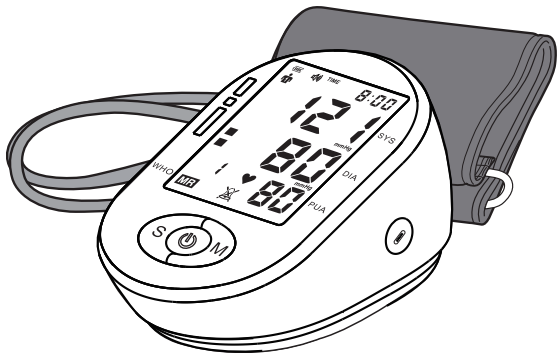


ENGLISH

All for Healthcare

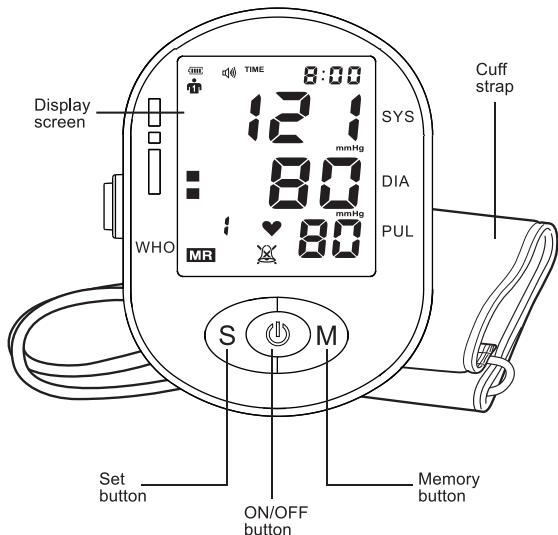
XB-04



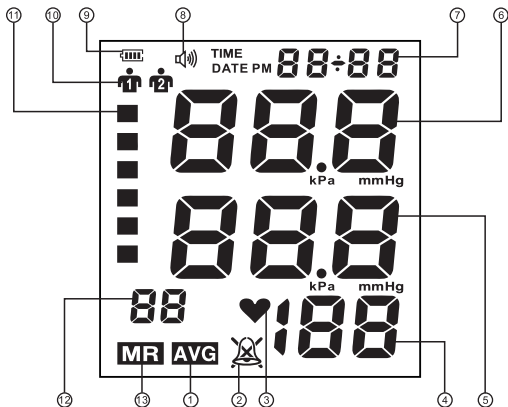
UPPER ARM BLOOD PRESSURE MONITOR

INSTRUCTION MANUAL

1. Product structure and component names



2. Explanation of the LCD display symbols



- ① Average value symbol
- ② Alarm symbol
- ③ Heartbeat symbol
- ④ Pulse readings
- ⑤ Diastolic blood pressure readings
- ⑥ Systolic blood pressure readings

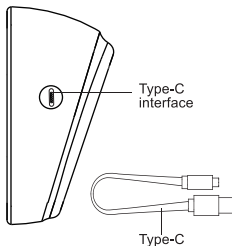
- ⑦ Date/Time
- ⑧ Voice symbol
- ⑨ Battery capacity indicator
- ⑩ User ID symbol
- ⑪ Blood pressure indicator
- ⑫ Memory readings
- ⑬ Memory symbol

3. 2 Power supply modes

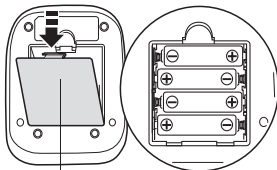


XB-04

1 Plug in for use



2 Battery for use



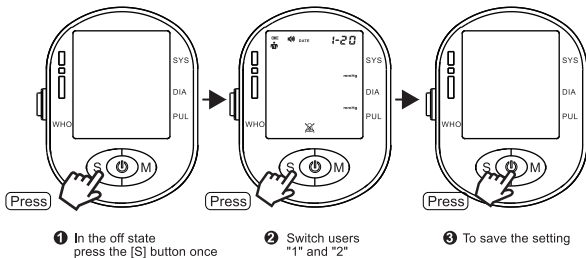
Battery
compartment

Note: Please use
4 * AAA battery

4. Settings

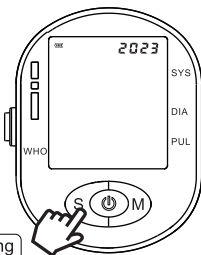
1. Switch users

In the off state, press the [S] button once, then press the [S] button again to switch users. Press the [⏻] button to save the settings.

