



Advanced Wrist Blood Pressure Monitor

User Manual

BPx1W Series

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Support

Our manual should provide you with all the information you need to set up and use this product.

If you have a question, have a look at our Troubleshooting and Maintenance pages!

For further assistance, why not contact our Customer Care team directly? We're here to help!

Our Customer Care team are available from 9am-5pm, Monday to Friday (excluding bank holidays). We promise to respond to all queries and will ensure to resolve any issue you may be having. You can reach us by...

Phone:

+44 1483 937969

Live Chat:

Simply visit www.kinetikwellbeing.com and send us a message.

Email:

customercare@kinetikwellbeing.com

Post:

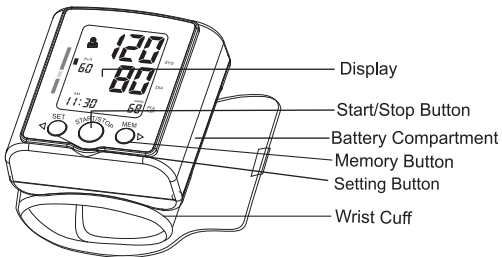
Kinetik Medical Devices Limited
Unit 3, Perrywood Business Park, Honeycrook Lane,
Salfords, Redhill. RH1 5DZ

Introduction

- Thank you for purchasing the Kinetik Wellbeing Advanced Wrist Blood Pressure Monitor.
- The unit uses the oscillometric method of blood pressure measurement. It means the unit detects the movement of your blood through your brachial artery, and converts your blood pressure into a digital reading. The unit is simple to use because a stethoscope is not needed while using an oscillometric monitor.
- The unit stores automatically 2x 60 sets of measurement values with the measuring date and time. You can read the stored data conveniently by pressing the memory button.
- The unit comes with the following components:
 - Main Unit
 - Storage Case
 - Instruction Manual printed in English

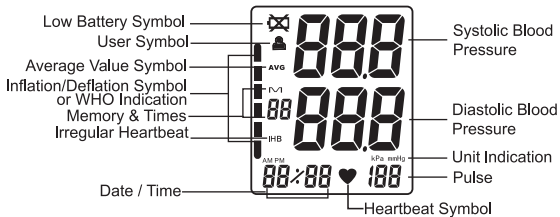
Parts

Body & Cuff



Parts

Display



Power

- 2 AAA Alkaline Batteries

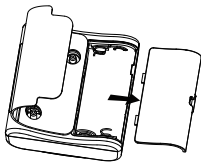


- Storage Case

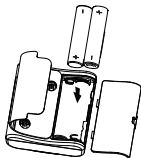


Battery Installation / Replacement

- 1** Remove the battery cover from the battery compartment.

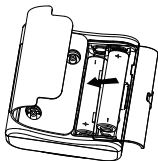


- 2** Install 2 "AAA" size batteries so the + (positive) and - (negative) polarities match the polarities of the battery compartment as indicated.



Battery Installation / Replacement

- 3** Replace the battery cover.



- Do not use rechargeable batteries.
- Use two identical 1.5V alkaline batteries type AAA/LR03.
- Replace both of the batteries if the symbol of low battery appears on the display.
- Never leave any low battery in the battery compartment since they may leak and cause damage to the unit.
- Disposal of used batteries should be carried out in accordance with the national regulations for the disposal of batteries.

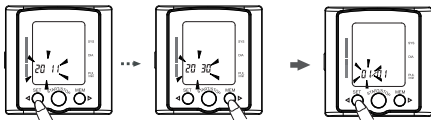
Clock and Data Adjustment

► 1. To set year

1.1 All information will appear on the display when the batteries are installed at the first time. After 2 seconds the year flashes on the display. Finally, press the " SET " Setting button and continue with step 2.

1.2 The mark of year appears and flashes after press the " SET " Setting button for 3~4 seconds, while the unit is off.Finally, press the " SET " Setting button again and continue with step 2.

