

Operating instructions Instrucciones de Uso

Upper Arm Blood Pressure Monitor Monitor de presión arterial en brazo

Model No./ N° de Modelo **EW-BU35**

English	1
Español	S 1



Before operating this device, please read these instructions completely and save this manual for future use.

Antes de utilizar este dispositivo, lea completamente estas instrucciones y conserve este manual para futura referencia.

BEFORE USE

Panasonic Oscillometric Automatic Arm Blood Pressure Monitor Model EW-BU35 is a device intended to measure systolic and diastolic blood pressure and pulse rate of an adult individual by using a pressurized cuff on the arm. The device is not intended for use on neonatal, infants and children. The device is designed for home use only, not for ambulatory measurement (measurement recorded continuously during the day).

Specifications of this device are listed in page 21.

Blood pressure measurements determined with this device are equivalent to those obtained by a trained observer using the cuff/stethoscope auscultation method, within the limits prescribed by the American National Standard, Manual, Electronic or automated sphygmomanometers.

If you suffer from disorder of heart rhythm, known as arrhythmia only use this blood pressure monitor in consultation with your doctor. In certain cases oscillometric measurement method can produce incorrect readings.

Flashing System for hypertensive readings are based on blood pressure values classified in the paper: "JNC 7 Express; The Seventh Report of the Joint National Committee on Prevention, Detection, Evaluation and Treatment of High Blood Pressure; U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES; National Institute of Health; National Heart, Lung, and Blood Institute; National High Blood Pressure Education Program; NIH Publication No. 03-5233; May 2003." The display values are generally known, but not proven, to be an indicator of your blood pressure.

The EW-BU35 is not intended to be used as a diagnostic device. Contact your physician if prehypertensive or hypertensive values are indicated.

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Introduction

Thank you for purchasing the Panasonic Automatic Arm Blood Pressure Monitor EW-BU35.

Measuring your own blood pressure is an important way of monitoring your health. High blood pressure (hypertension) is a major health problem which can be treated effectively once detected. Measuring your blood pressure between doctor visits on a regular basis in the comfort of your home, and keeping a record of the measurements, will help you monitor any significant changes in your blood pressure. Keeping an accurate record of your blood pressure will help your doctor diagnose and possibly prevent any health problems in the future.

Basics of Blood Pressure

Your heart acts like a pump, sending blood surging through your blood vessels each time it contracts. Blood pressure is the pressure exerted by blood pumped from the heart on the walls of blood vessels. Systolic pressure is the pressure exerted when the heart contracts and pumps blood into the arteries. Diastolic pressure is the pressure exerted when the heart expands, or relaxes. When you or your doctor take your blood pressure, both your systolic and diastolic pressures are measured. If your blood pressure measurement is 120 mmHg over 80 mmHg (120/80), for example, your systolic pressure is 120 mmHg while your diastolic pressure is 80 mmHg.

Important Instructions Before Use

1. Do not confuse self-monitoring with self-diagnosis. Blood pressure measurements should only be interpreted by a health care professional who is familiar with your medical history.
2. If you are taking medication, consult with your physician to determine the most appropriate time to measure your blood pressure. NEVER change a prescribed medication without first consulting with your physician.
3. Blood pressure can vary based on many factors, including age, gender, weight and physical condition. In general, a person's blood pressure is lower during sleep and higher when he or she is active. Blood pressure can change easily in response to physiological changes. The setting in which a person's blood pressure is measured can also affect the results.

Having one's blood pressure measured by a healthcare professional in a hospital or clinic can cause nervousness and may result in a temporarily elevated reading. Because blood pressure measurements taken in a clinical setting can vary considerably from those taken at home, a person's blood pressure should be measured not only occasionally in the doctor's office, but also on a regular basis at home. Also, if you find that your blood pressure is lower at home, this is not unusual. To accurately compare with your physician's reading, take your Panasonic blood pressure monitor to your doctor's office and compare readings in this setting.

4. People suffering from cardiac arrhythmia, vascular constriction, liver disorders or diabetes, people with cardiac pacemakers or a weak pulse, and women who are pregnant should consult their physician before measuring their blood pressure themselves. Different values may be obtained due to their condition.

