

MD-10003 / ISO 9003

Model: MFM-007
Art. No.: 31015

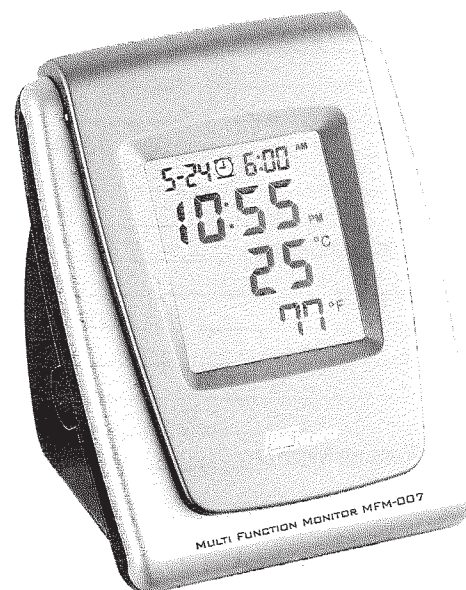
Manufactured for Zewa AG

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Deluxe Blood Pressure Monitor And Alarm Clock

**Instruction manual
Instrucciones de uso**



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Quality products for life

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Introduction

You have purchased a quality Zewa Blood Pressure Monitor. The material and components of this product have specially been designed for your device. The use of this device will be described in detail within the following pages.

Important Warning/Medical Disclaimer

Before using your blood pressure monitor, you should read and understand all instructions and follow all warnings.

Information in this manual is provided for informational purposes and this manual and product are not meant to be a substitution for the advice provided by your own physician or other medical professional. You should not use the information contained herein or this product for diagnosing or treating a health problem or disease, or prescribing any medication. If you have or suspect that you have a medical problem, promptly contact your healthcare provider.

For specific information about your own blood pressure, including what measurement is considered normal for you, CONSULT YOUR PHYSICIAN.

General Health Information

At Zewa Group we realize that more and more people want to take an active role in their own healthcare. That's why we've developed a line of home blood pressure monitors that make staying healthy easy. But monitoring your blood pressure at home is just the first step to living a healthy life. It's also important to:

STAY ACTIVE Start out by taking just a short walk each day. Over time you will begin to feel more energy. Walking not only helps you lose weight, it also builds stronger bones and a healthy heart!

EAT HEALTHY Adding more fruits and vegetables to your diet is a great way to start. Studies have shown that a diet high in these foods, as well as whole grains, fish and low-fat dairy products may be the best medication of all.

STAY POSITIVE A healthy mind goes hand in hand with a healthy body. Daily relaxation techniques such as meditation and gentle yoga may be just what you need to alleviate unwanted stress from your life. Keep your mind focused on the positive things in life and before you know it, the negative aspects may start to look not so bad after all. Start out by giving yourself credit for those short walks or that apple you just ate. It's your first step.

WATCH YOUR WEIGHT Sometimes, just a small amount of weight loss is all it takes to help control high blood pressure. If you've already started eating healthy and staying active your weight just might take care of itself.

Remember to consult your physician prior to beginning exercise, vitamin/mineral, dietary changes or programs and blood pressure monitoring.

Commonly Asked Questions About Blood Pressure

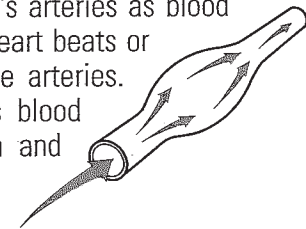
Why Should I Monitor My Blood Pressure At Home?

By monitoring at home, you may manage your health between doctor visits. Home monitoring also provides you with a record of blood pressure measurements over time to give to your doctor a valuable tool in health monitoring.

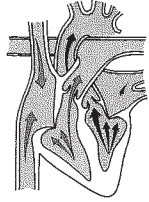
Home monitoring may also help alleviate White Coat Hypertension. This term refers to the medical phenomena, which causes many individuals' blood pressure to rise higher when taken in a medical office setting. That's because many times the stress of being in the doctor's office may cause blood pressure to rise as much as 20-50 points higher than normal. When monitoring at home, you may get a truer indication of your blood pressure in a normal, relaxed state.

What Is Blood Pressure?

The commonly used term "blood pressure" refers to the force or pressure that is exerted on the body's arteries as blood flows through them. Each time the heart beats or contracts it produces pressure in the arteries. This blood pressure is what moves blood through the body, supplying oxygen and nutrients to every organ.