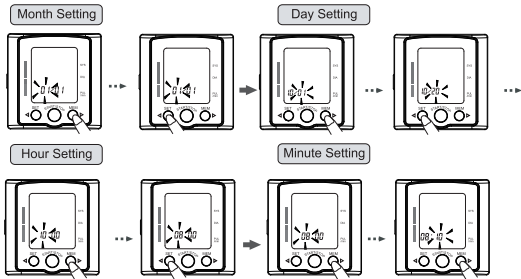
Then press the " MEM " Memory button one time for increasing one year, twice for two years, so on and so forth. Long press the " MEM " Memory button and the value quickly increases.



Clock and Data Adjustment

► 2. To set date and time

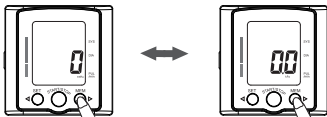
Press the "MEM" Memory button to change the month and press the "SET" Setting button and continue with next step. Then set the day, the hour and the minute by using the same way. Continue with step 3.



Clock and Data Adjustment

► 3. To set unit

Then press the "MEM" Memory button to change the current unit. (kPa or mmHg) Press the "SET" Setting button and return to the step 1. Press the " $\frac{\text{START}}{\text{STOP}}$ " button to save the current setting and turn off.



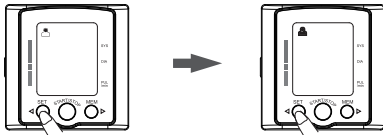
You can stop the setting anytime when you press the " $\frac{\text{START}}{\text{STOP}}$ " button to save the current setting and turn off.

Clock and Data Adjustment

► 4. To set user

The mark of a user will appear when pressing the "SET" Setting button, then press the "SET" button again to change the current user.

Finally, press the "START/STOP" button to confirm user and turn off.



Using your Blood Pressure Monitor

1. Avoid eating, drinking alcohol, smoking, exercising and bathing for 30 minutes before taking a measurement and 5 minutes should elapse before the first reading is taken.
2. Stress raises blood pressure. Avoid taking measurements during stressful times. Relax as much as possible and not talk during the measurement procedure.
3. The cuff can be applied to your left or right wrist. Always measure your blood pressure on the same wrist.
4. Measurements should be taken in a quiet place.
5. Position the unit at heart level throughout the measurement.
6. Keep a record of your blood pressure and pulse readings for your physician. A single measurement does not provide an accurate indication of your true blood pressure. You need to take and record several readings over a period of time. Try to measure your blood pressure at the same time each day for consistency.
7. Wait 30~60 seconds between measurements. The wait time allows the arteries to return to the condition prior to taking the blood pressure measurement. You may need to increase the wait time depending on your individual physiological characteristics.

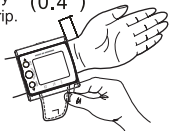
Using your Blood Pressure Monitor

- 1** Remove all clothes from your arm allowing the cuff to fit directly on the skin.



- 2** Wrap the cuff tightly around your wrist by using the Velcro strip.

1cm
(0.4")



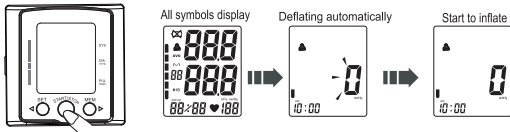
- 3** Sit in a chair with your feet flat on the floor.



Using your Blood Pressure Monitor

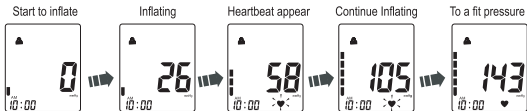
1 Press the “ $\frac{\text{START}}{\text{STOP}}$ ” button.

All display symbols appear.



2 Measurement starts while inflating.

The heartbeat symbol “♥” flashes once a pulse is detected.



Using your Blood Pressure Monitor

- 3** The blood pressure and pulse rate are displayed when the measurement completed.

The cuff is deflated automatically, and the measurement results are stored in memory .

The " IHB " symbol will be displayed if irregular heartbeat is detected.



"kPa" display

OR



"mmHg" display

OR



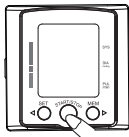
"IHB" display

- 4** Press the " START / STOP " button to turn off the unit.

The unit will automatically turn off after two minutes if you have forgotten to turn it off.

NOTE:

To stop the inflation or measurement, press the " START / STOP " button in anytime. The unit will stop inflating and then release and turn off.

