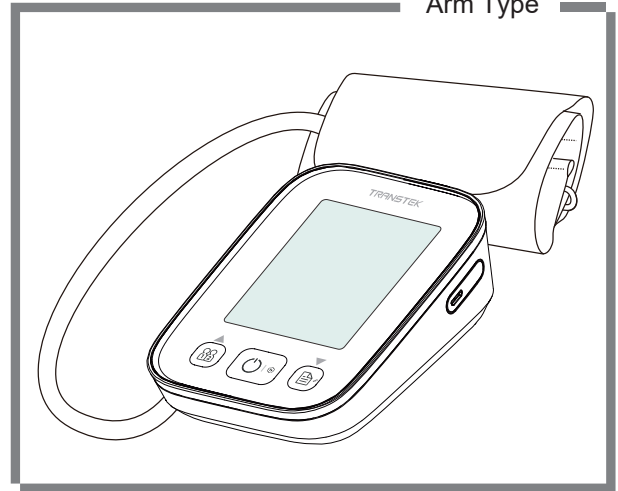


# User Manual

Arm Blood Pressure Monitor

Model: TMB-2084

Arm Type



## Table of Contents

INTRODUCTION.....	2
<ul style="list-style-type: none"> <li>• General Description</li> <li>• Indications for Use</li> <li>• Contraindications</li> <li>• Measurement Principle</li> <li>• Safety Information</li> <li>• LCD Display Signal</li> <li>• Monitor Components</li> <li>• List</li> </ul>	
BEFORE YOU START.....	8
<ul style="list-style-type: none"> <li>• The Choice of Power Supply</li> <li>• Installing and Replacing the Batteries</li> <li>• Setting Date and Time</li> <li>• Select the user ID</li> <li>• Pair a smartphone or a tablet with the monitor</li> </ul>	
MEASUREMENT.....	15
<ul style="list-style-type: none"> <li>• Tie the Cuff</li> <li>• Start the Measurement</li> </ul>	
DATA MANAGEMENT.....	18
<ul style="list-style-type: none"> <li>• Recall the Records</li> <li>• Delete the Records</li> </ul>	
INFORMATION FOR USER.....	22
<ul style="list-style-type: none"> <li>• Tips for measurement</li> <li>• Maintenance</li> </ul>	
ABOUT BLOOD PRESSURE.....	24
<ul style="list-style-type: none"> <li>• What are systolic pressure and diastolic pressure?</li> <li>• What is the standard blood pressure classification?</li> <li>• Irregular heartbeat detector</li> <li>• Why does my blood pressure fluctuate throughout the day?</li> <li>• Why do I get a different blood pressure at home compared to the hospital?</li> <li>• Is the result the same if measuring on the right arm?</li> </ul>	
TROUBLE SHOOTING.....	26
SPECIFICATIONS.....	27
AUTHORIZED COMPONENT.....	28
CONTACT INFORMATION.....	28
EMC GUIDANCE.....	29

## ♥ General Description

This product features blood pressure measurement, pulse rate measurement and the result storage. The design provides you with two years of reliable service.

Readings taken by this blood pressure monitor TMB-2084 is equivalent to those obtained by a trained observer using the cuff and stethoscope auscultation method.

This manual contains important safety and care information, and provides step by step instructions for using this blood pressure monitor. Read the manual thoroughly before using this product.

Features:

- 61 mm × 74 mm Digital LCD display
- Maximum storage of 199 records per user
- Up-to-date measuring-during-inflation technology

## ♥ Indications for Use

This Blood Pressure Monitor TMB-2084 is a digital monitor intended for use in measuring blood pressure and heartbeat rate with arm circumference ranging from 22 cm to 32 cm (about 8¾"-12½"), 22 cm to 42 cm (about 8¾"-16½"), 22 cm to 45 cm (about 8¾"-17½"). It is intended for indoor, adult use only.

## ♥ Contraindications

1. The device is not suitable for use on the women who are or may be pregnant.
2. The device is not suitable for use on patients with implanted, electrical devices, such as cardiac pacemakers, defibrillators.

## ♥ Measurement Principle

This product uses the Oscillometric Measuring method to detect blood pressure. Before every measurement, the unit establishes a "zero pressure" equivalent to the atmospheric pressure. Then it starts inflating the arm cuff, meanwhile, the unit detects pressure oscillations generated by beat-to-beat pulsatile, which is used to determine the systolic and diastolic pressure, and also pulse rate.

## ♥ Safety Information

The signs below might be in the user manual, labeling or other component. They are the requirement of standard and using.

	Refer to instruction manual/booklet To signify that the instruction manual/booklet must be read.		Type BF applied part
	Direct Current		Serial Number
	Date and Country of manufacture		Manufacturer
	Recyclable		Medical Device
	For indoor use only		Class II Equipment
	Caution Indicates that caution is necessary when operating the device or control close to where the symbol is placed, or that the current situation needs operator awareness or operator action in order to avoid undesirable consequences.		
	The symbol indicates that the product should not be discarded as unsorted waste but must be sent to separate collection facilities for recovery and recycling.		
	CE marking indicates that a product has been assessed by the manufacturer and deemed to meet EU safety, health and environmental protection requirements. It is required for products manufactured anywhere in the world that are then marketed in the EU.		
	Authorized representative in the European Community/ European Union		

