

HealthTree JKS70A

HealthTree Arm Blood Pressure Monitor JKS70A User Manual

Model: JKS70A | Brand: HealthTree

INTRODUCTION

Thank you for choosing the HealthTree Arm Blood Pressure Monitor. This device is designed to provide accurate and reliable measurements of your systolic and diastolic blood pressure, as well as your pulse rate. Please read this manual thoroughly before using the device to ensure correct operation and to understand all safety precautions.

IMPORTANT SAFETY INFORMATION

- Consult your physician before using this device if you have any medical conditions.
- Do not use this device for diagnosis or treatment of any health problem or disease. Always consult a medical professional for diagnosis and treatment.
- Do not adjust medication based on measurements from this blood pressure monitor without consulting your doctor.
- Keep the device out of reach of children and pets.
- Avoid using the device in strong electromagnetic fields (e.g., near mobile phones, microwave ovens).
- This device is intended for adult use only (age range >12 years).

PACKAGE CONTENTS

Please check the package contents to ensure all items are present:

- 1x HealthTree Arm Blood Pressure Monitor
- 1x Large Arm Cuff (8.5"-16.5" / 22cm-42cm)
- 4x AAA Batteries
- 1x User Manual (this document)



PRODUCT FEATURES

- **One-Button Operation:** Simple and quick measurement process.
- **Clear Backlit LED Display:** 5.5-inch screen shows systolic, diastolic, and pulse readings clearly.
- **Dual User Mode (A/B):** Stores up to 90 readings for each of two users (total 180 records).
- **High Accuracy:** Blood pressure accuracy ± 3 mmHg, heart rate accuracy $\pm 5\%$.
- **Dual Power Options:** Operates with 4 AAA batteries (included) or via Type-C interface (cable not included). Note: The device is not rechargeable.
- **Automatic Shut-off:** Powers off automatically after 3 minutes of inactivity to save energy.
- **Adjustable Large Cuff:** Fits arm circumferences from 8.5" to 16.5" (22 cm to 42 cm).

Cómo usar el tensiómetro

Asegúrese de colocar correctamente el manguito para obtener lecturas precisas.

1

Envuelva el brazalete en la parte superior del brazo izquierdo con el tubo hacia abajo.



3

Asegúrese de que quepan dos dedos entre el brazo y el brazalete.



2

Coloque el brazalete aproximadamente dos dedos por encima del codo.



4

Presione el botón [Start/Stop] para comenzar.



Image: Visual representation of the monitor's key features including power options, accuracy, display, user modes, and memory function.

SETUP

1. Install Batteries

Open the battery compartment on the back of the device. Insert the 4 AAA batteries, ensuring correct polarity (+/-). Close the battery compartment securely.

2. Connect the Arm Cuff

Insert the air tube connector from the arm cuff firmly into the air jack on the side of the monitor.



Image: The monitor can be powered by 4 AAA batteries (included) or a Type-C cable (not included).

OPERATING INSTRUCTIONS

Before Taking a Measurement:

- Rest for at least 5 minutes before taking a measurement.
- Wait at least 3 minutes between consecutive measurements.
- Measure one hour after waking up in the morning and before going to bed at night.
- Wait at least 30 minutes after physical activity before taking a measurement.
- Avoid consuming coffee or alcohol before measurement.
- Do not apply pressure to the air hose or cuff during measurements.

Taking a Measurement:

1. Sit upright with your back supported and feet flat on the floor.
2. Wrap the cuff around your upper left arm, ensuring the tube faces downwards. The cuff should be placed approximately two fingers above your elbow.
3. Ensure there is enough space for two fingers between your arm and the cuff. The cuff should be snug but not too tight.
4. Rest your arm on a table so the cuff is at heart level.
5. Press the **Start/Stop** button to begin the measurement. The cuff will inflate automatically.
6. Remain still and silent during the measurement.
7. Once the measurement is complete, the cuff will deflate, and your systolic pressure, diastolic pressure, and pulse rate will be displayed on the screen.

¿Cómo ver los datos de medición?