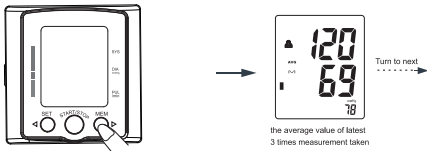


Using your Blood Pressure Monitor

- The unit stores the blood pressure and pulse rate in the memory after completing a measurement every time. It can automatically store 2x60 sets measurement values .The earliest record is deleted to save the latest measurement value when more than 2x60 sets.
- The unit also calculates an average reading based on the values of the latest 3 times measurement taken.

► To read the Average value

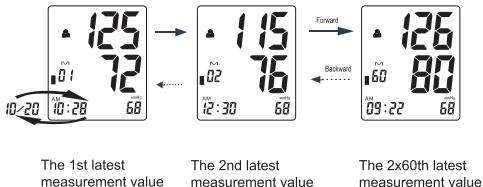
- Press the “ MEM ” Memory button, the average value of the latest 3 times measurement values of the current user will display.



Using your Blood Pressure Monitor

► To read the measurement value

- Press the “MEM” Memory button to display the set of measurement values with the measuring date and time from the oldest to the most recent.
- Press the “SET” Setting button to display the next set of measurement values with the measuring date and time from the most recent to the oldest.



Using your Blood Pressure Monitor

► To delete the memory value

- In the memory reading mode, press the "MEM" Memory button for 4-6 seconds, the unit will display "dEL no".
- Press the "MEM" Memory button again and LCD will display "dEL YES".
- If you are sure all the data of corresponding user can be deleted, press the "START/STOP" button, all the corresponding user's data will be deleted and the unit will turn off.

Note: if you have set "dEL YES", but do not press a button for 2 minutes, the unit will turn off automatically, but the corresponding user's blood pressure data will not be deleted. The delete operation must be confirmed by user.

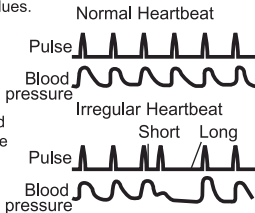


Additional Information on Blood Pressure

Irregular Heartbeat Symbol (IHB)

When the unit detects an irregular rhythm two or more times during the measurement, the Irregular Heartbeat Symbol will appear on the display with the measurement values.

An irregular heartbeat rhythm is defined as a rhythm that is more than 25% slower or 25% faster from the average rhythm detected while the monitor is measuring the systolic blood pressure and the diastolic blood pressure.



If the Irregular Heartbeat Symbol (IHB) displays with your measurement results, we recommend you consult your physician. Follow the directions of your doctor.

Additional Information on Blood Pressure

Blood Circulation

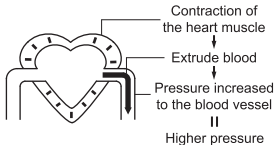
The blood circulation is responsible for supplying the body with oxygen.

blood pressure is the pressure exerted on the arteries.

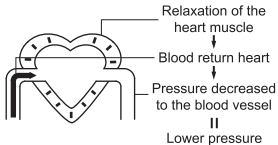
The systolic blood pressure value (higher pressure or top value) represents the blood pressure produced by contraction of the heart muscle.

The diastolic blood pressure value (lower pressure or lower value) represents the blood pressure produced by relaxation of the heart muscle.

Systolic Blood Pressure



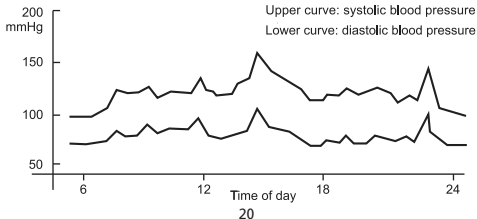
Diastolic Blood Pressure



Additional Information on Blood Pressure

Health and Blood Pressure

The incidence of hypertension increases with age. In addition, a lack of exercise, excess body fat and high levels of cholesterol (LDL), which sticks to the inside in blood vessels, reduces elasticity of these vessels. Hypertension accelerates arterial sclerosis which can lead to very serious conditions such as stroke and myocardial infarction. For these reasons it is very important to know whether the blood pressure is within a healthy range. Blood pressure fluctuates from minute to minute, throughout the day. Therefore it is essential to take regular measurements to help you identify an average blood pressure.

