User Manual

Manage my blood pressure in
the United Kingdom with VitaeChek



Thank you very much for selecting our model Arm Blood Pressure Monitor for the model of AES-U392. To use the monitor correctly and safely, please read the manual thoroughly before operating it. Please store this manual for future reference.
Version:1.0 Date Modified: 2024-07-11

VitaeChek **Arm Blood Pressure Monitor**

CE 0123

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Intended Use/Indications for Use

The Arm Blood Pressure Monitor is intended to measure the systolic and diastolic blood pressure as well as the pulse rate of adult person via non-invasive oscillometric technique in which an inflatable cuff is wrapped around the upper arm. It can be used at medical facilities or at home. The intended upper arm circumference is 22-42cm. Suitable for adults who over the age of 12.

Explanation of Marks or Symbols

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

	Follow instructions for use.
	IMPLICATION OF SYMBOL. Type-BF applied part.
	Caution: Consult accompanying documents.
	Transport package shall be kept away from rain.
	Do not roll
	Transport package shall not be exposed to sunlight.
	11 Indicates correct upright position of the transport package.
	Contents of the transport package are fragile therefore it shall be handled with care.
	Indicates temperature limits within which the transport package shall be stored and handled.
	Set User, Voice, Unit
	Start measurement, Stop measurement, Turn off

	Memory icon, when the MEM icon flashing, operator could save or recall memories.
IP21	IP21: Protected against solid foreign objects of 12,5 mm Ø and greater, Protection against vertically falling water drops.
	Non-ionizing electromagnetic radiation
LOT	Production lot number
	Production date
	Manufacturer
	The device should not be used after the end of the shown or the day
CE 0123	CE mark: indicates that the device complies with the EU 2017/745.
EC REP	Authorized Representative in the European Community
MD	Medical Device

UDI template:



(01):DI(Device Identification)

