

XW-03



WRIST ELECTRONIC
BLOOD PRESSURE MONITOR

INSTRUCTION MANUAL

ENGLISH

All for Healthcare

XW-03

Preface

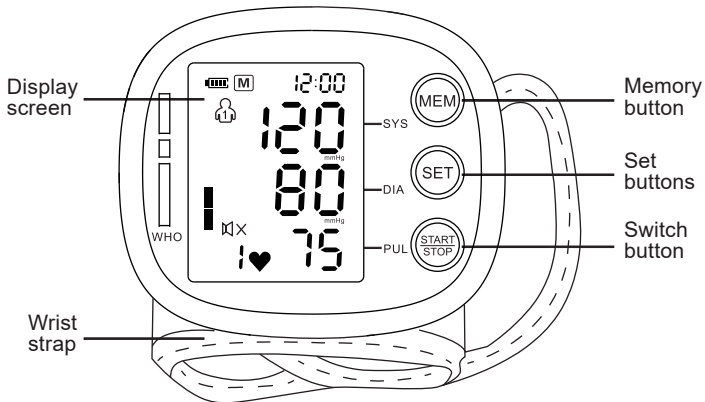
Thank you for purchasing our wrist electronic blood pressure monitor.
Please read the product manual carefully before use, it will allow you
to use the product better.

Please keep the user manual, certificate and warranty card properly.

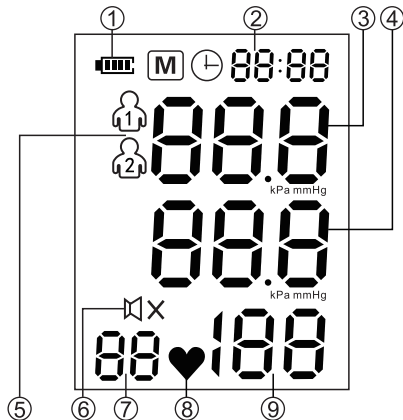
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1. Name of each component



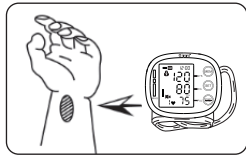
2. Description of LCD display symbols



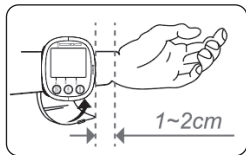
- ① Battery level display
- ② Time
- ③ High pressure value
(systolic blood pressure)
- ④ Low pressure value
(diastolic blood pressure)
- ⑤ Number of user groups
- ⑥ Voice icon
- ⑦ Number of memory groups
- ⑧ Heartbeat icon
- ⑨ Heart rate display

3. How to wear a wrist blood pressure monitor correctly

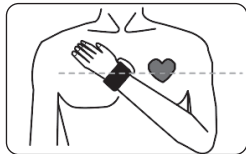
1. Remove the jewelry on your wrist (if any), put the blood pressure monitor strap on your wrist, and then place the blood pressure monitor directly in front of your wrist.



2. The wristband should be wrapped tightly around the wrist, leaving no space between the wristband and the wrist, and the edge of the wristband should be 1-2 cm away from the wrist.



3. Keep the cuff at the same level as your heart, and stay quiet during the measurement. Do not move, shake, or talk.

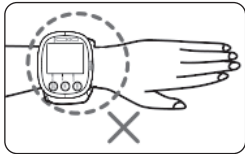




warn!

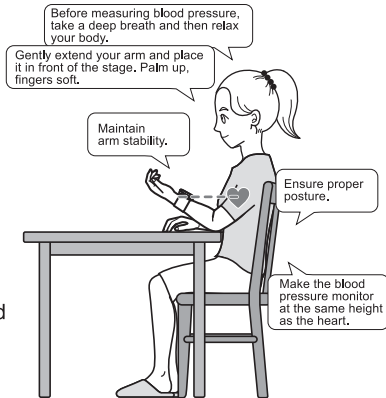
Please avoid the following postures or gestures when measuring:

- A. When measuring, the palm of the hand should be stretched naturally without bending or clenching.
- B. Do not hold your wrist or blood pressure monitor with your other hand.
- C. Do not wear the product on the back of your hand or the side of your wrist.



