

Technaxx[®]

Blood Pressure Monitor B06T

User Manual

Measuring instrument for precise blood pressure and pulse rate measurement on the upper arm

This device complies with the requirements of the standards referred to the Directive **R&TTE 1999/5/EC**. The Declaration of Conformity you find here: www.technaxx.de/ (in bar at the bottom "Konformitätserklärung"). Before using the device the first time, read the user manual carefully.

This device has a rechargeable battery. It must be fully charged before first use.

NOTE: Charge the battery of the device every 2–3 month if it is not used!

Service phone No. for technical support: 01805 012643 (14 cent/minute from German fixed-line and 42 cent/minute from mobile networks). Free Email: support@technaxx.de

Features

- Enables very fast and reliable measurement of systolic and diastolic blood pressure as well as pulse rate through the oscillometric method
- Voice broadcast function
- Bluetooth connection (V4.0 & 3.0) with Smartphone
- Operating through iOS or Android APP
- Unlimited number of users
- 1-key operation on device
- Storage of the last 99 measurements (at the end of a measurement the device automatically stores each result with date and time)
- LED charging & Bluetooth indicator
- Blood pressure result indicator
- Ø value function of the last 15 measurements
- IP21 protection class (against solid debris/material Ø 12.5mm & against vertically falling water drops)
- Cuff and main unit are integrated as one part
- Built-in rechargeable lithium ion 800mAh battery 3.7V
- For use at home or in ambulances
- Clinically proven accuracy and user friendly design



Important Hints and Warnings – Read carefully !

- Contact your doctor for further questions on the subject of blood pressure and its measurement. In cases of irregular heartbeat, measurements made with this instrument should only be evaluated after consultation with your doctor. Self-measurement means control, not diagnosis or treatment, but only a healthcare professional is qualified to interpret blood pressure measurements. Unusual values must always be discussed with your doctor. Under no circumstances should you alter the dosages of any drugs prescribed by your doctor. Familiarize yourself with the section titled "Important Information on Blood Pressure and its Measurement". It contains important information on the dynamics of blood pressure readings and will help you to obtain the best results.

Note: Arm circumference should be measured with a measuring tape in the middle of the relaxed upper arm. Do not force cuff connection into the open wound.

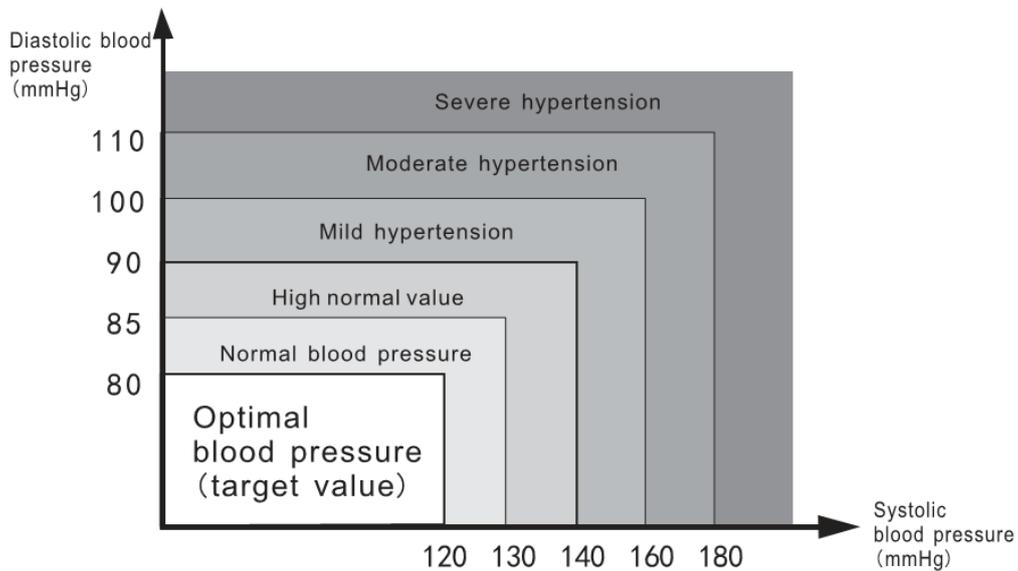
- This device can not be used together with HF-surgical equipment.
- The pulse display is not suitable for checking the frequency of heart pacemakers, and the device shall not be serviced or maintained while in use with the patient. This device is NOT intended to replace regular medical checkups. In cases of irregular heartbeat (Arrhythmia), measurements made with this instrument should only be evaluated after consultation with your doctor. Blood pressure readings obtained by this device should be verified before prescribing or making adjustments to any medications used to control hypertension. Under no circumstances should YOU alter the dosages of any drugs prescribed by your doctor.
- Use of this instrument on patients under dialysis therapy or on anticoagulant, antiplatelets, or steroids could cause internal bleeding. The patient is an intended operator, the functions of monitoring blood pressure and pulse rate can be safely used by patient. The routine clean can be performed by the patient.
- Not suitable for neonatal, infants or pregnant patient.
- Neither repair this device by yourself, nor modify it.
- This device contains sensitive electronic components. Avoid strong electrical or electromagnetic fields in the direct vicinity of the device (e.g. microwave ovens) during use. These can lead to temporary impairment of the measuring accuracy or erratic results. To obtain the greatest accuracy from your blood pressure instrument, it is recommended that the instrument be used within the specified temperature and the relative humidity, see the Technical Specifications. The device is not suitable for use in the presence of flammable anesthetic mixtures with air or with oxygen or nitrous oxide.
- Turn off the power if the device is not likely to be used for some time.
- To avoid any possibility of accidental strangulation, keep this unit away from children and do not drape tubing around your neck. Moreover to avoid damaging the device, keep this unit away from children and pets.
- This device is intended for use by adults only. The standard material used for the bladder and the cuff are latex-free. Too frequent measurements can cause injury to the PATIENT due to blood flow interference. Do not place the cuff over wound part. Pressurization of the cuff can temporarily cause loss of function of simultaneously used monitoring ME EQUIPMENT on the same limb.

