

B.WELL
SWISS
CONTROLLED

B.Well 
caring for everyone

- EN** Instructions for Use
- ES** Instrucciones de uso
- FR** Consignes d'utilisation
- MN** Ашиглах зааварчилгаа
- VI** Hướng dẫn sử dụng
- EN** Instructions for Use
- EN** Instructions for Use
- ES** Instrucciones de uso
- FR** Consignes d'utilisation
- AR** تعليمات الاستخدام

TH-75

Digital Upper Arm Blood Pressure Monitor
Digital Upper Arm Blood Pressure Monitor
Digital Upper Arm Blood Pressure
Monitor
Digital Upper Arm Blood Pressure Monitor
Digital Upper Arm Blood Pressure Monitor
Digital Upper Arm Blood Pressure Monitor
Digital Upper Arm Blood Pressure Monitor
Digital Upper Arm Blood Pressure Monitor
Digital Upper Arm Blood Pressure Monitor
Digital Upper Arm Blood Pressure Monitor
Digital Upper Arm Blood Pressure
Monitor

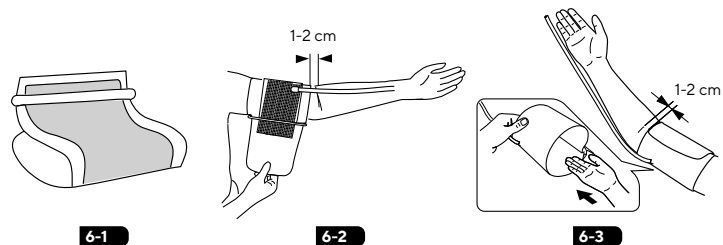
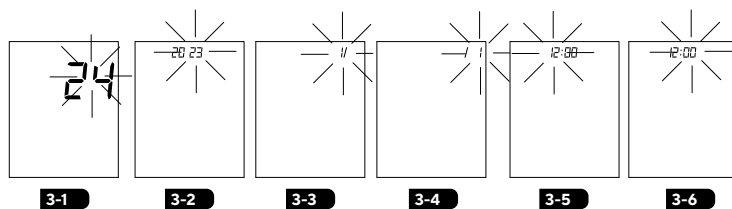
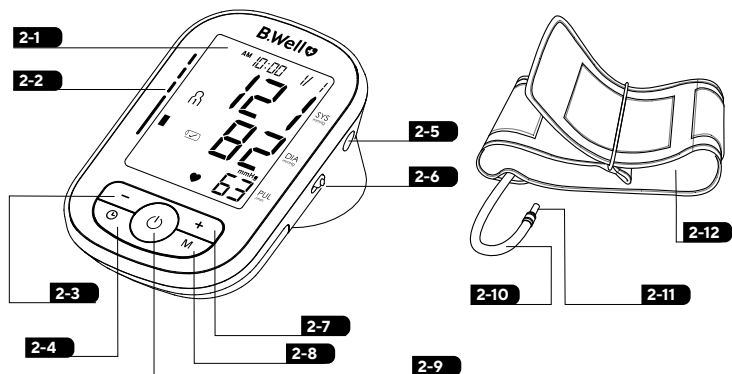


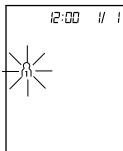
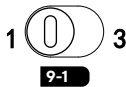
TECHNO 

CONTENT:

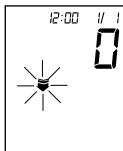
EN	Instructions for Use	3	EN	Instructions for Use.....	58
ES	Instrucciones de uso	14	EN	Instructions for Use.....	69
FR	Consignes d'utilisation	25	ES	Instrucciones de uso	80
MN	Ашиглах зааварчилгаан.....	36	FR	Consignes d'utilisation	91
VI	Hướng dẫn sử dụng.....	47	AR	تعليمات الاستخدام	

Model TH-75





10-1



10-2



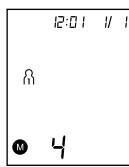
10-3



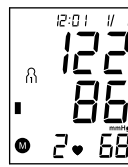
10-4



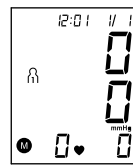
10-5



13-1



13-2



13-3

1. INTRODUCTION

Thank you for purchasing the B.Well upper arm blood pressure monitor TH-75

NORMAL BLOOD PRESSURE (BP) FLUCTUATION:

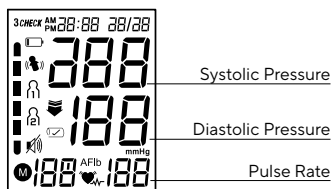
- ⚠ All physical activity, excitement, stress, eating, drinking, smoking, body posture and many other activities or factors (including taking a blood pressure measurement) will influence blood pressure value. Because of this, it is mostly unusual to obtain identical multiple blood pressure readings.
 - Blood pressure fluctuates continually day and night. The highest value usually appears in the daytime and lowest one usually at midnight. Typically, the value begins to increase at around 3:00 AM, and reaches to highest level in the daytime while most people are awake and active.
 - Considering the above information, it is recommended that you measure your blood pressure at approximately the same time each day.
- ⚠ Too frequent measurements may cause injury due to blood flow interference, please always relax a minimum moment of 1 to 1.5 minutes between measurements to allow the blood circulation in your arm to recover.

IMPORTANT BENEFITS OF TH-75

- AFib indicator - detection of Atrial Fibrillation for timely treatment and stroke prevention.
- Memory for 2 users of 120 values each with date and time.
- Color scale of pressure level.

2. CONTENTS AND DISPLAY INDICATORS

Model TH-75



AFib	AFib symbol
3CHECK	Multiple mode symbol
Irregular heartbeat symbol	Irregular heartbeat symbol
Low battery symbol	Low battery symbol
Deflate the remanant air	Deflate the remanant air
Cuff binding symbol	Cuff binding symbol
Body Move symbol	Body Move symbol
Buzzer switch symbol	Buzzer switch symbol
Memory symbol	Memory symbol
Users [1&2]	Users [1&2]
BP level symbol	BP level symbol
28/28	Date DD/MM
28:28	Time

2-1	LCD
2-2	BP level scale
2-3	"-" button
2-4	"CLOCK" button
2-5	Power adapter socket
2-6	Single / 3 Check mode Switch

2-7	"+" button
2-8	"MEM" button
2-9	"START" button
2-10	Rubber tube
2-11	Cuff tubing connect
2-12	Cuff

3. PRODUCT DESCRIPTION, INTENDED USE AND APPLICATION AREA

Fully Automatic Electronic Sphygmomanometer is for use by medical professionals or at home and is a non-invasive blood pressure measurement system intended to measure the diastolic and systolic blood pressures and pulse rate of an adult individual by using a non-invasive technique in which an inflatable cuff is wrapped around the upper arm. Cuff circumference is limited to 22-48 cm.

The device detects the appearance of atrial fibrillation during measurement and gives a warning signal with the reading once the atrial fibrillation is detected.

- △ In case of any serious incident with the device, immediately contact the manufacturer and national competent authorities.

4. CONTRAINDICATION

- People with a pronounced/fierce/severe arrhythmia combined with a constant irregular heart rhythm are not recommended to use this device, as the digital blood pressure monitor is based on the oscillometric method of measuring pressure. In the presence of arrhythmia with episodic forms - it is recommended to conduct repeated measurements at the necessary intervals to enable the device to record a regular pulse and get the most correct pressure results.

5. PRECAUTIONS

5.1 Precautions before and during use

- △ Before use, please read this instruction manual carefully.
- Please always relax a minimum moment of 1-1,5 minutes between measurements to allow the blood circulation in your arm to recover. Prolonged over-inflation (cuff pressure exceed 300 mmHg or maintained above 15 mmHg for longer than 3 minutes) of the bladder may cause ecchymoma of your arm.
- Do not use this unit in a moving vehicle. This may result in erroneous measurement.
- Motion, trembling, shivering may affect the measurement reading.
- No modification of the device is permitted.