4. Correct measurement method

- 1 In a comfortable and quiet room, relax your body naturally, palms up, sit on a chair with a correct posture, keep your body straight, and put your feet on the ground naturally.
- 2 As shown in the picture on the right, keep the blood pressure monitor at the same height as your heart. Incorrect measurement posture will affect blood pressure measurement. Blood pressure changes depending on posture, time of day and other factors. It is recommended to measure blood pressure at the same time and place every day.



5. Precautions before measuring blood pressure

- 1.Product scope of application: Suitable for measuring systolic blood pressure, diastolic blood pressure and pulse rate of adults using oscillometric method. Its numerical value is for diagnosis reference and cannot be used for other purposes; users with upper limb defects should consult a doctor and obtain permission before use.
- 2.No strenuous exercise, smoking, stimulants or sedatives are allowed 30 mins before measuring blood pressure . (Such as coffee or alcohol, etc.).
- 3.Before measuring, please rest in a comfortable and stable environment for at least 5 mins.
- 4.Usually measured in a sitting position, with the same hand (e.g. left hand) fixed for each measurement.
- 5.Maintain an interval of at least 5 minutes between consecutive measurements. Different health conditions may require longer intervals. The waiting interval between two measurements is mainly to allow the arteries to return to the state

before the blood pressure measurement. When measuring repeatedly, the correct blood pressure value may not be measured because the blood flow in the wrist may not be smooth. Please wait until the blood flow is smooth before measuring.

6.If the wristband is too loose or too tight, it will affect the accuracy of the measurement value; during the measurement process, the wristband will be over-inflated for a long time, and excessive pressure may make the person being measured feel uncomfortable. If the feeling is strong, please press the [On/Off] button in time Relieve pressure or pull out the tracheal plug and take off the wrist strap.

7.When the person being measured has arrhythmia or arteriosclerosis, the measured values of blood pressure and pulse rate may not be accurate enough. It is recommended that the patient consult a doctor for professional diagnosis.

8.When [Er] appears on the display, the measurement cannot be performed correctly. Please refer to the error and fault instructions on the next page.

6.Common sense about blood pressure

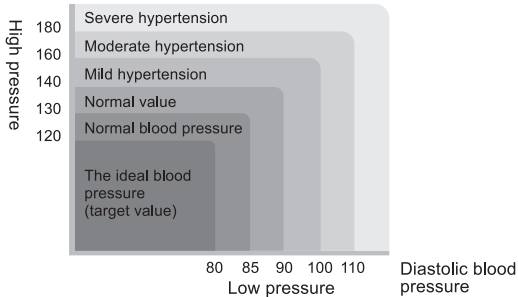
Definition of blood pressure

Blood pressure refers to the pressure exerted by blood flow on the blood vessel wall. When the ventricles contract and expel blood from the heart, blood pressure reaches its highest value. This highest pressure in the cardiac cycle is systolic blood pressure. When the ventricles relax, blood pressure decreases and its lowest value is diastolic blood pressure.

Blood pressure classification standards

The picture shows the 2007 European Society of Hypertension ESH/European Society of Cardiology ESC classification standards for blood pressure levels. Whether it is diastolic blood pressure or systolic blood pressure, when the value exceeds the standard range, it is considered to be too high blood pressure. When a patient's low pressure and high pressure are classified into different types, the more severe one should prevail. For specific information about your own blood pressure, please consult your doctor.

Systolic blood pressure



7. Measure blood pressure

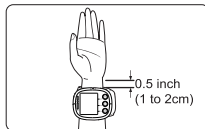
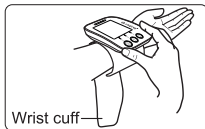
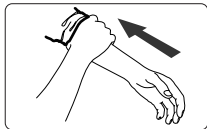
1) After wearing the blood pressure monitor according to the above requirements, in shutdown or standby mode, press the [On/Off] button to turn it on, play the voice prompt, and the cuff will automatically inflate for measurement.

1) After wearing the blood pressure monitor according to the above requirements, in shutdown or standby mode, press the [On/Off] button to turn it on, play the voice prompt, and the cuff will automatically inflate for measurement.