1. Important Information on Blood Pressure and its Measurement

1.1. How does high or low blood pressure arise?

- Your level of blood pressure is determined in the circulatory center of the brain and adjusts to a variety of situations through feedback from the nervous system. To adjust blood pressure, the strength and speed of the heart (Pulse), as well as the width of circulatory blood vessels is altered. Blood vessel width is controlled by fine muscles in the blood vessel walls.
- Your level of arterial blood pressure changes periodically during heart activity: During the “blood ejection” (Systole) the value is highest (systolic blood pressure value). At the end of the heart’s “rest period” (Diastole) pressure is lowest (diastolic blood pressure value). Blood pressure values must lie within certain normal ranges in order to prevent particular diseases.

1.2. Which values are normal?



Diastolic / Systolic blood pressure	
Optimal blood pressure (target value)	
Normal / High blood pressure	
Mild / Moderate / Severe hypertension	

Blood pressure is very high if your diastolic pressure is above 90 mmHg and/or your systolic blood pressure is over 160 mmHg, while at rest. In this case, please consult your physician immediately. Long-term values at this level endanger your health due to continual damage to the blood vessels in your body. If your systolic blood pressure values are between 140 mmHg and 159 mmHg and/or the diastolic blood pressure values between 90 mmHg and 99 mmHg, consult your physician. Regular self-checks are necessary. If you have blood pressure values that are too low, (i.e., systolic values under 105 mmHg and/or diastolic values under 60 mmHg), consult your physician. Even with normal blood pressure values, a regular self-check with your blood pressure monitor is recommended. You can detect possible changes in your values early and react appropriately.

If you are undergoing medical treatment to control your blood pressure, keep a record of values along with time of day and date. Show these values to your physician. Never use the results of your measurements to independently alter the drug doses prescribed by your physician.

Further information: If your values are mostly normal under resting conditions but exceptionally high under conditions of physical or psychological stress, it is possible that you are suffering from so-called “labile hypertension”. Consult your doctor! Correctly measured diastolic blood pressure values above 120 mmHg require immediate medical treatment.

1.3. What can be done if regular high or low values are obtained?

- a) Consult your doctor.
- b) Increased blood pressure values (various forms of hypertension) are associated with considerable health risks over time. Arterial blood vessels in your body are endangered due to constriction caused by deposits in the vessel walls (Arteriosclerosis). A deficient supply of blood to important organs (heart, brain, muscles) can result from arteriosclerosis. Furthermore, the heart will become structurally damaged with increased blood pressure values.
- c) There are many different causes of high blood pressure. We differentiate between the common primary (essential) hypertension, and secondary hypertension. The latter group can be ascribed to specific organ malfunctions. Please consult your doctor for information about the possible origins of your own increased blood pressure values.
- d) There are measures which you can take to reduce and even prevent high blood pressure.

