

**vive**<sup>®</sup>  
PRECISION



**WRIST BLOOD  
PRESSURE MONITOR**

Smart Phone Compatible

Owner's Manual  
DMD1O63BLK

[vivehealth.com](http://vivehealth.com)



To see all FAQs in one place  
visit [vivehealth.link/o63](http://vivehealth.link/o63)

## WHAT'S INCLUDED

- 1x Wrist Blood Pressure Monitor
- 2x AAA Batteries
- 1x Case



## PAIRING WITH THE VIVE NOW APP

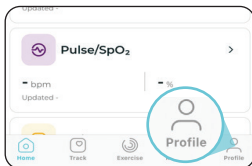
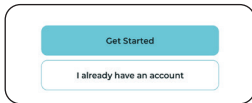
Download the Vive Now app through the Google Play or App Store:  
Downloading the Vive Now app and connecting your Vive Precision scale allows you to store and track weight readings to see progress over time.



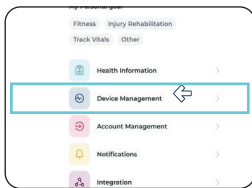
Requires: iPhone with iOS 9.0 or later, Smartphone with Android 4.4 or later.

## CONNECTING TO YOUR SMART DEVICE

1. Register an account then click on the profile tab.



2. Go to Device Management and find the wrist blood pressure monitor.



3. Once the device is selected, follow the on-screen instructions to set the date and time. After the date and time is set, turn on the device to complete pairing.

## QUICK START GUIDE

1. Insert the batteries.



2. Wrap the cuff around the wrist with the palm facing upwards and leaving a half to one inch gap between the bottom of the palm and the cuff.

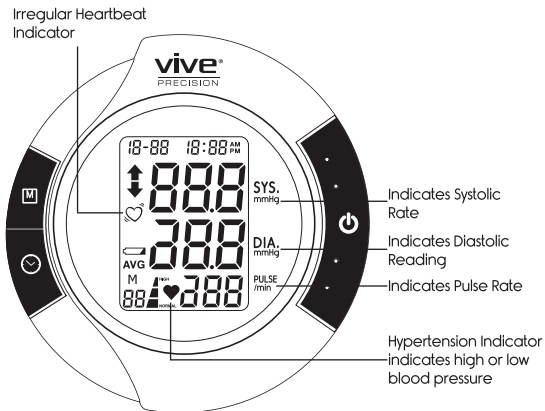


3. Keep your arm still and position your wrist at the same level as your heart.



4. Press the "⏻" button to initiate measurement. The device will beep and begin inflating.
5. The device will beep when measurement is complete (about 30 seconds).
6. The measurement will show on the screen, including systolic, diastolic, and pulse.

## UNDERSTANDING YOUR READINGS



## CHANGING THE DATE AND TIME

- With the device turned off, press the "☺" button to display the settings menu.
- On the screen, you will see "YR" and a number blinking underneath. Select the current year by pressing the "M" button to increase the year.
- Once the year has been selected press the "☺" button to confirm the selection.
- The month will blink next. Press the "M" button to select up and press "☺" to set the month.
- The day will blink next. Press the "M" button to select up and press "☺" to set the day.
- The hour will blink next. Press the "M" button to select up and press "☺" to move on.
- The minute blink next. Press the "M" button to select up and press "☺" to move on.
- The device is now ready to be used.
- Press the "⏻" button to exit settings screen.

## ACCESSING PREVIOUS AND AVERAGE MEASUREMENTS

- While the unit is off, press the "M" button.
- The first reading displayed will be the average of all of the saved history. You will see the "Average" icon displayed on the screen.

- Press the "M" button to toggle up and the "☺" button to toggle down.
- Press the "⏻" button to exit reading history.

## CLEARING DEVICE MEMORY

- While the unit is off, press the "M" button and the "☺" button simultaneously.

## USER INFORMATION

### Tips for Measurement

It can cause inaccuracy if the measurement is taken in the following circumstances.

1. Within 1 hour after eating or drinking.
2. Within 20 minutes after taking a shower/bath.
3. In a very cold environment.
4. Immediate measurement after tea, coffee, or smoking.
5. When talking or moving your fingers.
6. When you need to urinate.

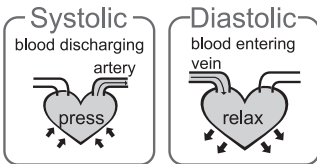
### Maintenance

In order to get the best performance, please follow the instructions below.

## ABOUT BLOOD PRESSURE

### What is systolic pressure and diastolic pressure?

When ventricles contract and pump blood out of the heart, the blood pressure reaches its maximum value in the cycle, which is called systolic pressure. When the ventricles relax, the blood pressure reaches its minimum value in the cycle, which is called diastolic pressure.



### What is the standard blood pressure classification?

The chart below is the standard blood pressure classification published by American Heart Association (AHA).

