

Instructions for use

Wrist

MOBIL BASIS

apornorm[®]

die marke der apotheke



The monitor for first users
To be used on the wrist



Arrhythmia
detection



Clinically
validated



3
year
WARRANTY

Also suitable for:



Travelling

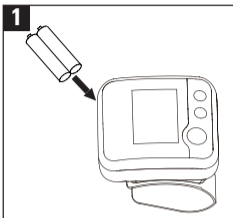


Children

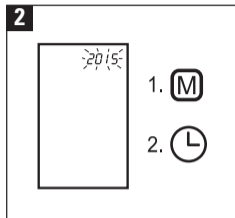
technology by
microlife[®]



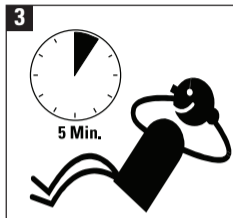
aponorm® Mobil Basis – Short instructions



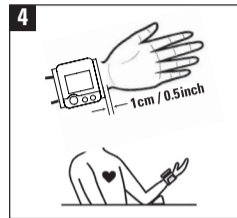
Please insert batteries before using the monitor!



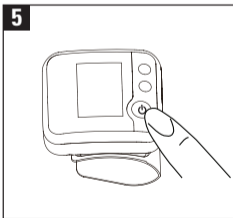
Now please enter the date and time



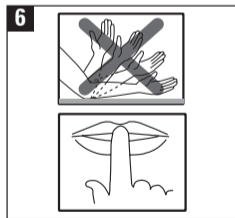
For the monitor to record your blood pressure values correctly, sit down and relax before each measurement.



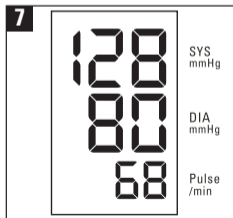
The monitor must come to sit approx. 1 cm from your wrist and is at the same height as your heart.



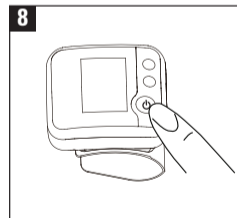
Press the  button to start the measurement.




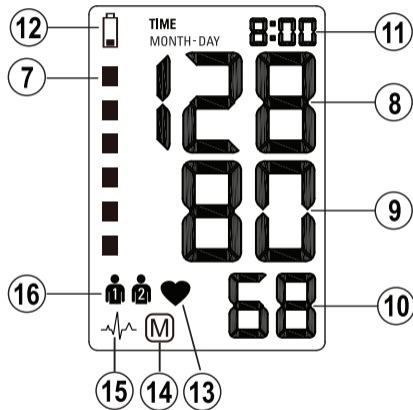
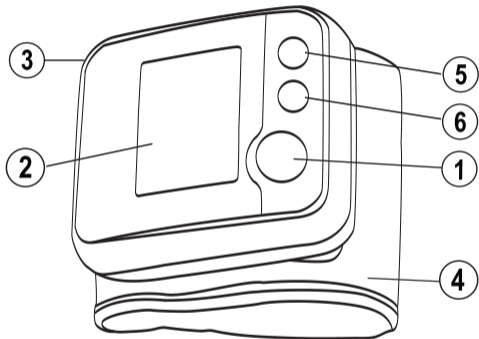
The device launches a fully automatic measurement. Please do not move or talk while the measurement is taken.



Now you can read your blood pressure values and your pulse frequency on the display.



Shut the monitor down by pressing the  button.



Display

- ① ON/OFF button
- ② Display
- ③ Battery compartment
- ④ Cuff
- ⑤ Time button
- ⑥ Memory button
(M button)
- ⑦ Blood pressure traffic light
- ⑧ Systolic value
- ⑨ Diastolic value
- ⑩ Pulse rate
- ⑪ Date/time
- ⑫ Battery indicator
- ⑬ Pulse rate measurement
active
- ⑭ Stored value
- ⑮ Heart arrhythmia warning
symbol (PAD)
- ⑯ User indicator



Important! This information must be adhered to in order to prevent damage to the device and error messages being displayed.



Protect from moisture.



Read the instructions carefully before using this monitor.



