



# Manual

HL888HA

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**Blodtryksapparat** til overarmen  
**Blood Pressure Monitor** for the upper arm

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# Introduktion

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## **Hvad er blodtryk?**

Blodtrykket er udtryk for hvor hurtigt, blodet flyder imod arteriernes vægge. Det arteriske blodtryk ændres konstant i løbet af hjerte cyklussen. Det højeste blodtryk i cyklussen kaldes det systoliske blodtryk, og det laveste er det diastoliske blodtryk. Begge blodtryksmålinger er nødvendige for at vurdere blodtrykket. Mange faktorer så som fysisk aktivitet, alder og tidspunktet på dagen kan influere på dit blodtryk. Blodtrykket er typisk lavt om morgenen og stiger i løbet af eftermiddagen og aftenen, og det er lavere om sommeren end om vinteren.

## **Hvorfor måle blodtryk derhjemme?**

De fleste bliver lidt nervøse, hvis de skal have målt blodtryk hos lægen, og det kan forøge blodtrykket. Desuden varierer blodtrykket på grund af mange forskellige forhold, så det er ikke muligt at vurdere blodtrykket efter blot en enkelt måling. Blodtrykket målt om morgenen lige efter man er vågnet og stadig er i ro - og inden morgenmaden kaldes det fundamentale blodtryk. I praksis er det meget svært at måle det fundamentale blodtryk, men man kan komme det nær ved at måle blodtrykket under forhold, som ligger tæt op ad det, derfor er det meget værdifuldt at måle blodtrykket hjemme.

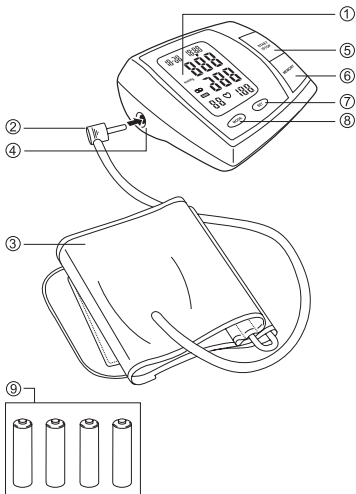
# Produktbeskrivelse

## Anvendelse af blodtryksapparat.

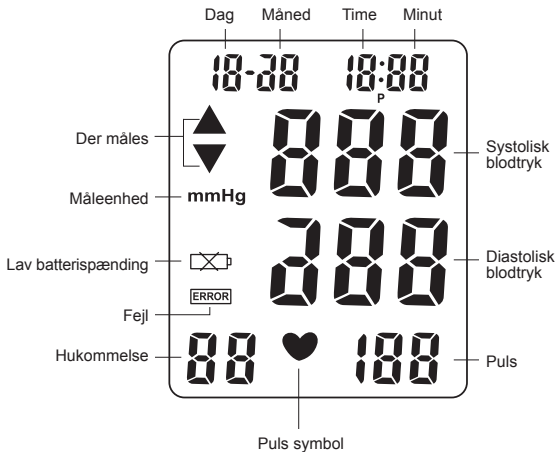
Apparatet måler dit systoliske blodtryk, diastoliske blodtryk og din hjerte rytme ved hjælp af den oscillometriske målemetode på overarmen. Apparatet anbefales til brug for personer over 18 år, og det er beregnet til at bruges hjemme og ikke på lægeklinikker.

## Beskrivelse af Blodtryksapparat.




1. LCD skærm
2. Luftstik
3. Manchet til overarm
4. Tilslutning af manchet
5. Start/Stop
6. Gemte resultater
7. Set
8. Mode
9. Batterier (AA)



## Beskrivelse af digitale symboler.



## Beskrivelse af symboler på apparat.

Symbol	Begrundelse	Handlinger
	Mærket fremkommer, når der måles, og blinker når pulsen bestemmes.	Måling er igang, tal ikke og sid stille
 Skift batterier	Fremkommer, når batterispændingen er meget lav, eller batterierne ikke er sat korrekt i.	Skift begge batterier med nye. Isæt batterierne på den rigtige måde. Være opmærksom på +/- retningerne
 Målefej	Fremkommer når det korrekte blodtryk ikke kan måles præcist.	Tryk »START/STOP« knappen og mål igen