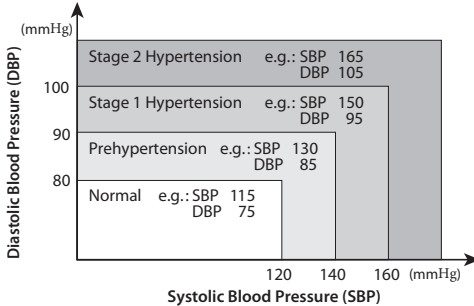
5. Try to take your blood pressure measurements at the same time and under the same conditions every day.
 - The ideal time to measure your blood pressure (to obtain your so-called “base blood pressure”) is in the morning just after waking up, before having breakfast and before any major activity or exercise. If this is not possible, however, try to take measurements at a specified time prior to breakfast, and before you have become active. You should relax for about 5 minutes before taking the measurement. The following situations may cause substantial variations in blood pressure readings and should therefore be avoided at least 30 minutes prior to taking your blood pressure.
 - Blood pressure will be higher than usual:
 - when you are excited or tense
 - when you are taking a bath
 - during exercising or soon after exercising
 - when it is cold
 - within one hour after eating
 - after drinking coffee, tea or other beverages containing caffeine
 - after smoking tobacco
 - when your bladder is full
 - when in a moving vehicle
 - Blood pressure will be lower than usual:
 - after taking a bath
 - after drinking alcohol
6. Measurements may be impaired if this unit is used near a television, microwave oven, X-ray equipment or other devices with strong electrical fields. To prevent such interference, use the unit at a sufficient distance from such devices or turn the devices off.
7. This unit is designed for use by adults. Consult with your physician before using this unit on a child. Do not use on neonatal, infants and children.
8. This unit is not suitable for continuous monitoring during medical emergencies or operations.
9. Do not use the unit for any purpose other than measuring blood pressure. Do not use the unit together with other devices.
10. Improper handling of batteries may result in battery rupture or in corrosion from battery leakage. Please observe the following to ensure proper use of batteries.
 - a. Be sure to turn off the power after use.
 - b. Do not mix different types or sizes of batteries.
 - c. Change all batteries at the same time. Do not mix old and new batteries.
 - d. Be sure to insert batteries with correct polarity, as instructed.
 - e. Remove batteries when they are worn out, dispose of them properly according to all applicable environmental regulations.
 - f. Do not disassemble batteries or throw them into a fire.
 - g. Do not short-circuit batteries.
 - h. Do not attempt to recharge the batteries included with the unit.
11. Caution: Use only accessories that are recommended for your model. Substitution may result in measurement error.

Precautions to Ensure Safe, Reliable Operation

1. Do not drop the unit. Protect it from sudden jars or shocks.
2. Do not insert foreign objects into any openings.
3. Do not attempt to disassemble the unit.
4. If the unit has been stored at temperatures below 32 °F (0 °C), leave it in a warm place for about 15 minutes before using it. Otherwise, the cuff may not inflate properly.
5. Do not store the unit in direct sunlight, high humidity or dust.
6. When cleaning, unplug the AC adapter from the AC outlet before cleaning. Also, do not plug in or unplug the AC adapter with wet hands. Doing so may result in electric shock or fire.
7. Do not spill water on the main unit or AC adapter. Doing so may cause electric shock, short-circuiting, or product damage.
8. Do not use the AC adapter if it is damaged or if it plugs into the AC outlet loosely. Doing so may result in electric shock, overheating or short-circuiting.
9. If the product does not operate properly or seems strange, stop use and unplug the AC adapter immediately, and request inspection and service. Failure to do so could result in the risk of an accident, electric shock, or fire.
10. When using the AC adapter, make sure it is fully inserted into the AC outlet. Failure to do so could result in electric shock, overheating or short-circuiting.
11. When the product is not in use, unplug the AC adapter from the AC outlet.
12. When unplugging the AC adapter, do not pull on the cord. Always grasp the AC adapter body and unplug it. Failure to do so could result in the risk of electric shock, short-circuiting, or fire.
13. Do not insert any object in the AC adapter or allow debris to collect on it. Doing so could result in the risk of electric shock, short-circuiting, or fire.
14. Do not scratch, damage, modify, forcibly bend, pull, or twist the AC adapter cord. In addition, do not place heavy objects on top of the cord or pinch it with objects. Do not wrap the cord around the main unit and the AC adapter. Doing any of these things may result in the risk of fire or electric shock.
15. Do not step on the AC adapter. Doing so may cause an accident or injury.
16. Do not use a voltage converter. Doing so may cause fire or electric shock.
17. This AC adapter EW-2B02 is designed for use only with Panasonic Blood Pressure Monitor, model EW-BU35. Use with other electrical devices may result in death or serious personal injury.
18. ALWAYS unplug the AC adapter from the power outlet before performing maintenance.
19. Do not let this product to be used by children.
20. Do not let this product to be used by people who cannot express their feelings, or who cannot operate the product by themselves. Do not use the unit on an arm where a catheter has been inserted. Such use may result in an accident or injury.
21. Use AC adapter only with electrical outlet of voltages marked on name plate. For use in the U.S.A., use AC adapter only with AC 120 V electrical outlet. Use with electrical outlets at other voltages may result in the risk of fire, electric shock, or burns.
22. Do not allow any material to drape over the AC adapter. Doing so could result in the risk of fire.
23. Do not modify or attempt to repair the product or AC adapter by yourself. Doing so could result in the risk of fire, electric shock, or personal injury.

Easily Check Your Blood Pressure Readings Against the JNC 7* Classification

Blood Pressure Categories



If the two blood pressure measurements (systolic, diastolic) fall into separate categories, your level is classified in the higher of the two categories. For example, a Stage 2 systolic reading, but a diastolic pressure reading in the normal range.

*JNC 7: The Seventh Report of the Joint National Committee on Prevention, Detection, Evaluation and Treatment of High Blood Pressure National Institute of Health (NIH) Publication; No. 03-5233, May 2003

IMPORTANT:

- Do not be alarmed by temporarily high or low readings because fluctuations in a person's blood pressure are not uncommon. If possible, measure and record your blood pressure at the same time every day, and consult your physician if you have questions or concerns.
- If abnormal variations in blood pressure are observed in measurement, please consult your physician.