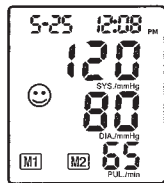
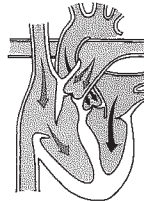


Commonly Asked Questions About Blood Pressure



SYSTOLIC PRESSURE. When the heart contracts it sends blood out into the body. This pressure is referred to as systolic pressure.

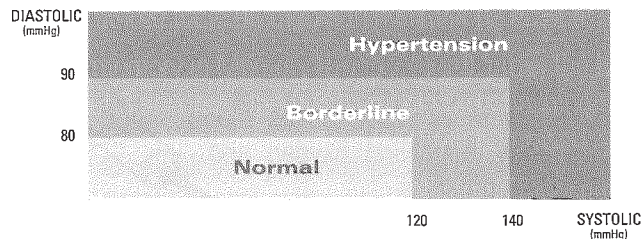
DIASTOLIC PRESSURE. The pressure that is created, as the heart pulls blood back through is called diastolic pressure.



Blood pressure is recorded as systolic over diastolic, as shown here.

What Is Considered Normal Blood Pressure?

The well-respected World Health Organization (WHO) has set forth the following guidelines regarding high blood pressure commonly referred to as hypertension.



Commonly Asked Questions About Blood Pressure

Why Does My Blood Pressure Fluctuate?

Since blood pressure changes with every beat of the heart it is in constant fluctuation throughout any given day. In addition to these natural changes there are other factors that may affect blood pressure such as:

- Temperature (too hot or cold)
- Humidity
- Restlessness
- Lack of sleep
- Constipation
- Stress
- Fear
- Anger
- Anxiety
- Food and beverage consumption
- Individual physical conditions

In addition to these factors you should talk with your physician to see what may be affecting you.

How Do I Know I have High Blood Pressure?

It's nearly impossible to know if your blood pressure is elevated without having it checked. People have the common misconception that one can "feel" their blood pressure rise. It is because of this mystery that hypertension has been named "the silent killer". Don't

Commonly Asked Questions About Blood Pressure

let it sneak up on you! Start monitoring your blood pressure every day with your new Zewa blood pressure monitor.

Why Is It Important To Control My Blood Pressure?

Left uncontrolled, hypertension may place an incredible amount of stress on your heart and arteries, both of which become forced to work harder to keep blood flowing in a healthy manner throughout the body. Over time, this stress may result in health problems including over enlargement of the heart, loss of elasticity of the arteries, heart disease, stroke and even death. Making some simple lifestyle changes now may help you stay healthy in the future.

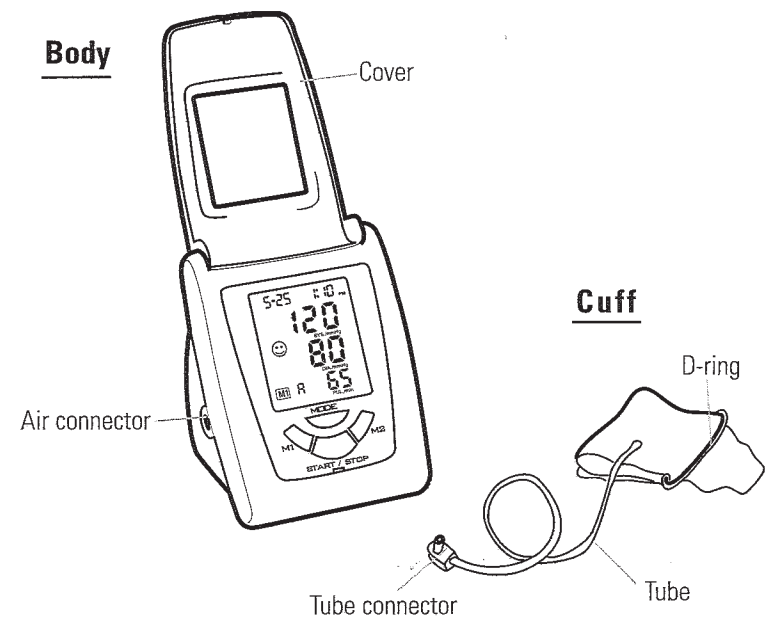
Measurement Method

Zewa monitors measure blood pressure and pulse by using what's called an *oscillometric* method, meaning they measure the fluctuations in pressure. This is done by first wrapping a fitted cuff around the upper arm (or wrist, depending on the model). The monitor then automatically fills the cuff with air creating pressure around the arteries inside of the arm (or wrist). Mounted inside of the cuff is a special gauge that is capable of sensing the small *oscillations* (fluctuations) in pressure. These fluctuations are produced as a result of the pressure the cuff has placed around the arm and are, in a basic sense, the arteries contracting (getting larger and smaller) with each heart beat. The monitor then measures how high and how quickly these contractions occur and converts that information into a digital value.