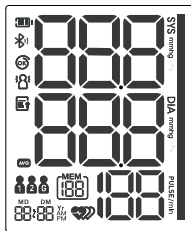
 CAUTION

- \* This device is intended for indoor, home use.
- \* This device is not intended for public use.
- \* This device is portable, but it is not intended for use during patient transport.
- \* This device is not suitable for continuous monitoring during medical emergencies or operations.
- \* This device is intended for non-invasive measuring and monitoring of arterial blood pressure. It is not intended for use on extremities other than the arm, or for any purpose other than obtaining a blood pressure measurement.
- \* This device is for adults. Do not use this device on neonates or infants. Do not use it on children unless otherwise instructed by a medical professional.
- \* Do not use on the women in pregnant, including pre-eclamptic, patients.
- \* The device is not suitable for use on patients with implanted, electrical devices, such as cardiac pacemakers, defibrillators.
- \* The effectiveness of this device has not been established for use:
  - on users with common arrhythmias such as atrial or ventricular premature beats or atrial fibrillation,
  - on users with peripheral arterial disease,
  - on users undergoing intravascular therapy, or with arteriovenous (AV) shunt.
 Consult a medical professional before use.
- \* Do not use this device for diagnosis or treatment of any health problem or disease. Contact your physician if you have or suspect any medical problem. Do not change your medications without the advice of your physician or health care professional.
- \* If you are taking medication, consult your physician to determine the proper time to measure your blood pressure.
- \* This device may be used only for the intended use described in this manual, the manufacturer shall have no liability for any incidental, consequential, or special damages caused by misuse or abuse.
- \* Report any unexpected operation or events to the manufacturer.
- \* Do not apply the cuff on an arm that has an intravenous drip or a blood transfusion attached.
- \* Warning: Do not kink, fold, stretch, compress, or otherwise deform the tube during measuring, as the cuff pressure might continuously increase, which could prevent blood flow and result injury.
- \* Warning: Taking blood pressure measurements too frequently could disrupt blood circulation and cause injuries.
- \* Warning: Do not apply cuff to areas on patient where skin is delicate or damaged. Check cuff site frequently for irritation.
- \* Warning: Do not place the cuff on the arm of a person whose arteries or veins are undergoing medical treatment, i.e. intra-vascular access or intra-vascular therapy or an arteriovenous (A-V) shunt, which could disrupt blood circulation and cause injuries.
- \* Do not place the cuff on the arm on the same side of a mastectomy (especially when lymph nodes have been removed), it is recommended to take measurements on the unaffected side.
- \* Do not wrap the cuff on the same arm to which another monitoring device is applied. One or both devices could temporarily stop functioning if you try to use them at the same time.
- \* Please check that the operation of the device do not result in prolonged impairment of patient blood circulation.
- \* Warning: On the rare occasion of a fault causing the cuff to remain fully inflated during measurement, loosen and remove the cuff immediately. Prolonged high pressure applied to the arm (cuff pressure >300 mmHg or constant pressure >15 mmHg for more than 3 minutes) might lead to bruising and discolored skin.
- \* Warning: Do not use this device with high-frequency (HF) surgical equipment at the same time.

 CAUTION

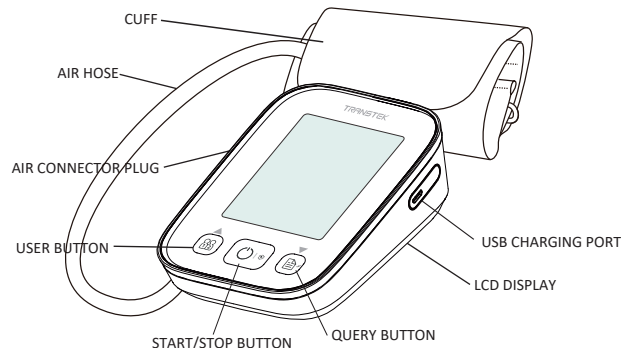
- \* Warning: This device is not AP/APG equipment. Do not use the device where flammable anesthetics are present, or in environments mixture with air of with oxygen or nitrous oxide.
- \* The device contains sensitive electronic components.To avoid measurement errors, avoid taking blood pressure measurements near a strong electromagnetic field radiated interference signal or electrical fast transient/burst signal.
- \* Wireless communication equipment, such as wireless home network devices, mobile phones, cordless telephones and their base stations, walkie-talkies may cause interference that may affect the accuracy of measurements. A minimum distance of 1 foot (30 cm) should be kept from such devices during a measurement.
- \* You can use this device to take your own measurement, no third-party operator is required.
- \* Please use the device under the environment which is provided in the user manual. Otherwise, the performance and lifetime of the device will be impacted and reduced.
- \* The device may require up to 30 minutes to warm up / cool down from the minimum / maximum storage temperature before it is ready for use.
- \* Warning: Excessive cuff tube lengths could cause strangulation if you don't manage them properly.
- \* Warning: Do not touch output of the batteries/adaptor and the user simultaneously.
- \* Adapter is specified as a part of ME EQUIPMENT.
- \* Warning: The power cord is considered the disconnect device for isolating this equipment from supply mains. Do not position the equipment so that it is difficult to reach or disconnect.
- \* The blood pressure monitor, its adapter, and the cuff are suitable for use within the patient environment.
- \* Warning: Do not use this device if you are allergic to polyester, nylon, or plastic.
- \* Warning: Only use accessories approved by manufacturer. Using unapproved accessories might cause damage to the unit and injure users.
- \* Warning: If you experience discomfort during a measurement, such as pain in the arm or other complaints, press the Power button immediately to release the air from the cuff.
- \* No calibration is required within two years of reliable service.
- \* Do not attempt to repair the unit yourself if it malfunctions. Only have repairs carried out by authorized service centers.
- \* At the request of authorized service personnel, circuit diagrams, component part lists, descriptions, and calibration procedures will be made available by the manufacturer or distributor.
- \* It is recommended that the performance should be checked after repair, maintenance, and every two years of use, by retesting the requirements in limits of the error of the cuff pressure indication and air leakage (testing at least at 50 mmHg and 200 mmHg).
- \* Warning: Do not use the device while under maintenance, or being serviced.
- \* Store your device, cuff and adapter in a clean and dry place, protect it against extreme moisture, heat, lint, dust and direct sunlight. Never place any heavy objects on it.
- \* Make sure the rubber tube of the cuff is not squeezed, stretched, or kinked during storage.
- \* Warning: Keep the device, cuff, and batteries away from children as they may pose a risk of choking or strangulation if used improperly.
- \* Clean both device and cuff with a soft, dry cloth. If necessary use a dampened cloth and natural detergent. Do not use alcohol, benzene, or other harsh chemicals.
- \* Do not wash the cuff in a washing machine or dishwasher!
- \* The service life of the cuff may vary by the frequency of washing, skin condition, and storage state. The typical service life is 10000 times.
- \* Dispose of accessories, detachable parts, and the device according to the local guidelines.

