

INSTRUCTION MANUAL
FOR
DIGITAL BLOOD PRESSURE MONITOR

REF **CH-437C**



English

GENERAL REMARKS

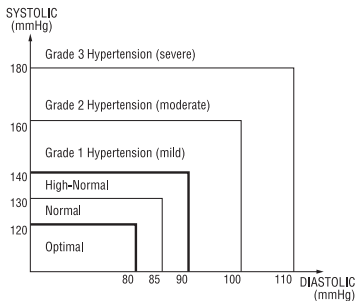
General remarks on blood pressure and blood pressure measurement

1. If the cuff is to be deflated quickly, depress "POWER" switch.
2. The attached cuff is suited for an arm circumference of 22 cm to 32 cm.
3. When attaching the cuff, the air hose should be placed on the inside of your arm on top of the arterial.
4. Self measurement is not therapy! In no case may you change the dosage of medication prescribed by your physician.
5. In preparation for blood pressure measurement, you should urinate and then remain relatively still for 10 to 15 minutes prior to measurement.
6. Exercising, eating, drinking, smoking, etc., prior to measurement may affect the results.
7. Blood pressure varies constantly throughout the day. Measurement should be made regularly at the same time each day.
8. DO NOT be too impressed by the results of one measurement. Keep a record of blood pressure variations. Many readings tell a story.
9. Emotional stress may tend to cause blood pressure to rise.

For proper measure of blood pressure

1. Take a deep breath five or six times and then relax before measuring your blood pressure. If you are tense when taking the measurement, you will not get a valid reading.
2. Blood pressure will be elevated when you are in a worrisome or irritated state, suffering from lack of sleep or constipation, or after exercise or a meal.
3. Wrap the cuff around the arm and tighten it so that one finger may be inserted between the cuff and arm. (See page 15)
4. DO NOT measure blood pressure after bathing or drinking.
5. When you feel like relieving yourself, you should do so before measuring your blood pressure.
6. Measure your blood pressure where the room temperature is about 20°C. DO NOT measure blood pressure when it is too cold (below 10°C) or too hot (above 40°C) in the room.

7. DO NOT try to measure blood pressure immediately after drinking coffee or tea or smoking.
8. Measure blood pressure with a relaxed and quiet posture. Keep the center of the cuff at the level of your heart, and DO NOT move your arm or talk.
9. DO NOT measure blood pressure after the cuff has been on for a few minute, as your arm will have built up higher blood pressure, and you will not get valid reading.
10. Next figure shows the classification of blood pressure according to WHO-standard.



Remarks:

The graph is not exact, but may be used as a guide in understanding non-invasive blood pressure measurements. The device intended for use in adult population.

Definition and Classification of Blood Pressure Levels

Measure your blood pressure at the same time on a daily basis.

- * The blood pressure changes at all times. This means that data gathered over a long period has great significance instead of data on just one measurement. It is therefore necessary to measure your blood pressure on a daily basis. Ideally, you should measure your blood pressure daily at the same time as far as possible.

PRECAUTION FOR USE AND MAINTENANCE

Precaution for use

1. If you suffer from heart disease, high blood pressure or other circulatory disease, please consult your doctor first.
2. If you feel abnormal pressure of the cuff during use or any other irregularity, reduce the pressure by immediately switching off the power or remove the batteries and consult the sales outlet where purchased.
3. If you think the measured value is abnormal or if measuring makes you feel unwell, discontinue use and consult your doctor.
4. Measurement of blood pressure may not be possible for someone with a weak pulse or arrhythmia.
5. If blood pressure is measured repeatedly, congestion, swelling, etc. may occur in some people.
6. If blood pressure is measured repeatedly, an accurate result will not be achieved. An interval of about 10 minutes should be allowed.
7. Consult your physician before use if you suffer a severe disorder of blood circulation in the arms. Failure to do so may cause health hazards.
8. Measurement may not be possible for someone with an insufficient blood flow in the area to be measured or frequent irregular heartbeats. Consult your physician for judgment.
9. DO NOT wrap the arm cuff around an injured arm.
10. DO NOT wrap the arm cuff to the arm where a drip (intravenous infusion) or blood transfusion under medical treatment. Failure to do so may cause an injury or a serious accident.
11. DO NOT use in the vicinity of flammable gases such as anesthetic gases because of the risk of ignition and explosion.
12. DO NOT use in enriched oxygen environments such as a hospital's hyperbaric chamber or oxygen tent because of the risk of ignition and fire.
13. DO NOT use a mobile phone near the unit. Doing so may result in malfunction.