Intended Use Of a Blood Pressure Monitor

Zewa blood pressure monitors offer convenient home use. They are noninvasive, meaning no part of the monitor enters your body. It is used to measure systolic, diastolic and pulse measurements. Zewa monitors are recommended for use by people over the age of 18.

Part Identification



Special Features

Fuzzy Logic

The Fuzzy Logic Inflation System senses your blood pressure before the measurement is completed. The monitor adjusts the air pressure amount according to your individual level. The results are quick, comfortable measurements each time you check your blood pressure.

Low Noise System

The low-noise, rolling motor pump allows this monitor to offer quiet inflation.

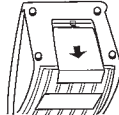
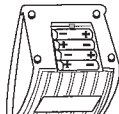
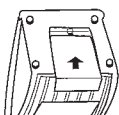
Memory Feature

Zewa's special memory feature allows the monitor to store up to 40 measurements, in each memory group, and shows the average for quick and easy comparisons.

Accuracy

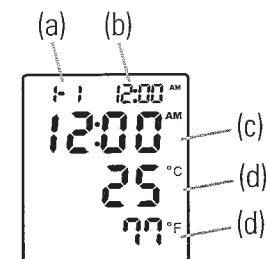
Zewa monitors have been clinically tested against a scientific device called a sphygmomanometer, considered the standard in blood pressure measurement. All Zewa monitors have performed equivalent to measurements taken with this scientific device and are within the accuracy limits prescribed by the American National Standard for Electronic or Automated Sphygmomanometers.

Battery Installation

	1. Push the battery cover at the bottom of the unit in the direction of the arrow to remove it.
	2. Insert 4 "AA" (1.5V Alkaline) type batteries with the polarity as indicated. Do not use rechargeable batteries.
	3. Replace the battery cover.

Setting Alarm-Date-Time

When the batteries are installed for the first time, the MFM-007 is automatically in the "clock mode". It displays date (a), alarm (b), time (c) and room temperature (d).



Setting Alarm-Date-Time

To change the settings follow these simple steps:

- 1 Open the cover and press the MODE button. The Alarm (hour) flashes. By pressing M1/M2, set the alarm hours. Press the MODE button to save your settings.
Note: The clock is in a 12-hour format (AM/PM will change automatically).
- 2 The Alarm (minute) flashes. With M1/M2 change the minutes. Press the MODE button to save your settings.
- 3 The Date (month) flashes. With M1/M2 change the months. Press the MODE button to save your settings.
- 4 The Date (day) flashes. With M1/M2 change the days. Press the MODE button to save your settings.
- 5 The Time (hour) flashes. With M1/M2 change the hours. Press the MODE button to save your settings.
Note: The clock is in a 12-hour format (AM/PM will change automatically).
- 6 The Time (minute) flashes. With M1/M2 change the minutes. Press the MODE button to save your settings.
- 7 The Alarm flashes again. To finalize your settings press start/stop button or wait 10 seconds until it changes to the "clock mode" and the flashing stops.
Note: If you wait for more than 10 seconds in between the above steps, the MFM-007 will automatically go into the "clock mode" and you have to start again.



Room Thermometer

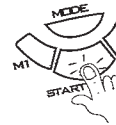
The MFM-007 will check your room temperature every 8 seconds and display it automatically on the LCD display.

Alarm Function

The alarm function can also be used to remind you to take your blood pressure. It is recommended to take your blood pressure every day at the same time.

Set the alarm time:

- 1 Open the cover and press the MODE button. The Alarm (hour) flashes. By pressing M1/M2, set the alarm hours. Press the MODE button to save your settings. Note: The clock is in a 12-hour format (AM/PM will change automatically).
- 2 The Alarm (minute) flashes. By pressing M1/ M2, set the minutes.
- 3 Press the START/STOP button to save the settings or wait 10 seconds until it changes to the "clock mode" and the flashing stops.