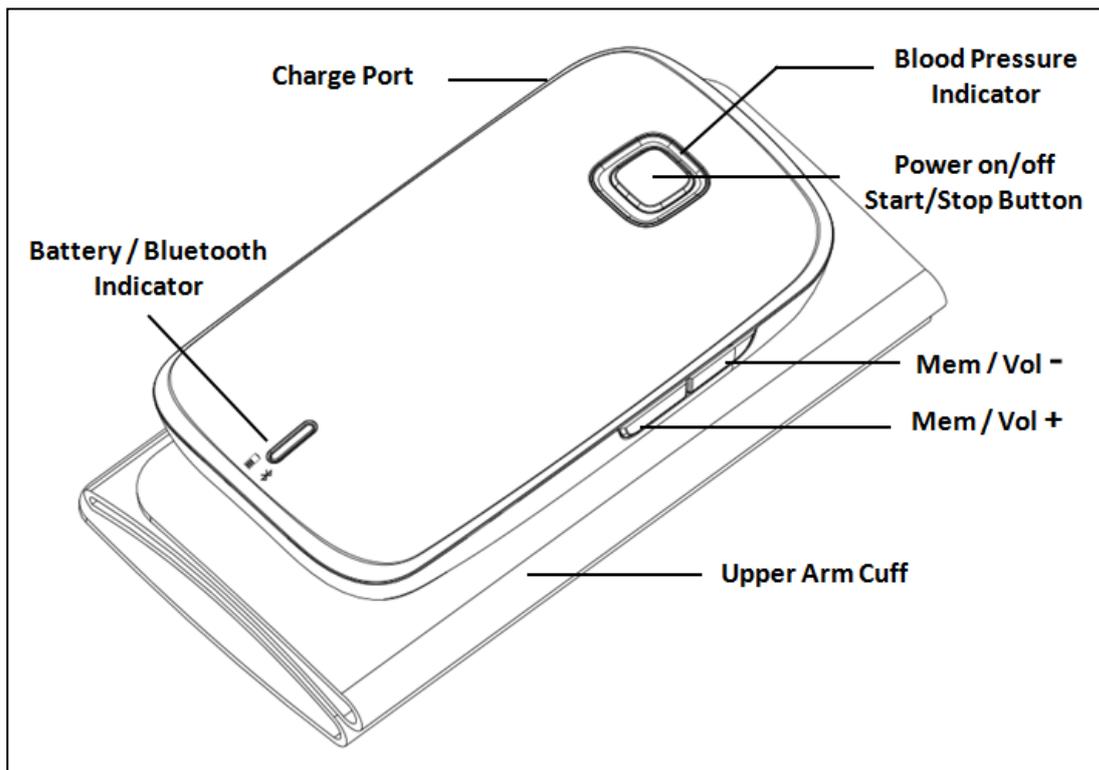
2. Battery power checking

The battery is a built-in chargeable lithium ion battery. Press the "Power ON/OFF" button. If the "Battery Indicator" becomes RED, the battery power is low and the battery need to be recharged. The power supply should be DC 5/1A. Recharge the device with the charging cable* (*included). When the "Battery Indicator" becomes GREEN, the battery is fully recharged. Then the device can be used normally. If the battery is not fully recharged, the indicator flashes in RED.

*You may also operate this device by using the AC adapter** (**not included), output 5V DC/1A with Micro USB plug. Use only the approved brand AC adapter to avoid damaging the unit. First ensure that the AC adapter and cable are not damaged. Then plug the adapter cable into the AC adapter port on the right side of the blood pressure monitor. After that plug the adapter into your electrical outlet. When the AC adapter is connected, no battery current is consumed. (e.g. by accidental removal of the AC adapter from the outlet, the monitor must be reset by removing the plug from the socket and reinserting the AC adapter connection).*

Assessment indicator: The indicator is set around the Start/Stop button. After measurement, the indicator will turn into different colors according to the assessment. BLUE means normal, YELLOW means mild high blood pressure and RED means high blood pressure.

3. Components of the Blood Pressure Monitor B06T



Charge Port
Battery / Bluetooth Indicator
Blood Pressure Indicator
Power on/off & Start/Stop Button
Mem (= Memory button) / Vol -
Mem (= Memory button) / Vol +
Upper Arm Cuff

4. Using your Monitor for the First Time → System Settings

After the battery is fully charged, some functions can be set before use this monitor:

4.1. Start / Stop

Press the Start/Stop button one time. The indicator for the battery and Bluetooth flashes and lights blue; the Bluetooth is waiting for connection. Press the button for approx. 2 seconds, you can start the measurement directly, or connect device with smart phone, it can be remote controlled by APP (My Fitness) which is installed beforehand in the smart phone. There will be a voice “Bluetooth is connected” if the device connects with smart phone by Bluetooth successfully.

4.2. Setting the volume

Press and hold the Vol+/Vol- button, you will hear the voice guide of Volume up / Volume down to set your favorite voice volume.

4.3. Assessment memory record

Press Vol+/Vol- button once will seek for the next/previous assessment record. Press and hold the Vol+ and Vol- simultaneously will clear all the assessment records.

5. Measurement Procedure

Note: You should always be seated and calm before and during measurement.

5.1. Before measurement

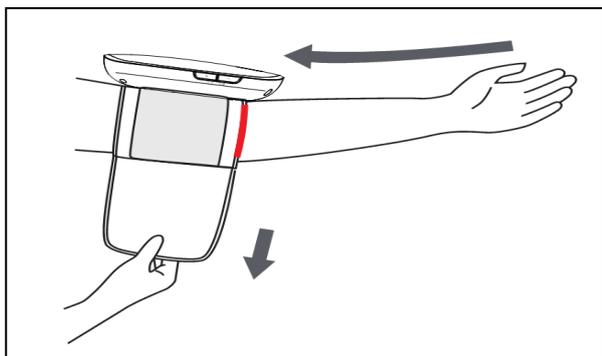
- Avoid eating and smoking as well as all forms of exertion directly before measurement. These factors influence the measurement result. Find time to relax by sitting in an armchair in a quiet atmosphere for about ten minutes before taking a measurement.
- Remove any garment that fits closely to your upper arm.
- Always measure on the same arm (normally left).
- Always compare measurements taken at the same time of day, since blood pressure changes during the course of the day, as much as 20-40 mmHg.

5.2. Common sources of errors

Note: Comparable blood pressure measurements always require the same conditions!

- Conditions should always be quiet.
- All efforts by the user to support the arm can increase blood pressure. Make sure you are in a comfortable, relaxed position and do not flex any of the muscles in the measurement arm during the measurement. Use a cushion for support if necessary.
- If the arm artery lies considerably lower or higher than the heart, an erroneously high or low blood pressure will be measured! Each 25–30cm difference in height between your heart and the cuff results in a measurement error of 10 mmHg.
- Cuffs that are too narrow or too short result in false measurement values. Selecting the correct cuff is extremely important. Cuff size is dependent upon the circumference of the arm (measured in the center). The permissible range is printed on the cuff.
- Cuff works under the pressure range 0-300 mmHg.
- The wide range rigid cuff is 22–36cm.
- A loose cuff or a sideways protruding air pocket causes false measurement values.
- With repeated measurements, blood accumulates in the arm, which can lead to false results. Consecutive blood pressure measurements should be repeated after a 1 minute pause or after your arm has been held up in order to allow the accumulated blood to flow away.