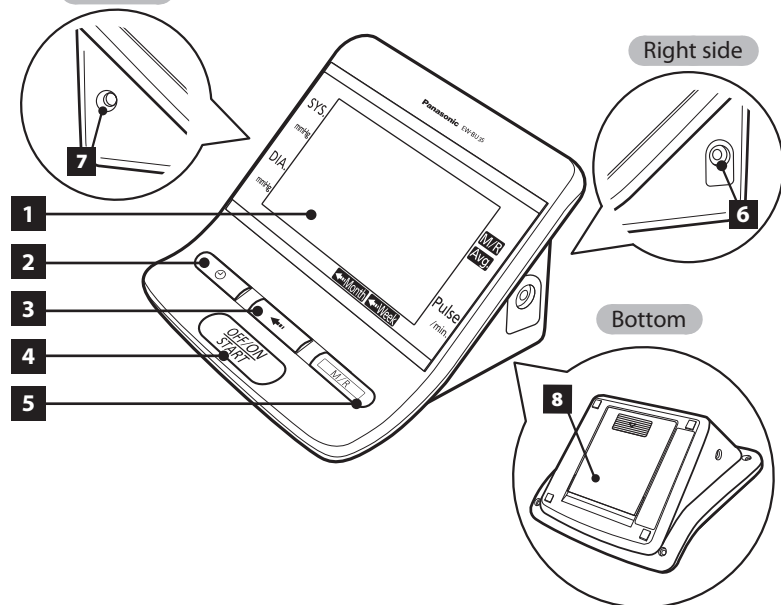
Parts identification

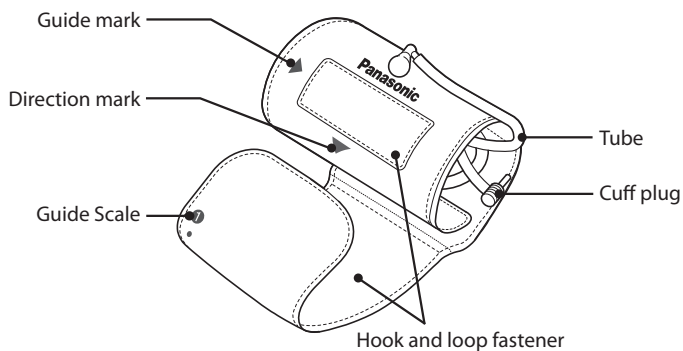
Main unit

Left side

Right side

Bottom

**1** Display**2** Clock button**3** Graph switching
button**4** OFF/ON & START
button**5** Memory/Recall
button**6** Connector
(for AC adapter)**7** Cuff socket**8** Battery cover

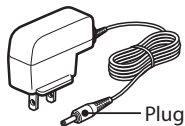
Cuff**Includes**

Main unit
 Cuff
 Batteries
 AC adapter
 Pouch
 Operating instructions
 Quick guide
 Guarantee card

Accessories

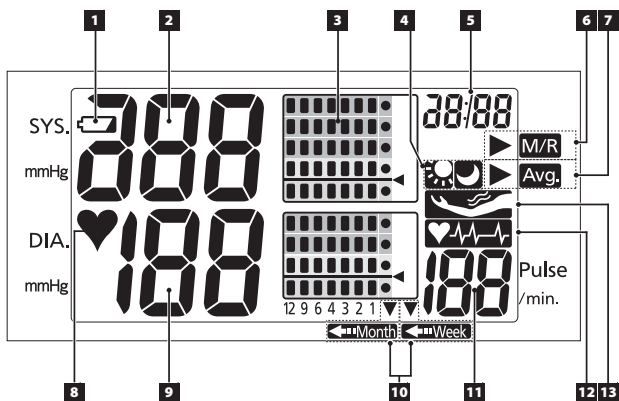
AC adapter (EW-2B02)

Pouch



* Specifications of the product or parts may be changed without prior notice.

Display



1 Battery icon

Notifies when running out of battery

6 Record mark

Displays when the measurement can be recorded or when the recorded measurement is displayed

11 Pulse

Shows the pulse

2 Systolic blood pressure

Displays measured or stored value

7 Average mark

Displays when recalling the average measurements

12 Irregular pulse detection

Displays if irregular pulse is detected during measurement

3 Trend graph

Shows the value of blood pressure in graphs.

8 Pulse indicator

Displays pulse rhythm

13 Movement warning

Detects irregular arm movements

4 AM mark/PM mark

Displays when recalling the measurements of AM or PM

9 Diastolic blood pressure

Displays measured or stored value

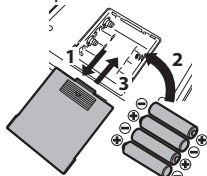
5 Date/Time/Memory number


10 Month/Week mark

Displays separately when the trend graph is on a monthly/weekly basis

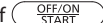
Inserting batteries

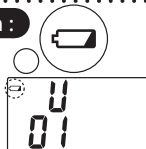
- * **Always use alkaline batteries. (4 AA-size LR6 alkaline batteries)**
- * When replacing batteries, always use 4 fresh alkaline batteries of the same type from the same manufacturer, and replace them simultaneously.
- * If the product will not be used for a long time, remove the batteries.



