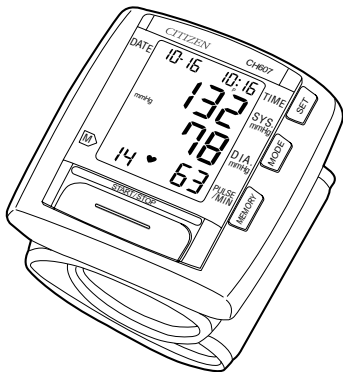


# CITIZEN™

## INSTRUCTION MANUAL FOR DIGITAL BLOOD PRESSURE MONITOR

English

# MODEL CH607



**English**  
**Español**  
**Português**  
**Deutsch**

## GENERAL REMARKS

### General remarks on blood pressure and blood pressure measurement

- If the cuff is to be deflated quickly, depress “Start/ Stop” switch.
  - The attached cuff is suited for a wrist circumference of 13.5 cm to 19.5 cm.
  - When attaching the cuff, the body of the blood pressure monitor should be placed on the inside of your wrist.
  - Self-measurement is no therapy! In no case should the dosage of medication ordered by the doctor be changed.
  - In preparation for blood pressure measurement, you should urinate and should remain relatively still for 10 to 15 minutes prior to measurement.
  - Exercise, eating and drinking, smoking, etc., prior to measurement may affect the results.
  - The blood pressure varies constantly throughout the day. Measurement should be made regularly at the same time each day.
  - Do not be too impressed by the results of one measurement. Keep a record of blood pressure variations. Many readings tell a story.
- Emotional stress may tend to cause blood pressure to rise.
  - This product should not be used to monitor cardiac arrhythmia.

### For proper measurement of blood pressure

- Take a deep breath five or six times and then relax before measuring blood pressure. If you are tense when taking the measurement, you will not get a valid reading
- 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.
- Putting on the cuff is one of the most important tasks for ensuring proper measurement of blood pressure. Wind the cuff around the wrist and tighten it so that one finger may be inserted between the cuff and wrist.
- Do NOT measure blood pressure after bathing or drinking.
- When you feel like relieving yourself, you should do so before measuring blood pressure.

- Measure 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 .
- DO NOT try to measure blood pressure immediately after drinking coffee or tea or smoking.
- 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.
- DO NOT measure blood pressure after the cuff has been on for a few minutes, as your arm will have built up higher blood pressure, and you will not get a valid reading.

## PRECAUTION FOR USE

### Precaution for use

- If you suffer from heart disease, high blood pressure or other circulatory disease, please consult your doctor first.
- If you feel abnormal pressure of the cuff during use or any other irregularity, reduce the pressure by immediately switching off the power or removing the batteries and consult the sale outlet where you purchased.
- If you think the measured value is abnormal or if measuring makes you feel unwell, discontinue use and consult your doctor.
- Measurement of blood pressure may not be possible for someone with a weak pulse or arrhythmia.
- Congestion, swelling, etc. may occur in some people.
- If blood pressure is measured repeatedly, an accurate result will not be achieved. An interval of about 10 minutes should be allowed.
- The memory is erased if the batteries are removed for replacement, etc. and a record should be kept of any necessary data.

## **Precaution for maintenance**

- Do NOT store the blood pressure meter where it will be exposed to direct sunlight, high temperature (over 60°C), low temperature (below - 20°C), high relative humidity (over 95%) or in a dusty place .
- Do NOT expose the blood pressure meter to undue force or vibration, or drop it.
- Remove the batteries when not use for a long time period.
- Do NOT disassemble the apparatus.
- Do NOT bend the cuff or Air hose unnecessarily.
- Never wipe the blood pressure monitor with thinner or benzene, as they may damage it.
- When the monitor is very dirty, wipe it clean with a cloth moistened with Sterilizing alcohol or a neutral detergent, and then wipe it with a dry cloth. Do NOT use thinner or benzene.

## **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.

## **Cleaning method of Cuff**

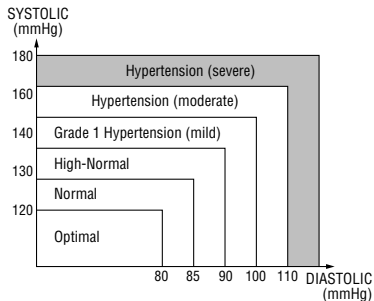
After cleaning the cuff with a neutral detergent, lightly rinse it with water and let it air dry. Hard rubbing or washing in a washing machine will cause air leakage. Also, be careful not to get water into the air hose.

