Thank you for selecting the Oregon Scientific™ Talking/Wrist Type Blood Pressure Monitor (BPW810N). The (BPW810N) features voice announcement and playback of blood pressure measurements for added convenience and has been designed to provide you with many years of reliable service. The unit can help you measure and track the following metrics:

- Systolic pressure
- Diastolic pressure
- Mean arterial pressure
- Pulse rate
- Historic record of up to 30 measurements per user (maximum 2 users)

Readings taken by the blood pressure monitor are equivalent to those obtained by a trained observer using the cuff and stethoscope auscultation method. Clinical performance were successfully done against ANSI/ AAMI SP10 and international protocol, and the B.H.S. (British Hypertension Society) has rated this product "recommended for clinical and home use", the highest grading available for blood pressure monitors. Please refer to BHS website http://www.bhsoc.org/bp_monitors/automatic_wrist.htm.

This manual contains important safety and care information, and provides step-by-step instructions for using the product.

Read the manual thoroughly before using the product.

### KEY FEATURES

**FRONT VIEW**

1. TALK / VOLUME button
2. LCD
3. ON / OFF button
4. Speaker
5. USER 1 / UP ARROW button
6. USER 2 / DOWN ARROW button
7. SET button

**REAR VIEW**

1. Wrist cuff
2. Battery compartment

### SAFETY AND CARE INSTRUCTIONS

#### SAFETY PRECAUTIONS

Please observe the following safety precautions when setting up and using your blood pressure monitor.

- This device is intended for adult use only.
- 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 wrist or for functions other than obtaining a blood pressure measurement.
- Do not confuse self-monitoring with self-diagnosis. This unit allows you to monitor your blood pressure. Do not begin or end medical treatment based solely on the measurements of this device. Consult a physician for treatment advice.
- If you are taking medication, consult your physician to determine the most appropriate time to measure your blood pressure. Never change a prescribed medication without consulting your physician.
- This unit is not suitable for continuous monitoring during medical emergencies or operations.
- If the cuff pressure exceeds 40 kPa (300 mmHg), the unit will automatically deflate. Should the cuff not deflate when pressures exceed 40 kPa (300mmHg), detach the cuff from the wrist and press the button to stop inflation.
- To avoid measurement errors, carefully read this manual before using the product.

#### CARING FOR YOUR BLOOD PRESSURE MONITOR

To ensure you receive the maximum benefit from using this product, please observe the following care guidelines.

- When not in use, store the unit in a dry place away from direct sunlight.

### LCD SYMBOLS

<table>
<thead>
<tr>
<th>SYMBOL</th>
<th>DESCRIPTION</th>
<th>EXPLANATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>SYS</td>
<td>Systolic pressure</td>
<td>The highest blood pressure measured</td>
</tr>
<tr>
<td>DIA</td>
<td>Diastolic pressure</td>
<td>The lowest blood pressure measured</td>
</tr>
<tr>
<td>MAP</td>
<td>Mean arterial pressure</td>
<td>Average blood pressure measured (see &quot;What is Mean Arterial Pressure (MAP)?&quot; for more information)</td>
</tr>
<tr>
<td>Pulse</td>
<td>Pulse rate per minute</td>
<td></td>
</tr>
<tr>
<td>User</td>
<td>Shows which user profile (1 or 2 is being displayed)</td>
<td></td>
</tr>
<tr>
<td>Memory</td>
<td>If &quot;MEM&quot; shows, the displayed measurement value is from the memory and not necessarily from the last reading</td>
<td></td>
</tr>
<tr>
<td>Weak battery</td>
<td>Batteries are low and need to be replaced</td>
<td></td>
</tr>
<tr>
<td>Inflating</td>
<td>Unit is inflating with air to obtain the needed level of pressure</td>
<td></td>
</tr>
<tr>
<td>Deflating</td>
<td>Wrist cuff air is exhausting or deflating</td>
<td></td>
</tr>
<tr>
<td>mmHg</td>
<td>Millimeter(s) of mercury</td>
<td>Measurement unit for blood pressure</td>
</tr>
<tr>
<td>kPa</td>
<td>Kilopascal</td>
<td>Measurement unit for blood pressure</td>
</tr>
<tr>
<td>Voice activation</td>
<td>Voice announcing your blood pressure measured</td>
<td></td>
</tr>
</tbody>
</table>
• Do not immerse the unit in water. If it comes in contact with water, dry it immediately with a soft lint-free cloth.
• Use a soft, slightly moistened cloth to wipe off the unit and cuff. Do not use abrasive or corrosive cleaning agents, as these may cause damage.
• Remove the batteries whenever you are planning to store the unit for a long period of time.
• When replacing batteries, use new batteries as specified in this user manual. Do not mix new and old batteries.
• Do not place objects such as stickers on the wrist cuff or unit, as these may impair the measurement.
• Do not subject the unit to excessive force, shock, dust, temperature changes, or humidity. Such treatment may result in malfunction, a shorter electronic life span, damaged batteries, or distorted parts.
• Do not tamper with the internal components. Doing so will terminate the product warranty and may cause damage.
• The unit contains no user-serviceable parts.
• If you no longer need to use this product, protect the environment by bringing it to your dealer or designated collection point for proper disposal.

