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PRECISION



BLOOD PRESSURE MONITOR

Owner's Manual
DMD1087WHT

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WHAT'S IN THE PACKAGE

- 1x Blood Pressure Monitor
- 1x Arm Cuff for arm circumference ranging from 22cm to 42cm (about 8 ¾" - 16 ½")
- 4x AAA Batteries
- Two-Year Warranty

OVERVIEW

The Blood Pressure Monitor is digital monitors intended for use in measuring blood pressure and heartbeat rate with arm circumference ranging from 22cm to 42cm (about 8 ¾" - 16 ½"). It is intended for adult indoor use only.

QUICK-START (FIRST USE) INSTRUCTIONS

To get started using your Blood Pressure Monitor, you'll have to complete the following checklist:






how to set up and use your Blood Pressure Monitor
check out vhealth.link/xev

- Install the Batteries
- Set date and time information
- Attach the Arm Cuff
- Measure

Install the Batteries

1. Turn the Monitor over to access the Battery compartment.
2. Open the Cover and install the four (4) AAA Batteries by lining up the battery poles (+ and -) as shown in the compartment.
3. Replace the Cover.




Set date and time information

1. With the Monitor off, press and hold the "" button for three (3) seconds to enter the editing mode. The currently set year will be displayed and begin flashing.
2. Press the "" button to adjust the year until the current year is showing (years range from 2023 to 2099), and then press the "" button to confirm the selection. When the year is set the current setting for the next field (Month) will be displayed and begin flashing.

Repeat step 2 for all of the additional fields in the following order:

- Month
- Hour
- Day
- Minute

Note: There are two (2) measurement units on this blood pressure display (kPa or mmHg). mmHg is the standard US measurement for blood pressure and the default unit on this monitor.

With the Monitor off, press and hold the "" button for five (5) seconds to enter the unit selection mode. Press the "" button to switch between mmHg and kPa, and then press the "" button to confirm the selection.

Attach the Arm Cuff

1. Securely insert the Air Hose nozzle into the port on the left side of the Blood Pressure Monitor.
2. Wrap the Arm Cuff around your upper arm, about 2-3 cm (1 in.) above the bend in your elbow, and secure it in place. Orient the side of the Cuff where the Air Hose connects so that it's on the inner side of your arm, close to your body. For patients with hypertension, the middle of the cuff should be level of the right atrium of the heart: adjust as necessary

3. The Cuff should be snug on your arm, but not tight; you should still be able to insert one (1) finger between the Cuff and your arm. Adjust as necessary.
4. Sit comfortably with your test arm resting on a flat surface: your legs should be uncrossed, your feet flat on the floor, and your back and arm fully supported.

Measure

1. While resting comfortably, press the START/STOP button to turn on the monitor and begin testing. The machine will go through a complete cycle:

Turn on the display



Secure the cuff onto the left arm.



Inflate the cuff and perform all measurements



Display and save the results for the selected user

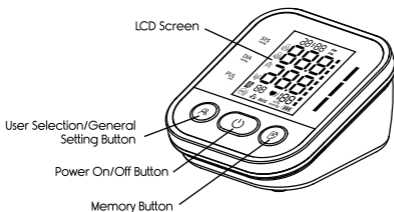


- Press the START/STOP button again to power off the Monitor. If you don't it will turn off automatically after one (1) minute.

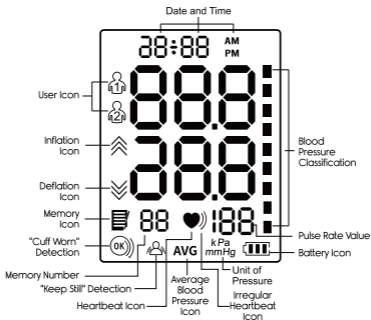
How to Read the Results

Here is a layout of the Control Panel that shows all of the different parts of the display as well as all of the various buttons and switches.

