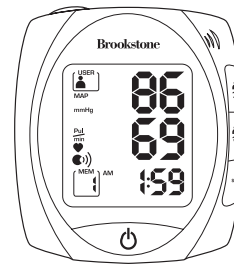


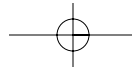
talking blood  
pressure monitor



**Brookstone®**

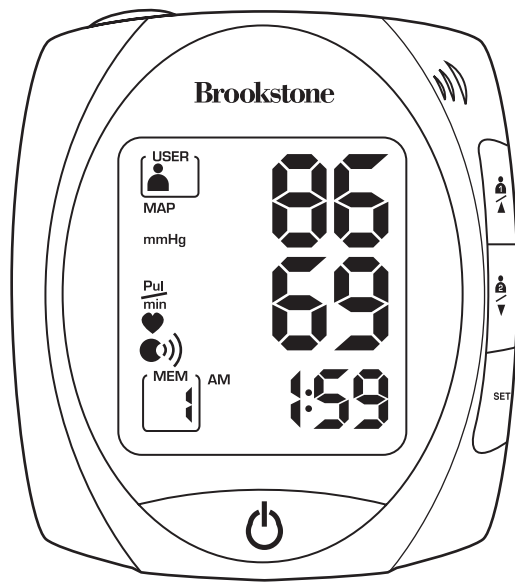
Merrimack, New Hampshire 03054  
Customer Service 800-846-3000  
www.brookstone.com

516328



**Brookstone®**

516328\_INS\_Talking Blood Pressure Monitor  
Instructions Doc. Size: 5"W x 4.75"H  
Output at 100% Prints 1/0 Black



## TALKING BLOOD PRESSURE MONITOR

**Brookstone makes life better.**

Our **Talking Blood Pressure Monitor** announces out loud your current blood pressure and compares it to the World Health Organization's guidelines. It even measures systolic and diastolic pressure, mean arterial pressure and mean pulse rate.

The Talking Blood Pressure Monitor has been thoroughly tested to be certain it meets our own **exacting quality control standards**. Please take a few moments to review the following **important information** before using this item.


**Announces your blood pressure and analyzes your reading!**

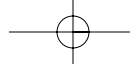
## BATTERY PRECAUTIONS

- Dispose of the old batteries properly. Do not dispose of the old batteries in a fire.
- Do not leave the batteries where a child or pet could play with or swallow them. If the batteries are swallowed, contact a physician immediately.
- The batteries may explode if mistreated. Do not attempt to recharge or disassemble the batteries.
- Use only fresh batteries of the required size and type. Do not mix old and new batteries, different types of batteries, or rechargeable batteries of different capacities.

## WARNING

- This device is intended for adult use only.
- This device is intended for non-invasive measuring and monitoring of arterial blood pressure. It is not intended for use on extremities other than the wrist or for functions other than obtaining a blood pressure measurement.
- Do not confuse self-monitoring with self-diagnosis.

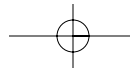
- This unit allows you to monitor your blood pressure. Do not begin or end medical treatment based solely on the measurements of this device. Consult a physician for treatment advice.
- If you are taking medication, consult your physician to determine the most appropriate time to measure your blood pressure.
- Never change a prescribed medication without consulting your physician.
- This unit is not suitable for continuous monitoring during medical emergencies or operations.
- If the CUFF pressure exceeds 300 mmHg/40 kPa, the unit will automatically deflate. Should the CUFF not deflate when pressure exceeds 300 mmHg/40 kPa, detach the CUFF from the wrist and press  to stop inflation.
- To avoid measurement errors, carefully read this instruction manual before using the product.
- When not in use, store the unit in a dry place away from direct sunlight.
- Do not immerse the unit in water. If it comes in contact with water, dry it immediately with a soft, lint-free cloth.
- Remove the batteries whenever you are planning to store the unit for a long period of time.
- Do not place objects such as stickers on the CUFF, as these may impair the measurement.






- Do not subject the unit to excessive force, shock, dust, temperature changes, or humidity. Such treatment may result in malfunction, a shorter electronic life span, damaged batteries or distorted parts.
- Do not tamper with the internal components. Doing so will terminate the product warranty (if applicable) and may cause damage.
- The unit contains no user-serviceable parts.