### ♥ LCD display signal



SYMBOL	DESCRIPTION	EXPLANATION
<b>SYS</b>	Systolic blood pressure	The high pressure measured.
<b>DIA</b>	Diastolic blood pressure	The low pressure measured.
<b>mmHg</b>	mmHg	Measurement Unit of the blood pressure.
<b>AVE</b>	Average value	Displays average of last 3 readings.
<b>PULSE/mIn</b>	Pulse display	Pulse in beats per minute.
	Heartbeat	Heartbeat detection during measurement.
	Irregular heartbeat	Irregular heartbeat detected during measurement.
	User ID	appears when the monitor is operated by User 1. appears when the monitor is operated by User 2. appears when the monitor is operated by guest User "G". NOTE: User 1/2, each with 199 memory spaces; User G, no memory space.
	Data pending to transmit	Appears in next measurement, when the data transmission fails.
	Bluetooth transfer icon	The bluetooth transfer icon blinks when the bluetooth is working.
	Battery Indicator	Indicate the current battery.
	Excessive Body Motion Detector	Appears when talking, moving, or shaking of the arm with the cuff on is detected during the measurement. NOTE: The measured blood pressure reading may not be accurate if the icon is displayed.
	Cuff wrap detection	appears when the cuff is secured well.
	Memory display	Indicate it is in the memory mode and which group of memory it is.
	Current Time	Time and date (year/month/day; hour:minute)
	Blood pressure level	Indicates the blood pressure level, See page 24 for more information.

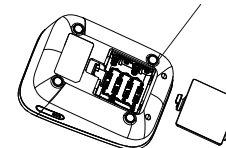
### ♥ Monitor Components



Component list of pressure measuring system:

1. Cuff
2. Air pipe
3. PCBA
4. Pump
5. Valve

BATTERY COMPARTMENT



### ♥ List

1. Blood Pressure Monitor (TMB-2084)



3. 4x AAA batteries



2. Cuff (Type BF applied part)  
( 22 cm ~ 32 cm  
22 cm ~ 42 cm  
22 cm ~ 45 cm)



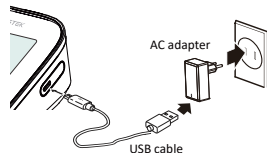
4. AC Adapter  
BLJ06L050100U-V  
BLJ06L050100U-S  
BLJ06L050100U-B

5. USB cable
6. User manual

## ♥ The Choice of Power Supply

- Battery powered mode:  
6V DC 4× AAA batteries
- AC adapter powered mode: 5V  $\equiv$  1A  
(Please only use the recommended AC adapter)

Please unplug the adapter to depart from the using utility power, when you finish the measurement.



### ⚠ CAUTION

In order to get the best effect and protect your monitor, please use the right batteries and special power adapter which complies with local safety standard.

## ♥ Installing and Replacing the Batteries

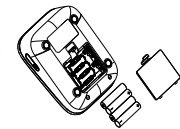
- Slide off the battery cover.
- Install or replace 4× AAA size batteries as indicated in the battery compartment. The display will light up and show the icon . Press “START/ STOP” button to turn off, otherwise it will power off automatically after 10 seconds.

Any time the battery is low, it will display the icon “bAt Lo” & . It will power off automatically after 5 seconds.

- Close the battery cover.

Replace the batteries if:

- The low battery symbol appears on the display.
- When any button is pressed and nothing is displayed on the screen.



Low Battery

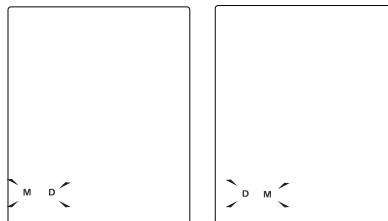
### ⚠ CAUTION

- Do not use new and used batteries together.
- Do not use different types of batteries together.
- Do not dispose the batteries in fire. Batteries may explode or leak.
- Remove batteries if the device is not likely to be used for some time.
- Worn batteries are harmful to the environment. Do not dispose with dailygarbage.
- Remove the old batteries from the device following your local recycling guidelines.

