

Ozeri

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Ozeri Customer Service
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Ozeri

Automatic Wrist Blood Pressure Monitor With Voice-Guided Operation



Model No.: BP5K

- Thank you for choosing an Ozeri Blood Pressure Monitor.
- Please read this instruction manual before using your unit.
- Please keep this instruction manual safe for future use.

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Introduction

- Thank you for your purchase of an Ozeri Fully Automatic Wrist Blood Pressure Monitor with Voice-Guided Operation.
- The unit includes an intelligent voice-guided feature to alert you of the proper positioning of your wrist for accurate blood pressure measurements. It also automatically provides an audible hypertension assessment via a new talking function as well as a display in the LCD screen.
- The unit uses the oscillometric method of blood pressure measurement. The oscillometric method detects the movement of your blood through your brachial artery, and converts your blood pressure into a digital reading. The unit is simple to use because a stethoscope is not needed while using an oscillometric monitor.
- The unit stores automatically 180(2*90) sets of measurement values with the measuring date and time. You can read the stored data conveniently by pressing the memory button.



Type BF applied part



Attention sign.



Symbol for the marking of electrical and electronics devices according to Directive 2002/96/EC.

The device, accessories and the packaging have to be disposed of waste correctly at the end of the usage.
Please follow Local Ordinances or Regulations for disposal.

Important Safety Notes

⚠ To assure the correct use of the product, basic safety measures should always be followed including the precautions listed below:

- Read all information in the instruction manual and any other literature included in the box before using the unit.
- Consult your physician before measuring blood pressure, especially if you have any of the following conditions: hypertension, diabetes, arteriosclerosis, kidney or vascular disease, or any other condition affecting circulation.
- Operate the unit only as intended. Don't use for any other purpose.
- The unit is intended for use in measuring blood pressure and heart rates for adults only. Do not use on infants or persons who cannot express their intentions.
- Do not use a cellular phone near the unit. Cell phones may cause operation failure.
- Do not disassemble or attempt to repair the unit or components. Doing so will void the warranty.
- Do not use the equipment where flammable gases (such as anesthetic gas, oxygen or hydrogen) or flammable liquids (such as alcohol) are present.

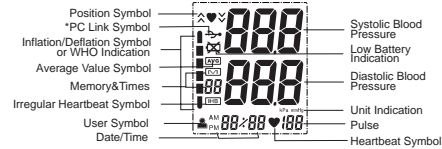
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Getting to Know your Unit

Body & Cuff



Display



Power

- 2 AAA Alkaline Batteries



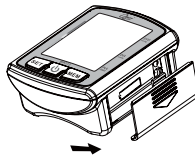
* May not be available on this model

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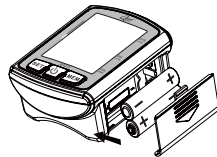
Battery Installation / Replacement

How to Install Battery.....

- 1 Remove the battery cover from the battery compartment.



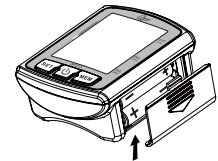
- 2 Insert two new AAA batteries into the compartment and ensure the "+" (positive) and "-" (negative) polarities are correctly aligned.



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Battery Installation / Replacement

- 3 Replace the battery cover.



- Use two identical 1.5V alkaline batteries type AAA LR03.
- Replace all of the batteries if the low battery symbol appears on the display.
- Never leave low batteries in the battery compartment as they may leak causing damage to the unit.

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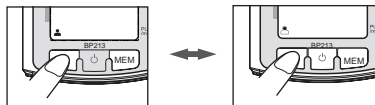
Initialization

Initialization

- Initialization settings include: user setting, year/date/time setting, unit of measure, positioning sensor, and the voice/audio setting.
- This device automatically stores 180 sets of values for 2 users (2*90) with the date and time. Set all of the parameters before taking a measurement for the first time, otherwise the unit will display the default values by the system.

