

# Owner's Manual

## EZ Health™ Platinum Talking Automatic Wrist Blood Pressure Monitor



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**ABP-A3**

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## **Introduction**

Thank you for purchasing the EZ Health™ Platinum Talking Automatic Wrist Blood Pressure Monitor model number ABP-B3.

**For your safety, please be sure to read this Owner's Manual thoroughly before using the Blood Pressure Monitor. For other specific information about your own blood pressure, CONTACT YOUR PHYSICIAN.**

- Measures Blood Pressure (SYS. & DIA.) & Pulse.
- Fuzzy logic measurement system with fully automatic inflation and deflation to provide home blood pressure monitoring convenience.
- Voice prompt announces blood pressure and pulse measurements.
- 80 sets of memory with Date/Time
- 3 colors LED lights to indicate Normal (green), Higher (yellow) or Abnormal High (reddish) blood pressure.
- Easy to wrap wrist cuff suitable for wrist sizes from 5 1/4" to 7 3/4" (135~195mm).
- Automatically turns off after 1 minute.
- Low Battery icon and intelligent error detection.
- Portable for traveling almost anywhere
- Operates with two "AAA" alkaline batteries.
- Recall and Scan functions.
- Delete single or all measurements.

## **Warning Signs & Safety Statements**



ATTENTION!!

Read user's manual before use.



Type BF applied part.

## **Health and Blood Pressure Values**

Because of continuous aging of blood vessels, blood pressure of the human body tends to naturally increase from middle age onwards. Further causes for increased blood pressure include obesity, lack of exercise, cholesterol (LDL) adherence to blood vessels causing the vessels lose their elasticity and a variety of other medical problems. Higher blood pressure accelerates hardening of the arteries, making the body more susceptible to coronary heart disease and strokes. Blood pressure fluctuates constantly throughout our daily life and is an essential element for our daily health management. We follow routine blood pressure trends in order to optimize health.

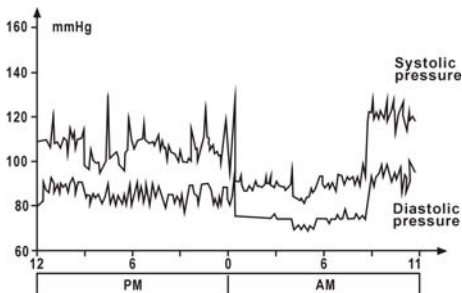
### **What is Blood Pressure**

Blood is pumped through your arteries by the beating (contraction and expansion) of your heart. The pressure of the pumped-out blood is called the “blood pressure”. Blood pressure elevates with each beat of the heart. The pressure when the heart contracts is called the “systolic blood pressure” and the pressure when the heart relaxes is called the “diastolic pressure”. Systolic pressure is always higher than diastolic pressure.

Blood pressure is typically low in the morning and increases from the afternoon to the evening. It is lower in the summer and higher in the winter. Blood pressure naturally varies from time to time throughout the day. Many factors that may cause the blood pressure to fluctuate include: Breathing, Exercise, Mental stress, Smoking, Eating, Concern, Environmental and/or temperature change, Time of day, Urination and bowel movements, Conversation, Bathing, Drinking alcohol, Medication and Physical activity.

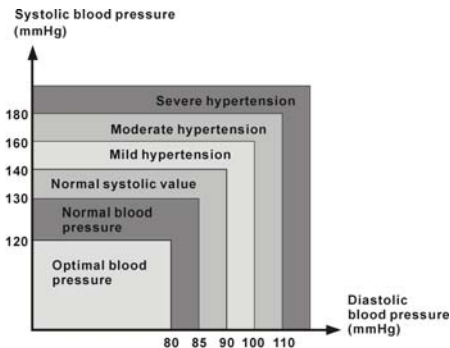
- **Variations in Blood Pressure:**

The variations in blood pressure over a whole day with measurement taken every five minutes as shown below.



