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TE-79
YK-83C

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Bluetooth® HEALTH MONITORS

FINGER TIP PULSE OXIMETER



BLOOD PRESSURE MONITOR



FOREHEAD THERMOMETER



Please visit our website: Bwellmonitors.com



Bluetooth® **HEALTH MONITORS**

Thank you for your purchase. Please read all instructions carefully before using, and retain this manual for future reference.

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The manufacturer reserves the right to make changes to the product, and update this manual at any time.

Essentials

To take advantage of the full complement of measures and personal progress data tracking, download the BWell Health app. The app can track the personal fitness data of up to 10 family members.

Download the App



B.WELL Health



Getting Started

Setup your devices:

1. Carefully remove the included AAA batteries from their wrappers.
 2. Open the battery bay on the back of the Forehead Thermometer by pressing down on the dimpled trough, and sliding the panel down. Place two of the AAA batteries in the vestibules according to the diagrams in each. Replace the cover and slide back up to securely lock it in place.
 3. Open the battery bay on the bottom of the Blood Pressure Monitor by pressing down against the raised line, and sliding the panel up to reveal the battery vestibules. Place four of the AAA batteries in the vestibules according to the diagrams in each. Replace the cover and slide back down to securely lock it in place. The Blood Pressure Monitor can also be powered by a Micro USB charge cable (not included,) but this device cannot be used with rechargeable batteries.
 4. Open the battery bay on the bottom of the Finger Tip Pulse Oximeter by sliding the back panel in the direction of the arrow, using the the raised tab. Make note of where the panel stops and comes free. Remove the panel to reveal the battery vestibules. Place the two final AAA batteries in the vestibules according to the diagrams in each. Replace the cover where it had come free from the locked position, and slide back up to securely lock it in place.
- Do not attempt to recharge non-rechargeable batteries as this can cause the batteries to leak or explode.
 - Do not mix and use different types of batteries together e.g. Lithium-ion (Li-ion) and Nickel-metal hydride(NiMH) batteries.
 - Do not mix new and used batteries.
 - Used batteries should be disposed of safely according to local regulations.
 - If the device will not be used for an extended period of time, remove the batteries before storing the device in a cool and dry place.
5. Open the BWell Health app and follow the instructions to pair the applicable devices with your smartphone. For more detailed app use instructions, go to page 19.

All three devices can be used with or without a smartphone or health app.

Do not attempt to pair the devices from your smartphone's Bluetooth® menu, you will be connecting to them through the BWell Health app.

Finger Tip Pulse Oximeter



The Finger Tip Pulse Oximeter can be used to measure hemoglobin saturation and pulse rate through your finger.

Using the Finger Tip Pulse Oximeter:

1. Open the Oximeter holding clamp by squeezing the top portion using the holding gel surface.
2. Plug one finger into the finger port with the nail upwards towards the display screen of the Oximeter (it is best to plug the finger thoroughly) before releasing the clamp.
3. Press the control button on the front panel.
4. Try not to move as the sensors take their measurements.
5. To change the orientation of the display readout, press the control button until you get the desired display.
6. The Finger Tip Pulse Oximeter will automatically shut off after 10 seconds of unuse.

Precautions:

- Do not use the Fingertip Pulse Oximeter together with MRI or CT equipment.
- The Fingertip Pulse Oximeter is intended only as an adjunct in patient assessment.

Finger Tip Pulse Oximeter (continued)

- The sensor of the oximeter is not suitable for use with adhesive tape, which may lead to an error in measurement data.
- When used for a long time, it will produce discomfort or tenderness, especially for patients with microcirculation disorders. Please change the test sites periodically according to different situations of patients.
- Significant levels of dysfunctional hemoglobins (such as carboxyl-hemoglobin or methemoglobin) may cause inaccurate reading.
- Intravascular dyes may cause an inaccurate reading.
- Unexpected motion may cause an inaccurate reading.
- Interference caused by defibrillator may lead to inaccurate reading.
- Venous pulsations may cause inaccurate reading.
- Hypotension, severe vasoconstriction, severe anemia, or hypothermia may cause an inaccurate reading.
- Brightly painted nails may cause inaccurate SpO2 reading.
- Do not use this product if you are allergic to ABS, black silicone pad and other materials.
- If the performance is inconsistent with the description or changes, stop using immediately and contact the manufacturer.
- The effects of degraded sensors and electrodes, or loosened electrodes, can degrade performance or cause other problems.
- Please place the oximeter in a safe place where it can not be accessed by children, pets, etc.
- No modification of this equipment is allowed.
- Oximeter should be avoided in places with poor ventilation and high dust and lint content.
- Avoid direct sunlight and strong light sources.
- It is necessary to change the placement position of the oximeter every 2 hours, check the impact of the oximeter on the skin, and move the oximeter to different positions.