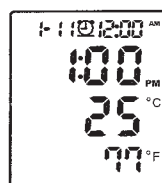


Note: If you wait for more than 10 seconds in between the above steps, the MFM-007 will automatically go into the "clock mode" and you have to start again.

Alarm Function

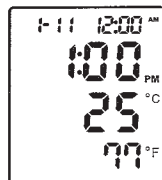
Turn the alarm ON:

To turn the alarm ON, close the cover and press the cover for about 3 seconds. The Alarm Symbol (🔔) will appear in the display.



Turn the alarm OFF:

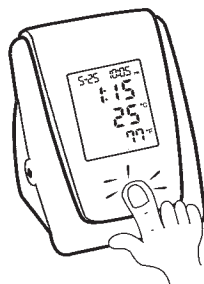
To turn the alarm OFF, press the cover for 1 second until the Alarm Symbol disappears.



Turn the alarm OFF once it's buzzing:

To turn the alarm OFF once it started buzzing, press the cover for 1 second until the Alarm Symbol disappears and the alarm stops buzzing.

To turn the alarm back on press the cover for 3 seconds until the alarm symbol (🔔) appears again.



Important Reminders

Follow your doctor's advice on how and when to take your blood pressure. Otherwise, here are some important hints:

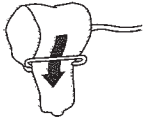
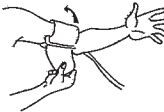
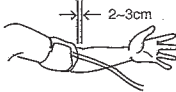
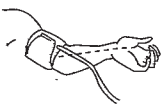
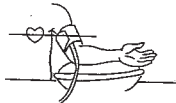
Before taking a measurement

- ✓ Sit quietly for about 10 minutes. This will allow your body to return to its normal, resting state.
- ✓ Take your blood pressure in a comfortable environment — not too cold, not too hot as temperature may affect your measurement.
- ✓ Make sure you haven't just consumed any beverages containing caffeine such as coffee, non-herbal tea or cola. Also don't smoke just before taking a measurement. It's advisable to wait 30-45 minutes before taking a measurement.

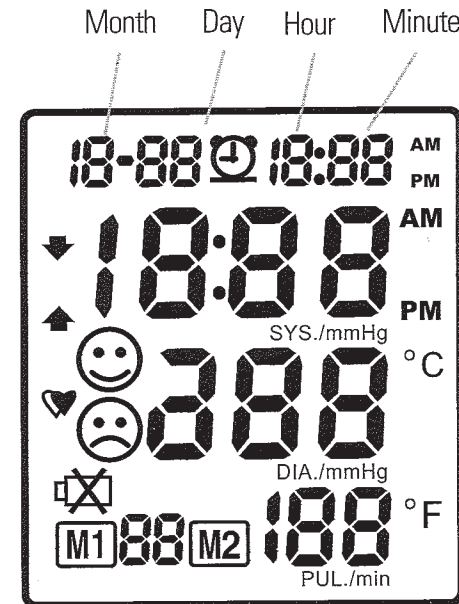
While taking a measurement

- ✓ Sit still and quietly while measuring. Talking or moving may elevate measurements.
- ✓ For consistency, it is recommended to measure your blood pressure using the same arm and at about the same time each day. If possible, we suggest using your left arm. You can set your alarm to remind you to take your blood pressure.
- ✓ When taking multiple measurements right after each other, make sure you wait at least 3 minutes in between. Waiting allows your blood vessels to return to their normal state.
- ✓ Sit your legs uncrossed and your feet flat on the floor. Do not touch the cuff or monitor at any time during the measurement. Relax.

How To wear the cuff

1.		Unwrap the arm cuff, leaving the end of the cuff through the D-ring of the cuff.
2.		Position the cuff over your upper left arm so that the tube coming from the cuff can be positioned on the top and run toward your palm.
3.		Position the cuff around your upper arm so that the lower edge of the cuff is about 1 inch (2-3 cm) above your elbow.
4.		Attach the end coming under your arm to the fiber fastener section on the other end of the cuff.
5.		Put your arm on the table so that the cuff is about the same height as your heart and turn your palm slightly up.

