

Model: UAM-900T

Manufactured for:
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Instruction Manual

Automatic Blood Pressure Monitor

Model #: UAM-900T



Please keep this instruction manual in a safe place.

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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.**

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.

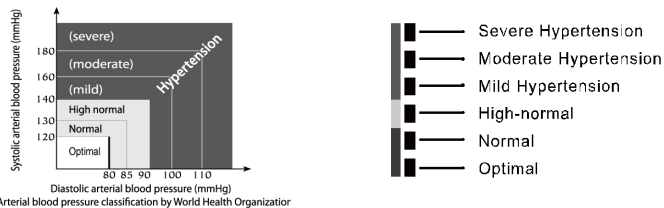
DIASTOLIC PRESSURE. The pressure that is created, as the heart pulls blood back through is called diastolic pressure.



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

WHO Blood Pressure Classification Indication

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



Note: If the systolic blood pressure and the diastolic blood pressure fall into different categories, the higher value should be taken for classification.

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".

Commonly Asked Questions About Blood Pressure

Don't let it sneak up on you! Start monitoring your blood pressure every day with your new Zewa blood pressure monitor.

Why Is 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 blood pressure 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.

Special Features

PI SYSTEM™

Zewa's exclusive PI System™ (Personalized Inflation System) automatically determines the correct inflation pressure needed to take a blood pressure measurement. Personalized inflation results in a faster, more comfortable and more accurate reading.

Irregular Heartbeat Detection (IHB)

An irregular heartbeat may cause or indicate cardiovascular disease. Zewa blood pressure monitors feature advanced technology to alert the user if an irregular heartbeat is detected by displaying the IHB symbol on the display. **This is only a caution indication and not a diagnosis.** Please consult your physician if the IHB symbol is continuously displayed.

Note: Talking or moving while taking a measurement can give a false IHB indication.

Low Noise System

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

Memory Feature

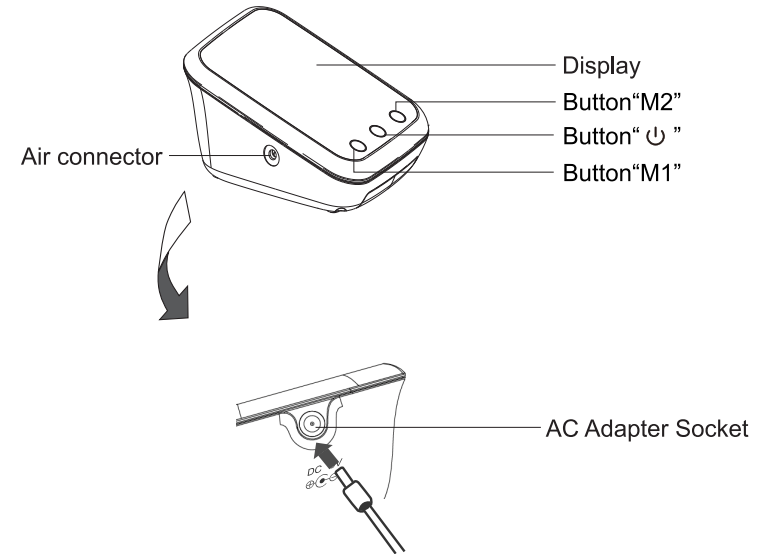
Zewa's special memory feature allows the BP Monitor to store 2 x 90 measurements. It also calculates the average to the last 3 readings.