5.3. Fitting the Cuff



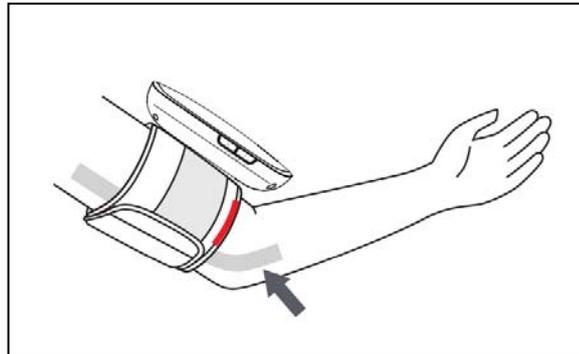
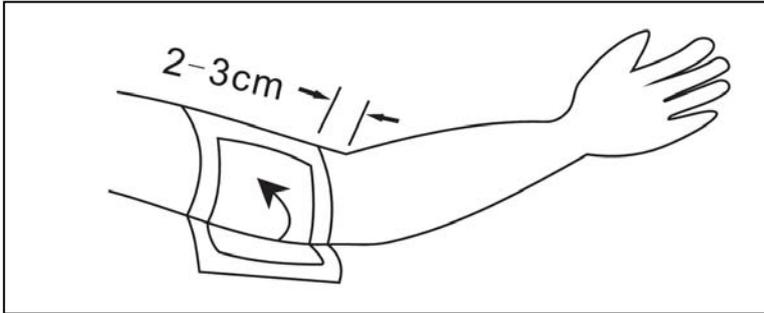
a) The cuff is pre-formed for easier use. Remove tight or bulky clothing from your upper arm.

To get the optimal position for the cuff, see also description under **c**).

b) To secure the cuff, wrap it around your arm and press the hook and loop closure together.

c) Wrap the cuff around your upper left arm.

The blue arrow (red mark) should be on the inside of your arm extending downward to your hand. Make certain the cuff lies approx. 1–2cm above the elbow. Important! The red mark on the edge of the cuff (Artery Mark) must lie over the artery which runs down the inner side of the arm.



d) There should be little free space between your arm and the cuff. You should be able to fit two fingers between your arm and the cuff. Cuffs that don't fit properly result in false measurement values. Measure your arm circumference if you are not sure of proper fit. **The arrow in the picture marks the artery.** Place the middle of the CUFF at the level of the right atrium of the heart

e) Lay your arm on a table (palm upward) so the cuff is at the same height as your heart.

f) Remain seated quietly for at least two minutes before you begin the measurement.

5.4. Measurement procedure

General recommendation: approx. 5 minutes should elapse before the first reading is taken. *The performance of the AUTOMATED SPHYGMOMANOMETER can be affected by extremes of temperature, humidity and altitude.*

a) Sit comfortably in a chair with your feet flat on the floor (no crossed legs) and your back and arm are supported.

b) Stretch your arm forward on the desk and keep relaxing, make sure the palm of hand is upturned. Make sure arm is in correct position, to avoid body movement. Sit still and do not talk or move during the measurement. After the cuff has been appropriately positioned on the arm and connected to the blood pressure monitor, the measurement can begin.

(See now chapter 6. Operate on the device via APP)