Main body



Display screen



MAIN BODY	
COMPONENT	DESCRIPTIONS
LCD Screen	Main Unit Display
User Selection/General Setting Button	Selects either User 1 or User 2 for measurement, or Sets the date & time.
Power On/Off Button	Begins a measurement or stops it; also serves as the power button for the monitor.
Memory Button/General Setting button	Enters the memory recall mode; when repeatedly clicked this will scroll through your most recent measurements.
DISPLAY SCREEN	
User Icon	Shows which of the two (2) users is currently selected either for measuring or showing saved data.
Inflation Icon	Shows that the cuff is in the process of inflating.
Deflation Icon	Shows that the cuff is in the process of deflating.
Memory Icon	Shows that the monitor is in memory recall mode.
"Cuff Worn" Detection	The monitor can detect whether the cuff is being worn or not. This will light up if the cuff is being worn.
Memory Number	Shows the record number that you're currently viewing when in memory recall mode.
"Keep Still" Detection	The monitor can detect if the patient is moving around. This will light up if the patient is moving too much.

What do my readings mean?

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


SYS	135mm Hg
DIA	85mm Hg

This chart reflects blood pressure categories defined by American Heart Association.

Blood Pressure Category	Systolic mmHg (upper#)		Diastolic mmHg (lower#)
Normal	less than 120	and	less than 80
Elevated	120 - 129	and	less than 80
High Blood Pressure (Hypertension) Stage 1	130 - 139	or	80-89
High Blood Pressure (Hypertension) Stage 2	140 or higher	or	90 or higher
Hypertensive Crisis (Consult your doctor immediately)	Higher than 180	and/ or	Higher than 120

Note: While this table is offered as a general guideline, only a physician can tell your normal blood pressure range. Please contact a physician if your measured result falls outside of that range. Only a physician can tell whether your blood pressure value has reached a dangerous level.

Irregular Heartbeat Detector

Your Blood Pressure Monitor has an intelligent function to detect an Irregular Heartbeat (IHB). During each measurement, it monitors the heartbeat intervals to determine whether or not an IHB is present. If present, the Irregular Heartbeat (IHB) indicator  will display with the results.

Just because you see this indicator once or twice doesn't mean you need to be concerned. However, if the symbol appears often, you should seek medical advice for a proper cardiac examination.

Other Procedures

Replacing the Batteries

As with anything, eventually, your batteries will need to be replaced. You can tell when the display becomes too dim or will not light up at all. Follow these steps to replace the batteries:

1. Turn the Monitor over to access the Battery Compartment.
2. Open the cover and remove the old batteries.
3. Install the four (4) new AAA Batteries by lining up the battery poles (+ and -) as shown in the compartment.
4. Replace the Cover.

Notes:

- Changing the batteries may reset your user settings.
- Remove the batteries if you're not planning on using the Monitor for an extended period of time (over 3 months).
- Used batteries are harmful to the environment, so please **DO NOT** throw them in the regular trash. Follow your local recycling guidelines to dispose of them safely.

Using USB-C Cable

Your Blood Pressure Monitor can be used with a 5V USB-C Cable instead of the Batteries.

To use the USB-C Cable, remove the Batteries from the Battery Compartment on the underside of the unit, insert the USB-C plug into the port on the right side of the Monitor, and plug the other end into the wall socket.

Recalling Saved Records



Your Blood Pressure Monitor is capable of storing up to one hundred ninety eight (198) records at a time (ninety nine (99) for each user). To access these records, follow the steps below.

1. With the Monitor off, press the " 👤 " button to toggle the User. Switch to the desired person (1 or 2).
2. With the Monitor off, press the " 📄 " button to show the average of the last three (3) records for the selected user. Press the " 📄 " button again, and the latest measured value will be displayed. Continue pressing the " 📄 " button and the rest of the measured values will be displayed one by one in order from newest to oldest.

NOTE: Once the memory log is full, old values will be refreshed with new ones.

Delete the Records

Sometimes you may want to start with a fresh memory, clearing out old data for a given user. Follow the steps below to clear all records saved for a single user:

1. With the Monitor off, press the " 👤 " button to select the User (1 or 2) whose measured values need to be deleted.
2. Press the "  " to power off the device and then press the " 📄 " button once to activate the screen.
3. Press and hold the " 📄 " button for three (3) seconds or until the "  " icon appears on the screen.