(17):Expiration Date

(11): Production Date

(10):Lot Number

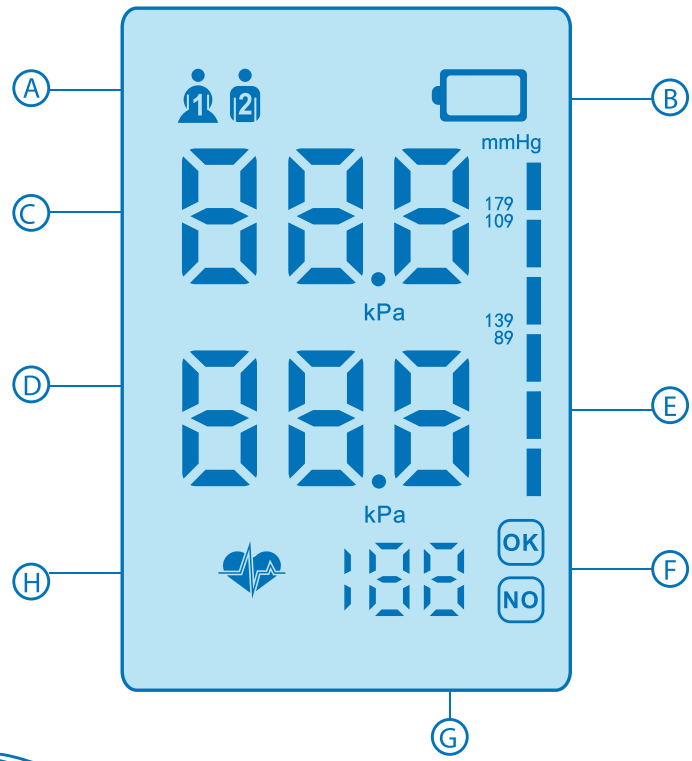
(21):Serial Number

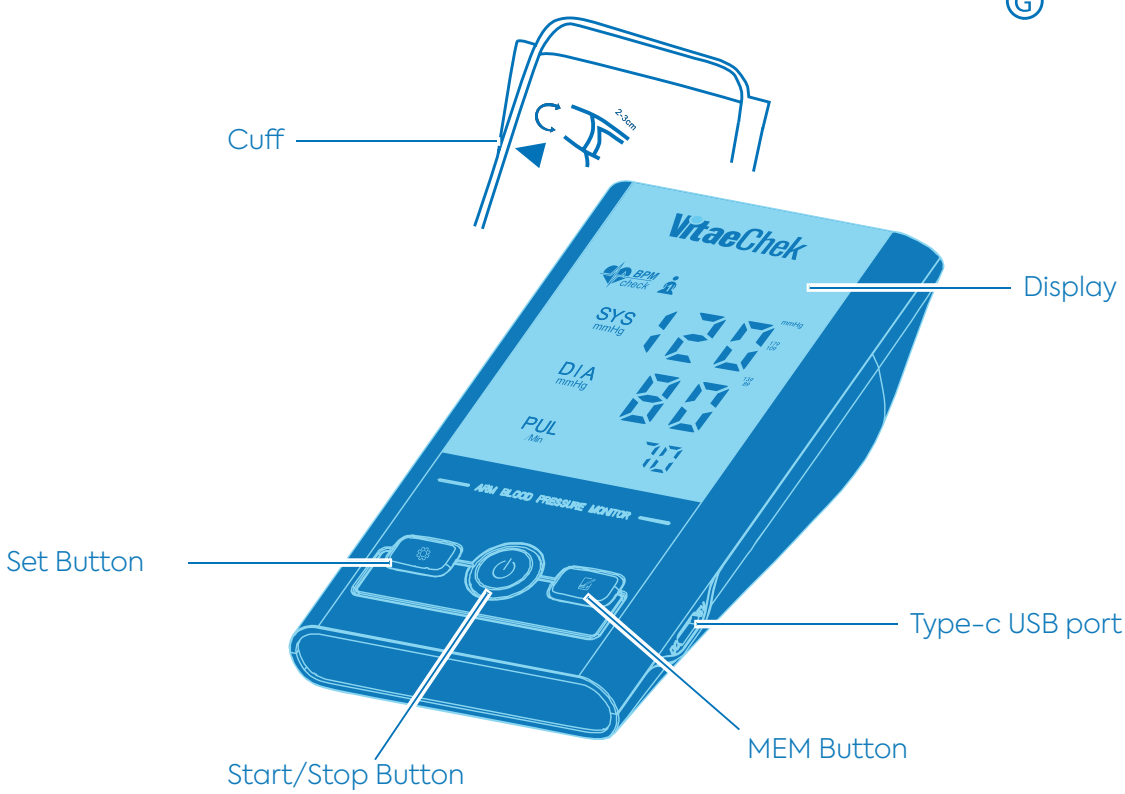
Specification

Name	Arm Blood Pressure Monitor
Model	AES-U392
Measurement mode	Oscillography
Operating conditions	5°C–40°C, 15%–80%RH, 70–106kPa
Storage & transportation condition	-20°C–+55°C, 15%–93%RH, 70–106kPa
Display range	0–290mmHg (0–39kPa)
Measurement range	Diastolic: 30–200mmHg, Systolic: 60–255mmHg, Pulse: 40–199 pulses/min
Measurement accuracy	Pressure: ±3mmHg (±0.4kPa), Pulse: ±5% of reading
Memories recall	90 measurement recalls each user
Dimensions	150×85×41mm
Weight	About 181g (without batteries)
Power supply	DC 6.0V, 4×AAA batteries
Type-C power supply	DC 5V, 1A
Switch off	Automatically turn off after 60 seconds
Cuff size is suitable for arm size	About 22cm between 42cm
Product life	5 years or 10000 measurements under normal use
Adapter	Input: 100–240VAC, 50/60Hz 0.5A (MAX) Output: 5V⎓ 1A which should be applied to IEC60601-1

Know Your Unit

A Number of User Groups
B Low Battery Symbol
C High Pressure Value (Systolic Pressure)
D Low Pressure Value (Diastolic Pressure)
E Blood Pressure Level Indication
F Cuff Detection
G Pulse Rate Display
H Heartbeat Icon





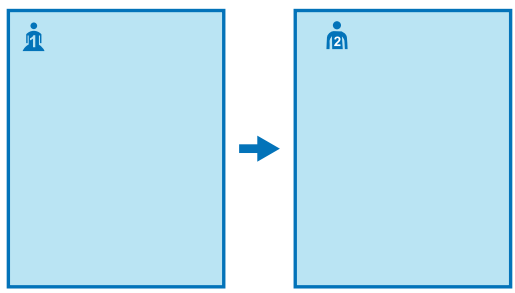
Function setting

Turn off the unit.

