

**HEALTHY
LIVING™**

**HEALTHY
LIVING™**

**Owner's Manual
for model:
BW-3100HL**



SAMSUNG AMERICA, INC.

Made in China

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[www. SAMUNGHHealthyLiving.com](http://www.SAMUNGHHealthyLiving.com)

WRIST

Wrist Blood Pressure Monitor with Heart Sense®



- Large Three Row Digital Display
- 3 Zones of 30 Memory - 90 Memory Total
- Time and Date
- Memory Average of Last 3 Measurements
- Pulse Display
- Automatic power off



PN 100002-01 6/06 Rev. 0



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Important Warnings/Medical Disclaimer

Before using your blood pressure monitor, you should read and understand all instructions and follow all warnings.

Information in this manual is provided for informational purposes only. This product and manual are not meant to be a substitute for the advice provided by your own physician or other medical professional. You should not use this product, or the information contained herein, for diagnosing or treating a health problem, disease, or prescribing any medication. If you have or suspect that you have a medical problem, promptly contact your medical provider.

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Healthy Living®

Purchasing this blood pressure monitor is your first step in living a healthier life, but it is only the beginning. It is also important to:

STAY ACTIVE - Start out by taking just a short walk each day. Over time you'll begin to feel more energetic. Walking is a fun, easy way to help lose weight and also aids in building stronger bones and a healthier heart!

EAT HEALTHY - Adding more fruits and vegetables to your diet is a great way to start. Also, look at incorporating more whole grains, fish and low fat dairy products and keep a check on your sodium intake. If you're using a blood pressure monitor, you should already be aware of how sodium can affect your blood pressure. You may want to explore the potential benefits of certain botanicals such as onion and garlic. As always, consult your physician before beginning any dietary changes.

Commonly Asked Questions About Blood Pressure



When the heart contracts it sends blood out into the body. This pressure is referred to as **systolic**.

The pressure that is created as the heart pulls blood back through is called **diastolic**.

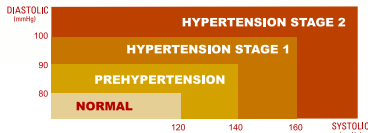


Blood Pressure is recorded as systolic over diastolic.

120 80

What is considered Normal Blood Pressure?

The Seventh Report of the Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure from the National Heart, Lung and Blood Institute has set forth the following guidelines regarding high blood pressure. Guidelines provided are for information purposes only. Please consult with your physician for proper diagnosis.



Commonly Asked Questions About Blood Pressure

Why Does My Blood Pressure Fluctuate?

Blood pressure changes with every beat of the heart and is in constant fluctuation throughout the day. In addition to natural changes, other factors that may affect blood pressure are:

- Temperature (too hot or cold)
- Humidity
- Restlessness
- Lack of sleep
- Physical exercise
- Constipation
- Fear
- Anger
- Anxiety
- Food/beverage consumption
- Your physical condition
- Stress

Be sure to speak with your healthcare professional to determine what is affecting your blood pressure.

How Do I Know If I Have High Blood Pressure?

People have the misconception that they can "feel" their blood pressure rise. In reality it is nearly impossible to tell if your pressure is elevated without having it checked. This is why hypertension has been named "the silent killer". Start monitoring your blood pressure today and discuss the results with your healthcare professional.

Commonly Asked Questions About Blood Pressure

Why Is It Important To Control My Blood Pressure?

Left uncontrolled hypertension can place an incredible amount of stress on your heart and arteries. They are both forced to work harder to keep blood flowing through your body. Over time this stress may result in health related problems including enlargement of the heart, loss of artery elasticity, heart disease, stroke and death. Making simple lifestyle changes now may help you stay healthy in the future.

Intended Use

Healthy Living[®] blood pressure monitors are designed for home use. They are noninvasive; no part enters your body, and provide systolic, diastolic and pulse rate measurements. These monitors are recommended for use by people over 18 years of age and are not suitable for clinical use.

Measurement Method

Healthy Living[®] monitors measure blood pressure and pulse rate by using an oscillometric method, meaning the fluctuations in pressure are measured. Once the cuff is wrapped around the wrist, the monitor is turned on and the cuff is automatically inflated. The inflation of the cuff creates pressure around the arteries inside the wrist. Within the cuff is a gauge which senses the fluctuations (oscillations) in pressure. The fluctuations measured are the arteries contracting with each heart beat as a result of the pressure the cuff has placed on the wrist. The monitor measures these contractions and converts the information to a digital value. That is the result displayed on the monitor screen. Once the measurement is complete the cuff will automatically deflate.

