



Digital Blood Pressure Monitor

Model 7654 Instruction Manual

Important Notes

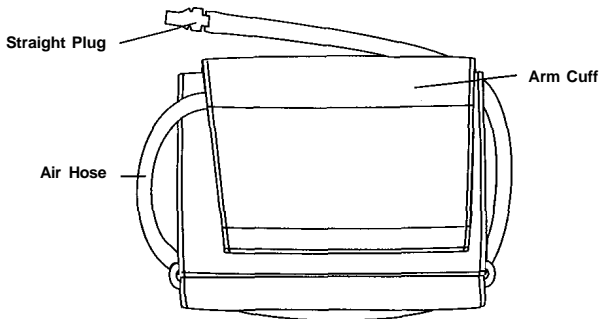
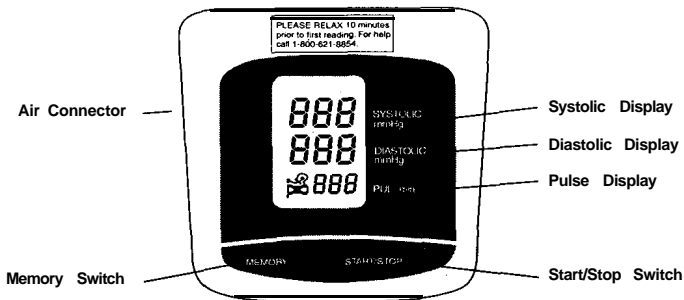
Please read this manual carefully before using this device.

This Blood Pressure Monitor is intended for use by adults only.

Children should not use this monitor unless it is under the supervision of an adult.

Only a physician is qualified to interpret changes in your blood pressure. This device is not intended to replace regular medical examinations. It is recommended that your physician review your procedure for using this monitor. Never make adjustments to your medication unless it is the advice of a physician.

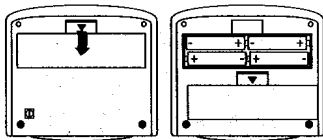
PARTS IDENTIFICATION



PLEASEREADTHESE
INSTRUCTIONS CAREFULLY

Installing Batteries

1. Remove the battery cover from bottom of unit. Insert four "AA" size batteries as shown, taking care to observe the proper direction for each battery. Use of alkaline batteries is recommended.



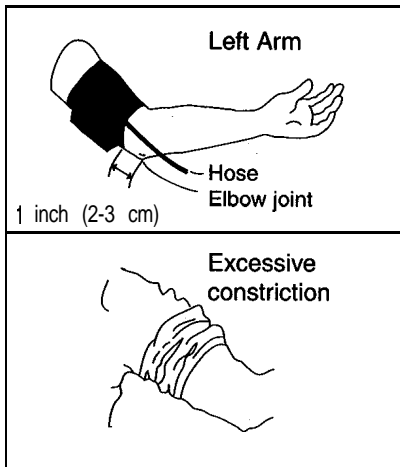
2. Replace battery cover.

Important Notes

- Replace all four batteries if the low battery symbol appears on the display.
 - Remove batteries if storing the unit more than six months without use. Never leave dead batteries in an unit since they may leak and cause damage.
- Memory data will be cleared when batteries are changed or become exhausted.

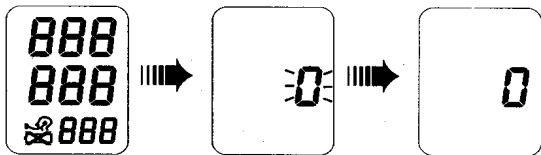
Proper Use of the Arm Cuff

1. Please relax and remain seated or reclined in a quiet location for 5 to 10 minutes prior to taking a measurement.
2. Remove any clothing on the upper arm so that the cuff can be placed directly on the skin. Constriction of the upper arm caused by rolling up a shirt sleeve may cause an inaccurate reading. Avoid this condition by completely removing the garment causing the constriction.
3. Wrap the cuff around the upper arm as shown in the diagram on page 3. The lower **edge** of the cuff (edge with air hose attached) should be about 1 inch above the elbow. Position the cuff so that the hose runs along the inside of the left arm.
4. Insert the straight plug on the end of the arm cuff air hose into the air connector on the unit.
5. Relax for a few more minutes after the cuff is applied before beginning the measurement.



Measuring Your Blood Pressure

- Place the cuff on the arm that will be used for the measurement (preferably the left arm). See previous section on proper cuff placement.
- Press the START/STOP switch.
 - When the START/STOP switch is pressed, all of the display symbols will appear for about one second.
 - When the "0" is displayed, the meter is calibrating its zero point. If there was still some air in the arm cuff, it will be exhausted at this time.