▶ Selecting a User

- The icon indicating a user will appear when pressing the "SET" button.
- Press the "SET" button again to change the current user.
- Press the power "⏻" button to confirm the user of choice. The device will turn off.

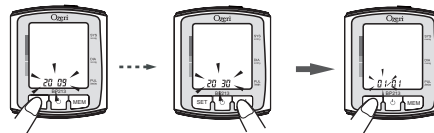


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Initialization

▶ Setting the year

- Press and hold the "SET" button for 3-4 seconds. The year will appear flashing on the screen.
- Then press the "MEM" button to advance in increments of one year.
- Press the "SET" button to confirm the year and proceed to the date setting.



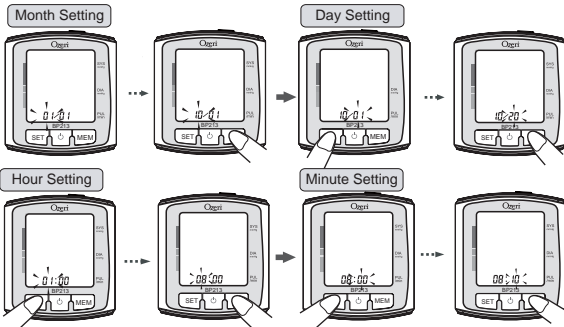
- ⚠ The device calendar accepts year values from 2009 to 2030. When the display reaches 2030 it will return to 2009.

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Initialization

▶ Setting the Date and Time

- Press the "MEM" button to change the month.
- Then press the "SET" button to confirm the month selected.
- Proceed to set the day, hour and minute by following the same steps.



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Initialization

▶ Selecting the unit of measurement

- The unit icon will appear on the screen after confirming the minutes for the time.
- The default unit of measurement is mmHg, which is the most commonly used in the USA. To change the unit of measurement to kPa, press the "MEM" button.
- Press the "SET" button to confirm the unit measure and proceed to the position sensor.



- ⚠ You can save your settings at any time and turn off the unit by pressing the Start/ Stop "⏻" button.

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Initialization

► Turning the position assist sensor on or off

- The Positioning Sensor symbol “A diagram showing two views of the device's LCD screen. The left view shows the screen displaying "off" with a heart and pulse symbol at the top. An arrow points to the right view, which shows the screen displaying "on" with the same symbol. A hand is shown pressing the "MEM" button on the device's interface.

Important: When the position assist is turned on, the unit will not begin measuring until it detects that you have your wrist properly positioned relative to your heart level.

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Initialization

► Setting the audio level for the voice guide

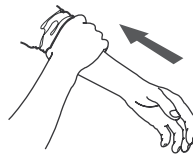
The voice function of the Monitor is designed to work with the position sensor and aid you in finding the optimum positioning of your wrist before a measurement is taken.

- Press the “MEM” button to select a volume level between 0 and 7.
- When the volume level is between level 1 and level 7, the LCD will display “on” and a voice will assist you in proper arm positioning and recite your final results.
- When the volume is level 0, the LCD will display “off” and the voice audio will be replaced by a beeping audio to assist in proper positioning.
- Press the START/STOP “A diagram showing three views of the device's LCD screen. The first view shows "Snd on" with "Volume Level 7" below it. An arrow points to the second view, which shows "Snd off" with "Volume Level 0" below it. Another arrow points to the third view, which shows "Snd on" with "Volume Level 1" below it. A hand is shown pressing the "MEM" button on the device's interface. To the left of the screens, the text "Sound Symbol", "Voice ON/OFF", and "Volume Level" is listed. Below the screens, the labels "Volume Level 7", "Volume Level 0", and "Volume Level 1" are present.

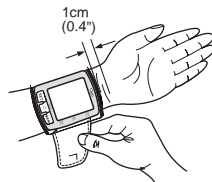
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Applying the Wrist Cuff

- 1** Remove all clothes from your arm allowing the cuff to fit directly on the skin.