ABOUT BLOOD PRESSURE
What is blood pressure?
Blood pressure is the force generated by the blood against the walls of arteries during cardiac contraction and relaxation (e.g., the pumping action of the heart).

What are systolic pressure and diastolic pressure?
When ventricles contract and pump blood out of the heart, blood pressure reaches its maximum value. This highest pressure in the cycle is known as systolic pressure. When the heart relaxes between heartbeats, the lowest blood pressure is diastolic pressure.

What is mean arterial pressure (MAP)?
The mean arterial pressure (MAP) is the average pressure that forces blood through the arteries. It is not the average of the systolic and diastolic blood pressure; rather, MAP corresponds to a state of balance between the compressive and expansive forces acting on the arterial wall when there is no distension outward or inward. MAP is an excellent way to evaluate the stress on the walls of your blood vessels, and can be used to evaluate excessive load on the cardiovascular system. Show your MAP history to your doctor to provide additional information that may help him or her understand your situation.

Why measure your blood pressure?
Blood pressure measurement can highly reflect one’s health condition. High blood pressure is potentially linked to serious illnesses such as stroke, heart disease and kidney failure.
Since there is no symptom most of the time, many hypertensive people do not realize they are at risk until their health is seriously threatened.

What is the standard blood pressure classification?
Figure 3 illustrates the blood Pressure classification made by World Health Organization (WHO) and International Society of Hypertension (ISH) in 1999.


NOTE
• Blood pressure is considered high when either the diastolic or systolic blood pressure value exceeds the normal range. When a patient’s systolic and diastolic blood pressures fall into different categories, the higher category should apply.
• 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.

Why does my blood pressure fluctuate throughout the day?
Individual blood pressure varies greatly both on a daily and a seasonal or temperature basis. These variations may be more pronounced in hypertensive patients. Normally the blood pressure rises while at work and is at its lowest during sleep.

The graph below illustrates the variations over a single day with measurement taken every 5 minutes. The thick line represents sleep time. The rises in blood pressure at 4PM (A in the graph) and 12AM (B in the graph) correspond to an attack of pain and sexual intercourse (Beven, Honour & Scott, Clin. Sci., 36:329, 1969).

HOW THE BLOOD PRESSURE MONITOR WORKS
This product uses the Oscillometric Measuring method to detect your blood pressure. Before every measurement, the unit establishes a ‘zero pressure’ equivalent to the air pressure.

Then it starts inflating the wrist cuff to 180 mmHg or higher until it senses that it has blocked your blood in the artery. After that, the deflation process starts, during which time the unit detects pressure oscillations generated by beat-to-beat pulsatile, which is used to determine the systolic, mean and diastolic pressure, and also your pulse rate. Any motion during this period will result in an incorrect measurement. After all readings are determined and displayed on the LCD, the measurement is finished and the wrist cuff automatically deflates.