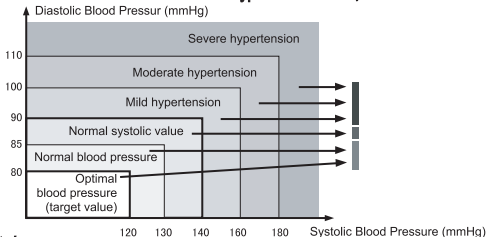


Additional Information on Blood Pressure

Classification of Blood Pressure

After each measurement is completed, the LCD display will show your position automatically on the six segments of the bar indicator which corresponds to World Health Organization (WHO) Blood Pressure Indicator.

Reference Material: Journal of Hypertension 1999, Vol 17 No.2



****Note!***

When a person's systolic and diastolic pressures fall into different categories, the higher category should apply.

Interpretation of Blood Pressure Results

Category of Blood Pressure	Systolic BP (mmHg)	Diastolic BP (mmHg)	Advice on Results
Hypotension	<100	<60	Practice a healthy lifestyle. Consult your doctor only if suffering symptoms of low BP (eg. fainting).
Ideal	<120	<80	Practice a healthy lifestyle.
Normal	120-129	80-84	Practice a healthy lifestyle.
High Normal	130-139	85-89	Practice a healthy lifestyle.
Hypertension (mild)*	140-159	90-99	Practice a healthy lifestyle. Re-measure BP monthly over next 3 months. If high levels ($\geq 140/90$) persist (eg. 2 high readings on 2 separate occasions) consult doctor.
Hypertension (moderate)*	160-179	100-109	Practice a healthy lifestyle. Re-measure BP monthly over next 4 months. If high levels ($\geq 140/90$) persist (eg. 2 high readings on 2 separate occasions) consult doctor.
Hypertension (severe)*	180-219	110-119	Re-measure BP in a few days. If BP $\geq 180/110$, consult doctor.
Hypertension (very severe)*	≥ 220	≥ 120	Visit your doctor or hospital.

* Your BP should be re-assessed professionally at least once a year - speak to your pharmacist or healthcare professional. If systolic BP and diastolic BP fall into different categories, the higher value should be taken for classification.

Specification

Model No.	BPx1W	
Display	LCD Digital Display	
Measuring Principle	Oscillometric Method	
Measurable Circumference of Wrist	13.5~21.5cm (5.3"~8.5")	
Electric Shock Protection	Internal power supply appliance type BF	
Measurement Range	Pressure	0 to 299 mmHg (0~39.9 kPa)
	Pulse	40 to 180 Pulses/min
Accuracy	Pressure	± 3 mmHg (0.4kPa)
	Pulse	$\pm 5\%$ of reading
LCD Indication	Pressure	3 Digits Display of mmHg or kPa
	Pulse	3 Digits Display
	Symbol	Memory/IHB/Heartbeat/Low Battery, etc.

Specification

Inflation	Automatic by Internal Pump	
Rapid Air Release	Automatic by Air Valve	
Memory Function	Memory 2x60 Sets Measurement Values	
Power Source	2 AAA Alkaline Batteries	
Automatic Turn Off	Within 2 Minutes	
Gross Weight	Approx. 90 g (Batteries not included)	
Device Life	2 Years	
Operating Environment	Temperature	10~40 C (50 ~ 104 °F)
	Humidity	15 ~ 90% RH (Noncondensing)
	Barometric Pressure	80~105 kPa
Transport Storage Environment	Temperature	-20~60 C (-4 ~ 140 °F)
	Humidity	10 ~ 95% RH (Noncondensing)
Note: Subject to technical modification without prior notice.		

