Cellular Blood Pressure Monitor
Traditional Paper Manual

Online manual and FAQs at the link below.

GREATERGOODS.COM/**0042**

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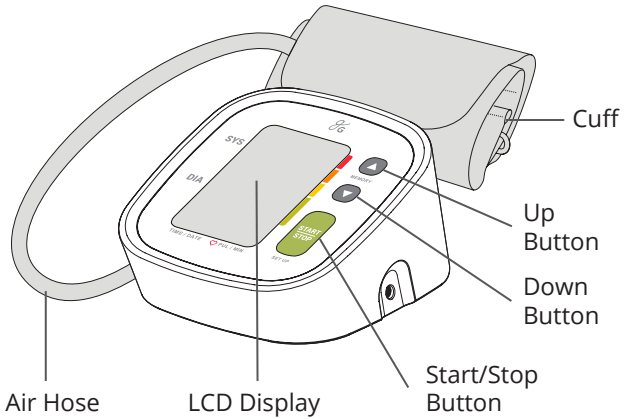
Introduction

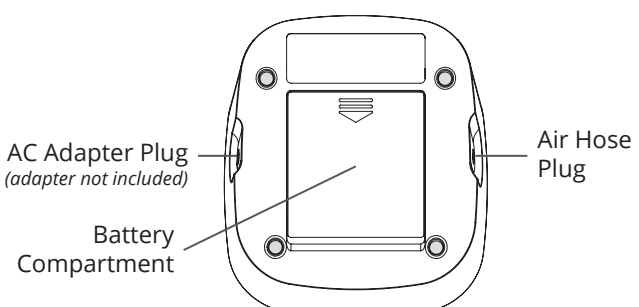
Thanks so much for using a Greater Goods blood pressure monitor! This monitor was designed for ultimate ease-of-use and accuracy—making home health monitoring more approachable than ever before.

This model detects blood pressure measurements by utilizing the oscillometric method, which turns blood pressure into a digital reading. Additionally, no stethoscope is needed when the oscillometric method is used to measure blood pressure. This monitor displays blood pressure measurement, pulse rate measurement, includes storage of up to 60 entries, and a backlit LCD display that makes measurements always easy to read.

We're committed to making the highest quality home goods and providing the greatest experience along with them. If you have any issues with a Greater Goods product, please get in touch with us. For the best possible experience with your new product, visit: *greatergoods.com/***0042**.

Device





Box Includes: Blood Pressure Monitor, Cuff, 4xAA Batteries, User Manual

Device (cont.)

ICON	DESCRIPTION	EXPLANATION
SYS	Systolic blood pressure	High blood pressure
DIA	Diastolic blood pressure	Low blood pressure
PUL / MIN	Pulse display	Heartbeats per minute
	Memory	Indicates it is in memory mode and which reading it is.
mmHg	mmHg	Measurement unit of blood pressure
	Low battery	Batteries are running low and need to be replaced
	Current Time	Year/Month/Day, Hour : Minute
	Irregular heartbeat	Blood pressure monitor is detecting an irregular heartbeat during measurement
	Blood pressure level indicator	Indicate the blood pressure level
	Heartbeat	Blood pressure monitor is detecting a heartbeat during measurement
	4G network	Indicates current network status
	Data transmitting	Data pending transmission
AVG	The average value	The average value of the last three readings

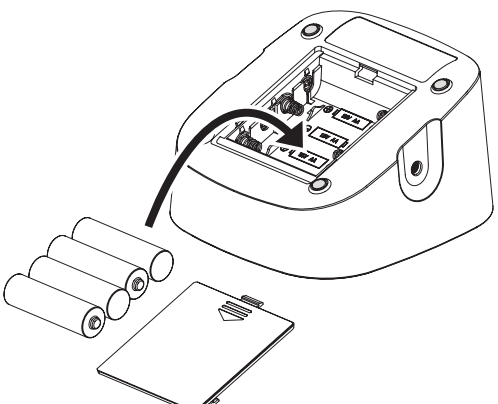
Batteries

1. Open the battery compartment cover on the back of the device.

2. Install 4 AA batteries that match the correct polarity.

NOTE: Always use AA batteries with this device.