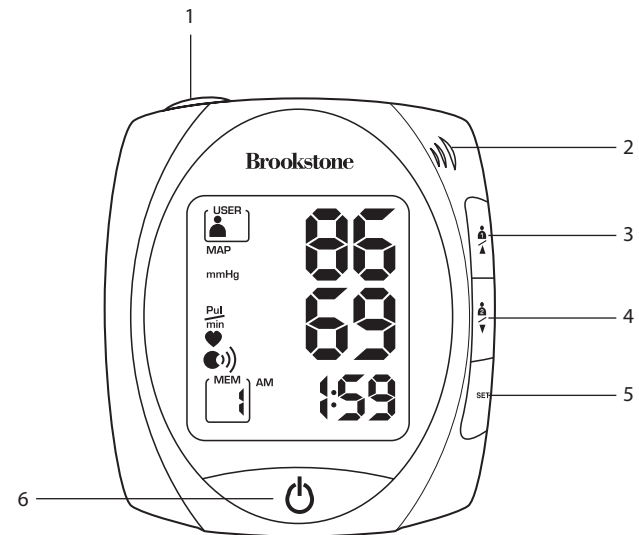
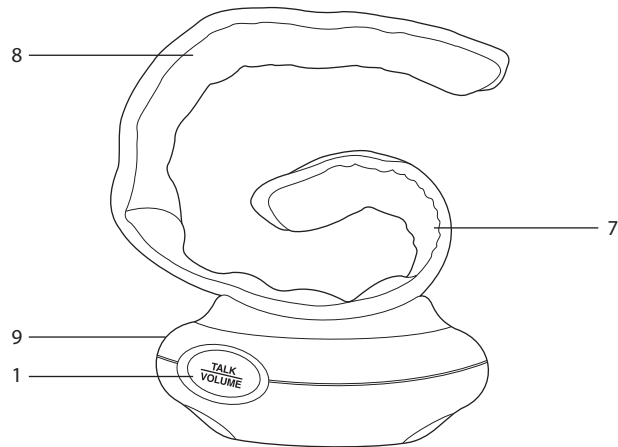
## IMPORTANT

- This is not a medical device and is not a substitute for a physician's care. Individuals with specific health concerns should consult with their physician.
- Be sure to set the clock before taking your first measurement, or whenever you replace the batteries, so that the date and time are stored in the memory with your history.
- Relax when taking your blood pressure. Try to take a 15-minute rest before you begin.
- Do not lean backward or bend your wrist inward while taking a measurement.
- Avoid talking or moving your fingers and hand while taking a measurement. Rapid movements or other activities may alter your reading.
- Wait at least an hour before taking your blood pressure if you have just eaten a large meal.
- Do not smoke or drink alcohol before taking your blood pressure.
- Do not measure your blood pressure if you are under stress.
- Wait at least 3 minutes between measurements. This allows your blood circulation to recover.
- For a meaningful comparison, try to measure under similar conditions. For example, take daily measurements at approximately the same time, on the same wrist, or as directed by a physician.



### LOCATION OF CONTROLS AND INDICATORS























- |  |  |
|--|--|
| 1. TALK/VOLUME   | 6.  |
| 2. SPEAKER   | 7. CUFF  |
| 3. USER 1/UP    | 8. WRIST STRAP   |
| 4. USER 2/DOWN  | 9. BATTERY COMPARTMENT COVER   |
| 5. SET   |  |



## MONITOR OPERATION

### Setting the Date and Time


Setting the date and time allows a time stamp to be assigned to your blood pressure measurements.

1. With the unit Off, press and hold SET until 12h flashes on the display.
2. Press USER 1/UP  or USER 2/DOWN  to select either 12- or 24-hour format.
3. Press SET again. The hour flashes on the display.
4. Press USER 1/UP  or USER 2/DOWN  incrementally until the correct hour displays.  
Or press and hold USER 1/UP  or USER 2/DOWN  to move at a faster rate.
5. Press SET again. The minutes flash on the display.
6. Press USER 1/UP  or USER 2/DOWN  incrementally until the correct minutes display.  
Or press and hold USER 1/UP  or USER 2/DOWN  to move at a faster rate.
7. Press SET again. The year flashes on the display.
8. Press USER 1/UP  or USER 2/DOWN  incrementally until the correct year displays.  
Or press and hold USER 1/UP  or USER 2/DOWN  to move at a faster rate.
9. Press SET again. The letters M (month) and D (day) flash on the display.
10. Press USER 1/UP  or USER 2/DOWN  to select your desired date format. You can choose to have the date display as Month/Day or Day/Month.
11. Press SET again. The month or day (depending on the format you selected in the previous step) flashes on the display.
12. Press USER 1/UP  or USER 2/DOWN  incrementally until the correct month or day displays.  
Or press and hold USER 1/UP  or USER 2/DOWN  to move at a faster rate.
13. Repeat steps 11-12 to finish setting the date.
14. Press SET again. mmHg flashes on the screen.
15. Press USER 1/UP  or USER 2/DOWN  to select your desired pressure reading format. You can choose to have your information display as mmHg (millimeters of mercury) or kPa (kilopascals).

