SmartSpeed®
Self-Storing Automatic
Blood Pressure Monitor
with Memory

04-330-001 (Adult size cuff)
04-330-006 (Large adult size cuff)

Please read this instruction manual completely before operating this unit.
Introduction

To achieve the maximum benefit from your blood pressure monitor, we recommend that you first consult with your physician or trained healthcare professional.

Thank you for purchasing a MABIS Automatic Digital Blood Pressure Monitor. With proper care and use, your monitor will provide you with many years of reliable readings.

The method of measurement that your Automatic Monitor uses is called the oscillometric method. The monitor detects your blood's movement through the artery in your arm and converts the movements into a digital reading. The oscillometric method does not require a stethoscope, making the monitor easy to use.

Your Automatic Monitor is specially enhanced with SmartSpeed® technology, which calculates both systolic, diastolic and pulse readings while the cuff is inflating. This provides you with shorter measuring time and enhanced comfort. It also features “Alert”, which produces a symbol highlighting measurements that may suggest hypertension.

Blood pressure readings determined with this device are equivalent to measurements obtained by a trained observer using the cuff/stethoscope auscultation method, within the limits prescribed by the American National Standard for Electronic or Automated Sphygmomanometers.
Why Monitor Your Blood Pressure at Home?

Many people experience “White Coat Syndrome”, which is a temporary elevation of blood pressure during a visit at their physician’s office. Although only temporary, it can cause blood pressure to rise and give a false indication of a person’s true blood pressure.

Whether or not you experience “White Coat Syndrome”, home blood pressure monitoring provides:

1) The opportunity to supplement your physician’s office measurements.
2) An accurate indication of any change.
3) A record to assist your physician in evaluating your health and making important decisions.
4) Consistent, daily measurements of your blood pressure.

NOTE: Variations in your individual readings should only be interpreted by your physician or trained healthcare professional.

General Blood Pressure Information

What is Blood Pressure?

Blood pressure is the pressure that is exerted by blood flowing against the walls of the blood vessels throughout your body.

Your heart, which is the center of the circulatory system, provides the force for the blood to flow or circulate. When your heart contracts or beats, the blood is forced through the blood vessels increasing the pressure. This is the highest pressure in the cycle or what is referred to as SYSTOLIC blood pressure. In between beats, your heart relaxes and your blood pressure decreases. This is referred to as DIASTOLIC blood pressure.

This complete series of events, which occurs in a single heartbeat, is known as the CARDIAC CYCLE.

Your MABIS Automatic Monitor will automatically read your blood pressure and display both systolic and diastolic readings on the screen. Your systolic will be positioned as the upper number and the diastolic reading will be the lower number.

<table>
<thead>
<tr>
<th>systolic</th>
<th>120</th>
</tr>
</thead>
<tbody>
<tr>
<td>diastolic</td>
<td>80</td>
</tr>
</tbody>
</table>
Blood pressure is measured in millimeters (mm) of mercury (Hg) and is generally recorded with the systolic pressure (120) listed first and the diastolic pressure (80) listed second. The numbers are typically separated by a slash mark (/) as shown.

Both pressure readings, the SYSTOLIC and DIASTOLIC, are necessary for a physician to evaluate the status of a patient’s blood pressure.

Please contact your physician for specific information regarding your own blood pressure.

**What Influences Blood Pressure?**
Many factors such as genetics, age, sex, altitude, physical activity, anxiety, muscular development, certain medications or even the time of day can influence blood pressure. Influences such as sleep or relaxation decrease blood pressure, while anxiety or exercise increase blood pressure.

**WHO Blood Pressure Classifications**
Standards for assessment of high or low blood pressure have been established by the World Health Organization (WHO) as shown on the following chart:

<table>
<thead>
<tr>
<th>CATEGORY</th>
<th>SYSTOLIC (mmHg)</th>
<th>DIASTOLIC (mmHg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Optimal</td>
<td>&lt;120</td>
<td>&lt;80</td>
</tr>
<tr>
<td>Normal</td>
<td>&lt;130</td>
<td>&lt;85</td>
</tr>
<tr>
<td>High - Normal</td>
<td>130-139</td>
<td>85-89</td>
</tr>
<tr>
<td>Mild Hypertension</td>
<td>140-159</td>
<td>90-99</td>
</tr>
<tr>
<td>Borderline</td>
<td>140-149</td>
<td>90-94</td>
</tr>
<tr>
<td>Moderate Hypertension</td>
<td>160-179</td>
<td>100-109</td>
</tr>
<tr>
<td>Severe Hypertension</td>
<td>≥180</td>
<td>≥110</td>
</tr>
<tr>
<td>Isolated Systolic Hypertension</td>
<td>≥140</td>
<td>&lt;90</td>
</tr>
<tr>
<td>Borderline</td>
<td>140-149</td>
<td>&lt;90</td>
</tr>
</tbody>
</table>

This chart is only a general guideline. Contact your physician or trained healthcare professional to determine your NORMAL blood pressure.

**Important Information Before Use**

1. Blood pressure readings should be interpreted by a physician or trained healthcare professional, who is familiar with your medical history.
2. Perform your measurement in a quiet place. You should be seated and relaxed.
3. Avoid smoking, eating, taking medication, alcohol consumption or physical activity 30 minutes prior to taking a reading. If you are exhibiting signs of stress, avoid taking your measurement until the feeling subsides.
4. Rest 15 minutes prior to taking a reading.
5. Remove any constrictive clothing or jewelry that may interfere with the cuff placement.
6. Keep the monitor stable during measurements. Remain still; do not talk during measurements.
7. Record your daily readings on a chart.
8. Take your readings at the same time, each day (or as recommended by your physician).
9. Wait a minimum of 15 minutes between readings. The wait time may vary depending on individual physiological characteristics.
10. This device is intended for adult use.
11. The inflation or deflation process can be stopped by pressing the POWER button.
Applying Your Blood Pressure Cuff

Avoid smoking, eating, taking medication, alcohol consumption or physical activity 30 minutes prior to taking a reading. If you are exhibiting signs of stress, avoid taking your measurement until the feeling subsides. Rest 15 minutes prior to taking a reading.

NOTE: If for any reason you are unable to or should not use your left arm, please modify the following instructions and apply the cuff to your right arm. Your physician can tell you which arm is best for you to use.

1. Remove any constrictive clothing or jewelry that may interfere with the cuff placement. Be seated with your feet flat on the floor.

2. Press the cover release button to open the arm cuff compartment. Remove the cuff and tubing.

3. Insert the cuff connector into the unit, Fig. 1.

4. Widen or open the cuff by pulling or rolling the bottom of the cuff towards the right, Fig. 2. This should open the cuff, creating a cylinder. Do not extend the cuff beyond the metal bar.

5. Insert your arm into the cuff (cylinder). Position the (Φ) mark over the main artery (on the inside of your arm), Fig. 3.

6. The bottom edge of the cuff should be positioned approximately one inch ABOVE the elbow joint, Fig. 4.

7. Reaching underneath your left arm with your right hand, pull the end of the cuff towards your body to tighten the cuff, Fig. 5. Wrap and secure the cuff making sure that the (Φ) mark remains as shown, Fig. 3.

8. The cuff should fit comfortably, yet snugly around your arm. You should be able to insert two fingers between your arm and the cuff.

NOTE: The cuff size is suitable for use when the vertical “Index” mark is within the horizontal “OK” range. A different sized cuff is needed if the “Index” mark is outside of the “OK” range.

Battery Installation/Replacement

1) Press down and lift the cover in the direction of the arrows as shown.

2) Insert or replace 4 “AA” batteries into the compartment, matching the indicated polarity symbols.

3) To close, match up and connect the bottom hooks of the cover, then push the top end.

NOTE: Replace the batteries when the Low Battery symbol appears on the display or when the display remains blank when the POWER button is pressed.

4) It is recommended to remove the batteries if the unit will not be used for an extended period of time.

AC Adapter (Optional)
Output: 12V DC 600mA (Ø3.8/Ø1.3)

AC Adapter Connection

AC Power Adapter (Optional)
An AC adapter is available separately for battery-free operation. The AC adapter plugs into the side of the unit as shown. Please remember to practice electrical safety precautions while using the adapter.
**Taking Your Blood Pressure Reading**

Proceed only after reading the previous sections of this manual. **Remember!** Remain still; do not talk during the measurement.

