

Naulakha®

INSTRUCTION MANUAL

BP FIT

Automatic Blood Pressure Monitor
Model NI / 301



INTRODUCTION

Thank you for purchasing the Naulakha BP FIT Automatic Blood pressure Monitor

Your new digital blood pressure monitor uses the oscillometric method of blood pressure measurement. This means the monitor detects your blood's movement through your brachial artery and converts themets into a digital reading. The monitor stores measurement results for two people. The BP FIT comes with the following components:

- Monitor
- Regular size Cuff
- USB cable
- Instruction Manual printed in English
- 4 batteries
- The BP FIT Automatic Blood Pressure Monitor is intended for home use.

SAFETY INFORMATION

To assure the correct use of the product basic safety measures should always be followed including the warnings and cautions listed in this instruction manual.

SAFETY SYMBOLS USED IN THIS INSTRUCTION MANUAL	
	Indicates a potentially hazardous situation which, if not avoided, could result in death or serious injury.
	Indicates a potentially hazardous situation which, if not avoided, may result in minor moderate injury to the user or patient or damage to the equipment or other property.

OPERATING THE DEVICE

Contact your physician for specific information about your blood pressure. Self-diagnosis and treatment using measured results may be dangerous. Follow the instructions of your physician or licensed healthcare provider.

DO NOT adjust medication based on measurement results from this blood pressure monitor. Take medication as prescribed by your physician. Only a physician is qualified to diagnose and treat High Blood Pressure.

The monitor is not intended to be a diagnostic device.

If battery fluid should get in your eyes, immediately rinse with plenty of clean water. Contact a physician immediately.

Read all of the information in the instruction manual and any other literature in the box before operating the unit.

SAFETY INFORMATION

OPERATING THE DEVICE(continued)

This device is intended for use in measuring blood pressure and pulse rate in the adult population. Do not use this device on infants or persons who cannot express their intentions.

Inflating to a higher pressure than necessary may result in bruising where the cuff is applied.

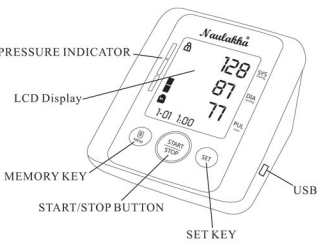
Operate the device only as intended. Do not use the device for any other purpose.

- △ Dispose of the device, components and optional accessories according to applicable local regulations. Unlawful disposal may cause environmental pollution.
- △ Do not use a cellular phone near the device. It may result in an operational failure.
- △ Use only Naulakha authorized parts and accessories. Parts and accessories not approved for use with the device may damage the unit.
- △ Use only 1.5V alkaline batteries with this device.
- Do not use other types of batteries. This may damage the unit.
- △ Do not submerge the device or any of the components in water.
- △ Store the device and the components in a clean, safe location.
- △ Changes or modification not approved by Naulakha will void the user warranty. Do not disassemble or attempt to repair the unit or component

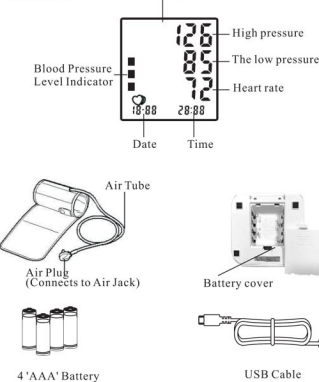
To ensure a reliable reading follow these recommendations:

1. Avoid eating, drinking alcohol, smoking, exercising, and bathing for 30 minutes prior to taking an ausierment. Rest for at least 15 minutes prior to taking the measurement.
2. Stress raises blood pressure. Avoid taking measurements during stressful times.
3. Measurements should be taken in a quiet place.
4. Remove tight-fitting clothing from your arm.
5. Sit on a chair with your feet flat on the floor. Rest your arm on a table so that the cuff is at the same level as your heart.
6. Remain still and do not talk during the measurement.
7. Keep a record of your blood pressure and pulse readings for your physician. A single measurement may not provide an accurate indication of your true blood pressure. You need to take and record several readings over a period of time. Try to measure your blood pressure at about the same time each day for consistency.

KNOW YOUR UNIT



Components:

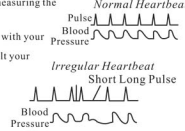


DISPLAY SYMBOLS

IRREGULAR HEARTBEAT SYMBOL (☺)

When the monitor detects an irregular rhythm two or more times during the measurement, the Irregular Heartbeat Symbol (☺) will appear on the display with the measurement values. An irregular heartbeat rhythm is defined as a rhythm that varies by

less than 25% from the average rhythm or 25% more than the average rhythm detected while the monitor is measuring the systolic and diastolic blood pressure. If the irregular heartbeat symbol (☺) displays with your measurement results, we recommend you consult your physician. Follow the directions of your doctor.



DISPLAY SYMBOLS

The American Heart Association recommends the following guideline for upper limit of normal for home blood pressure readings:

AHA Home Guideline for Upper Limit of Normal BP	
Systolic Blood Pressure	135mmHg
Diastolic Blood Pressure	85mmHg

This is a general guideline because blood pressure depends on age and morbidity. The AHA recommends a lower home blood pressure goal for certain patients, including diabetic patients, pregnant women, and patients with renal failure. The monitor is not intended to be a diagnostic device.