## **Protect the natural environment**

Please help protect the natural environment by respecting national and/or local recycling regulations when disposing of the batteries and the products at the end of their useful lives.

## WHO blood pressure classifications

Standard for assessment of high or low blood pressure without regard to age, have been established by the World Health Organization (WHO), as shown in the chart.



**Definition and Classification of Blood Pressure Levels**

**Note:** When a patient's systolic and diastolic blood pressure fall into different categories, the higher category should apply.

## Reference European standard:

This products complies with EN instructions 93/42/EEC (Medical Device Directive) and with the following standards: EN 1060:1995 "Noninvasive Sphygmomanometers, Part 1 General Requirements" and EN 1060: 1997 "Noninvasive Sphygmomanometers, Part 3 Supplementary Requirements for Electromechanical Blood Pressure Measuring Systems".

## Manufacturer:

Name: Living Science (Shenzhen) Co., Ltd.  
Address: Shun Mu Ku Road, Ping Hu County, Shenzhen, Long-Kang Town, China

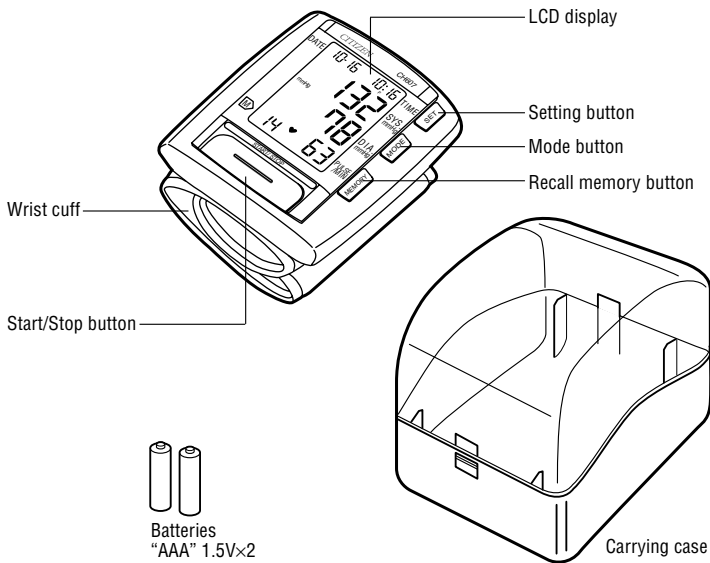
## European Representative:

Name: Innovative business promotion GmbH.  
Address: Huttenstraße 4 D-07743 Jena

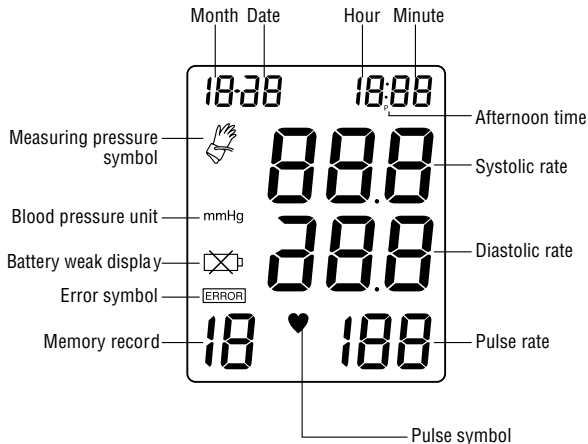


# DEVICE DESCRIPTION

## 1. Name of the parts

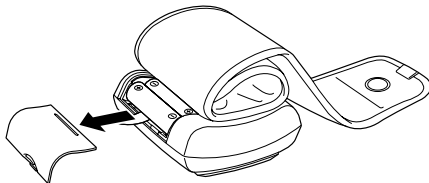


## 2. Description of display symbols



## BATTERY REPLACEMENT

1. To use this unit, you must install batteries. If the battery mark "ERROR" is displayed, you must change both batteries.
2. Open battery cover as illustrated. Replace the two batteries, matching the (+) and (-) polarities on each battery with the polarity marks on the case.
  - To take the batteries out easily, pull the transparent ribbon.
3. "LR03" batteries or equivalent are suitable for this blood pressure monitor. All batteries used must be same type. Do not mix alkaline, standard (carbon-Zinc) or rechargeable (cadmium) batteries. Also, do not mix old and new batteries.