Accuracy

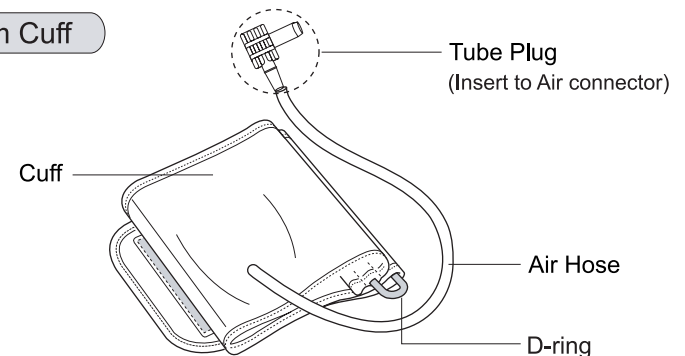
Zewa monitors have been clinically tested against a scientific device called a sphygmomanometer, considered the standard in blood pressure measurement. All Zewa monitors have performed equivalent to measurements taken with this scientific device and are within the accuracy limits prescribed by the American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

Part Identification

Body



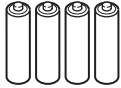
Arm Cuff



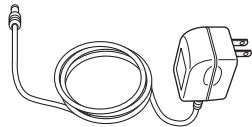
Part Identification

Power

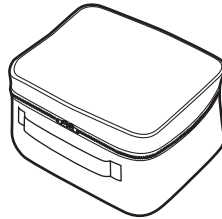
• Batteries (Optional)



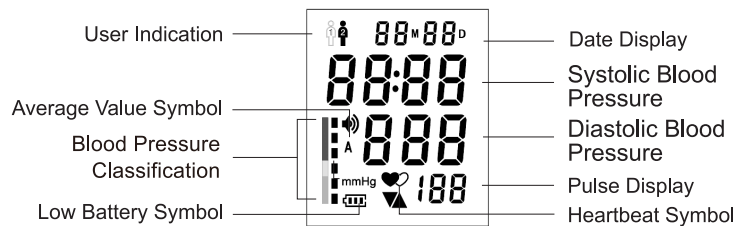
• Adapter (Optional)



Storage Case

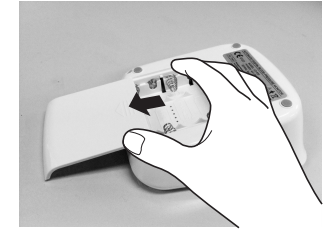


Display

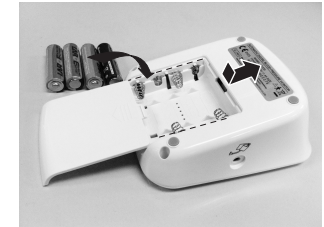


Battery Installation / Replacement

- 1 Remove the battery cover from the battery compartment.



- 2 Insert 4 "AA" (1.5V Alkaline) type batteries with polarity as indicated. Do not use rechargeable batteries.



- 3 Replace the battery cover.

- ⚠ The battery cover is closed tight when you hear a clicking sound.



You need to replace the batteries when:

1. Low battery symbol appears on display
2. The Start/Stop button is pushed and nothing appears on display



1. Batteries are hazardous waste. Do not dispose them together with the household garbage.
2. Please remove the batteries when stored for a longer period of time. Leaving the batteries in the compartment for a long time may cause leakage, which may lead to damage of the unit.

Standby Mode

This blood pressure monitor features a standby mode that displays current date and time. This function can be used as a clock as in Fig.1;



Fig.1

There are several ways to enter standby mode:

1. Whenever batteries are changed the devices will automatically enter the standby mode to adjust current date and time.
2. When the device is off and you push the power button, it will enter the standby mode.
3. When a measurement is finished it will enter the standby mode.

The standby mode is an important feature for using the device. Once in standby mode you can do the following:

1. Program the device (Date/Time/Change volume levels/Change languages).
2. Take a measurement.
3. Check the memory.

If no button is pushed after entering the standby mode the device will automatically turn off after 3 minutes.

Note: To turn the device off at any point you have to enter the standby mode and wait 3 minutes until the device turns off automatically.