1. **Turn the main unit over and remove the battery cover by sliding it in the direction of the arrow while pressing lightly on .**
2. **Check the polarity of the batteries and install them correctly, as shown.**
3. **Replace the battery cover and slide it closed.**

Replace batteries when :

- The "low battery" indicator is displayed.
- No display appears even if  is pressed.



CAUTION :

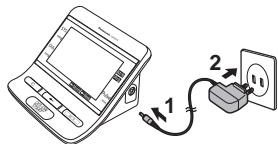
- Always follow the cautions printed on the batteries.
- Check the polarity of the batteries and install them correctly.
- Remove worn out batteries promptly.
- If the product will not be used for a long time, remove the batteries.
- Batteries should be used before their expiration date. Use after the expiration date may result in injury or staining of the surrounding area due to generation of heat, bursting, or leakage.

Concerning Batteries :

- Batteries last for approx. 500 times, which is 3 times/day for 5 months (when using Panasonic alkaline batteries AA cell LR6). (Under the condition that the room temperature is 73°F (23°C), 170mmHg pressured, and the length of upper arm is 11-3/4" (30cm).)
- If batteries other than alkaline batteries are used or batteries are used in a cold room, or measuring a person with high blood pressure, battery life may be dramatically shorter.
*Use alkaline batteries. (Panasonic Oxyride batteries can also be used.)
- Be sure to replace batteries once a year to prevent battery leakage.

When using the main unit with the AC adapter

Be sure to use only the exclusive AC adapter (EW-2B02).



1. **Insert the AC adapter plug into the connector on the side of the main unit.**
2. **Plug the AC adapter fully into the AC outlet.**

Caution when using only the AC adapter

When no batteries are installed in the main unit and the AC adapter is unplugged from the AC outlet or main unit, the set date and time will be reset and deleted. (Stored data will be retained.) Because of this, even when using the AC adapter, it is recommended that batteries be installed in the main unit.

Setting the time and date

- * Set the date and time before selecting the OFF/ON & START button.
- * Be sure to set the date and time before taking the first measurement after purchasing the blood pressure monitor or after changing the batteries.
- * During setting, if no button is pressed for 5 minutes or more, the clock will be displayed as "--:--", and the power will be off without saving any settings. It is also possible to perform measurement and recording even under this circumstance. However, the record will not include any time information.



Adjust the flashing numbers sequentially



Adjust numbers



Complete setting



Hold

"year"



"month"

mm/dd



"date"

"hour"

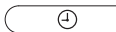

"minutes"



1. Hold (for 3 seconds or longer).



"year (2011)" will flash.

2. Adjust the "year".

- (1) Press  to set the desired number.
- (2) Press  to complete the setting.
 - Setting range for years is from 2011 to 2050.

3. Adjust the "month" --> "date" --> "hour" --> "minutes" by repeating procedures in step 2.

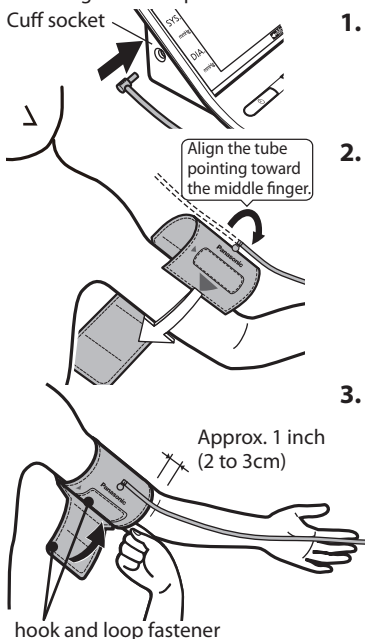
4. Press to complete the settings.

- This setting cannot be completed by pressing  before adjusting the "hour" and "month". Be sure to press  after adjusting the "hour" and "month" to complete settings.
- The set time will disappear after 5 seconds.
 - * To reset, perform the procedures in step 1. to 4.

Wrapping the cuff

The cuff can be used on either upper arm. This section shows an example of wrapping the cuff on the left arm.

* The difference in blood pressure between left and right arm may be around 10 mmHg. Be sure to always use the same arm. It is recommended to use the arm with the higher blood pressure.



1. Insert the cuff plug into the cuff socket all the way in.

2. Fit the cuff to the upper arm.

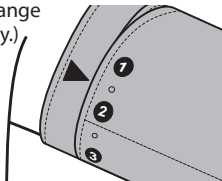
- Fit the preformed cuff onto the upper arm with the direction mark at the inner side.
- Wrap the cuff on bare skin.

