

# Talking Monitor

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## Premium Digital Blood Pressure Wrist Monitor

Model 04-795-001

Please read this instruction manual completely before operating this unit.



*Taking care of your health care needs®*



**DETAILED  
GUIDEBOOK**

*English • Spanish*

# Lifetime Limited Warranty

MABIS Healthcare guarantees that its Digital Blood Pressure Monitor will be free from manufacturing defects under normal use for as long as the original purchaser owns the product. This warranty covers only normal use, and does not apply to use in any clinical or commercial applications. This warranty does not cover batteries or other power sources that may be provided with or used with the Digital Blood Pressure Monitor. This warranty is voided if the Digital Blood Pressure Monitor product is misused or abused in any manner.

If the Digital Blood Pressure Monitor fails to operate during the time the original purchaser owns it, return it postage prepaid along with \$5.00 for return shipping and insurance to: MABIS Healthcare, Attn: Repair Department, 1931 Norman Drive South, Waukegan, IL 60085. When returning a product, please also include a letter with your name, address, phone number and brief description of the specific problem. Please carefully package the product to avoid any damage that may occur while in the transit. Packaging insurance with returned receipt is recommended. MABIS will repair or replace the defective unit at the option of MABIS Healthcare. Repair or replacement of the defective unit, at the warrantor's option, is the sole remedy under this warranty.

ANY IMPLIED WARRANTIES WHICH THE PURCHASER MAY HAVE ARE LIMITED IN DURATION TO THE TIME THAT THE ORIGINAL CONSUMER PURCHASER OWNS THE PRODUCT. Some states do not allow limitations or how long an implied warranty lasts, so the above limitation may not apply to you.

This warranty constitutes the warrantor's only responsibility and obligation to repair and/or replace materials or components, or refund the purchase price. **MABIS will not be responsible for any indirect, incidental, special, consequential, or punitive damages or other loss**, including, but not limited to, damage to or loss of other property or equipment and personal injuries, whether to purchaser or others. MABIS shall in no event be liable to the purchaser for any amount in excess of the cost of repair and/or replacement of the unit, or the purchase price of the unit. Some states do not allow the exclusive or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you.

This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

Toll-Free Customer Care Help Line:

1-800-622-4714

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# Introduction

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

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

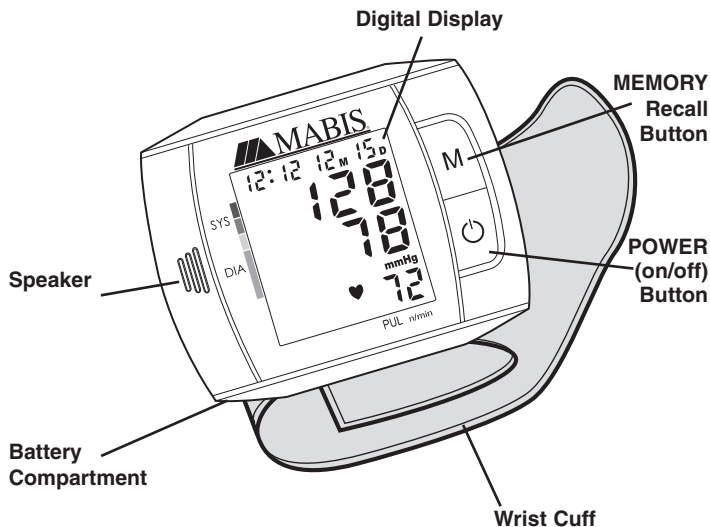
The method of measurement that your Automatic Monitor uses is called the oscillometric method. The monitor detects your blood's movement through the artery in your wrist and converts the movements into a digital reading. The oscillometric method does not require a stethoscope, making the monitor easy-to-use. The preformed cuff requires little effort to apply and is comfortable to wear.

Clinical research has proven a direct relationship between blood pressure in the wrist and blood pressure in the arm. Because the arteries in the wrist and arm are connected, changes in wrist blood pressure reflect changes in arm blood pressure. Frequent wrist blood pressure measurements will provide you and your physician with an accurate indication of change in your true blood pressure.