Finger Tip Pulse Oximeter (continued)

Maintenance:

- Replace the batteries timely when the low battery indicator flashes
- Clean the surface of fingertip pulse oximeter before use.
- Remove the batteries when the oximeter is not likely to be used for some time when leakage from batteries would result in an unacceptable risk.
- It is recommended that the product should be kept dry. Wetness might affect its lifetime and even damage the product.

Cleaning frequency:

If the oximeter gets dirty when used, it is recommended to clean the enclosure and silicone pad after each use. If the oximeter is not dirty, simply clean the black silicone pad before and after each use.

Cleaning method:

When the oximeter is used at home, wipe and disinfect with 75% alcohol, then dry naturally or clean the product with dry cloth. Clean at least twice a week.

When using in medical institutions, clean the tested finger with 75% alcohol before use. After each measurement, wipe and disinfect the contact part between black silicone and enclosure with 75% alcohol.

Waste disposal:

1. Please follow local laws to dispose of waste scrap.
2. Follow local ordinances and recycling instructions regarding to disposal or recycling of the device and device components, including used batteries and packaging box

Specifications:

Product Model: YK-83C

Display Type: OLED display

SpO2 Measurement range: 70%-100% Accuracy 80-100%: $\pm 2\%$, 70-79%: $\pm 3\%$

Pulse Measurement range: 30BPM-254BPM Accuracy $\leq 100\text{BPM}$: $\pm 1\text{BPM}$, $> 100\text{BPM}$, $\pm 2\text{BPM}$

Power: Two AAA 1.5V Alkaline batteries

Automatic shutoff: 8 seconds

Blood Pressure Monitor



The Blood Pressure Monitor can be used to measure your blood pressure, vein diameter, and pulse. It can also detect the presense of an arrhythmia.

Avoid bathing, drinking alcohol, consuming caffeinated products, smoking, exercising and eating 30 minutes before taking a measurement. Rest for at least 15 minutes before taking a measurement. Avoid taking measurements when stressed. Measurements should be taken in a quiet place. Remain still and do not talk during a measurement.

To ensure consistent results:

- Measure your blood pressure at the same time of day.
- Measure your blood pressure from the same arm.

Blood Pressure Monitor (continued)

Setting up:

In the powered off state, long press the Memory button for 5 seconds. This activates setup mode. In this mode, the Memory button switches between entry points and categories, and the Power button changes the data.

1. The first setup category is user. You can use the Power button to switch between the two users. Press the Memory button to progress to the next category.
2. The next category is year. Press the Power button if you need to change it. If you need to advance quickly, press and hold the Power button.
3. The next category is the date. Once the basics like date and time are set, the Blood Pressure Monitor will keep up as long as it is supplied with power.
4. The next category switches between a 12 hour and 24 hour clock. Press the Power button to switch between them.
5. The next category is clock setup. Use the Power button to set. If you need to advance quickly, press and hold the Power button.
6. The final setting is speaker on or off. Press the Power button to switch them.

Using the Blood Pressure Monitor:

1. Insert the air hose plug into the air hose port on the left side of the monitor base.
2. Roll up your sleeve or make sure it is not wrapped too tightly around your arm. App based measurements work best if the skin is not covered.
3. Put your arm through the arm cuff and tighten the arm cuff. Make sure the "UP" arrow on the arm cuff is facing up. The bottom edge of the arm cuff should be 1 inch above the elbow.
4. Sit relaxed on a chair with your legs uncrossed and feet flat on the floor. Keep your back straight and rest your arm on a flat surface. The arm cuff should be placed at the same level as your heart.
5. Press the power button, the cuff will inflate and the Blood Pressure Monitor will display your measurements. (If you are using the Blood Pressure Monitor with the BWell app, press "start measuring" at the same time.
6. When the Blood Pressure Monitor is ready to display the measurements, the arm cuff will deflate, allowing you to remove your arm.