Statement

- The intended use: The unit is intended to be used by adults at home or medical centre to measure blood pressure and pulse rate.
- The unit is intended for using in only adult population, not applied to the other populations such as neonatal baby.
- It can't be used while the wrist (arm) has bleeding or wound to avoid the blood flowing from the wound in pressuring.
- The device, part and batteries have to be disposed of waste correctly at the end of the usage.
- Please follow Local Ordinances or Regulations for disposal.
- Applied part: CUFF.
- Protection Class: Internally powered equipment.
- Applied Part Type: Type BF.
- Moisture Protection: IPX0, continue operation.
altitude < 2000m;
overvoltage: II;
pollution degree: 2
- The risk of patient and user can be lowered to acceptable level.
- The unit might not meet its performance specification if stored or used outside the following specified temperature, humidity and altitude ranges.

EMC Table

Guidance and manufacture's declaration

Guidance and manufacture's declaration – electromagnetic emission		
The Digital Blood Pressure Monitor is intended for use in the electromagnetic environment specified below. The customer of the user of the Digital Blood Pressure Monitor should assure that it is used in such an environment.		
Emission test	Compliance	Electromagnetic environment – guidance
RF emissions CISPR 11	Group 1	The Digital Blood Pressure Monitor use RF energy only for its internal function. Therefore, its RF emissions are very low and are not likely to cause any interference in nearby electronic equipment.
RF emission CISPR 11	Class B	The Digital Blood Pressure Monitor is suitable for use in all establishments other than domestic and those directly connected to the public low-voltage power supply network that supplies buildings used for domestic purposes.
Harmonic emissions IEC 61000-3-2	Not applicable	
Voltage fluctuations/ flicker emissions IEC 61000-3-3	Not applicable	


EMC Table

Guidance and manufacture's declaration – electromagnetic immunity			
The Digital Blood Pressure Monitor is intended for use in the electromagnetic environment specified below. The customer or the user of Digital Blood Pressure Monitor should assure that it is used in such an environment.			
Immunity test	IEC 60601 test level	Compliance level	Electromagnetic environment - guidance
Electrostatic discharge (ESD) IEC 61000-4-2	±6 kV contact ±8 kV air	±6 kV contact ±8 kV air	Floors should be wood, concrete or ceramic tile. If floor are covered with synthetic material, the relative humidity should be at least 30%.
Power frequency (50Hz/60Hz) magnetic field IEC 61000-4-8	3V/m	3V/m	Power frequency magnetic fields should be at levels characteristic of a typical location in a typical commercial or hospital environment.
NOTE UT is the a.c. mains voltage prior to application of the test level.			

EMC Table

Guidance and manufacture's declaration – electromagnetic immunity			
The Digital Blood Pressure Monitor is intended for use in the electromagnetic environment specified below. The customer or the user of Digital Blood Pressure Monitor should assure that it is used in such an environment.			
Immunity test	IEC 60601 test level	Compliance level	Electromagnetic environment - guidance
Radiated RF IEC 61000-4-3	3V/m 80 MHz to 2.5 GHz	3V/m	<p>Portable and mobile RF communications equipment should be used no closer to any part of the Digital Blood Pressure Monitor, including cables, than the recommended separation distance calculated from the equation applicable to the frequency of the transmitter.</p> <p>Recommended separation distance $d = 1.167\sqrt{P}$ 80 MHz to 800 MHz $d = 2.333\sqrt{P}$ 800 MHz to 2.5 GHz</p> <p>Where P is the maximum output power rating of the transmitter in watts (W) according to the transmitter manufacturer and d is the recommended separation distance in metres (m).</p> <p>Field strengths from fixed RF transmitters, as determined by an electromagnetic site</p>

EMC Table

Immunity test	IEC 60601 test level	Compliance level	Electromagnetic environment - guidance
Radiated RF IEC 61000-4-3	3V/m 80 MHz to 2.5 GHz	3V/m	survey, ^a should be less than the compliance level in each frequency range. ^b Interference may occur in the vicinity of equipment marked with the following symbol: 
NOTE 1 At 80 MHz and 800 MHz, the higher frequency range applies. NOTE 2 These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from structures, objects and people.			
<p>^a Field strengths from fixed transmitters, such as base stations for radio (cellular/cordless) telephones and land mobile radios, amateur radio, AM and FM radio broadcast and TV broadcast cannot be predicted theoretically with accuracy. To assess the electromagnetic environment due to fixed RF transmitters, an electromagnetic site survey should be considered. If the measured field strength in the location in which the Digital Blood Pressure Monitor is used exceeds the applicable RF compliance level above, the Digital Blood Pressure Monitor should be observed to verify normal operation. If abnormal performance is observed, additional measures may be necessary, such as reorienting or relocating the Digital Blood Pressure Monitor.</p> <p>^b Over the frequency range 150 KHz to 80 MHz, field strengths should be less than 3V/m.</p>			