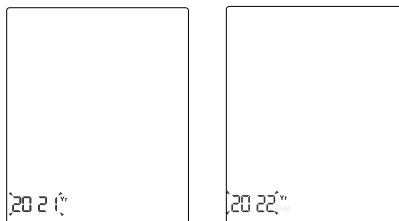
## ♥ Setting the Date and Time

It is important to set the clock before using your blood pressure monitor, so that a time stamp can be assigned to each record that is stored in the memory. (year: 2021—2050, Time format: 12H/24H)

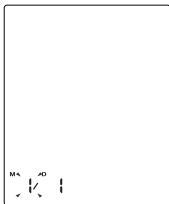
- When the monitor is off, press and hold the “START/ STOP” button to display the date format. Press the “USER” or “QUERY” button to switch the date format between [month/day] and [day/month].



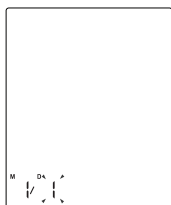
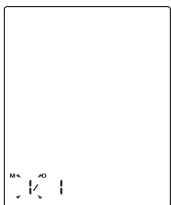
- Press the “START/ STOP” button to confirm the date format, then the year will flash. Press the “USER” or “QUERY” button to change the year.



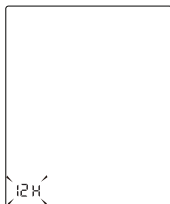
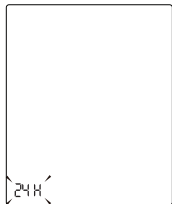
3. When you get the right year, press the "START / STOP" button to confirm the year. The screen will then show a blinking number representing the [MONTH].



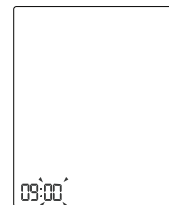
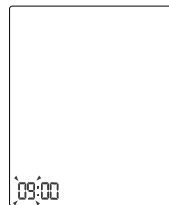
4. Repeat steps 2 and 3 to set the [MONTH] and [DAY].



5. Repeat steps 2 and 3 to set the time format.



6. Repeat steps 2 and 3 to set the [HOUR] and [MINUTE].



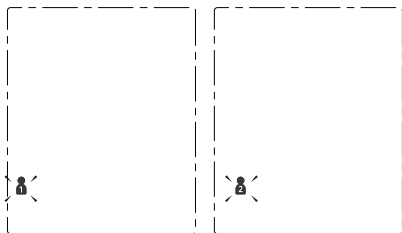
7. After the minute is set, the LCD will display "do nE" and then it will turn off.



## ♥ Select the User ID

There are 2 users available, each with 199 memory spaces, so that you can save the measured values of 2 different people separately.

1. When the monitor is off, press “USER” button, it will display a blinking user representing the recent user ID.



2. Press “USER” button to switch the user ID between user 1 and user 2.


3. Press “START/STOP” button to confirm the user ID, the selected user ID will not flash any more. Then the blood pressure monitor will power off automatically after 5 seconds.

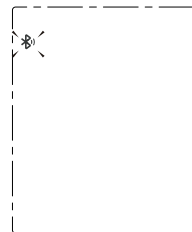
## ♥ Pair a smartphone or a tablet with the monitor

You are the intended operator of this blood pressure monitor. You can measure your blood pressure and then save and send measurement data to a smartphone or tablet with Bluetooth wireless connectivity .

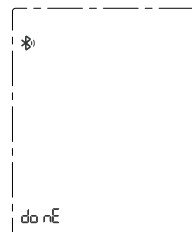
1. Turn on Bluetooth and the APP.

Make sure both are ON when pair-up is proceeding.

When the monitor is OFF, press and hold the “QUERY” button to start pair-up. The blinking bluetooth symbol “” will be shown on the LCD, indicating pair-up is proceeding.



If successful, the Bluetooth symbol will not flash any more, the LCD will display “done”. Press “START /STOP” button to turn off the device, or the monitor will power off automatically within 10 seconds.





If unsuccessful within 60 seconds, it is judged timeout and the monitor will shut off.

RF Frequency Range: 2402 MHz to 2480 MHz  
 Output Power Range: < -2.5 dBm  
 Supply Voltage: 1.8-3.6V  
 Transmitting Distance: 10 meters

List of compatible devices:

For iOS devices:

The operating system must be iOS 13.0 or more.

For Android devices

The operating system must be Android 5.0 or more

## ⚠ CAUTION

- Interference may occur in the vicinity of equipment marked with the following symbol (⚡). And TMB-2084 may interfere the vicinity electrical equipment.
- Sensitive people, including pregnant women, pre-eclamptic and those who implanted medical electronic instruments, should avoid using the unit whenever possible.
- Keep the monitor at least 20 centimeters away from the human body (especially the head) when the data transmission is proceeding after measurement.
- To enable the data transmission function, this product should be paired to Bluetooth end at 2.4 GHz.

## How to mitigate possible interference?

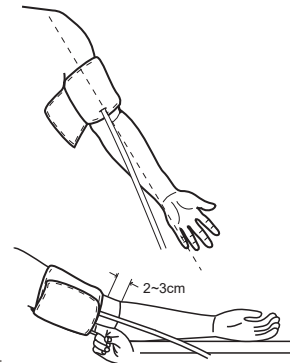
1. The range between the device and BT end should be reasonably close, from 1 meter to 10 meters. Please ensure no obstacles between the device and BT end so as to obtain quality connection and to lower the RF output range.
2. To avoid interference, other electronic devices (particularly those with wireless transmission/Transmitter) should be kept at least 1 meter away from the monitor. And BT end so as to obtain quality connection and to lower the RF output range.

## ♥ Tie the cuff

1. Remove all jewelry, such as watches and bracelets from your left arm.

Note: If your doctor has diagnosed you with poor circulation in your left arm, use your right arm.

