



Remote Care
Partners

Wireless Arm Type Blood Pressure Monitor

Model # ADF-B180



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Model # ADF-B180
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.

This device is suitable for use by individuals 12 years old or older.

Individuals with severe 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.

Your new digital blood pressure monitor uses the oscillometric method of blood pressure measurement. The monitor detects your blood's movement through your brachial artery and converts the movement into a digital reading. An oscillometric monitor does not need a stethoscope, so the monitor is simple to use.

Intelligent inflation will reduce the uncomfortable feeling by incorrect inflation, shorten the measurement time, and prolong the cuff's usage lifetime.

No modification of this equipment is allowed.

Placing the cuff hose around the neck may cause suffocation.

Do not use alcohol or any other flammable cleaning agent on this device. Use only soap and water.

Do not use the device near a cell phone, as it may cause incorrect readings.
Do not use the device in direct sunlight.

Do not use the equipment where flammable gas (such as anesthetic gas, oxygen, or hydrogen) or flammable liquid (such as alcohol) are present.

Do not touch the output of the AC adapter and

the patient simultaneously.

Do not touch the live end of the battery and the patient simultaneously when changing the batteries.

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.

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

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**.

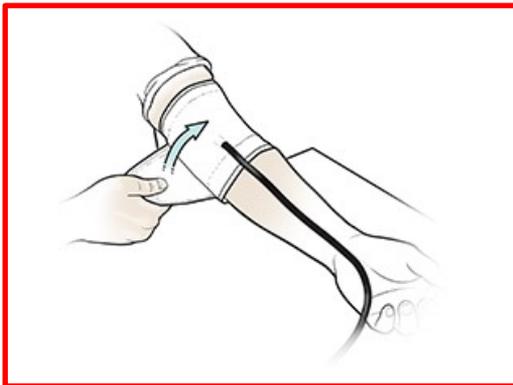
Remove tight-fitting or thick clothing from your upper arm. The cuff should be placed on bare skin.

QUICK START

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

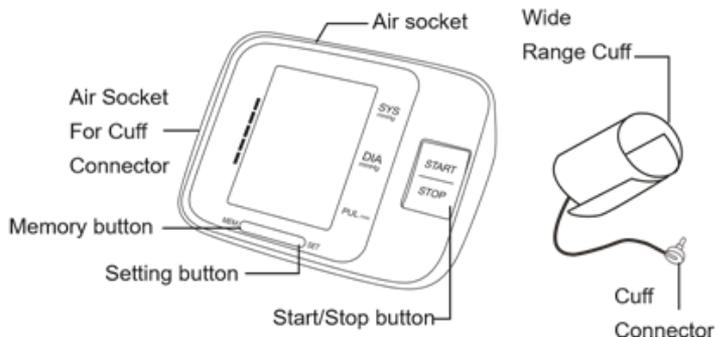
1. Sit upright in a chair with both your feet on the floor.
2. Apply the blood pressure cuff to the bare skin of your upper arm. **Do not place the cuff over your clothing.**
3. Pull on the end of the cuff until it wraps securely around your upper arm. Place your arm on a table so that the cuff is at the same level as your heart.
4. Press the "Stop/Start" 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