5.2 Medical precautions

- Blood pressure measurements determined by this monitor are equivalent to those obtained by a trained observer using the cuff/stethoscope auscultation method, within the

limits prescribed by the American National Standard Institute, Electronic or automated sphygmomanometers.


2. This automatic blood pressure monitor is not clinically validated for pregnant women. Consult your physician or other health care professionals before use on pregnant.
3. Δ This automatic blood pressure monitor is designed for individuals greater than 12 years of age. For individuals till 12 years old – no clinical data support.
4. Consult your physician if you have any doubt about below cases:
 - The application of the cuff over a wound or inflammation diseases;
 - The application of the cuff on any limb where intravascular access or therapy, or an arterio-venous (A-V) shunt, is present;
 - The application of the cuff on the arm on the side of a mastectomy or lymph node clearance;
 - Simultaneously used with other monitoring medical equipment on the same limb.
 - Need to check the blood circulation of the user.
5. Use by a person with a pacemaker. The device has no effect on the pacemaker. However, if there is a severe arrhythmia or a weak pulse, the device may display an error message.
6. Δ Please do not share the cuff with other infective person to avoid cross-infection.
7. If an arrhythmia is detected during BP measurement, the results may be inaccurate. See Section 6.11 Arrhythmia Detection for more information.
8. The device would not apply to the patients with poor peripheral circulation, noticeably low blood pressure, or low body temperature (there will be low blood flow to the measurement position).
9. The device would not apply to the patients who use an artificial heart and lung (there will be no pulse).
10. Consult your physician before using the device for any of the following conditions: common arrhythmias such as atrial or ventricular premature beats or atrial fibrillation, arterial sclerosis, poor perfusion, diabetes, pre-eclampsia, renal diseases.
11. If you are allergic to plastic/rubber, please don't use this device.

5.3 General precautions

1. Swallowing batteries and/or battery fluid can be extremely dangerous. Keep the batteries and the unit out of the reach of children and disabled persons.
2. Δ The monitor might not meet its performance specifications or cause safety hazard if stored or used outside the specified temperature and humidity ranges in specifications.
3. Please do not use the cuff other than supplied by the manufacturer, otherwise it may bring biocompatible hazard and might result in measurement error.
4. Medical AC adapter which output is DC 5.0V 1A and complied with IEC 60601-1/EN 60601-1/UL 60601-1 and IEC 60601-1-2/EN 60601-1-2/UL 60601-1-2 is suitable for this monitor, such as input: AC 100-240V, 50/60Hz, 0.2A; output: DC 5V, 1A. Please note that the monitor jack size: hole \varnothing 5.6mm, center pin \varnothing 2.5mm. Please pay attention to polarity.
5. Information regarding potential electromagnetic or other interference between the blood pressure monitor and other devices together with advice regarding avoidance of such interference please see part ELECTROMAGNETIC COMPATIBILITY INFORMATION.

6. SETUP AND OPERATING PROCEDURES

6.1 Inserting the batteries

- a) Remove the battery cover from the battery compartment.
- b) Insert 4 AAA powerful batteries into the compartment and observe the polarity (“+” and “-”)
- c) Replace the battery cover.
- d) After the batteries are installed, the time format (24/12) is displayed on the LCD display, which must be selected and the current date and time are set (see paragraph 6.3.)
If the batteries are exhausted, the corresponding symbol will appear on the screen  .
After that the device will not turn on. Replace all batteries with new ones.
 - Remove the batteries if the monitor will not be used for a month or more to avoid relevant damage of battery leakage.
 - Δ Avoid the battery fluid to get in your eyes. If it should get in your eyes, immediately rinse with plenty of clean water and contact a physician.

6.2 Using a mains adapter

Connect the AC Adapter

- Connect the power cable to the adapter;
- Plug the adapter to AC outlet;
- Then put the connector plug of the power cable into the device outlet.

Disconnect the AC Adapter

- Remove the AC Adapter plug from the monitor socket;
- Remove the AC Adapter from the electrical outlet.
 - △ Do not plug or unplug the power cord into the electrical outlet with wet hands.
 - △ Do not overload power outlets. Plug the device into the appropriate voltage outlet.
 - △ If the AC adapter is abnormal, please change the adapter.
 - △ Do not pull out the adapter when you are using the monitor.
 - △ Do not use any other type of AC adapter as it may harm the monitor.
 - △ Do not position the monitor so that it is difficult to operate the disconnection device.

6.3 Setting time and date

- To set the date and time, press the "CLOCK" button for 0.5 seconds. In the setting mode, the digits flash.
Confirm the selection with the "CLOCK" button, change the selection with the "+" or "-" buttons.
 - First, set the desired time format (24/12). The default time format is 24 hours, the default clock and date is 2023-1-1 12:00.
 - Press the button "CLOCK" repeatedly, the year (first usage: default is 2023, range is 2022~2099), month, day, hour and minute will blink in turn (pic. 3-1→3-6).
While the number is blinking, press the button "+" to increase the number and press the button "-" to decrease the number, keep on pressing the button "+" or "-", the number will increase or decrease faster.
 - During adjusting clock and date, the monitor will go back to Standby Mode automatically and date unchanged when no button will be pressed within 1 minute .
 - You can turn off the monitor by pressing "CLOCK" button when the minute is blinking, then the time and date is confirmed. You also can turn of the monitor at any time by pressing "START" button.
- ⚠ Once you change the batteries, you should readjust the time and date, the default time is the time of the latest memory.

6.4 Beep sound setting

- In Standby Mode, press the "+" and "CLOCK" button simultaneously for 3 seconds. A beep will be heard (if buzzer is on) and the monitor will be in Beep Sound Setting Mode.
- You can switch on/off the beep sound by press the "-" or "+" button. If the LCD displays "on", the beep sound is turned on, (pic 4-1). If the LCD displays "off", the beep sound is turned off, (pic 4-2).
- The monitor will turn off automatically after 1 minute with no operation. You can also press the button "START" to turn off the monitor manually in any case.

6.5 Connecting the cuff to the monitor

Insert the cuff tubing connector into the socket in the left side of the monitor. Make certain that the connector is completely inserted to avoid air leakage during blood pressure measurements.

- △ Avoid compression or restriction of the connection tubing during measurement, which may cause inflation error, or harmful injury due to continuous cuff pressure.

6.6 Applying the cuff

Remove any tight or constricting clothing from the arm on which the measurement will be taken.

- Pulling the cuff end through the medal loop (the cuff is packaged like this already), turn it outward (away from your body) and tighten it and close the Velcro fastener. Pic 6-1
- Place the cuff around a left arm 1-2cm above the elbow joint.

- c) If you place the cuff around left arm, position the air tube in the middle of your arm in line with your middle finger. Pic 6-2
If you place the cuff around right arm, apply the cuff so that the air tube is at the side of your elbow. Pic 6-3
- d) While seated, place palm upside in front of you on a flat surface such as a desk or table. Be careful not to rest your arm on the air tube, or otherwise restrict the flow of air to the cuff.
- e) The cuff should fit comfortably, yet snugly around your arm. You should be able to insert one finger between your arm and the cuff.

① **Note:**

- △ Please refer to the cuff circumference range in "SPECIFICATIONS" to make sure that the appropriate cuff is used.
- Measure on the same arm each time.
 - Do not move your arm, body, or the monitor and do not move the rubber tube during measurement.
 - Stay quiet, calm for 5 minutes before blood pressure measurement.
- △ Please keep the cuff clean. See section "MAINTENANCE".
- △ Do not place the cuff around your arm if the arm has any inflammation, acute diseases, infections skin wounds.
- △ Use only clinically proven original cuffs!
- △ With repeated measurements, blood accumulates in the respective arm, which can lead to false results. Correctly executed blood pressure measurements should be first repeated at least after 1 minute pause.