HEARTBEAT SYMBOL (☺)

TAKING A MEASUREMENT

The Heartbeat Symbol flashes on the display during the measurement. The Heartbeat Symbol flashes at every heartbeat

BATTERY INSTALLATION

Before Use

Install / Replace the Batteries

1. Pull the battery cover down
2. Use the 4 AAA batteries
3. Put the battery cover back

Pay attention to:

- △ Please note the polarity of Battery
- △ After the startup if the screen shows the low battery Symbol, please replace the battery.
- △ Please use 4 AAA batteries.
- △ Do not overuse the batteries.
- △ If the product is not used for long duration, please take out the batteries.

Operation	LCD display	Instructions
Feature Set	a.	In a dormant state, pressing the set key can alter different functions such as clock, user mode and pressure unit, it will be shown below:
	b.	Short press set key displays current date and time
	c.	Press set key for 3s. Now select unit in mmHg or kPa. Memory will be stored according to the unit selection. Now press Set key again for user mode selection.
	d.	Select User/Press Mem key to select the user, press set key again and year will be displayed. Enter date-Press Mem key to select the year between 2013-2099
	e.	Press Set key again, Press Mem key to select the month. After this press Set key to again. Now press Mem key to select the day Between (1-31). Press Set key to confirm the date
	f.	Press Mem key to enter hours. Then press Set key, Now to enter min press Mem key. Enter Min and Press Set key to confirm. Now CL will be displayed on your screen, press Set key again to confirm.

Operation	Display	Instruction
To Read Stored Memories		Stored Memory can be read only when you are in Standby mode.
	a.	If it reading is in Kpa, then Kpa will be displayed.
	b.	If there is an irregular heartbeat Measured in the data, then irregular heartbeat symbol will be displayed.
	c.	The unit has 2*90 memories.
d.	Each time you press the Mem Key, the latest measurement value will be shown.	

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APPLYING THE ARM CUFF

CAUTION

Read all of the information in the instruction manual and any other literature in the box before operating the unit.

CAUTION

This device is intended for use in measuring blood pressure and pulse rate in the adult population. Do not use this device on infants or persons who cannot express their intentions.

APPLYING THE CUFF ON THE LEFT ARM

1. Make sure the air plug is securely inserted in the main unit.

2. Remove tight-fitting clothing from your upper left arm

3. Sit on a chair with your feet flat on the floor. place your left arm on a table so the cuff is level with your heart.



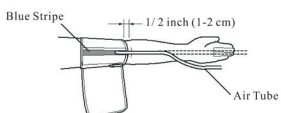
4. Hold the thumb grip on the cuff securely with your right hand.



5. Turn the palm of your left hand upward.



6. Apply the cuff to your left upper arm so the blue stripe is on the inside of your arm and aligned with your middle finger. The air tube runs down the inside of your arm. The bottom of the cuff should be approximately 2/1" above your elbow.



7. Wrap the cuff firmly in place around your arm using the cloth fastener.



TAKING A MEASUREMENT

The monitor is designed to take measurements and store the measurement values in the memory for two people using Mode 1 and Mode 2

WARNING Contact your physician for specific information about your blood pressure. Self-diagnosis and treatment using measured results may be dangerous. Follow the instructions of your physician or licensed healthcare provider.

CAUTION Operate the device only as intended. Do not use the device for any other purpose.

1. Press the START/STOP button. All symbols appear on the display. The USER ID Symbol you selected flashes on the display. The cuff starts to inflate automatically. As the cuff inflates, the monitor automatically determines your ideal inflation level. This monitor detects the pulse during inflation. Do not move your arm and remain still until the entire measurement process is completed.

NOTE: To stop the inflation or measurement, press the START/STOP button. The monitor will stop inflating, start deflating and will turn off

TAKING A MEASUREMENT

3. Inflation stops automatically and the measurement is started. As the cuff deflates, decreasing numbers appear on the display. The heartbeat symbol (☺) flashes at every heartbeat



4. When the measurement is complete, the arm cuff completely deflates. Your blood pressure and pulse rate are displayed.

5. Press the START/STOP button to turn the monitor off.

NOTE: The monitor will automatically turn off after two minutes.



WARNING

The monitor is not intended to be a diagnostic device.

SPECIAL CONDITIONS

CAUTION

Inflating to a higher pressure than necessary may result in bruising where the cuff is applied.

If your systolic pressure is known to be more than 220mmHg, press and hold the START/STOP button until the monitor inflates 30 to 40 mmHg higher than your expected systolic pressure

NOTES: • Do not apply more pressure than necessary.
• The monitor will not inflate above 299mmHg. When the measurement is complete, the arm cuff completely deflates. Your blood pressure and pulse rate are displayed.

CARE AND MEINTENANCE

To keep your digital blood pressure monitor in the best condition and protect the unit from damage, follow the directions listed below:

Keep the monitor in the storage case when not in use.

Do not forcefully bend the arm cuff or air tube. Do not fold tightly.

