



Model: C5 www.accumed.ch

English

Blood pressure measurements determined with C5 are equivalent to those obtained by a trained observer using cuff/stethoscope auscultation method, with the limits prescribed by the American National Standard, Electronic or Automated Sphygmomaneters. This unit is to be used by adult consumers in a home environment. Do not use this device on infants or neonates. CS is protected against manufacturing defects by an established International Warranty Program. For warranty information, you can contact your local distributor.

Attention: Consult the accompanying documents. Please read this manual carefully before use. For specific information on your own blood pressure, contact your physician. Please be sure to keep this manual.

Real-Fuzzy Measuring Technology
This unit uses the sophisticated methods to detect your blood pressure. Before the cuff starts inflating, the device will establish a baseline cuff pressure equivalent to the air pressure. This unit will determine the appropriate inflation level based on pressure oscillations, followed by cuff deflation.

During the deflation, the device will detect the amplitude and slope of the pressure oscillations and thereby determine for you the systolic blood pressure, diastolic blood pressure, and pulse.

Atrial Fibrillation Detection (AFib)
The upper chamber of the heart (atria) beat irregular (quaver) and mostly fast instead of beating evenly to move blood into the ventricles. This condition is associated with a higher risk for cardiac blood clots, stroke, heart failure and other heart-related complications. About 10% -20% percent of patients who suffer from an ischemic stroke also suffer from atrial fibrillation. This unit is able to detect Atrial Fibrillation (AFib). The ARR and AFib icons (AFib) is displayed after the measurement if Atrial Fibrillation was detected during the measurement.

Note: It is strongly recommended that you consult your physician if the AFib icon (AFib) appears often.

This unit will not detect individuals who suffer from Atrial Fibrillation with using a pacemaker, defibrillator.

Premature Contraction Detection (PC)
Extra, abnormal heartbeats generated in abnormal locations of your heart, either in the atria (PAC) or in the ventricle (PVC). These extra beats disrupt your regular heart rhythm, sometimes causing palpitations (e.g. skipped beats) in your chest. May occur singly or repeated with various incidence. If not stress-related, they are a sensitive marker for a multitude of cardiac disorders, elevated ischemic stroke risk with PC. This unit is able to detect Premature Contraction (PC). The ARR and PC icons (PC) are displayed after the measurement if Premature Contraction was detected during the measurement.

Note: It is strongly recommended that you consult your physician if the PC icon (PC) appears often.

PARR (Pulse Arrhythmia) Technology
Pulse Arrhythmia (PARR) technology specifically detects pulse arrhythmia, including atrial fibrillation (AF, AFib), Atrial and / or Ventricular Premature Contractions (PC), Tachycardia (TACH), and Bradycardia (BRAD). Pulse Arrhythmia may be related to cardiac disorders, needs medical attention and thus early diagnosis is of paramount importance. The PARR technology detects arrhythmia during regular blood pressure checks without any additional user skills, user interaction and measurement prolongation. Beside the blood pressure diagnosis a specific pulse arrhythmia diagnosis is provided with PARR.

Preliminary Remarks
This Blood Pressure Monitor complies with the European regulations and bears the CE mark "CE 0120". The quality of the device has been verified and conforms to the requirements of the European Directive 93/42/EEC (Medical Device Directive). Annex I essential requirements and applied harmonized standards.

EN 1060-1: 1995/42: 2009 Non-invasive sphygmomanometers - Part 1 - General requirements
EN 1060-1: 1995/42: 2009 Non-invasive sphygmomanometers - Part 3 - Supplementary requirements for electro-mechanical blood pressure measuring systems
EN 1060-4: 2004 Non-invasive sphygmomanometers - Part 4: Test Procedures to determine the overall system accuracy of automated non-invasive sphygmomanometers

This blood pressure monitor was designed for long service time. To ensure accurate measurements, this monitor is recommended to be re-calibrated every two years.

Blood Pressure Standards
The American Heart Association, the World Health Organization, the blood pressure ranges can be classified into four levels. (Ref: 1999 WHO International Society of Hypertension Guidelines for the management of Hypertension). This blood pressure classification are based on historical data, and may not be directly applicable to any particular patient. It is consistent with your physician regularly. Your physician will tell you your normal blood pressure range as well as the point at which you will be considered at risk. For reliable monitoring and reference of blood pressure, keeping long-term records is recommended. Please download the blood pressure log at www.accumed.ch.