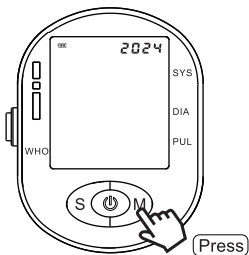


2. Set the year, month, date, time, and alarm

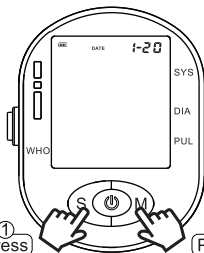
In the off state, press and hold the [S] button until the year flashes, then press the [M] button to adjust the year. After adjusting, continue pressing the [S] button until the month flashes, then press the [M] button to adjust the month. Continue in this manner to adjust the year, month, date, hour format, hour, minute, second, speaker, and alarm sequentially.



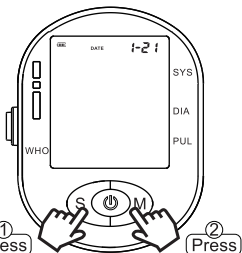
- 1** In the off state
Long press [S] to jump
out of year display



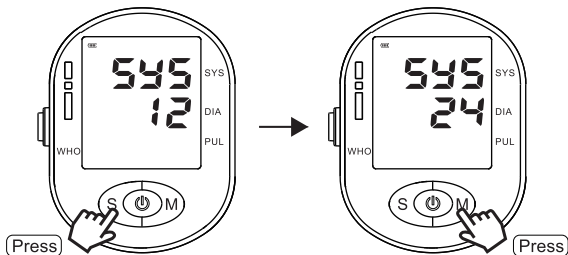
- 2** Press [M] to adjust
the year



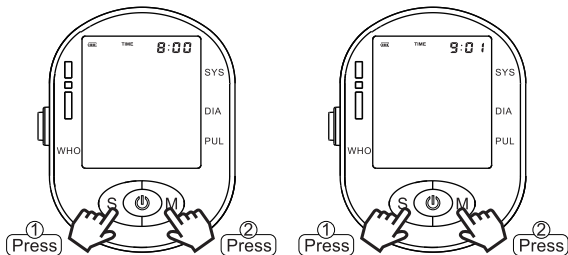
- 3** Press [S] to jump out of
the month, then press [M]
to adjust the month



- 4** Press [S] to jump out of
the date, then press [M]
to adjust the date



- 5** Press [S] to set the 12 hour clock, [M] to switch to the 24 hour clock

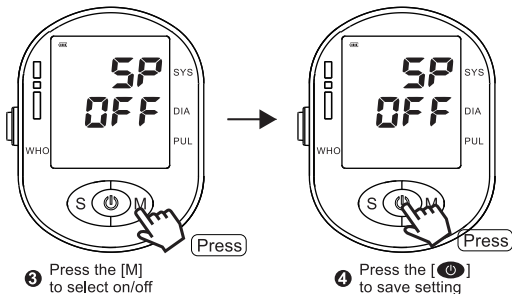
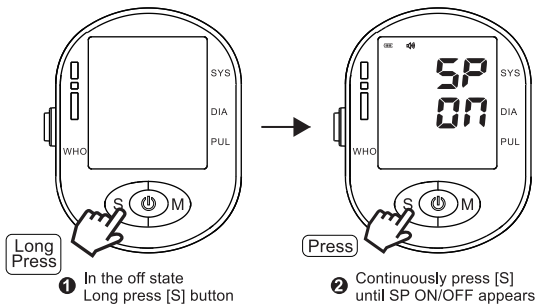


- 6** Press [S] to jump out of the hour, then press [M] to adjust the hour

- 7** Press [S] to jump out of the minute, then press [M] to adjust the minute

3. Voice on/off setting

In the off state, press and hold the [S] button, after the year in the upper right corner starts to flash, continuously press the [S] button until SP ON/OFF appears, press the [M] button to select on/off. Press the [Power] button to save or it will be automatically saved after 60 seconds without any operation.

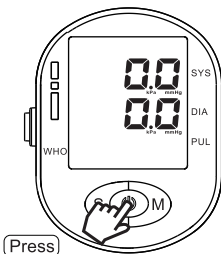


4. Select the measurement unit

In the off state, press and hold the [] button for 15 seconds to switch between mmHg and kPa. Press the [] button to shut down and save the settings.



