



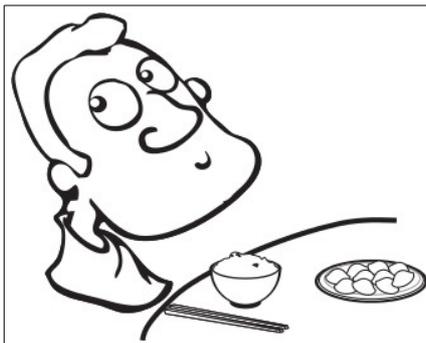
Wrist Style Blood Pressure Monitor KABPMWRWHTA Quick Start Guide

ARTG: 279975

Usage Information

Measurement Tips

Measurements may be inaccurate if taken under the following circumstances.



Within 1 hour of eating or drinking.



Immediately after tea, coffee or a cigarette.



Within 20 minutes of having a bath or shower.



When talking or moving your fingers.



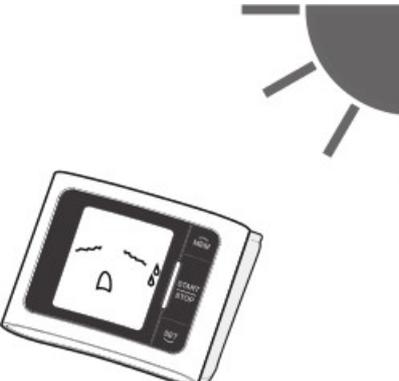
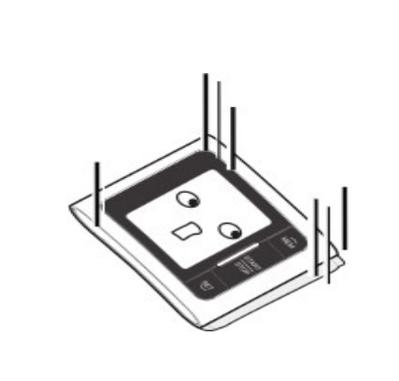
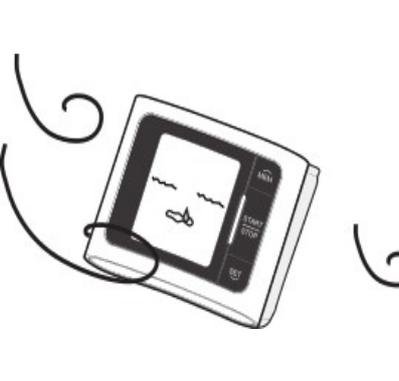
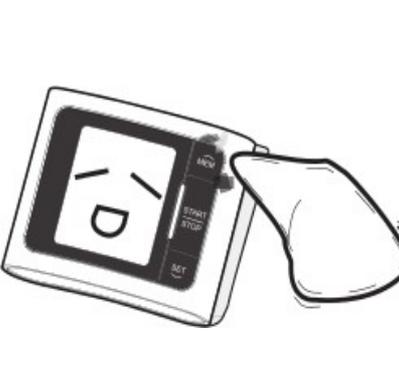
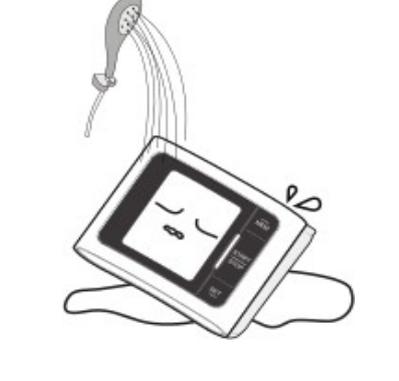
In a very cold environment.



When you need to go to the bathroom.

Maintenance

To obtain the best results, please follow the instructions below.

 <p>Store in a dry place, avoiding direct sunshine.</p>	 <p>Avoid immersing in water. Clean with a dry cloth.</p>	 <p>Avoid shaking or shocking the unit.</p>
 <p>Avoid dusty or hot locations.</p>	 <p>Use a slightly damp cloth to remove dirt.</p>	 <p>Avoid splashing the cuff when washing.</p>

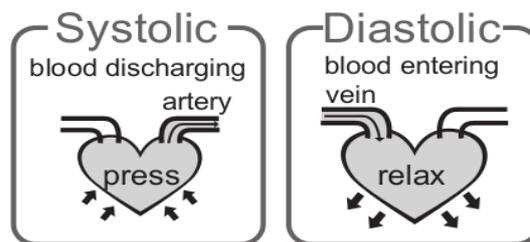
If you have any problems while using this device, including setting the unit up, maintenance tasks or taking blood pressure readings, please contact the Kogan.com customer support team. Do not attempt to open or repair the unit yourself.