BF part

Dear Customer,

Your new **aponorm**[®] by microlife blood pressure monitor is a reliable medical instrument for taking measurements on the wrist. It is simple to use, accurate and is highly recommended for blood pressure monitoring at home. This monitor was developed in collaboration with physicians, and clinical tests prove its measurement accuracy to be very high*.

Please read these instructions carefully to make sure you understand all functions and safety information. We want you to be happy with your **aponorm**[®] by microlife product. If you have any questions, problems or want to order spare parts please contact the **aponorm**[®] by microlife Customer Service. Your pharmacy will be able to give you the address of the **aponorm**[®] by microlife distributor in your country. Alternatively, visit the

internet at www.aponorm.de where you will find a wealth of invaluable information on our products.

Stay healthy! **aponorm**[®] by microlife.

** This monitor was tested in accordance with the protocol of the European Society of Hypertension (ESH) and in accordance with ISO 81060-2:2013.*


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1. Important Facts about Blood Pressure and Self-Measurement

- **Blood pressure** is the pressure of the blood flowing in the arteries generated by the pumping of the heart. Two values, the **systolic** (upper) value and the **diastolic** (lower) value, are always measured.
- The monitor indicates the **pulse rate** (the number of times the heart beats in a minute).
- **Permanently high blood pressure values can damage your health and must be treated by your doctor!**
- Always discuss your values with your doctor and tell them if you have noticed anything unusual or feel unsure. **Never rely on blood pressure readings alone.**
- **A number of factors can affect the accuracy of measurements taken on the wrist.** In some cases the results may differ from the measurements taken on the upper arm. We therefore advise you to compare these values with those produced by the upper arm measurement and discuss them with your doctor.
- Enter your readings in the enclosed blood pressure diary. This will give your doctor a quick overview.
- There are many causes of **excessively high blood pressure values.** Your doctor will explain them in more detail and offer treatment where appropriate. Besides medication, weight loss and exercise can also lower your blood pressure.
- **You must not alter the dosages of any drugs prescribed by your doctor under any circumstances!**

- Depending on physical exertion and condition, blood pressure is subject to wide fluctuations as the day progresses. **You should therefore take your measurements in the same quiet conditions and when you feel relaxed!** Take at least two measurements per day, at the same time every day, one in the morning and one in the evening. Take your medication **after** the measurement.
 - It is quite normal for two measurements taken in quick succession to produce **significantly different results.**
 - Even considerable **deviations** between measurements taken by your doctor or in the pharmacy and those taken at home are quite normal, as these situations are completely different.
 - **Several measurements** provide a much clearer picture than just one single measurement.
 - Leave a small break of at least 15 seconds between two measurements.
 - If you suffer from an **irregular heartbeat** (arrhythmia, see „Section 4.“), measurements taken with this monitor should be evaluated by your doctor.
 - **The pulse display is not suitable for checking the frequency of pacemakers!**
 - If you are **pregnant**, you should monitor your blood pressure very closely as it can change drastically during this time!
-  A number of factors can affect the accuracy of measurements taken on the wrist. In some cases the results may differ from the measurements taken on the upper arm. We therefore advise you to compare these values with those produced by the upper arm measurement and discuss them with your doctor.

How do I evaluate my blood pressure?

Table for classifying home blood pressure values in adults in accordance with the international Guidelines (ESH, AHA, JSH). Data in mmHg.

Range	Systolic	Diastolic	Recommendation
Blood pressure too low	↓ 100	↓ 60	Consult your doctor
1. Blood pressure optimum	100 - 130	60 - 80	Self-check
2. Blood pressure elevated	130 - 135	80 - 85	Self-check
3. Blood pressure far too high	135 - 160	85 - 100	Urgently seek medical advice

Range	Systolic	Diastolic	Recommendation
4. Blood pressure far too high	160 ↑	110 ↑	Urgently seek medical advice

The higher value is the one that determines the evaluation. Example: a blood pressure value of **140/80** mmHg or a value of **130/90** mmHg indicates „blood pressure too high“.

2. Using the Monitor for the First Time

Inserting the batteries

After having unpacked the monitor, insert the batteries. The battery compartment ③ is on the back of the monitor. Insert the batteries (2 x size AAA 1.5 V), observing the indicated polarity.