Tips for Getting a Good Measurement

Your Blood Pressure Monitor uses an oscillating measuring method to calculate your blood pressure. That sounds complicated, but it just means that it detects small changes in the air pressure Arm Cuff while it's inflated. Since the Monitor works detecting such small changes between your body and your environment, there are steps that you can take to make sure that you get the most accurate reading every time.

- While you can take a measurement from either arm, the left arm (closest to the heart) is best. However, whichever method you choose, try to be consistent and do it the same way each time.
- Try not to measure for one (1) hour after eating or drinking.
- Don't measure for twenty (20) minutes after taking a shower/bath.
- The monitor isn't designed for use in cold environments, so always use indoors with the unit at room temperature.
- Don't try to take a measurement after drinking coffee, tea, or alcohol or smoking.
- Try not to talk or move your fingers while measuring.
- Try to urinate before you take a measurement.
Wait at least three (3) minutes between measurements for arm circulation to normalize.
- Don't take measurements while you are feeling anxious or stressed. Try to calm yourself with a few deep breaths, followed by four (4) to five (5) minutes of relaxation.

Why does my blood pressure seem to fluctuate so much?

Individual blood pressure can change on a daily, sometimes moment-to-moment basis, as determined by a number of different factors.

It can change based on weather, emotions, exercise/activity level, stress, current medications, etc.

However, it can also be affected by the way you apply the Arm Cuff. So you always make sure that the Cuff is positioned properly, not too tight or too loose, with the Air Hose located on the inner side of the arm.

MAINTENANCE

The only maintenance required for your Blood Pressure Monitor is to clean the unit occasionally with a soft cloth. Do not use any abrasive or volatile cleaners.

If you have any problems with the Monitor, including setup, use, or maintenance, please contact service@vivehealth.com. Don't attempt to open or repair the device by yourself. Please report to vivehealth.com if any unexpected operations or events occur.

TROUBLESHOOTING

This section includes a list of error messages and common problems you may encounter with your Blood Pressure Monitor. If it isn't operating like you think it should, check here before contacting service@vivehealth.com.









Symptom	Check Point	Possible Remedies
No LCD Screen display while connected	The batteries may have run down. The Polarity of batteries may be placed incorrectly. The battery compartment may have debris blocking proper connection.	Replace all batteries with new ones, install the batteries correctly. Clean the battery compartment with dry cloth.



Inflation stops or inflates at an improper time.	Check if the automation inflation is on. Ensure you don't move or talk during measurement.	See <AUTOMATION INFLATION> in the device menu. Keep quiet and silent during measurement.
Pulse rate is extremely low or high.	Ensure you didn't talk or move during measurement. Do not take the a measurement soon after exercise	Keep quiet and still during measurement. Rest for at least 5 minutes after exercise before using the device.
The batteries run down too quickly.	Batteries may be faulty.	Use alkaline batteries by known and compatible manufacturers.

Errors	Cause/Solution
Er U	The pressure cannot reach 30mmHg (4 kPa) in 12 seconds.
Er H	The inflation reaches 295mmHg, and it deflates automatically after 20ms.
Er 1	The pulse rate is not detected correctly.
Er 2	To much disturbance (Move, Talk, or magnetic disturbance during a measurement.
Er 3	The measurement result is abnormal.
Er 23	SYS value is lower than 57mmHg.
Er 24	SYS value is higher than 255mmHg.
Er 25	DIA value is lower than 25mmHg.
Er 26	DIA value is higher than 195mmHg.

SAFETY INFORMATION AND WARNINGS

The symbols below may be used in this manual, labels, or other components associated with this equipment and follow required standards.

Legend, mark and meaning	
	Warning information, refer to the attached document.
	Device classification: type BF applied part
	Comply with local regulations about disposal.
	Consult the instructions for use.
	Keep dry
	Low voltage prompt.
	Keep away from the sunlight.
	Vertical upward
IP21	The device is protected against splashing water. Water splashed against the enclosure from any direction shall have no harmful effects.
RoHS	RoHS mark
CE	CE mark

	Manufacturer
	Date of manufacture
SN	Serial number
LOT	Lot number
EC REP	EU authorized representative

- To avoid measurement errors or personal injury, carefully read this manual entirely before using the product.
- 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 Arm Cuff pressure reaches 40kPa (300 mmHg), the unit will automatically deflate. Should the Cuff not deflate when pressure exceeds 40 kPa (300 mmHg), detach the Cuff from your arm and press the START/STOP button to stop inflation.
- The equipment is not AP/APG equipment, so it is not spark-resistant. Do not use within 25 cm of a flammable anesthetic gas or breathing system.