**People with severe hypertension, severe arteriosclerosis or severe diabetes should consult their physician about monitoring blood pressure at the wrist.**

*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.*

# Product Identification and Caution



## CAUTION

While taking a measurement, you can stop the inflation or deflation process of the cuff at any time by pressing the POWER button.

# ***General Blood Pressure Information***

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## ***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 Digital Blood Pressure 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.

(systolic) **120/80** (diastolic)

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 above.

*Both pressure readings, the **SYSTOLIC** and the **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 decreases blood pressure, while anxiety or exercise increases blood pressure.

## ***Why Monitor Your Blood Pressure at Home?***

A visit to a physician's office can be a stressful situation for a patient. And, anxiety is a known factor in raising blood pressure. This temporary occurrence of elevated blood pressure at the physician's office is commonly referred to as "white coat syndrome".

Whether or not you experience "white coat syndrome", home blood pressure monitoring provides you with the opportunity to supplement your physician's office measurements. These home readings, when taken over a period of time, can show an accurate indication of change. Furthermore, your records can assist your physician in evaluating your health and in making important decisions in the diagnosis and treatment of your condition. Because of this, it is important to take consistent, daily measurements of your blood pressure.

*The variations in your individual readings should only be interpreted by your physician or a trained health care professional.*

## ***WHO Blood Pressure Classifications***

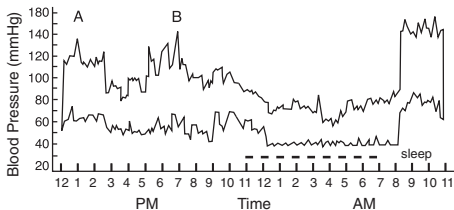
Standards for assessment of high or low blood pressure, regardless of age, have been established by the World Health Organization (WHO) as shown in the chart on the following page.

CATEGORY	SYSTOLIC (mmHg)	DIASTOLIC (mmHg)	COLOR INDICATOR
Optimal	<120	<80	GREEN
Normal	120-129	80-84	GREEN
High - Normal	130-139	85-89	GREEN
Stage 1 - Mild Borderline Hypertension	140-159	90-99	YELLOW
Stage 2 - Moderate Hypertension	160-179	100-109	ORANGE
Stage 3 - Severe Hypertension	≥180	≥110	RED
Isolated Systolic Borderline Hypertension	≥140 140-149	<90 <90	YELLOW YELLOW

*This chart is only a general guideline. Please contact your physician to determine your NORMAL BLOOD PRESSURE.*

### ***Variations in Blood Pressure***

Blood pressure can be influenced by many factors. This change can occur from moment to moment. Normally, blood pressure is lowest during the sleeping period and rises during the day. The graph below represents the variations in blood pressure shown over a day with measurements taken every 5 minutes.



The dotted line represents the sleep period. The rise in blood pressure at 1 p.m. (A in the graph) corresponds to a stressful occurrence and at 7 p.m. (B in the graph) a period of exercise.

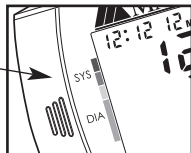
## ***Important Information Before Use***







1. Blood pressure measurements should only be interpreted by a physician or a trained health care professional who is familiar with your medical history. Through regular use of this device and recording of your measurements, you can keep your physician informed of the changes in your blood pressure.
2. Perform your measurement in a quiet place. You should be seated in a relaxed position.
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. Apply the cuff to the proper position on the left wrist. The unit should be located on the inside of your left wrist with the display panel in view.
7. Keep the monitor stable during measurement to achieve an accurate reading. Remain still; do not talk during the measurement.
8. Record your daily readings on the chart provided.
9. Take your readings at the same time, each day (or as recommended by your physician) to get an accurate indication of change in your true blood pressure.
10. Wait a minimum of 15 minutes between readings to allow for the blood vessels to return to normal. The wait time may vary depending on your individual physiological characteristics.
11. Although such cases are rare, for those with an extremely weak pulse or irregular pulse, errors may result which prevent proper measurement. If abnormal variations are noticed, consult with your physician or trained healthcare professional.
12. This device is intended for adult use.