Image: Step-by-step guide on how to correctly position the arm cuff and initiate a measurement.

Barras tricolores intuitivas para una rápida comprensión

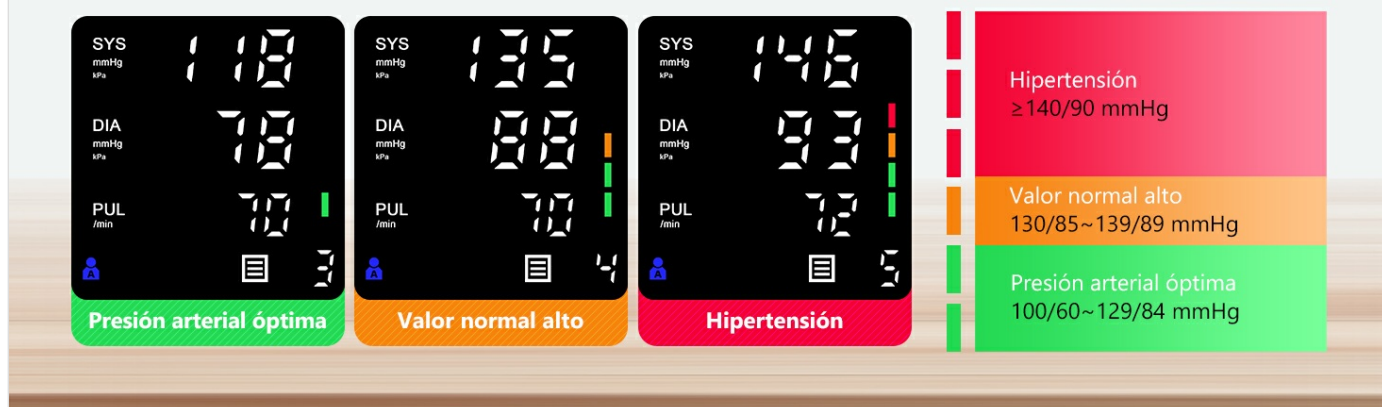


Image: The display shows tricolor bars indicating blood pressure classification: green for optimal, orange for high normal, and red for hypertension.

MEMORY FUNCTIONS

Viewing Stored Measurements:

The monitor automatically stores up to 90 measurements for each of two users (User A and User B). To view past readings:

1. Press the **MEM** button when the device is off.
2. Each press of the **MEM** button will cycle through the stored readings, starting from the most recent.
3. The display will show the average of the last three measurements first, then individual readings.
4. To switch between User A and User B memory, press the **SET** button.

Gran pantalla LCD retroiluminada



**Medición con un
solo clic**



**Dígitos grandes para
una fácil lectura.**

Image: The monitor display showing various stored measurement data for different users.

Modo de doble usuario — Ideal para uso familiar



 El promedio de los tres conjuntos de mediciones más recientes.

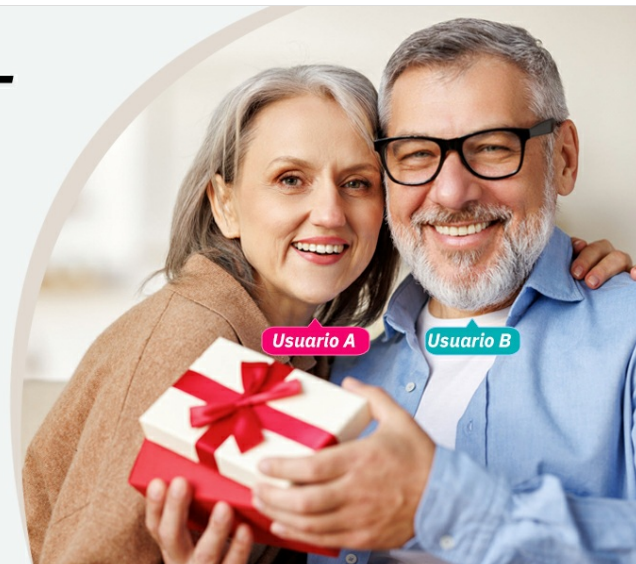


Image: The dual-user mode allows two individuals to track their blood pressure readings separately.