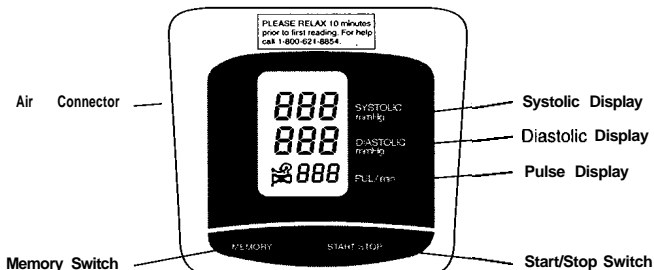


- The micropump will pressurize the cuff. **Note:** The cuff will become very tight. Don't be alarmed, as this is normal.

- If the START/STOP switch is pressed again during pressurization or during the measurement, the pump will stop and the air will be released from the cuff.
3. When pressurization has been completed, the automatic exhaust mechanism will gradually reduce the pressure in the cuff and the Measurement in Progress symbol will appear along with the current pressure reading. This symbol will blink in unison with the pulse of the person being monitored.



- The subject should remain still while the meter is in operation.
 - The monitor will automatically pump to a higher pressure if the initial starting pressure was insufficient. If needed, the start pressure can be set manually. Press the START/STOP button and hold it down until the display shows a pressure 30 to 40 mmHg above your normal systolic blood pressure, then release. The meter will then start from that pressure. If you have any questions, call customer service.
4. The Systolic Pressure is displayed on the upper portion of the display, the Diastolic Pressure in the center of the display and the pulse in the lower portion of the display.



6. Turning the power OFF

The power may be turned off by pressing the START/STOP switch.

7. Subsequent Measurements

If a subsequent measurement is required, turn off the power and turn it on again. When the "0" is displayed, the meter is ready for measurement again.

Note: Please wait for about 10 minutes before repeating the measurement,

8. Automatic Power OFF Function

If this meter is left on after a measurement, it will turn itself off after about 1 minute. It may be turned off at any time by pressing the START/STOP switch.




If the unit was unable to make a measurement, "Err" will appear on the display.

Please wait 5-10 minutes before attempting another measurement, Review the procedure for proper cuff placement, and try to remain as still as possible while the measurement is taking place. If you have any problems please call customer service 1-800-621 -8854.

See the next section on description of display marks for additional information.

The monitor may have difficulty in determining the blood pressure and /or heart rate of individuals with an extremely weak or irregular pulse.

Description of Display Marks

Display mark	Condition/Cause	Corrective Action
 Measurement in Progress	<ul style="list-style-type: none">• Mark appears when measurement is in progress and flashes when pulse is detected	Measurement is in progress-- remain as still as possible
 Low Battery	<ul style="list-style-type: none">• Mark appears when the battery voltage is too low for the monitor to work properly	Replace all four of the batteries with new ones
		Try the measurement again. Remain very still during the measurement

Memory Operation

1. When a valid measurement is made, the **reading** data (systolic, diastolic, and pulse rate) will be stored in the MEMORY as soon as the unit is turned off.
2. The reading in MEMORY can be viewed at any time (except when another measurement is in progress) by pressing the MEMORY button. An "M" appears in the lower left corner of the display when you are viewing the data in MEMORY.
3. After another valid measurement is performed, the results of this current measurement will appear on the display. When the MEMORY button is pressed, the previous reading will appear once on the display (along with the "M" symbol), then the display will revert to the current reading.
4. When the unit is shut off (either by manually pressing the ON/OFF button or when the Auto-off feature operates) the last valid reading taken will be stored in MEMORY, **over-writing** the previous data.

NOTE: Memory data will be **lost** if batteries become low or are removed.

Caution

1. Memory data will be cleared when the batteries are too low to take a measurement.
2. Memory data will be cleared when the batteries are replaced.

How to Properly Measure Your Blood Pressure

1. Relax and try to **remain still** for 5 to 10 minutes before a measurement.
2. Remove shirts or other tight-fitting garments on the upper arm before applying the arm cuff.
3. Refrain from eating, smoking, and drinking (especially alcoholic beverages) before a measurement since these activities can effect your blood pressure.
4. **Remember that blood pressure varies continuously throughout the day. Try to take your blood pressure at the same time each day.**
5. Do not be too impressed with the results of one measurement. Many measurements, recorded over a long period of time, will provide a better understanding of your blood pressure.
6. Please relax for **5** to 10 minutes before taking another measurement.
7. Many factors can affect your blood pressure. Emotional stress can cause increase in blood pressure. Blood pressure tends to be lower in summer and higher in winter.

Helpful Information

What is Blood Pressure?