There are no user serviceable parts inside.

About Blood Pressure

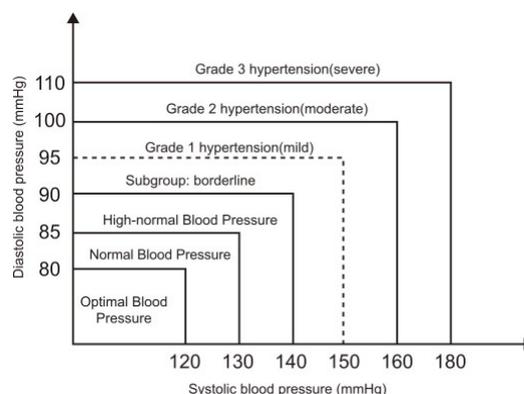
What are systolic pressure and diastolic pressure?

When ventricles contract and pump blood out of the heart, the blood pressure reaches its maximum value in the cycle, which is called systolic pressure. When the ventricles relax, the blood pressure reaches its minimum value in the cycle, which is called diastolic pressure.



What is the standard blood pressure classification?

The blood pressure classification published by the World Health Organization (WHO) and the International Society of Hypertension (ISH) in 1999 is as shown to right



Only a physician or doctor can tell your normal BP range. Please contact your doctor if your measurement falls outside of the normal range. Please note that only a doctor can tell whether your blood pressure value has reached a dangerous point.

Blood Pressure (mm Hg) \ Level	Optimal	Normal	High-normal	Mild	Moderate	Severe
SYS	<120	120-129	130-139	140-159	160-179	≥180
DIA	<80	80-84	85-89	90-99	100-109	≥110

Why does my blood pressure fluctuate throughout the day?

1. Individual blood pressure varies multiple times every day. It is also affected by the way you tie your measurement cuff and the position your body is in while taking the measurement, so please try to take the measurement under the same conditions.
2. The pressure will vary under the influence of different medicines.
3. Wait at least 3 minutes between measurements.

Why do I get different blood pressure measurements at home compared to the hospital?

Blood pressure is different throughout the day due to weather, emotions, exercise etc.. as well as the “white coat” effect that occurs at hospitals, where blood pressure is usually increased in clinical settings.

Is the result the same if measuring on the right wrist?

It is fine for either wrist, however there may be different results for different people. We suggest that you measure from the same wrist every time.

What you need to pay attention to when you measure your blood pressure at home:

- Check that the cuff is tied properly.
- Check that the cuff isn't too tight or too loose.
- If you are feeling anxious, take 2-3 deep breaths before beginning. If you are still feeling anxious, relax yourself for 4-5 minutes before attempting to measure.

Troubleshooting

This section includes a list of error messages and frequently asked questions for problems that you may encounter with your blood pressure monitor. If the product is not operating at you think it should, please check here before contacting the Kogan.com customer support team.

Problem	Symptom	Check	Solution
No Power	Display will not light up.	Batteries are exhausted	Replace with new batteries.
		Batteries inserted incorrectly	Insert the batteries correctly.
Low Batteries	Display is dim or displays battery icon with “Lo”	Battery power is low	Replace old batteries with new fresh batteries.
Error Message	E1	Cuff not secure	Refasten the cuff and remeasure.
	E2	Cuff is too tight	Readjust the cuff and remeasure.
	E3	Cuff pressure excessive	Relax, then remeasure.
	E10 or E11	Monitor detected motion	Relax, then remeasure.
	E20	Cannot detect pulse	Loosen clothing on your wrist, then remeasure.
	E21	Measurement failed	Relax, then remeasure.
	EExx	Calibration error	Retake the measurement. If the problem persists, contact the Kogan.com customer support team.

If you have any questions, please contact the Kogan.com customer support team