Blood Pressure Monitor (continued)

Using and Clearing the Memory:

This Blood Pressure Monitor can automatically store 99 measurement results for two users. If more than 99 measurements per user have been stored, the oldest results will be deleted and the new measurement results will be recorded.

When the Blood Pressure Monitor is off, short press the Memory button to see the stored measurements. The default is User 1's data. If needed, follow the directions in the setup section for switching users.

To clear the memory of a user, select the user and shut the monitor back off. In the shutdown state, long press the Memory button, do not let go when the choose user setup menu is displayed, and press the Power button when CL is displayed.

Precautions:

- Do not adjust medication based on measurement results from this blood pressure monitor. Take medication as prescribed by your physician.
- Do not use the device on an injured arm or an arm undergoing medical treatment.
- Do not use the arm cuff when receiving an intravenous drip or blood transfusion.
- Do not use this device on infants or persons who cannot express their intentions.
- Do not use the device when using other medical electrical (ME) equipment.
- Always consult your physician. Self-diagnosis of measurement results and self-treatment are dangerous practices.
- Consult your physician before using the device when pregnant, including pre-eclampsia, or if diagnosed with arrhythmia or arteriosclerosis.
- People with severe blood circulation problems or blood disorders should consult a physician before using the device, as the inflation of the arm cuff can cause bruising.
- Ask your physician before using the device on an arm with an arteriovenous shunt.
- The Irregular Heartbeat function does not replace a cardiac examination, but it may help to detect potential heart rate irregularities at an early stage.
- Keep this device out of the reach of infants, children or pets, as the inhalation or swallowing of small parts is dangerous and can be fatal.
- Do not use the device for any purpose other than measuring blood pressure.
- Do not disassemble the monitor or arm cuff. Doing so may cause inaccurate readings.
- Do not use in a humid environment or a location where water may splash onto the device. Doing so may damage the device.
- Do not operate the device in a moving vehicle.

Blood Pressure Monitor (continued)

- Do not drop the device or subject it to strong shocks or vibrations.
- Do not service or do any maintenance work while the device is in use.
- If the arm cuff does not deflate after taking a measurement, unwrap the cuff to loosen and remove the monitor.
- Take measurements only when necessary. Taking more measurements than needed may cause bruising due to blood circulation interference.
- Inflate the arm cuff only when it is wrapped around your arm.
- The device is equipped with a data transmission function that emits electromagnetic energy. Portable Radio Frequency (RF) communications equipment (including peripherals such as antenna cables and external antennas) should not be used within 12 inches of the device, otherwise, performance may be affected.
- This device should not be used when it is adjacent to or stacked on top of another device because it could cause the device to operate improperly. If such use is necessary, this device and the other device should be observed to verify that they are operating normally.

Maintenance:

- Regularly clean the device with a dry or slightly dampened soft cloth.
- Do not wash the device with water or immerse it in water.
- Do not use detergents to clean the device.
- Do not shake, strike or drop the device.
- Do not disassemble or attempt to repair the device.
- Do not store the device in locations exposed to extreme temperatures, high humidity, direct sunlight, dust or corrosive vapours such as bleach.
- Store the device and the components in a clean, safe location.

Specifications:

Product Model: ePA-09B4

Measurement method: Cuff oscillometric method

Measuring range: Pressure: 0-280mmHg / Pulse rate: 40 beats/min-199 beats/min

Accuracy: Pressure: Within ± 3 mmHg of reading value / Pulse rate: $\pm 5\%$ of reading value

Power supply: DC 6V, 4 AAA batteries






Working Environment: $+5^{\circ}\text{C}\sim+40^{\circ}\text{C}$, 15%RH \sim 80%RH, 80Kpa \sim 105Kpa

Storage Environment: $-20^{\circ}\text{C}\sim+55^{\circ}\text{C}$, $\leq 93\%$ RH, 80Kpa \sim 105Kpa

Net Weight: 0.76 lb/343 g (without battery)

Auto off time: 60 \pm 5S without any operation

Blood Pressure Monitor Error Messages

What's Displayed	What it means	What to do
	The signal is too weak or the pressure changed suddenly.	Turn off the blood pressure monitor. Release and re-apply the arm cuff around the arm. Start a new measurement. Remain still and do not talk during measurement.
	Too much external interference.	Make sure the arm cuff is applied correctly around the arm. Keep away from equipment with strong interference sources. Remain still and do not talk during measurement.
	Inflation error or Abnormal measurement results.	Make sure the arm cuff is applied correctly around the arm and make sure that the air hose is not pinched or twisted.
	Abnormal blood pressure	Please rest for 30 minutes before re-measure. If it is abnormal three times in a row, please go to the hospital or consult your personal doctor.
	Low battery	Replace all four AAA batteries with new or fully recharged batteries at the same time.