14. If you use a cardiac pacemaker, consult your physician before using the monitor.
15. Be sure to use this unit only for measuring blood pressure. DO NOT use it for any other purpose.
16. Be sure to use only our authorized parts and accessories. Parts and accessories not approved for use with the device may damage the unit.
17. DO NOT use this unit on infants.
18. Blood pressure measurement may not be possible for anyone with common arrhythmias such as atrial or ventricular premature beats or atrial fibrillation.
19. The monitor is not intended to be a diagnostic device, because it is intended for home use.

Maintenance Precautions

1. DO NOT store the blood pressure monitor in locations exposed to direct sunlight, high temperatures (over 60°C), low temperatures (below -20°C), high relative humidity (over 95%) or excessive amounts of dust.
Make sure to store the blood pressure monitor, where children, pets and or pests are not there.
2. DO NOT drop the blood pressure monitor or the cuff and subject it to other shocks or vibration.
3. Remove the batteries if the monitor will be left unused for a long period.
4. DO NOT attempt to disassemble the monitor or the cuff.
5. DO NOT bend the cuff or the air hose excessively.
6. If the monitor is very dirty, wipe it clean with a cloth moistened with sterilizing alcohol or a neutral detergent. Then wipe it with a dry cloth.
7. NEVER clean the blood pressure monitor with thinners or benzene, as this could damage the monitor.
8. To clean the cuff, wipe it with a moist cloth. Avoid hard rubbing, as this will cause air leakages. Take care also not to get water into the air hose.



Warning

No modification of this device is allowed.

PRECAUTIONS FOR USE AND MAINTENANCE


Intended Use

- This device is noninvasive blood pressure monitor by oscillometric method. This device can measure the systolic blood pressure (SYS), the diastolic blood pressure (DIA) and the pulse rate automatically.
- This device is intended to be used for checking personal health condition at home under the direction of a physician and is not intended to be a diagnostic device.
- This device is not intended for use with neonates or infant, and not intended for automatic cycling measurement.

Symbols Explanation

 : The CE marking is meant to provide information to market inspectors in the EU member countries.

 : Type BF applied part

 : Keep dry

 : Warning

 : Refer to instruction manual before use

 : Appliance compliance WEEE directive

 : Accumulators and battery packs for separate collection

 : Manufacturer



Warning

The device has been tested and homologated in accordance with EN60601-1-2 for EMC. This does not guarantee in any way that the device will not be affected by electromagnetic interference. Avoid using the device in high electromagnetic environment.

Reference European standard:

The blood pressure measuring device corresponds to regulation EN60601-1, EN1060-1, EN1060-3, EN1060-4.

Nature and frequency of maintenance:

This product is designed for use over an extended period of time; however, it is generally recommended that it be inspected every two years to ensure proper function and performance.

Protect the nature environment:

Please help to protect natural environment by respecting national and/or local recycling regulations when disposing of the battery and the product at the end of their useful live.

WEEE MARK

If you want to dispose this product, do not mix with general household waste. There is a separate collection systems for used electronics products in accordance with legislation under the WEEE Directive (Directive 2002/96/EC) and is effective only within European Union.



Information for Users on Collection and Disposal of used Batteries.

The symbol in this information sheet means that used batteries should not be mixed with general household waste.

For proper treatment, recovery and recycling of used batteries, please take them to applicable collection points.

For more information about collection and recycling of batteries, please contact your local municipality, your waste disposal service or the point of sale where you purchased the items.



Information on Disposal in other Countries outside the European Union.

This symbol is only valid in the European Union.

If you wish to discard used batteries, please contact your local authorities or dealer and ask for the correct method of disposal.

Note for the battery symbol.

