



**Remote Care
Partners**

Wireless Arm Type Blood Pressure Monitor

Model # ADF-819



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Model # ADF-819
INSTRUCTION MANUAL

INTRODUCTION

This Blood Pressure Monitor is provided to you by Remote Care Partners (RCP), for use exclusively with the health monitoring program from your provider.

Please read this manual carefully and keep it handy for future reference

NOTES ON SAFETY

Please read this section carefully to familiarize yourself with features and operations before using the unit.

Babies, young children, or individuals who cannot express their consent are not suitable to take blood pressure measurements.

Individuals with serious arteriosclerosis are not suitable to take blood pressure measurements.

Blood pressure readings may change in the case of pregnancy. Pregnant women can consult their doctor before taking measurements.

Self-measurement is not medical treatment.
Normal blood pressure is 120/80 or less

Handling batteries properly

As soon as old batteries run out, replace them with new batteries.

- Do not use old and new batteries together.
- Align the polarities of batteries correctly.
- When the unit will not be used for more than 3 months, remove the batteries. Otherwise, batteries may leak and cause damage to the unit.

WHEN TAKING A MEASUREMENT

Avoid smoking, eating, or exercising for 30 minutes before taking measurements.

Do not allow other people to use your blood pressure monitor. The blood pressure monitor is specifically assigned to you and you only.

Allowing other people to use your monitor can mislead your provider.

Unless otherwise instructed by your provider, you can take your blood pressure on **either arm**.

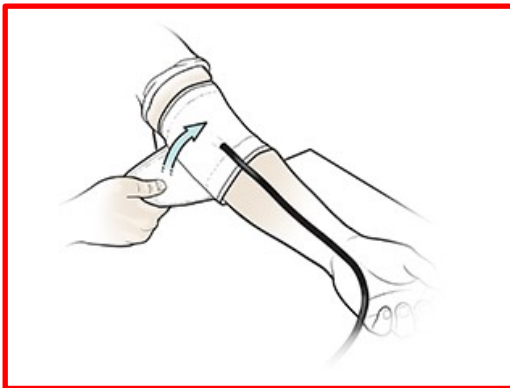
Remove tight-fitting or thick clothing from your upper arm. The cuff should be placed on bare skin.

QUICK START

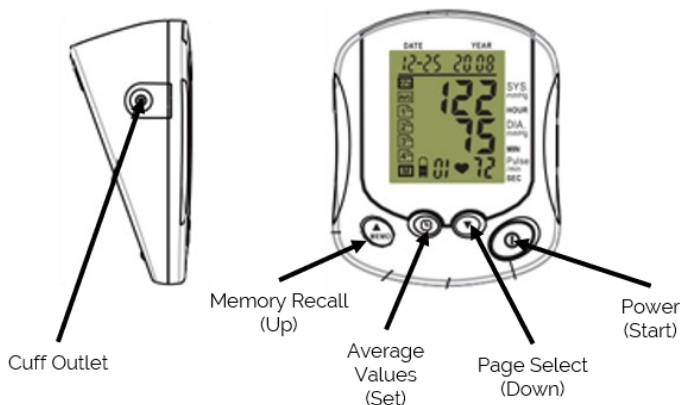
Avoid smoking, eating, or exercising for 30 minutes before taking measurements.

1. Sit upright in a chair with both your feet on the floor.
2. Apply the blood pressure cuff to the bare skin of your upper arm. **Do not place the cuff over your clothing.**
3. Pull-on the end of the cuff until it wraps securely around your upper arm. Place your arm on a table so that the cuff is at the same level as your heart.
4. Press the "Ⓢ" button on the device. The cuff will automatically inflate, and the measurement will start. Do not talk or move around while the measurement is taking place.
5. When the measurement is complete, the cuff will automatically deflate, and your systolic & diastolic pressure values plus the pulse rate will display on the Blood Pressure monitor.
6. The readings will automatically be transferred to the RCP SmartHub and sent to your provider.