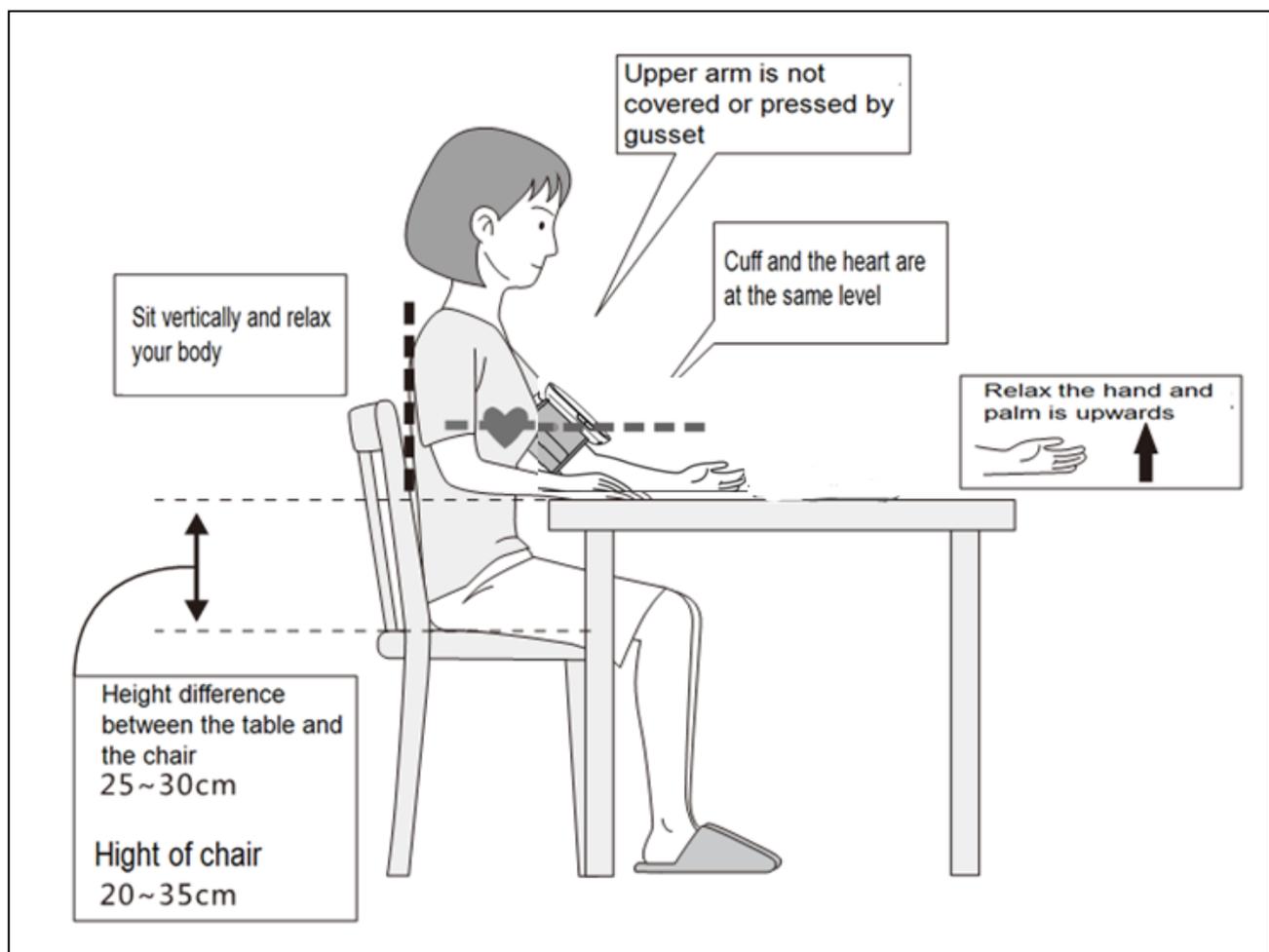
c) **To stop the inflation or measurement:** If it is necessary to interrupt a blood pressure measurement for any reason (e.g the patient feels unwell), press the **START/STOP** button. The monitor will stop inflating, start deflating, and will turn off. If the monitor is remote operated by APP on smart phone, it also can be stop on APP.

d) After the monitor has detected your blood pressure and pulse rate, the cuff automatically deflates. Your blood pressure will be voiced out or shown on the APP on smart phone if operated by APP.

e) The monitor will automatically turn off after two minutes not in operation.

See picture how to handle the device in the correct way:

Sit vertically and relax your body
Upper arm is not covered or pressed by gusset
Cuff and the heart are at the same level
Relax the hand and palm is upwards
Height difference between the table and the chair 25~30cm
Hight of chair 20~35cm



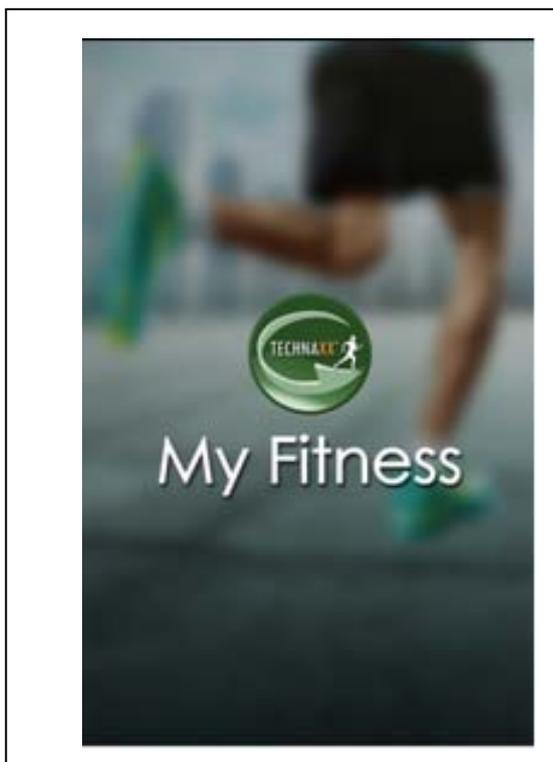
6. Operate on the device via APP (My Fitness)

Press the **Stop/Start button** as the power on (BLUE indicator is turned on). The pump begins to inflate the cuff. After automatically reaching an individual pressure, the pump stops and the pressure slowly falls, until the measurement finish, the assessment result will be voice out, and the assessment indicator will turn to different colors accordingly.

6.1. Operate via APP on your Smartphone

Refer to the below pictures which describe how to remote control on the APP.

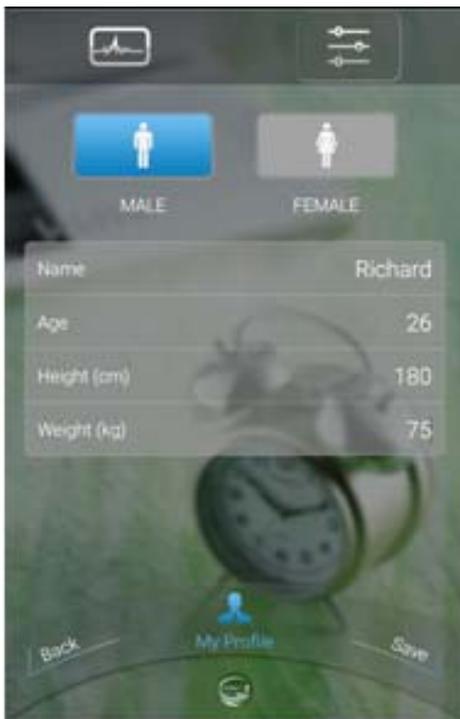
First step: Install the APP (My Fitness) from Google Play Store™ or Apple APP Store™.