The symbol might be used in combination with a chemical symbol. In this case it complies with the requirement set by the Directive for the chemical involved.

Calibration:

The blood pressure measuring device is generally recommended to have the monitor inspected every two years to ensure correct functioning and accuracy. Please contact a distributor.



Name : **CITIZEN SYSTEMS (H.K.) LIMITED**
Address : 01/F, 64 Hung To Road, Kwun Tong, Kowloon, Hong Kong

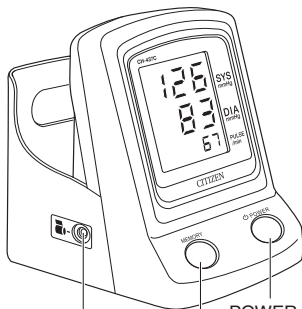
European Representative:

Name : WvW elektronische Geräte Vertrieb GmbH
Address : Fintemannstraße 20/Eingang, Martin-Heydert-Straße,
D-14109 Berlin, Germany

- For technical data, please contact our European Representative

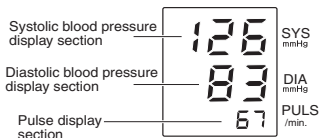


IDENTIFICATION OF PARTS

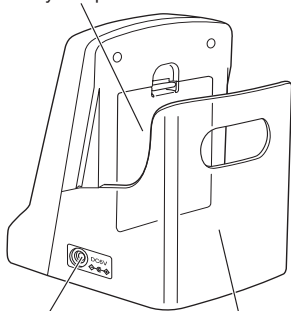


Air Hose socket

POWER switch
Stand-by
MEMORY switch

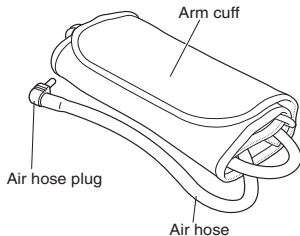


Battery compartment cover



AC adapter socket

Pocket
(for storing arm cuff)

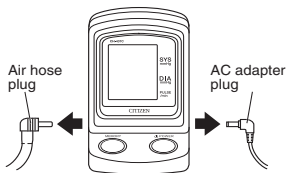


Air hose plug

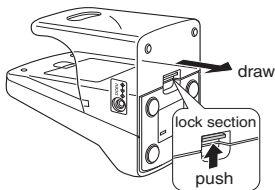
Arm cuff
Air hose

HOW TO LOAD BATTERIES

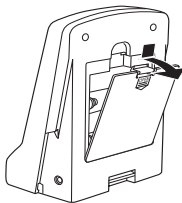
- 1 Remove the plugs.**
Remove the air hose plug and AC adapter plug.



- 2 Remove the Pocket.**
While pressing the lock section on the bottom of the pocket, pull the pocket in the direction of the arrow.



- 3 Open the battery compartment cover.**
While pressing the lock section of the battery compartment cover, pull the cover toward you to open.

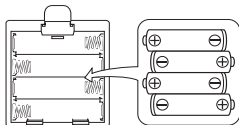


HOW TO LOAD BATTERIES

4 Place the batteries in the compartment.

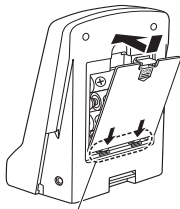
Fit the batteries paying attention to the positive ⊕ and negative ⊖ terminals.

* If the blood pressure monitor is left unused for an extended period of time, the batteries should be removed from the compartment.



5 Close the battery compartment cover.

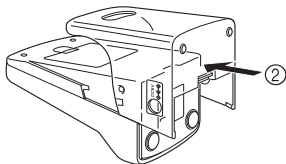
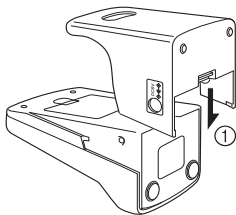
Fit the lugs of the cover at the mating recesses of the battery compartment body and push the cover in the direction of the arrow.



Fit the lugs (projections) at the recesses.

6 Re-attach the pocket.

Match the guides at the right and left sides of the pocket with those on the monitor body and slide the pocket till it clicks.