- **Classification of Blood Pressure by the WHO:**

The World Health Organization (WHO) and the Inter-national Society of Hypertension (ISH) developed the Blood Pressure Classification shown as below.



**According to the blood pressure classification by the WHO/ISH (revised in 1999)**

## **Important Information**

- Blood pressure values measured at home tend to be lower than those measured in the hospital or physicians office. This is called “White Coat Syndrome” and is caused by the fact that you tend to be nervous when you have your blood pressure measured in the hospital, but you feel relaxed at home. It is important to know your stable normal blood pressure measured at home.
- It is recommended for persons who have heart trouble, kidney trouble, hypertension, diabetes, arteriosclerosis or other problems related to the circulatory system, consult your physician to ensure that the blood pressure monitor is being used properly so that blood pressure monitor accurately reflects your actual blood pressure.
- Blood pressure can fluctuate by 30 to 50 mmHg without being noticed. These changes can be influenced by whether you are nervous or relaxed, exercise or the environment (temperature or mental state).
- The device may show some reading errors in the presence of common arrhythmia such as arterial or ventricular premature beats or atrial fibrillation.

## **Precautions**

- This unit will not serve as a cure of any symptoms of your cardiovascular diseases or other diseases. The data measured is only for reference. Always consult your physician if any abnormal results measured.
- Always follow the operation procedures described in the manual when you expect to measure your correct

blood pressure.

- Be sure to store this manual well for future reference.
- Diseases such as diabetes and hyperlipidemia accelerate hardening of the arteries. If such conditions continue, there is an increased danger of stroke, coronary infarction, arterial stenosis and disorders of the peripheral blood circulation. In such cases, there can be a large difference between blood pressure values taken at the wrist and upper arm. (Since even healthy persons may show a difference of 20 mmHg if the conditions of the measurement status are not suitable. Do not rely on the self-diagnosis or just one measurement, and always follow the advice of a physician.) Physiological conditions may have varying degrees of effect, but generally blood pressure values at the wrist and upper arm should display the same pattern of change. Consequently, it is possible to monitor trends in change by measuring blood pressure at the wrist.

### **Contraindications**

- Do not use the device on infants and persons who cannot communicate, which may lead to serious accidents.
- Do not use the device for purposes other than measuring blood pressure.
- Do not use this device near any mobile phone or microwave oven in use, or reading error may occur.
- Do not try to disassemble or modify the unit or wrist cuff, which may damage the unit or cause permanent reading error.
- Do not start the inflation when the wrist cuff is not

wrapped around the wrist.

- Do not drop this unit and avoid subjecting the device to a strong impact.

## **Warning**

- If the inflation continues and doesn't stop, please open the cuff immediately or turn off the unit by pressing the **POWER** button.
- Do not measure repeatedly for a long period of time.
- This device is not supposed to be used if your wrist has any wound or injury.
- Remove batteries if not using the device for a long time.
- Do not use batteries of different type or brand for this may lead to an incorrect reading and possibly cause battery explosion (for example mixing alkaline and heavy duty batteries).
- Leaving the batteries in the blood pressure monitor for over 3 months and not using the device may damage the device by battery leakage. Please read the Installing/Replacing Batteries section in this manual.
- The device might not meet its normal performance if stored or used beyond the temperature and humidity ranges specified below.
  - Operating conditions: 10°C~40°C, 40%~85% R.H.
  - Conditions for storage: -20°C~50°C, 15%~85% R.H.