Second step: Turn on the APP. The main display interface of the My Fitness will show up.



Third step: Choose the Technaxx blood pressure monitor: The APP will enter into the interface with different Technaxx devices. Choose the Technaxx BP monitors as shown in the picture.



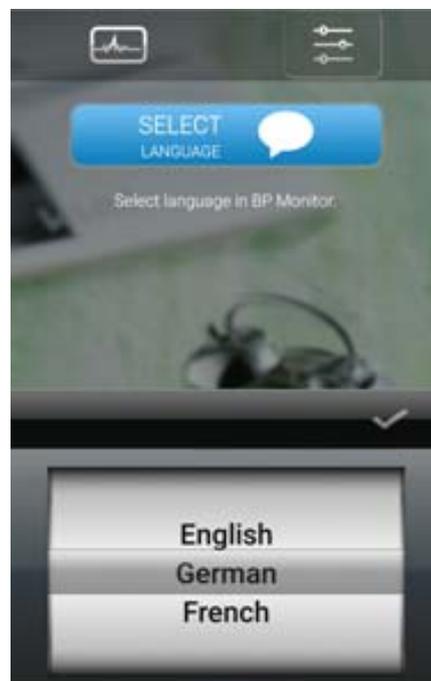
Forth step: Complete “My Profile” and save it.



Setting the language: After setting the “My Profile”, it will come to this interface-picture.



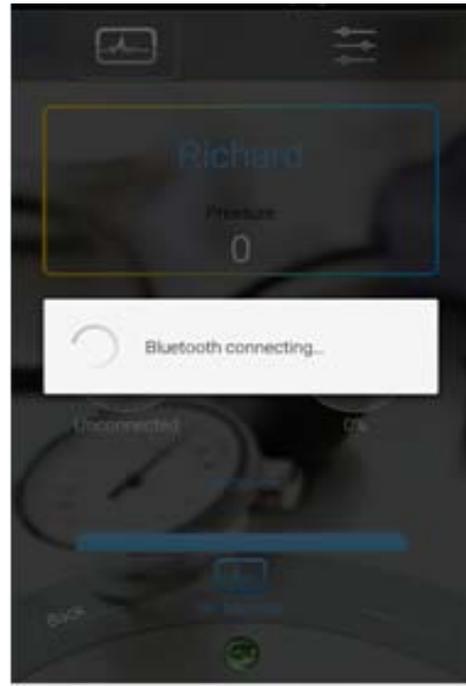
Press the button on the upper right. Then you come to this language setting interface-picture.



You can choose between 3 different languages (English, German and French).



Connect Bluetooth: Turn on your device and detect it by the Technaxx APP (My Fitness). See the following 3 pictures. Click on the button "Bluetooth Device".



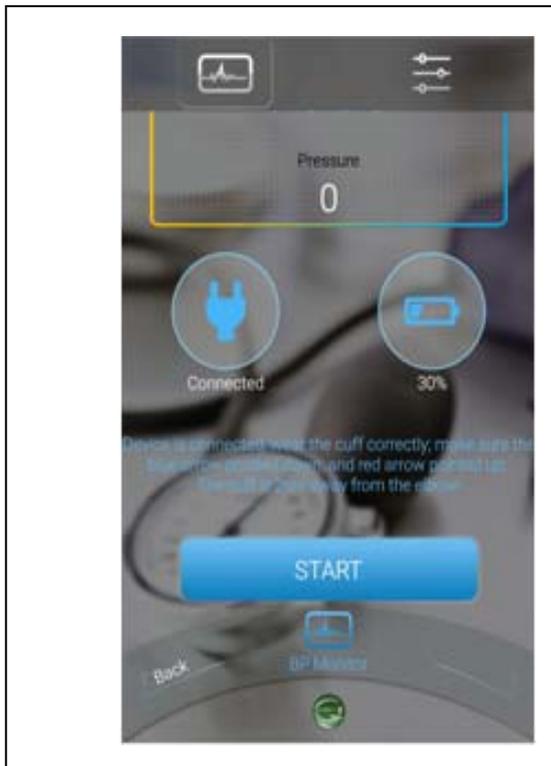
When you clicked on the button, you will come directly to this interface.



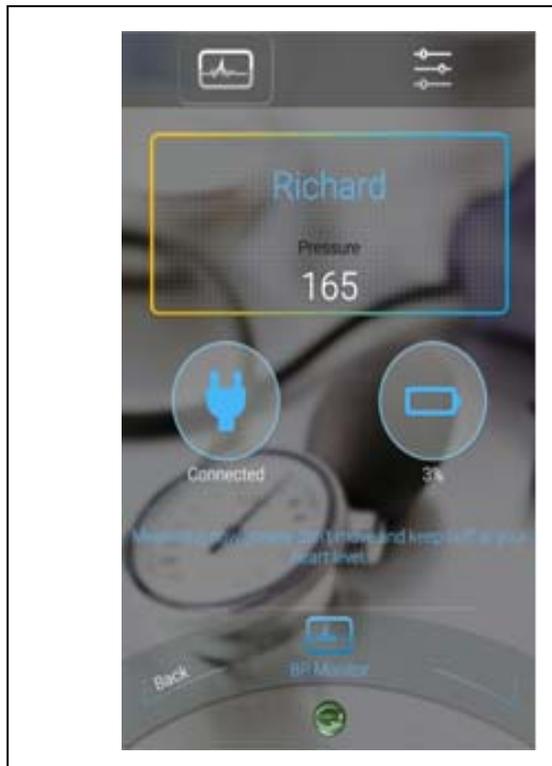
A moment later, the device will be connected as shown in this picture.