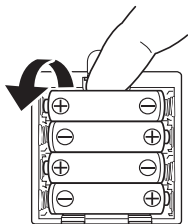
HOW TO UNLOAD THE BATTERIES

1 Remove the plug, pocket and battery compartment cover.

(☞ See page 9 "HOW TO LOAD BATTERIES".)

HOW TO LOAD BATTERIES

- 2** Remove each battery from top to bottom by lifting up its end, rotating it in the direction of the arrow with your fingertip.



- 3** Re-attach the battery compartment cover and the pocket.

(👉 See page 9 "HOW TO LOAD BATTERIES".)

Replacing the batteries

- Replace the batteries with four new "AA" alkaline batteries when **BT** appears on the display, or when nothing appears on the display when the POWER switch is pressed.
- Replace all four batteries with new ones.
- Do not use the alkaline dry battery and manganese dry battery together.
- Batteries included are for demonstration purposes only. Battery life may be shorter than specified.
- Dispose of used batteries properly in accordance with local regulations.

USING AC ADAPTER (OPTION)

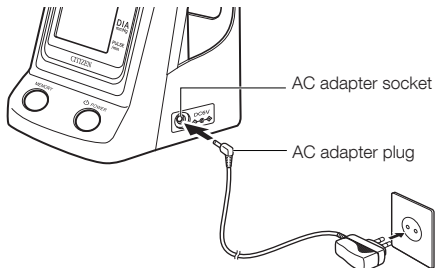
Using the optional dedicated AC adapter (model:AC-230CZ) for the CITIZEN blood pressure monitor (CH-437C) allows you to measure your blood pressure without having to worry about the amount of remaining charge in the batteries.)



Warning

The CH-437C and AC-230CZ should be used indoors in dry location.

1 Insert the AC adapter plug into the socket on the blood pressure monitor.



2 Plug the AC adapter into a mains power outlet.

- If you plan to use the AC adapter for an extended period of time, remove the batteries. If the batteries are left in the compartment, electrolyte may leak from the batteries and cause a fault in the blood pressure monitor.
- When only batteries are used to supply power to the monitor, the AC adapter should be unplugged from the monitor. Leaving the AC adapter plugged into the blood pressure monitor could cause a malfunction.
- Plug the AC adaptor into the socket, where you can easily plug off soon and safely in times of trouble.

The dedicated AC adapter (model:AC-230CZ) for the CH-437C is optional. The AC adapter is available from retailers stocking CITIZEN digital blood pressure monitors.

POINTS FOR ACCURATE MEASUREMENT

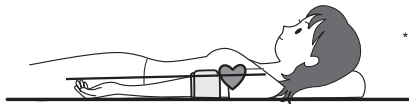
Blood pressure varies with posture, the time of day or numerous other factors. It is recommended to measure blood pressure at the same time each day in the same posture.

■ Measurement in sitting posture



- ① Place your arm on a table or similar surface stretching out the portion from the elbow to the hand.
- ② It is important to keep the arm cuff level to your heart.
- ③ Lightly open your hand on the table with palm up and relax your fingers.
- ④ Do not move your body or talk during Measurement.

■ Measurement in laying posture



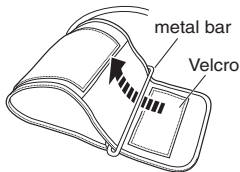
* Relax yourself not to apply

- ① Lie down your head facing the ceiling.
- ② Lightly open your hand with palm up and straighten your arm.
- ③ Relax your body, arm and fingers.
- ④ Do not move your body or talk during measurement.

HOW TO WRAP THE ARM CUFF

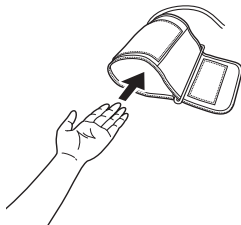
1 Unroll the arm cuff.

- When the arm cuff comes off, pass it through metal bar, directing the Velcro-attached side to the outer surface.