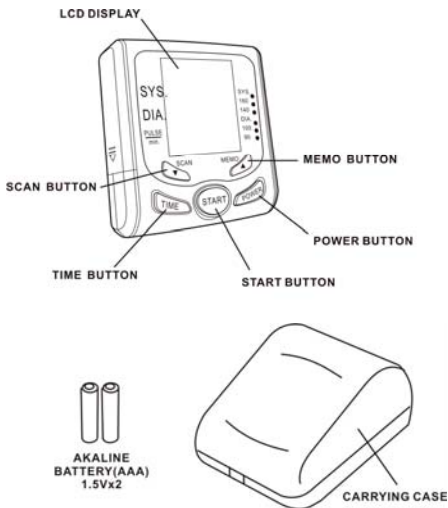
## **Suggestions before Measuring Blood Pressure**

1. Please relax yourself physically and mentally for at least 5-10 minutes before measurement.
2. Avoid eating, smoking, exercising, bathing and drinking (alcohol/coffee/tea) for at least 20-30 minutes before measuring your blood pressure.
3. Be sure the wrist cuff is at the same level as your heart.



4. Stress raises blood pressure. Keep calm and relax during measurement.
5. Please DO NOT talk or speak during measurement.
6. Avoid urination or bowel movement before taking a measurement.
7. Wait at least 3 minutes before you take another blood pressure measurement.
8. Keep the records for your physician as reference.
9. Remember that a single measurement is not necessarily representative of your typical blood pressure. Recording multiple measurements over time will reveal the long-term trend of your blood pressure. Try to measure your blood pressure at the same time each day for consistency.

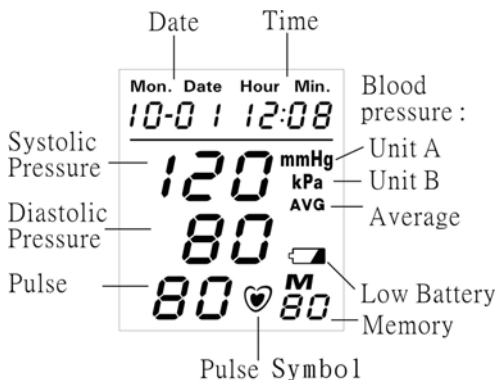
### **Device Descriptions**



## Description of Control Buttons

- **POWER:** To turn on/off the unit.
- **START:** To start inflating cuff to measure blood pressure and pulse. **To set the language of voice prompt or voice on/off.**
- **🕒 TIME:** To set the Date/Time.
- **MEMO/▲:** To review the measured record(s) manually / To select the digit of Date/Time.
- **SCAN/▼:** To automatically review all previously measured record(s) from memory list. To select the digit of Date/Time / To delete memorized record(s).

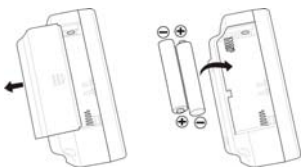
## Description of LCD Display Symbols




## Installing/Replacing Batteries

Be sure the unit turned off before installing/replacing batteries, or the memories & Date/Time setting will be erased. **If the batteries are removed for more than 30 seconds, the memories of the unit and the setting of Date/Time will be erased** as well. Then, you must reset the Date/Time.

1. Slide the battery compartment cover in the direction of the arrow to remove it.
2. Place the batteries (two AAA Alkaline batteries) in the compartment as indicated by the polarity symbols (+ and -) marked below. Then all symbols will be shown on the screen for 1 second and then monitor will return to standby mode.
3. Replace the battery compartment cover.





Note: When  (Low Battery indicator) appears on the display, the batteries are weak. Change the batteries as soon as possible, or it may not be able to take any measurement and the memories and the Date/Time setting of the unit may be lost.

## **Warning:**

- a. Be sure to follow the instructions above when installing or replacing the batteries.
- b. We recommend you to use the **ALKALINE batteries** for the best performance and the longest device life.
- c. Use only brand new batteries of the required size and **DO NOT** mix using old and new or different type of batteries together.
- d. Remove the batteries if not using the blood pressure monitor for an extended period (i.e., 3 months). The batteries can leak chemicals then damage the electronic parts.
- e. Immediately replace run-down batteries with new ones.
- f. Check the batteries periodically and replace them when necessary.