- Do not touch the Batteries while the Monitor is powered on.
- To avoid measurement errors, please avoid any 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 operating.
- Please only use accessories and detachable parts specified/authorized by the manufacturer. Failure to do so may cause damage to the unit or personal injury.
- Manufacturer will make circuit diagrams, component parts list, etc. available on request.
- 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 only use the device in the environment described in this manual. Otherwise, the performance and lifetime of the device will be impacted and reduced.
- During use, the patient will make skin contact with the Arm 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.
- Please dispose of accessories, detachable parts, and the Medical Electrical (ME) Equipment according to the local guidelines.
- Patients with common arrhythmias such as atrial or ventricular beats or arterial fibrillation can lead to some strange readings using the Monitor. Talk to your doctor if you see these strange readings. If you know you have one of these conditions, talk to your doctor about the effect it will have on your blood pressure readings.

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 not recommended for any woman who is pregnant or suspected of being pregnant. Besides providing inaccurate readings, the effects of this device on a developing fetus are unknown.
- When using this device, the following situations may interrupt blood flow and influence blood circulation of the patient, thus resulting in harm and injury:
- Do not apply the Arm Cuff over a wound, otherwise it can cause further injury.
- Do not inflate the Arm Cuff on the same limb which other monitoring ME Equipment is applied simultaneously, because this could cause temporary loss of function of those simultaneously-used monitoring (ME) Equipment. Using it in this case could result in prolonged impairment of the circulation of the blood of the patient.
- Don't kink the Air Hose, otherwise, the Arm Cuff pressure may continuously increase which can prevent blood flow and result in harmful injury to the patient.
- The device has been clinically evaluated, using manual cuff/stethoscope auscultations as the reference. Blood pressure measurements determined with this device are equivalent to those obtained by a trained observer using the cuff/stethoscope auscultatory method, within the limits prescribed by the "American National Standard, Manual, Electronic or Automated Sphygmomanometers".

- The patient is an intended operator. The patient can measure under normal circumstances and maintain the device and its accessories according to this manual.
- The Blood Pressure Monitor, and the Arm 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 intended for public use.
- The device is not intended for patient transport to/from a healthcare facility.
- This device cannot be used with high-frequency (HF) surgical equipment at the same time.
- Be careful with hoses of excessive length; they can present a risk of strangulation during use, resulting in personal injury.
- The device is not suitable for use on patients with implanted electrical devices, such as cardiac pacemakers, defibrillators.
- 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 distanced away from the equipment.
- The distanced is calculated by the MANUFACTURER from the 80 MHz to 5.8 GHz column of Table 4 and Table 9 of IEC60601-1-2:2014, as appropriate.
- Be careful with hoses of excessive length; they can present a risk of strangulation during use, resulting in personal injury.
- Do not use this device during pregnancy.
- Do not use this device on infants.
- Do not use this device if you have an implanted cardiac device, such as a pacemaker or defibrillator.

GUIDANCE AND MANUFACTURER'S DECLARATION

Guidance and manufacturer's declaration - Electromagnetic emission

The Blood Pressure Monitor is intended for use in the electromagnetic environment specified below. The customer or the user of the Blood Pressure Monitor should assure that it is used in such as environment.

Emissions	Compliance	Electromagnetic environment - guidance
RF emissions CISPR 11	Group 1	The Arm Blood Pressure Monitor uses RF energy only for its internal function. Therefore, its RF emissions are very low and are not likely to cause any interference in nearby electronic equipment.
RF emissions CISPR 11	Class B	The Arm Blood Pressure Monitor is suitable for use in establishments, including domestic establishments and those directly connected to the public low-voltage power supply network that supplies buildings used for domestic purposes.
Harmonic emissions IEC61000-3-2	N.A.	