PROPER POSITIONING FOR TAKING A BLOOD PRESSURE MEASUREMENT



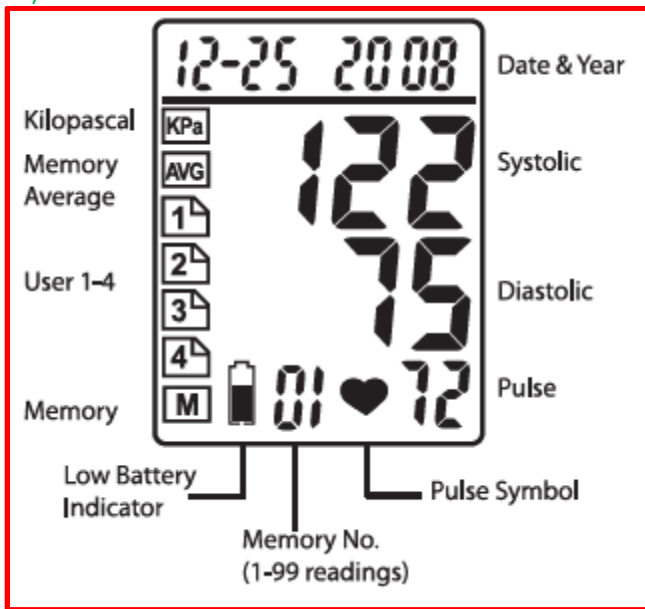
PRODUCT OVERVIEW



Features

- One-Touch Operation
- Irregular Heartbeat Detector
- Blood Pressure Mode and Clock Mode
- 4 User/ 396 Total Memory
- 4 Alarm Clock Settings
- 5 Mode Averaging Functions - Hour, Day, Week, Month, and Overall
- Auto-off Power Saving Feature
- Operated by 4 AA batteries

Display



Package Contents



Main Unit



Arm Cuff



4 x AA
Alkaline Batteries

PREPARATION BEFORE USE

Insert the Batteries

New batteries were installed in your device before shipping. Unless instructed by a support person, skip this section

1. Pull and lift on the lock to remove the battery cover.
2. Insert 4 AA batteries with the polarities in the correct direction.
3. Replace the battery cover
4. Press the battery cover lightly until the lock securely clicks into place.



TIPS

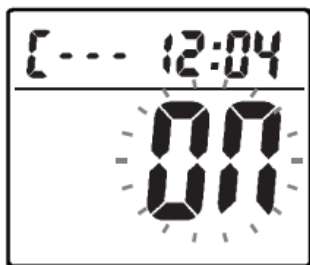
Replace Battery the battery indicator shows low voltage



Setting the Date and Time

Note:

- Set the correct date and time before taking a measurement.
 - Date and time should be reset after replacing new batteries
1. Press and hold the "⊕" button for a few seconds until the Year display flashes.
 2. Press the "▲MEMO" or "▼" button to select the current year.
 3. Press the "⊕" button to confirm Year Setting.
 4. Follow the same steps to set the Month, Date, Hour, and Minute
 5. You can choose Clock Function "ON" or "OFF" while the monitor is not in use. Press the "▲MEMO" or "▼" button to select. Press the "⊕" button to confirm

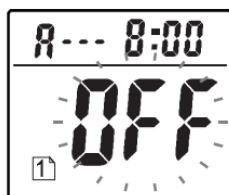
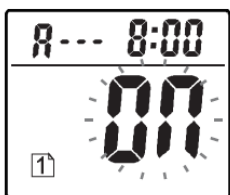


Note: If you select Clock Function "ON", you will continue at the Alarm Setting section. Otherwise, the settings will end.

Setting the Alarm

Note:

- You will not be able to set the alarm clock if Clock Function is set to "OFF".
- You can set a maximum of 4 alarms.
- To disable Alarm, Press the "▲MEMO " or "▼" button to select "OFF" and press the "⊕" button to confirm.



1. To set 1st Alarm, Press the "▲MEMO " or "▼" button to select "ON". Press the "⊕" button to confirm.
2. When the Hour digit flashes, press the "▲MEMO" or "▼" button to select Hour. Press the "⊕" button to confirm.
3. When Minute digit flashes, press the "▲MEMO" or "▼" button to select Minute. Press the "⊕" button to confirm.

Follow the same steps to set the 2nd, 3rd, and 4th Alarm

Note:

- Press the "⓪" button anytime during clock setting/ alarm setting to start over if an error occurs.
- Each alarm clock lasts 45 seconds, or you can turn it off by pressing the "⓪" button.