EMC Table

Recommended separation distances between portable and mobile RF communications equipment and the Digital Blood Pressure Monitor.		
Pressure Monitor is intended for use in an electromagnetic environment in which radiated RF disturbances are controlled. The customer or the user of the Digital Blood Pressure Monitor can help prevent electromagnetic interference by maintaining a minimum distance between portable and mobile RF communications equipment (transmitters) and the Digital Blood Pressure Monitor as recommended below, according to the maximum output power of the communications equipment.		
output power of transmitter	Separation distance according to frequency of transmitter (m)	
	80 MHz to 800 MHz $d = 1.167\sqrt{P}$	800MHz to 2.5GHz $d = 2.333\sqrt{P}$
0.01	0.117	0.233
0.1	0.369	0.738
1	1.167	2.333
10	3.689	7.379
100	11.667	23.333
For transmitters rated at a maximum output power not listed above, the recommended separation distance d in metres (m) can be estimated using the equation applicable to the frequency of the transmitter, where P is the maximum output power rating of the transmitter in watts (W) according to the transmitter manufacturer.		

EMC Table



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

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

Troubleshooting and Maintenance

Error Indicators

■ The following symbol will appear on the display when measuring abnormally.

Symbol	Cause	Correction
	The course of inflating appears error.	Wrap the cuff correctly and tightly.
		Inflate over again after ensuring.
	When measurement fails.	Do not move your arm and body, and keep quiet.
		Measure over again according to correct way.
	When the batteries power are too low.	Replace both of the worn batteries with two new ones.

Troubleshooting and Maintenance

Eliminate Fault

Problem	Causes and Solutions
No power.	Replace both of the worn batteries with two new ones.
No display appears on the display screen.	Check the battery installation for proper placement of the batteries polarities.
Measurement values appear too high or too low.	Blood pressure varies constantly. Many factors including stress, time of day, how you wrap the cuff, may affect your blood pressure. Review the sections "Proper Way of Measurement" and "Take a Measurement".

Troubleshooting and Maintenance

Maintenance

To protect your unit from damage, please observe the following:

- Do not disassemble the unit.
 - Do not fold the cuff or tubing tightly.
 - Do not wash the cuff or immerse it in water.
 - Do not use volatile liquids to clean the main unit.
 - Do not use petrol, thinners or similar solvents to clean the cuff.
 - Do not subject the unit to strong shocks or vibrations (for example, dropping the unit on the floor).
 - Do not subject the main unit and the cuff to extreme temperatures, humidity, moisture or direct sunlight.
 - Do not carry out repairs of any kind yourself. If a defect occurs, Please contact the local distributor.
- ※ If needed, please use ultraviolet radiation for disinfection.



Troubleshooting and Maintenance

Maintenance

- The unit should be cleaned with a soft, dry cloth.
- Use a soft, moistened cloth and soap to clean the arm cuff.
- Substitution of a cuff different from that supplied might result in measurement error.
- We will provide circuit diagrams, component part lists, descriptions, calibration instructions, or other information to assist service personnel to repair parts.
- The service personnel needs to be the personnel who is trained by the manufacture and has got the relevant qualification certificate.
- The accuracy of this blood pressure monitor has been carefully tested and is designed for a long service life. We recommend that the performance be checked every 2 years and after maintenance and repair, by utilizing the manometer mode and verifying the accuracy of the manometer at least at 50 mmHg (6,7 kPa) and 200 mmHg (26,7 kPa). Please contact the local distributor for details.