Setting the date and time

1. After the new batteries are fitted, the year flashes in the display. Press the M button ⑥ to set the year. Press the time button ⑤ for confirmation and for changing to the month setting mode.
2. Now the correct month can be set by pressing the M button. Press the time button for confirmation and for changing to the date setting mode.
3. Follow the instructions above to set the date, hour and minutes.
4. Once you have set the minutes and pressed the time button ⑤, the date and time are set, and the time is displayed ⑪.
5. If you want to change the date and time again, press and hold the time button down for approx.

3 seconds until the year starts to flash. Now you can enter the new values as described above.

Selection of user

This blood pressure monitor allows to store the measurement results for 2 individual users.


Selecting the required user memory:

1. While the monitor is switched off, keep the time button ⑤ pressed for 3 seconds until the user symbol ⑩ flashes.
2. Now select user 1 or user 2 by pressing the M button ⑥.
3. Confirm your selection by pressing the ON/OFF button ①.

3. Taking a Blood Pressure Measurement using this Monitor

Checklist for taking a reliable measurement

1. Avoid activity, eating or smoking immediately before taking the measurement.
2. Sit down for at least 5 minutes before the measurement and relax.
3. Always take the measurement when seated and always on the same wrist. Take your measurements on the wrist where the blood pressure is normally higher. Do not cross your legs.
4. Remove any clothing on your wrist and your watch so that your wrist is free.
5. Always ensure the cuff is positioned correctly, as shown in the pictures in the **short instruction card**.
6. Fit the cuff closely, but not too tightly. The cuff will cover a wrist diameter of 13.5 to 21.5 cm (5.25 - 8,46 inches). The monitor comes to sit on the inside of your wrist and must be at the same height as your heart.
7. Support your arm so that it is relaxed and ensure that the **monitor is at the same height as your heart** during the measurement.
8. Press the ON/OFF button ① to start the measurement.
9. The cuff will now pump up automatically. Relax, do not move and do not tense your arm muscles until the measurement result is displayed. Breathe normally and do not talk.
10. The measurement is performed while the cuff inflates. The pumping speed can vary, which is completely normal.

11. During the measurement the pulse indicator ⑬ in the display is flashing.
 12. The result, comprising the systolic ⑧ and the diastolic ⑨ blood pressure and the pulse rate ⑩ is displayed. Note also the explanations on further display symbols in this booklet.
 13. Remove the monitor, enter the result in the enclosed blood pressure pass and switch the monitor off (the monitor does switch off automatically after approx 1 minute).
-  You can stop the measurement at any time by pressing the ON/OFF button ① (e.g. if you feel unwell or the pressure of the cuff becomes unpleasant).

4. Display of the Heart Arrhythmia Indicator for early Detection

This symbol ⑮ indicates that certain pulse irregularities were detected during the measurement. If the result deviates from your normal blood pressure repeat the measurement. In most cases, this is no cause for concern. However, if the symbol appears on a regular basis (e.g. several times a week with measurements taken daily) we advise you to tell your doctor. Please show your doctor the following explanation:

Information for the physician in the event of frequent display of the arrhythmia indicator

This device is an oscillometric blood pressure monitor that also analyses the pulse frequency during measurement.

The monitor was subjected to a clinical study. The arrhythmia symbol is displayed after a measurement, if pulse irregularities have occurred during this measurement.

If the symbol appears frequently (e.g. several times per week with measurements performed daily) we recommend the patient to seek an in-depth diagnostic work-up.

The use of this monitor does not replace a cardiac examination, but helps detect pulse irregularities at an early stage.

5. Traffic Light Indicator in the Display

The bars on the left-hand edge of the display ⑦ show the range within which the indicated blood pressure value lies. Depending on the height of the bar, the readout value is either within the optimum

(green), elevated (yellow), too high (orange) or dangerously high (red) ranges. The classification is based on the 4 ranges in the table as defined by the international guidelines (ESH, AHA, JSH), as described in „Section 1.“.

6. Data Memory

This device automatically stores up to 30 measurement values for each user.