Setting The Date and Time

To change the date and time, follow these steps :

The operation procedure for presetting Date/Time is as follows:



Fig.1



Fig.2

1. When batteries are inserted for the first time (or after a battery change), the display will show as in Fig.1;
2. While pressing and holding button M1, press button ' O/I ' , The year number starts flashing as in Fig. 2;
3. Press button 'M1',or 'M2' to subtract or add the number, and press button ' O/I ' for confirmation;
4. When the year setup is finished, the month number will flash automatically. Please follow the same instruction as above to set month, date and time;
5. Press button ' O/I 'to finish the setup. If you want to change the date and time, please repeat procedure 2,3,4.

Note:

To adjust the date and time without a battery change, press the ' O/I ' , button and the device will show the current date and time. Follow steps 2 – 4 above.

Note:

If no button is pushed for 60 seconds, the device will return to standby mode and the numbers will stop flashing.

Volume Adjustment

The device has a voice function. To adjust the volume of the voice, please follow these steps:



Fig.3

1. Turn device ON (standby mode) by pressing the 'O/I' button. While pressing and holding button M1, press 'O/I' button 2 times until the volume will display on the LCD as in Fig. 3;

2. Press button 'M1' to adjust volume level;
3. Press button "O/I" when you have finished adjusting the volume.

Note:

- 1.** There are 4 volume levels for volume levels for this device(level 0, level 1, level 2, level 3) and it displays with a number;
- 2.** When volume level 0 is selected, the device is on mute and you will not hear any voice messages announced.

Setting The Languages

This device features 5 languages.

To adjust the languages follow these steps:

1. Press button 'M1' and don't release, then press button 'O/I' three times until the language icon displays on the LCD as in Fig.4;

2. The device will show "L1" (English is the default when the device is used the first time) with the voice prompt. Press button 'M1' to set the other;

3. Press button 'O/I' when you have finished setup. If you want to change the languages, please repeat the above procedure.



Fig.4

L1-----English

L4-----Russian

L2-----French

L5-----German

L3-----Spanish

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

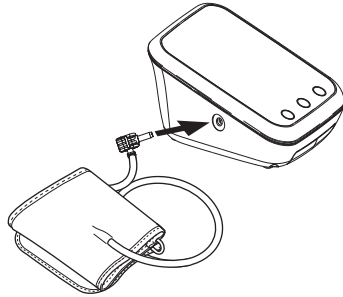
- ✓ Sit quietly for about 10 minutes. This will allow your body to return to its normal, resting state.
- ✓ Take your blood pressure in a comfortable environment - not too cold, not too hot as temperature may affect your measurement.
- ✓ Make sure you haven't just consumed any beverages containing caffeine 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

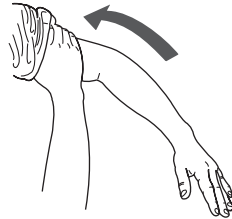
- ✓ Sit still and quietly while measuring. Talking or moving may elevate measurements.
- ✓ For consistency, it is recommended to measure your blood pressure using the same arm and at about the same time each day. If possible, we suggest using your left arm. You can set your alarm to remind you to take 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.

Proper Use of the Arm Cuff

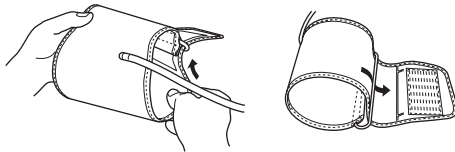
- 1** Plug the cuff connection tube into the main unit.



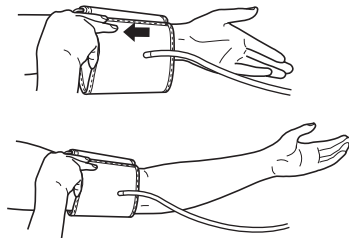
- 2** Remove all clothes from your upper arm allowing the cuff to fit directly on the skin.



- 3** Unwrap the arm cuff, leaving the end of the cuff through the D-ring of the cuff.

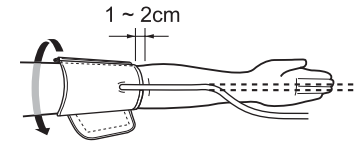


- 4** Put your arm through the loop, and pull it up to the position of your upper arm.