Display Elements
E1 / **Air Circuit Abnormally:** Make sure the L-plug is securely connected to the air socket on the side of the unit and measure again quietly. If the errors still occur, return the device to your local distributor or service center.

E2 / Pressure Exceeding 300 mmHg: Switch the unit off and measure again quietly. If the error keeps occurring, return the device to your local distributor or service center.

Cuff Wrap Detection
If the cuff was wrapped too loosely, it may cause unreliable measurement results. The "Cuff Wrap Detection" can help to determine if the cuff is wrapped snugly enough. The specified icon (C) appears once a "loosen cuff" has been detected during measurement. Otherwise the specified icon (C) appears if the cuff is wrapped correctly during measurement.

Memory Detection
The "Movement Detection" helps reminding the user to remain still and is indicating any body movement during measurement. The specified icon appears once a "body movement" has been detected during and after each measurement.

Guest Mode
It is strongly recommended that you measure again if the icon (G) appears. This monitor has a non-stored single measurement function. Press the User-Switching key to select the memory zone of guest (G), and follow the Measurement Procedure to take a measurement. When the measurement is completed, the measurement value will be stored in memory zone.

Hypertension Risk Indication (HRI)
The World Health Organization, classifying blood pressure ranges into 6 grades. This unit is equipped with innovative blood pressure risk indication, which visually indicates the assumed risk level (optimal / normal / high-normal / grade1 hypertension / grade 2 hypertension / grade 3 hypertension) of the result after each measurement.

Arrhythmia Detection (ARR)
An arrhythmia is an irregular heartbeat - the heart may beat too fast (called tachycardia), too slowly (called bradycardic), too early (called premature contraction) or too irregularly (called fibrillation).

This unit is equipped with an Arrhythmia Detection which allows those who have an irregular heartbeat to obtain accurate measurements alerting the user of the presence of an irregular heart beat during the measurement. This device does not replace a cardiac examination, but serves to detect atrial fibrillation and premature contraction that often remains undiagnosed until symptoms occur.

Using the AC adaptor (Optional)
1. Connect the AC adaptor with the AC adaptor jack on the right side of the unit.
2. Plug the AC adaptor into the socket. (AC adaptors with required voltage and cur-



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rent indicated near the AC adaptor jack)
Caution:
⚠ Please unplug the batteries when operating with the AC mode for a longer period of time. Leaving the batteries in the compartment for a long time may cause leakage which may lead to damage of the unit.

No batteries are needed when operating with the AC mode.
3. AC adaptors are optional. Please contact the distributor for the compatible AC adaptor.

4. Use only the authorized AC Adaptor with this blood pressure monitor. Information for the authorized AC adaptor, please refer to APPENDIX 1.

5. Once the inflation reaches 300 mmHg, the unit will start deflating rapidly for safety reasons.
6. This unit is not field serviceable. You should not use any tool to open the device nor should you attempt to adjust anything inside the device. If you have any problems, please contact the store or the doctor from whom you purchased this unit.

7. As a common issue for all blood pressure monitors using the oscillometric measurement function, the device may have difficulty in determining the proper blood pressure for users diagnosed diabetes, poor circulation of blood, kidney problems, or for users suffered from stroke, or for unconscious users.

8. This unit is able to detect common arrhythmia (atrial or ventricular premature beats or atrial fibrillation). The ARR, AFib and PC icons are displayed after the measurement. If Atrial Fibrillation and Premature Contraction was detected during the measurement, If ARR, AFib or PC icons are displayed, you are advised to wait for a while and take another measurement. It is strongly recommended that you consult your physician if the ARR, AFib or PC icons appear often.

9. To stop operation at any time, press the ON/OFF/START key, and the air in the cuff will be rapidly exhausted.
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11. Please note that this is a home healthcare product only and it is not intended to serve as a substitute for the advice of a physician or medical professional.
12. Please do not use this device for diagnosis or treatment of any health problem or disease. Measurement results are for reference only. Consult a healthcare professional for interpretation of pressure measurements. Contact your physician if you have or suspect any medical problem. Do not change your medications without the advice of your physician or healthcare professional.