SYS	< 120 mmHg
DIA	< 80 mmHg

AHA Home Guideline for Upper Limit of Normal BP

We recommend you seek medical advice. Please note that the device does not replace a cardiac examination, but serves to detect pulse irregularities at an early stage.

### **Why does my blood pressure fluctuate throughout the day?**

1. Individual blood pressure can change on a daily basis. It is also affected by the way you apply the cuff and the measurement position. Please take measurements using the same method to ensure accuracy.
2. The variations in the pressure can be greater or smaller, depending on the actual medicine taken.
3. Waiting at least 3 minutes for another measurement.

### **Why do I have different readings when I take my blood pressure at the doctor's office and my home?**

Blood pressure can fluctuate over a period of 24 hours based on: weather, emotions, exercise, stress, etc.

When you take your blood pressure at home, make sure to pay close attention to the following:

- If the cuff is secured properly.
- If the cuff is too tight or too loose.
- If the cuff is secured on the upper arm.
- If you feel anxious.

Take 2-3 deep breaths. Advice: Wait at least 4-5 minutes until you calm down.

### **Can you take measurement from both arms?**

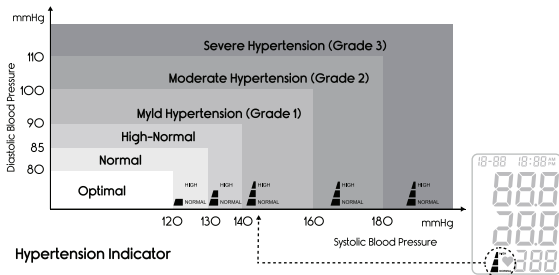
You may choose to measure both arms and then average the two readings to get your blood pressure result. In general, it is recommended that you take your measurement with your left arm, as it is closest to your heart. For accuracy use the same method each time.

## IRREGULAR HEARTBEAT INDICATOR


1. Your digital blood pressure monitor features an Irregular Heartbeat Detector. Irregular Heartbeats may influence the results of the measurement. If the monitor detects the Irregular Heartbeats during measurement, the symbol "🫀" will appear on the display with the measurement values. You can take another measurement to make sure the values are not influenced by moving during measurement or Irregular Heartbeat.
2. If this symbol appears frequently, we recommend you consult your physician.
3. This device does not replace a cardiac examination, but serves to detect pulse irregularities at an early stage.

## HYPERTENSION INDICATOR

This unit features our unique Hypertension Indicator. The World Health Organization has established globally accepted standards for assessment of high or low blood pressure readings. The below chart should be considered only as a guideline, always consult with your physician or health care professional to interpret your individual results.



## ERROR CODE

Code	Meaning	Corrective Action
Err 0	No pulse detected or the detected pulse is not strong.	Take off thick clothes and try again.
Err 1	Leakage in cuff pressure/inflation too low.	The wrist cuff is not fastened properly. Re-apply the cuff and take measurement again.
Err 2	Pressure fault.	Rest a while, relax and try again.
Err 3	Deflation fault.	The wrist cuff is not fastened properly the cuff and take measurement again. Re-apply
Err	Memory Error.	Take off batteries to reboot the device, then take another measurement.
	Low Battery.	Replace all batteries with new ones.

## TROUBLESHOOTING

Problem	Probable Cause	Recommended Action
Nothing appears in the display even when the power is turned on.	Batteries are drained.	Replace all batteries with new ones.
	Batteries are not correctly aligned with terminals.	Reinsert batteries in the correct position.
Low Battery Symbol appears.	Batteries are drained.	Replace all batteries with new ones.
	In colder temperatures, batteries have weaker electrical charges.	Use the device in a warmer setting.
Device operation time is inconsistent.	Different battery brands have different life spans.	Use Alkaline batteries and replace all batteries at the same time with same brand batteries.
No reading after measurement.	Batteries are drained.	Replace all batteries with new ones.
Unexpected blood pressure results.	Perhaps the cuff was improperly positioned.	Ensure the cuff is properly worn.
	Blood pressure naturally varies throughout the day.	Rest a while, relax and measure again.
Unexpected heart rate results.	Bodily movement during device use.	Refrain from moving during measurement.
	Measurement shortly after exercise.	Do not take measurements after exercise.
Power switches off automatically.	System design.	Push the power button again, and then begin measure again.
During measuring, air reinflates.	It could be a normal action if the user's blood pressure is higher than the initial pressure value, the device automatically pumps to a higher pressure by 40 mmHg each time.	Relax, and try to take a measure again.
	The wrist cuff is not fastened properly .	Check that the wrist cuff is fastened properly and retake the measurement.