Main Unit and Accessories

Main Unit



Accessories

Includes:

- * 2 AAA Alkaline Batteries
- * Storage/Travel Pouch

Special Features

Heart Sense®

The Heart Sense® Inflation System senses your blood pressure before the measurement is complete, signaling the monitor to adjust the air pressure amount. The result is a quick, comfortable measurement each time you check your blood pressure.



Quiet Inflation

A unique, low noise, rolling motor system allows our monitors to inflate quietly.

Large 3 Row Display Screen

To make reading your result easier, the monitor comes with a large 3 row LCD display screen.

Memory Feature

Your Healthy Living® Wrist Monitor features memory capability of up to 90 measurements and provides the average of the 3 most recent readings!

Time and Date

The monitor will automatically keep track of the time and date.

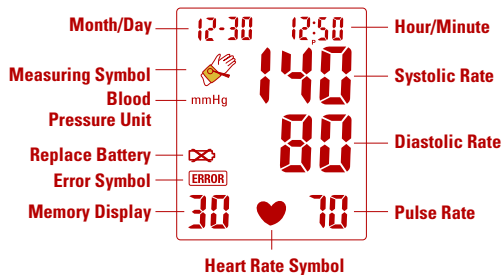
Accuracy

Healthy Living® monitors have been clinically tested against a scientific device called a sphygmomanometer, considered the gold standard in blood pressure measurement. All Healthy Living® monitors have performed equivalent to measurements taken with this scientific device and are within the accuracy limits prescribed by the American National Standard for Electronic or Automated Sphygmomanometers.

Special Conditions

All Healthy Living® blood pressure monitors are safe and accurate to use with arrhythmias, such as atrial or ventricular premature beats and atrial fibrillation.

Digital Display Symbols

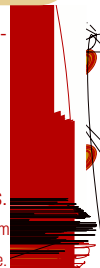


Battery Installation

Using the 2 AAA batteries included, locate the battery compartment on the side of the monitor. Remove the battery cover and insert the batteries, making sure the polarities (+/-) are correct. Snap the battery cover back into place.

When the display screen shows "low battery symbol" it is time to replace with 2 new AAA batteries.

* To make the batteries last longer, you may want to remove them if you are not using your monitor for an extended period of time.



Programming Time and Date

To set the month, simply press the "MODE" button and the month number will begin to flash. Press the "SET" button until the correct month appears and then press "MODE" to set that month. Follow the same process to set the day and time.

Important Reminders

Follow your health care provider's advice on how and when to take your blood pressure. Here are some important hints on what to do before taking a measurement:

- * Sit quietly for about 10 minutes. This allows your body to return to its normal resting state.
- * Take your blood pressure in a room temperature environment, extreme temperatures may affect the measurement.
- * Wait 30-45 minutes after smoking or consuming caffeinated beverages.

Important Reminders

While taking a measurement:

- * Sit still and quietly. Talking or moving may elevate measurements.
- * For consistency, it is a good idea to measure your blood pressure around the same time each day and using the same wrist. If possible, we suggest using the left.
- * When taking multiple measurements right after each other, make sure you have allowed at least 10 minutes between measurements. This allows your blood vessels to return to their normal state.
- * Sit with your legs uncrossed and feet flat on the floor. Do not touch the cuff or monitor while the measurement is being taken.
- * Keep your wrist at level with your heart.
- * Relax.



Applying the Cuff to Your Wrist

- * The cuff needs to be wrapped around your bare wrist. Make sure to rollup your sleeve or remove any clothing or jewelry that is covering your wrist. If rolling up a sleeve, make sure this does not constrict blood circulation in your arm.
- * Wrap the cuff around your wrist (preferably the left) making sure it is secure, but not too tight. The monitor should be facing up at you.
- * Place your arm on a table with your palm facing up. It is important for the wrist cuff to be at the same level as your heart. You can rest your wrist on the enclosed storage case.