## **Program Date and Time**

1. Press and hold  **TIME** button for 2 seconds until “**2006**” shown on the screen and starts to flash.
2. Press **MEMO/▲** button or **SCAN/▼** button to set the number representing the **Year**.
3. You can press and hold **MEMO/▲** or **SCAN/▼** buttons for about 1 second, the number of the **Year** will be displayed in the faster speed.
4. Press  **TIME** button to confirm the **Year** setting. Then the number representing the **Date** will flash.
5. In the same manner, set the **Month, Date, Hour** and **Minute**.

Note: After replacing batteries, always check to make sure the Date/Time is properly set before using the blood

pressure monitor. If the batteries are removed for more than 30 seconds, you must reset the Date/Time.

### **How to Apply the Wrist Cuff**

1. Keep your left arm in front of you with your palm facing up. Apply the wrist cuff so that the monitor is on the inside of your wrist with the display facing up like your palm.
2. As in the figure below, cover the wrist cuff by leaving a space of 1/4"~1/2" between the edge of the wrist cuff and the bottom of your palm.
3. Hold the end of the wrist cuff and wrap the cuff around your wrist. For most accurate measuring results the cuff should be tightened evenly and no room left between the cuff and your wrist. (Do not pull the cuff too hard or it will make the wrist cuff too tight.)
4. The excess part of the cuff can be folded over and attached to the other side of the cuff.



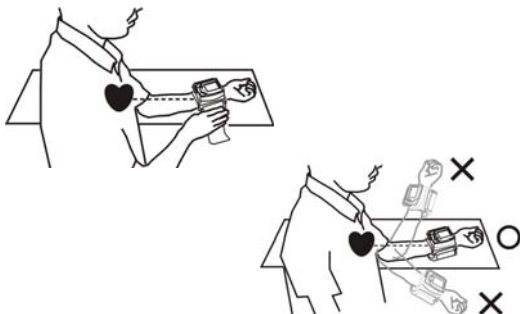
### **Correct Measuring Position**

For accurate readings, please sit or lie down prior to taking a measurement. Rest your left arm on the table and use the storage box, a cushion or a pillow as bolster. With left

palm face up, keep the cuff at the same level as your heart. Higher or lower levels will affect the readings. (If the wrist cuff is lower than the level of the heart, blood pressure will be measured higher.)

### **Measurement while sitting down:**

- Place your elbow on a table and have the wrist rest on an object such as your storage case or a cushion.
- Make sure the wrist cuff is at the same level as your heart. (It is very important to obtain your true blood pressure.)
- Relax your whole arm with the palm facing up.
- Relax your body before measurement by taking several deep breaths.




## How to Take A Measurement

Please read and follow directions in the section “Suggestions before Measuring Blood Pressure” and “How to Apply the Wrist Cuff” before taking a measurement.

1. Press **POWER** button on the ABP-A3 to turn on the unit. All the symbols displayed for a couple seconds then the number **0** will flash. The unit says “measurement ready”.
2. Press **START** button to take a measurement. (If the unit has already been turned on, press START button to take a measurement directly.)


\* The cuff automatically inflates to approximately **180**mmHg. (50mmHg higher than the average systolic blood pressure reading).

3. When the cuff reaches your correct inflation level, it begins to deflate automatically with decreasing numbers shown on the display. The Heart Symbol  flashes as the onset of oscillation signals.



- If during deflation the blood pressure monitor senses

that higher pressure is required to measure the user's blood pressure, the device will stop deflation and pump again to reach the workable pressure (up to the max. 280 mmHg). If the inflation continues and doesn't stop, please unwrap the cuff immediately or turn off the unit by pressing the **POWER** button.

4. The monitor exhausts the residual air when the measurement is completed. The Heart Symbol  stops flashing and your Blood Pressure and Pulse will appear on the display. In the mean time, the unit announces the measured value of Systolic, Diastolic and Pulse twice. After taking the measurement, the latest measured readings will always be displayed before the power is turned off.

Note:

- Wait for at least 5 minutes if you want to take another measurement. Waiting allows your blood vessels to return to normal status. More rest time may be required between measurements depending on individual physiological conditions.
- While starting the unit each time, it will give a voice prompt. If you don't need it, please off the announcement.

