blood Glucose Test Strips, detailing intended use, compatibility with the Safe AQ UG monitor, storage, handling, and testing procedures for accurate blood glucose monitoring.</p>