# Korrekt brug af produktet

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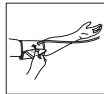
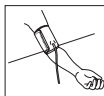
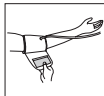
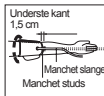
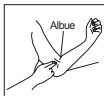
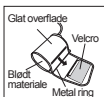
## Vigtigt før blodtryksmåling:

- Check at manchetten passer til din arm.
- Hold apparatet stille under målingen ellers opnås den korrekte måling ikke.
- Foretag målingen roligt og i afslappende omgivelser.
- Vikl manchetten direkte på en bar arm ellers opnås den korrekte måling ikke.
- Placer din albue på bordet eller lignende.
- Brug støtte under armen, så trykmanchetten er på samme højde som hjertet.
- Slap af i hånden med håndfladen opad.
- Husk at blodtryk naturligt varierer i løbet af dagen og at det er påvirket af mange forskellige faktorer så som rygning, alkohol indtag, medicin og fysisk aktivitet.
- Blodtryksapparatet er testet og dokumenteret efter amerikanske standarder.

# Sådan bruges produktet

## Sådan påsættes manchetten.

- Find din arterie ca. 3 cm over din albue på indersiden af din venstre arm eller den arm, som lægen anbefaler.
- Put den ende af manchetten, som er længst væk fra slangen igennem metal ringen, så manchetten bliver rund. Den bløde side skal være indad og velcroen udad. Metalringen skal ikke berøre din hud.
- Tag manchetten på din venstre arm. Det nederste af manchetten skal være ca. 1,5 cm over din albue. Manchetten skal ligge over den arterie, du lige har fundet på indersiden af armen.
- Træk i manchetten så det øverste og det nederste af manchetten sidder fast omkring din arm.
- Når manchetten sidder korrekt, trykkes velcroen fast imod den del, som sidder rundt om armen.
- Sid på en stol og placer din arm på bordet, så manchetten er på højde med dit hjerte
- Slap af i armen og læg armen, så du har håndfladen opad.
- Vær sikker på, at der ikke er nogen knæk på luftledningen.





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## Vigtigt!

Det er ekstremt vigtigt for måleresultatet, at manchetten er i korrekt størrelse og er på samme højde som hjertet. Højere eller lavere vil give en afvigelse fra den rigtige værdi.



## Sæt dato og klokkeslæt.

- a. tryk MODE knappen igen (måned blinker)  
tryk SET knappen for at indstille den rigtige måned.
- b. tryk MODE knappen (dag blinker)  
tryk SET knappen for at indstille den rigtige dag.
- c. tryk MODE knappen (time blinker)  
c. tryk SET knappen for at indstille den rigtige time (1-12).  
displayed vil vise et lille "p" for PM / eftermiddag.
- d. tryk MODE knappen (minut blinker)  
tryk SET knappen for at indstille det rigtige minut (0...59)
- e. tryk MODE knappen igen, hvorpå den indstillede dato og klokkeslæt vises.

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## **Sådan måles blodtrykket.**

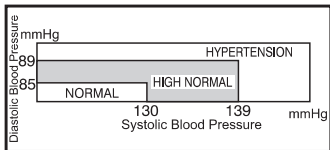
- Vikl manchetten rundt om armen som beskrevet ovenfor.
- Sid ret op på en stol, så du har den rigtige position.
- Tryk START/STOP knappen. Manchetten vil automatisk pustes op til rette niveau. Flyt dig ikke og tal ikke mens blodtryksmålingen står på.
- For at undgå unødvendigt pres, checker apparatet undervejs, om det er nødvendigt at pumpe videre, så derfor vil der kunne opstå små pauser i oppumpningen.
- Efter at trykket i manchetten er steget, vil det langsomt falde. Når pulsen bliver målt, vil Hjerte-rytme symbolet begynde at blinke.
- Efter endt blodtryksmåling vil Systolisk og Diastolisk kunne ses endnu 1 minut på displayet. Derefter vil apparatet slukke automatisk.

## **Isæt batterier.**

- Åbn batteri dækslet.
- Bemærk retningen på batterierne og symbolerne i bunden.
- Informationerne på skærmen kommer i løbet af 3 sekunder.

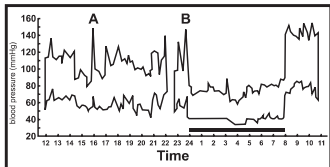
## WHO klassifikation.