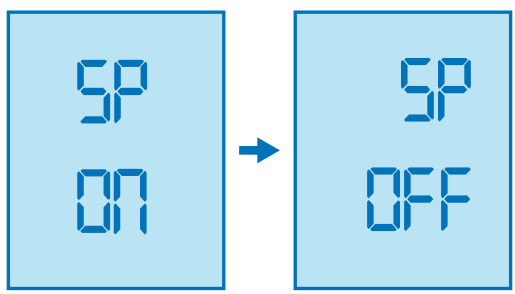
Step1: Press the " ⚙ " button for 3 seconds, when the figure symbol is flashing, means enter the user setting mode.

Step2: Press the " ✎ " button, chose user 1 or user 2.

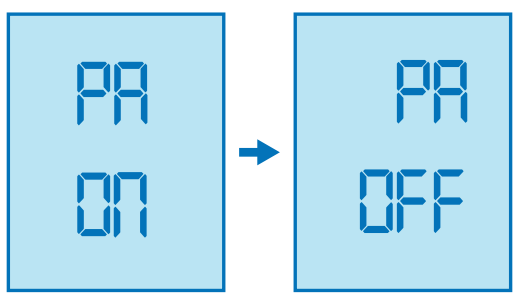
Step3: And then press the " ⚙ " button and enter the next parameter setting.



Repeat the Step2 and Step3 to set the voice,Set "ON" to open voice and "OFF" to close voice.

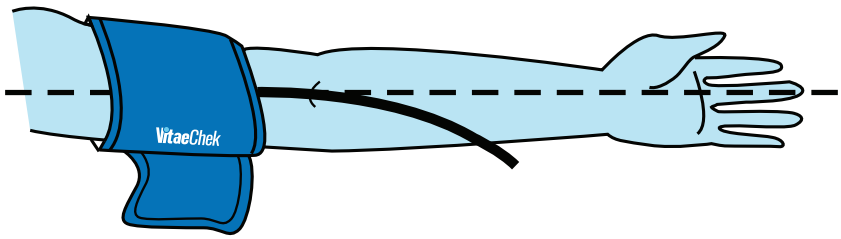


Repeat the Step2 and Step3 to set the unit, Set to "ON" in kPa; Set it to "OFF" and the unit is mmHg. The unit will be closed automatically after setting.

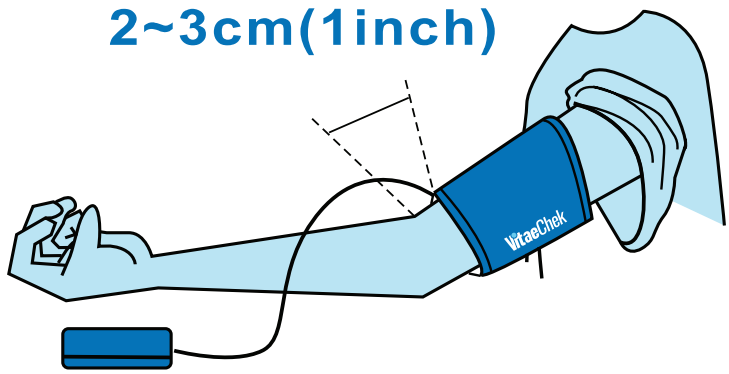


Tie the cuff

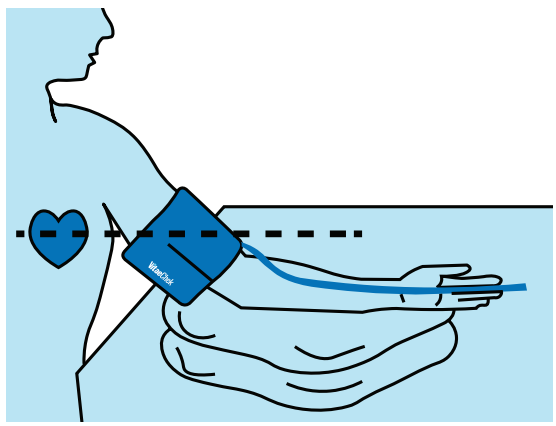
Tie the cuff on your upper arm, position the tube off-center toward the inner side of arm in line with the middle finger.