## FCC STATEMENT

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

## SPECIFICATIONS

- 2x AAA batteries required (included)
- Screen Size: 3 cm. x 3.8 cm. (1.18" x 1.5")
- Weight: 120 g. (excluding battery)
- Provides systolic and diastolic pressure readings
- Memory: Records 60 measurements
  - Shows average measurement on bottom left
- Adjustable cuff range: 12.5 cm. - 21 cm. (4.9" - 8.3")
  - Secure using hook and loop fasteners
- Measurement Range:
  - Pressure: 30-280 mmHg
  - Pulse: 40-199 beats/minute
- Calibration Accuracy:
  - Pressure: + -3 mmHg
  - Pulse: +- 4% of reading

## WARNINGS

- This device is intended for adult indoor use only.
- This device is intended for non-invasive measuring and monitoring of arterial blood pressure. It is not intended for use on extremities other than the arm or for functions other than obtaining a blood pressure measurement.
- Do not confuse self-monitoring with self-diagnosis. This unit allows you to monitor your blood pressure. Do not begin or end medical treatment. Consult your physician for treatment or advice.
- If you are taking medication, consult your physician to determine the most appropriate time to measure your blood pressure. Never change a prescribed medication without consulting your physician.
- If the cuff pressure exceeds 40kPa (300 mmHg), the unit will automatically deflate. Should the cuff not deflate when pressure exceeds 40 kPa (300 mmHg), detach the cuff from the arm and press the START/STOP button to stop inflation.
- To avoid measurement errors, carefully read this manual before using the product.
- The equipment is not AP/APG equipment and not suitable for use in the presence of a flammable anesthetic mixture with air or with oxygen or nitrous oxide.
- The operator shall not touch output of batteries and the patient simultaneously.
- To avoid measurement errors, please avoid the condition of strong electromagnetic field radiated interference signal or electrical fast transient/burst signal when using the AC adapter.

- The user must check that the equipment functions safely and see that it is in proper working condition before being used.
- Please use ACCESSORIES and detachable parts specified/authorized by MANUFACTURE. Otherwise, it may cause damage to the unit or danger to the users/patients.
- Manufacturer will make available on request circuit diagrams, component parts list, etc.
- This unit is not suitable for continuous monitoring during medical emergencies or operations. Otherwise, the patient's arm and fingers will become anesthetic, swollen, and even purple due to a lack of blood.
- Please use the device under the environment which was provided in the user manual. Otherwise, the performance and lifetime of the device will be impacted and reduced.
- During using, the patient will contact with the cuff. The materials of the cuff have been tested and found to comply with requirements of ISO 10993-5:2009 and ISO 10993-10:2010. It will not cause any potential allergic reaction or contact injury.
- The device doesn't need to be calibrated in two years of reliable service.
- Please dispose of ACCESSORIES, detachable parts, and the ME EQUIPMENT according to the local guidelines.
- When the device was used to measure patients who have common arrhythmias such as atrial or ventricular premature beats or arterial fibrillation, the best result may occur deviation. Please consult your physician about the result.

- The device is contraindicated for any female subject who may be suspected of, or is pregnant. Besides provided inaccurate readings, the effects of this device on the fetus are unknown.
- When using this device, please pay attention to the following situation which may interrupt blood flow and influence blood circulation of the patient, thus cause harmful injury to the patient: Too frequent and consecutive multiple measurements; The application of the cuff and its pressurization on any arm where intra-vascular access or therapy, or an arteriovenous (A-V) shunt, is present; Inflating the cuff on the arm on the side of a mastectomy.
- Do not apply the cuff over a wound, otherwise it can cause further injury.
- Don't kink the connection tube, otherwise, the cuff pressure may continuously increase which can prevent blood flow and result in harmful injury to the PATIENT.
- The patient is an intended operator. The patient can measure under normal circumstances and maintain the device and its accessories according to the user manual.
- The blood pressure monitor, and the cuff are suitable for use within the patient environment. If you are allergic to dacron or plastic, please don't use this device.
- Please keep the unit out of reach of infants, children or pets, since inhalation or swallowing of small parts is dangerous or even fatal.
- The device is not suitable for public use.
- The device is not intended for PATIENT transport outside a healthcare facility.

- The device cannot be used with HF surgical equipment at the same time.

## EMC GUIDANCE

1. MEDICAL ELECTRICAL EQUIPMENT needs special precautions regarding EMC and needs to be installed and put into service according to the EMC information provided in the ACCOMPANYING DOCUMENTS
2. Wireless communications equipment such as wireless home network devices, mobile phones, cordless telephones and their base stations, walkie-talkies can affect this equipment and should be kept at least a distance  $d=3$ , 3m away from the equipment.  
(Note: As indicated in Table 6 of IEC 60601-1-2:2007 for ME EQUIPMENT, a typical cell phone with a maximum output power of 2 W yields  $d=3$ , 3m at an IMMUNITY LEVEL of 3V/m)


## HAVE MORE QUESTIONS?

Check out our list of Frequently Asked Questions  
at [vivehealth.link/o63](https://vivehealth.com/faq) for helpful answers.



And if that doesn't answer your question, our customer service team would love to help! Feel free to connect with them by phone, e-mail, or chat on our website.

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 1-800-487-3808

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