Clearing Memory:

To clear all stored data for the current user:

1. With the device off, press the **SET** button twice consecutively until "CL" appears on the display.
2. Then, press the **Start/Stop** button. The "CL" message will flash four times to confirm the deletion.
3. Finally, press the **MEM** button. The screen will show "NO", indicating that all historical data has been cleared.



- ✓ Antes de tomar una medición, se recomienda sentarse durante al menos 5 minutos.
- ✓ Espere al menos 3 minutos entre mediciones consecutivas.
- ✓ Mida una hora después de despertarse por la mañana y antes de irse a la cama por la noche.
- ✓ Espere al menos 30 minutos después de realizar actividad física antes de tomar una medición.
- ✗ Beba café o alcohol antes de la medición.
- ✗ Aplique una presión suave a la manguera de aire o al manguito durante las mediciones.

Image: Visual guide for clearing all measurement data from the monitor's memory.

MAINTENANCE AND CARE

- Clean the monitor and cuff with a soft, dry cloth. Do not use abrasive cleaners or immerse the device in water.
- Store the device in a cool, dry place, away from direct sunlight and extreme temperatures.
- Remove batteries if the device will not be used for an extended period to prevent leakage.
- Do not attempt to disassemble or repair the device yourself. Contact customer support if service is required.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Device does not power on.	Batteries are dead or incorrectly inserted. No Type-C power connected.	Replace batteries or ensure correct polarity. Connect a Type-C cable to a power source.
Inaccurate readings.	Incorrect cuff placement. Movement or talking during measurement. Insufficient rest before measurement.	Ensure cuff is correctly placed and snug. Remain still and silent. Rest for 5 minutes before measuring.
Cuff does not inflate or inflates too little.	Air tube not properly connected. Air leakage from cuff.	Check that the air tube is securely connected to the monitor. Inspect cuff for damage.
"Err" or other error message on display.	Measurement error, movement, or irregular pulse detected.	Relax and retry the measurement. Ensure proper technique. If errors persist, consult a physician.

SPECIFICATIONS

- **Model:** JKS70A
- **Display Type:** 5.5" LED Backlit Display
- **Cuff Size:** Large, fits arm circumference 8.5"-16.5" (22 cm - 42 cm)
- **Measurement Method:** Oscillometric
- **Measurement Range:** Blood Pressure: 0-299 mmHg; Pulse: 40-199 beats/minute
- **Accuracy:** Blood Pressure: ± 3 mmHg; Pulse: $\pm 5\%$ of reading
- **Memory:** 2 users x 90 sets of data each (total 180)
- **Power Source:** 4x AAA batteries (included) or Type-C USB (cable not included, not rechargeable)
- **Automatic Shut-off:** Approx. 3 minutes
- **Product Dimensions:** 10 cm (L) x 13.5 cm (W) x 3.5 cm (Thickness)
- **Weight:** Approx. 400g (including batteries)
- **Operating Environment:** Temperature: 5°C-40°C; Humidity: 15%-85% RH
- **Storage Environment:** Temperature: -20°C-55°C; Humidity: 10%-93% RH
- **Manufacturer:** HealthTree
- **Country of Origin:** China

Características



Tres opciones de poder



Medición precisa



Pantalla LCD grande



Modo de 2 usuarios



Función de la memoria



Respuesta rápida en 30 segundos



Brazalete ajustable



Operación con un solo toque



Indicador de batería baja



Diseño portátil



Image: A detailed view of the monitor's display, indicating systolic, diastolic, pulse, user indicators, memory symbols, and power ports.

WARRANTY AND SUPPORT

HealthTree products are manufactured to the highest quality standards. For warranty information or technical support, please refer to the warranty card included with your product or contact HealthTree customer service through the retailer where you purchased the device. Please have your model number (JKS70A) and purchase date available when contacting support. For further assistance, you may visit the [HealthTree Store on Amazon](#).

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

Open the live page

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