3. Replace the batteries whenever Lo + ▭ shows, the display dims, or the display does not light up.

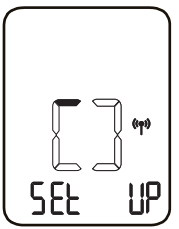


NOTE: *Do not heat or deform the batteries, or dispose of them in fire. Batteries should not be disposed of with household waste. Please check with your local authority for battery recycling advice.*

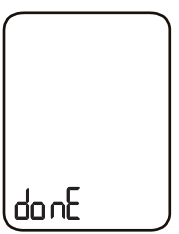
NOTE: *A 6V ⎓ 1A AC adapter can be used with this device as an alternative power mode. Only use a 6V ⎓ 1A AC adapter model for this device. Adapter is not included.*

Setting Up Your Monitor

1. Every time you insert or replace batteries in the monitor, it will automatically start searching for a cellular network to connect to. The device will spend up to 5 minutes looking for a network to connect to, and the screen will look like this as it is searching:



2. If a connection is successfully made, the screen will display "donE" and will automatically turn off after 10 seconds.

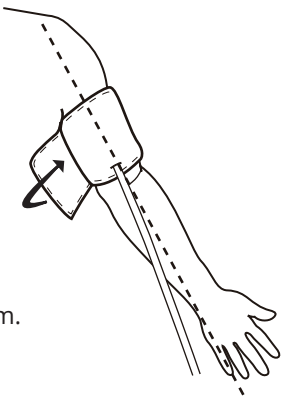


3. If the monitor fails to connect to a cellular network within 5 minutes, it will display "E6" and turn off automatically. The next time the monitor is turned on, it will start searching for a network to connect to once again.

NOTE: When the monitor connects to a cellular network, it will automatically pull the date and time from that network.

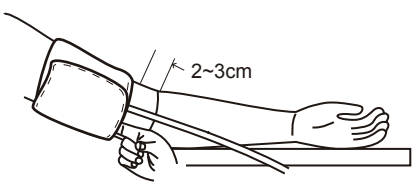
Taking a Measurement

Fastening the Cuff



1. Fasten the cuff on your upper arm, then align the tube off-center, toward the inner side of the arm in line with the little finger.

2. The cuff should be snug but not too tight. You should be able to insert one finger between the cuff and your arm.



3. Sit comfortably with your arm resting on a flat surface. The middle of the cuff should be level with the right atrium of the heart. Before starting the measurement make sure your feet are flat on the floor, uncrossed, and that your back and arm are supported.

***NOTE:** For a meaningful comparison, try to measure under similar conditions. Make sure you're measuring at the same time of day and holding your arm in the same position, or follow your physician's instructions.*

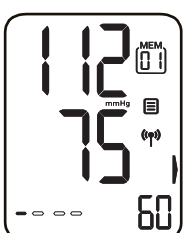
Taking a Measurement (cont.)

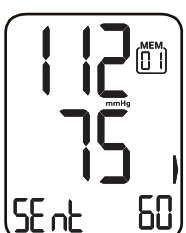
Start the Measurement

1. With the monitor off, press the START/STOP button to turn on the monitor.

2. After the monitor is turned on, the reading will start automatically.

3. When the measurement is completed, the data transmission process will begin. If your results are successfully sent, the symbols "📋" and "📡" will disappear from the screen, and it will display "SEnt".





4. After the measurement is completed, press START/STOP to turn off the monitor, or the monitor will turn off automatically after 1 minute.

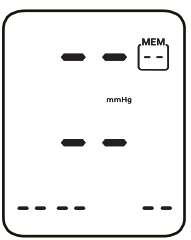
***NOTE:** You can press the START/STOP button at any time during a measurement to stop it from continuing.*

Taking a Measurement (cont.)

This product uses the Oscillometric Measuring method to detect blood pressure. Before every measurement, the unit establishes a “zero pressure” equivalent to the atmospheric pressure. When the arm cuff starts inflating, the unit also detects pressure oscillation generated by beat-to-beat pulsatile, which will determine systolic and diastolic pressure, as well as pulse rate.