6.7 Carrying out a measurement

Before measuring

- Avoid eating, smoking as well as all forms of exertion directly before the measurement. All these factors influence the measurement result. Try and find time to relax by sitting in an armchair in a quiet atmosphere for about 5-10 minutes before the measurement.
- Attempt to carry out the measurements regularly at the same time of day, since the blood pressure changes during the course of the day.
- The cuff should be placed at the same level as your heart.
- During measurement, neither speak nor move your body and arm.
- Measure always on the same arm.

Measurement in sitting position

- a) Sit down and place your feet flat on the floor, don't cross your legs or bend them under you. Lean your back straight against the back of the chair.
- b) Place palm upside in front of you on a flat surface such as table.
- c) The middle of the cuff should be at the level of the heart.

- ⚠ To avoid errors in the measurement, it is important to remain immobile during the measurement and in silence. Pic 7-1

Measuring in the prone position

- a) Lie on your back.
- b) Place your left arm straight along your side with your palm upside.
- c) The cuff should be placed at the same level as your heart. Pic 7-2

Common sources of errors or incorrect pressure values

1. Movement during measurement
2. Incorrect positioning of the cuff in relation to the heart
3. The cuff does not fit you in size
4. Loosely tightened cuff

6.8 Specifying user

- The current user ("1" or "2") is shown on the display on the left (next to the pressure level indicator).
- In Standby Mode, press "M" button, the monitor will display sign of the user "1" or "2". The amount of results in current user memory zone will be displayed. Pic 8-1

Press "M" button can switch the group. Confirm your selection by pressing "+" or "-" button.
The current bank can also be confirmed automatically after 3 seconds with no operation.

6.9 Measurement mode selection

Select single or 3check mode [Afib screening mode]

- The "3check" mode automatically takes three consecutive measurements in one session without removing the cuff from the arm.
The result is then intelligently analyzed and shown on the display.
A break of 15 seconds is set between measurements.
- Since the blood pressure is constantly fluctuating, the result obtained in this way is more reliable than the result obtained by a single measurement.
 - To select the "3check" mode, move the switch on the right side of the device to the "3" position (pic. 9-1). The "3check" symbol will be displayed.
 - To select the single measurement mode, move the switch on the right side of the device to the "1" position. In single measurement mode, one measurement is taken. Pic. 9-2

6.10 Taking your blood pressure reading

Measurement in single mode (standard mode)

Place the standard / multiple switch on the "1" side.

- a. After applying the cuff and your body is in a comfortable position, press the "START" button. All display characters are shown for self-test.
- b. If the monitor has stored results in current memory bank, the LCD will momentarily display the most recent one. If no result has been stored, zero will appear on LCD.
- c. Then the current memory bank/user is blink. (pic 10-1). Press "M" button to change over to other bank. Confirm your selection by pressing "START" button. The current bank can also be confirmed automatically after 3 seconds with no operation.
- d. Then the monitor starts to seek zero pressure. Pic 10-2
- e. Then the cuff will be slowly inflated. The blood pressure and pulse will be measured during inflation. Inflation will stop as soon as the blood pressure and pulse rate have been calculated and displayed on the LCD.
 - If the monitor detects body movement during measurement, the LCD displays the "BodyMove" symbol. Pic 10-3.
 - If there is no problem with the cuff binding, the "cuff OK" symbol is displayed on the LCD. Pic 10-3
 - The irregular heartbeat symbol (if any) and the blood pressure classification indicator will also be displayed. Pic. 10-4
- g. The result will automatically be stored in the Memory bank of the monitor.
- h. After measurement, The monitor will turn off automatically after 1 minute with no operation. Alternatively, you can press the "START" button to turn off the monitor manually.
- i. During measurement, you can press the "START" button to turn off the monitor manually.

Measurement in multiple 3Check mode

- After applying the cuff and your body is in a comfortable position, place the standard / multiple switch on the "3" side.
- The "3check" measurement mode automatically takes three consecutive measurements in one session without removing the cuff from the arm.
- After the first measurement the display shows a countdown of the remaining time until the next measurement in reverse order (15 sec).
- The measurement result will be shown after multiple measurements. The individual results will not be displayed.
- Please keep quiet and calm during the entire process and do not remove the cuff between measurements.
- Usually only 3 valid measurements are taken and the results are calculated and judged by Afib. However, when Afib fails to determine one of the three measurements, the monitor automatically takes a 4th measurement, then analyzes and displays the results.
- The measurement result is automatically saved in the instrument memory. When measuring in the "3check" mode, the result will be saved with the "3check" icon. Pic 10-5

- If the monitor detects Afib, an "Afib" symbol is displayed on the LCD. Pic 10-5
- △ Please consult a health care professional for interpretation of pressure measurements.

6.11 Pulse Arrhythmia Detection

Irregular Heartbeat (IHB) by common arrhythmias (single mode measur.)

- If IHB brought by common arrhythmias is detected in the procedure of blood pressure measurement, a signal of arrhythmias will be displayed. Under this condition, the Electronic Sphygmomanometer can keep function, but the results may not be accurate, it's suggested that you consult with your physician for accurate assessment.
- Rest for 15 minutes and measure again.

There are 2 conditions under which the signal of irregular heart beat (IHB) will be displayed:

- 1) The coefficient of variation (CV) of pulse period >25%.
 - 2) The difference of adjacent pulse period $\geq 0.14s$, and the number of such pulse takes more than 53% of the total number of pulse.
- As a rule, a one-time occurrence of the arrhythmia symbol is not a cause for concern. However, if the appearance of the symbol becomes more frequent, we recommend that you see a doctor.
 - △ The device does not replace the cardiological examination, but allows you to identify arrhythmias even at an early stage.

Atrial fibrillation (AF) screening function description

(3check mode measur.)

If the AFIB mark is detected by the monitor, it is recommended to measure again 1h later. If it still occurs, consult your doctor. If it does not appear, it is recommended to measure again the next day for confirmation.

The AFIB function does not make a diagnosis, but provides important information for your doctor, who can refer you for a 12-lead ECG to confirm the presence of AF.

△ Contraindications to atrial fibrillation screening function

- a. Not suitable for patients with pacemakers;
- b. Not suitable for patients with a defibrillator.

6.12 Blood Pressure levels assessing

The following guideline for assessing high blood pressure (without regard to age or gender) has been established by the World Health Organization (WHO). Please note that other factors (e.g. diabetes, obesity, smoking, etc.) need to be taken into consideration.

Range	SBP mmHg	DBP mmHg	Color indicator	Measures
Optimal	< 120	< 80	green	Self-check
Normal	120-129	80-84	green	Self-check
High normal	130-139	85-89	green	Consult your doctor
Grade 1: mild hypertension	140-159	90-99	yellow	Consult your doctor
Grade 2: moderate hypertension	160-179	100-109	orange	Consult your doctor immediately
Grade 3: severe hypertension	≥ 180	≥ 110	red	Urgently seek medical advice!
WHO / ESH Definition and Classification of Blood Pressure Levels				
SBP - systolic blood pressure, DBP - diastolic blood pressure				

- △ The BP level indication is a reference and does not imply independent emergency measures.
- △ Consult with your physician for accurate assessment, and never change your treatment by yourself.
- The colored bars to the left of the display show the range within which the indicated blood pressure value is located.

- Depending on the height of the indicator, the readout value is either within the normal (green), borderline (yellow and orange) or hazardous (red) range.
- ⚠ If the systole and diastole values fall into two different categories (e.g., systole in the High Normal category and diastole in the Normal category), the display always shows the higher category.

6.13 Displaying stored results

In Standby Mode, press "M" button, the monitor will display sign of 1st or 2nd user.

You can press the "M" button to switch the user at any stage of the results view.