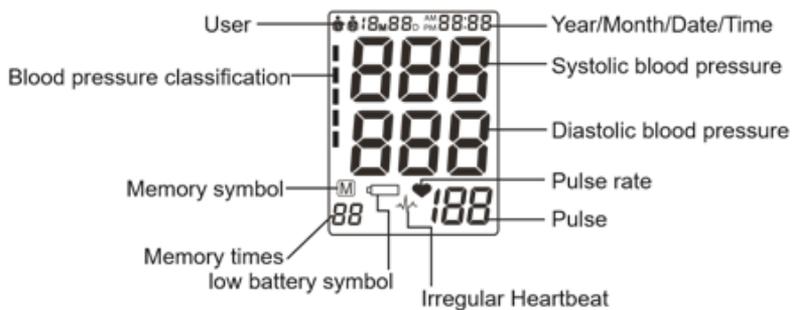


PRODUCT OVERVIEW

Monitor and Cuff



Display



Package Contents



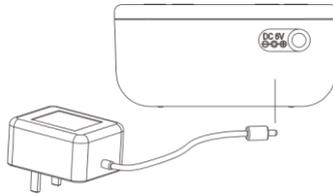
Main Unit



Arm Cuff



4 x AA
Alkaline Batteries



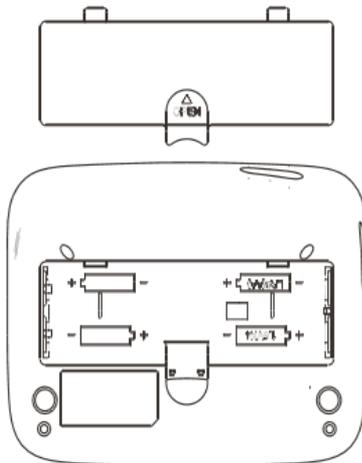
Power Adaptor

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 1.4V alkaline 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.



Setting the Date and Time

It is not necessary to set the Date and Time on the device. The Date and Time of your readings are provided by the SmartHub.

The Time and Date on the SmartHub are automatically synchronized with our servers.

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.

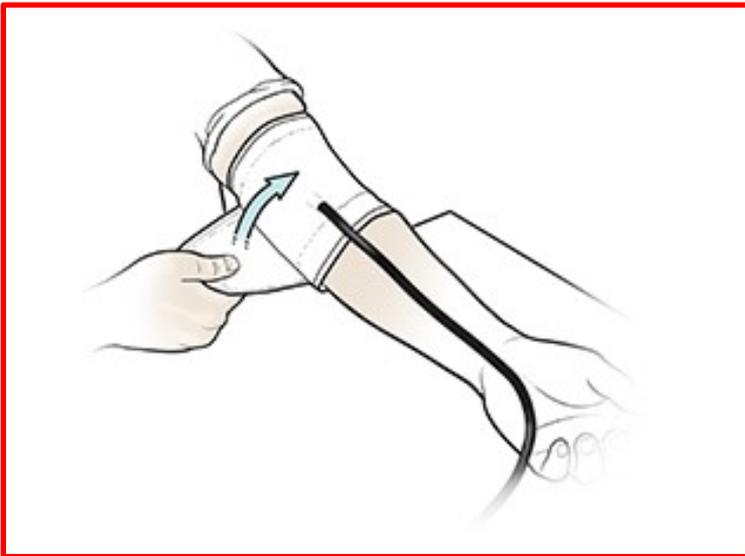
Proper Sitting Position For Taking Your Blood Pressure



Applying the Arm Cuff

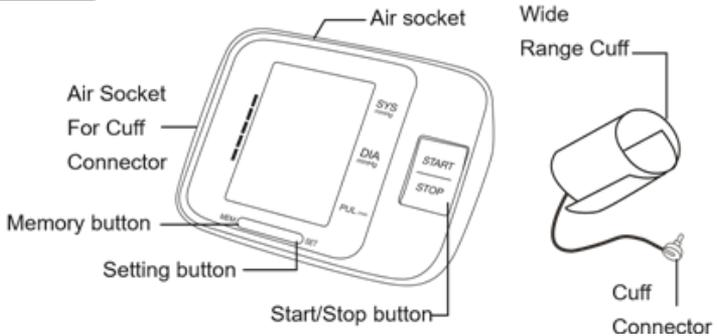
1. Place your elbow on a table, palm facing upward, and wrap the arm cuff around the upper left arm.
2. Pull on the end of the cuff until it wraps securely around your upper arm. Do not overtighten the cuff. Allow $\frac{1}{2}$ inch between the bottom of the cuff and your elbow joint.
3. The air tube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

Proper Cuff Placement For Taking Your Blood Pressure



Taking the Measurement

1. After the cuff is properly placed on your upper arm, Press the "Start/Stop" Button.



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

You can press the "Start/Stop" button at any time to stop the measurement and deflate the cuff.