## CLOCK MODE

### 1. Default time indicating state and selection of each mode

When the battery is installed, the time and date are set as follows.

*January 1 , 12:00:00 AM*

### 2. Setting Date and Time

- 1) Press the "Mode" switch then "Month" starts flashing and press "SET" button to set the correct month. (Each time the "Set" switch is pressed, the value of the month is increased

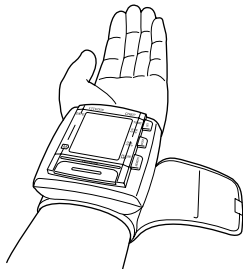


- by one. The value of minute can be corrected in only the forward direction.)
- 2) Press the "Mode" switch then "Date" starts flashing. Press "SET" button to set the correct date. (Each time the "Set" switch is pressed, the value of the date is increased by one. The value of hour can be corrected in only the forward direction.)
  - 3) Press the "Mode" switch then "Hour" starts flashing. Press "SET" button to set the correct date. (Each time the "Set" switch is pressed, the value of the Hour is increased by one. The value of hour can be corrected in only the forward direction.)
  - 4) Press the "Mode" switch then "Minute" starts flashing. Press "SET" button to set the correct Minute. (Each time the "Set" switch is pressed, the value of the minute is increased by one. The value of Minute can be corrected in 12-hour format in only the forward direction.)
  - 5) Press the mode switch to finish correction.

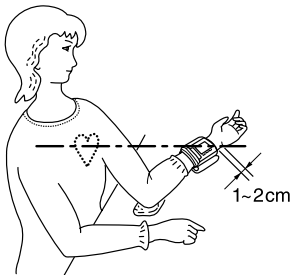
## MEASUREMENT PROCEDURES

### 1. Attaching of wrist cuff

The blood pressure is measured at the wrist. Therefore, rolling up the sleeve is no longer necessary. The pressure cuff has integrated into the wristlet. Wind the wristlet around your left wrist. The wrist should be free. The display is at the inner of the wrist.



- Apply the wrist cuff to the wrist and make sure it is not too loose or too tight. If the wrist cuff is applied inappropriately, it may display an error or abnormal values. Pull the wristlet tight and close the “Burr closure”. Wrist circumference: 13.5-19.5 cm.



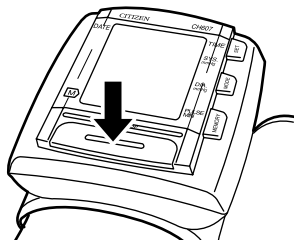
## CAUTION

Do not grasp the unit too tightly. Keep your left wrist relaxed during measurement period. Do not apply physical pressure against unit with wrist before or during measurement. All measurements must be performed while you are seated and with your left hand on a table held a level with your heart. Keep your body still and relaxed during measurement.

## Measurement Procedures for People With a Weak Pulse

- Apply the middle part of the wrist cuff to the artery in the wrist to measure blood pressure.

## 2. To start the Measurement



- 1) Press the “Start/Stop” switch. All display marks appear for approx. 1 second. All displays disappear and the time is updated.
- 2) The blood pressure measuring symbol will appear on the display and then the air pressure will automatically pump up to 195mmHg.
- 3) If blood pressure tends to be on the high level, the air pressure will automatically increase again to the required level for measurement.

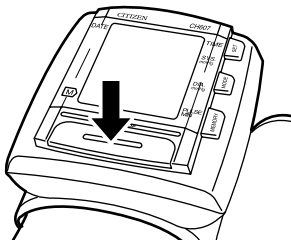
Do not move or talk while taking the blood pressure measurement.

- 4) When pressurization is completed, the automatic air release system will gradually reduce cuff pressure, and measuring mark "Heartmark" will flash on the display indication that measuring is in progress.
  - 5) After taking blood pressure measurement, the systolic and diastolic pressure with pulse rate is displayed on the display for 1 minute.
  - 6) Unless an error is generated, the measurement results are automatically stored in memory. Up to 99 sets of results can be stored in memory.
- \* When there are already 99 sets of results in memory, the oldest one is automatically erased and overwritten with the newest. Display of the measurement result will continue until power is turned off.