3. Wrap the cuff.

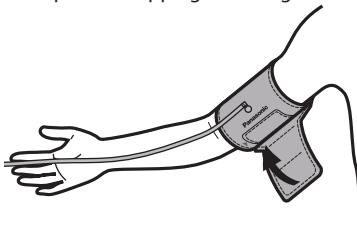
- Align the tube pointing toward the middle finger.
- Align the rotating part of the tube to the line extended from the middle finger.
- Set apart 1 inch (2 to 3cm) from the elbow joint.
- Wrap the cuff with a gap of 1 or 2 fingers. Be careful that the cuff is not too tight.
- Press the hook and loop fastener down well to fasten the cuff.

Points when wrapping

Be sure to always wrap on the same position by using the guide.
(if your weight / arm circumference did not change significantly.)



The cuff can be used on either upper arm.
<Example for wrapping on the right arm.>

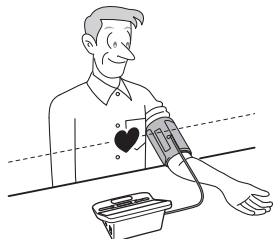


Getting into the measurement position

Sit quietly and relax while taking measurements.

Take a measurement while sitting at a desk and positioning the cuff at heart level as shown in the image below.

* Differences in height will cause differences in measured blood pressure values.



1. **Place the elbow on the table or on something similar.**
2. **Align the height of the cuff to the heart.**
3. **Relax with your palm facing up.**

Use the same upper arm with the same posture at the same time every day. We recommend three measurements a day.

- First... Upon Waking (Because, with almost no influence from body movements, the blood pressure is closest to that at night.)
- Second... Before Lunch (Because, with no influence from the meal, it provides blood pressure values close to the highest of the day.)
- Third... At Bedtime (So as to obtain data close to your average blood pressure values during the day.)

This way, by taking measurements morning, noon and night, you can use the unit to learn the patterns of and monitor your blood pressure.

In the following situations, measurements might be abnormally influenced.

- Within 1 hour after eating or drinking alcohol
- Immediately after drinking coffee or tea, or smoking
- In a moving vehicle
- Immediately after exercising or taking a bath (Wait at least 20 minutes and take a measurement while staying quiet.)
- In cold places (Take measurements at room temperatures around 68 °F (20 °C).)
- When you need to urinate (Wait several minutes after urinating before taking measurements.)

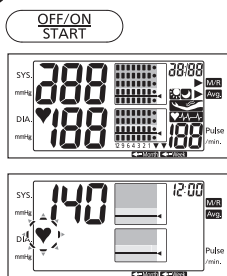
Be sure to comply with the following points for accurate measurements. Not following these points may make it impossible to obtain meaningful measurements:

- Do not move your body, arm, or fingertips.
- Do not touch the main unit or the cuff during measurement.
- Do not talk.
- Do not use devices emitting strong signals, such as cellular phones, near the main unit. The measurement may not be performed correctly due to the signal and this may lead to malfunctions.

Taking a reading (Measuring/Recording measurements)

Please start taking a reading under the condition that the power is off.

Start

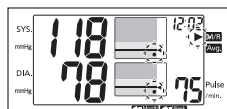


1. Press **OFF/ON START**.

After the entire display has been lit, the cuff will be pressurized and measurement will be taken automatically.

- The pressure value and the time will be displayed.
- The ♥ mark will flash and the unit will beep with the pulse, detected during pressurization.

Finish

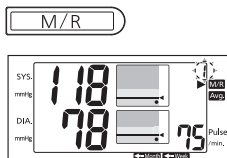


After the measurement is completed, the unit will beep, and the blood pressure value and pulse rate will be displayed.

* It will beep 4 times.

- "▶" "M/R" and the graph "●" are blinking. For how to see the graph, refer to page 16.
- According to the measurement result, safety/warning indicators may be displayed. For details, refer to page 15, 16.

Memory



2. To store the measured values.

press **M/R**.

- "▶" "M/R" will go from flashing to being steadily lit.
- The memory number, measurement date, and time are alternately displayed.
- If you do not press **M/R**, the unit will shut down automatically after approx. 5 minutes.



3. To complete the measurement, press

OFF/ON START.

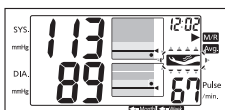
- This unit can store a maximum of 270 measurement values.
- When exceeding 270 stored measurements, stored data will be overwritten, beginning with the oldest data.


About each indicators

To perform a correct measurement, this unit provides a movement detection function and an irregular pulse warning function. When the indicators appear, the correct measurement might not have been obtained. If any indicator appears, it is recommended to repeat the measurement. Stay calm and relax for four to five minutes, before performing a new measurement.

* The " and " indicator will be recorded together with the measurement value.

Movement detection function




The movement detection function is to indicate, with , extra pressure on the cuff caused by movements of the arm during the measurement. When movement is detected and the measurement is completed, the indicator is displayed after flashing for approx. 6 seconds.



If the movements exceed acceptable levels, no reliable measurement can be performed and the error message "U 12" will be displayed.

Irregular pulse warning function



If the pulse rate varies by more than $\pm 25\%$ from the average while a measurement is being taken,  will be displayed when the measurement is completed. The indicator is displayed after flashing for approx. 6 seconds.