2. Roll or push up your sleeve to expose the skin. Make sure your sleeve is not too tight.
3. Hold your arm with your palm facing up and tie the cuff on your upper arm, then position the tube off-center toward the inner side of arm in line with the little finger. Or position the artery mark  $\Phi$  over the main artery (on the inside of your arm). Note: Locate the main artery by pressing with 2 fingers approximately 2 cm above the bend of your elbow on the inside of your left arm. Identify where the pulse can be felt the strongest. This is your main artery.
4. The cuff should be snug but not too tight. You should be able to insert one finger between the cuff and your arm.



5. Sit comfortably with your tested arm resting on a flat surface. Place your elbow on a table so that the cuff is at the same level as your heart. Turn your palm upwards. Sit upright in a chair, and take 5-6 deep breaths.

6. Helpful tips for Patients, especially for Patients with Hypertension:

- Rest for 5 minutes before first measuring.
- Wait at least 3 minutes between measurements. This allows your blood circulation to recover.
- Take the measurement in a silent room.
- The patient must relax as much as possible and do not move and talk during the measurement procedure.

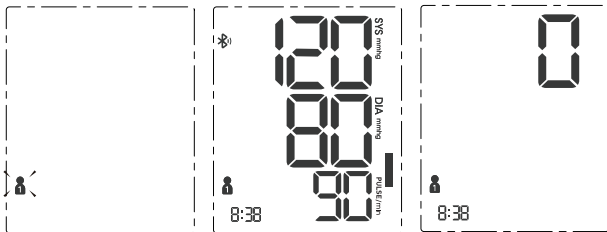


- The cuff should maintain at the same level as the right atrium of the heart.
- Please sit comfortably. Do not cross your legs and keep your feet flat on the ground.
- Keep your back against the backrest of the chair.
- For a meaningful comparison, try to measure under similar conditions. For example, take daily measurements at approximately the same time, on the same arm, or as directed by a physician.

## ♥ Start the Measurement

- When the monitor is OFF, press “START/STOP” button, The display will illuminate and the current user 1 or 2 or G will flash on the display. Press “USER” button to toggle between user 1 or 2 or G. Press “START/STOP” button to confirm the selection, It will display the latest measurement record of the desired user. After then it will finish the whole measurement automatically, save and transmit the measurement data for the desired user. (Take User 1 for example.)

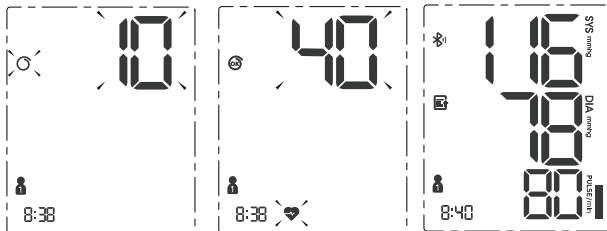
A step-by-step guide showing what you'll see while taking a measurement.



Current user flash.

Display the latest measurement record.

Adjust the zero.



Cuff wrap detection. symbol “C” flash

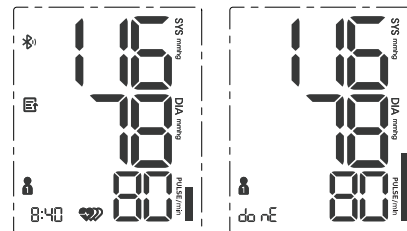
Cuff wrap ok. Inflating and measuring.

Display, save and the measurement result

- If Irregular heartbeat is detected during the measurement, the symbol “♥” will appear along with the measurement result. After the measurement was finished, the symbol “☒” and “⊗” will display, and data transmission starts. (Please connect the app during the transmission)

If data transmission successful, both symbol ⊗ and ☒ will disappear and the display will show “do nE”.

If unsuccessful within 60 seconds, it is judged timeout and the monitor will shut off.



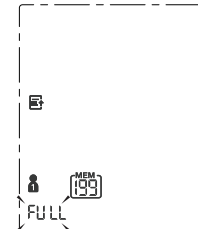
Irregular heartbeat detected. Transmission successful.

- Press “START/ STOP” button to turn off, otherwise it will power off automatically after 1 minute.

Tips: Any time if you want to stop the measurement, press “START/ STOP” button.

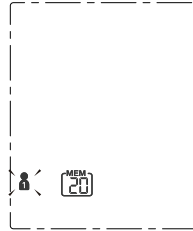
NOTE: For User 1 or User 2, you can either record your measurement results manually along with the time of measurement, or transfer them electronically to your connected device.

(For User G (guest), there is no memory space, record the measurement results manually.) If you don't transfer the measurement results electronically to your connected device, the monitor can store a maximum of 199 records unsent. When you pass that limit, every time you take the measurement, the monitor will prompt “FULL” first and the oldest record will drop from the list after the measurement.



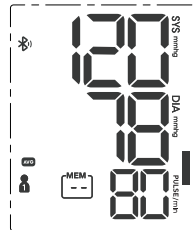
## ♥ Recall the Records

1. When the monitor is off, press "QUERY" button, the display will show a blinking User ID and memory records representing the user.



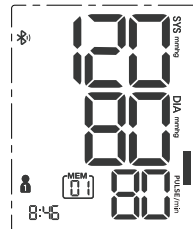
When the total memory records is up to 190 groups, the memory record representing the user will also blink.

2. Press "USER" button to toggle between user 1 or user 2. Press "START /STOP" button to confirm, otherwise it will enter the memory recall mode automatically after 5 seconds.



