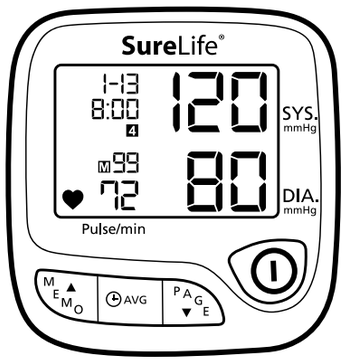
SureLife®
Talking Wrist Blood Pressure Monitor



Premium Model

SAFETY PRECAUTIONS

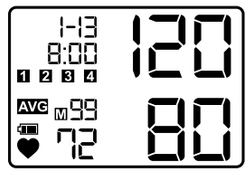
- Infants, young children or individuals who cannot express their consent are not suitable to take blood pressure measurement.
- Individuals with serious arteriosclerosis are not suitable to take blood pressure measurement.
- Blood pressure readings may change in case of pregnancy. Pregnant women should consult their doctor before taking measurement.
- **Self-measurement is not medical treatment. If there are unusual values, consult your doctor.**
- Handling batteries properly:
 - As soon as old batteries run out, replace with new batteries.
 - Do not use old and new batteries together.
 - Align the polarities of batteries correctly.
 - When the unit will not be used for more than 3 months, remove the batteries. Otherwise, batteries may leak and cause damage to the unit.

QUICK START GUIDE

Avoid smoking, eating, drinking caffeinated drinks or exercising for 30 minutes before taking measurement.

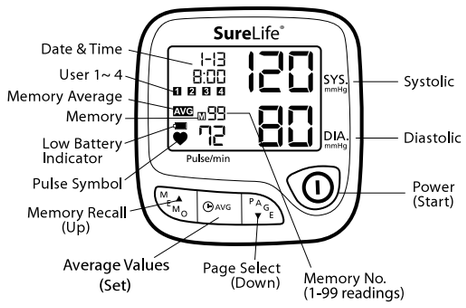


1. Sit upright in a chair with both feet on the floor.
2. Roll up the sleeve to bare your wrist if necessary. Take caution not to constrict the blood flow.
3. Pull on the end of the cuff until it wraps securely around your wrist. Place your elbow on a table so that the monitor will be at the same level as your heart.
4. Press the "ⓘ" button. The cuff will automatically inflate and the measurement will start.
5. When the measurement is complete, the cuff will automatically deflate and your systolic and diastolic pressure values and pulse rate will display.



OVERVIEW

Monitor



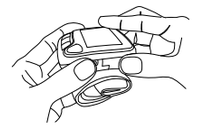
Features

- One Touch Operation
- Irregular Heartbeat Detector
- Blood Pressure Mode and Clock Mode
- 4 User / 396 Total Memory
- 4 Alarm Clock Settings
- 5 Mode Averaging Function— Hour, Day, Week, Month and Overall
- Auto-off Power Saving Feature
- Operated by 2 AAA batteries

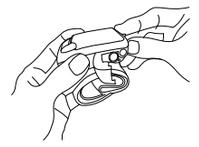
PREPARATION

2.1 Battery Installation

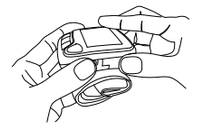
1. Remove the battery cover according to the direction of the arrow.



2. Insert 2 AAA batteries with the polarities in the correct direction.



3. Slide the battery cover to close until the lock securely clicks into place.



Note: *Replace batteries when the battery indicator "▭" shows low voltage.*

2.2 Date & Time Setting

The **SureLife**® Talking Wrist Blood Pressure Monitor has a built-in clock function. Activating the clock function allows the exact date and time of measurements to be recorded in the device's memory.

Note: *The Date & Time is turned off by the factory and may be turned on, at the user's discretion, using the instructions below. Date & Time will also need to be reset after installing new batteries.*

1. Press and hold the "◷***AVG***" button for five seconds to enter ***Date & Time Mode***.
2. **SET YEAR:**
 Press the "▲***MEMO***" or "***PAGE*** ▼" button to select current ***Year***. *Press the "◷**AVG**" button to confirm.*
3. **SET MONTH:**
 Press the "▲***MEMO***" or "***PAGE*** ▼" button to select current ***Month***. *Press the "◷**AVG**" button to confirm.*
4. **SET DAY:**
 Press the "▲***MEMO***" or "***PAGE*** ▼" button to select current ***Day***. *Press the "◷**AVG**" button to confirm.*
5. **SET HOUR:**
 Press the "▲***MEMO***" or "***PAGE*** ▼" button to select current ***Hour***. *Press the "◷**AVG**" button to confirm.*
6. **SET MINUTE:**
 Press the "▲***MEMO***" or "***PAGE*** ▼" button to select current ***Minutes***. *Press the "◷**AVG**" button to confirm.*