### Adjusting the Volume

The unit features voice playback during and after blood pressure measurement results, as well as general instructions to help you prepare for taking measurements.

The volume has three settings, Mute (0), Low (1) and High (2).

1. To adjust the volume, press and hold TALK/VOLUME until "Volume Level" flashes on the display.
2. Press TALK/VOLUME incrementally until your desired volume level appears on the display.
3. Press  when you have finished.

### Taking Your Blood Pressure

1. Place the CUFF around your left wrist with your palm and the unit facing up.

**Note:** Place the unit on bare skin and remove all accessories such as a watch or bracelets.

If you have been diagnosed with poor circulation in your left arm, use your right arm instead.

2. Secure the WRIST STRAP around your wrist, positioning the unit so the edge is 0.4 inches from the bottom of your palm. See Fig. 1.

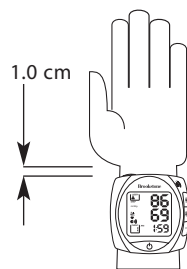


Fig. 1

3. Choose the position in which you want to take your blood pressure: sitting or lying down.

If you are sitting, ensure your wrist is parallel with your heart. If you do not have an armrest, place your arm across your chest. Hold your elbow with the other hand. See Fig. 2 and Fig 2A.

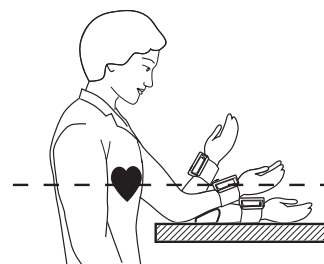


Fig. 2



Fig. 2a

If you are lying down, place your wrist on a support, cushion or your thigh so that it is parallel with your heart. See Fig. 3.

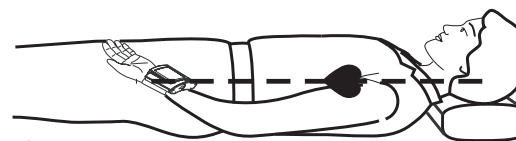



Fig. 3

#### 4. Relax your hand and press .



A voice message will remind you to relax and remain still. The CUFF and WRIST STRAP will begin to inflate. Once the pressure reaches the appropriate level, it will slowly deflate until the measurement results are announced and shown on the display. To repeat the announcement, press TALK/VOLUME.



#### Note:

- Press  at any time to stop the unit.
- Unless you turn the unit off sooner, it shuts off automatically one minute after taking a measurement.

### Saving Your Blood Pressure Measurements to Memory

You can save blood pressure measurements for up to two individuals. Each individual can save up to 60 measurements.

To save a measurement, press USER 1/UP  or USER 2/DOWN  after taking a measurement.

To view your measurement history, press USER 1/UP  or USER 2/DOWN .



#### Note:




- The most recent record is always shown first.
- Records will be saved when the batteries become exhausted and are replaced.

### Deleting Blood Pressure Measurements from the Memory




You can delete the latest measurement only or the entire history.




Deleting the Latest Measurement:

1. Press USER 1/UP  or USER 2/DOWN  to recall the latest measurement.
2. Press and hold SET until the display shows "dEL ONE".
3. To delete the latest record, press and hold SET. "del done" appears on the display.

**Note:** If you decide not to delete the record, press USER 1/UP  twice, and then press  or USER 2/DOWN  once.

Deleting the Entire History:

1. Press USER 1/UP  or USER 2/DOWN  to recall the latest measurement.
2. Press and hold SET until the display shows "dEL ONE".
3. Press USER 1/UP . "dEL ALL" appears on the display.
4. To delete the entire history, press and hold SET. "del done" appears on the display.




