

3. Using Your Monitor

3.1 Taking a Measurement

Note

- To stop the measurement, press the [START/STOP] button once to deflate the wrist cuff.

Caution

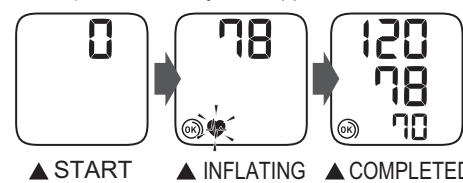
- DO NOT use this monitor with other medical electrical (ME) equipment simultaneously. This may result in incorrect operation of the monitor and/or cause an inaccurate reading.
- Remain still and DO NOT talk while taking a measurement.

1. Press the [START/STOP] button.
All symbols appear on the display before starting the measurement.
2. Remain still and do not move or talk until the entire measurement process is completed.
As the cuff inflates, your monitor automatically determines your ideal inflation level. This monitor detects your blood pressure and pulse rate during inflation.
The "♥" symbol flashes at every heartbeat.

Note

- The "⊗" symbol appears if the wrist cuff is wrapped around the wrist correctly.
- When the "⊗" symbol is displayed, the wrist cuff is not applied correctly. Press the [START/STOP] button to turn your monitor off, then apply the cuff correctly.

After your monitor has detected your blood pressure and pulse rate, the cuff automatically deflates. Your blood pressure and pulse rate are displayed.
If either the systolic or the diastolic reading is high (refer to section 1.3), the "♥" symbol appears.



3. Press the [START/STOP] button to turn your monitor off.
Note
• Your monitor will automatically turn off after 2 minutes.
• Wait 2-3 minutes between measurements. The wait time allows the arteries to decompress and return to their pre-measurement form. You may need to increase the wait time depending on your individual physiological characteristics.

4. Using Memory Function

Your monitor automatically stores up to 30 readings.

4.1 Viewing the Readings Stored in Memory

1. Press the [M] button.

The Memory number appears for one second before the pulse rate is displayed. The most recent reading set is numbered "1".

Note

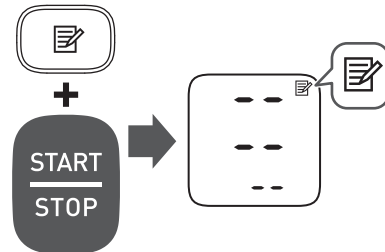
- If there are no readings stored in the memory, the screen to the right is displayed.
- If the reading is high (refer to section 1.3), the "♥" symbol appears.
- If the memory is full, the monitor will delete the oldest readings.

2. Press the [M] button repeatedly to scroll through the previous readings stored in the memory.

5. Other Settings

5.1 Deleting All Readings Stored in Memory

1. Press the [M] button, then the "⊗" symbol appears.
2. While holding the [M] button down, press and hold the [START/STOP] button for more than 2 seconds.



Note

- All readings will be deleted. You cannot partially delete the readings stored in the memory.

6. Error Messages and Troubleshooting

In case of any of the below problems occur during measurement, first check that no other electrical device is within 30cm. If the problem persists, please refer to the table below.

Display/Problem	Possible Cause	Solution
E1 appears or the wrist cuff does not inflate.	The wrist cuff is not applied correctly. Air is leaking from the wrist cuff.	Apply the wrist cuff correctly, then take another measurement. Refer to section 2.3. Contact Boots Customer Services or your local Boots Store.
E3 appears	The wrist cuff is overinflated exceeding 300 mmHg.	Do not touch the wrist cuff while taking a measurement.
E4 appears	You move or talk during a measurement. Vibrations disrupt a measurement.	Remain still and do not talk during a measurement.
E5 appears		Apply the wrist cuff correctly, then take another measurement. Refer to section 2.3.
♥ appears	The pulse rate is not detected correctly.	Remain still and sit correctly during a measurement. If the "⊗" symbol continues to appear, we recommend you to consult with your doctor.
⊗ appears		
Er appears	The monitor is malfunctioned.	Press the [START/STOP] button again. If "Er" still appears, contact Boots Customer Services or your local Boots Store.
⊗ flashes	Batteries are low.	Replacing all batteries with 2 new alkaline batteries is recommended. Refer to section 2.1.
⊗ appears or the monitor is turned off unexpectedly during a measurement	Batteries are depleted.	Immediately replace all batteries with 2 new alkaline batteries. Refer to section 2.1.
No power. Nothing appears on the display of the monitor.	Batteries are completely depleted. Battery polarities are not properly aligned.	Check the battery installation for proper placement. Refer to section 2.1.
Readings appear too high or too low.	Blood pressure varies constantly. Many factors including stress, time of day, and/or how you apply the wrist cuff, may affect your blood pressure. Review sections 2.2 - 2.4 and chapter 3.	
Any other problems occur.		Press the [START/STOP] button to turn the monitor off, then press it again to take a measurement. If the problem continues, remove all batteries and wait for 30 seconds. Then re-install batteries. If the problem still persists, contact Boots Customer Services or your local Boots Store.

7. Maintenance

7.1 Maintenance

To protect your monitor from damage, please follow the directions below:

- Changes or modifications not approved by the manufacturer will void the user warranty.

Caution

- DO NOT disassemble or attempt to repair this monitor or other components. This may cause an inaccurate reading.

7.2 Storage

- Keep your monitor in the storage case when not in use.
- Store your monitor in a clean, safe location.
- Do not store your monitor:
 - If your monitor is wet.
 - In locations exposed to extreme temperatures, humidity, direct sunlight, dust or corrosive vapors such as bleach.
 - In locations exposed to vibrations or shocks.