Taking a Blood Pressure Measurement

- * Once the cuff is properly around your wrist and you are seated with your feet flat on the floor, you are ready to take your measurement.
- * Press "SET" button to select a particular memory zone (no.1 to no.3).
- * See "3 Zones of 30 Memory" for detailed instructions on setting/using memory.
- * Press the "START/STOP" button to begin measuring. You will feel the cuff get tighter, this is normal. The cuff will automatically inflate to the level that is right for you. The cuff should not inflate to the point of discomfort, if this happens the cuffed is wrapped to tightly. Press the "START/STOP" button to stop the measurement and rewrap the cuff leaving more room between your wrist and the cuff.
- * As the monitor determines your blood pressure, numbers will appear and change on the display screen until your reading is complete.

Taking a Blood Pressure Measurement

- * When your measurement is complete the monitor will automatically deflate by releasing the air in the cuff.
- * The process should take less than a minute and once the measurement is complete your blood pressure and pulse rate will be displayed. The monitor will turn itself off approximately 1 minute after completing a reading.

NOTE: Blood pressure constantly changes during the course of a day. Occasionally high or low readings do not necessarily mean you are ill or that the monitor is malfunctioning. If you experience abnormal measurements it is important to speak with your doctor to learn what your normal blood pressure is.

Memory

When you take a measurement the monitor will automatically store it as number 1. As you continue to take measurement the monitor will "push" the previous measurement back one space. The most recent measurement will always be 1, the measurement before that will be 2 and so on. To view measurements in Memory, press the "MEMORY" button for the last reading and continue to press for each previous reading.


3 Zones of 30 Memory

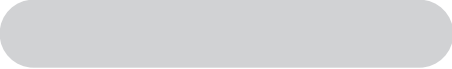
Your monitor features a 3 party memory capability or 3 "zones" each zone stores 30 measurements each for a total capacity of 90 measurements. This feature is useful for a user to track

Troubleshooting

Error/Symbol	What Does It Mean?	How To Fix It
ERROR	Monitor may have been inflated without the cuff around the wrist <i>OR</i> Cuff may not be positioned correctly on the wrist.	Read page 17 (Applying the Cuff).
	Movement may have disturbed the cuff while inflating and it is attempting to re-inflate. Check the cuff to make sure it is positioned correctly.	Read pages 15& 16 (Important Reminders).
	You may have moved or spoken during the measurement process.	Remember that it is important not to move and speak as it may elevate measurements.
	You may have been startled by a noise or vibration while measuring.	Make sure you are in a quiet and comfortable place when taking a measurement.

Troubleshooting

Error/Symbol	What Does It Mean?	How To Fix It
ERROR 	The batteries have run down.	Replace with 2 new AAA batteries. See page 13 for instructions.
Blood pressure value seems too high or too low	Cuff may not be aligned correctly	Read page 17 (Applying the Cuff).
	Circuitry locked.	Remove and reinsert the batteries and then proceed to take measurement again.
Unable to take a measurement after receiving an error symbol.	The cuff may not be positioned correctly.	Read page 17 (Applying the Cuff).



Samsung America, Inc. will, at its option, repair or replace your monitor, including the cuff, with the same or comparable model free of charge (except you must pay for shipping charges set forth below) for a period of (5) five years from the date of original purchase in the event of a defect in materials or workmanship occurring during normal use. This product is for home use only and is not intended for commercial or clinical use. ~~This warranty only extends to the original retail purchaser.~~

Specifications

Model	BW-3100HL
Monitor Type	Wrist cuff
Measurement Method	Oscillometric
Display	Liquid crystal digital display
Measurement Range	Pressure:0-300 mm Hg Pulse:40-199 beats/Minute
Accuracy	Pressure:within ± 3mm Hg Pulse:within ± 5%
Memory	3 databases of 30 memory each = total 90 sets
Automatic Power Off	Approximately 2 minutes after measurement is complete
Battery Type	2 AAA batteries (Alkaline)
Battery Life	Approximately 6 months when used once a day
Storage Temperature	Temperature:-4°F to 140°F Relative Humidity:10-95% R.H.
Operating Temperature	Temperature:50°F to 104°F Relative Humidity:30-85% R.H.
Dimensions (approx.)	Monitor: L 27 ⁵ / ₁₆ " x W 28 ¹ / ₁₆ " x H 11 ³ / ₁₆ " Cuff: fits wrists 5" - 8" around
Weight (approx.)	5.8 oz. (including batteries)

For purposes of improvement, specifications are subject to change without notice.

Blood Pressure Diary

Date	Time	Systolic/Diastolic	Pulse
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Blood Pressure Diary

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Blood Pressure Diary

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