### **How to Use the Memory Features**

The blood pressure and pulse measured and displayed are automatically stored in the memory. The blood pressure monitor can store up to 80 measurements. If more than 80 measurements have been taken, the earliest measurement will be erased and replaced by the most recent measurement.



### 1. **Review the Average Value and previous measurements:**

Press **MEMO/▲** button, the unit first displays the average values of Systolic, Diastolic and Pulse with voice prompt. (Averaged from all memorized readings.) Press **MEMO/▲** button again to review the measurement from the most recent to the earliest.

2. The most recent measurement (**M 01**) appears when you press **MEMO/▲** button. **M 01** is the latest reading measured. The Systolic, Diastolic, Pulse and Date/Time of the measurement will be displayed with voice prompt... Press **MEMO/▲** button to repeatedly review other memorized readings. The readings will be displayed as **M 02, M 03, M 04 ...** etc. You can press **SCAN/▼** button to switch to the automatic display mode.

### 3. **Scan all previous measurements:**

Press **SCAN/▼** button, the unit will display all measurements one by one in one second intervals. You can press **MEMO/▲** button to switch to the single display mode.

### 4. **The 3 colour LED warning lights:**

It will indicate the status of each blood pressure measurement is Normal (green), Higher (yellow) or Abnormal High (redish).

## How to delete Single or All Memories

### 1. **Delete single measurement:**

You can delete a single memory just after taking the

measurement. Press **SCAN/▼** button then “dEL” will appear and flash and says “delete.” Press **SCAN/▼** button again to confirm the delete function.

## 2. Delete all measurements:

Turned off the unit first then press and hold **SCAN/▼** button until “dEL ALL” displayed and says “delete all.” Press **SCAN/▼** button again and all memories will be deleted when “00 ALL” shown on the screen and says “deleted.”



## Voice Prompt Function

- ◆ When installing the battery, the initial mode is voice prompt mode. While starting the unit and operating each time, there is a voice prompt to remind you. It's especially useful for the visually impaired.
- ◆ If user doesn't want to use voice prompt function exit voice prompt function. Please turn off the unit first and press **START** button so that it will give “VOICE ON”. In the meanwhile, the user can press **MEMO/▲** or **SCAN/▼** to choose “VOICE OFF” or “VOICE ON”.



Note: When using Voice Prompt Function, it increase the power consumption and reduce the life of the batteries.

### Set the Language of Voice Prompt

There are four languages of voice prompt (English, Deutsche (German), French, Espanol (Spanish)) can be set. Make sure you have turned off the unit before you want to set the voice prompt function.

6. Press **START** button, the unit will show “**Eng 1**” (default) and speak a demo voice in English “Memory number 3, Systolic pressure 160 high, Diastolic pressure 66 normal, Pulse rate 62”
7. Press **MEMO/▲** button or **SCAN/▼** button to set the number representing the language.
8. Press **START** button to confirm and the unit will show “**UoC On**” (default)
9. Press **MEMO/▲** button or **SCAN/▼** button to set the voice prompt on or off.
10. Press **START** button to confirm and the unit will go to standby mode



English



Deutsche



French



Espanol



Voice On



Voice Off

Note:

When using Voice Prompt Function, it increases the power consumption and reduces the life of the battery.

## **Maintenance**

### **Storage**

1. Always use the storage box provided with the device to transport or store the unit.
2. If you won't use the device for an extended period (over 3 months), remove the batteries.
3. Do not store the device in direct sunlight, high temperature, humid, dusty, or corrosive environment.
4. Do not stretch, bend or tug the wrist cuff.
5. Do not wet the unit.

### **Cleaning**

1. Do not use an alcoholic-base, benzene, gasoline or solvent agent to clean the device.
2. Wipe with a moistened cloth with clean water or a mild cleaning agent and then dry the device with a soft and dry cloth.