**Note:** If you decide not to delete the record, press USER 1/UP  twice, and then press  or USER 2/DOWN  once.







### Replacing the Batteries


1. Remove the BATTERY COMPARTMENT COVER.
2. Remove the two old AAA batteries and replace with new ones.
3. Replace the BATTERY COMPARTMENT COVER.

### Display Symbols and Descriptions

SYMBOL	DESCRIPTION	EXPLANATION
<b>SYS</b>	Systolic pressure	The highest blood pressure measured
<b>DIA</b>	Diastolic pressure	The lowest blood pressure measured
<b>0000</b>	Time (hour: minutes)	Current time
<b>MAP</b>	Mean arterial pressure	Average blood pressure
	Pulse	Pulse rate per minute
	User	Shows different user profile
	Memory	If "MEM" is visible on the display, the measurement is from the memory and not necessarily from the last reading

SYMBOL	DESCRIPTION	EXPLANATION
	Weak battery	Batteries are low and need replacement
	Inflating	Unit is inflating with air to obtain the needed level of pressure
	Deflating	Unit is deflating
<b>mmHg</b>	Millimeters of mercury	Measurement unit for blood pressure
<b>kPa</b>	Kilopascal	Measurement unit for blood pressure
	Voice activation	Voice announcing your blood pressure measured

## TROUBLESHOOTING

Problem	Symptom	Check This	Remedy
No Power	Display is dim or will not light up	Batteries are exhausted	Replace with new batteries
		Batteries are inserted incorrectly	Insert the batteries correctly
Low Batteries	 shows on the display	Batteries are low	Replace with new batteries
Error Message	Err shows on the display	A measurement error occurred	Relax for a moment and then measure again
	Err 1, 2, or 3 shows on the display	The wrist cuff is not secure	Refasten the cuff and then measure again
	Err 4 shows on the display	The monitor detected motion while measuring	Movement can affect the measurement. Relax for a moment and then measure again

Problem	Symptom	Check This	Remedy
Error Message	Err 5 shows on the display	Pressure is over 37.3kPa (280 mmHg)	Relax for a moment and then measure again
	Err 6 shows on the display	Deflation period was too long	Movement can affect the measurement. Relax for a moment and then measure again
	EExx shows on the display	A calibration error occurred	Retake the measurement. If the problem persists, contact our customer service department for assistance.

Problem	Symptom	Check This	Remedy
Settings are wrong	Date and time are incorrect	The clock was not set or reset after installing new batteries	Reset the clock
	Measurement unit (kPa or mmHg) is incorrect	The measurement unit was not set or reset after installing new batteries	Reset the measurement unit
No user memory	Cannot find a record	The memory was not saved after taking a measurement	Retake the measurement. Press $\blacktriangle/\blacktriangle$ or $\blacktriangle/\nabla$ to save the corresponding user's memory
		The record was stored to the wrong user memory	Press $\blacktriangle/\blacktriangle$ to view user 1's record. Press $\blacktriangle/\nabla$ to view user 2's record.

## SPECIFICATIONS

### APPLICATION

Measuring Method

Application

Measurement Location

Memory

Maximum number of users

### DIMENSIONS

Height x Width x Depth

Weight

Cuff Circumference

### MEASURING RANGE

Pressure

Pulse

### ACCURACY

Pressure

Pulse

Oscillometric/non-invasive

For adult use only

Wrist section of lower arm

Maximum 60 records

per user

2

3.5 x 3.4 x 1.2 inches

6.3 oz (180g) without batteries

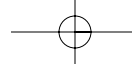
5.3 to 7.7 inches

30 to 280 mmHg  
(4.0 to 37.3 kPa)

40 to 200 pulse/min

+/- 3mmHg (+/- 0.4kPa)

+/-5%



## POWER

Batteries  
Power Save

2 AAA (included)  
Auto power off after 1  
minute of non-activity

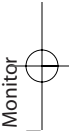
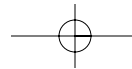
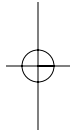
## OPERATING ENVIRONMENT

Operation  
Storage/Transport  
Humidity Range

50° to 104°F  
-4° to 140°F  
10% to 83% relative humidity

## CARE AND MAINTENANCE

Use a soft, slightly moistened cloth to wipe off the unit and CUFF. Do not use abrasive or corrosive cleaning agents, as these may cause damage.



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