7.3 Cleaning

- Do not use any abrasive or volatile cleaners.
- Use a soft dry cloth or a soft cloth moistened with neutral soap to clean your monitor and wrist cuff, and then wipe them with a dry cloth.
- Do not wash or immerse your monitor and wrist cuff in water.
- Do not use gasoline, thinners or similar solvents to clean your monitor and wrist cuff.

7.4 Calibration and Service

- The accuracy of this blood pressure monitor has been carefully tested and is designed for a long service life.
- It is generally recommended to have the unit inspected every two years to ensure correct functioning and accuracy. Please consult your authorised OMRON dealer or the OMRON Customer Service at the address given on the packaging or attached literature.

8. Specifications

Product category	Electronic Sphygmomanometers
Product description	Automatic Wrist Blood Pressure Monitor
Model	Boots Pharmaceuticals Automatic Blood Pressure Monitor Wrist, Item Code: 82-01-749
Display	LCD digital display
Cuff pressure range	0 to 299 mmHg
Blood pressure measurement range	SYS: 60 to 260 mmHg DIA: 40 to 215 mmHg
Pulse measurement range	40 to 180 beats / min.
Accuracy	Pressure: ±3 mmHg Pulse: ±5% of display reading
Inflation	Automatic by electric pump
Deflation	Automatic rapid deflation
Measurement method	Oscillometric method
Operation mode	Continuous operation
IP classification	IP 22
Rating	DC3 V 3.0 W
Power source	2 "AAA" alkaline (LR03) batteries 1.5V
Battery life	Approximately 300 measurements (using new alkaline batteries)
Durable period (Service life)	5 years
Operating conditions	+10°C to +40°C / 15 to 90% RH (non-condensing) / 800 to 1060 hPa
Storage / Transport conditions	-20°C to +60°C / 10 to 90% RH (non-condensing)
Weight	Approximately 85 g not including batteries
Dimensions	Approximately 84 mm (w) × 62 mm (h) × 21 mm (l) (not including the wrist cuff)
Measurable wrist circumference	13.5 to 21.5 cm
Memory	Stores up to 30 readings
Contents	Monitor, storage case, 2 "AAA" alkaline (LR03) batteries, instruction manual
Protection against electric shock	Internally powered ME equipment
Applied part	Type BF (wrist cuff)
Maximum temperature of the applied part	Lower than +48°C

Note

- These specifications are subject to change without notice.
- In the clinical validation study, K5 was used on 85 subjects for determination of diastolic blood pressure.
- This monitor is clinically investigated according to the requirements of ISO 81060-2:2013.
- IP classification is degrees of protection provided by enclosures in accordance with IEC 60529. This monitor is protected against solid foreign objects of 12.5 mm diameter and greater such as a finger, and against oblique falling water drops which may cause issues during a normal operation.
- This device has not been validated for use on pregnant patients.

9. Warranty

Thank you for buying a Boots Pharmaceuticals product. This product is constructed of high quality materials and great care has been taken in its manufacturing. It is designed to give you every satisfaction, provided that it is properly operated and maintained as described in the instruction manual.
This product is guaranteed by Boots the Chemists Ltd for a period of 3 years after the date of purchase. The proper construction, workmanship and materials of this product is guaranteed by Boots the Chemists Ltd. During this period of guarantee Boots the Chemists Ltd will, without charge for labour or parts, repair or replace the defect product or any defective parts.

The guarantee does not cover any of the following:

- Transport costs and risks of transport.
- Costs for repairs and / or defects resulting from repairs done by unauthorised persons.
- Periodic check-ups and maintenance.
- Failure or wear of optional parts or other attachments other than the main device itself, unless explicitly guaranteed above.
- Costs arising due to non-acceptance of a claim (those will be charged for).
- Damages of any kind including personal caused accidentally or from misuse.
- Calibration service is not included within the guarantee.

Should guarantee service be required please apply to Boots Customer Services or your local Boots Store.

Repair or replacement under the guarantee does not give rise to an extension or renewal of the guarantee period.
The guarantee will be granted only if the complete product is returned together with the receipt or proof of purchase.

10. Guidance and Manufacturer's Declaration

CE 0197

- This device fulfils the provisions of EC directive 93/42/EEC (Medical Device Directive).
- This blood pressure monitor is designed according to the European Standard EN1060, Non-invasive sphygmomanometers Part 1: General Requirements and Part 3: Supplementary requirements for electromechanical blood pressure measuring systems.
- This OMRON product is produced under the strict quality system of OMRON HEALTHCARE Co., Ltd., Japan. The Core component for OMRON blood pressure monitors, which is the Pressure Sensor, is produced in Japan.

Symbols description	
	Applied part - Type BF Degree of protection against electric shock (leakage current)
IP XX	Ingress protection degree provided by IEC 60529
CE	CE Marking
SN	Serial number
	Temperature limitation
	Humidity limitation
	Atmospheric pressure limitation
	Need for the user to consult this instruction manual.
	Indicates the correct positioning for the monitor on the wrist Measurable wrist circumference
	Battery
	Direct current

Important information regarding Electro Magnetic Compatibility (EMC)

82-01-749 manufactured by OMRON HEALTHCARE Co., Ltd. conforms to EN60601-1-2:2015 Electro Magnetic Compatibility (EMC) standard. Further documentation in accordance with this EMC standard is available at www.omron-healthcare.com. Refer to the EMC information for 82-01-749 on the website.

Correct Disposal of This Product (Waste Electrical & Electronic Equipment)

In order to minimize hazards to health and environment and ensure that materials can be recycled, this product should be disposed of at a separate collection facility for waste electrical and electronic equipment. Batteries should be disposed of at a battery collection facility. Contact our free helpline 0800 915 9023 (UK) or 1 890 708091 (ROI) or see www.recycle-more.co.uk or www.weee.ie for further details.
The Wheelie Bin symbol marked on products, batteries or their packaging is there to remind you.



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