Viewing the stored values

Press the M button ⑥ briefly, when the monitor is switched off. The display will show e.g. „M17“. This means 17 values are stored in the memory. The monitor then switches over to the last result stored. Pressing the M button again displays the previous value. Pressing the M button repeatedly allows you to move from one stored value to

another. The symbol ⑩ indicates the user whose stored values are shown. To change to the other user, please observe the instructions in section 2 „Selection of user“.

Memory full

👉 Please note that the maximum memory capacity for each user is 30 values. When the 30 value memory is full, the oldest value is automatically overwritten by the 31st value. Values should be evaluated by a doctor before the memory capacity is reached and the data are overwritten and thus lost.

Clearing all values of an individual user

The following procedure deletes the stored values of the selected user ⑩. If you are sure that you want to permanently remove all stored values, hold down the M button (the monitor must have been

switched off beforehand) until „CL“ appears and then release the button. To permanently clear the memory, press the M button while „CL“ is flashing. It is not possible to clear selected values.

Not storing a reading

As soon as the result appears in the display, press the ON/OFF button ① and keep it pressed until „M“ ⑭ is flashing. Confirm the deletion by pressing the M button ⑥ again.

7. Battery Indicator and Battery Change

Batteries almost flat


When the batteries are exhausted to approximately 3/4 of their full charge, the battery symbol ⑫ will flash as soon as the monitor is switched on (only

part of the battery charge left). Although the monitor will continue to measure reliably, you should obtain replacement batteries.

Batteries flat – replacement




When the batteries are flat, the flat battery symbol ⑫ will flash as soon as the monitor is switched on. You cannot take any further measurements and must replace the batteries.

1. Open the battery compartment ③ by sliding the cover away.
2. Replace the batteries – ensure correct polarity as shown by the symbols in the compartment.
3. To set date and time, follow the procedure described in „Section 2“.

 Values are retained in the memory although date and time must be reset; therefore the

year flashes automatically after battery replacement.

Which batteries and which procedure to use?

-  Please use 2 new, long-life 1.5 V, size AAA alkaline batteries. Use only batteries of one brand at a time.
-  Do not use batteries beyond their date of expiry.
-  If the monitor is not going to be used for a prolonged period of time remove the batteries.

Using rechargeable batteries

You can also operate this monitor with rechargeable batteries.

-  Please use only „NiMH“ type rechargeable batteries.

- ☞ When the flat battery symbol appears, remove the batteries and recharge them. They must not remain in the monitor as they may become destroyed (exhaustive discharge due to low consumption of the monitor even when switched off).
- ☞ Remove the rechargeable batteries from the monitor if you do not intend to use it for one week or more.
- ☞ The batteries canNOT be charged while inserted in the blood pressure monitor. Recharge the batteries in an external charger and observe the information regarding charging, handling and service life.

8. Error Messages and Troubleshooting


When an error occurs during a measurement, the measurement is interrupted and an error message displayed, e.g. „ERR 3“.

Error	Designation	Potential cause and remedy
«ERR 1»	Signal too weak	The pulse signals on the cuff are too weak. Re-position the cuff and repeat the measurement.
«ERR 2»	Error signal	During the measurement interference signals were detected on the cuff due to, for instance movement or muscle tension. Repeat the measurement, not moving your arm.

Error	Designation	Potential cause and remedy
«ERR 3»	No pressure in the cuff	It is not possible to build up sufficient pressure in the cuff. There may be a flaw in the cuff, causing a pressure leak. Check that the cuff connection is correct and that the cuff is not too loose around your wrist. Replace the batteries if necessary. Repeat the measurement.
«ERR 5»	Abnormal result	The measuring signals are inaccurate and no result can therefore be displayed. Read through the checklist for performing reliable measurements and repeat the measurement.

Error	Designation	Potential cause and remedy
«HI»	Pulse or cuff pressure too high	The pressure in the cuff is too high (over 300 mmHg) or your pulse rate is too high (over 200 beats per minute). Relax for 5 minutes and repeat the measurement.*
«LO»	Pulse too low	The pulse rate is too low (less than 40 beats per minute). Repeat the measurement.*

* Please consult your doctor, if this or any other problem occurs repeatedly.

 If you consider the measurement results to be unusual, please observe the information in „Section 1.“.