Average value of the latest three records

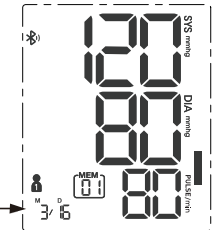
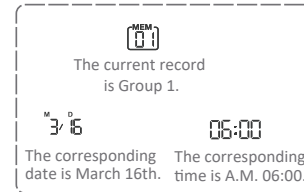
When the memory record is less than three groups, the display will show the latest record (memory record 01).



Latest memory record 01

4. Press "QUERY" or "USER" button to get the record you want. Each press "USER" button will increase the memory record by one in a cycling manner (AVG - 01 - 02 ...). Each press "QUERY" button will decrease the memory record by one in a cycling manner (AVG - ... - 02 - 01).

Date, Time will display alternately.



5. Press "START/STOP" button to turn off, otherwise it will power off automatically after 1 minute.

### ⚠ CAUTION

The most recent record (1) is shown first. Each new measurement is assigned to the first (1) record. All other records are pushed back one digit (e.g., 2 becomes 3, and so on), and the last record (199) is dropped from the list.

## ♥ Delete the Records

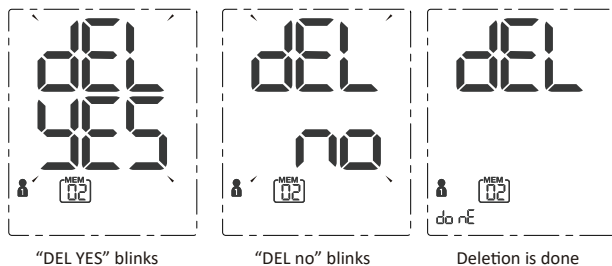
If you did not get the correct measurement, you can delete results by following steps below.

A: To delete a single measurement:

1. Enter the memory recall mode as described in section [Recall the Records]. Press “QUERY” or “USER” button to get the measurement you would like to erase.
2. Press and hold “QUERY” button for 3 seconds, and the display will show a blinking “dEL yES” along with the memory number of the reading.
3. Use the “QUERY” or “USER” button to toggle between “dEL yES” and “dEL no”, Press “START/STOP” to confirm the selection.

If “dEL yES” is selected, the unit will delete the record and display “dEL do nE” along with the memory number of the reading. After then it will return to last memory record and All the records are pushed forward one digit (e.g., 03 becomes 02, and so on)

If “dEL no” is selected, it will stop the deletion.

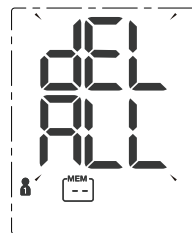


B: To delete all measurements:

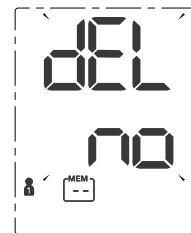
1. Enter the memory recall mode as described in section [Recall the Records].
2. Press and hold “QUERY” and “USER” button for 5 seconds, and the display will show a blinking “dEL ALL” along with the user ID.
3. Use the “QUERY” or “USER” button to toggle between “dEL ALL” and “dEL no”, Press “START/STOP” to confirm the selection.

If “dEL ALL” is selected, the unit will display “dEL ALL do nE” + User ID and delete all the record of the current user. Several seconds later, it will display “---”.

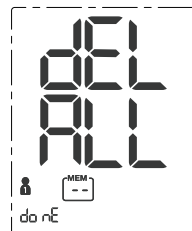
If “dEL no” is selected, it will stop the deletion.



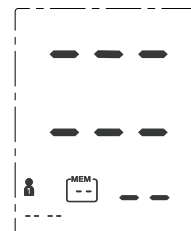
“dEL ALL” blinks



“dEL no” blinks



Deletion is done



No record

## ♥ Tips for Measurement

Measurements may be inaccurate if taken in the following circumstances.



Within 1 hour  
after dinner or drinking



Immediate measurement  
after tea, coffee, smoking



Within 20 minutes  
after taking a bath



When talking or moving your fingers



In a very cold environment



When you want to discharge urine

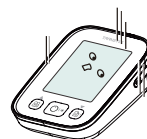


## ♥ Maintenance

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



Put in a dry place and avoid the sunshine



Avoid intense shaking  
and collisions



Using wet cloths to remove dirt



Avoid touching water,  
clean it with a dry cloth in case.



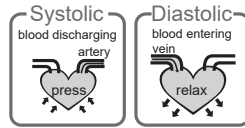
Avoid dusty and unstable  
temperature environment



Do not attempt to clean the reusable  
cuff with water and never immerse  
the cuff in water.

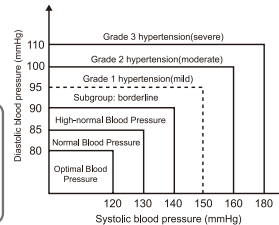
### ♥ What are systolic pressure and diastolic pressure?

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



### ♥ What is the standard blood pressure classification?

The blood pressure classification published by World Health Organization (WHO) and International Society of Hypertension (ISH) in 1999 is as follows:



#### ⚠ CAUTION

Only a physician can tell your normal BP range. Please contact a physician if your measuring result falls out of the range. Please note that only a physician can tell whether your blood pressure value has reached a dangerous point.

Level Blood Pressure (mmHg)	Optimal	Normal	High-normal	Mild	Moderate	Severe
SYS	<120	120-129	130-139	140-159	160-179	≥180
DIA	<80	80-84	85-89	90-99	100-109	≥110

### ♥ Irregular Heartbeat Detector

An irregular heartbeat is detected when a heartbeat rhythm varies while the unit is measuring the systolic and diastolic blood pressure. During each measurement, the monitor records all the pulse intervals and calculate the average; if there are two or more pulse intervals, the difference between each interval and the average is more than the average value of ±25%, or there are four or more pulse intervals, the difference between each interval and the average is more than the average value of ±15%, the irregular heartbeat symbol appears on the display when the measurement results are appeared.