*While taking a measurement, you can stop the inflation or deflation process of the cuff at any time by pressing the POWER button.*

## World Health Organization (WHO) Indicator

The WHO Indicator, located on the left side of the LCD screen, will identify your reading within a range in accordance with the guidelines set by the World Health Organization (WHO). See the chart below for reference.



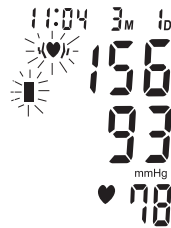
SYS  DIA	<b>Stage 3 Hypertension</b> Systolic pressure: $\geq 180$ mmHg Diastolic pressure: $\geq 110$ mmHg
SYS  DIA	<b>Stage 2 Hypertension</b> Systolic pressure: 160-179 mmHg Diastolic pressure: 100-109 mmHg
SYS  DIA	<b>Stage 1 Hypertension</b> Systolic pressure: 140-159 mmHg Diastolic pressure: 90-99 mmHg
SYS  DIA	<b>High Normal</b> Systolic pressure: 130-139 mmHg Diastolic pressure: 85-89 mmHg
SYS  DIA	<b>Normal</b> Systolic pressure: 120-129 mmHg Diastolic pressure: 80-84 mmHg
SYS  DIA	<b>Optimal</b> Systolic pressure: $\leq 120$ mmHg Diastolic pressure: $\leq 80$ mmHg

## Irregular Heartbeat Detection

Your digital blood pressure monitor features Irregular Heartbeat Detection. This feature allows users to accurately monitor blood pressure even if an irregular heartbeat should occur.

When an irregular heartbeat is detected, the IHB icon will appear on the display, *Fig. 1*.

**NOTE:** Please consult with your physician or trained healthcare professional for further information regarding an irregular heartbeat and if this symbol appears frequently at the end of a reading.



*Fig. 1*

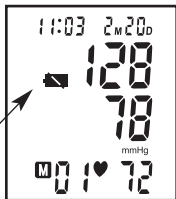
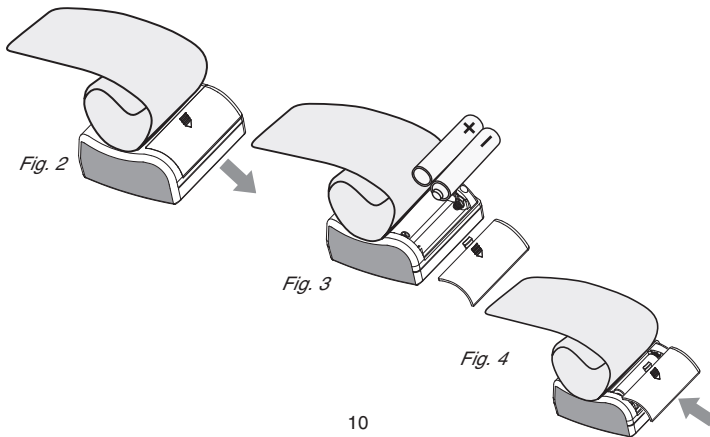
# Battery Installation/Replacement

Replace the batteries when the Low Battery symbol appears on the display, *Fig. 1*, or when the display remains blank when the POWER Button is pressed.

To change the batteries:

1. Open the battery cover, *Fig. 2*.
2. Making sure the battery polarity is correct, install two AAA alkaline batteries, *Fig. 3*.
3. Close the battery cover, *Fig. 4*.

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



*Fig. 1*

# Setting the Date/Time

**NOTE:** When the unit is off, the date and time will still appear at the top of the screen.

1. When the unit is off, press and release both the POWER and MEMORY button at the same time. The month will begin to flash, *Fig. 1*.
2. Press the MEMORY button to change until the desired number appears.

**NOTE:** To scroll through the numbers quicker, hold down the MEMORY button.

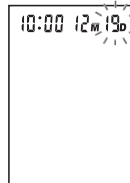
3. Press the POWER button to set the entry.
4. The date, *Fig. 2*, followed by the hour and minutes will blink. Repeat steps 2 and 3 to adjust the date/time setting.
5. After setting the minutes, the unit will automatically exit out of the date/time setting mode, *Fig. 3*.