MEMORY FUNCTIONS

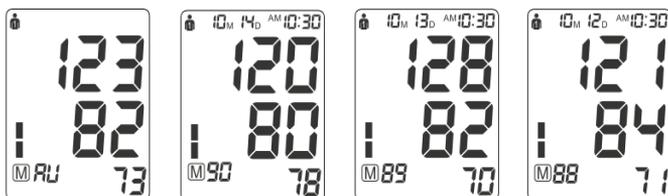
Although the device does store reading, these stored reading are not used by the RPM service.

Each measurement is transferred via the SmartHub as it is taken.

Measurements taken beyond the range of the SmartHub are lost to the system.

View Past Readings

Press the MEMORY button when power is off. The latest value will be shown. Press the MEMORY button again, to see the next stored measurement. Each time the MEMORY button is pressed, the next measurement in the memory will be displayed.



Delete Past Readings

If you are sure that you want to permanently remove all stored readings, press the SETTINGS button 6 times until CL appears. Press the START/STOP button, CL will flash 3 times to indicate that all stored measurements have been erased. If you press the MEMORY button and "no" is shown on the display, then all stored measurements have been successfully erased.

TROUBLESHOOTING

Symbol	Cause	Correction
E-1	Weak signal or pressure change suddenly	Wrap the cuff properly.
		Remeasure with cuff properly positioned
E-2	External strong disturbance	When near a cell phone or other high radiant device, the measurement may fail.
		Keep still and no talking during the measurement.
E-3	Appears error during inflation	Wrap the cuff properly.
		Make sure that the air plug is properly inserted into the unit.
		Remeasure.
E-5	Abnormal blood pressure	Wait 30 minutes. Relax and repeat measurement. If you get unusual readings over 3 measurements, contact your doctor.
	low battery	Replace all the worn batteries with new ones.

Problem	Check	Cause and solutions
No power	Check the battery power	Replace new one
	Check the polarity position	Reinstall batteries with proper placement.
No inflation	Is the cuff connector inserted into the air socket?	Insert into the air socket tightly
	Is the plug, hose, or cuff leaking?	Change a new cuff
Err and stop working	Arm movement during measurement	Keep still during measurements
	Talking during measurement	Keep quiet during measurement.
Cuff leak	Is the cuff wrap too loose	Wrap the cuff tightly
	Is the cuff broken	Change a new cuff

If you cannot solve your issue using the tables above, please contact Support at 855-477-7000. 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

Description	Automatic upper arm blood pressure monitor	
Display	LCD digital display	
Measuring principle	Oscillometric method	
Measuring localization	Upper arm	
Measurement range	Pressure	0~299mmHg
	Pulse	40~199 pulses/min
Accuracy	Pressure	±3mmHg
	Pulse	±5% of reading
LCD indication	Pressure	3 digits display of mmHg
	Pulse	3 digits display
	symbol	Memory/Heartbeat/Low battery
Memory function	2x90 sets memory of measurement values	
Power source	4pcs AA alkaline battery	
Automatic power off	in 1 minutes	
Main unit weight	Approx.200g(batteries not included)	
Main unit size	132 mm×101mm×46mm	
Main unit lifetime	10,000 times under normal use	
Battery life	Could be used for 300 times for normal condition	
Accessories	Cuff, instruction manual	
Operating environment	Temperature	5°C~40°C
	Humidity	15%~93%RH
	Air pressure	86kPa~106kPa
Storage environment	Air pressure:86kPa~106kPa ; Temperature:-20 °C~55°C; Humidity:10%~93%RH; avoid crash,sun burn or rain during transportation	
Note:the product can not be operated at an altitude of 2000m.		

CONTACT INFORMATION AND NOTICES

Remote Care Partners

855-477-7000

www.remotecarepartners.com

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.