The amount of results in current user memory zone will be displayed. Pic 13-1

Then **the earliest result** will be displayed with date and time stamp (pic 13-2). Irregular heartbeat symbol (if any and not Afib), BodyMove symbol (if any), Afib symbol (if any), 3check mode symbol (If the result is measured in 3Check mode) and blood pressure classification indicator will display at the same time

You can press "+" or "-" button to scroll through the current memory bank.

If the monitor has no result stored in the current user memory zone, the LCD will display "0" for blood pressure and pulse rate. Pic 13-3

When displaying the stored results, the monitor will turn off automatically after 1 minute with no operation. You can also press the button "START" to turn off the monitor manually in any case.

Numbering of measurement results in the device memory: 1 – the very first, 120 – the most last

6.14 Deleting measurements from the memory

When any result is displayed, holding down the "+" and "-" buttons simultaneously for three seconds will delete all results in the current bank. (pic 14-1) and the monitor will be turned off after 1 s.

- △ Selective deletion of values from the instrument memory is not possible. All values are deleted from the memory at once.


6.15 Technical alarm description

- The monitor will show 'HI' or 'Lo' as technical alarm on LCD with no delay if the determined blood pressure (systolic or diastolic) is outside the rated range specified in part SPECIFICATIONS. In this case, you should consult a physician or check if your operation violated the instructions.
- The technical alarm condition (outside the rated range) is preset in the factory and cannot be adjusted or inactivated.
This alarm condition is assigned as low priority according to IEC 60601-1-8.
- The technical alarm is non-latching and need no reset.
The signal displayed on LCD will disappear automatically after about 8 seconds.

6.16 Troubleshooting (1)

PROBLEM	POSSIBLE CAUSE	SOLUTION
LCD Display shows abnormal result	The cuff position was not correct or it was not properly tightened	Apply the cuff correctly and try again.
	Body posture was not correct during testing	Review the "BODY POSTURE DURING MEASUREMENT" sections of the instructions and re-test.
	Speaking, arm or body movement, angry, excited or nervous during testing	Re-test when calm and without speaking or moving during the test.
	Irregular heartbeat (arrhythmia)	It is inappropriate for people with serious arrhythmia to use this Electronic Sphygmomanometer.

6.16 Troubleshooting (2)

LCD display symbols	POSSIBLE CAUSE	SOLUTION
Low battery symbol 	Low Battery	Change the batteries.
"Er 0"	Pressure system is unstable before measurement	Don't move and try again.
"Er 1"	Fail to detect systolic pressure	
"Er 2"	Fail to detect diastolic pressure	
"Er 3"	Pneumatic system blocked or cuff is too tight during inflation	Apply the cuff correctly and try again. If the monitor is still abnormal, please contact the local distributor or the factory.
"Er 4"	Pneumatic system leakage or cuff is too loose during inflation	
"Er 5"	Cuff pressure above 300mmHg	Measure again after five minutes. If the monitor is still abnormal, please contact the local distributor or the factory.
"Er 6"	More than 3 minutes with cuff pressure above 15 mmHg	
"Er 7"	Inner memory error	
"Er 8"	Device parameter checking error	
"Er A"	Pressure sensor parameter error	
No response when you press button or load battery.	Incorrect operation or strong electromagnetic interference	Take out batteries for five minutes, and then reinstall all batteries.

7. MAINTENANCE

7.1 Maintenance (general)

- △ Do not drop this monitor or subject it to strong impact.
- △ Avoid high temperature and direct sunlight. Do not immerse the monitor in water as this will result in damage to the monitor.
- △ Do not attempt to disassemble this monitor. No modification of this equipment is allowed for the user.
 - No servicing/maintenance while the monitor is in use.

7.2 Maintenance (operation)

- If this monitor is stored near freezing, allow it to acclimate to room temperature before use.
- The monitor requires 6 hours to warm from the minimum storage temperature until the monitor is ready for its INTENDED USE when the ambient temperature is 20 °C.
- The monitor requires 6 hours to cool from the maximum storage temperature until the monitor is ready for its INTENDED USE when the ambient temperature is 20 °C.
- Monitor can maintain the safety and performance characteristics for a minimum of 10,000 measurements or three years, and the cuff integrity is maintained after 1,000 open-close cycles of the closure.
- It is recommended the performance should be checked every 2 years of regular use or after dropping/damaging. Please contact an authorized service center.
- △ Only use B.Well original spare parts


7.3 Maintenance (cleaning)

- Clean the monitor with a dry, soft cloth or a soft cloth squeezed well after moistened with water, diluted disinfectant alcohol, or diluted detergent.
- △ **For home use:** Please keep the cuff clean. Clean the cuff after the usage of every 200 times is recommended.
- △ **For professional use:** It is recommended the cuff should be disinfected 2 times every week if needed (For example, in hospital or in clinic). Wipe the inner side (the side

contacts skin) of the cuff by a soft cloth squeezed after moistened with Ethyl alcohol (75-90%), then dry the cuff by airing.

- ❗ The cuff cover can be hand washed at 30°C. Remove the bladder beforehand through the special technological hole in the cuff cover
- ❗ The bladder must not be washed! The cuff cover must not be ironed or dried in the tumble dryer! The technological hole **must not be sewn up!**
- ♻️ The device, batteries and cuffs must be disposed of in accordance with local regulations at the end of their useful life.

8. SPECIFICATIONS
















Product name:	Upper Arm Blood Pressure Monitor
Model:	TH-75
Classification:	Internally powered, Class II, Type BF applied part, IP21, No AP or APG, Continuous operation
Device size:	144.9 × 94.9 × 63.6 mm
Cuff circumference:	22~32 cm, 32~42 cm, 42~48 cm, 22~42 cm, 22~36 cm (depending on the device configuration)
Weight:	Weight ~ 239 g (exclude batteries and cuff)
Measuring method:	Oscillometric method, automatic inflation and measurement
Memory volume:	2 user × 120 times with time and date stamp
Power source:	DC: 5V  1A, batteries: 4 × 1.5V SIZE AAA. Mains adapter optional
Measurement range:	Cuff pressure: 0-300 mmHg; SYS BP: 60-260 mmHg; DIA BP: 40-199 mmHg; Pulse rate: 40-180 beats/minute
Accuracy:	Pressure: ±3 mmHg; Pulse rate: < 60: ±3 bpm, ≥ 60 : ±5%
Environmental temperature and humidity for operation:	5°C~40°C (41°F~104°F); ≤85%RH
Environmental temperature and humidity for storage and transport:	-20°C~55°C (-4°F~131°F); ≤90%RH
Environmental pressure:	80kPa-105kPa

① **Note:** These specifications are subject to change without notice.

9. PACKAGE CONTENTS

- Upper arm blood pressure monitor TH-75
- M-L size's fan shape cuff (upper arm circumference 22-42 cm)
- AAA batteries - 4 pieces,
- Instruction manual
- Storage bag (depending on the set)
- Gift box
- USB power supply cord (depending on the set)
- Mains adapter (depending on the set)

10. SYMBOL INFORMATION

	READ INSTRUCTION BEFORE USE		POLARITY IF D.C. POWER CONNECTOR
	WARNING		SERIAL NUMBER
	USER ATTENTION	IP21	HOUSING INGRESS: WATER INGRESS PROTECTION RATE 21
	TYPE BF APPLIED PARTS (The cuff is type BF applied part)		MR UNSAFE
	DO NOT DISPOSE OF WITH HOUSEHOLD WASTE / ENVIRONMENT PROTECTION		RECYCLABLE IDENTIFICATION
	MANUFACTURER'S NAME		UNIQUE DEVICE IDENTIFICATION
	CE mark (0044) COMPLIES WITH MDR 2017/745/EC REQUIREMENTS		OPERATING CONDITION, TEMPERATURE 5°C ~ 40°C
	EC REPRESENTATIVE		STORAGE CONDITION, TEMPERATURE -20°C ~ 55°C

11. WARRANTY INFORMATION

Warranty period is 3 years from the date of purchase for monitor.