- 2** Wrap the cuff firmly around your wrist by using the Velcro strip. Note: For reliable statistical record keeping, it is important that you consistently use the same arm for measurements.



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Applying the Wrist Cuff

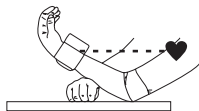
- 3** Turn your palm outwards as indicated below.
- 4** Use your other wrist or another object to comfortably support your arm as shown below.
- 5** Keep your wrist at the same level as your heart.
- 6** Sit upright in a chair, and take 10 deep breaths to relax your hand, arm and entire body. Then press the START/STOP “A line drawing of a hand with the cuff being applied to the back of the hand. A dashed line and a heart symbol indicate the heart level. Below the hand, a horizontal bar is shown. The text "No touching" is written above the hand.

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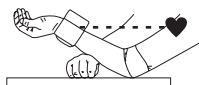
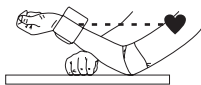
Applying the Wrist Cuff

Wrist should be supported as shown below and kept in natural position.

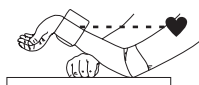
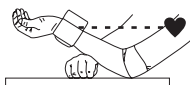
Fingers should be relaxed as shown below and kept in natural position.



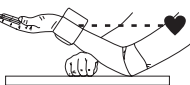
Not good



Good



Not good



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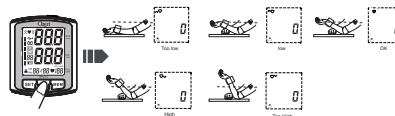
Taking a Measurement

How to Take a Measurement

1 Press the START/STOP "⏻" button.

A voice guide will aid you in finding the optimum positioning of your wrist after which the wrist cuff will start to inflate automatically.

- If the Monitor says "Your wrist is a little low", this means that your wrist is below the level of your heart and needs to be raised.
- If the Monitor says "Your wrist is a little high", this means that your wrist is above the level of your heart and needs to be lowered.
- Finally when the Monitor says "Your wrist position is ideal", this means that your wrists id level with your heart and the measurement will begin shortly.



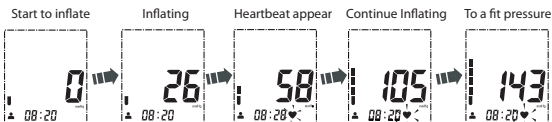
Note: If the voice assist function has been turned "OFF", a beeping audio will aid you in finding the optimum positioning of your wrist before a measurement is taken.

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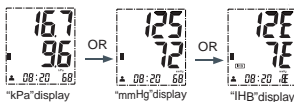
Taking a Measurement

How to Take a Measurement

2 The measurement starts as the unit inflates, and the heartbeat symbol begins to flash once a pulse is detected.



3 The blood pressure and pulse rate are displayed when the measurement completes, and the cuff automatically deflates. The measured results are stored in memory along with the date and time.



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Taking a Measurement

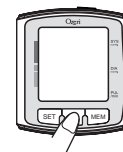
When the volume is turned on, a voice guide will also provide an audible hypertension assessment in addition to the LCD display.

Important: The **IHB** symbol will be displayed if arrhythmia (irregular heartbeat) is detected.

4 Press the START/STOP "⏻" button to turn the unit off.

The unit will automatically turn off after two minutes if you have forgotten to turn it off.

Please rest for at least 3 minutes before taking the next measurement.



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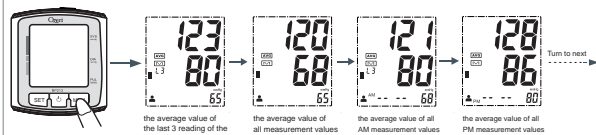
Using the Memory Function

How to Use the Memory Function

- This device stores the blood pressure and pulse rate in memory after each measurement. It automatically stores 180 measurements for 2 users (2x90). The earliest record is deleted to save the most recent measurement once 90 is reached.