WHO (World Health Organization) har udviklet standarder for vurdering af højt og lavt blodtryk. Disse standarder tager dog ikke hensyn til alderen. Nedenstående figur viser WHO's standarder.



## Variationer i blodtryk.

Blodtrykket varierer meget både dagligt og over året. Variationerne er mest udtalte for personer med forhøjet blodtryk. Normalt stiger blodtrykket, når man arbejder og det er lavest, når man sover. Nedenstående figur viser blodtryksvariation over en dag, hvor blodtrykket er målt hver 5. minut. Den tykke linie repræsenterer søvnperioden og de kraftige stigninger A og B skyldes smertepåvirkninger.



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## **Gemme, hente og slette data.**

### **Gemme data:**

Efter hver blodtryksmåling bliver det systoliske tryk, diastoliske tryk, pulsen og tid og dato automatisk gemt. De seneste 99 målinger gemmes automatisk, og når der kommer flere end 99 målinger, slettes de første målinger automatisk.

### **Hente data:**

- Apparatet vil automatisk vise de nyeste målinger først. Tryk på "Memory"-knappen og informationer om den seneste måling vil komme frem. Det vil sige det systoliske tryk, diastoliske tryk, pulsen og tid og dato, og det vil blive vist i 1 minut.
- Tryk "memory"-knappen for at se den næste måling. Dataene som vises er nummereret. Når alle data er vist, trykkes "memory"-knappen, og apparatet er igen klar til måling.
- Hvis du ønsker at afbryde midt i gennemsynet af tidligere måledata, trykkes på START/STOP-knappen.

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**Slette data:**

Data slettes, når der ikke er strøm på apparatet, så det kan gøres ved at tage batterierne ud og sætte dem i igen.

**Vedligeholdelse.**

Anvend en fugtig klud med mildt opvaskemiddel til at rengøre apparatet og tør efter med en tør klud. Hvis apparatet ikke anvendes i lang tid, bør batterierne fjernes.

# Advarsler og ikoner

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## **Undgå forkert anvendelse.**

- Vrid aldrig manchetten.
- Start ikke oppustningen før manchetten er viklet rundt om armen.
- Forsøg ikke at adskille eller skifte dele af apparatet eller manchetten.

## **Advarsel.**

- Apparatet er kun beregnet til at måle blodtryk på voksne.
- Apparatet bør ikke anvendes, hvis din arm har sår eller skader.
- Hvis manchetten skulle puste op og ikke stoppe igen, så tag manchetten af øjeblikkelig.
- Apparatet bør placeres utilgængeligt for børn.
- Luftslangen må ikke vikles om halsen.
- Apparatet er ikke beregnet til gravide.

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### **Klinisk valideret**

Apparatet er klinisk valideret hos Medizinische Klinik II, Zentralkrankenhaus Reinkenheide, Bremerhaven i Tyskland efter AAMI protocol SP10

For at sikre præcise målinger anbefaler vi at apparatet recalibreres hvert andet år. For priser samt bestilling af kalibrering besøg <http://www.etgodthelbred.dk/>

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Elektrisk og elektronisk udstyr samt medfølgende batterier indeholder materialer, komponenter og stoffer, der kan være skadelige for menneskers sundhed og for miljøet, hvis affaldet ikke håndteres korrekt.

Elektrisk og elektronisk udstyr og batterier er mærket med nedenstående overkrydsede skraldespand. Den symboliserer, at elektrisk og elektronisk udstyr og batterier ikke må bortskaffes sammen med usorteret husholdningsaffald, men skal indsamles særskilt.





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Nogle batterier er også mærket med den kemiske betegnelse Hg (kviksølv), Cd (cadmium) eller Pb (bly).

Dette er særligt skadelige stoffer og det er derfor specielt vigtigt, at disse batterier bliver indsamlet.

Som slutbruger er det vigtigt, at du afleverer dine udtjente batterier til de ordninger, der er etablerede. På denne måde er du med til at sikre, at batterierne genanvendes i overensstemmelse med lovgivningen og ikke unødigt belaster miljøet.

Alle kommuner har etableret indsamlingsordninger, hvor kasseret elektrisk og elektronisk udstyr samt bærbare batterier gratis kan afleveres af borgerne på genbrugsstationer og andre indsamlingssteder eller bliver afhentet direkte fra husholdningerne. Nærmere information kan fås hos kommunens tekniske forvaltning.