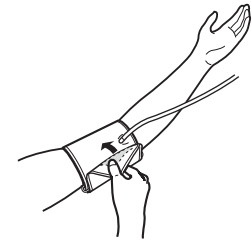


Proper Use of the Arm Cuff

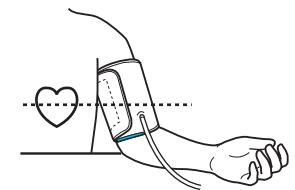
- 5** Position the cuff around your upper arm so that the lower edge of the cuff is about 1 inch (1-3 cm) above your elbow. The tube coming from the cuff runs down inside of your palm.



- 6** Tighten the cuff by pulling on the end of the cuff and attaching it to the fasteners on the other end of the cuff. Make sure you can not put more than 2 fingers in between your cuff and your arm, which could give you an error reading. If you can fit more than 2 fingers re-tighten the cuff.

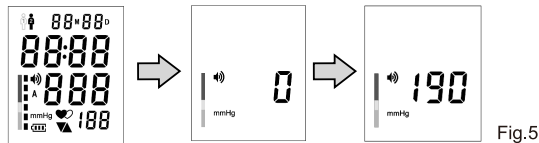


- 7** Put your arm on a table so that the cuff is about the same height as your heart and turn your palm slightly up. Relax.

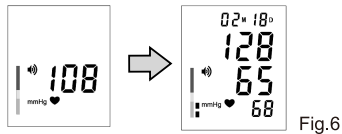


Taking a Measurement

- 1 Rest for approximately 10 minutes before taking your first
- 2 Press button 'O/I', and all symbols will appear on display for 2 seconds with voice prompt: "Please relax and don't move, we'll start to measure now." Then '0 mmHg' will appear on the screen. Pump begins to inflate with display showing the reading of pressure. Generally the pressure will reach 190 mmHg as in Fig.5;



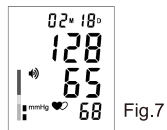
- 3 The pump stops inflating and the pressure begins to decrease gradually, during which the user's blood pressure and pulse will be calculated as in Fig.6;



Note: When the device has finished taking your measurement, your blood pressure readings, pulse are announced.

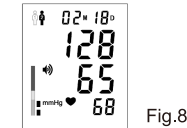
IRREGULAR HEARTBEAT DETECTING

When the device detects an irregular heartbeat or any excessive body movement during measurement, '♥' icon will flash on the screen as in Fig.7.



Taking a Measurement

- 4 The air in the cuff will deflate quickly and the blood pressure reading, pulse reading will show in the display with a voice prompt. Then the icon '♥' will flash to remind the user to record the reading as in Fig.8;



- 5 Press button 'M1' or button 'M2' to record the readings in the corresponding memory group. If the user does not press any buttons, the reading is not recorded.
- 6 Press the 'O/I' to enter standby mode. Voice prompt will say "We wish you good health". Once in standby mode the device will automatically turn off after 3 minutes.

RAPID DEFLATION

If you do not feel well during measurement or want to stop the measurement for some reason, you can press the button 'O/I'. The device will quickly release the air in cuff and the device will return to standby mode.

Memory

MEMORY RECALL

1. The device can store 90 sets of readings respectively in 'M1' and 'M2', and will automatically calculate the average value of the latest 3 readings for 'M1' and 'M2'. When the memory is full (90 sets of readings are stored), the oldest reading will be replaced by a new one. Readings in the memory will not clear away even if power is removed;

2. When a measurement is finished or the device is on stand by, the user can press button 'M1' or 'M2' to recall memory. Press button 'M1' or 'M2', the display will show the average value of the latest 3 readings as in Fig.9;



Fig.9

3. Press again, the display will show '01', which means the latest reading, then turns to another screen to show readings and measuring time as in Fig.10;

Clearing Values from Memory

When a measurement is finished or when the device is on stand by, hold down button 'M1' or 'M2' for at least 5 seconds, the display will show 'CLR' which means the stored reading for 'MEM1' or 'MEM2' are removed as in Fig.11.