The cuff should not too tight. You should be able to insert one fingers between the cuff and your arm.



These situations could lead to higher blood pressure values due to strain or the arm cuff being lower than the heart.





Sit comfortably with your left arm resting on a flat surface.

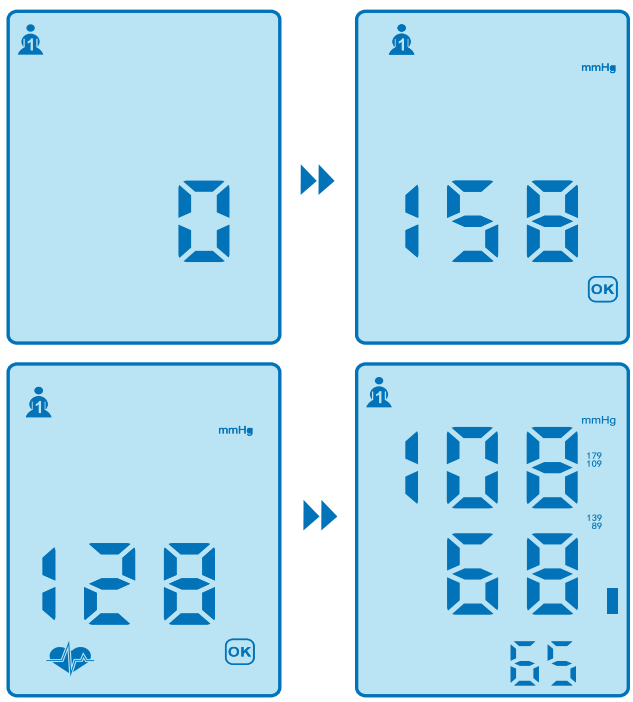
Resting for 5 minutes before measuring.

Wait at least 4-5 minutes between measurements. This allows your blood circulation to recover. For a meaningful comparison, try to measure under similar conditions.

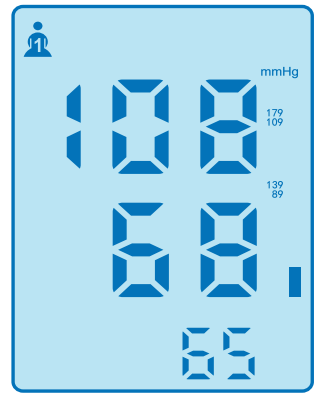
For example, take daily measurements at approximately the same time, on the same arm, or as directed by a physician.

Start the Measurement

- Select the user 1 or user 2.
- Press the Button to measure BP automatically.
- Press the to turn off, or it will turn off automatically within 1 minute.