If the  indicator is displayed an irregular pulse rate is detected, which is not necessarily caused by arrhythmia.

- Don't try to interpret readings or attempt to treat any condition yourself. Always follow the guidance of a health professional.
- However if this indicator continues to display, consult your physician.

Advice:

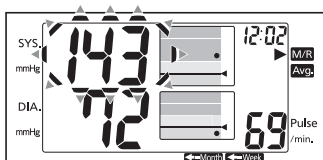
In general, blood pressure measurements are lower for the second measurement because you are less nervous and are more tranquil. For people who easily get tense, measuring twice each time is very effective. It is recommended to store all values when performing two measurements or more. When taking two measurements, always stay quiet for 4 to 5 minutes after the first measurement before taking the second measurement.

Reading the blood pressure display

If the measured values fall within the hypertension range, the reading displayed on screen flashes on and off to alert user.

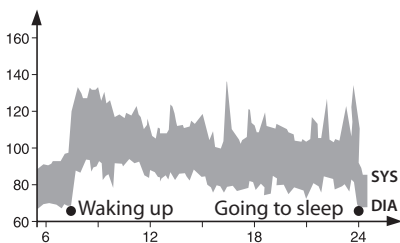
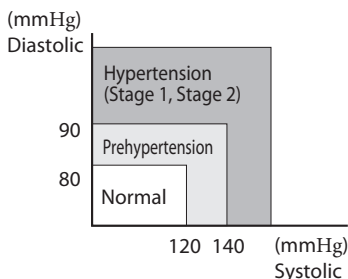
According to JNC 7 Classification, values consistently in excess of 140 mmHg (Sys.) and/or 90 mmHg (Dia.) are considered to constitute high blood pressure.

Blood pressure readings will flash for approx. 5 seconds when in the high blood pressure range.



The range of high blood pressure is as follows:

- Systolic blood pressure: 140 mmHg and over
- Diastolic blood pressure: 90 mmHg and over



Blood pressure is not a fixed parameter!

The blood pressure fluctuations of this example of a day profile show why a single value is not suitable for diagnosis and therapy.

For people with high blood pressure a fluctuation of up to 50mmHg within the course of a day can occur.

Recalling readings from memory

When the unit is turned off, saved readings can be recalled.



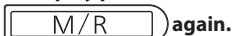
1. Press .

The latest record will be displayed.

"Latest"

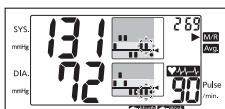


2. To display previous data, press



again.

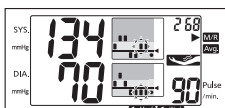
"Previous"



- New data will be displayed every time when pressing .



"Second to last"



3. To complete the measurement, press .

The power will be switched off automatically after approx. 30 seconds even though without pressing .

Deleting all data stored in memory

All of the stored measurements can be deleted. The data cannot be deleted individually.

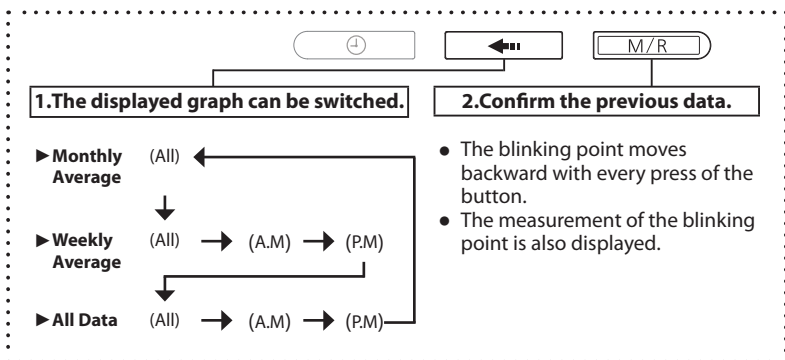
1. Recall stored data using .
2. Press again and hold it (for approx. 3 seconds) until all readings are deleted.

If everything has been deleted, "000" will be displayed.

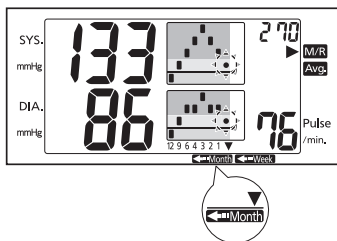
Comparing with old measurements

The data can be recalled after recording or when the power is off.

- * Correct comparison cannot be done if the date/time is set incorrectly.
- * Comparison cannot be displayed without data.



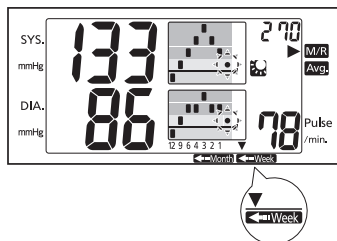
Monthly average (All)



- The average measurement from 1 to 4 months ago, 6 months ago, 9 months ago, and 12 months ago (displayed as "■") can be compared with the latest one (displayed as "●").
- The blinking point moves backward with every press of .
- Comparison cannot be displayed without data.

Weekly average (All, AM, PM)

*This display shows the case of "AM".