Warranty period for the cuff and adapter – 1 year.

This warranty does not cover any damages caused by improper using, and also battery, and packaging. The warranty does not cover components and consumables subject to wear and batteries, bags, and package of the item. When a manufacturing defect is revealed during the warranty period a faulty unit would be repaired or, if repairing is impossible, replaced with another one.

The manufacturer may change units partially or completely if necessary, without prior notice.

Manufacturing date is in a serial number: WWYYXXXX. WW – week, YY – year of production. XXXX is the consecutive number in the batch.

12. ELECTROMAGNETIC COMPATIBILITY INFORMATION

- The essential performance:
 1. Limits of the error of the cuff pressure indication;
 2. Reproducibility of the blood pressure DETERMINATION;
 3. Alarm.

When electromagnetic interference affects the above performance, please stop using the device.

- Use of this equipment adjacent to or stacked with other equipment should be avoided because it could result in improper operation. If such use is necessary, this equipment and the other equipment should be observed to verify that they are operating normally.
- Use of accessories, transducers and cables other than those specified or provided by the manufacturer of this equipment could result in increased electromagnetic emissions or decreased electromagnetic immunity of this equipment and result in improper operation.
- It is suggested that the blood pressure monitor be kept at least 30 cm away from other wireless devices, such as WLAN unit, microwave oven, etc. It can't be used near active HF SURGICAL EQUIPMENT and the RF shielded room of an ME SYSTEM for magnetic resonance imaging, where the intensity of EM DISTURBANCES is high.
- Equipment (including peripherals such as antenna cables and external antennas) should be used no closer than 30 cm (12 inches) to any part of the BP Monitor, including cables specified by the manufacturer. Otherwise, degradation of the performance of this equipment could result.

Last revision 2024-W23

1. INTRODUCTION

Thank you for purchasing the B.Well upper arm blood pressure monitor TH-75

NORMAL BLOOD PRESSURE (BP) FLUCTUATION:

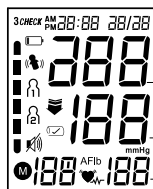
- ⚠ All physical activity, excitement, stress, eating, drinking, smoking, body posture and many other activities or factors (including taking a blood pressure measurement) will influence blood pressure value. Because of this, it is mostly unusual to obtain identical multiple blood pressure readings.
 - Blood pressure fluctuates continually day and night. The highest value usually appears in the daytime and lowest one usually at midnight. Typically, the value begins to increase at around 3:00 AM, and reaches to highest level in the daytime while most people are awake and active.
 - Considering the above information, it is recommended that you measure your blood pressure at approximately the same time each day.
- ⚠ Too frequent measurements may cause injury due to blood flow interference, please always relax a minimum moment of 1 to 1.5 minutes between measurements to allow the blood circulation in your arm to recover.

IMPORTANT BENEFITS OF TH-75

- AFib indicator - detection of Atrial Fibrillation for timely treatment and stroke prevention.
- Memory for 2 users of 120 values each with date and time.
- Color scale of pressure level.

2. CONTENTS AND DISPLAY INDICATORS

Model TH-75



Systolic Pressure

Diastolic Pressure

Pulse Rate

AFib	AFib symbol
3 CHECK	Multiple mode symbol
♥	Irregular heartbeat symbol
🔋	Low battery symbol
📡	Deflate the remanant air
📡	Cuff binding symbol
👤	Body Move symbol
🔊	Buzzer switch symbol
MEM	Memory symbol
1 2	Users [1&2]
BP	BP level symbol
28/28	Date DD/MM
28:28	Time

- 2-1** LCD
- 2-2** BP level scale
- 2-3** "-" button
- 2-4** "CLOCK" button
- 2-5** Power adapter socket
- 2-6** Single / 3 Check mode Switch

- 2-7** "+" button
- 2-8** "MEM" button
- 2-9** "START" button
- 2-10** Rubber tube
- 2-11** Cuff tubing connect
- 2-12** Cuff

3. PRODUCT DESCRIPTION, INTENDED USE AND APPLICATION AREA

Fully Automatic Electronic Sphygmomanometer is for use by medical professionals or at home and is a non-invasive blood pressure measurement system intended to measure the diastolic and systolic blood pressures and pulse rate of an adult individual by using a non-invasive technique in which an inflatable cuff is wrapped around the upper arm. Cuff circumference is limited to 22-48 cm.

The device detects the appearance of atrial fibrillation during measurement and gives a warning signal with the reading once the atrial fibrillation is detected.

- ⚠ In case of any serious incident with the device, immediately contact the manufacturer and national competent authorities.

4. CONTRAINDICATION

- People with a pronounced/fierce/severe arrhythmia combined with a constant irregular heart rhythm are not recommended to use this device, as the digital blood pressure monitor is based on the oscillometric method of measuring pressure.
In the presence of arrhythmia with episodic forms – it is recommended to conduct repeated measurements at the necessary intervals to enable the device to record a regular pulse and get the most correct pressure results.

5 PRECAUTIONS

5.1 Precautions before and during use

1. Δ Before use, please read this instruction manual carefully.
2. Please always relax a minimum moment of 1-1,5 minutes between measurements to allow the blood circulation in your arm to recover. Prolonged over-inflation (cuff pressure exceed 300 mmHg or maintained above 15 mmHg for longer than 3 minutes) of the bladder may cause ecchymoma of your arm.
3. Do not use this unit in a moving vehicle. This may result in erroneous measurement.
4. Motion, trembling, shivering may affect the measurement reading.
5. No modification of the device is permitted.

5.2 Medical precautions

1. Blood pressure measurements determined by this monitor are equivalent to those obtained by a trained observer using the cuff/stethoscope auscultation method, within the limits prescribed by the American National Standard Institute, Electronic or automated sphygmomanometers.
2. This automatic blood pressure monitor is not clinically validated for pregnant women. Consult your physician or other health care professionals before use on pregnant.
3. Δ This automatic blood pressure monitor is designed for individuals greater than 12 years of age. For individuals till 12 years old – no clinical data support.
4. Consult your physician if you have any doubt about below cases:
 - The application of the cuff over a wound or inflammation diseases;
 - The application of the cuff on any limb where intravascular access or therapy, or an arterio-venous (A-V) shunt, is present;
 - The application of the cuff on the arm on the side of a mastectomy or lymph node clearance;
 - Simultaneously used with other monitoring medical equipment on the same limb.
 - Need to check the blood circulation of the user.
5. Use by a person with a pacemaker. The device has no effect on the pacemaker. However, if there is a severe arrhythmia or a weak pulse, the device may display an error message.
6. Δ Please do not share the cuff with other infective person to avoid cross-infection.
7. If an arrhythmia is detected during BP measurement, the results may be inaccurate. See Section 6.11 Arrhythmia Detection for more information.
8. The device would not apply to the patients with poor peripheral circulation, noticeably low blood pressure, or low body temperature (there will be low blood flow to the measurement position).
9. The device would not apply to the patients who use an artificial heart and lung (there will be no pulse).
10. Consult your physician before using the device for any of the following conditions: common arrhythmias such as atrial or ventricular premature beats or atrial fibrillation, arterial sclerosis, poor perfusion, diabetes, pre-eclampsia, renal diseases.
11. If you are allergic to plastic/rubber, please don't use this device.


5.3 General precautions

1. Swallowing batteries and/or battery fluid can be extremely dangerous. Keep the batteries and the unit out of the reach of children and disabled persons.
2. Δ The monitor might not meet its performance specifications or cause safety hazard if stored or used outside the specified temperature and humidity ranges in specifications.