Fig.13

Error Indication

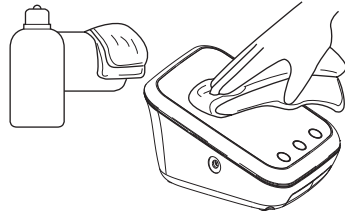
■ The Following error symbols appear in the display during measurement.

Symbol	Possible Reason	Correction Methods
	<p>The cuff is put on wrong or the tube plug is inserted loosely.</p> <p>Arm/hand movement or talking occurred during measurement.</p> <p>Arrhythmia</p>	<p>Make sure that cuff is put on correctly and the tube plug is inserted tightly and repeat the measurement</p> <p>Entirely follow the recommendations in this manual and repeat the measurement.</p> <p>Consult your personal physician.</p>
	<p>The batteries are weak</p>	<p>Replace all 4 batteries with new ones</p>

Cleaning & Maintenance

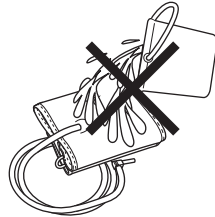
Car

- Keep the unit in the storage case when not in use.
- Clean the unit with a soft dry cloth. Do not use any abrasive or volatile cleaners.
- Never immerse the unit or any components in water.

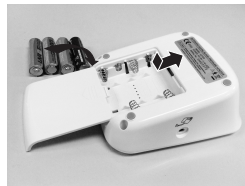
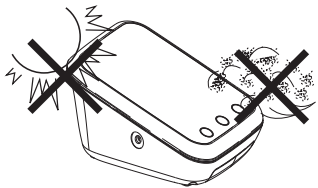


Maintenance.....

- Do not clean the body and cuff with naphtha, thinner or gasoline etc.
- Do not wet the cuff or attempt to clean the cuff with water.



- Store the unit in a clean and dry location. Do not subject the unit to extreme hot or cold temperature, humidity and direct sunlight.
- Remove the batteries if the unit will not be used for 3 months or longer. Always replace all of the batteries with new ones at the same time.



※ Use the unit consistent with the instructions provided in this manual.
Use only authorized parts and accessories.

Specifications

Model No.		UAM-900T
Display		LCD Digital Display
Measuring Principle		Oscillometric Method
Measurement Localization		Upper Arm
Measurement Range	Pressure	0 to 299 mmHg (0 ~ 39.9 kPa)
	Pulse	40 to 199 Pulses/min
Accuracy	Pressure	± 3 mmHg (0.4 kPa)
	Pulse	± 5% of reading
LCD Indication	Pressure	3 Digits Display of mmHg or kPa
	Pulse	3 Digits Display
	Symbol	Memory/Heartbeat/Low Battery/IHB, etc.
Inflation		Automatic by Internal Pump
Deflation		Automatic by Air Valve
Rapid Air Release		Automatic by Air Valve
Memory Function		120 (2×60) Readings
Power Source		D.C. 6V, 4 AA Alkaline Batteries or AC/DC Adapter
Automatic Power-Off		In 3 Minutes
Main Unit Weight		Approx. 300g (Batteries not included)
Cuff		Soft Arm Cuff
Accessorial Components		Cuff, Batteries, Instruction Manual, Warranty book, Tape measure, Cuff exchange card, Storage bag
Operating Environment	Temperature	10 ~ 40°C (50 ~ 104°F)
	Humidity	15 ~ 90%RH (Noncondensing)
	Barometric Pressure	105 ~ 80 kPa
Storage Environment	Temperature	-20 ~ 60°C (-4 ~ 140°F)
	Humidity	10 ~ 95%RH (Noncondensing)