13. Electromagnetic interference: The device contains sensitive electronic components. Avoid strong electrical or electromagnetic fields in the direct vicinity of the device (e.g. mobile telephones, microwave ovens). These may lead to temporary impairment of measurement accuracy.

14. Dispose of device, batteries, components and accessories according to local regulations.
15. This monitor may not meet its performance specification if stored or used outside temperature and humidity ranges specified in Specifications.

16. Note that when stating the functions of the limb in question may be impaired.
17. During the blood pressure measurement, blood circulation must not be stopped for an unnecessarily long time. If the device malfunctions, remove the cuff from the limb.

18. Avoid any mechanical restriction, compression or bending of the cuff line.
19. Do not avoid sustained pressure in the cuff or frequent measurements. The resulting restriction of the blood flow may cause injury.

20. Ensure that the cuff is not placed on an arm in which the arteries or veins are undergoing medical therapy, e.g. intravenous access or therapy, or an arterio-venous (AV) shunt.

21. Do not use the cuff on people who have undergone a mastectomy.
22. Do not place the cuff over wounds as this may cause further injury.
23. Only ever use the cuffs provided with the monitor or original replace-ment cuffs. Otherwise erroneous results will be recorded.

24. Batteries can be fatal if swallowed. You should therefore store the batteries and products where they are inaccessible to small children. If a battery has been swallowed, call a doctor immediately.

25. Plug in the cuff connecting tube into the unit (Fig. 4).
26. Lay your arm on a table (palm upward) so the cuff is at the same height as your heart. Make sure the tube is not kinked (Fig. 4B).

27. This cuff is suitable for use if the inflator falls within the solid color line as shown on the right (Fig. 4). If the arrow falls outside the solid color line, you will need a cuff with other characteristics. Contact your local dealer for additional size cuffs.

Measurement Procedures
Here are a few helpful tips to help you obtain more accurate readings:
• Blood pressure changes with every heartbeat and is in constant fluctuation throughout the day.
• Blood pressure recording can be affected by the position of the user, his or her physical condition and other factors. For greater accuracy, wait one hour after exercising, bathing, eating, drinking beverages with alcohol or coffee, or smoking to measure blood pressure.

• Before measurement, it's suggested that you sit quietly for at least 5 minutes as measured by the monitor. The monitor will not start measurement until you are physically rested and relaxed while taking a measurement.
• Do not take measurements if you are under stress or tension.
• During measurement, do not talk or move your arm or hand muscles.
• Take your blood pressure at normal body temperature. If you are feeling cold or hot, wait a while before taking a measurement.

• If the monitor is stored at a very low temperature (near freezing), have it placed at a warm location for at least one hour before using it.
• Press 5 minutes before taking the first measurement.

1. Press the User-Switching key to select memory zone 1, memory zone 2 or guest mode. If an upper memory zone is selected, press the ON/OFF/START key 2 or 2 quest mode. The unit can start measurement in the chosen memory zone.
2. Press the ON/OFF/START key. All digits will light up, checking the display functions. The charging procedure will be completed in 2 seconds.

3. After all symbols appear, the display will show a blinking "0". The monitor is ready to measure and will automatically inflate the cuff slowly to start measurement.
4. When the measurement is completed, the cuff will exhaust the pressure inside. The measurement value will be stored in memory zone.

5. Repeat the measurement, do not talk or move your arm or hand muscles.
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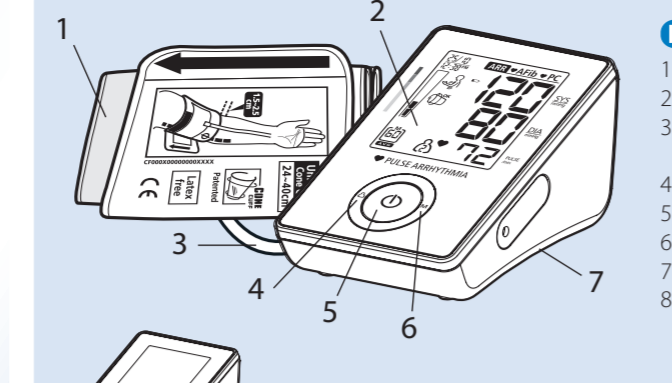
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