3. Please do not use the cuff other than supplied by the manufacturer, otherwise it may bring biocompatible hazard and might result in measurement error.
4. Medical AC adapter which output is DC 5.0V 1A and complied with IEC 60601-1/EN 60601-1/UL 60601-1 and IEC 60601-1-2/EN 60601-1-2/UL 60601-1-2 is suitable for this monitor, such as input: AC 100-240V, 50/60Hz, 0.2A; output: DC 5V, 1A. Please note that the monitor jack size: hole Ø5.6mm, center pin Ø2.5mm. Please pay attention to polarity.
5. Information regarding potential electromagnetic or other interference between the blood pressure monitor and other devices together with advice regarding avoidance of such interference please see part ELECTROMAGNETIC COMPATIBILITY INFORMATION.

6. SETUP AND OPERATING PROCEDURES

6.1 Inserting the batteries

- a) Remove the battery cover from the battery compartment.
- b) Insert 4 AAA powerful batteries into the compartment and observe the polarity (“+” and “-”)
- c) Replace the battery cover.
- d) After the batteries are installed, the time format (24/12) is displayed on the LCD display, which must be selected and the current date and time are set (see paragraph 6.3.)
If the batteries are exhausted, the corresponding symbol will appear on the screen .
After that the device will not turn on. Replace all batteries with new ones.
 - Remove the batteries if the monitor will not be used for a month or more to avoid relevant damage of battery leakage.
 - △ Avoid the battery fluid to get in your eyes. If it should get in your eyes, immediately rinse with plenty of clean water and contact a physician.

6.2 Using a mains adapter

Connect the AC Adapter

- a) Connect the power cable to the adapter;
- b) Plug the adapter to AC outlet;
- c) Then put the connector plug of the power cable into the device outlet.

Disconnect the AC Adapter

- a) Remove the AC Adapter plug from the monitor socket;
- b) Remove the AC Adapter from the electrical outlet.
 - △ Do not plug or unplug the power cord into the electrical outlet with wet hands.
 - △ Do not overload power outlets. Plug the device into the appropriate voltage outlet.
 - △ If the AC adapter is abnormal, please change the adapter.
 - △ Do not pull out the adapter when you are using the monitor.
 - △ Do not use any other type of AC adapter as it may harm the monitor.
 - △ Do not position the monitor so that it is difficult to operate the disconnection device.

6.3 Setting time and date

- a) To set the date and time, press the “CLOCK” button for 0.5 seconds. In the setting mode, the digits flash.
Confirm the selection with the “CLOCK” button, change the selection with the “+” or “-” buttons.
- b) First, set the desired time format (24/12). The default time format is 24 hours, the default clock and date is 2023-1-1 12:00.
- c) Press the button “CLOCK” repeatedly, the year (first usage: default is 2023, range is 2022-2099), month, day, hour and minute will blink in turn (pic. 3-1→3-6).
While the number is blinking, press the button “+” to increase the number and press the button “-” to decrease the number, keep on pressing the button “+” or “-”, the number will increase or decrease faster.
- d) During adjusting clock and date, the monitor will go back to Standby Mode automatically and date unchanged when no button will be pressed within 1 minute.
- e) You can turn off the monitor by pressing “CLOCK” button when the minute is blinking, then the time and date is confirmed. You also can turn of the monitor at any time by

pressing "START" button.

- ⚠ Once you change the batteries, you should readjust the time and date, the default time is the time of the latest memory.

6.4 Beep sound setting

- In Standby Mode, press the "+" and "CLOCK" button simultaneously for 3 seconds. A beep will be heard (if buzzer is on) and the monitor will be in Beep Sound Setting Mode.
- You can switch on/off the beep sound by press the "-" or "+" button. If the LCD displays "on", the beep sound is turned on, (pic 4-1). If the LCD displays "off", the beep sound is turned off, (pic 4-2).
- The monitor will turn off automatically after 1 minute with no operation. You can also press the button "START" to turn off the monitor manually in any case.

6.5 Connecting the cuff to the monitor

Insert the cuff tubing connector into the socket in the left side of the monitor. Make certain that the connector is completely inserted to avoid air leakage during blood pressure measurements.

- △ Avoid compression or restriction of the connection tubing during measurement, which may cause inflation error, or harmful injury due to continuous cuff pressure.

6.6 Applying the cuff

Remove any tight or constricting clothing from the arm on which the measurement will be taken.

- Pulling the cuff end through the medal loop (the cuff is packaged like this already), turn it outward (away from your body) and tighten it and close the Velcro fastener. Pic 6-1
- Place the cuff around a left arm 1-2cm above the elbow joint.
- If you place the cuff around left arm, position the air tube in the middle of your arm in line with your middle finger. Pic 6-2
If you place the cuff around right arm, apply the cuff so that the air tube is at the side of your elbow. Pic 6-3
- While seated, place palm upside in front of you on a flat surface such as a desk or table. Be careful not to rest your arm on the air tube, or otherwise restrict the flow of air to the cuff.
- The cuff should fit comfortably, yet snugly around your arm. You should be able to insert one finger between your arm and the cuff.

① Note:

- △ Please refer to the cuff circumference range in "SPECIFICATIONS" to make sure that the appropriate cuff is used.
- Measure on the same arm each time.
 - Do not move your arm, body, or the monitor and do not move the rubber tube during measurement.
 - Stay quiet, calm for 5 minutes before blood pressure measurement.
- △ Please keep the cuff clean. See section "MAINTENANCE".
- △ Do not place the cuff around your arm if the arm has any inflammation, acute diseases, infections skin wounds.
- △ Use only clinically proven original cuffs!
- △ With repeated measurements, blood accumulates in the respective arm, which can lead to false results. Correctly executed blood pressure measurements should be first repeated at least after 1 minute pause.

6.7 Carrying out a measurement

Before measuring

- Avoid eating, smoking as well as all forms of exertion directly before the measurement. All these factors influence the measurement result. Try and find time to relax by sitting in an armchair in a quiet atmosphere for about 5-10 minutes before the measurement.
- Attempt to carry out the measurements regularly at the same time of day, since the blood pressure changes during the course of the day.
- The cuff should be placed at the same level as your heart.

- During measurement, neither speak nor move your body and arm.
- Measure always on the same arm.

Measurement in sitting position

- a) Sit down and place your feet flat on the floor, don't cross your legs or bend them under you. Lean your back straight against the back of the chair.
- b) Place palm upside in front of you on a flat surface such as table.
- c) The middle of the cuff should be at the level of the heart.

⚠ To avoid errors in the measurement, it is important to remain immobile during the measurement and in silence. Pic 7-1

Measuring in the prone position

- a) Lie on your back.
- b) Place your left arm straight along your side with your palm upside.
- c) The cuff should be placed at the same level as your heart. Pic 7-2

Common sources of errors or incorrect pressure values

1. Movement during measurement
2. Incorrect positioning of the cuff in relation to the heart
3. The cuff does not fit you in size
4. Loosely tightened cuff

6.8 Specifying user

- The current user ("1" or "2") is shown on the display on the left (next to the pressure level indicator).
- In Standby Mode, press "M" button, the monitor will display sign of the user "1" or "2". The amount of results in current user memory zone will be displayed. Pic 8-1
Press "M" button can switch the group. Confirm your selection by pressing "+" or "-" button. The current bank can also be confirmed automatically after 3 seconds with no operation.

6.9 Measurement mode selection

Select single or 3check mode [Afib screening mode]

- ⚠ The "3check" mode automatically takes three consecutive measurements in one session without removing the cuff from the arm.
The result is then intelligently analyzed and shown on the display.
A break of 15 seconds is set between measurements.
- ⚠ Since the blood pressure is constantly fluctuating, the result obtained in this way is more reliable than the result obtained by a single measurement.
- To select the "3check" mode, move the switch on the right side of the device to the "3" position (pic. 9-1). The "3check" symbol will be displayed.
 - To select the single measurement mode, move the switch on the right side of the device to the "1" position. In single measurement mode, one measurement is taken. Pic. 9-2

6.10 Taking your blood pressure reading

Measurement in single mode (standard mode)

Place the standard / multiple switch on the "1" side.