# Specifikationer

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Model nummer	HL888HA
Måleinterval	Tryk 0 ~ 300 mmHg Puls 40 ~ 199 slag/minut
Nøjagtighed	Tryk +/- 3 mmHg Puls højest +/- 5%
Oppustning	Automatisk
Udluftning	Automatisk udluftning
Display	Systolisk, diastolisk, puls
Hukommelse	99 målinger for 1 bruger
Manchet størrelse	Arm omkreds ca 23-33 cm
Driftstemperatur	+10 °C ~ +40 °C mindre end 85% R.H.
Opbevaringstemperatur	-20 °C ~ +70 °C mindre end 85% R.H.
Vægt	Ca. 265 g med batteri
Strømforsyning	4 x AA alkaline batterier, 6 VDC (medfølger ikke)
Batteri levetid	300 målinger
Automatisk sluk	Når apparatet ikke har været anvendt i 1 minut
Tilbehør	4 batterier, manchet med slange, manual, opbevaringstaske

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# Note

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Dette blodtryksapparat er i overensstemmelse med EF-Direktiv og bærer CE-mærket "CE0197". Dette blodtryksapparat opfylder følgende standarder.

Sikkerhedsnorm:

EN 60601-1 Medicinsk elektrisk udstyr, del 1: Generelle krav til sikkerhed

EMC-standard:

EN 60601-1-2 Medicinsk elektrisk udstyr, Del 1-2: Generelle krav for sikkerheds-Sideordnet standard: Elektromagnetisk kompatibilitet-Bestemmelser og prøvninger

Ydeevne:

EN 1060-1 Ikke-invasive blodtryksmålere - Generelle krav

EN 1060-3 Ikke-invasive blodtryksmålere - Supplerende krav til elektromekaniske blodtryks

målesystemer.

EN 1060-4 Ikke-invasive blodtryksmålere - Prøvningsmetoder til fastlægge de overordnede system nøjagtigheden af automatiserede noninvasive blodtryksmålere.



Vigtig / Forsigtig / Bemærk!  
Læs betjeningsvejledningen.



Læs instruktionerne grundigt før brug.



**BF**

**Klassificering:**

- Udstyr med intern strømforsyning
- BF type indgår
- IPX0
- Ikke egnet til brug i tilstedeværelse af brændbare bedøvelsesmiddel blandet med luft, ilt eller lattergas
- Kontinuerlig drift med kort tid belastning



For at undgå forkerte resultater som følge af elektromagnetisk interferens mellem elektrisk og elektronisk udstyr, skal du ikke bruge enheden i nærheden af en mobiltelefon eller mikrobølgeovn.



Bortskaf den brugte vare til genanvendelse i henhold til lokale regler



Producent :

HEALTH & LIFE Co., Ltd.

9F, No. 186, Jian Yi Road, Zhonghe District, 23553

New Taipei City, Taiwan

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**EC REP**

EMERGO EUROPE

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- Slap af mindst 5-10 minutter før målingen.
  - For at give dine blodkar tid til at vende tilbage til tilstanden fra før målingen, skal du vente mindst 3 ~ 5 minutter mellem målinger. Du skal muligvis at justere ventetiden efter din personlige fysiologiske situation
  - Hvis du har en sygdom som åreforkalkning, sukkersyge, leversygdomme, nyresygdomme, svær hypertension, perifer cirkulation ....., venligst konsulter din læge eller andet sundhedspersonale, før du anvender udstyret.

# Blodtryks Dagbog

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Dag	Tid	Systolisk /diastolisk	Puls
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# Blodtrykks Dagbog

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Dag	Tid	Systolisk /diastolisk	Puls
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# Introduction

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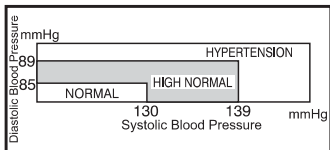
## What is blood pressure?

Blood pressure is the pressure or the force of blood flowing against the walls of the arteries. Blood pressure is constantly changing during the course of the cardiac cycle. Systolic blood pressure is the highest pressure in the cycle.

Diastolic blood pressure is the lowest pressure in the cycle. Both pressure readings, the Systolic rate and the Diastolic rate, are information for the physician to evaluate the status of patient's blood pressure. Many factors such as physical activities, anxieties, time of day, can influence one's blood pressure. Blood pressure is typically low in the morning and increases from afternoon to the evening. It is lower in the summer and higher in the winter.