1. Rest your elbow on a solid surface with your palm facing upward. Elevate your arm so that the cuff is at the same level as your heart, Fig. 1. Relax your left hand.

2. Press the POWER button. The unit will run a self-test, Fig. 2.

3. The cuff will automatically begin to inflate, with varying speeds of inflation.

4. The display will show the increasing pressure in the cuff, Fig. 3.

5. Once the systolic pressure is reached, the cuff will exhaust all air.

6. Your blood pressure (systolic and diastolic) measurement, pulse rate and time will display, Fig. 4. See “Alert Symbol” section if symbol appears.

7. Your reading will be automatically stored in memory.

8. To conserve energy, press the POWER button to turn the power off. Otherwise, the unit will automatically shut off after approximately 1 minute.

9. Disconnect the cuff tubing from the monitor prior to storing.

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**Alert Symbol**

Your monitor has a built-in Alert feature. If your blood pressure exceeds 160 mmHg (SYS) or 95 mmHg (DIA), the Alert symbol will display, Fig. 5.

This feature is an instant reminder to you and your physician of measurements that may suggest hypertension.

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**Recalling Measurements in Memory**

You can recall up to 60 measurements in memory to share with your physician or trained healthcare professional.

1. Press the MEMORY button. The last stored measurement will display.

2. Continue to press MEMORY to view the next previously stored measurement.

**Note:** The memory bank can store up to 60 readings. When the number of readings exceeds 60, the oldest data will be replaced with the new record.

All stored measurements will be erased by removing any one of the batteries for approximately 2 minutes.
Care and Maintenance

1. Disconnect the cuff tubing from the monitor prior to storing.
2. Only use a soft, dry cloth to clean your blood pressure monitor.
3. Avoid using any types of liquids on the monitor or cuff.
4. Do not store the unit where it will be exposed to direct sunlight, dust or humidity.
5. Avoid extreme temperatures.
6. Never disassemble the monitor or cuff.
7. Dropping or subjecting your blood pressure monitor to strong shocks should be avoided.

Product Specifications

Name and model number
SmartSpeed® Automatic Digital Blood Pressure Monitor with Memory, 04-330-001, 04-330-006

Display system
Digital display/LCD

Measuring method
Oscillometric

Power source
4 AA batteries

Measuring range
Pressure: 20-280 mmHg
Pulse: 40-180 beats/minute

Accuracy
Pressure: ±3 mmHg
Pulse: ±5% of reading

Inflation
Pump Driven

Deflation
Automatic Pressure Release Valve

Memory
Built-in memory enabling display of up to 60 measurements

Automatic Power Off
Approximately 1 minute after last button operation

Operation Environment
Temperature 50°F – 104°F (10°C – 40°C)
Humidity 40 – 85%

Storage Environment
Temperature 23°F – 140°F (-5°C – 60°C)
Humidity 10 – 95%

Monitor Dimensions
7-1/2” x 6-1/4” x 3-3/4”

Weight
1.35 lbs. (without batteries)

Arm Circumference Range
Adult size fits arm circumference: 8-5/8”–12-5/8” (22–32 cm)
Large adult size fits arm circumference: 12-5/8”–16-1/2” (32–42 cm)

Accessories
Cuff, detailed guidebook, four AA batteries

Options (sold separately)
Adult size cuff, Large adult size cuff, AC Adapter

Specifications are subject to change without notice

#91-032-330 12/04
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### Sample Blood Pressure Log

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>mm/Hg</th>
<th>Pulse</th>
<th>Body Condition</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/2</td>
<td>7:00 AM</td>
<td>130</td>
<td>68</td>
<td>Headache in AM</td>
</tr>
<tr>
<td>1/2</td>
<td>9:30 AM</td>
<td>135</td>
<td>71</td>
<td>Headache in AM</td>
</tr>
<tr>
<td>1/2</td>
<td>7:30 PM</td>
<td>120</td>
<td>69</td>
<td>Feeling Rather Night</td>
</tr>
</tbody>
</table>

**Tensiomètre automatique à autorangement avec mémoire SmartSpeed®**

04-330-001 (brassard taille adulte)
04-330-006 (brassard grande taille adulte)

Veuillez lire ce livret-guide au complet avant de faire fonctionner cet appareil.

_MABIS HEALTHCARE INC_

_Taking care of your health care needs®_