- a. After applying the cuff and your body is in a comfortable position, press the "START" button. All display characters are shown for self-test.
- b. If the monitor has stored results in current memory bank, the LCD will momentarily display the most recent one. If no result has been stored, zero will appear on LCD.
- c. Then the current memory bank/user is blink. (pic 10-1). Press "M" button to change over to other bank. Confirm your selection by pressing "START" button. The current bank can also be confirmed automatically after 3 seconds with no operation.
- d. Then the monitor starts to seek zero pressure. Pic 10-2
- e. Then the cuff will be slowly inflated. The blood pressure and pulse will be measured during inflation. Inflation will stop as soon as the blood pressure and pulse rate have been

calculated and displayed on the LCD.

- If the monitor detects body movement during measurement, the LCD displays the "BodyMove" symbol. Pic 10-3.
- If there is no problem with the cuff binding, the "cuff OK" symbol is displayed on the LCD. Pic 10-3
- The irregular heartbeat symbol (if any) and the blood pressure classification indicator will also be displayed. Pic. 10-4

g. The result will automatically be stored in the Memory bank of the monitor.

h. After measurement, The monitor will turn off automatically after 1 minute with no operation. Alternatively, you can press the "START" button to turn off the monitor manually.

i. During measurement, you can press the "START" button to turn off the monitor manually.

Measurement in multiple 3Check mode

- After applying the cuff and your body is in a comfortable position, place the standard / multiple switch on the "3" side.
 - The "3check" measurement mode automatically takes three consecutive measurements in one session without removing the cuff from the arm.
 - After the first measurement the display shows a countdown of the remaining time until the next measurement in reverse order (15 sec).
 - The measurement result will be shown after multiple measurements. The individual results will not be displayed.
 - Please keep quiet and calm during the entire process and do not remove the cuff between measurements.
 - Usually only 3 valid measurements are taken and the results are calculated and judged by Afib. However, when Afib fails to determine one of the three measurements, the monitor automatically takes a 4th measurement, then analyzes and displays the results.
 - The measurement result is automatically saved in the instrument memory. When measuring in the "3check" mode, the result will be saved with the "3check" icon. Pic 10-5
 - If the monitor detects Afib, an "Afib" symbol is displayed on the LCD. Pic 10-5
- △ Please consult a health care professional for interpretation of pressure measurements.

6.11 Pulse Arrhythmia Detection

Irregular Heartbeat (IHB) by common arrhythmias (single mode measur.)

- If IHB brought by common arrhythmias is detected in the procedure of blood pressure measurement, a signal of arrhythmias will be displayed. Under this condition, the Electronic Sphygmomanometer can keep function, but the results may not be accurate, it's suggested that you consult with your physician for accurate assessment.
- Rest for 15 minutes and measure again.

There are 2 conditions under which the signal of irregular heart beat (IHB) will be displayed:

- 1) The coefficient of variation (CV) of pulse period >25%.
 - 2) The difference of adjacent pulse period $\geq 0.14s$, and the number of such pulse takes more than 53% of the total number of pulse.
- As a rule, a one-time occurrence of the arrhythmia symbol is not a cause for concern. However, if the appearance of the symbol becomes more frequent, we recommend that you see a doctor.
- △ The device does not replace the cardiological examination, but allows you to identify arrhythmias even at an early stage.

Atrial fibrillation (AF) screening function description (3check mode measur.)

If the AFIB mark is detected by the monitor, it is recommended to measure again 1h later. If it still occurs, consult your doctor. If it does not appear, it is recommended to measure again the next day for confirmation.

The AFIB function does not make a diagnosis, but provides important information for your doctor, who can refer you for a 12-lead ECG to confirm the presence of AF.

- △ **Contraindications to atrial fibrillation screening function**
- a. Not suitable for patients with pacemakers;
 - b. Not suitable for patients with a defibrillator.

6.12 Blood Pressure levels assessing

The following guideline for assessing high blood pressure (without regard to age or gender) has been established by the World Health Organization (WHO). Please note that other factors (e.g. diabetes, obesity, smoking, etc.) need to be taken into consideration.

Range	SBP mmHg	DBP mmHg	Color indicator	Measures
Optimal	< 120	< 80	green	Self-check
Normal	120-129	80-84	green	Self-check
High normal	130-139	85-89	green	Consult your doctor
Grade 1: mild hypertension	140-159	90-99	yellow	Consult your doctor
Grade 2: moderate hypertension	160-179	100-109	orange	Consult your doctor immediately
Grade 3: severe hypertension	≥ 180	≥ 110	red	Urgently seek medical advice!
WHO / ESH Definition and Classification of Blood Pressure Levels				
SBP – systolic blood pressure, DBP – diastolic blood pressure				

- △ The BP level indication is a reference and does not imply independent emergency measures.
- △ Consult with your physician for accurate assessment, and never change your treatment by yourself.
 - The colored bars to the left of the display show the range within which the indicated blood pressure value is located.
 - Depending on the height of the indicator, the readout value is either within the normal (green), borderline (yellow and orange) or hazardous (red) range.
- ⚠ If the systole and diastole values fall into two different categories (e.g., systole in the High Normal category and diastole in the Normal category), the display always shows the higher category.

6.13 Displaying stored results

In Standby Mode, press "M" button, the monitor will display sign of 1st or 2nd user.

You can press the "M" button to switch the user at any stage of the results view.

The amount of results in current user memory zone will be displayed. Pic 13-1

Then **the earliest result** will be displayed with date and time stamp (pic 13-2). Irregular heartbeat symbol (if any and not Afib), BodyMove symbol (if any), Afib symbol (if any), 3check mode symbol (If the result is measured in 3Check mode) and blood pressure classification indicator will display at the same time

You can press "+" or "-" button to scroll through the current memory bank.

If the monitor has no result stored in the current user memory zone, the LCD will display "0" for blood pressure and pulse rate. Pic 13-3

When displaying the stored results, the monitor will turn off automatically after 1 minute with no operation. You can also press the button "START" to turn off the monitor manually in any case.

Numbering of measurement results in the device memory: 1 – the very first, 120 – the most last

6.14 Deleting measurements from the memory

When any result is displayed, holding down the "+" and "-" buttons simultaneously for three seconds will delete all results in the current bank. (pic 14-1) and the monitor will be turned off after 1 s.

- △ Selective deletion of values from the instrument memory is not possible. All values are deleted from the memory at once.

6.15 Technical alarm description

- The monitor will show 'HI' or 'Lo' as technical alarm on LCD with no delay if the determined blood pressure (systolic or diastolic) is outside the rated range specified in part

SPECIFICATIONS. In this case, you should consult a physician or check if your operation violated the instructions.

- The technical alarm condition (outside the rated range) is preset in the factory and cannot be adjusted or inactivated.

This alarm condition is assigned as low priority according to IEC 60601-1-8.


- The technical alarm is non-latching and need no reset.

The signal displayed on LCD will disappear automatically after about 8 seconds.

6.16 Troubleshooting (1)

PROBLEM	POSSIBLE CAUSE	SOLUTION
LCD Display shows abnormal result	The cuff position was not correct or it was not properly tightened	Apply the cuff correctly and try again.
	Body posture was not correct during testing	Review the "BODY POSTURE DURING MEASUREMENT" sections of the instructions and re-test.
	Speaking, arm or body movement, angry, excited or nervous during testing	Re-test when calm and without speaking or moving during the test.
	Irregular heartbeat (arrhythmia)	It is inappropriate for people with serious arrhythmia to use this Electronic Sphygmomanometer.