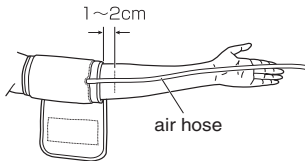


2 Put the arm cuff around your arm so that the air hose comes to the left palm side.

- The arm cuff should be put on the bare arm or over a light-weight clothing. If you wear a heavy-weight top, remove it.
- Be aware that if you roll up sleeves the upper arm may be compressed resulting in incorrect measurements.



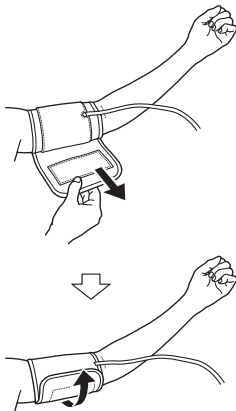
3 Adjust the arm cuff position as that the air hose is located at the center of your arm and so that the hem section of the cuff is spaced 1 to 2 cm from the elbow joint.



HOW TO WRAP THE ARM CUFF

4 Draw the end of the arm cuff to fit it on the arm and secure with Velcro.

- Carefully place the arm taking care to obtain adequate tightness, not too tight or loose. Adequate tightness is obtained when you can place a finger between the cuff and your arm.

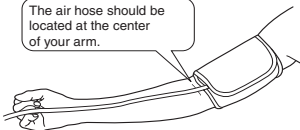


When you put the arm cuff around your right arm

You may measure your blood pressure on your right arm. Adjust the arm cuff position so that the air hose is located at the center of your right arm exactly as shown in the procedure for the left arm.

However blood pressure reading may differ by about 10 mmHg between the right and left arms. It is recommended to use the same arm for measurement thereby ensuring a consistent reading.

The air hose should be located at the center of your arm.



HOW TO MEASURE YOUR BLOOD PRESSURE

To get an accurate blood pressure measurement, you need to start by setting the pressure cuff on your arm to the correct starting pressure. The correct starting pressure level for you is your systolic blood pressure (the higher of your two blood pressure readings) plus 40 mmHg. You can select between "Auto" and "Manual" techniques for pressurizing the cuff. Select Auto if you are the only one using the unit, and select Manual if several people are sharing the unit with you.

For use by only one person:

AUTO

(See page 20 "Automatic Pressurizing mode")


Sets the starting pressure automatically to your correct starting level, according to previous measurements.

* When you use the unit the first time after replacing the batteries, the pressure will be set to 160 mmHg.

For shared use by several people:

MANUAL

(See page 22 "Manual Pressurizing mode")

You can change the pressure setting by pressing the  until the desired level is reached. Set the pressure manually to your systolic blood pressure value (the higher of your two blood pressure readings) +40 mmHg. Then measure your blood pressure.

In either Auto or Manual setting, you can measure your blood pressure by simply pressing one button.

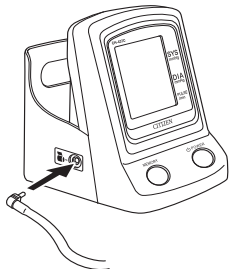
1 Wrap the arm cuff tightly around your arm.

( See page 15 "HOW TO WRAP THE ARM CUFF".)


HOW TO MEASURE YOUR BLOOD PRESSURE


2 Insert the air hose plug into the case of the unit.

3 Sit in the recommended position.
(☞ See page 14 "POINTS FOR ACCURATE MEASUREMENTS".)



4 Measure your blood pressure.

Press  to start inflating the cuff. You can select either the "AUTO" or "MANUAL" mode to set the correct starting pressure. Use the mode appropriate for your style of use: personal or shared.

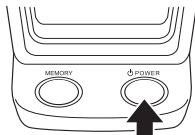
- ◆ For personal use: Use "AUTO" to measure your blood pressure. (☞ See page 20 "Automatic Pressurizing mode".)
- ◆ For shared use by several people: Use "MANUAL" to measure your blood pressure. (☞ See page 22 "Manual Pressurizing mode".)
- If you want to cancel measuring during use, press . The air pressure inside the arm cuff will be released and the power will be turned off.
- When the measurement has been obtained, it will be stored in the memory in the monitor unit, automatically.

HOW TO MEASURE YOUR BLOOD PRESSURE

5 After a measurement is obtained,

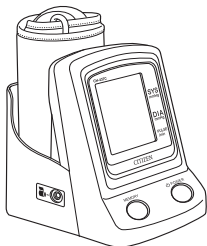
press  .