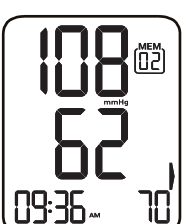
Memory

1. When the monitor is off press the UP or DOWN button, and the monitor will display the most recent record.
2. Measurements can be cycled through using the UP or DOWN buttons. Pressing UP will cycle through records from newest to oldest, and pressing DOWN will cycle from oldest to newest.
3. If there is no measurement stored the display will show:



Understanding Records

Current memory bank number is 2.



The corresponding time is 9:36 a.m.

The corresponding date is April 15th.

The corresponding year is 2022.

***NOTE:** The date and time of the record will show alternately. A maximum number of 60 readings can be stored in this blood pressure monitor. After the 60th reading, the oldest measurement will be deleted, replaced by the newest measurement. When there are only two measurements, the display will show the average of the two readings.*

Irregular Heartbeat Detector

This Blood Pressure Monitor is equipped with an Irregular Heartbeat Detector (IHB). During each measurement, this equipment records the heartbeat intervals and works out the standard deviation. If the calculated value is larger than or equal to 15, this equipment will light up the IHB symbol on the screen when displaying the results.

NOTE: The appearance of the IHB icon indicates that a pulse irregularity consistent with an irregular heartbeat was detected during measurement. Usually this is NOT a cause for concern. However, if the symbol appears often, we recommend you seek medical advice. Please note that the device does not replace a cardiac examination, but serves to detect pulse irregularities at an early stage.

Indications for Use
This blood pressure monitor is a digital monitor intended for use in measuring blood pressure and heartbeat rate. The cuff fits arm circumferences ranging from 22 to 45 cm. The device can be used to detect irregular heartbeat. It is intended for adult indoor use only.

Tips / Upkeep

Tips for Measurement

Inaccuracy can occur if measurements are taken under the following circumstances:

- Measuring within 1 hour of eating or drinking.
- Measuring within 1 hour of smoking.
- Measuring 20 minutes after taking a bath or shower.
- Measuring when talking or moving your fingers.
- Measuring in a cold environment.
- Measuring when needing to use the restroom.

If you are getting different results at home than in a clinical environment, take the following reasons into consideration:

- The cuff is not secured properly.
- The cuff is too loose or too tight.
- You're feeling anxious, nervous, or not relaxed.
- Your arm is not resting properly.
- You're measuring too quickly after a previous reading.

Contraindications

- This device is not suitable for use by women who are or may be pregnant.
- This device is not suitable for use on patients with implanted electrical devices, such as cardiac pacemakers and/or defibrillators.

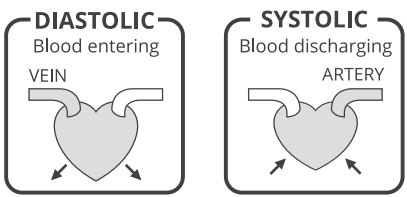
Upkeep

In order to get the best performance from your monitor, follow the below suggestions:

- Store the monitor in a dry place.
- Avoid contact with water. Wipe the monitor with a dry cloth if needed.
- Do not attempt to wipe or clean the cuff.

What is the difference between systolic pressure and diastolic pressure?

When ventricles contract and pump blood out of the heart, the blood pressure reaches its maximum value in the cycle, which is called systolic pressure. When the ventricles relax, the blood pressure reaches its minimum value in the cycle, which is called diastolic pressure.



Why does my blood pressure fluctuate throughout the day?

Individual blood pressure naturally varies throughout the day. It is also affected by the way you fasten your cuff and your measurement position. Please make sure you measure your blood pressure under the same conditions each time you take a measurement. Variations in pressure can also occur due to certain medicines being taken. Waiting at least 3 minutes between measurements is also recommended.

Does it matter which arm I use when measuring?
It is acceptable to use either arm when measuring. However, to obtain the most consistent readings possible, it is suggested that you use the same arm each time you measure your blood pressure.

What is the standard blood pressure classification?
The chart below is the standard blood pressure classification by the American Heart Association (AHA).