6.16 Troubleshooting (2)

LCD display symbols	POSSIBLE CAUSE	SOLUTION
Low battery symbol 	Low Battery	Change the batteries.
"Er 0"	Pressure system is unstable before measurement	Don't move and try again.
"Er 1"	Fail to detect systolic pressure	
"Er 2"	Fail to detect diastolic pressure	
"Er 3"	Pneumatic system blocked or cuff is too tight during inflation	Apply the cuff correctly and try again. If the monitor is still abnormal, please contact the local distributor or the factory.
"Er 4"	Pneumatic system leakage or cuff is too loose during inflation	
"Er 5"	Cuff pressure above 300mmHg	Measure again after five minutes. If the monitor is still abnormal, please contact the local distributor or the factory.
"Er 6"	More than 3 minutes with cuff pressure above 15 mmHg	
"Er 7"	Inner memory error	
"Er 8"	Device parameter checking error	
"Er A"	Pressure sensor parameter error	
No response when you press button or load battery.	Incorrect operation or strong electromagnetic interference	Take out batteries for five minutes, and then reinstall all batteries.

7. MAINTENANCE

7.1 Maintenance (general)

- △ Do not drop this monitor or subject it to strong impact.
- △ Avoid high temperature and direct sunlight. Do not immerse the monitor in water as this will result in damage to the monitor.

- ⚠ Do not attempt to disassemble this monitor. No modification of this equipment is allowed for the user.
- No servicing/maintenance while the monitor is in use.

7.2 Maintenance (operation)

- If this monitor is stored near freezing, allow it to acclimate to room temperature before use.
 - The monitor requires 6 hours to warm from the minimum storage temperature until the monitor is ready for its INTENDED USE when the ambient temperature is 20 °C.
 - The monitor requires 6 hours to cool from the maximum storage temperature until the monitor is ready for its INTENDED USE when the ambient temperature is 20 °C.
 - Monitor can maintain the safety and performance characteristics for a minimum of 10,000 measurements or three years, and the cuff integrity is maintained after 1,000 open-close cycles of the closure.
 - It is recommended the performance should be checked every 2 years of regular use or after dropping/damaging. Please contact an authorized service center.
- ⚠ Only use B.Well original spare parts


7.3 Maintenance (cleaning)

- Clean the monitor with a dry, soft cloth or a soft cloth squeezed well after moistened with water, diluted disinfectant alcohol, or diluted detergent.
- ⚠ **For home use:** Please keep the cuff clean. Clean the cuff after the usage of every 200 times is recommended.
- ⚠ **For professional use:** It is recommended the cuff should be disinfected 2 times every week if needed (For example, in hospital or in clinique). Wipe the inner side (the side contacts skin) of the cuff by a soft cloth squeezed after moistened with Ethyl alcohol (75-90%), then dry the cuff by airing.

- 👉 The cuff cover can be hand washed at 30°C. Remove the bladder beforehand through the special technological hole in the cuff cover
- 👉 The bladder must not be washed! The cuff cover must not be ironed or dried in the tumble dryer! The technological hole **must not be sewn up!**

- 🗑 The device, batteries and cuffs must be disposed of in accordance with local regulations at the end of their useful life.

8. SPECIFICATIONS

Product name:	Upper Arm Blood Pressure Monitor
Model:	TH-75
Classification:	Internally powered, Class II, Type BF applied part, IP21, No AP or APG, Continuous operation
Device size:	144.9 × 94.9 × 63.6 mm
Cuff circumference:	22~32 cm, 32~42 cm, 42~48 cm, 22~42 cm, 22~36 cm (depending on the device configuration)
Weight:	Weight ~ 239 g (exclude batteries and cuff)
Measuring method:	Oscillometric method, automatic inflation and measurement
Memory volume:	2 user × 120 times with time and date stamp
Power source:	DC: 5V  1A, batteries: 4 × 1.5V SIZE AAA. Mains adapter optional

Measurement range:	Cuff pressure: 0-300 mmHg; SYS BP: 60-260 mmHg; DIA BP: 40-199 mmHg; Pulse rate: 40-180 beats/minute
Accuracy:	Pressure: ± 3 mmHg; Pulse rate: < 60 : ± 3 bpm, ≥ 60 : $\pm 5\%$
Environmental temperature and humidity for operation:	5°C~40°C (41°F~104°F); $\leq 85\%RH$
Environmental temperature and humidity for storage and transport:	-20°C~55°C (-4°F~131°F); $\leq 90\%RH$
Environmental pressure:	80kPa-105kPa

① **Note:** These specifications are subject to change without notice.

9. PACKAGE CONTENTS

- Upper arm blood pressure monitor TH-75
- M-L size's fan shape cuff (upper arm circumference 22-42 cm)
- AAA batteries - 4 pieces,
- Instruction manual
- Storage bag (depending on the set)
- Gift box
- USB power supply cord (depending on the set)
- Mains adapter (depending on the set)

10. SYMBOL INFORMATION

	READ INSTRUCTION BEFORE USE		POLARITY IF D.C. POWER CONNECTOR
	WARNING		SERIAL NUMBER
	USER ATTENTION	IP21	HOUSING INGRESS: WATER INGRESS PROTECTION RATE 21
	TYPE BF APPLIED PARTS (The cuff is type BF applied part)		MR UNSAFE
	DO NOT DISPOSE OF WITH HOUSEHOLD WASTE / ENVIRONMENT PROTECTION		RECYCLABLE IDENTIFICATION
	MANUFACTURER'S NAME		UNIQUE DEVICE IDENTIFICATION
	CE mark (0044) COMPLIES WITH MDR 2017/745/EC REQUIREMENTS		OPERATING CONDITION, TEMPERATURE 5°C ~ 40°C
	EC REPRESENTATIVE		STORAGE CONDITION, TEMPERATURE -20°C ~ 55°C

11. WARRANTY INFORMATION

Warranty period is 3 years from the date of purchase for monitor.

Warranty period for the cuff and adapter - 1 year.

This warranty does not cover any damages caused by improper using, and also battery, and packaging. The warranty does not cover components and consumables subject to wear and

batteries, bags, and package of the item. When a manufacturing defect is revealed during the warranty period a faulty unit would be repaired or, if repairing is impossible, replaced with another one.

The manufacturer may change units partially or completely if necessary, without prior notice.

Manufacturing date is in a serial number: WWYYXXXX. WW – week, YY – year of production. XXXXX is the consecutive number in the batch.

12. ELECTROMAGNETIC COMPATIBILITY INFORMATION

- The essential performance:

1. Limits of the error of the cuff pressure indication;
2. Reproducibility of the blood pressure DETERMINATION;
3. Alarm.

When electromagnetic interference affects the above performance, please stop using the device.

- Use of this equipment adjacent to or stacked with other equipment should be avoided because it could result in improper operation. If such use is necessary, this equipment and the other equipment should be observed to verify that they are operating normally.
- Use of accessories, transducers and cables other than those specified or provided by the manufacturer of this equipment could result in increased electromagnetic emissions or decreased electromagnetic immunity of this equipment and result in improper operation.
- It is suggested that the blood pressure monitor be kept at least 30 cm away from other wireless devices, such as WLAN unit, microwave oven, etc. It can't be used near active HF SURGICAL EQUIPMENT and the RF shielded room of an ME SYSTEM for magnetic resonance imaging, where the intensity of EM DISTURBANCES is high.
- Equipment (including peripherals such as antenna cables and external antennas) should be used no closer than 30 cm (12 inches) to any part of the BP Monitor, including cables specified by the manufacturer. Otherwise, degradation of the performance of this equipment could result.

Last revision 2024-W23

MED-420

جهاز تدليك كهربائي
مع B.Well MED-420
وظيفة
التدفئة الهادئة

تعليمات الاستخدام

AR



B.Well Swiss AG,

Bahnhofstrasse 24, 9443 Widnau, Switzerland

www.bwell-swiss.ch