► To read the average value

- Press the "MEM" button, the average value of the last 3 reading of the current user will display when the symbol "L3" appears.
- Press the "MEM" button two times, the average value of all measurement of the current user will display.
- Press the "MEM" button three times, the average value of AM measurement of the current user will display when the "AM" symbol appears.
- Press the "MEM" button four times, the average value of PM measurement of the current user will display when the "PM" symbol appears.

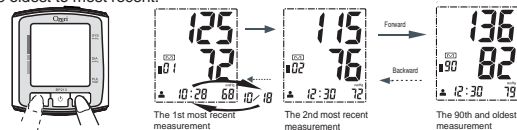


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Using the Memory Function

► Reading the saved measurements

- While in memory reading mode, press the "MEM" button to sequentially display the measurements beginning with the most recent to the oldest.
- Press the "SET" button sequentially to display the measurements beginning with the oldest to most recent.



► To reset the memory

- While in memory reading mode, press and hold the "MEM" button first and then the "SET" button for 3 to 4 seconds. Note this will delete all saved measurements.
- Press the "MEM" button to select "YES" or "NO", and the START/STOP "U" to confirm.



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About Blood Pressure

Blood Circulation

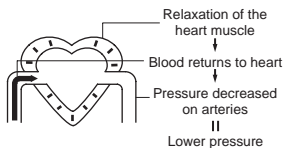
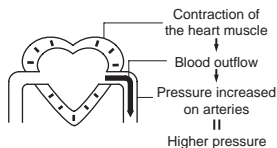
The blood circulation is responsible for supplying the body with oxygen. Blood pressure is the pressure exerted on the arteries.

The systolic blood pressure value (higher pressure or top value) represents the blood pressure produced by contraction of the heart muscle.

The diastolic blood pressure value (lower pressure or lower value) represents the blood pressure produced by relaxation of the heart muscle.

Systolic Blood Pressure

Diastolic Blood Pressure

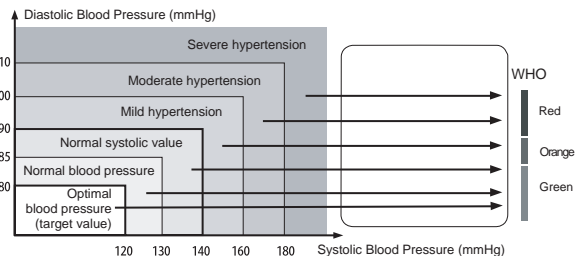


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About Blood Pressure

Classification of Blood Pressure

After each measurement, the LCD will automatically classify the measured blood pressure in to one of six categories, based on guidelines set by the World Health Organization.




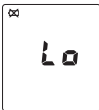
*Note:

When a person's systolic and diastolic pressures fall into different categories, the higher category should apply.

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Error Indicators

■ If the following symbols appear, please follow these recommended corrections

Symbol	Cause	Correction
	Error occurs during inflating.	Reapply the wrist cuff and ensure a snug fit.
	Error occurs with measurement.	Be careful not to move arm or body during measurement. Review the instructions and try another measurement.
	Battery power is too low.	Replace with 2 new AAA batteries.

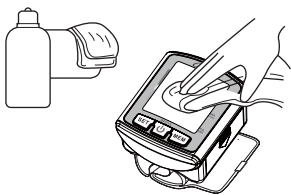
Common Problems

Problem	Causes and Solutions
Won't turn on.	Replace batteries with 2 new AAA batteries.
LCD is blank.	Check the batteries to ensure +/- polarities are correctly aligned. Replace with 2 new AAA batteries.
Measurement values appear too high or too low.	Blood pressure can vary based on stress, time of day, exercise, consumption of alcohol, smoking, tightness of cuff, and other variables. A single measurement does not provide an accurate indication of blood pressure. Several readings are recommended. Always wait 3 or more minutes between measurements.