This chart reflects blood pressure categories defined by the American Heart Association (AHA).			
Blood Pressure Category	**Systolic mmHg (upper number)**		**Diastolic mmHg (lower number)**
Normal	Less than 120	and	Less than 80
Elevated	120 – 129	and	Less than 80
High Blood Pressure (Hypertension) Stage 1	130 – 139	or	80 – 89
High Blood Pressure (Hypertension) Stage 2	140 or higher	or	90 or higher
Hypertensive Crisis ***(Emergency care needed)***	Higher than 180	and /or	Higher than 120

Warnings

- This device is intended for indoor, personal, home use. This device is not intended for use in a public environment.
- Do not use this device during patient transportation.
- Consult your physician before measuring blood pressure, especially if you have any of the following conditions:
    - hypertension, diabetes, arteriosclerosis, kidney, or vascular disease, or any conditions affecting circulation.
- This device is contraindicated for any female who may be suspected of being, or is, pregnant. Besides providing inaccurate readings, the effects of this device on the fetus are unknown.
- Do not change medication use or dosage based on measurements from this device. Take medication as prescribed by your physician. Only a physician is qualified to diagnose and treat high blood pressure.
- Do not use this device if you are allergic to polyester, nylon, or plastic.
- This device is intended for adult use only (18 years of age or older). Keep this unit out of reach from infants, children, or pets.
- This device is not intended for use on extremities other than the arm or for functions other than obtaining a blood pressure measurement. Do not use this device for any other purpose.
- Cuff pressurization may disrupt blood flow or cause injury to any arm where intravascular access or therapy, or an arteriovenous (AV) shunt is present, or to an arm on the side of a mastectomy. Use caution.
- Do not inflate the cuff on the same arm where other monitoring ME equipment is applied. Temporary loss of function may occur to the other equipment.
- Do not apply the cuff over a wound. It can cause further injury.
- This device is not intended to be a diagnostic device. If you are taking medication, consult your physician to determine the most appropriate time to measure your blood pressure.

Warnings (cont.)

- If the cuff reaches 300 mmHg, the unit will automatically deflate. Should the cuff not deflate when the pressure reaches 300 mmHg, detach the cuff from the arm and press the START/STOP button to stop inflation.
- Do not touch the battery output and the patient simultaneously.
- Avoid strong electromagnetic magnetic field radiated interference signals or electrical fast transient/burst signals.
- The device is not suitable for use on patients with implanted, electrical devices, such as cardiac pacemakers and/or defibrillators.
- Do not use this device with high-frequency (HF) surgical equipment at the same time.
- Wireless communication equipment, such as wireless home network devices, mobile phones, cordless telephones and their base stations, walkie-talkies may cause interference that may affect the accuracy of measurements. A minimum distance of 1 foot (30 cm) should be kept from such devices during a measurement.
- Please use the device under the environment which is provided in the user manual. Otherwise, the performance and lifetime of the device will be impacted and reduced.
- This device may be used only for the intended use described in this manual, the manufacturer shall have no liability for any incidental, consequential, or special damages caused by misuse or abuse.
- Excessive cuff tube lengths could cause strangulation if you don't manage them properly.
- Ensure that the rubber tube of the cuff is not squeezed, stretched, or kinked during storage.
- This device is not suitable for continuous monitoring during medical emergencies or operations.
- Do not use this device near flammable gases (anesthetic gas, oxygen, hydrogen) or flammable liquids (alcohol).

Warnings (cont.)

- This equipment is not AP/APG equipment and is not suitable for use in the presence of a flammable anesthetic mixture with air with oxygen or nitrous oxide.
- Do not disassemble or attempt to repair this device or any of its components. Doing so will void your warranty. Parts and accessories not approved for use with this device may damage the unit.
- Remove batteries from the device if it is not being used for an extended period of time.
- Do not use new and used batteries together.
- Do not combine different types of batteries together.
- If powering the monitor with an AC adapter, only use a 6V ⎓ 1A adapter model. Adapters only power the device; they will not charge it. An adapter is not included.