#### ⚠ CAUTION

The appearance of the IHB icon indicates that a pulse irregularity consistent with an irregular heart-beat was detected during measurement. Usually this is NOT a cause for concern. However, if the symbol appears often, we recommend you seek medical advice. Please note that the device does not replace a cardiac examination, but serves to detect pulse irregularities at an early stage.

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

1. Individual blood pressure varies multiple times everyday. It is also affected by the way you tie your cuff and your measurement position, so please take the measurement under the same conditions.
2. If the person takes medicine, the pressure will vary more.
3. Wait at least 3 minutes for another measurement.



### ♥ Why do I get different blood pressure at home compared to the hospital?

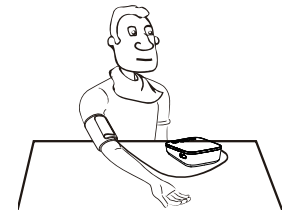
The blood pressure is different even throughout the day due to weather, emotion, exercise etc. Also, there is the “white coat” effect, which means blood pressure usually increases in clinical settings.

What you need to pay attention to when you measure your blood pressure at home:



- if the cuff is tied properly.
- If the cuff is too tight or too loose.
- If the cuff is tied on the upper arm.
- If you feel anxious.
- Taking 2-3 deep breaths before beginning will be better for measuring.
- Advice: Relax yourself for 4-5 minutes until you calm down.

### ♥ Is the result the same if measuring on the right arm?


It is ok for both arms, but there will be some different results for different people. We suggest you measure the same arm every time.



If any abnormality arises during use, please check the following points:

PROBLEM	SYMPTOM	CHECK THIS	REMEDY
No power	Display can not light up.	Batteries are exhausted.	Replace with new batteries.
		Batteries are inserted incorrectly.	Insert the batteries correctly.
		Adapter is inserted incorrectly.	Insert the AC adapter correctly.
High power	bAt H shows	Adapter voltage is higher than 7.5V	Replace with the authorized adapter
Low batteries	bAt Lo &  shows	Batteries are low.	Please replace batteries. if voice on, it read for you.
Error message	E 1 shows	The cuff is not wrapped or wrapped incorrectly, or the cuff air plug is loose.	Refasten the cuff and insert air tube plug correctly then measure again.
	E 2 or  shows	Hand shaking or talking or moving is detected during measuring.	Relax for 5 minutes. and then keep still, measure again.
	E 3 shows	Pulse is not detected during measuring.	Loosen the clothing on the arm and then measure again.
	E 4 shows	The measurement failed.	Relax for 5 minutes and measure again.
	EEx shows	Hardware error (X can be some digital symbol,such as 1, 2, etc.)	Turn off monitor and measure again. If EEx still appears on the display, please contact the retailer or our customer service.
	Err USB shows	The output voltage of the adapter is too high or too low	Replace with the authorized adapter
Warning message	“out” shows	Out of measurement range	Relax for a moment. Refasten the cuff and then measure again. If the problem persists, contact your physician.

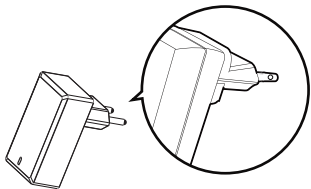
NOTE: If the product still does not work, contact Transtek Customer Service. Under no circumstance should you disassemble or attempt to repair the unit by yourself.

<b>Power supply</b>	Battery powered mode: 6V DC 4× AAA batteries AC adapter powered mode: 5V  1A (Please only use the recommended AC adapter).
<b>Display mode</b>	Digital LCD V.A. 61 mm × 74 mm
<b>Measurement mode</b>	Oscillographic testing mode
<b>Measurement range</b>	Rated cuff pressure: 0 mmHg ~ 299 mmHg Measurement pressure: SYS: 60 mmHg ~ 230 mmHg DIA: 40 mmHg ~ 130 mmHg Pulse value: (40-199) beat/minute
<b>Accuracy</b>	Pressure: 5°C - 40°C within ±3 mmHg Pulse value: ±5%
<b>Normal working condition</b>	A temperature range of: +5°C to +40°C A relative humidity range of 15% to 90%, non-condensing An atmospheric pressure range of: 70 kPa to 106 kPa
<b>Storage &amp; transportation condition</b>	Temperature: -20°C to +60°C A relative humidity range of ≤ 93%, non-condensing
<b>Measurement perimeter of the upper arm</b>	About 22 cm to 32 cm, 22 cm to 42 cm, 22 cm to 45 cm
<b>Weight</b>	Approx.252 g (Excluding the batteries and cuff)
<b>External dimensions</b>	Approx.100.3 mm × 132.3 mm × 47.1 mm
<b>Attachment</b>	4× AAA batteries, user manual, AC adapter, USB cable
<b>Mode of operation</b>	Continuous operation
<b>Degree of protection</b>	Type BF applied part
<b>Protection against ingress of water</b>	IP21 It means the device could protected against solid foreign objects of 12.5 mm and greater, and protect against vertically falling water drops.
<b>Device Classification</b>	Battery Powered Mode: Internally Powered ME Equipment AC Adapter Powered Mode: Class II ME Equipment
<b>Software Version</b>	A01

WARNING: No modification of this equipment is allowed.

## ♥ Authorized Component

Please use the **TRANSTEK** authorized adapter.