Maintenance

1. Do not drop this blood pressure monitor or subject it to heavy impact.
2. Avoid exposure to high temperatures, direct sunlight and contact with water.
3. If the monitor is stored at temperatures below freezing, do not use immediately. Leave at room temperature for at least 1 hour before use.
4. Do not attempt to disassemble the monitor.
5. Do not leave the batteries in the monitor if it is not in use for a long period of time.
6. It is recommended the performance should be checked every 2 years or after repair.
7. If the monitor becomes dirty, please clean it with a soft dry cloth. Do not use any abrasive or volatile cleaners.
8. The supplier will make available on request the circuit diagrams, component part lists, descriptions, calibration instructions, or other information which will assist the USER's appropriately qualified technical personnel to repair those parts of EQUIPMENT which are designated by the manufacturer as repairable.



Harvard Medical Devices Ltd.

Unit 1002, 10th Floor, Railway Plaza,
39 Chatham Road South, Tsimshatsui,
Kowloon, Hong Kong.



Share Info Consultant Service
LLC Repräsentanzbüro

Heerdtter Lohweg 83, 40549 Düsseldorf


REF BPx1W



0197



Warning and safety notices

 *To assure the correct use of the product basic safety measures should always be followed including the precautions listed below:*

- Read all information in the instruction manual and any other literature included in the box before using the unit.
- Contact your physician for specific information about your blood pressure. Self-diagnosis and treatment using measured results may be dangerous. Follow the instructions of your healthcare provider.
- Operate the unit only as intended. Don't use for any other purpose.
- The intended PATIENT population is adult, which is not applicable to neonatal, pregnant, including pre-eclamptic, PATIENTS.
- Do not disassemble or attempt to repair the unit or components.
- Do not use the equipment where flammable gas (such as anesthetic gas, oxygen or hydrogen) or flammable liquid (such as alcohol) are present.
- Do not use a mobile phone or other devices that emit electromagnetic fields, near the unit. This may result in incorrect operation of the unit.
- Indicating that too frequent measurements can cause injury to the PATIENT due to blood flow interference;
- Remove the batteries if the unit will not be used for Three months or More.
- Regarding the application of the CUFF over a wound, as this can cause further injury;

Warning and safety notices

- Regarding the effect of blood flow interference and resulting harmful injury to the PATIENT caused by continuous CUFF pressure due to connection tubing kinking;
- Regarding the application of the CUFF and its pressurization on any limb where intravascular access or therapy, or an arterio-venous (A-V) shunt, is present because of temporary interference to blood flow and could result in injury to the PATIENT;
- Regarding the application of the CUFF and its pressurization on the arm on the side of a mastectomy;
- Regarding the information that pressurization of the CUFF can temporarily cause loss of function of simultaneously used monitoring ME EQUIPMENT on the same limb;
- Regarding the need to check (for example, by observation of the limb concerned) that operation of the AUTOMATED SPHYGMOMANOMETER does not result in prolonged impairment of the circulation of the blood of the PATIENT.
- When the arm is oppressed by air pressure, please loosen CUFF or remove batteries.











Return Policy

- Product may be returned if faulty, please contact the Retailer or Kinetik directly if you're experiencing issues with your product. This does not affect your statutory rights. Please note the retailer's own return policy may still be valid, contact the retailer for more information.

Warranty Information

- The unit satisfies the requirements of IEC60601-1 Medical electrical equipment, IEC 60601-1-2:2007: Electromagnetic compatibility –Requirements and tests
EN 1060-1:Non-invasive sphygmomanometers - Part 1: Requirements and test methods for non-automated measurement type
EN 1060-3:Non-invasive sphygmomanometers - Part 3: Supplementary requirements for electro-mechanical blood pressure measuring systems

Explanation of Symbols on Unit

-  **WARNING** Indicates a potentially hazardous situation which, if not avoided, could result in death or serious injury.
-  **CAUTION** Indicates a potentially hazardous situation which, if not avoided, may result in minor or moderate injury to the user or patient or damage to the equipment or other property.
-  Read the instructions (actual symbol colours are white on a blue background).
-  This symbol indicates that this product is a Type BF device.
-  Symbol for "Environment Protection" – Waste electrical products should not be disposed of with household waste. Please recycle where facilities exist. Check with your local Authority or retailer for recycling advice.
-  Symbol for "Manufacturer".
-  This product complies with MDD93/42/EEC requirements.
-  Symbol for "European Representative".
-  Keep Dry.
-  Model Reference.