	Refer to instruction manual/ booklet		Symbol for “Type BF Applied Part”
	Caution: These notes must be observed to prevent any damage to the device.		Symbol for “Class II Equipment”
	Symbol for “Serial Number”		Symbol for “Non-ionizing electromagnetic radiation”
	Symbol for “Manufacturer”		Symbol indicates that the product should not be discarded as unsorted waste but must be sent to separate collection facilities for recovery and recycling.
	Symbol for “Date and country of manufacture”		
	Symbol for “Direct Current”		
	Symbol for “Batch code”		Symbol for “MR Unsafe” To identify an item which poses unacceptable risks to the patient, medical staff or other people within the MR environment.
	Symbol for “Indoor Use Only”		
	Symbol for “Recycle”		
	Consult instructions for use		

Troubleshooting

PROBLEM	SYMPTOM	REASON	SOLUTION
No power	Display will not light up	Batteries are drained	Replace with new batteries
		Batteries are inserted incorrectly	Insert the batteries correctly
Low batteries	Display is dim or Lo + icon is showing	Batteries are low	Replace with new batteries
Error message	E1 appears	The cuff is not secure	Refasten the cuff and measure again
	E2 appears	The monitor detected motion while measuring	Rest for a moment and measure again.
	E3 appears	The measurement process does not detect the pulse signal	Loosen clothing around the arm and measure again.
	E4 + OUt appears	Out of measurement range	Rest for a moment and measure again.
	E5 appears	Abnormal communication with server or failure to transmit data	Try a place with better signal or contact our customer service.
	E6 appears	Cannot connect to NTP servers	Contact our customer service department for further assistance.
	EEX, shown on the display	Hardware error (x can be some digital symbol, such as 1,2,3, etc)	Rest for a moment. Refasten the cuff and measure again. If the problem persists, contact our customer service.

Warning: Modification of this equipment is prohibited.

Device Specifications

Power Supply	Battery powered mode: 6VDC 4xAA batteries AC adapter powered mode: 6V ⎓ 1A *(adapter not included)*
Display Mode	Digital LCD display. Viewing Area: 73x49mm
Measurement Mode	Oscillometric testing mode
Measurement Range	Rated cuff pressure: 0~299mmHg (0kPa~39.9kPa) Measurement pressure: SYS: 60~230mmHg (8.0kPa~30.7kPa) DIA: 40~130mmHg (5.3kPa~17.3kPa) Pulse value: 40-199 beat/minute
Accuracy	Pressure: 5°C~40°C within ±3mmHg Pulse value: ±5%
Normal Working Conditions	Temperature range: 5°C~40°C Relative humidity range: 15%~90% Non-condensing, but not requiring a water vapor partial pressure greater than 50hPa Atmospheric pressure range: 700hPa~1060hPa
Storage and Transportation Conditions	Temperature: -20°C~60°C Relative humidity range: ≤93%, non-condensing at a water vapor pressure up to 50hPa
Cuff Circumference	About 22cm–45cm
Weight	Approximately 255g (excluding batteries and cuff)
External Dimensions	Approximately 118 x 126 x 72mm
Attachments	Cuff, 4xAA batteries, user manual, quick guide
Mode of Operation	Continuous operation
Degree of Protection	Type BF applied part
Protection Against the Ingress of Water	IP21—This device has protection against solid foreign objects of 12.5mm and greater, and has protection against vertically falling water drops.
Device Classification	Battery Powered Mode: Internally Powered ME
Software Version	A01

EMC Guidance

The ME EQUIPMENT or ME SYSTEM is suitable for home healthcare environments.

Warnings:

(1) Don't near active HF surgical equipment and the RF shielded room of an ME system for magnetic resonance imaging, where the intensity of EM disturbances is high.

(2) Use of this equipment adjacent to or stacked with other equipment should be avoided because it could result in improper operation. If such use is necessary, this equipment and the other equipment should be observed to verify that they are operating normally.

(3) Use of accessories, transducers and cables other than those specified or provided by the manufacturer of this equipment could result in increased electromagnetic emissions or decreased electromagnetic immunity of this equipment and result in improper operation.

(4) Portable RF communications equipment (including peripherals such as antenna cables and external antennas) should be used no closer than 30 cm (12 inches) to any part of the equipment , including cables specified by the manufacturer. Otherwise, degradation of the performance of this equipment could result.