Blood Pressure Monitor Abnormal Situations

What Happened	Reason	Solution
Measured blood pressure is abnormally low or high.	<ul style="list-style-type: none"> The arm cuff is not wrapped properly. User was talking or moving their arm during the measurement. The rolled up sleeve is oppressing the arm. 	<ul style="list-style-type: none"> Make sure the arm cuff is installed correctly around the arm. Remain still and do not talk during the measurement process. Take off the clothes that oppress the arm and measure again.
Not pressurized.	<ul style="list-style-type: none"> The air hose plug is not fully inserted into the air hose port on the main unit. Leak in arm cuff. 	<ul style="list-style-type: none"> Connect the air hose plug to the air hose port and arm cuff correctly. Purchase a new arm cuff. <p>Note: The new arm cuff does not have an air hose plug. Do not throw away the original air hose plug, install it on a new arm cuff and use it.</p>
The arm cuff deflates before a measurement is taken.	The arm cuff is wrapped too loose.	<p>Please wrap your arm cuff tightly.</p> <p>Note: If it is not wrapped tightly, excess pressure will be added to the arm cuff and its service life will be shortened.</p>
Sudden power failure during pressurization.	If not used for a long time, the battery energy is exhausted due to temperature changes.	Replace all four AAA batteries with new or fully recharged batteries at the same time.

Blood Pressure Monitor Abnormal Situations (Continued)

What Happened	Reason	Solution
After pressing the button, nothing is displayed.	<ul style="list-style-type: none"> Battery energy is completely consumed. The positive and negative poles of the battery are reversed 	<ul style="list-style-type: none"> Replace all four AAA batteries with new or fully recharged batteries at the same time. Insert the batteries correctly.
Other situations.	<ul style="list-style-type: none"> Display screen jitter. Can't measure. 	<ul style="list-style-type: none"> Please press the Power button and perform the operation again. Please try replacing the batteries. Otherwise, if it is still unable to measure, please contact customer service.

Blood Pressure Monitor What the Numbers Mean

Blood Pressure Category	SYS mmHg	DIA mmHg
Normal	Less than 120	Less than 80
Prehypertension	120-139	80-89
High Blood Pressure (Hypertension) Stage 1	140-159	90-99
High Blood Pressure (Hypertension) Stage 2	160 or higher	100 or higher
Hypertensive Crisis (Get Emergency care)	Higher than 180	Higher than 110

Forehead Thermometer



The Forehead Thermometer can be used to conduct contact-less body and surface temperature measurements.

Environment changes can affect the accuracy of temperature readings. Before use, allow the thermometer to remain in one location without significant air temperature changes for 30 minutes. Wait at least 30 minutes after strenuous exercise before taking a temperature reading. Do not wear a hat and make sure there is no hair, sweat, or makeup on your forehead while taking temperature readings.

To avoid human error, take multiple measurements and use the average temperature.

Forehead Thermometer (continued)

Using the Forehead Thermometer:

1. Power on the thermometer by pressing the measure button. The screen will flash all the characters and then indicate that it is warming up by displaying a cycling ticker. When it flashes three bars, it is ready to begin the next measurement. Check that the body mode indicator is lit on the screen (represented by a head in profile) to confirm the thermometer is in body mode.
2. Hold the thermometer 1-2 in. from the forehead and press the measure button.
3. Hold the thermometer still during reading. A beep will indicate that the measurement is complete unless the device is in mute mode.
4. Once the temperature is taken, it will display for five seconds. After the temperature has been displayed, the thermometer will revert to standby mode indicated by three bars. Press the measure button again to take a new temperature.
5. To power off the thermometer, hold the measure button for three (3) seconds or wait 15 seconds for the auto shutoff feature to power off the thermometer.

Fever Alerts:

If a temperature reading is above the normal range, the thermometer will give you a fever alert. The illustration below outlines how the thermometer indicates fever alerts.