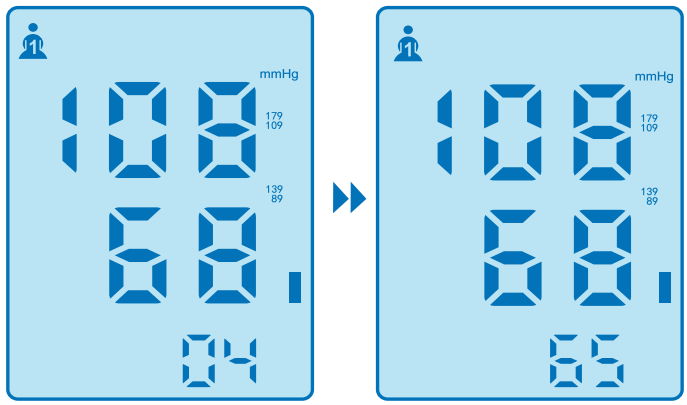


Recall records



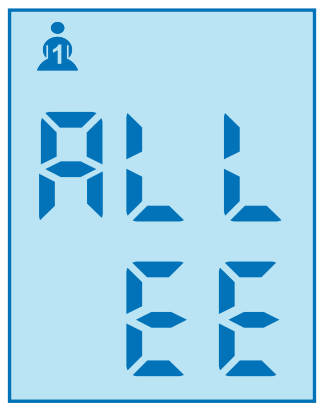
1. Please choose the user 1 or user 2. when the Arm Blood Pressure Monitor turns off, and press the " " to show the average of last 3 records.

2. Press the " " to turn over the records.



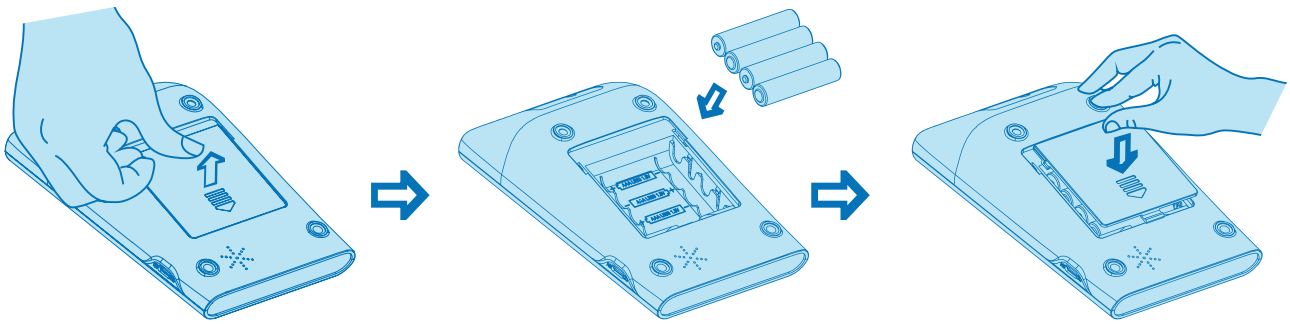
Delete record

Delete all memory In the off state, press the " " button for 3s, and then press " " the display shows " " means all the memories have been deleted.



Replace the batteries in following conditions

- Slide off the battery cover.
- Install the batteries by matching the correct polarity. (4 * AAA)
- Close the battery cover.



Replace the batteries whenever the below happen:

- The ▭ is flashing.
- The display dims.
- The display does not light up.

CAUTION ⚠

- Please take out the battery if you do not use the product for a long time.
- Please refer to the relevant laws and regulations for the disposal of waste batteries.
- Do not mix old and new batteries.
- Do not mix alkaline, standard (carbon-zinc), or rechargeable (Ni-Cd, Ni-MH, etc) batteries.

Safety Information

1. General usage

- Do not adjust medication based on measurement values 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.
- 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, age, pregnancy, pre-eclampsia, renal diseases.
- Note that PATIENT motion, trembling, shivering may affect the measurement.
- Do not use the device on the injured arm or the arm under medical treatment, as this can cause further injury.
- Do not apply the arm cuff on the arm while on an intravenous drip or blood transfusion.
- Prolonged over-inflation of the monitor will result in harmful injury to the patient.
- Too frequent measurements can cause injury due to blood flow interference.
- Consult your physician before using the device on the arm with an arterio-venous (A-V) shunt.
- Do not use the device with other medical electrical (ME) equipment simultaneously.
- Do not use the device in the area of HF surgical equipment, MRI, or CT scanner, or in an oxygen-rich environment.
- Please ask your doctor about your normal blood pressure for right direction before taking the measurement by yourself.
- If the cuff causes any discomfort, please turn off the equipment by pressing the (⏻) button.
- If the arm cuff doesn't deflate automatically after the equipment has pressurized to 300mmHg (40kPa), please press the (⏻) button to stop inflation and take off the cuff.
- This product applies only for adults. Please keep the unit out of reach of children.
- The device complies with RF specifications when the device is used at 0mm form your body.
- This monitor is calibrated at the time of manufactured, if the monitor is used according to the instruction, periodic recalibration is not required. If it is inaccuracy often, please contact your retailer or customer services.
- Do not disassemble, repair, or remodel the main unit or the cuff of the blood pressure monitor by yourself. If necessary, contact your retailer or customer services.