### Adapter

Type: BLJ06L050100U-V  
 BLJ06L050100U-S  
 BLJ06L050100U-B

Input: 100-240V, 50-60Hz, 0.2A max

Output: 5V --- 1000 mA

## ♥ Contact Information

For more information about our products, please visit [www.transtekcorp.com](http://www.transtekcorp.com).  
 You can get customer service, usual problems and customer download, Transtek will serve you anytime.

Manufactured by: Guangdong Transtek Medical Electronics Co., Ltd  
 Company: Guangdong Transtek Medical Electronics Co., Ltd.  
 Address: Zone A, No.105 ,Dongli Road, Torch Development District,  
 528437 Zhongshan, Guangdong,China

Authorized European Representative:  
 Company: Medical Device Safety Service GmbH  
 Address: Schiffgraben 41, 30175 Hannover, Germany

## ♥ EMC Guidance

The ME EQUIPMENT or ME SYSTEM is suitable for home healthcare environments.

Warning: Don't be near the 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.

Warning: 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.

Warning: 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.

Warning: Portable RF communications 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 equipment TMB-2084 including cables specified by the manufacturer. Otherwise, degradation of the performance of this equipment could result.

Technical description:

1. All necessary instructions for maintaining BASIC SAFETY and ESSENTIAL PERFORMANCE with regard to electromagnetic disturbances for the excepted service life.
2. Guidance and manufacturer's declaration-electromagnetic emissions and Immunity.

Table 1

Guidance and manufacturer's declaration - electromagnetic emissions	
Emissions test	Compliance
RF emissions CISPR 11	Group 1
RF emissions CISPR 11	Class [ B ]
Harmonic emissions IEC 61000-3-2	Class A
Voltage fluctuations / flicker emissions IEC 61000-3-3	Comply



Table 2

Guidance and manufacturer's declaration – electromagnetic Immunity		
Immunity Test	IEC 60601-1-2 Test level	Compliance level
Electrostatic discharge (ESD) IEC 61000-4-2	±8 kV contact ±2 kV, ±4 kV, ±8 kV, ±15 kV air	±8 kV contact ±2 kV, ±4 kV, ±8 kV, ±15 kV air
Electrical fast transient/burst IEC 61000-4-4	±2 kV for power supply lines ±1 kV signal input/output 100 kHz repetition frequency	±2 kV for power supply lines Not Applicable 100 kHz repetition frequency
Surge IEC61000-4-5	±0.5 kV, ±1 kV differential mode ±0.5 kV, ±1 kV, ±2 kV common mode	±0.5 kV, ±1 kV differential mode Not Applicable
Voltage dips, short interruptions and voltage variations on power supply input lines IEC 61000-4-11	0% U <sub>T</sub> ; 0,5 cycle. At 0°, 45°, 90°, 135°, 180°, 225°, 270° and 315°. 0% U <sub>T</sub> ; 1 cycle and 70% U <sub>T</sub> ; 25/30 cycles; Single phase: at 0°. 0% U <sub>T</sub> ; 250 / 300 cycle	0% U <sub>T</sub> ; 0,5 cycle. At 0°, 45°, 90°, 135°, 180°, 225°, 270° and 315°. 0% U <sub>T</sub> ; 1 cycle and 70% U <sub>T</sub> ; 25/30 cycles; Single phase: at 0°. 0% U <sub>T</sub> ; 250 / 300 cycle
Power frequency magnetic field IEC 61000-4-8	30 A/m 50 Hz / 60 Hz	30 A/m 50 Hz / 60 Hz
Conducted RF IEC61000-4-6	3 V 0,15 MHz – 80 MHz 6 V in ISM and amateur radio bands between 0,15 MHz and 80 MHz 80% AM at 1 kHz	3 V 0,15 MHz – 80 MHz 6 V in ISM and amateur radio bands between 0,15 MHz and 80 MHz 80% AM at 1 kHz
Radiated RF IEC61000-4-3	10 V/m 80 MHz – 2,7 GHz 80% AM at 1 kHz	10 V/m 80 MHz – 2,7 GHz 80% AM at 1 kHz
NOTE U <sub>T</sub> is the a.c. mains voltage prior to application of the test level.		

Table 3

Guidance and manufacturer's declaration - electromagnetic Immunity								
Radiated RF IEC61000-4-3 (Test specifications for ENCLOSURE PORT IMMUNITY to RF wireless communications equipment)	Test Frequency (MHz)	Band (MHz)	Service	Modulation	Maximum Power (W)	Distance (m)	IEC 60601-1-2 Test Level (V/m)	Compliance level (V/m)
	385	380-390	TETRA 400	Pulse modulation 18 Hz	1.8	0.3	27	27
	450	430-470	GMRS 460, FRS 460	FM ± 5k Hz deviation 1 kHz sine	2	0.3	28	28
	710	704-787	LTE Band 13, 17	Pulse modulation 217 Hz	0.2	0.3	9	9
	745							
	780							
	810	800-960	GSM 800/900, TETRA 800, IDEN 820, CDMA 850, LTE Band 5	Pulse modulation 18 Hz	2	0.3	28	28
	870							
	930							
	1720	1700-1990	GSM 1800; CDMA 1900; GSM 1900; DECT; LTE Band 1, 3, 4,25; UMTS	Pulse modulation 217 Hz	2	0.3	28	28
	1845							
	1970							
	2450	2400-2570	Bluetooth, WLAN, 802.11 b/g/n, RFID 2450, LTE Band 7	Pulse modulation 217 Hz	2	0.3	28	28
5240	5100-5800	WLAN 802.11 a/n	Pulse modulation 217 Hz	0.2	0.3	9	9	
5500								
5785								