The power will be turned off.



6 Store the arm cuff in the pocket.

Wind the air hose around the arm cuff and store the cuff in the pocket.



Automatic Power Off Function

About 3 minutes after the last measurement was obtained, the power will be turned off, automatically.

HOW TO MEASURE YOUR BLOOD PRESSURE

◆ Automatic Pressurizing mode

In this mode, the pressure in the cuff is raised to the correct level automatically, according to the previous measurement stored in memory, and your blood pressure is measured.

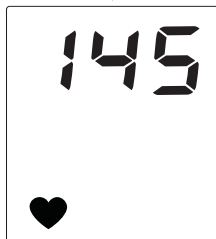
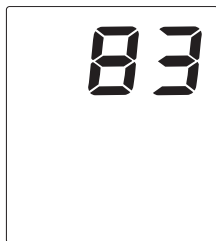
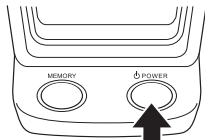


The cuff is inflated immediately after the ♥ mark is turned on and then off.

The starting pressure is set automatically, based on the last measurement taken, which is stored in memory.

- The first time you use the blood pressure monitor after replacing the battery, the pressure will be set to 160mmHg.
- If the level of the pressure is not enough, the pressure is automatically heightened to the level for measurement of the blood pressure again.
- * If the pressure is still too low, "Err1" will appear and the measurement will be cancelled. If this happens, use the Manual Pressurizing mode to measure your blood pressure. Then, the blood pressure reading will be stored and you will be able to measure your blood pressure easily the next time, using the Automatic Pressurizing mode.

A little while after the starting pressure reaches the correct level, the ♥ mark will be lit and the measurement will start automatically.

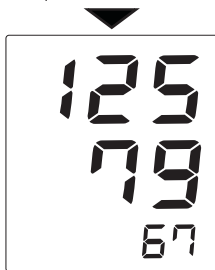


HOW TO MEASURE YOUR BLOOD PRESSURE

When your pulse is detected, the ♥ mark will blink and pressure will be shown in the Diastolic Blood Pressure readout. (Diastolic blood pressure is the lower number of your two blood pressure readings).

After the measurement has been taken and recorded, the air inside the arm cuff will be released and the measurement results (Systolic/Diastolic blood pressure and pulse rate) will appear.

* When the measurement is completed, the measurement results will be stored in the memory in the monitor unit, automatically.



NOTICE!

The starting pressure setting used is based on the last measurement taken. If you share the blood pressure monitor with other people and measure your blood pressure using the Automatic Pressurizing mode after a person with higher blood pressure, the starting pressure setting may be unnecessarily high. Therefore, use the Manual Pressurizing mode if you share the blood pressure monitor with other people.


HOW TO MEASURE YOUR BLOOD PRESSURE

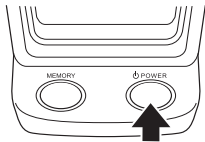
◆ Manual Pressurizing mode


You can change the starting pressure setting by pressing the



1 Press  .

The cuff starts to inflate. The pressure will continue to increase while the  is pressed.




2 When the pressure indicator reaches the correct starting pressure for you, stop pressing the  .

Raise the pressure in the cuff manually to roughly your systolic blood pressure plus 40 mmHg. Then measure your blood pressure.


Your systolic blood pressure
[] mmHg + 40 mmHg
Starting pressure for you
= [] mmHg





HOW TO MEASURE YOUR BLOOD PRESSURE

The cuff pressure will be set the pressure value you decided when you stop pressing the , and the monitor will start measuring your blood pressure.

- The starting pressure can be set between 160 and 280 mmHg manually.
- If the level of the pressure is not enough, the pressure is automatically heightened to the level for measurement of the blood pressure again.

* If you stop pushing the  while the pressure is less than 160 mmHg, the pressure will be set to 160 mmHg, automatically.

A little while after the cuff is at the correct pressure, the  mark will be lit and the measurement will start automatically.