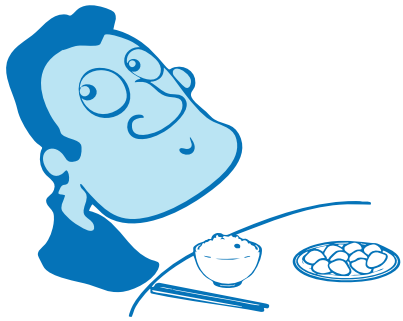
- The user must check that the equipment functions safely and see that it is in proper working condition before being used.If this equipment is modified, appropriate inspection and testing must be conducted to ensure continued safe use of the equipment.
- The patient can use and maintain the device as an operator.
- Please do not continue to use the cuff if you are allergic to it.
- Please use our company's matching cuff, if you use other parts or materials may not be able to boot or reduce safety.
- If non-manufacturer supplied parts are used, errors in measurement results may be caused.
- Please check whether the battery is leaking before use, if it leaks, do not use it.
- Please check whether the power adapter is in good condition before use. If it is damaged, please replace with a new one.
- Do not remove the power adapter during the measurement when using the power adapter to supply power.
- The operator shall not touch output of AC adapter and the patient simultaneously.

2. General precautions

- Do not forcibly crease the arm cuff or the air tube excessively.
- Do not press the air tube while taking a measurement.
- Do not drop the monitor or subject device to strong shocks or vibrations.
- Do not inflate the arm cuff when it is not wrapped around your arm.
- Do not use the device outside the specified environment. It may cause an inaccurate reading.
- Dispose of the device, components and optional accessories according to applicable local regulations. Unlawful disposal may cause environmental pollution.

Tips for operation

It can cause incorrectness if the measurement are taken in the following circumstances.



Less than 1 hour after eating or drinking.



Immediate measurement after tea, coffee, smoking.



Less than 20 minutes after taking a bath.



When talking or moving your fingers.



In a very cold enviroment.



When you want to discharge urine.

Care and Maintenance

1. Cleaning the monitor and cuff

- Make sure the monitor is off prior to cleaning, it can be sterilized with 70%-80% medical alcohol on the soft towel or cotton sliver.
- Clean the monitor with a soft dry cloth. Do not use any abrasive or volatile cleaners. Use a soft moistened cloth and soap to clean the arm cuff, do not wash it in water. Never immerse the monitor or any of the components in water.

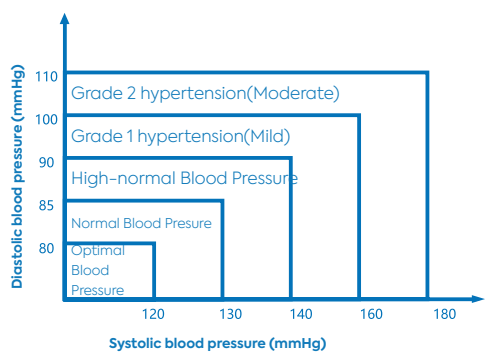
2. Maintaining the monitor and cuff

- Keep the monitor and cuff in the storage box when not in use.
- Do not forcefully bend the arm cuff or air tube.
- Do not fold tightly.
- Do not press the button ⏻ before wear the cuff properly.
- Do not disassemble or attempt to refit the unit or components.
- Do not subject the monitor to strong shocks, such as dropping the unit on the floor. Protect the unit from contamination and dust and direct sunlight.
- If the unit will not be used for a long time, please remove all the batteries.

Standard blood pressure classification

It can cause incorrectness if the measurement are taken in the following circumstances.