**NOTE:** The time is expressed in 24hr military time. The chart below explains the time conversion

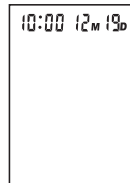
Regular Time (12 hours)	Military Time (24 hours)	Regular Time (12 hours)	Military Time (24 hours)
12 am Midnight	0	12 pm Noon	12
1 am	1	1 pm	13
2 am	2	2 pm	14
3 am	3	3 pm	15
4 am	4	4 pm	16
5 am	5	5 pm	17
6 am	6	6 pm	18
7 am	7	7 pm	19
8 am	8	8 pm	20
9 am	9	9 pm	21
10 am	10	10 pm	22
11 am	11	11 pm	23



*Fig. 1*



*Fig. 2*

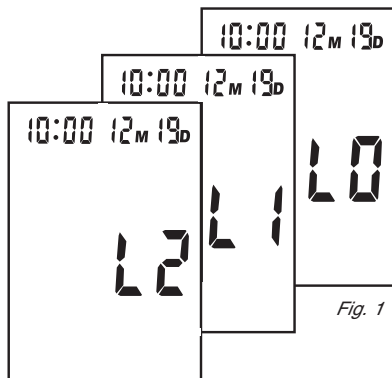


*Fig. 3*

## Voice Language Setting

### To set the desired voice language:

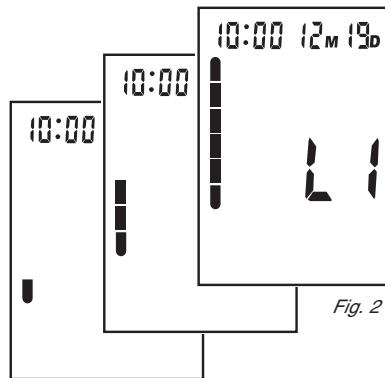
1. When the unit is off, you can select the desired voice language by pressing and holding the MEMORY button.
2. Now the screen will cycle through L0, L1 and L2 as shown in *Fig. 1*.  
L0 - voice function is off  
L1 - voice is in English  
L2 - voice is in Spanish  
The monitor will say the corresponding language with the displayed language code.
3. Once the desired language has been selected, release the MEMORY button.



*Fig. 1*

## Voice Language Setting

4. After the desired language has been selected, you can adjust the volume by pressing and holding down the MEMORY button until the bars on the side of the screen begin to increase *Fig. 2*.
5. Continue to hold the MEMORY button down until the volume reaches the desired level, then release the MEMORY button to set.
6. The unit will automatically turn off after the desired volume level has been set.



*Fig. 2*

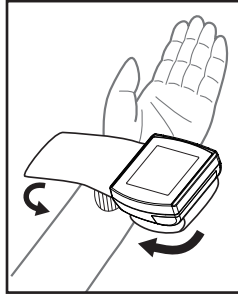


# Applying Your Blood Pressure Cuff

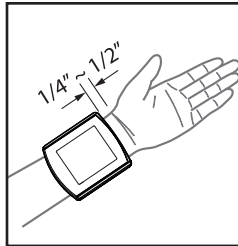
<b>Cuff Dimensions</b>	3-1/4" x 2-3/4" x 1-1/8"
<b>Wrist Circumference Range</b>	Suitable for 5-1/2" – 7-5/8" (14 – 19.5 cm)

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.

1. Remove any constrictive clothing or jewelry that may interfere with the cuff placement.
2. You should be seated with your feet flat on the floor.
3. Hold your left arm in front of you with your palm facing upward.
4. Apply the preformed cuff to your left wrist. The digital display panel should be positioned on the inside area of your wrist facing you, *Fig. 1*.
5. Adjust the cuff as shown in *Fig. 2* from the edge of the 'Head of the Ulna Bone.'