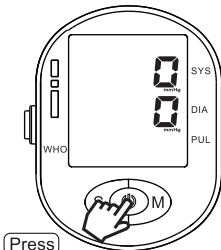
- 1** In the off state,
Long press for 15s



- 2** kPa appear



- 3** In the off state,
Long press for 15s



- 4** mmHg appear

5. Record viewing

a). In the off state, press the [M] button to display the average value of the previous three measurements.



b). In the off state, press the [M] button twice in succession to view the last measurement record, and press the [M] button again to view the previous measurement records in turn.

Press the [S] button to flip up the measurement records.



c). In the off state, press the [M] button, and then press and hold the [M] button to quickly view the memory.



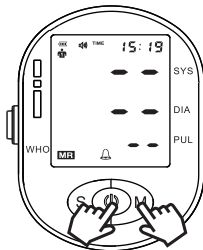
6. Memory deletion

a) The blood pressure monitor can store 99 memories for each of 2 users. If more than 99 records are stored, the oldest record will be automatically overwritten.



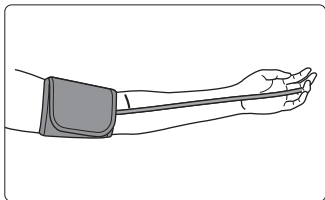
Press 2 buttons
simultaneously

b) Press the [M] button, and then press and hold the [M] button and the [Power] button for 2 seconds. When the screen displays all "--", all memory are already deleted.



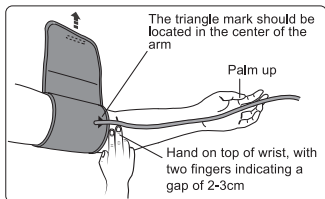
Press 2 buttons
simultaneously

5. How to wear the cuff properly



1

Wear the cuff on the upper arm, and align the tube towards the palm.



2

Keep a distance of 2-3 cm between the cuff and the elbow joint.

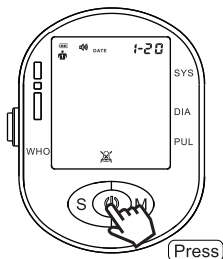


3

Keep a one-finger gap between the cuff and the arm.

6. Measurement

- 1 After wearing the cuff in the off state, press the [] button to measure, after voice prompt, the cuff will automatically inflate for measurement.



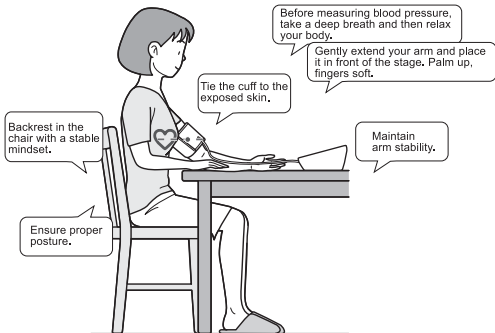
- 2 During the measurement process, please do not move or talk, the whole process will take about 30 to 55 seconds. Listen to the voice prompt to complete the operation.



- ③ After the measurement is finished, press the [] button to turn off the device, or it will shut down automatically after 60 seconds without any operation.

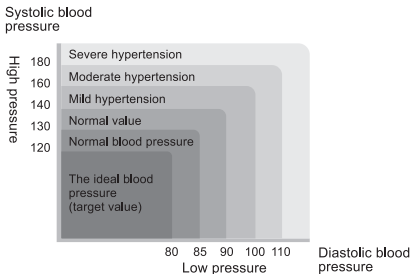


Measurement completed



- ④ Notice: Please keep the correct measurement posture.

7. Common sense about blood pressure



The picture shows the 2007 European Society of Hypertension ESH/ European Society of Cardiology ESC classification standards for blood pressure levels.

8. Precautions before measuring blood pressure

- 1.Product application scope: Suitable for measuring systolic blood pressure, diastolic blood pressure, and pulse rate by the oscillometric method.
- 2.Within 30 minutes before measuring blood pressure, vigorous exercise, smoking, taking stimulants or sedatives (such as coffee or alcohol, etc.) are not allowed. Before starting the measurement, please rest in a comfortable and stable environment for at least 5 minutes.
- 3.Measure continuously for 3 times, and take the average value as the measurement result. Each measurement is for the same arm.