Blood pressure is the force that blood exerts on the arteries. This force is constantly changing as the heart beats. When the heart contracts, the blood pressure reaches its highest value. This is called systolic blood pressure. When the heart relaxes between beats, the value of blood pressure is lower. This is called the diastolic blood pressure. The unit of measure for blood pressure is the millimeter of mercury, abbreviated, **mmHg**.

For example, an individual's blood pressure may be measured as 120 **mmHg** (systolic) and 80 **mmHg** (diastolic). This would be spoken as "120 over **80**", and written as **120/80**.

Remember, blood pressure varies throughout the day. It can be affected by food intakes, smoking, time of day, stress, level of exercise, and many other factors.

What is High Blood Pressure?

Hypertension, or high blood pressure, is a condition where an individual's blood pressure remains high over a long period of time. Untreated, hypertension can cause many serious medical problems including strokes and heart attacks. To control hypertension, the American Heart Association recommends that you not smoke, reduce fat and salt intake, maintain proper weight, exercise, and get regular physical checkups.

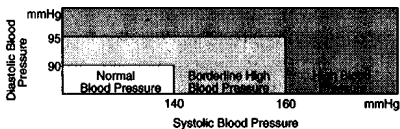
Why is it Important to Measure your Blood Pressure at Home?

Having your blood pressure taken at the doctors office may cause the patient to become nervous, thus artificially raising the individual's reading. Taking your own blood pressure reading at home can eliminate this source of inaccuracy. Having the capability to measure blood pressure at home provides a good way to determine one's fundamental blood pressure. This is defined as the first blood pressure reading upon waking, before taking any food or drink.

Take your blood pressure every day. Make a log of your daily readings. When used as a supplement to a doctors readings, this information will help you gain a greater understanding of your blood pressure and the factors that affect it.

Blood Pressure Classifications

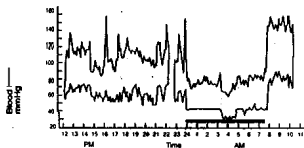
Standards for assessment of high blood pressure, without regard to age, have been established by the World Health Organization (WHO), as shown in this chart



Variations in Blood Pressure

Individual pressures vary greatly both on a daily and a seasonal basis. These variations are even more pronounced in the hypertension patients.

Normally the blood pressure rises while at work and is at its lowest during the sleeping period.



Shown is data for measurements taken every 8 minutes. The thick line represents sleep. The rises in blood pressure at 4PM (A) in the graph and 12PM (B) in the graph correspond to an attack of pain or other stress. (Steven, Honour & Scott: Clin. Sci. 36:259, 1969)

Precautions

1. Precision components were used in the construction of this instrument. Extremes in temperature, direct sunlight, shock or dust should be avoided.
2. Clean the instrument with a dry, soft cloth (never use thinner, alcohol, benzene or wet cloths).
3. Avoid tightly folding the cuff or storing the hose tightly twisted for long periods, as such treatment may shorten the life of the components.

Specifications

Model	7654
Type	Oscillometric
Display	9 digit L C D
Measurement range	0 - 280mmHg (Pressure), 40 - 200 pulses/minute (pulse)
Accuracy	+/- 3mmHg or 2% which ever is greater (Pressure)+/- 5% (Pulse)
Pressurization	Automatic by Micro-pump
Depressurization	Constant - Air - Release Valve System
Deflation	Automatic
Power source	Type AA Alkaline batteries (4)
Operating environment	+10C - +40C, less than 85% RH
Storage environment	+10C - +60C, less than 95% RH
Dimensions	145 (W) x 130 (D) x 56 (H) mm
Weight	Approx 330g

LIMITED ONE YEAR WARRANTY

This product is warranted for one year from the date of purchase against defects in material and workmanship. If the product fails to operate during this period, return it, prepaid, to

Appliance Service Station,
117 Central Industrial Row

Purvis, M S 39475

for repair or replacement without charge at the manufacturers option or call 1-800-621-8854. This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

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MODEL 7654

p.n. 68752-2

**PLEASE DO NOT ADJUST YOUR MEDICATION
WITHOUT CONSULTING AND APPROVAL BY
YOUR PHYSICIAN.**

REPLACEMENT PARTS AND ACCESSORIES

PART #	DESCRIPTION	PRICE	QUANTITY	TOTAL
47834-055	Regular Adult Cuff	13.75		
7686	Large Adult Cuff	24.75		
47834-054	Battery Cover	6	5	
68752-002	Instruction Book	1.60		

Order Total: \$ _____

Above prices include shipping and handling.
Please print your name and address below.

Name _____

Street Address _____

City _____ **State** _____ **Zip** _____

Send to: Sunbeam Service Center
117 Central Industrial Industrial Row, Purvis, MS 39475

For Mastercard or VISA: Circle one Master Card VISA

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