Clean the monitor with a soft dry cloth. Do not use any abrasive or volatile cleaners. Do not attempt to clean the cuff.

CAUTION

Do not submerge the device or any of the components in water. Do not subject the monitor to extreme hot or cold temperatures, humidity or direct sunlight.

CAUTION Store the device and the components in a clean, safe location.

CAUTION

Do not subject the monitor to strong shocks, such as dropping the unit on the floor.

Remove the batteries if the unit will not be used for three months or longer. Always replace all the batteries with new ones at the same time.

ERROR INDICATORS AND TROUBLESHOOTING TIPS

SYMBOL	CAUSE	CORRECTION
E-1	Arm plug disconnected	Insert the plug securely
	Arm cuff not applied correctly	Apply the arm cuff correctly
	Air is leaking from the arm cuff	Replace the cuff with the new one
E-2	Cuff over inflated.	Repeat measurement. Remain still and do not talk during measurement.
		If "E2" appears repeatedly, inflate the cuff manually until it is 30 to 40 mmHg above your previous measurement result. Refer to "Taking a Measurement".
E-4	Movement during measurement.	Repeat measurement. Remain still and do not talk during measurement.
E-5	Clothing is interfering with the arm cuff.	Remove any clothing interfering with the arm cuff. Refer to "Applying the Arm Cuff".
E-6	Device error.	Contact Customer Service.
	Batteries are worn	Replace the four batteries. Refer to "Battery Installation"

TROUBLESHOOTING TIPS

PROBLEM	CAUSES AND SOLUTIONS
No power	Replace all four batteries with new ones. Check the battery installation for proper placement of the battery polarities.
No display appears on the unit.	Blood pressure varies constantly. Many factors including stress, time of day, and how you wrap the cuff, may affect your blood pressure. Review the sections "Before Taking a Measurement" and "Taking a Measurement."
Measurement values appear too high or too low.	

LIMITED WARRANTIES

Your Naulakha BP FIT Automatic Blood Pressure Monitor, excluding the arm cuff, is warranted to be free from defects in materials and workmanship appearing within 1 year from the date of purchase, when used in accordance with the instructions provided with the monitor. The arm cuff is warranted to be free from defects in materials and workmanship appearing within 6 months from the date of purchase when the monitor is used in accordance with the instructions provided with the monitor. The above warranties extend only to the original retail purchaser.

We will, at our option, repair or replace without charge any monitor or arm cuff covered by the above warranties. Repair or replacement is our only responsibility and our only remedy under the above warranties.

To obtain warranty service contact Customer Service for the address of the repair location and the return shipping and handling fee.

Enclose the Proof of Purchase. Include a letter, with your name, address, phone number, and description of the specific problem. Pack the product carefully to prevent damage in transit. Because of possible loss in transit, we recommend insuring the product with return receipt requested.

THE FOREGOING IS THE SOLE WARRANTY PROVIDED BY NAULAKHA IN CONNECTION WITH THIS PRODUCT, AND NAULAKHA HEREBY DISCLAIMS ANY OTHER WARRANTIES, EXPRESS OR IMPLIED, INCLUDING IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE. IMPLIED WARRANTIES AND OTHER TERMS THAT MAY BE IMPOSED BY LAW, IF ANY, ARE LIMITED IN DURATION TO THE PERIOD OF THE ABOVE EXPRESS WARRANTY.

NAULAKHA SHALL NOT BE LIABLE FOR LOSS OF USE OF ANY OTHER SPECIAL, INCIDENTAL, CONSEQUENTIAL OR INDIRECT COSTS, EXPENSES OR DAMAGES.

This warranty provides you with specific legal rights, and you may have other rights that vary by jurisdiction. Because of special local requirements, some of the above limitations and exclusions may not apply to you.

FOR CUSTOMER SERVICE

Visit our web site at:

www.naulakha.com

SPECIFICATIONS

Model:	BP FIT
Display:	LCD Digital Display
Measurement Range:	Pressure: 0 to 299 mmHg. Pulse: 40 to 180/min
Accuracy/Calibration:	Pressure: ± 3mmHg or 2% of reading Pulse: ± 5% of reading
Inflation:	Automatic by electric pump
Deflation:	Automatic pressure release valve
Rapid Air Release:	Automatic exhaust valve
Measurement Method:	Oscillometric method
Power Source:	120V 60Hz AC adapter or 4 "AAA" batteries
Battery Life:	Approx. 500 uses when used 6 times a day with 4 new alkaline batteries.
Operating Temperature (Humidity):	50°F to 104°F (10°C to 40°C) / 15 to 90% RH
Storage Temperature (Humidity/Air Pressure):	-4°F to 140°F (-20°C to 60°C) / 10 to 95% RH / 700-1060hpa
Main Unit Weight:	Approximately (262g) not including batteries
Main Unit Dimensions:	Approx 110*88*168MM
Cuff Size:	Cuff tube 64cm
Cuff Circumference:	22 to 36 cm
Memory:	Up to 90 per user
Contents:	Main Unit, Regular size Cuff, USB Cable Instruction Manual

NOTE: These specifications are subject to change without notices.