4. Please interval at least 5 minutes between each two measurements.
5. If you experience any discomfort during the measurement, promptly press the [] button to release pressure or disconnect the air tube plug. Adjust your sitting posture and the cuff, then measure again.
6. When [Er] appears on the display screen, the measurement cannot be performed correctly. Refer to the troubleshooting table below and measure again.
7. The lifespan of the cuff is about 10,000 times, please select the cuff provided by the manufacturer for replacement.
8. Do not use the device in environments with electromagnetic interference.

9. Technical parameters

Item	Parameter
Name	Upper arm blood pressure monitor
Display mode	LCD
Measurement mode	Oscillographic measurement
Measuring range	Blood pressure: (0 ~ 295)mmHg(0 ~ 39.33) kPa Pulse rate :(40 ~ 199) beats/min
Measurement accuracy	Blood pressure : ± 3 mmHg(± 0.4 kPa) Pulse rate: accuracy is $\pm 5\%$
Cuff size	About 22cm ~ 44cm
Normal working environment	Temperature :(+5 ~ +40) °C Humidity :(15 ~ 80)%RH
Storage and transportation environment	Temperature: (-20 ~ +55) °C Humidity 93%RH
Operating Atmospheric Pressure	(80 ~ 105) kPa
Transport and Storage Atmospheric Pressure	(50 ~ 105) kPa

Item	Parameter
Automatic shutdown	Automatically shut down after 60 seconds of no operation
Type of Electric Shock Protection	Internal power supply device
Degree of Shock Protection	Type B application section
Ingress Protection (IP) Rating	IPX0
Safety level for use in flammable anesthetic gas environment	Non-AP and APG devices
Disinfection and Sterilization Method	Surface disinfection
Operating Mode	Continuous operation
Pressurization Method	Intelligent Control: Automatic Pressurization of the Air Pump
Rapid exhaust method	Intelligent Control for Automatic Rapid Venting
Pressure detection	Resistive pressure sensor
Pulse detection	Resistive pressure sensor
power supply	4*AAA battery or Plug in

If the above specifications are changed due to performance improvement, no further notice will be given.

10. Error and troubleshooting

Display information	Reason	Parameter
Er, 1	Abnormal sensor signal	Maintain proper posture and remeasure
Er, 2	No results from the tests	Maintain proper posture and remeasure
Er, 3	Abnormal measurement result	Maintain proper posture and remeasure
Er, 4	Cuff is too loose or deflated	Rebind the cuff properly for measurement or replace it with a new cuff for measurement
Er, 5	Cuff is too tight or the tube is blocked	Rebind the cuff properly for measurement or repair
Er, 6	Severe pressure interference during measurement	Eliminate interference and remeasure
Er, 7	295mmHg(39.33kPa) Pressure values exceeding 295mmHg (39.33kPa)	Re-measure and consult the doctor if the fault persists

If the problem remains unresolved, please contact our distributor or our Customer Service department for further assistance.

11. Disposal declaration

The production date of the product is detailed in the host nameplate. The service life of the product is 5 years.

For the final disposal of the blood pressure monitor, please do not dispose of it directly in the trash to avoid environmental harm. Please follow the disposal regulations in your area.

12. Precautions

1. Patients suffering from severe hypertension or severe blood diseases should use it under the supervision of the doctor.
2. Do not let infants or those who cannot express their opinions use this product.
3. Do not use this product for other purposes except for measuring blood pressure.
4. When not used for a long time, please remove the dry batteries.
5. To protect the blood pressure monitor from damage, please adhere to the following guidelines. Improper use may void the warranty service.
 - Do not place the blood pressure monitor and cuff in an environment with high temperature, humidity, excessive moisture, or direct sunlight.
 - Do not pull, twist the cuff.
 - Do not disassemble and repair the machine or replace the parts without authorization.
 - Please avoid subjecting the blood pressure monitor to strong impact or vibration.

- Please avoid subjecting the blood pressure monitor to strong impact or vibration.
- Do not use volatile solvents to wipe and clean the blood pressure monitor. Use a soft, dry, lint-free cloth to clean the device.
- Do not wash or wet the cuff with water. Before use, gently wipe it with cotton swabs dipped in 75% medical alcohol for disinfection.
- Dropping, impacts, and other incidents may reduce the performance of the batteries. If you notice abnormal battery behavior, please replace the batteries immediately.