When your pulse is detected, the  mark will blink and a pressure reading will appear in the diastolic blood pressure readout.

After the measurement is taken and recorded, the air inside the arm cuff will be released and the measurement results (Systolic/Diastolic blood pressure and pulse rate) will appear.

- When the measurement is complete, the results will be stored in the memory in the monitor unit, automatically.



HOW TO CALL UP DATA STORED IN MEMORY

The automatically stored data (measurement results) can be called up for reference.

- * The data stored in memory cannot be called up during measurement.
- Measurements stored in memory are assigned "a memory number" in the order of measurement and up to 7 measurements can be stored in the memory. When more than 7 measurements have been taken, the oldest measurement will be erased to make room for the recent measurement. This means when 7 measurements are stored in memory, the measurement having a memory number of 1 is the most recent.

1 Press .

After the most recent memory number appears, the data in memory (systolic/diastolic blood pressure and pulse rate readings) will appear on the display.

- Each press will move ONE memory number backward.



HOW TO DELETE ALL DATA IN MEMORY



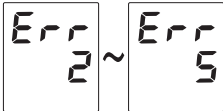



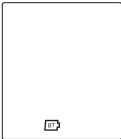

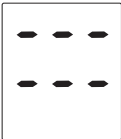

1 Press and hold  for more than 3 seconds.

The "ALL CL" indication appears on the display to clear all data in memory.

- * This step will permanently clear all data from memory and after that you cannot be recall the data. Before proceeding, make sure you want to clear all data from Memory.



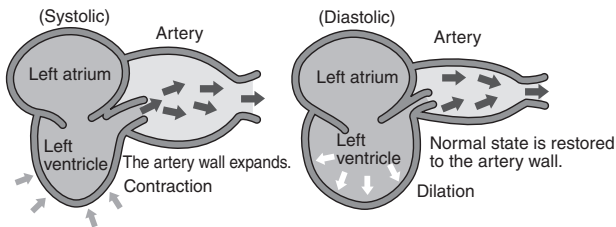
ERROR INDICATIONS

DISPLAY MARK	CONDITION/CASE	CORRECTIVE ACTION
	Pressure was insufficient.	Wrap the cuff around your arm again and measure your blood pressure using the Manual Pressurizing mode. ( See page 22 "Manual Pressurizing mode".)
	Pressure was insufficient. Appears when the blood pressure could not be measured accurately.	Re-wrap the arm cuff snugly. Take another reading, making sure you remain still. ( See page 15 "HOW TO WRAP THE ARM CUFF".)
	Appears when the pulse could not be measured accurately. *When the pulse reading is lower than 40 or 181 and more, "Er" will appear.	Re-wrap the arm cuff snugly. Take another reading, making sure you remain still. ( See page 15 "HOW TO WRAP THE ARM CUFF".)
	Appears when batteries become weak.	Replace all four alkaline batteries with new ones. ( See page 11 "HOW TO UNLOAD BATTERIES".)
	The unit does not function properly.	Contact the store where it was purchased or your local service center. ( See page 28 "BEFORE ASKING FOR REPAIR/INSPECTION".)

ABOUT "BLOOD PRESSURE"

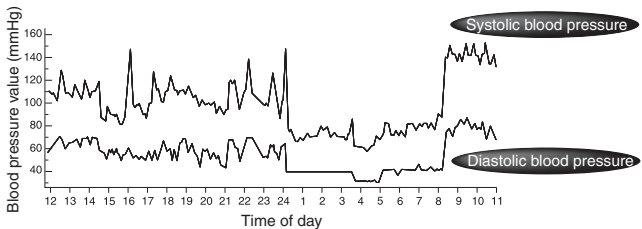
What is blood pressure?

The heart is a pump that circulates blood throughout your body. Blood is pumped from the heart at a constant pressure into arteries. This pressure is called the arterial blood pressure, which represents, in general, blood pressure. Blood pressure is indicated by several kinds of pressures such as: systolic pressure that occurs when the heart pumps blood; and diastolic pressure that occurs just when blood returns to the heart.



Blood pressure changes at all times.