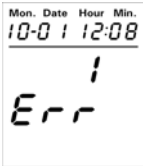
3. The dirt on the cuff can be wiped by the moistened cloth and soap.
4. Do not flush the device and cuff.
5. Do not bend the cuff or sleeve attempt to turn the sleeve inside-out.
6. Do not disassemble the device or dismantle the cuff or try to repair by yourself. If any problem occurs, bring the device to the distributor for further examination.
7. Do not operate the device in severe environments, extreme temperature or humidity, or direct sunshine.



## Error Message & Troubleshooting

The unit is manufactured using a complete quality assurance system.

If the measurement is not made correctly, the following error will be displayed. Measure your blood pressure again correctly.


### ERROR MESSAGE

Error Indicators	Cause	How to correct
	<ul style="list-style-type: none"><li>● Incorrect posture in measurement or the user moves or talks during measurement.</li><li>● There is artificial interference or noise during measurement.</li><li>● User is tense and does not relax or has severe heart beat irregularity or arrhythmia.</li></ul>	<ul style="list-style-type: none"><li>● Cuff is not fastened well; please fasten again by following the instructions.</li><li>● Wait at least 3 minutes before taking another measurement. Repeat steps listed under "How to Take a Measurement."</li><li>● User has special characteristic, please refer to a physician.</li></ul>

Error Indicators	Cause	How to correct
 <p>The image shows a digital display with the date and time '10-01 12:08' at the top. Below this, the number '2' is displayed in a large font, and the word 'Err' is shown in a smaller font below it.</p>	<ul style="list-style-type: none"> <li>● No pulse or blood pressure sensed.</li> <li>● Incorrect posture during measurement.</li> <li>● Cuff is not wrapped properly.</li> </ul>	<ul style="list-style-type: none"> <li>● Cuff is not fastened correctly or not tight enough; please fasten the cuff by following the instructions.</li> <li>● Wait at least 5 minutes before taking another measurement. Please see “How to Take a Measurement” on page 15.</li> </ul>
 <p>The image shows a digital display with the date and time '10-01 12:08' at the top. Below this, the number '3' is displayed in a large font, and the word 'Err' is shown in a smaller font below it.</p>	<ul style="list-style-type: none"> <li>● Insufficient or failure to inflate.</li> <li>● Cuff broken.</li> </ul>	<ul style="list-style-type: none"> <li>● Cuff is not fastened well; please re-fasten the cuff by following the instructions.</li> <li>● Pump, or venting valve or deflation valve failure, please contact the distributor.</li> </ul>

If a trouble occurs while you are using the blood pressure monitor, check the Troubleshooting first. If you can not measure your blood pressure correctly even after taking the appropriate countermeasures, the monitor may be broken. Please send the unit to the distributor for repair. Do not dismantle or try to repair the monitor by yourself.

## TROUBLESHOOTING

Condition	Cause	Correction
<p>After the batteries are installed, no indication or symbol displayed on the LCD. The wrong indication when power is turned on.</p>	<ul style="list-style-type: none"> <li>● Batteries are not installed properly.</li> <li>● Batteries run out of electricity.</li> </ul>	<ul style="list-style-type: none"> <li>● Check and correct the battery polarities.</li> <li>● Remove the old batteries and wait for one minute, then install the new batteries.</li> </ul>
<p>The inflation cannot be done or the air pressure cannot rise.</p>	<p>Cuff is not wrapped properly.</p>	<ul style="list-style-type: none"> <li>● Check the wrist position and fasten the cuff correctly and re-measure the pressure again.</li> </ul>
<div style="text-align: center;">  </div>	<p>Battery low. Battery voltage is excessively low.</p>	<ul style="list-style-type: none"> <li>● In order to keep the previous measurements &amp; date/time, ensure the unit is turned off before replacing batteries.</li> <li>● Replace with new "AAA" Alkaline batteries.</li> </ul>