7. Press the "▲***MEMO***" or "***PAGE*** ▼" button to turn the ***Clock Function ON*** or ***OFF***. *Press the "◷**AVG**" button to confirm.*

Note: *If you select Clock Function "ON", you will continue at the Alarm Setting section. Otherwise, setting will end.*

2.3 Alarm Setting

Note:

- *To use the Alarm Setting, the Clock Function must be set to "ON". See **section 2.2** (Date & Time Setting) for instructions.*
- *You can set up to 4 alarms.*

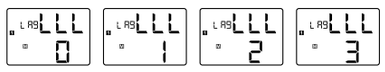
8. **DISABLE ALARM:**
 To ***Disable*** the ***1st alarm***, press the "▲***MEMO***" or "***PAGE*** ▼" button to select "***OFF***". *Press the "◷**AVG**" button to confirm then **Proceed to Step 12**.*
9. **SET ALARM:**
 To ***Set*** the ***1st alarm***, press the "▲***MEMO***" or "***PAGE*** ▼" button to select "***ON***". *Press the "◷**AVG**" button to confirm.*
10. Press the "▲***MEMO***" or "***PAGE*** ▼" button to select desired ***Hour***. *Press the "◷**AVG**" button to confirm.*
11. Press the "▲***MEMO***" or "***PAGE*** ▼" button to select desired ***Minute***. *Press the "◷**AVG**" button to confirm.*
12. Follow the same steps for the ***2nd***, ***3rd*** and ***4th alarm***.

Note:

- *Press the "ⓘ" button anytime during clock setting/alarm setting to start over if an error occurs.*
- *Each alarm clock lasts 45 seconds, or you can turn it off by pressing the "ⓘ" button.*

2.4 Language Setting

When a measurement is completed, the results will read aloud; the systolic value, diastolic value and pulse. The default language is English.



To Change the Language Format:

1. Press and hold the "▲***MEMO***" button until the screen displays [LLLx] (x=0~3), then release the button.
2. Press the "▲***MEMO***" button to select language. Numbers 0~3 represent the following languages:
 0 Mute ***2*** French
 1 English ***3*** Spanish
3. Press the "ⓘ" button to confirm the selection and begin measurement.

TAKING MEASUREMENT

Note:

- *Avoid smoking, eating, drinking caffeinated drinks or exercising for 30 minutes before taking measurement.*
- *Do not move or talk during measurement.*

3.1 Sitting Correctly

1. Relax
2. Sit upright in a chair with both feet on the floor.
3. Roll up the sleeve to bare your wrist if necessary. Take caution not to constrict the blood flow.
4. Place your arm on a table so that the cuff will be at the same level as your heart.



3.2 Applying the Wrist Cuff

1. Place your elbow on a table and palm facing upward, and wrap the arm cuff around the left wrist.
2. Pull on the end of the cuff until it wraps securely around your upper wrist. Do not over tighten the cuff. Allow 1–2 cm or 1/2 inch between the bottom of the cuff and your wrist joint.
3. Make sure the cuff is at the same level as your heart.

3.3 User Setting

This unit allows up to 4 users to store measurement records in different User Pages. Each User Page can store up to 99 measurements.

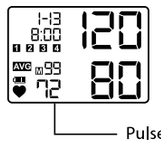
Press "***PAGE*** ▼" button to switch between ***User Page 1***, ***2***, ***3*** and ***4***.

3.4 Taking Measurement

1. Press the "ⓘ" button. The cuff will automatically inflate and the measurement will start.
2. When the measurement is complete, the cuff will automatically deflate and your systolic and diastolic pressure values and pulse rate will display.
3. Remove the arm cuff and take note of your measurement results.

Note: *You can press the "ⓘ" button to stop measurement at any time.*

3.5 Heartbeat Readings



Besides Systolic and Diastolic values, Pulse will also be displayed after a measurement.

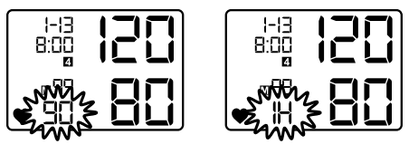
Irregular Heartbeat

This unit has a unique feature that alerts the user of irregular heartbeat detection during measurement.