## WHO klassifikation.

Standards for assessing high or low blood pressure without regard to age have been established by the World Health Organization (WHO) as shown in the chart.



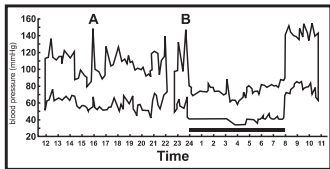
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## Variations in blood pressure

Individual blood pressures vary greatly on a daily and seasonal basis. These variations are even more pronounced in hypertension patients. Normally the blood pressure rises while at work and is at its lowest during sleep. (hypertension: means a person who has high blood pressure symptom.)

The graph below illustrates the variations in blood pressure over a whole day with measurement taken every five minutes. The thick line represents sleep.

The rise in blood pressure at 4 PM ( A in the graph) and 12 PM ( B in the graph) correspond to an attack of pain.



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### **Why is it useful to measure blood pressure at home?**

Because having one's blood pressure measured by a doctor in a hospital, or clinic tends to stimulate nervousness in a person and may cause the blood pressure to rise. Also, blood pressure changes in different conditions, so judgement on the basis of single measurement is not reliable.

The blood pressure measured first thing in the morning after getting up, before taking any food is known as the fundamental blood pressure.

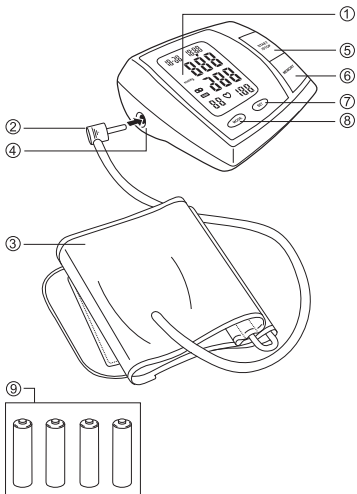
# Device description

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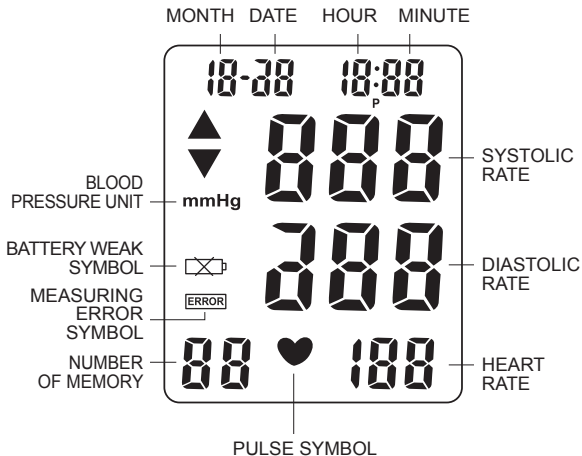
Measures human's Systolic blood pressure, Diastolic blood pressure and heart rate on upper arm by oscillometric measurement method.




The product is recommended for use by people over the age of 18 and is for home use and not clinical use.

1. LCD display
2. Air plug
3. Arm cuff
4. Air jack
5. Start/Stop button
6. Recall memory button
7. Set button
8. Mode button
9. 1.5V x 4 alkaline Batteries (AA)



## Description of display symbols



Display mark	Condition/Cause	Corrective action
 <p><b>pulse mark</b></p>	<p>Flashes on the LCD screen when pulse is detected during measurement.</p>	<p>Measurements in progress. Do not move or talk.</p>
 <p><b>replace batteries</b></p>	<p>Appears when the battery voltage is excessively low or the positions of batteries are incorrect.</p>	<p>Replace all four batteries with new ones. Insert the batteries in correct polarities.</p>
 <p><b>measuring error</b></p>	<p>Appears when the accurate blood pressure could not be obtained.</p>	<p>Press "START/STOP" button again to re-measure. Or check cuff if wrapped properly around the arm and according to instructions. Check palm if exerting effort. Check if there is movement during measurement. Check if posture is correct.</p>