Below illustrates the blood pressure classification mode by World Health Organization (WHO) and International Society of Hypertension (ISH) in 1999:



Blood Presure / Level	Optimal	Normal	High-normal	Mild	Moderate	Severe
SYS	<120	<130	130~139	140~159	160~179	≥180
DIA	<80	<85	85~89	90~99	100~109	≥100

CAUTION ⚠

Only a physician can tell you your normal blood pressure range and the point at which you are at risk. Consult your physician to obtain these values. If the measurements taken with these products fall outside the range, Consult your physician immediately.

Common Q&A on Blood Pressure

Q1: Why my blood pressure is varies even in one day?

1. Individual blood pressure varies even in one day, it is also affected by the way you tie your cuff and the your measurement position, so please take the measurement at the same condition.
2. The varies of the pressure is greater if the person take medicine.
3. Wait at least 4-5 minutes between measurements.

Q2: Why the blood pressure I get from the hospital is different from home?

1. The blood pressure is different even during 24 hour because of the weather, emotion, exercise etc.
2. The attention need to pay.
3. When you measure you blood pressure at home:
4. If the cuff is tied properly.
5. If the cuff is too tight or too loose.
6. If the cuff is tied on the upper arm.
7. If you feel anxious pressured.
8. You had better take deep breath 2-3 times before beginning. Advice: adjust yourself for 4-5 minutes until you calm down.

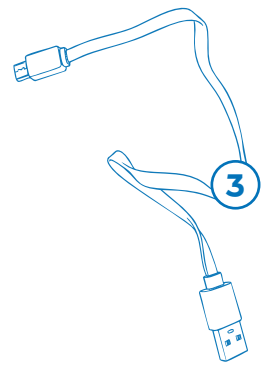
Q3: If the result is the same if measuring on the right arm?

1. It is ok for both arms, but there will be some different results for different person, so we suggest you measure the same arm every time.

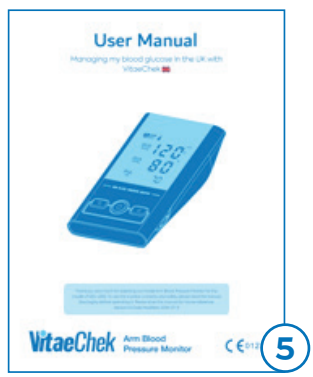
What in the box











1.	Blood pressure monitor Pulse 3	4.	cCuff 22-42 cm
2.	Bag	5	User manual
3.	Type C câble		

Trouble Shooting

It can cause incorrectness if the measurement are taken in the following circumstances.

PROBLEM	SYMPTOM	CHECK THIS	REMEDY
No power	Display is dim or will not light up.	Batteries are exhausted.	Replace with new batteries.
		Batteries are inserted incorrectly.	Insert the batteries correctly.
Low batteries		Batteries are low.	Replace with new batteries.
Error message	"Err 1"	The heart beat signal is too weak or the pressure of cuff descend.	Refasten the cuff and then measure again.
	"Err 2"	There are some noise to affect measurement.	Refasten the cuff and then measure again.
	"Err 3"	The measurement is not right.	Refasten the cuff and then measure again.
	"Err P"	Inflate failed.	Refasten the cuff and then measure again.
	"Err H"	Overcharging pressure.	Refasten the cuff and then measure again.

Electromagnetic Compatibility

The ME EQUIPMENT or ME SYSTEM is suitable for home or hospital environment.

Warning: Don't 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.

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.

If any: a list of all cables and maximum lengths of cables (if applicable), transducers and other ACCESSORIES that are replaceable by the RESPONSIBLE ORGANIZATION and that are likely to affect compliance of the ME EQUIPMENT or ME SYSTEM with the requirements of Clause 7 (EMISSIONS) and Clause 8 (IMMUNITY). ACCESSORIES may be specified either generically (e.g. shielded cable, load impedance) or specifically (e.g. by MANUFACTURER and EQUIPMENT or TYPE REFERENCE).

If any: the performance of the ME EQUIPMENT or ME SYSTEM that was determined to be ESSENTIAL PERFORMANCE and a description of what the OPERATOR can expect if the ESSENTIAL PERFORMANCE is lost or degraded due to EM DISTURBANCES (the defined term "ESSENTIAL PERFORMANCE" need not be used).