TAKING A MEASUREMENT

Note:

- Avoid smoking, eating, or exercising for 30 minutes before taking a measurement.
- **Do not move or talk during measurement.**
- Measurement can be taken on either arm.

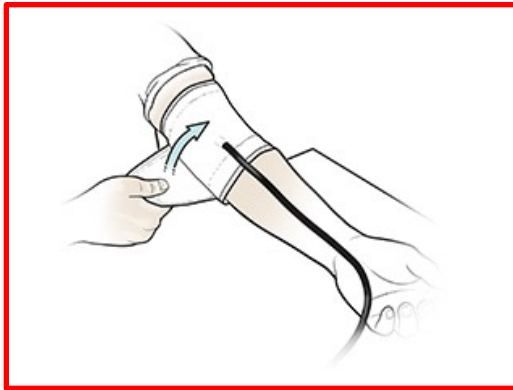
Sitting Correctly

1. Relax
2. Sit upright in a chair with both your feet on the floor.
3. Remove tight-fitting or thick clothing from your upper arm. Apply the blood pressure cuff to the bare skin of your upper arm. Do not place the cuff over your clothing.
4. Place your arm on a table so that the cuff will be at the same level as your heart.



Applying the Arm Cuff

1. Place your elbow on a table, palm facing upward, and wrap the arm cuff around the upper left arm.
2. Pull on the end of the cuff until it wraps securely around your upper arm. Do not overtighten the cuff. Allow $\frac{1}{2}$ inch between the bottom of the cuff and your elbow joint.
3. The air tube should run along the inside of your arm.
4. Make sure the cuff is at the same level as your heart.



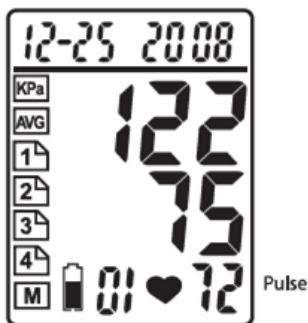
Taking the Measurement

1. Press the "Ⓟ" button. The cuff will automatically inflate, and the measurement will start. Do not talk or move around while the measurement is taking place.
2. When the measurement is complete, the cuff will automatically deflate, and your systolic & diastolic pressure values and pulse rate will display on Blood Pressure monitor.
3. The readings will automatically be transferred to the RCP SmartHub and sent to your provider.

Note: You can press the "Ⓟ" button to stop measurement at any time.

Heartbeat Readings

In addition to your systolic and diastolic values, Your pulse rate will also be displayed after a measurement



Irregular Heartbeat

This unit has a unique feature that alerts the user if an irregular heartbeat is detected during measurement.

An irregular heartbeat is defined as a heartbeat rhythm that has a variation of more than 25% from the average rhythm detected during measurement.

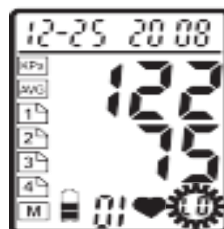
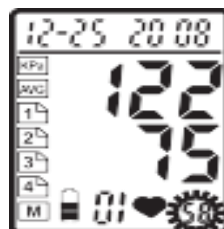
If such irregular rhythm occurs twice or more during the same measurement, the display screen will flash between the pulse value and "IH" symbol. Example: (90/IH).

Note: Please consult your doctor if an irregular heartbeat occurs.



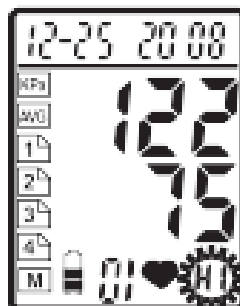
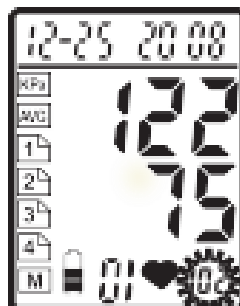
Regular but Below Normal Heartbeat

If the monitor detects a pulse rate below 60 beats per minute during measurement, the display screen will flash between the pulse value and “LO” symbol. Example: (58/LO).