# Important before use of the unit

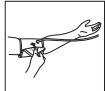
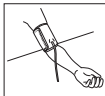
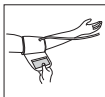
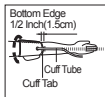
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- Please rest for at least 5-10 minutes before taking the measurement.
- To allow your blood vessels to return to the condition prior to taking the measurement, please wait at least 3-5 minutes between measurements. You may need to adjust the wait time according to your personal physiological situation.
- If you have one of the circulatory problems as arteriosclerosis, diabetes, liver disease, kidney disease, severe hypertension, peripheral circulation....., please consult your doctor or healthcare professional before using the devices.
- Wait 30 ~ 45 minutes before measurement if you've just consumed caffeinated beverages or smoked cigarettes.
- Blood pressure measurements should be interpreted by a physician or trained health professional who is familiar with one's medical history. By using the unit regularly and recording the results for the physician to interpret, one can keep physician informed of the continuing trends in one's blood pressure.
- Wrap the cuff snugly around your arm, the cuff must be at the same level as your heart.
- Do not move the unit during measurement, or accurate measurement can not be achieved.
- Take measurement in a relaxed position without talking.
- Do not wrap the cuff over jacket / sweater sleeve , or measurement cannot be done.
- Keep in mind that blood pressure naturally varies from time to time through out the day and is affected by lots of different factors such as smoking, alcohol consumption, medication, and physical activities.
- Blood pressure measurement determined by the unit are equivalent to those obtained by a trained observer using the cuff/ stethoscope auscultation method, and is within the limits prescribed by the Standard of EN 1060-4.

# How to use the product

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- Please rest for at least 5-10 minutes before taking the measurement.
- Slide the end of arm cuff furthest from the tube through the metal ring to a loop. The smooth cloth should be on the inside of the cuff.
- Put left arm through the cuff loop.
- The bottom of the cuff should be approx. 0.5 inch above elbow.
- Pull the cuff so that the top and bottom edges are tightened around your arm.
- When the cuff is positioned properly, press the Velcro firmly against the pile side of the cuff.
- Sit on a chair and place your arm on the table so that the cuff is at the same level as your heart.
- Relax your arm and turn your arm upward.
- Make sure there are no kinks in the air tube. To allow your blood vessels to return to the condition prior to taking the measurement, please wait at least 3-5 minutes between measurements. You may need to adjust the wait time according to your personal physiological situation.



## IMPORTANT!

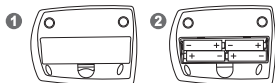
It is extremely important that the cuff is at the same level as the heart and the cuff fits your arm.





## Changing batteries

- Remove the battery cover at the rear side of the unit.
- Insert ALKALINE batteries into the battery compartment, Don't mix new and used batteries
- Make sure the polarities + and - are observed.
- Information will appear on the screen in 3 seconds



## Setting Month, Date and Time

- Press "MODE" button ("month" starts flashing.)
- Press "SET" button to set the correct month (1,2,.....12)
- Press "MODE" button again ("date" starts flashing )
- Press "SET" button to set the correct date
- Press "MODE" button again ("hour" starts flashing )
- Press "SET" button to set the correct hour in 12-hour format.
- Press "MODE" button again ("minute" starts flashing )
- Press "SET" button to set the correct minute (0,1,2,3,....59)
- Press "MODE" button again to switch to normal time. (month:10 , date:5, hour:12 and minute:00 as shown on the picture to the right)



# How to use the product

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- Wrap the cuff around the arm (refer to "How to use the product")
- Sit upright on the chair to have correct posture. (refer to "How to use the product")
- Press START/STOP button, all elements will display '888' for 3 seconds. Afterwards, the updated time will be shown.
- The monitor will automatically inflate to the level that is right for you.

## **Do not move or talk while taking blood pressure measurement.**

- After the air pressure is increased, it will slowly decrease. When the pulse is detected, the HEART RATE symbol will start flashing.
- The inflation will go to 160 and test if it is enough, if your blood pressure is higher, it will continue.
- After taking the blood pressure measurement, the systolic rate, diastolic rate and pulse rate will be shown on the display for 1 minute, before the unit will automatically switch off.

### **Note!**

**Press START/STOP button anytime to stop measuring.**

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## Storing and recalling data.

### Storing data:

- After each blood pressure measurement, the Systolic pressure, Diastolic pressure, Pulse rate and the time and date of specific day will be automatically stored.
- The memory holds the latest 99 measurement data. If more than 99 measurements, the memory will automatically clear out the earliest data.