*Fig. 1*

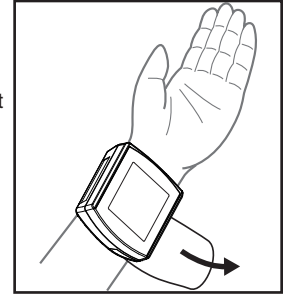


*Fig. 2*

# Applying Your Blood Pressure Cuff

6. Wrap and fasten the cuff securely, yet comfortably around your wrist, *Fig. 3*.

**NOTE:** The left wrist should be used unless you are unable to or should not use your left arm or wrist. In consultation with your physician, you may modify the following instructions and apply the cuff to your right wrist.



*Fig. 3*

# Taking Your Blood Pressure Reading

Proceed only after reading the previous sections of this manual.

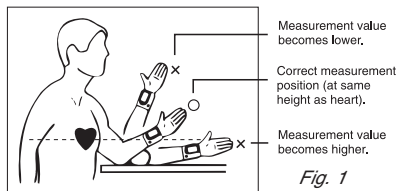


Fig. 1

1. Rest your elbow on a solid surface with your palm facing upward. **Elevate your hand so that the cuff is at the same level as your heart, Fig. 1.** Relax your left hand.
2. Press the POWER button to turn the unit on and select the memory bank you want your reading to be stored in by pressing the MEMORY button to alternate between, memory bank 1 or 2. Press the POWER button to confirm your selection.
3. The monitor will begin to guide you with voice prompts if the voice function is turned on. This unit will run a self-test, Fig. 2, and show the last measured reading, Fig. 3, or if there is no previous measurement, "0" as shown in Fig. 4.
4. When the display appears as shown, Fig. 5, the monitor is ready and will begin to guide you with voice prompts if the voice function is on. The cuff will automatically begin to inflate.
5. The display will show the increasing pressure in the cuff. Along with the measurement progress on the left side of the screen.
6. The cuff will automatically inflate to approximately 190 mmHg.
7. Once the cuff inflates to approximately 190 mmHg, the measurement will begin.

# Taking Your Blood Pressure Reading

8. The unit will begin to automatically deflate and the numbers appearing on the display will decrease.
9. When all the air is deflated, the measurement is complete. The unit will display your blood pressure (systolic and diastolic) measurements and pulse rate, Fig. 6.

With the voice function on (L1 or L2), the monitor will say the measurement with the language you selected according to the classification standard of WHO (World Health Organization).

10. Record your readings on a chart.
11. At this point, your measurements will be automatically saved in memory.
12. To conserve the batteries, press the POWER button to turn the power off. Otherwise, the unit will automatically shut off after approximately 1 minute.

**NOTE:** This monitor inflates the cuff to approximately 190 mmHg. If the system detects that the cuff needs additional pressure, it will automatically reinflate to approximately 40mmHg higher than the last systolic pressure reading.



Fig. 2



Fig. 3



Fig. 4



Fig. 5



Fig. 6

## Recalling Measurements in Memory

You can recall up to 120 total measurements in memory (60 per memory bank). These measurements can be shared with your physician or trained healthcare professional.

1. Press and release the MEMORY button. The unit will display either U1 or U2 depending upon the user bank selected. It will also show how many measurements are stored within that bank, Fig. 1.



Fig. 1

2. To select the appropriate user bank press the POWER button to switch between U1 and U2.

3. Once the desired user memory bank is selected, press the MEMORY button again to scroll through the saved measurements. After you've scrolled through all the readings, the unit will automatically turn off.

**NOTE:** Each 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.

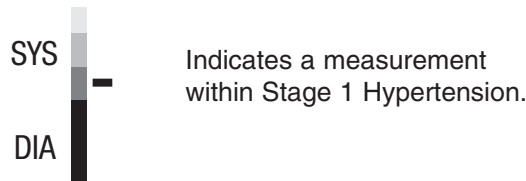
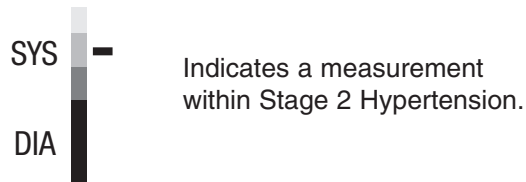
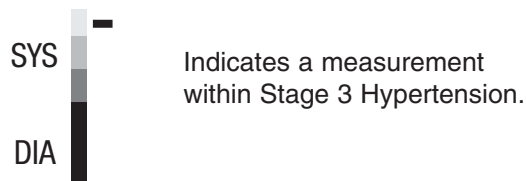
### To erase all stored measurements:

1. Press and release the MEMORY button. The unit will display either U1 or U2 depending upon the user bank selected and how many measurements are stored within that bank.
2. Select the desired user bank by pressing and releasing the MEMORY button.
3. Press and hold down the Memory button until two horizontal lines flash. This indicates that all measurements within the selected memory bank have been erased.



Fig. 2

## Description of Display Symbols



Appears when batteries should be replaced.

-- Description of Display Symbols Continued

## *Description of Display Symbols*

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Shows the pulse rate per minute.



Occurs when an error was made during measurement.



Appears when there is an irregular heartbeat detected during measurement



Appears when the cuff is unstable or it has too much air left in it. Once the arrow stops flashing, the unit is ready to take a measurement.



Appears when a measurement error has occurred. Restart the measurement.



Appears when recalling a measurement from memory



Indicates the memory user's memory bank

## *Troubleshooting*

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If any abnormality occurs during use, please check and correct the following:

### **Condition**

Display is blank when power is on.

Measurement incomplete or abnormally low or high values displayed.

Measurements are different from those typically measured by physician or every measurement reading is different.

EE Symbol displays

### **Correction**

Check and correct the polarity of the installed batteries. Reinstall or replace batteries.

Review and follow 'Applying Your Blood Pressure Cuff' and 'Taking Your Blood Pressure Reading' sections. Replace the batteries.

Remember, blood pressure readings are influenced by physical and mental conditions and/or even the time of day. Daily measurement recordings should be interpreted by your physician.

Do not talk or move during the measurement. Review "Applying Your Blood Pressure Cuff" section.

## *Care and Maintenance*

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

# Product Specifications

<b>Name and Model Number</b>	Talking Monitor-Premium Digital Blood Pressure Wrist Monitor, 04-795-001
<b>Display System</b>	Digital display/LCD
<b>Measuring Method</b>	Oscillometric Method Automatic Air Inflation and Measurement
<b>Power Source</b>	2 AAA batteries
<b>Measuring Range</b>	Pressure: 0 to 300 mmHg Pulse: 30-180 beats/minute
<b>Accuracy</b>	Pressure: $\pm 3$ mmHg; Pulse: $\pm 5\%$ of reading
<b>Pressurization</b>	Automatic pressurization by pump
<b>Deflation</b>	Automatic pressure release valve
<b>Memory</b>	Built-in memory enabling display of up to 120 (60 per memory bank) measurements
<b>Automatic Power Off</b>	Approximately 1 minute after last button operation
<b>Battery Life</b>	Approximately 1 month with normal usage
<b>Operation Environment</b>	Temperature 41°F – 104°F (5°C – 40°C) Humidity <85% RH max
<b>Storage Environment</b>	Temperature -4°F – 131°F (-20°C – 55°C) Humidity <95% RH max
<b>Weight</b>	4.6 oz. (without batteries)
<b>Dimensions</b>	3-1/4" x 2-3/4" x 1-1/8"
<b>Wrist Circumference Range</b>	Suitable for 5-1/2" – 7-5/8" (14 – 19.5 cm)
<b>Accessories</b>	Storage case, Instruction Guidebook, two AAA alkaline batteries, Quick Start Guides,

Specifications are subject to change without notice.

# Sample Blood Pressure Log

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Weight: \_\_\_\_\_

Date	1/2	1/2	1/3															
Time	7:00 AM	9:30 PM	7:30 AM															
mmHg																		
240																		
220																		
200																		
180																		
160																		
140																		
120																		
100																		
80																		
60																		
Pulse	68	71	69															
Body Condition	Headache in AM	—	Tired, Restless Night															