9. Safety, Care, Accuracy Test and Disposal

Safety and protection

- This monitor may not be used for purposes other than those described in these instructions. The manufacturer will not accept any liability for damage caused by improper use.
- This blood pressure monitor contains sensitive components and must be handled carefully. Observe the storage and operating conditions described in the „Technical data“ section.
- Protect the monitor from:
 - water and moisture
 - impact and falls
 - contamination and dust
 - direct sunlight
 - heat and cold
- The cuffs are rather delicate and must be handled carefully.
- Inflate the cuff only when fitted to your wrist.
- The function of this monitor can be impaired by strong electromagnetic fields as emitted by mobile telephones or radio installations. We recommend observing a minimum distance of 1 metre. If you cannot maintain the minimum distance please check the proper function of the monitor before use.
- Do not use the monitor if you think it is damaged or if you notice anything unusual.
- Never open the monitor.
- If the monitor is not going to be used for a prolonged period of time the batteries must be removed.

- Please observe the additional safety information in the different sections of these instructions.



Do not allow unsupervised children to use the monitor. Some of the components are so small that children can swallow them or choke on them. Beware of the risk of strangulations in case this monitor is fitted with cables or tubes.

Cleaning the monitor

Clean the monitor with a soft, dry cloth only.

Cleaning the cuff

Stains on the cuff can be removed by careful rubbing with a damp cloth and soapsuds.

Accuracy test

We recommend having this monitor tested for accuracy every 2 years or after mechanical impact

(e.g. the device having been dropped). Please contact your distributor (see foreword).

Disposal



Batteries and electronic devices must not be disposed of as normal domestic trash. They must be disposed of in accordance with the applicable local provisions.

10. Warranty

This monitor comes with a **3 year warranty** from the date of purchase. The warranty is valid only on presentation of the Warranty Card completed by the dealer (see back) confirming date of purchase or the receipt.

- Opening of or modification to the monitor by the user voids all warranty claims.

- The warranty does not cover damage caused by improper handling, battery leakage, accidents or failure to observe the instructions for use.
- The warranty covers the monitor and its cuff. Battery and wear parts are not covered by the warranty.

Please contact your distributor (see foreword).

11. Technical data

Operating conditions:

10 - 40 °C / 50 - 104 °F

15% to 95% relative maximum humidity of air

Storage conditions:

(-20) – (+55) °C / (-4) – (+131) °F

15% to 95% relative maximum humidity of air

Weight: 135 g

Dimensions:

68 x 60 x 60 mm

Measuring method:

oscillometric, corresponding to the Korotkoff method: phase I systolic, phase V diastolic

Measuring range:

20 - 280 mmHg – blood pressure

40 - 200 beats per minute – pulse

Display range of cuff pressure:

0 – 299 mmHg

Measuring resolution:

1 mmHg

Statistic accuracy:

pressure within ± 3 mmHg

Pulse accuracy:

± 5 % of the readout value

Voltage source:

22 x 1.5 V alkaline batteries, size AAA

Battery life:

approx. 460 measurements (new batteries)

IP class:

IP20

Reference to standards:

EN 1060-1 /-3 /-4; IEC 60601-1;
IEC 60601-1-2 (EMC); IEC 60601-1-11

Average useful life:

Monitor: 5 years or 10,000 measurements

Accessories: 2 years

This monitor complies with the requirements of the Medical Device Directive 93/42/EEC.

Technical alterations reserved.

Name of customer

Serial number
of the monitor (SN)

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Purchase date

Pharmacy stamp and
signature

Warranty pass card

To be on the safe side: our aponorm[®] by microlife warranty.

Your new blood pressure monitor is a top-class precision medical device. We are convinced of its high quality and therefore, from the date of purchase, we grant a



Please refer to page 18 of the instructions for the terms of warranty in detail.

Tip: In case you lost the instructions for use with the terms of warranty during your period of use of the device, you can at any time download them at www.aponorm.de.

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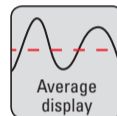
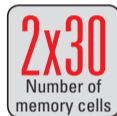
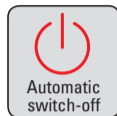
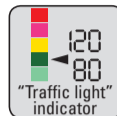
Microlife AG

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CH-9443 Widnau

www.microlife.ch

Overview of the device functions:



Order number: 047280



PZN -11725048

CE0044