Note: *An irregular heartbeat is defined as a heartbeat rhythm that has a variation of more than 25% from the average rhythm detected during measurement.*

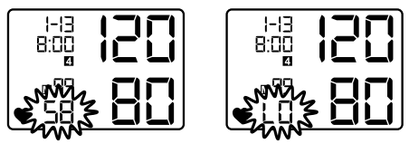
If such irregular rhythm occurs twice of more during the same measurement, the display screen will show the pulse value and "IH" symbol alternately. Example: (90 / IH)

Note: *Please consult your doctor if irregular heartbeat occurs often.*



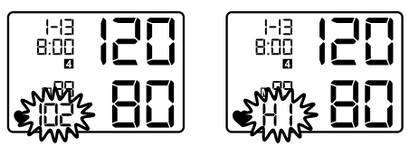
Regular but Below Normal Heartbeat

If the monitor detects a pulse rate below 60 beats per minute during measurement, the monitor will display the pulse value and "LO" symbol alternately. Example: (58 / LO)



Regular but Above Normal Heartbeat

If the monitor detects a pulse rate above 100 beats per minute during measurement, the monitor will display the pulse value and "HI" symbol alternately. Example: (102 / HI)



MEMORY FUNCTIONS

After measurement, the last set of measured values will be saved automatically when the unit is turned off by pressing "ⓘ" button or by automatic power off after 3 minutes.

4.1 View Past Readings

1. Press the "▲***MEMO***" button to enter memory function.
2. If the User Page is not what you want to view, press the "***PAGE*** ▼" button to select.
3. Press the "▲***MEMO***" button to display the next sets of values. Past readings are displayed from the most recent to the oldest.
4. This device can store up to 99 sets of past readings for each user (4 x 99).

4.2 View Average Readings

1. Press the "◷***AVG***" button to enter ***Average*** function.
2. If the User Page is not what you want to view, press the "***PAGE*** ▼" button to select.
3. Press the "◷***AVG***" button to view different ***Average Values***. 5 different Average Values are available: Hour, Day, Week, Month and Overall.

Symbol on Display	Average Values of
1 h	One Hour
1 d	One Day
7 d	One Week
30 d	One Month
ALL	All Readings

4.3 Delete Past Readings

1. Press the "***PAGE*** ▼" button to select the ***User Page*** you want to delete.
2. Press and hold the "▲***MEMO***" and "***PAGE*** ▼" button simultaneously for 5 seconds. Symbol of "***ALL EE***" will be displayed and all past readings stored in that ***User Page*** will be deleted.

TROUBLESHOOTING

Problem	Cause	Solution
No display when you press the Power/Start button	Have the batteries run out?	Replace new batteries.
	Are the battery polarities wrong?	Re-align batteries in correct polarities.
"Err P" displayed	Fail to inflate	Check if the cuff is properly connected. Replace the air tube if it is broken.
"Err 1" displayed	Deflate too rapidly	Return for servicing.
"Err 2" displayed	Movement during measurement	Do not move during measurement.
	Signal interference	Remove interfering source e.g. mobile phones, magnets.
"Err 3" displayed	Incorrect results	Measure again.

Note: *If your problem cannot be solved by the above, consult your store of purchase. Do not disassemble the unit.*

STORAGE & MAINTENANCE

- Keep the unit away from direct sunlight, extreme temperatures, humidity or moisture
- Use a dry, soft cloth to clean the unit, or if desired, use a cloth lightly dampened with water.
- Do not use alcohol, benzene, thinner or other volatile liquids to clean the unit.
- Do not wash or expose the arm cuff to liquid.
- Remove batteries from the unit when it will not be used for more than 3 months.

SPECIFICATIONS

Model No.	Premium (SL-BW102V)
Measurement Method	Oscillometric
Measurement Range	Pressure: 20 – 280 mmHg Pulse Rate: 40 – 195 beats/min
Accuracy	Pressure: +/- 3 mmHg Pulse Rate: +/- 5%
Inflation	Pump driven
Pressure Detection	Semi-conductor
Power Supply	2 x AAA batteries
Auto Power Off	3 minutes after last operation
Storage Environment	-4°F to 140°F, 10% to 95% RH
Operation Environment	50°F to 104°F, 30% to 85% RH
External Dimensions	3.15" (L) x 3.35" (W) x 2.36" (H) or 80 x 85 x 60 mm
Net Weight	4.94oz/140g (batteries excluded)
Cuff Dimensions	5.31-8.66 in/135-220 mm
Package Content	Instruction Manual, Battery Set, Main Unit

Note: *Subject to modification without prior notice.*

WARRANTY

A Full 5-Year Warranty on Your Monitor

The **SureLife**® Talking Wrist Blood Pressure Monitor is warranted to be free from defects in materials and workmanship within 5 years from the date of purchase. The monitor must be used in accordance with the instructions provided.

Keep Your Proof of Purchase (Store Invoice)

The above warranty is extended to only the original retail purchaser. Proof of Purchase required.

We will, at our option, repair or replace without charge the wrist monitor covered by the above warranty.

To obtain warranty service, please contact MHC Medical Products at (877) 358.4342.

ALL IMPLIED WARRANTIES, INCLUDING BUT NOT LIMITED TO THE IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR PARTICULAR PURPOSE, ARE LIMITED TO THE DURATION OF THE APPLICABLE WRITTEN WARRANTY ABOVE.

Manufactured in accordance with FDA and International Standards

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