6.2. Start the measurement

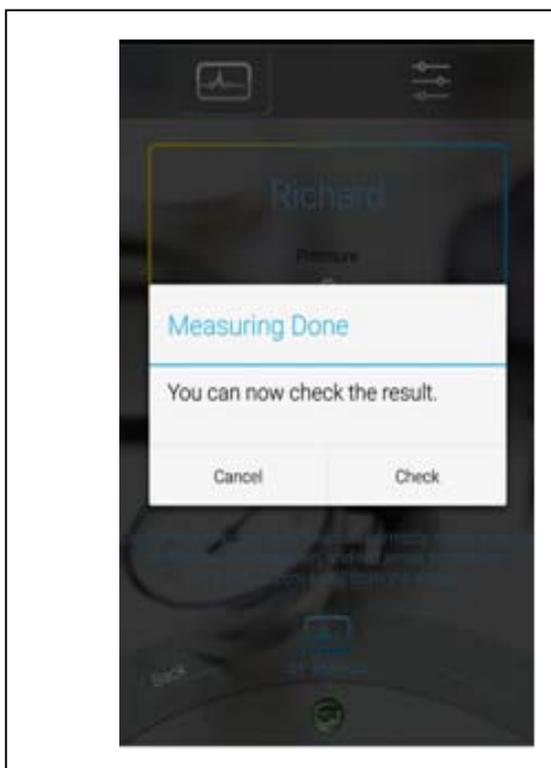
Once the device is connected via Bluetooth with your Smartphone, you can start the measurement by remote controlling on the APP.



Slide the APP to the bottom and the button “**START**” will show up as shown in this picture.

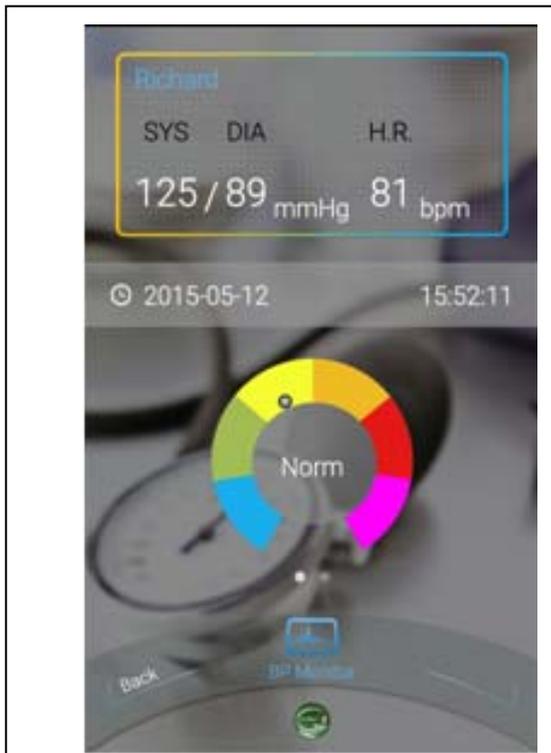


Press the button “**START**” and start the testing is shown like in this picture.

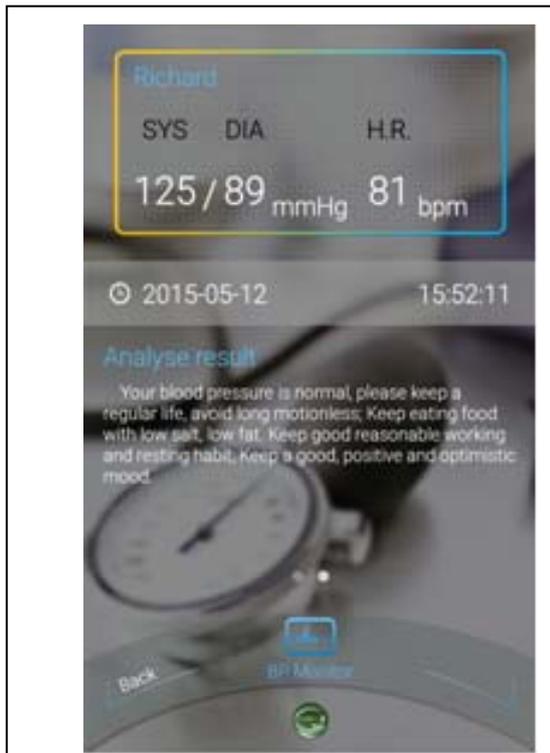


When measuring is done, an interface about checking the result will show up.