<b>Condition</b>	<b>Cause</b>	<b>Correction</b>
<p>The blood pressure cannot be taken, and the LCD shows error message or wrong result.</p>	<p>-----</p>	<ul style="list-style-type: none"> <li>● Re-fasten the cuff.</li> <li>● Relax yourself.</li> <li>● Keep the cuff and heart at the same level during the measurement.</li> <li>● Keep silent and still during measurement.</li> <li>● If the patient has severe heart beat irregularity or arrhythmia, the blood pressure reading may not be correct. Please consult your physician.</li> </ul>
<p>Under normal operating circumstances, the reading at home is different from that of the clinics.</p>	<p>-----</p>	<ul style="list-style-type: none"> <li>● Usually people feel more tense in the hospital or clinic (white coat syndrome) than in their home.</li> <li>● Record the results and consult with your physician.</li> </ul>

<b>Condition</b>	<b>Cause</b>	<b>Correction</b>
Each measurement has various reading.		<ul style="list-style-type: none"> <li>● The variation might be due to the different environments.</li> <li>● The blood pressure is changing according to the physiological or psychological status of the human body.</li> </ul>

## Specifications

Model No.	ABP-A3
Display	LCD Digital Display
Measurement Method	Oscillometric method
Measurement Range	Pressure: 20~280mmHg Pulse: 40~190 / minute
Accuracy / Calibration	Pressure: $\pm 3$ mmHg or 2% of reading Pulse: $\pm 5$ % of reading
Memory capacity	80 sets of memory
Inflation	Automatic inflation by air pump
Deflation	Automatic liner pressure deflation valve
Pressure Release	Automatic exhaust valve
Sensor	Semiconductor pressure sensor
Power Supply	3V DC (2 "AAA" alkaline batteries)
Measuring Interval	1 mmHg
Operating Temperature / Humidity	+10°C~+40°C (50 °F~104 °F) 40%~85% R.H. maximum
Storage Temperature / Humidity	-20°C~+50°C (-4 °F~122 °F) 15%~85% R.H. maximum
Battery Life	Approx. 200 uses (alkaline batteries)
Unit Weight	Approx. 120 grams (not including batteries)
Cuff Size	Wrist Circumference approx. 135~195mm (5 1/4~ 7 3/4 inch)
Unit dimensions	Approx. 70 (L) x 80 (W) x 25 (H) mm
Accessories	Storage Case, Instruction Manual, AAA Batteries x2pcs

Please understand that specifications may be changed without prior notice.

## **Warranty Information**

Your EZ Health™ Platinum Talking Automatic Wrist Blood Pressure Monitor, is guaranteed to be free from defects in workmanship and materials under normal use for a period of two years from the date of purchase.

For repair within two year warranty, our Authorized Service Agent must be advised of the defects of the device. This warranty covers parts and labor only under normal usage, any transportation cost and freight incurred will be at the owner's expenses. Any defect from natural causes, e.g., flood, hurricane etc., is not within this warranty. This warranty does not cover damage incurred by: usage NOT following the instructions, accidental damage, or being tampered with or serviced by unauthorized Service Agents.

Monitor subjected to misuse, abuse, negligence, unauthorized repair or modifications, will void the warranty. The warranty excludes expendables and consumables like batteries. All warranty claims must be directed to the distributor for the sale of the device. The content of this warranty is subject to change without further notice.

**PERSONAL BLOOD PRESSURE RECORD**

Name \_\_\_\_\_ Age \_\_\_\_\_ Weight \_\_\_\_\_

Date	Time	SYS./DIA./PULSE	Remark

## **Conformity Standards**

- Medical device electrical safety: EN 60601-1
- Electromagnetic Compatibility: EN 60601-1-2
- EN 1060-1, EN 1060-3

## **Manufacturer**

### **Tremblay Harrison Inc.**

1684 Dufferin Street

Toronto, Ontario

Canada

M6H 3M1

Telephone: 1-866-829-7926

Website: [www.tremblayharrison.com](http://www.tremblayharrison.com)