Tips:

A. When the cuff starts to inflate, the blood pressure monitor will automatically start working. During the inflation process, the sphygmomanometer is also detecting the pulse rate, so please do not move your wrist during the entire measurement process and remain still. Throughout the procedure, your wrist will feel squeezed by the cuff, which is normal when inflating.

B. If there is an error message on the screen, the measurement will not be performed correctly when [Er] appears on the screen. Please refer to the error and fault instructions on the next page.



2) It will automatically stop when fully inflated and start detecting pulse rate. After the measurement is completed, the sphygmomanometer will display your blood pressure value and pulse rate value, and simultaneously broadcast the voice.

During the measurement process, please maintain a correct posture, do not move your body, and remain quiet.

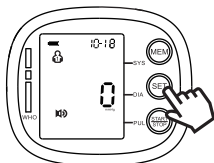
If you want to terminate the measurement, press the [On/Off] key to stop the pressurization and discharge the air from the cuff.

The entire process takes approximately 30 seconds to 55 seconds.

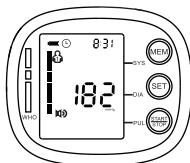
Depending on the actual blood pressure, the test time will vary.

3) After the measurement is completed, remove the cuff, press the [On/Off] button, and turn off the phone manually.

When no key is pressed, the system automatically shuts down in about 60 seconds.



① Press the button to turn on the device

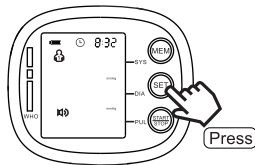


② During testing



③ Test completed

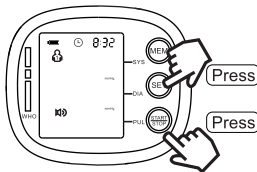
8. Parameter settings



1

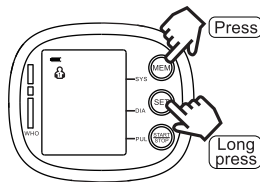
In the power-off state, short press the [Settings] key to enter the time mode, which displays unit icons, user icons, and time icons.

Time and date switch at 3 second intervals.



2

In time mode, short press the [Settings] button to switch users, press the [On/Off] button or automatically shut down after 60 seconds, the settings will be saved.

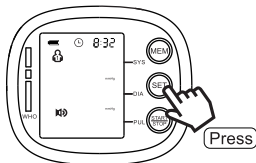


3

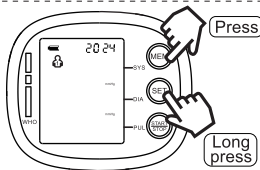
You can also enter the user selection mode by long pressing the [Settings] button in the power-off state, and press the [Memory] button to adjust the user.

2. Set date, time and alarm

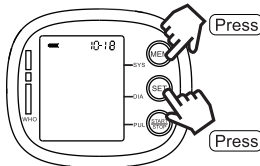
Press and hold the [Settings] button when the power is turned off, the user icon flashes, and the user selection mode is entered.



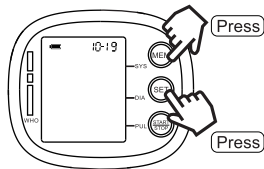
When the power is turned off, long press the [Settings] button and then press the [Memory] button to adjust the user. The year flashes and enters the year adjustment state;



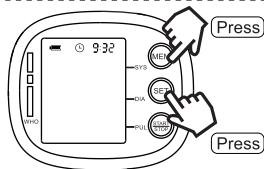
Press the [Settings] key and the [Memory] key to adjust the month. The month will flash and enter the month setting state;



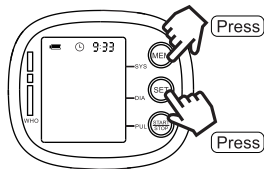
Press the [Settings] key and the [Memory] key to adjust the date. The date will flash and enter the date setting state;



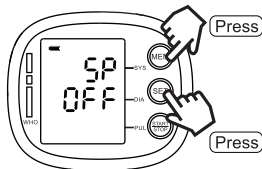
Press the [Settings] key, press the [Memory] key to adjust the hour. The time icon flashes, and enter the hour setting state;