Descriptions of Symbols on the LCD Display

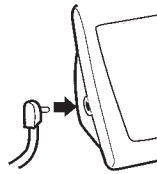


- ⌚ Alarm Symbol
- ↘ Deflation Symbol
- ↗ Inflation Symbol
- ♥ Measuring Symbol
- ⚡ Low battery Symbol

- 😊 Smiley Symbol
- ☹ Non smiley Symbol
- M1 Memory Group 1
- M2 Memory Group 2

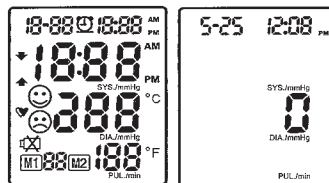
Taking a Measurement

1.



Insert the tube connector from the cuff into the air connector at the left side of the monitor.

2.

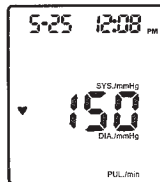


Open the cover and press the START/STOP button. A full display check will appear for approximately one second before returning a "0".

3. The unit will automatically start inflation until the optimum air pressure in the cuff is reached. The device may re-inflate automatically when the first inflation is not enough.

Note: In an emergency press the START/STOP button and the device starts releasing the air in the cuff immediately.

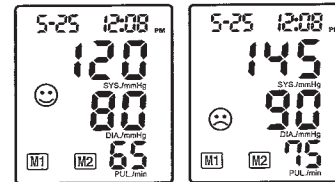
4.



During deflation, a heart symbol appears when vascular oscillation is detected

Taking a Measurement

5.

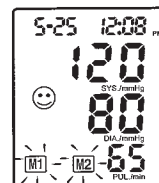


After the monitor completes the measurement, it will automatically display your systolic, diastolic measurement and pulse rate. It will also display the Date and Time when the measurement

was taken. At the same time the measurements are displayed a (😊) or a (☹️) symbol is displayed.

- 😊 Blood Pressure Indicator (<140 and <90mmHg)
- ☹️ Hypertension Indicator (≥ 140 or ≥ 90 mmHg)

6.



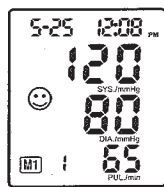
[M1]/[M2] start flashing. To store your readings press Memory Group 1 [M1] or Memory Group 2 [M2]. If you don't want to store your reading (Guest Mode), press the START/STOP button or wait for 1 minute without selecting [M1]/[M2]

Memory Function

The MFM-007 has 2 Memory Groups [M1] and [M2] storing 40 measurements each including the average. The 2 Memory Groups can be used for 2 different users or [M1] can be used for morning measurements and [M2] can be used for evening measurements. The MFM-007 will also store the Date and Time the measurements were taken.

Memory Function

MEMORY GROUP 1

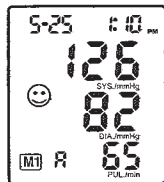


If you select Memory Group 1 (M1) to store your measurement it will get a number 1 assigned. This number is displayed in the bottom left corner.

Once you store another measurement in Memory Group 1 the new measurement will now become number 1 and the previous measurement (from above) will now become number 2. In short, the newest measurements are always stored in the first position and the oldest ones will be in position number 40. Once the memory is full the oldest reading will be erased, like this you will always have the 40 most current readings stored.

MEMORY GROUP 2

The same principal applies to Memory Group 2



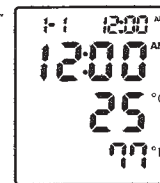
AVERAGE.

You will have 2 averages, one in Memory Group 1 and one in Memory Group 2. The average is indicated with an "A".

Memory Recall

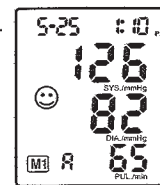
To recall your measurements, follow these simple steps:

1.



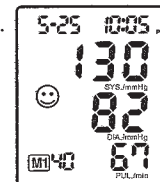
When the MFM-007 is in "clock mode" press M1 or M2 depending which memory group you would like to recall. Note: You have to be in "clock mode" first before you can recall your memory. If you are not in "clock mode" press the START/STOP button to switch or wait 1 minute until it changes automatically.

2.



The first result displayed is the Average "A" of all 40 readings in the specific memory group (M1 or M2). You will see either (M1) A or (M2) A on the bottom left corner of the display indicating that this is the average. It will also display the current date and time.

3.



To recall all measurements individually press the M1 or M2 button after it displays the Average (A) and it will display all stored measurements. The memory numbers will change from "A" to "1, 2, 3, 40". These numbers indicate which memory is recalled. Date and Time are also displayed indicating the Date and Time of the measurements.