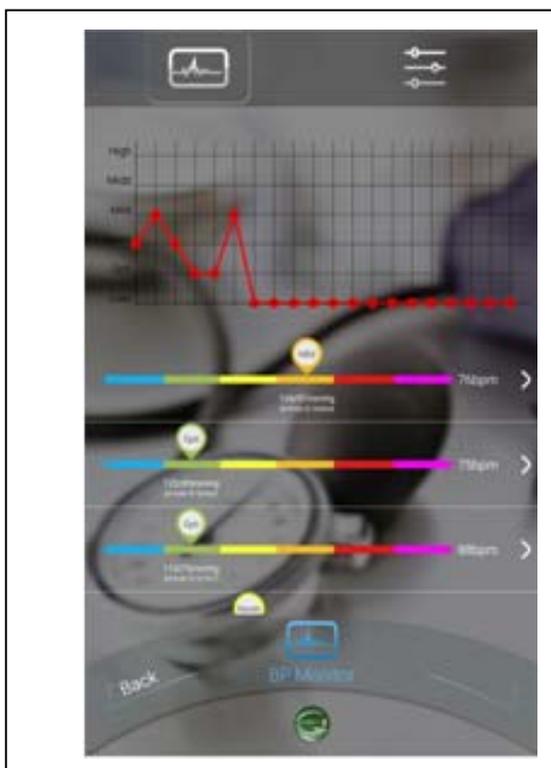
6.3. Check the measurement



When the measurement is finished, the assessment will be voiced out and show on the APP, like in this picture.



Slide the APP interface to the left. Now you can see the literal statement as shown in this picture.



You can also check the historical record to know the blood pressure trend in certain period by pressing the button "**History**".

See your historical record interface on this picture.

7. Troubleshooting

Problem	Check	Cause and Solution
Power low	The battery indicator turns to RED	Charge the device under DC 5V/1A
No power after charging	After charging, the battery indicator never turns to GREEN	Contact the support hotline
No Inflation	Whether the cuff is broken or leak	Contact the support hotline.
Err and stop working	Whether move the arm when the cuff is inflating	Keep the no moving and peaceful
Err and stop working	Check if chatting when measuring	Keep quiet when measuring
Cuff leak	Whether the cuff wrap too loose	Wrap the cuff tightly
Cuff leak	Whether the cuff broken	Contact the support hotline
Contact the support hotline when a problem occurs which you cannot solve.		

8. Technical specifications

Measuring method / Pressure sensor	Oscillometric / Capacitive
Cuff size / Cuff pressure display range	22–36cm / 0–299mmHg
Measurement range	Blood Pressure 0–280mmHg (0–37.3kPa) Pulse 40–199beats/minute DIA 40–130mmHg; SYS 60–230mmHg
Measuring resolution	1 mmHg
Accuracy	Blood Pressure ± 3 mmHg (0.4kPa) Pulse $\pm 5\%$ of the reading
Memory	Automatically storage of the last 99 measurements
Average function	Average value of the last 15 measurements
Operating conditions	Temperature 5°C–40°C / Humidity 15%–93% RH (relative humidity) / Pressure altitude 70kPa~106kPa
Storage conditions	Temperature –25°C–70°C / Humidity: 10%–93% RH (relative humidity) / Pressure altitude 70kPa~106kPa
Power supply	Built-in high capacity lithium ion battery 800mAh 3.7V / Charging time ~3–4 hours / Working time ~150x measurements / Stand-by time 7~21 days depending on the frequency of use / Automatically power OFF after 2 minutes when not in operation
Material	ABS
Weight / Dimensions	252g / (L) 12.1 x (W) 6.7 x (H) 3.0cm
Package Contents	Blood Pressure Measuring Instrument B06T, Micro USB to USB charging cable, User Manual



Care and Maintenance



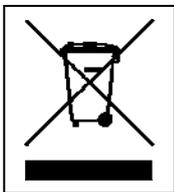
- This device is NOT sterilized. Wash your hands before and after each time measurement.
- The cuff contains a sensitive air-tight bubble. Handle this cuff carefully and avoid all types of stress through twisting or buckling.
- Keep the surface of the device clean with a soft and dry cloth. Do not use organic solvents. Spots on the cuff can be removed carefully with a damp cloth and soapsuds. The cuff with bladder must not be washed in a dishwasher, clothes washer, or submerged in water.

- Do not attempt to disassemble the device, it may result in short-circuit or even damage.
- Do not bump, shake, drop or disassemble the device and avoid strong vibrations. It may break internal circuit boards or mechanics.
- The device only has IP21 protection class, means it is not fully waterproof. Therefore only keep the device in dry and ventilated environment. Avoid high temperature and direct sunlight, humidity and moisture. Also batteries should not be exposed to excessive heat or direct sunlight.
- Keep the device away from little children.

The warranty does not apply to damage caused by improper handling, accidents, not professional use, not following the operating instructions or alterations made to the instrument by third parties. Warranty (check with your local dealer where you bought the product) only applies to the instrument.

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Security and Disposal Hints for Batteries: Hold children off batteries. When a child swallowed a battery go to a doctors place or bring the child into a hospital promptly! Look for the right polarity (+) and (-) of batteries! Always change all batteries. Never use old and new batteries or batteries of different types together. Never short, open, deform or load up batteries! **Risk of injury!** Never throw batteries into fire! **Risk of explosion!**



Hints for Environment Protection: Packages materials are raw materials and can be recycled. Do not disposal old devices or batteries into the domestic waste. **Cleaning:** Protect the device from contamination and pollution (use a clean drapery). Avoid using rough, coarse-grained materials or solvents/aggressive cleaner. Wipe the cleaned device accurately. **Important Notice:** Should battery fluid leak from a battery, wipe the battery case with a soft cloth dry. **Distributor:** Technaxx Deutschland GmbH & Co.KG, Kruppstr. 105, 60388 Frankfurt a.M., Germany