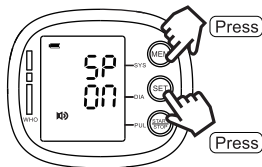
Press the [Settings] key, press the [Memory] key to adjust the minute. The minute will flash and enter the minute setting state;



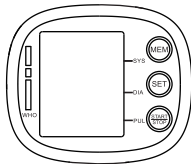
Press the [Memory] key to adjust the minutes, then press the [Set] key, SP ON/OFF flashes, and enter the speaker setting state;



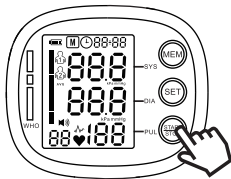
Press the [Memory] key to adjust the speaker status, ON means on, OFF means off, and then press the [Setting] key to turn off the speaker and save the setting results.



If you shut down manually during the process or shut down automatically after about 60 seconds of no operation, the settings will be saved.

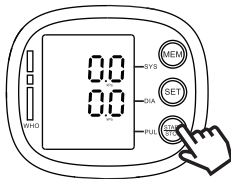


3. Switch the measurement unit



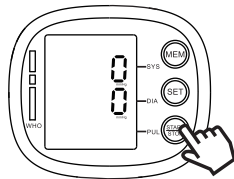
1

In the off state, press and hold the [On/Off] button for 15 seconds.



2

If the unit is originally mmHg (millimeters of mercury), it will switch to kPa (kiloPascal) after long pressing. The screen displays 0.0kPa, which means the setting is successful.

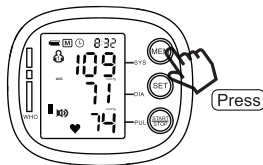


3

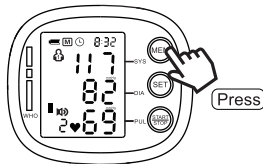
If the unit was originally kPa (kilopascals), long press will switch to mmHg (millimeters of mercury). The screen will display 0 mmHg, which means the setting is successful. Press the [On/Off] button to turn off the phone and save the settings.

4. Record viewing

In the shutdown state, press the [Memory] button for the first time, the AVG icon will light up, and the average value of the previous three times will be displayed (when the memory number is greater than or equal to 3 groups);



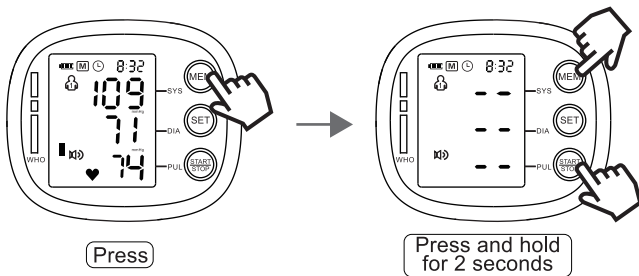
Continue to press the [Memory] key to view each measurement value sequentially, and long press the [Memory] key to quickly view the memory.



5. Memory erasure

When viewing the memory, press and hold the [Memory] key and continue to hold the [On/Off] key for 2 seconds. When the screen displays all "--", the memory will be deleted.

Memory deletion is to delete all measurement data under a user at one time.



9. Charging instructions

1. When the product is in use, if the battery icon  flashes, please charge it in time, otherwise the machine will automatically shut down;
 2. This machine does not come with an adapter for charging lithium battery products when it leaves the factory. Users can purchase it on demand. Please choose a USB adapter with certification mark , rated voltage D C5V, rated current 1 A;
 3. When charging, the charging icon on the screen will display the battery level, and  the battery will be fully charged when displayed;
- Note: When the sphygmomanometer is not used for a long period of time (more than 1 month), please charge it once a month to prevent the lithium battery from being out of power and affecting its use.

10. Product disposal statement

Do not throw the sphygmomanometer into the trash can at the end of its use. Please dispose of it in accordance with local regulations. Disposing electronic products and batteries directly in the trash can will cause harm to the environment.