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 emission

Emissions test	Compliance
RF emissions CISPR 11	Group 1
RF emissions CISPR11	Class B
Harmonic emissions IEC 61000-3-2	Class A
Voltage fluctuations/flicker emissions IEC 61000-3-3	Applied

Table 2: Guidance and manufacturer's declaration - Electromagnetic Immunity

Immunity Test	Test level (IEC 60601-1-2)	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	Power supply lines: ±2 kV Input/output lines: ±1 kV	Power supply lines: ±2 kV
Surge IEC 61000-4-5	Line(s) to line(s): ±1 kV Line(s) to earth: ±2 kV 100 kHz repetition frequency	Line(s) to line(s): ±1 kV Line(s) to earth: ±2 kV 100 kHz repetition frequency
Voltage dips, short interruptions and voltage variations on power supply input lines IEC 61000-4-11	0% for 0.5 cycle at 0°, 45°, 90°, 135°, 180°, 225°, 270°, and 315° 0% for 1 cycle 70% for 25/30 cycles Single phase: at 0° 300 cycle	0% for 0.5 cycle at 0°, 45°, 90°, 135°, 180°, 225°, 270°, and 315° 0% for 1 cycle 70% for 25/30 cycles Single phase: at 0° 300 cycle
Power frequency magnetic field IEC 61000-4-8	30 A/m at 50 Hz / 60 Hz	30 A/m at 50 Hz / 60 Hz
Conducted RF IEC 61000-4-6	150 kHz to 80 MHz: 3 Vrms 6 Vrms (in ISM and amateur radio bands) 80% AM at 1 kHz	150 kHz to 80 MHz: 3 Vrms 6 Vrms (in ISM and amateur radio bands) 80% AM at 1 kHz
Radiated RF IEC 61000-4-3	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:

UT is the a.c. mains voltage prior to application of the test level.

Table 3: Guidance and manufacturer's declaration - Electromagnetic Immunity

	Test Frequency (MHz)	Band (MHz)	Service	Modulation	Power (W)	Distance (m)	Immunity Test Level (V/m)
Radiated RF IEC61000-4-3 (Test specifications for ENCLOSURE PORT IMMUNITY to RF wireless communications equipment)	385	380 – 390	TETRA 400	Pulse modulation 18 Hz	1,8	0.3	27
	450	380 – 390	GMRS 460, FRS 460	FM ±5 kHz deviation 1 kHz sine	2	0.3	28
	710	704 – 787	LTE Band 13, 17	Pulse modulation 217 Hz	0,2	0.3	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
	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
	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
	5240	5100 – 5800	WLAN 802.11 a/n	Pulse modulation 217 Hz	0,2	0.3	9
	5500						
	5785						

Warranty terms and conditions

1. To purchase this product, carefully read the following warranty terms to ensure that the product is effectively guaranteed.
    - The warranty period of the product is one year. During the warranty period, if the product fails due to poor quality of the original device or manufacturing problems, the company will provide free maintenance and component replacement.
2. The following reasons cause damage to the product can not be used normally, not within the scope of warranty.
    - Damage caused by failure to operate and install according to the instruction.
    - All product damage caused by human or accident.
    - Without the company's approval of the maintenance, modification or product seal stickers broken.
    - Aging, bruising and scratches of the shell on the product surface.
3. After the expiration of the warranty period, users can still get the company to provide maintenance services, but to pay the corresponding fees.

Customer retention

(please show this card when repairing)

Customer Name: _____

Address: _____

_____

Telp/HP: _____

Date of produce: _____

Model: _____

Batch NO.: _____

Date of purchase: _____

Please keep this warranty card properly, It will not be reissued if lost.

Control your blood pressure:

Scan this code to download the manual in your language and more tips on hypertension

Vitae Chek

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Disposal

Do not dispose of electrical appliances as unsorted municipal waste, use separate collection facilities. Contact you local government for information regarding the collection systems available. If electrical appliances are disposed of in landfills or dumps, hazardous substances can leak into the groundwater and get into the food chain, damaging your health and well-being.

CE 0197

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