### Recalling data:

- Pressing the "MEMORY" button at normal time, nothing will appear on the display if there is no data in the memory. If there is data in the memory, the latest recorded set of measurement which are the Systolic pressure, Diastolic pressure, Pulse rate, including the recording time and date, will appear for 1 minute.
- Press the "MEMORY" button to read the next line of stored data. The data called up on the display is numbered accordingly.
- To discontinue reading the data, press "START/STOP" button to normal time.

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## Maintenance.

- Use a piece of cloth with water or mild cleansing agent to clean the case and then use a piece of dry cloth to wipe it dry. Use a piece of dry cloth to wipe the cuff when it is dirty
- Do not use gas or any strong cleansers in cleaning.
- When the unit is not to be used for a long time, remove the batteries. (Leaking of battery liquid can cause trouble.)

## Warning

- Do not in any way twist the arm cuff.
- Do not start the start measurement when the arm cuff is not wrapped around the arm.
- Do not attempt to disassemble or change any parts of the monitor including the cuff.
- Do not drop the product or put it through strong impact.
- The cuff size is suitable for 23-33 cm / 9-13 inches adult only.
- The device is not supposed to be used when your arm has any wound or injury.
- In case the cuff kept pumping up non-stop, open the cuff at once.
- We do not recommend user to unpack the device by himself/herself to substitute of a component different from that supplied might result in measurement error.
- If service is needed please contact your local Seagull reseller.
- This product is not suitable for pregnant women.
- To avoid accidental strangulation, keep this product away from children and do not drape tube around neck.

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**Recalibration Notice :**

To ensure precise measurement reading, recalibration of the device is recommended after 2 years from the date of manufacturing. Shipping plus handling cost and recalibration service fee shall be charged accordingly. Please contact us at (+45) 5621 6608.

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Method of measurement.....	Oscillometric
Model Number.....	HL888HA
Range of measurement.....	Pressure 0-300 mmHg
Pulse .....	40 - 199 beats/minute
Accuracy.....	Pressure +/- 3 mmHg
Pulse .....	+/- 5% Max
Inflation.....	Deluxe Automatic
Exhaust.....	Automatic exhaust valve
Display.....	Systolic, Diastolic, Pulse rate
Sets of memory.....	99 sets
Cuff size.....	Arm circumference approx.
.....	23-33 cm/9-13 inch
Operating temperature.....	+10°C - +40°C, less than 85% R.H.
Storage temperature.....	-20°C - +70°C, less than 85% R.H.
Power Supply.....	6 VDC, 4xAA (1,5V) Alkaline
.....	batteries
Battery Life.....	300 measurements
Accessory.....	4 batteries, gift box, manual,
.....	storage bag



**BF**

**Classification:**

- Internally powered equipment
- BF type applied part
- IPX0
- Not suitable for use in presence of flammable anesthetic mixture with air or with Oxygen or nitrous oxide
- Continuous operation with short-time loading



To avoid inaccurate results caused by electromagnetic interference between electrical and electronic equipments, do not use the device near a mobile phone or microwave oven.



Discard the used product to the recycling collection point according to local regulations.



**Manufacturer:**

HEALTH & LIFE Co., Ltd.

9F, No. 186, Jian Yi Road, Zhonghe District, 23553  
New Taipei City, Taiwan

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**EC REP**

**EMERGO EUROPE**

Molenstraat 15, 2513 BH, The Hague, The  
Netherlands

TEL : +31-70-3458570

FAX : +31-70-3467299



BF

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New Taipei City, Taiwan

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# Appendix

<b>Guidance and manufacturer's declaration - electromagnetic emissions</b>			
The device is intended for use in the electromagnetic environment specified below. The customer or the user of the device should assure that it is used in such an environment.			
<b>Emissions test</b>	<b>Compliance</b>	<b>Electromagnetic environment - guidance</b>	
RF emissions CISPR 11	Group 1	The device uses RF energy only for its internal function. Therefore, its RF emissions are very low and are not likely to cause any interference in nearby electronic equipment.	
RF emissions CISPR 11	Class B	The device is suitable for use in all establishments, including domestic establishments and those directly connected to the public low-voltage power supply network that supplies buildings used for domestic purposes.	
Harmonic emissions IEC 61000-3-2	Not applicable		
Voltage fluctuations/ flicker emissions IEC 61000-3-3	Not applicable		
<b>Guidance and manufacturer's declaration - electromagnetic immunity</b>			
The device is intended for use in the electromagnetic environment specified below. The customer or the user of the device should assure that it is used in such an environment.			
<b>Immunity test</b>	<b>IEC 60601 test level</b>	<b>Compliance level</b>	<b>Electromagnetic environment - guidance</b>
Electrostatic discharge (ESD) IEC 61000-4-2	±6 kV contact  ±8 kV air	±6 kV contact  ±8 kV air	Floors should be wood, concrete or ceramic tile. If floors are covered with synthetic material, the relative humidity should be at least 30 %.
Power frequency (50/60 Hz) magnetic field IEC 61000-4-8	3 A/m	3 A/m	Power frequency magnetic fields should be at levels characteristic of a typical location in a typical commercial or hospital environment.