11.Product troubleshooting

Abnormal phenomenon	Reason	Solution
Measurements too high or too low	Bp monitor is not at the same height as heart	Maintain correct posture and measure again
	Moving or talking during measurement	Please keep quiet during measurement, do not walk around and measure again
	Wrist or arm muscles are not relaxed	Take a deep breath and relax, then measure again
	Wristband is too loose or too tight	Wrap wristband properly
BP monitor cannot be pressurized	BP monitor with air leakage	Contact Customer Service Center
Different measurement results at different times	The body's blood pressure also varies over time	Please take the measurement at the same time every day and relax your body naturally during the measurement.
Automatic shutdown during measurement	Low battery	Measure again after charging
Can't start to measure	Low battery	Measure again after charging
	The On/Off button was not pressed	The On/Off button was not pressed and measure again

Attached are error and fault descriptions

Display information	Reason
The high-voltage display area displays Er, and the low-voltage display area displays 1.	Abnormal sensor signal
The high-voltage display area displays Er, and the low-voltage display area displays 2.	No results found
The high-voltage display area displays Er, and the low-voltage display area displays 3 .	Abnormal measurement results
The high-voltage display area displays Er, and the low-voltage display area displays 4.	The cuff is too loose or leaking
The high-voltage display area displays Er, and the low-voltage display area displays 5.	The cuff is too tight or the airway is blocked
The high-voltage display area displays Er, and the low-voltage display area displays 6.	Serious pressure interference during measurement
The high-voltage display area displays Er, and the low-voltage display area displays 7.	The pressure value exceeds 295mmHg (39.33kPa)

If the problem is not resolved, please contact the dealer or our customer service department for further assistance.

12. Things to note

1. Self-diagnosis based on measurement results is very dangerous and may worsen the condition. Please be sure to consult your doctor.
2. Diabetes, hyperlipidemia and hypertension can accelerate arteriosclerosis and cause measurement abnormalities.
3. Patients with severe hypertension or severe blood diseases should use it under the supervision of a doctor.
4. Do not let babies or people who cannot express their own opinions use this product.
5. Do not use this product for other purposes except measuring blood pressure.
6. Do not press the  button to start measurement before the product is worn on your wrist .
7. Do not wipe the surface of the product with corrosive liquids.
8. The service life of the wristband is 10,000 times. If you need to replace it, please choose a wristband provided by the manufacturer. Replacing the original one with a wristband not provided by the manufacturer may cause measurement errors.
9. Please do not use it with electrical appliances that emit electromagnetic interference, as it may affect accuracy.
10. Private disassembly, repair, or modification of the blood pressure monitor is not allowed. If the product fails , please contact the dealer.

13. Technical specifications parameters

Project	Specifications
Product name	Wrist electronic blood pressure monitor
Product number	XW - 03
Display method	LCD
Measurement method	Oscillometric measurement
Measuring range	Blood pressure: (0~295)mmHg (0~39.33)kPa Pulse rate: (40~199) beats/minute
Measurement accuracy	Blood pressure: ± 3 mmHg (± 0.4 kPa) Pulse rate: accuracy is $\pm 5\%$
Can measure wrist circumference	About 13.5cm ~ 19.5cm
Measurement data	Systolic blood pressure, diastolic blood pressure, pulse rate
Storage	2×9 9 sets of measurement data

Project	Specifications
Normal working environment	Temperature: (+5~+40)℃ Humidity: (15~80)%RH
Storage and transportation environment	Temperature: (-20~+55)℃ Humidity 93%RH
Operating atmospheric pressure	(80~105)kPa
Transport and Storage Atmosphere	(50~105)kPa
Automatic shut-down	Automatically shuts down after about 60 seconds of no operation
Power supply	Built-in lithium battery power supply
Charging socket	TYPE-C
Degree of protection against liquid intrusion	IPX0
Pressure method	Intelligent control of air pump for automatic pressurization

Project	Specifications
Quick exhaust method	Intelligent control automatically and quickly deflates
Pressure detection	Resistive pressure sensor
Pulse detection	Resistive pressure sensor
Power supply	USB DC 5V 1A
Product Size	80 * 68 * 30MM
Product weight	1 15G
Packing List	1 X main unit (including cuff) 1 X USB charging cable 1 X instruction manual