Technical description:

(1) All necessary instructions for maintaining BASIC SAFETY and ESSENTIAL PERFORMANCE with regard to electromagnetic disturbances for the excepted service life.

(2) Guidance and manufacturer's declaration-electromagnetic emissions and Immunity

Table 1

Guidance and manufacturer's declaration – electromagnetic emissions	
EMISSIONS TEST	**COMPLIANCE**
RF Emissions CISPR 11	Group 1
RF Emissions CISPR 11	Class B
Harmonic emissions IEC 61000-3-2	Class A
Voltage fluctuations/ flicker emissions IEC 61000-3-3	Comply

Table 2

Guidance and manufacturer's declaration – electromagnetic Immunity		
IMMUNITY TEST	**IEC 60601-1-2 TEST LEVEL**	**COMPLIANCE LEVEL**
Electrostatic discharge (ESD) IEC 61000-4-2	±8 kV contact ±2 kV, ±4kV, ±8 kV, ±15 kV air	±8 kV contact ±2 kV, ±4kV, ±8 kV, ±15 kV air
Electrical fast transient/burst IEC 61000-4-4	No application	No application
Surge IEC61000-4-5	No application	No application
Voltage dips, short interruptions and voltage variations on power supply input lines IEC 61000-4-11	No application	No application
Power frequency magnetic field IEC 61000-4-8	30 A/m 50Hz/60Hz	30 A/m 50Hz/60Hz
Conduced RF IEC61000-4-6	No application	No application
Radiated RF IEC61000-4-3	10 V/m 80 MHz – 2,7 GHz 80 % AM at 1 kHz	10 V/m 80 MHz – 2,7 GHz 80 % AM at 1 kHz
NOTE: U_T is the a.c. mains voltage prior to application of the test level.		

Table 3

Guidance and manufacturer's declaration – electromagnetic Immunity							
Radiated RF IEC61000-4-3 (Test specifications for ENCLOSURE PORT IMMUNITY to RF wireless communications equipment)							
TEST FREQUENCY (MHZ)	**BAND (MHZ)**	**SERVICE**	**MODULATION**	**MAXIMUM POWER(W)**	**DISTANCE (m)**	**IMMUNITY TEST LEVEL (V/m)**	**COMPLIANCE LEVEL (V/m)**
385	380 -390	TETRA 400	Pulse modulation 18Hz	1.8	0.3	27	27
450	430 -470	GMRS 460; FRS 460	FM ±5kHz deviation 1kHz sine	2	0.3	28	28
710	704 -787	LTE Band 13,17	Pulse modulation 217Hz	0.2	0.3	9	9
745							
780							
810	800 -960	GSM 800/900; TETRA 800; iDEN 820; CDMA 850; LTE Band 5	Pulse modulation 18Hz	2	0.3	28	28
870							
930							
1720	1700 -1990	GSM 1800; CDMA 1900; GSM 1900; DECT; LTE Band 1,3,4,25; UMTS	Pulse modulation 217Hz	2	0.3	28	28
1845							
1970							
2450	2400 -2570	Bluetooth, WLAN 802.11 b/g/n, RFID 2450, LTE Band 7	Pulse modulation 217Hz	2	0.3	28	28
5240	5100 -5800	WLAN 802.11 a/n	Pulse modulation 217Hz	0.2	0.3	9	9
5500							
5785							

FCC Statement

FCC Statement: 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.

Caution: The user is cautioned that changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

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 or more 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.

RF Exposure Compliance: This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with minimum distance 20cm between the radiator and your body. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

Warranty

Activate Your Warranty
Please visit *greatergoods.com/**0042*** to activate your product's warranty and access lifetime support.

Your monitor is warranted by the manufacturer against defects in materials and workmanship for two (2) years from the original purchaser from the date of purchase. Proof of purchase is required. The warranty is void if the product has been subjected to mechanical damage or mistreatment, such as immersion. This warranty is in lieu of all other warranties and limits the liability of the manufacturer. This warranty gives you certain legal rights, and you may have other rights depending on which state the product was purchased in.

If your monitor is defective, please contact Greater Goods, LLC:

800.481.0233
info@greatergoods.com
*greatergoods.com/**0042***

V05

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Notes

Notes

CONTACT US

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