Care and Maintenance

Care

- Keep the unit in the storage case when not in use.
- Clean the unit with a soft dry cloth. Do not use any abrasive or volatile cleaners.
- Store the unit in a safe dry indoor location.



Care and Maintenance

Maintenance

- Never attempt to clean with abrasive or volatile liquids.



- Do not wet the cuff or attempt to clean the cuff with water.



- Store the unit in a clean and dry location. Do not subject the unit to extreme hot or cold temperatures, humidity and direct sunlight.



- Remove the batteries if the unit will not be used for 3 months or longer. Always replace all of the batteries with new ones at the same time.



Specifications

Model No.	BP5K	
Display	LCD Digital Display	
Measuring Principle	Oscillometric Method	
Measurement Localization	Wrist	
Cuff	Soft Wrist Cuff	
Measurement Range	Pressure	0 to 299 mmHg (0 ~ 39.9 kPa)
	Pulse	40 to 180 Beats/min
Accuracy	Pressure	± 3 mmHg (0.4 kPa)
	Pulse	± 5% of reading
LCD Indication	Pressure	3 Digit Display in mmHg or kPa
	Pulse	3 Digit Display
	Symbol	Memory/IHB/Heartbeat/Low Battery, etc.
Volume	Level 0 - Level 7	

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Specifications

Voice-Guide	Assists in finding optimum wrist position	
	Audible hypertension assessment	
Inflation	Automatic by Internal Pump	
Rapid Air Release	Automatic by Air Valve	
Memory Function	Memory 180 (2*90) Measurement Values	
Power Source	2 AAA Alkaline Batteries; D.C.3V	
Automatic Power-Off	In 2 Minutes	
Gross Weight	Approx. 110g (Batteries not included)	
Operating Environment	Temperature	10 ~ 40 °C (50 ~ 104 °F)
	Humidity	15 ~ 90%RH (Noncondensing)
Storage Environment	Barometric Pressure	105 ~ 80 kPa
	Temperature	-20 ~ 60 °C (-4 ~ 140 °F)
	Humidity	10 ~ 95%RH (Noncondensing)

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WARRANTY INFORMATION

Your Ozeri Blood Pressure Monitor, excluding the wrist cuff, is warranted to the original owner for 5 years from the date of purchase against defects in material and workmanship under normal use. The wrist cuff is warranted to the original owner for 1 year to be free from defects in material and workmanship under normal use. Should your blood pressure monitor and/or wrist cuff appear defective within the applicable period from the date of purchase, return the defective unit, freighted prepaid along with an explanation of the claim to Ozeri. Please pack carefully to avoid damages in transit. Under this warranty, Ozeri will repair or replace any parts found to be defective due to a manufacturer's defect. This warranty extends only to personal use and does not extend to any product that has been used for commercial use, or use which is not intended. There are no warranties other than that expressly set forth herein. This warranty is not transferable. Ozeri is not responsible in any way for damages, losses or inconveniences caused by equipment failure caused by user negligence, abuse, or use not in accordance with the "User Guide" or any additional safety, use, or warnings included in the product materials. Further, Ozeri is not liable for incidental or consequential damages of any nature resulting from the use of this product and any liability shall not exceed the purchase price of the product.

This Warranty gives you specific legal rights. You may also have other rights which vary from state to state.

THIS WARRANTY DOES NOT APPLY TO THE FOLLOWING

- Damage due to accident, misuse, abuse, alterations or vandalism.
- Improper or inadequate maintenance.
- Unauthorized modification or commercial use.
- Damage in return transit.
- Unsupervised use by children under 18 years of age.

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Customer Service

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(Ozeri™ and its subsidiaries assume no liability for damage caused by the use of the Ozeri Blood Pressure Monitor other than for its intended use or as instructed above and in the User Manual.)

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