Voltage fluctuations/-flicker emissions IEC61000-3-3	N.A.	
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Guidance and manufacturer's declaration - Electromagnetic immunity

The Blood Pressure Monitor is intended for use in the electromagnetic environment specified below. The customer or the user of the Blood Pressure Monitor should assure that it is used in such as environment.

Immunity Test	IEC 60601 Test level	Compliance level
Electrostatic discharge (ESD) IEC 61000-4-2	± 8 kV contact ± 2 kV, ± 4 kV, ± 8 kV, ± 15 kV air	± 8 kV contact ± 2 kV, ± 4 kV, ± 8 kV, ± 15 kV air
Electrostatic discharge (ESD) IEC 61000-4-2	± 8 kV contact ± 2 kV, ± 4 kV, ± 8 kV, ± 15 kV air	± 8 kV contact ± 2 kV, ± 4 kV, ± 8 kV, ± 15 kV air
Electrical fast transient/burst IEC 61000-4-4	Not applicable	Not applicable
Surge IEC 61000-4-5	Not applicable	Not applicable

<p>Voltage dips, short interruptions and voltage variations on power supply input lines IEC 61000-4-11</p>	<p>Not applicable</p>	<p>Not applicable</p>
<p>Power frequency Magnetic field IEC 61000-4-8</p>	<p>30A/m, 50/60Hz</p>	<p>30A/m, 50/60Hz</p>
<p>Conducted RF IEC61000-4-6</p>	<p>Not applicable</p>	<p>Not applicable</p>


HAVE MORE QUESTIONS?

Check out our list of Frequently Asked Questions
at vivehealth.com/7oq 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.

 service@vivehealth.com

 1-800-487-3808

 vivehealth.com

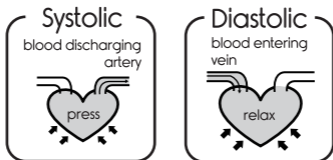
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Heartbeat Icon	Shows the patients heart rate
Average Blood Pressure Icon	In memory recall mode, this indicator shows that the result being viewed is an average of the last three (3) saved records.
Unit of Pressure	Shows the selected unit of measurement for the blood pressure reading.
Irregular Heartbeat Icon	Shows that the measurement detected an irregular heartbeat when.
Battery Icon	Shows the amount of battery left before the batteries need replacing.
Pulse Rate Value	Shows the average heart rate measurement for the currently displayed record.
Blood Pressure Classification	The top number shows the systolic pressure measurement for the currently displayed record. While the bottom number shows the diastolic pressure measurement for the currently displayed record.

About Blood Pressure



SPECIFICATIONS

Product name	Arm Blood Pressure Monitor	
Model	AOJ-30E	
Display	LCD screen	
Measuring Method	Oscillometric Measurement	
Measuring Part	Upper arm	
Measuring range	Blood Pressure value	SYS: 57~255 mmHg (7.6~33.4 kPa); DIA: 25~195 mmHg (3.33~26 kPa);
	Pulse rate	40~199 bpm
Accuracy	Blood Pressure value	±3 mmHg (±0.4 kPa)
	Pulse rate	±5%
Low Battery	4.2V±0.1V: low battery; <4.0V±0.1V: item will be turned off	
Auto power-off	1 minute without operation	
Power Source	4xAAA d.c, 6V	
Applied part	Type BF	
Operation mode	Continuous operation	
IP Classification	IP21	
Weight	About 220g (without batteries)	

Dimensions	118mm(L) x 98mm(W) x 62.5mm (H) (4.65 inches x 3.86 inches x 2.46 inches)		
Screen size	44.5mm(L) x 58.5mm(W) x 73.66mm (H)		
Cuff size	22-42cm (8.66-16.53 inches)		
Service life	5 years		
Protection against electric shock	Internally powered supply		
Operating Environment	Temperature condition	50C-400C	If stored or used beyond the designated temperature and humidity range, it will not be used properly
	Humidity condition	15%-95%RH	
	Atmospheric condition	70kPa-106kPa	
Transportation and Storage Environment	<p>Avoid strong impact, direct impact, exposure or rain during transportation. The packaged Blood Pressure Monitor shall be stored indoors at the temperature of -200C~550C and the relative humidity of 10%~93%. Atmospheric Condition: 70kPa~106kPa, without corrosive gas and with good ventilation.</p>		