Blood pressure differs with age, gender and other factors. Blood pressure of one person is likely to be affected by biorhythm of a day, posture, physical activities, mental activities, stress and atmospheric temperatures. It is said that blood pressure of a healthy person varies by 20 to 50 mmHg within a day.



QUESTIONS AND ANSWERS ON BLOOD PRESSURE

Q Why is the blood pressure measured at home different from that measured at the doctor or a hospital?

A Blood pressure may vary with exercising, ambient temperature or mental states. When you have a doctor or nurse measure your blood pressure, the pressure value is likely to be 10 to 20 mmHg higher than usual because of concern and nervousness. To know what affects blood pressure is helpful to your health monitoring.

Q What is the benefit of measuring blood pressure at Home?

A Blood pressure measured at home is reliable since it can be measured in a stable and relaxed condition. Doctors lay importance on blood pressure measurements taken at home. It is recommended to measure your blood pressure at the same time on a daily basis and to record blood pressure variation.






Caution

Always consult your physician for interpretation of your blood pressure readings and proper treatment.

BEFORE ASKING FOR REPAIR/INSPECTION

Be sure to check the following before sending your blood pressure monitor for repair/inspection.

Phenomenon	Point to be checked	How to repair
Display gives no indication even when you press Power switch.	Check whether batteries are dead.	Replace all batteries with new ones.
	Check whether batteries are installed with incorrect polarity (+-).	Load the batteries with correct polarity.
No measurement is possible.	Check if the  mark has come on.	Wrap the arm cuff properly.
	Check if the arm cuff is wrapped properly.	
	Did you stay calm during measurement?	Measure again, making sure to remain still.
	Note that measurement of blood pressure may not be possible for someone with an extremely weak pulse or cardiac arrhythmia (irregular pulses).	
If your blood pressure readings are abnormally higher or lower than those taken in hospital:	 See page 27.	
If your blood pressure readings are abnormally high or low:	 See pages 14 to 16.	

Calibration:

The blood pressure measuring device is generally recommended to have the monitor inspected every two years to ensure correct functioning and accuracy.

Please contact a distributor.

SPECIFICATIONS

Measurement system:		Oscillometric method
Display		Digital Display
Measuring Range	Pressure	0 to 280 mmHg (in 1 mmHg increments)
	Pulse	40 to 180 beats/min.
Accuracy	Pressure	±3 mmHg
	Pulse	±5% of reading
Inflation		Automatic Inflation by Internal Pump
Inflation setting		Auto inflation setting (140 to 250 mmHg)
		Manual inflation setting (160 to 280 mmHg)
Memory function		Up to 7 memories (Systolic blood pressure, Diastolic blood pressure and pulse)
Decompression		Constant exhaust valve system
Power Source		Four "AA" batteries (R6P, LR6) or optional AC/DC adapter (6V --- 4W)
Battery Life		Alkaline batteries: Approx. 700 times
		Manganese batteries: Approx. 200 times (160 mmHg, 1 time/day, 22°C)
Rated Voltage		DC 6V --- 4W (--- :Direct Current)
Operating Environment	Temperature	10 to 40°C
	Humidity	30 to 85%
Storage Environment	Temperature	-20 to 60°C
	Humidity	10 to 95%
Dimensions		130(H) x 95(W) x 118(D) mm
Weight		300g (Including Arm Cuff and Body without batteries)
Electrical shock protection		Internal power unit
Degree of Protection		ⓘ Type BF applied part
Mode of operation:		Continuous operation
Memory:		7 readings
Service Life:		5 years
Cuff's Life:		Approx. 2000 times
Accessories:		Set includes an cuff (model: SCN-002), 4 AA batteries (R6P) for the monitor, Instruction Manual
Optional Accessories:		AC Adapter

* Applied part for this device is Cuff.

* A range in barometric pressure 105 kPa to 70 kPa

* A range in altitude -300 m to 3000 m

* Overall system accuracy of this device is met with the requirement of item 7.9 of EN1060-3.
EN1060-3 : Non-invasive sphygmomanometers Part 3 (European Standard)

- CITIZEN is a registered trade mark of Citizen Holdings Co., Ltd., Japan
 - Design and Specification are subject to change without notice.
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