### Guidance and manufacturer's declaration - electromagnetic immunity

The device is intended for use in the electromagnetic environment specified below. The customer or the user of the device should assure that it is used in such an environment.

Immunity test	IEC 60601 test level	Compliance level	Electromagnetic environment - guidance
Conducted RF IEC 61000-4-6	3 Vrms 150 kHz to 80 MHz	3 Vrms	Portable and mobile RF communications equipment should be used no closer to any part of the device, including cables, than the recommended separation distance calculated from the equation applicable to the frequency of the transmitter. <b>Recommended separation distance</b> $d = 1,2 \sqrt{P}$
Radiated RF IEC 61000-4-3	3 V/m 80 MHz to 2,5 GHz	3 V/m	$d = 1,2 \sqrt{P}$ 80 MHz to 800 MHz  $d = 2,3 \sqrt{P}$ 800 MHz to 2,5 GHz where P is the maximum output power rating of the transmitter in watts (W) according to the transmitter manufacturer and d is the recommended separation distance in metres (m). Field strengths from fixed RF transmitters, as determined by an electromagnetic site survey <sup>a)</sup> should be less than the compliance level in each frequency range. <sup>b)</sup> Interference may occur in the vicinity of equipment marked with the following symbol:



NOTE 1 At 80 MHz and 800 MHz, the higher frequency range applies.

NOTE 2 These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from structures, objects and people.

- a). Field strengths from fixed transmitters, such as base stations for radio (cellular/cordless) telephones and land mobile radios, amateur radio, AM and FM radio broadcast and TV broadcast cannot be predicted theoretically with accuracy. To assess the electromagnetic environment due to fixed RF transmitters, an electromagnetic site survey should be considered. If the measured field strength in the location in which the device is used exceeds the applicable RF compliance level above, the device should be observed to verify normal operation. If abnormal performance is observed, additional measures may be necessary, such as reorienting or relocating the device.
- b). Over the frequency range 150 kHz to 80 MHz, field strengths should be less than 3 V/m.

### **Recommended separation distances between portable and mobile RF communications equipment and the device**

The device is intended for use in an electromagnetic environment in which radiated RF disturbances are controlled. The customer or the user of the device can help prevent electromagnetic interference by maintaining a minimum distance between portable and mobile RF communications equipment (transmitters) and the device as recommended below, according to the maximum output power of the communications equipment.

Rated maximum output power of transmitter W	Separation distance according to frequency of transmitter m		
	150 kHz to 80 MHz $d = 1,2 \sqrt{P}$	80 MHz to 800 MHz $d = 1,2 \sqrt{P}$	800 MHz to 2,5 GHz $d = 2,3 \sqrt{P}$
0,01	0,12	0,12	0,23
0,1	0,38	0,38	0,73
1	1,2	1,2	2,3
10	3,8	3,8	7,3
100	12	12	23

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For transmitters rated at a maximum output power not listed above, the recommended separation distance  $d$  in metres (m) can be estimated using the equation applicable to the frequency of the transmitter, where  $P$  is the maximum output power rating of the transmitter in watts (W) according to the transmitter manufacturer.

NOTE 1 At 80 MHz and 800 MHz, the separation distance for the higher frequency range applies.

NOTE 2 These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from structures, objects and people.

# Blood Pressure Diary

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Date	Time	Systolic/Diastolic	Pulse
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# Blood Pressure Diary

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Date	Time	Systolic/Diastolic	Pulse
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# Blood Pressure Diary

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Date	Time	Systolic/Diastolic	Pulse
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