Regular but Above Normal Heartbeat

If the monitor detects a pulse rate above 100 beats per minute during measurement, the display screen will flash between the pulse value and “HI” symbol. Example: (102/HI).



MEMORY FUNCTIONS

After the measurement, the last set of measured values will be saved automatically. You can then turn off the unit by pressing the “⊕” button. If you do not press the button, the unit will automatically turn off after three minutes.

View Past Readings

1. Press the “▲MEMO” button to enter Memory function.
2. To select a different User Page, press the “▼” button.
3. Press the “▲MEMO” button to display the next sets of values. Past readings are

Symbol on Display	Average Values of
1 h	One Hour
1 d	One Day
7 d	One Week
30 d	One Month
ALL	All Readings

displayed from the most recent to the oldest.

4. The unit stores the last 99 readings for each user.

View Average Readings

1. Press the “⊕” button to enter Average function.
2. To select a different User Page, press the “▼” button.
3. Press the “⊕” button to view different Average Values. There are five different

Average Values available:

Delete Past Readings

You can delete all the past readings stored for each user.

1. Press the “▼” button to select the User Page you want to delete.
2. Press and hold the “▲MEMO” button and the “▼” simultaneously for five seconds. “ALL EE” will be displayed and all past reading stored in that User Page will be deleted.

TROUBLESHOOTING

Problem	Cause	Solution
No display when you press the Power/Start button	Have the batteries run out?	Replace new batteries.
	Are the battery polarities wrong?	Re-align batteries in correct polarities.
"Err P" displayed	Fail to inflate	Check if the cuff is properly connected. Replace the air tube if it is broken.
"Err 1" displayed	Deflate too rapidly	Return for servicing.
"Err 2" displayed	Movement during measurement	Do not move during measurement
	Signal interference	Remove interfering source e.g. mobile phones, magnets.
"Err 3" displayed	Incorrect results	Measure again.

If you cannot solve your issue using the table above, please contact your physician or Remote Care Partners. Do not disassemble the unit.

STORAGE AND MAINTENANCE

- Keep the unit away from direct sunlight, extreme temperature, humidity, or moisture.
- Use a dry, soft cloth to clean the unit, or if desired, use a cloth lightly dampened with water.
- Do not use alcohol, benzene, thinner, or other volatile liquids to clean the unit.
- Do not wash or expose the arm cuff to liquid.
- Remove the batteries from the unit when it will not be used for more than three months.

NOTE: Please recycle or dispose of batteries per local regulations.

WARNING: Batteries may pose a choking hazard. As with all small items, do not let children handle batteries. If swallowed, seek medical attention immediately.

PRECAUTION:

Do not dispose of batteries in fire. Batteries may explode or leak.

SPECIFICATIONS

Model No.	ADF-B19
Measurement Method	Oscillometric
Measurement Range	Pressure: 20 – 280 mmHg Pulse Rate: 40 – 195 beats/min
Accuracy	Pressure: +/- 3 mmHg Pulse Rate: +/- 5%
Inflation	Pump driven
Pressure Detection	Semi-conductor
Power Supply	4 x AA batteries or AC/DC adaptor
Auto Power Off	3 minutes after last operation
Storage Environment	-20°C to 60°C, 10% to 95% RH
Operation Environment	10°C to 40°C, 30% to 85% RH
External Dimensions	4.7" (L) x 5.5" (W) x 2.8" (H) or 12 (L) x 14 (W) x 7 (H) cm
Net Weight	370g (batteries excluded)
Cuff Dimensions	For arm circumference of 22-34 cm (Special size to be ordered separately)
Package Content	Cuff, Instruction Manual, Battery Set, Warranty Card

Note: Subject to modification without prior notice.

CONTACT INFORMATION AND NOTICES

Remote Care Partners

855-477-7000

www.remotecarepartners.com

AndseFit LTD

Unit 513 Lakeside 1,
No. 8 Science Park West Ave
Hong Kong Science Park
Hong Kong

FCC Compliance Statement

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions:

1. This device may not cause harmful interference, and
2. This device must accept any interference received, including interference that may cause undesired operation.

FCC WARNING

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation.

This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications.

However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and the receiver.
- Connect the equipment into an outlet different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.