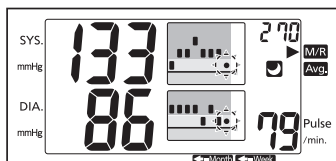


- The average measurement from 1 to 4 weeks ago, 6 weeks ago, 9 weeks ago, and 12 weeks ago (displayed as "■") can be compared with the latest one (displayed as "●").
- The measurement can be switched between All, AM and PM.
- The blinking point moves backward with every press of .
- Comparison cannot be displayed without data.

Comparing with old measurements (continued)

All data (All, AM, PM)

*This display shows the case of "PM".



- The recorded measurement (displayed as "■") can be compared with the latest one (displayed as "●").
- The measurement can be switched between All, AM and PM.
- The blinking graph moves backward with every press of . (Maximum 270)
- The latest measurement is always displayed at the right side of the graph.

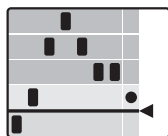
AM (3:00 AM to 11:00 AM)

PM (6:00 PM to 2:59 AM)

How to read the graphs

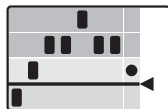
Whether the systolic and diastolic blood pressure values are in the high blood pressure region or normal blood pressure region is judged based on the JNC 7 classifications.

Trend Graph (Upper: Systolic blood pressure)



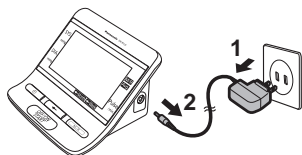
Orange	180mmHg and over	Hypertension (severe)
	160mmHg to 179mmHg	Hypertension (moderate)
	140mmHg to 159mmHg	Hypertension (mild)
Yellow	120mmHg to 139mmHg	Borderline
Green	less than 120mmHg	Normal blood pressure

Trend Graph (Lower: Diastolic blood pressure)

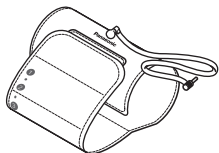


Orange	100mmHg and over	Hypertension (severe, moderate)
	90mmHg to 99mmHg	Hypertension (mild)
Yellow	80mmHg to 89mmHg	Borderline
Green	less than 80mmHg	Normal blood pressure

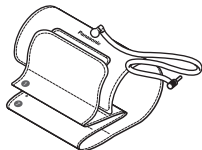
Storage



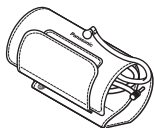
1. Unplug the AC adapter from the AC outlet.
2. Unplug the plug from the main unit.



3. Close the hook and loop fastener of the cuff.



4. Fold the spare cuff material inside the cuff.



5. Place the tube into the cuff.
 - Do not wrap the tube around the main unit. It may get damaged by excessive force on the tube.
 - Be careful not to bend the tube.




6. Place the main unit and the cuff into the accessory pouch.
 - To prevent from unexpectedly operations during delivery, do not put the cuff or the accessories on the main unit.

Care and maintenance

- Do not apply excessive force to the instrument or drop the instrument.
 - Doing so may cause damage.
- Measurements may be affected if the device is used close to televisions, microwave oven, X-ray equipment or other devices with strong electrical fields. Measure blood pressure at a sufficient distance from such devices or switch them off.
- If the instrument is stored at temperatures below the freezing point, do not use it immediately. Leave it in a warm place for at least an hour before use.
 - If the instrument is not allowed to warm up, it may not pressurize.
- Do not insert dust or foreign objects into the instrument.
 - Doing so may result in damage.
- If the instrument becomes dirty, clean it with a soft cloth moistened with warm water or soapy water. Do not use alcohol, benzene, or paint thinner.
 - Use of such chemicals may result in cracking or discoloration.
- For storage, avoid high temperatures, high humidity, and direct sunlight.
 - Storage under such conditions may result in damage.
- The cuff cannot be washed.

Specifications






Power source	DC 6 V (4 AA/LR6 size alkaline batteries) AC 120 V 60 Hz (when using AC adapter)
Display	Digital LCD
Method of measurement	Oscillometric system
Measurement range	Pressure: 0 mmHg to 280 mmHg Pulse rate: 30 to 160 beats per minute
Accuracy	Pressure: Within ± 3 mmHg Pulse rate: Within ± 5 %
Operation temperature/humidity range	50 °F to 104 °F (10 °C to 40 °C), 30 % to 85 % RH
Storage temperature/humidity range	-4 °F to 140 °F (-20 °C to 60 °C), 10 % to 95 % RH
Measurable arm circumference	Approx. 7-3/4" to 15" (20 cm to 38 cm)
Weight	Approx. 10.9 oz. (310 g) (not including batteries)
Dimensions	3" x 5" x 4-1/2" (7.9 cm x 13.0 cm x 11.5 cm)
Protection against electric shock	Internally powered equipment, Type BF applied part 

The blood pressure monitor might not perform to specifications if stored or used outside the specified temperature and humidity ranges.

AC adapter

Input	AC 120 V 60 Hz
Output	DC 6 V 500 mA

Explanation of rating plate symbols

	Read the operating instructions carefully before use.
	Protection against electric shock Type BF applied part (Blood pressure monitor)
	Protection against electric shock Class II equipment (AC adapter)
	AC
	DC

Q&A

Q Why are the blood pressure values measured at home different from those measured at the doctor's office?