## CAUTION

To discontinue a measurement for any reason, press the "START/STOP" switch. This causes the "wrist cuff" to deflate rapidly.

## 3. Turn Power off



When the Start/Stop switch is pressed, the display will be changed over to the date/watch only indication and the power will be totally turned off approximately one minute later.

## 4. Automatic power-off function

If the unit is left on after measurement, an automatic power-off function turns the power off after approximately 1 minute. To continue measurement, press the "START/STOP" switch turning the unit on. After, wind the wristlet around your left wrist.

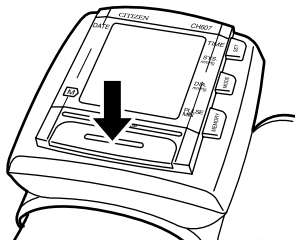
## 5. Memory recall

You can recall stored data by pressing the “Memory” switch, except when performing a measurement.

- Up to 99 sets of measurement results are automatically stored in memory, and memory cell No. 1 is always used to store the oldest set of results.
- Press “Memory” switch, the memory cell number with the stored measurement results (Systolic / Diastolic and Pulse with Date/Time) are displayed for 1 minute.
- \* Pressing “Memory” button, nothing will appear on the display if there is no data in the memory.
- If the “Memory” switch is pressed further, the old date are indicated in the order of the time series.
- Press “Start/Stop” switch to turn off the unit.

## 6. Memory clear function

To clear memory data, take out the two batteries at same time and then press the “START/STOP” switch for a while. All memory is erased.







Press the “POWER/START” switch to turn off.






### CAUTION

To discontinue a measurement for any reason, press the “POWER/START” switch. This causes the “wrist cuff” to deflate rapidly.

## ERROR DESCRIPTION OF DISPLAY MARKS

DISPLAY MARK	CONDITION / CAUSE	CORRECTIVE ACTION
	Mark appears in the measurement condition and flashes when pulse is detected.	Measurement in progress. Remain still.
Measuring Error 	Appears when the accurate blood pressure could not be obtained accurately.	Press "Start/Stop" switch again and re-measure. Or check cuff if wrapped at the wrist or according to instructions. Check palm if exerting effort. Check if talking or moving during measurement. Check if posture is incorrect.
Replace batteries 	Appears when the battery voltage is excessively low or the positions of batteries are incorrect.	Replace all batteries with new ones. Insert the batteries at paying close attention to the +/- directions.
Measuring blood pressure symbol 	Appears all the time until the measurement is completed.	

# SPECIFICATIONS

Model Number		CH607
Measuring Principle		Oscillometric System
Measurement Localization		Left Wrist Arm
Cuff		Preformed cuff
Arm Circumference Range		13.5 to 19.5 cm
Measurement Range	Pressure	0 - 300 mmHg
	Pulse	40 - 199 Pulse / Min.
Accuracy	Pressure	±3mmHg
	Pulse	±5% of reading
LCD Indication	Pressure	Systolic Blood Pressure: 3 digits
	Diastolic Blood Pressure	3 digits
	Pulse Rate	3 digits
LCD Indication	Marks	Measuring  Exhaust  Re-Measure  Battery 
	Alternatively	
LCD	Viewing Size	38.0(H) × 32.0(W) mm
	Digit Size	9.5(H) × 5.0(W) mm
Switch		4-switches (Start/Stop, Memory, Set, Mode)
Inflation		Automatic Inflation by Air Pump
Deflation		Automatic Air release control valve
Exhaust		Quick Exhaust Valve
Rated Voltage		3 V DC
Power Source		2 "AAA" Size Batteries
Power Consumption		0.1 W
Battery Life		Approx. 250 times measurement
Automatic Power Off Function		Approx. 3 min. (after activated)
Clock Function		±20 Seconds a month, Full Automatic Calendar, Alarm
Memory Function		99 Memory (Date, Time, Blood pressure value, Pulse)
Dimensions		72(W) × 70(D) × 29(H)mm
Weight		Approx. 140g including batteries.
Operating Environment	Temperature	10 to 40°C
	Humidity	30 to 85%RH
Storage Environment	Temperature	-20 to 50°C
	Humidity	10 to 95%RH
Accessories		2 "AAA" batteries, Instruction manual and Carrying case

\* Specifications and design may be changed without any notice in the event of improvements being made.

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