Memory Recall

Note: When **[M1]** is selected, the M1 button will increase the memory numbers (A, 1,2,3...) and the M2 button will decrease the memory numbers (3, 2, 1 A...). When **[M2]** is selected, the M2 button will increase the memory numbers (A, 1,2,3...) and the M1 button will decrease the memory numbers (3, 2, 1 A....

Memory Erase

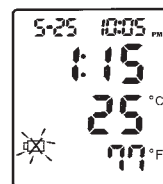
If your memory is full(**[M1]**, all 40 readings and/or **[M2]**, all readings) your oldest stored reading is automatically replaced with the newest reading. To erase the entire memory, please follow these steps.

Note: Once your readings are erased, they can not be restored.

1. To erase memory in Memory Group 1 (**[M1]**), press the M1 button for about 3 seconds, the **[M1]** symbol starts flashing. After 3 flashes, all stored measurements in **[M1]** will be erased.
2. To erase memory in Memory Group 2 (**[M2]**), press the M2 button for about 3 seconds, the **[M2]** symbol starts flashing. After 3 flashes, all stored measurements in **[M2]** will be erased.

Note: When the batteries are replaced, all stored measurements in **[M1]** and **[M2]** are erased.

Low Battery indicator



When the batteries are low, the Battery Low symbol (⌘) is displayed. When the batteries are low during a measurement, the battery low symbol (⌘) flashes 5 times and the device automatically goes to the "clock mode".

Whenever Battery Low symbol appears, replace the batteries as soon as possible.

Taking Care of Your Blood Pressure Monitor

It's important to treat your monitor with care. Here are some tips:


- ✓ Keep the monitor out of direct sunlight, high humidity and extreme temperature changes.
- ✓ Try not to drop it on the floor.
- ✓ Do not take the monitor or the cuff apart. None of the monitor's parts are fixable at home. If your monitor needs repairs, please contact our service department at 1-888-993-3592 or at warranty@zewa.com

Taking Care of Your Blood Pressure Monitor

- ✓ Keep the monitor free of dust and other materials. Avoid getting any part of the monitor or cuff wet.
If the monitor needs cleaning it's best to wipe it with a cloth slightly dampened with water.
- ✓ Do not harshly fold or bend the cuff as this may damage it on the inside.
- ✓ Do not inflate the monitor's cuff if it is not wrapped around your upper arm.
- ✓ For your safety, do not wrap the cuff around any other body part other than your upper arm.

Error Indication

The following error symbols appear in the display during measurement

Symbol	Problem	Correction
Err 3 Err 5	Inflation is not made appropriately while the motor works.	Check the cuff if it is firmly connected to monitor.
Err 1 ~ Err 12	Other Error numbers except Err 3 and Err 5 occur during measurement or after full inflation.	1.Re-tighten the cuff 2.Position the cuff at the same level as your heart. 3.The measurement should be performed calmly.
	Does not work. If the batteries are extremely weak, this symbol may not appear.	Replace alkaline batteries.

Caution : Substitution of a component different from that supplied might result in measurement error.

Specifications

Model	MFM-007
Measurement method	Oscillometric method
Display method	Digital display with date & time 😊=normal blood pressure 😞=high blood pressure
Pressure accuracy	± 3mmHg
Pulse rate accuracy	± 5%
Deflation (Rapid) (Measurement)	Automatic quick deflation Automatic pressure reduction(2-3mmHg/sec)
Inflation method	Fuzzy automatic with inflation pump
Memory recall	80 Memory (2 Groups x 40) & Memory average
Auto converting	If the unit is turned on but not used for about 1 minute, the unit converts to tabletop alarm groups and room thermometer
Power consumption	Approx. 3.8W
Operating temperature	10°C - 40°C
Power supply	DC 6 V(AA type 4 alkaline batteries)
Dimensions	118(W) x 105(D) x 138.5(H)
Weight	Approx. 425g (Monitor only)
Cuff dimension	144(W)x 490(L)

Service

In the event of a malfunction please contact our customer service at 1-888-993-3592 first before returning the unit to your local dealer.

In case you have to return the unit to our service department, package the unit carefully for shipment and enclose information on the nature of the malfunction. Users should not disassemble or attempt to repair the device as this may cause further damage and will void the warranty.