A Blood pressure varies 24 hours a day.

In addition, it can change greatly depending on the weather, your mental state, exercise, etc. . In particular, there is the phenomenon of "White coat hypertension" at doctor's offices, where the blood pressure measured in a doctor's office is higher because of stress or worry.

In addition, if the blood pressure measured at home is sometimes higher and sometimes lower than the blood pressure measured at the doctor's office, the following can be considered. Please pay attention to these points when taking measurements.

1. Is the cuff wrapped firmly?

- Make sure that the cuff is not wrapped too loosely or too tightly.
- Is the cuff wrapped around the upper arm? Make sure it is not partly covering the elbow. See page 8 for how to wrap the cuff correctly.

2. Were you worried or upset during measurements?

Before taking measurements, take 2 or 3 deep breaths and relax, so that your blood pressure stabilizes.

Q When should I measure my blood pressure?

A We recommend three measurements a day.


First Upon Waking (Because, with almost no influence from body movement, the blood pressure is closest to that at night.)

Second ... Before Lunch (Because, with no influence from the meal, it provides blood pressure values close to the highest of the day.)

Third At Bedtime (So as to obtain data close to your average blood pressure values during the day.)

This way, by taking measurements morning, noon and night, you can use the unit to learn the patterns of and monitor your blood pressure.

- Use of the "Comparing with Old Measurement" function can aid in the detection of a blood pressure pattern known as "early morning surge" in which blood pressure rises rapidly in the morning. (See page 18.)

Q Since the  indicator was displayed, I retried the measurement by setting my arm in the proper position. But the indicated value is still higher than usual.

A The  indicator is just a guide for the proper measurement method.


If you correct your posture when the  indicator is displayed but the measured value is still higher or lower than usual, retry the measurement.

The following causes are suspected.





- Did you measure properly (in proper posture)?
- Measure as indicated on pages 12–13.
- Measured immediately after smoking.
- Measured when irritated or emotional.
- Measured in cold environments.
- For persons who have a physical constitution with less fluctuation in the pulse rate.
- If you are concerned about the results, retry the measurement after staying quiet for 4 to 5 minutes.

Q&A (continued)




Q The  indicator does not light when an arm is moved.

A The  indicator is a function to notify you that your arm is bent or to indicate extra loads on the cuff. Therefore, it may not indicate motions (bending an arm slightly, etc.) that do not affect the cuff. If you are concerned about the result, retry the measurement.

Troubleshooting

Display	Status before error	Cause and solution
 is displayed.	The indication disappears in the middle of the operation. (the  mark is displayed.)	▶ Batteries are exhausted. (See page 10.)
 is displayed.	Your arm or body moved.	▶ Has the unit detected movement? (See page 15.)
	Pressurization to more than 280 mmHg was performed. (Cuff pressurizes several times.)	▶ Were measurements taken according to the proper procedure and in the correct posture? (See page 13.)
	Pressure decreased suddenly.	▶
	Cuff does not inflate. The measurement is not possible though the cuff inflates. Cuff pressurizes several times.	▶ <ul style="list-style-type: none"> • Is the cuff wrapped properly? • Is the cuff plug inserted correctly into the socket? (See page 12.)
 is displayed.	Failure of the main unit	▶ Take it to the store where it was purchased for testing and repairs.

Troubleshooting (continued)

Symptom	Possible cause
Systolic or diastolic blood pressure value is high or low.	<ul style="list-style-type: none"> The position of the cuff is higher or lower than your heart when measuring. Cuff is not wrapped correctly. You moved or talked during measurements. (See page 13.)
Value is different from that measured by the doctor. Measurement values are different with each measurement.	<ul style="list-style-type: none"> Blood pressure varies in response to minute changes in your mental state, such as your reaction to a doctor's presence. Sit quietly for 4 to 5 minutes and then take another measurement. (See page 22.)
No display appears even when the OFF/ON & START button is pressed.	<ul style="list-style-type: none"> Batteries are installed with the polarities wrong. (See page 10.) Batteries are exhausted. (See page 10.)
The  indicator flashes when readings are being taken.	There was a significant fluctuation in pulse when readings were being taken. (See pages 15–16.)
The  indicator flashes when readings are being taken.	Your arm or body moved or the buttons are pressed during the measurement. (See page 15.)
The  flashes even though I did not move my arm or body.	In some cases this will be displayed when you have tensed the muscles in your hand. Relax the muscles in your hand and take the reading again. (See page 15.)
Instrument is broken.	Take it to the store where it was purchased for testing and repairs.

FCC STATEMENT

Federal Communication Commission Interference Statement

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

FCC Caution: To assure continued compliance, install and use in accordance with provided instructions. Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate this equipment.

Product Information for FCC

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

**For questions or assistance with your blood pressure
monitor, call us at 1-800-338-0552.**

Panasonic Corporation of North America

One Panasonic Way 1H-1 Secaucus, NJ 07094

1-800-338-0552 (USA only) for questions and comments



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