GETTING STARTED
INSTALLING AND REPLACING THE BATTERIES
1. Slide off the battery cover.
2. Install the batteries by matching the correct polarity, as shown below. Always use the correct battery type (2 alkaline LR03 AAA-size).
3. Replace the cover.

NOTE: Replace the batteries whenever the weak battery mark C shows, the display is dim, or the display does not illuminate when the power is on. Replace all the batteries at the same time - it is dangerous to mix old and new batteries.
Contact your local waste disposal authority for instructions on how to dispose of used batteries. Used batteries can be harmful to the environment, and should not be thrown out with household trash.

SETTING DATE, TIME AND MEASUREMENT UNITS
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.

1. When the unit is off, press and hold SET for 2 seconds to enter the setting mode.
2. The setting order is as follows: 12/24 hour format, hour, minute, month, date, year and measurement unit (mmHg, kPa).
3. Press UP or DOWN to increase / decrease a value or change the setting.
4. Press SET to accept the change and switch to the next setting.
5. When you are finished, press  to exit the setup menu.

**POSITIONING THE WRIST CUFF**

It is important to properly position the wrist cuff to ensure that you receive an accurate reading.

1. Remove all accessories (watch, bracelet, etc.) from your left wrist. If your physician has diagnosed you with poor circulation in your left arm, use your right wrist.
2. Roll or push up your sleeve to expose the skin.
3. Apply the cuff to your left wrist with your palm facing up.
4. Position the edge of the cuff about 0.4 inches (1cm) from the bottom of your palm.
5. Fasten the wrist cuff around your wrist, leaving no extra room between the cuff and your skin. If the cuff is too loose, the measurement will not be accurate.

**NOTE**: Graphics may not exactly match product.

**VOICE PLAYBACK OF BLOOD PRESSURE MEASUREMENTS**

The BPW810N features voice playback during and after blood pressure measurement results, as well as general instructions to help you prepare for taking measurements. When the unit has finished taking your measurement, your blood pressure readings, pulse and blood pressure classification are announced. If you want to repeat the announcement, simply press TALK / VOLUME.

Anytime you recall a measurement record from memory, it will also be announced. Press TALK / VOLUME if you need to repeat the playback of any record.

**VOLUME CONTROL**

To adjust the volume level:
1. Press and hold TALK / VOLUME until volume level flashes on the LCD.
2. Press TALK / VOLUME to adjust volume level.

![Volume Levels](image)

- 0 (MUTE)
- 1 (VOLUME IS LOW)
- 2 (VOLUME IS HIGH)

3. Press  when you have finished adjusting the volume.

**NOTE**: When volume level 0 is selected, the unit is on mute and you will not hear any voice messages announced.

**TAKING A BLOOD PRESSURE MEASUREMENT**

You can choose to take your blood pressure while sitting or lying down. Below are some helpful tips for taking a measurement:

- Be sure to set the clock before taking your first measurement, or whenever you replace the batteries, so that the date and time are stored in the memory with your history. For instructions, refer to "Setting date, time and measurement units" section.
- It is important to relax when taking your blood pressure.
- Try to take a 15-minute rest before you begin.
- Do not lean backward or bend your wrist inward while taking a measurement.
- Avoid talking or moving your fingers and hand while taking a measurement. Rapid movements or other activities may alter your reading.

- Wait at least an hour before taking your blood pressure if you have just eaten a large meal.
- Do not smoke or drink alcohol before taking your blood pressure.
- Do not measure your blood pressure if you are under stress.
- Wait at least 3 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 wrist, or as directed by a physician.
- To stop the measurement process at any time, press SET.
- The unit automatically switches off 1 minute after taking a measurement. To save the battery life, press  as soon as you are finished to turn off the unit.

**To take a measurement:**
1. Choose the position from which you wish to measure - sitting or lying down.
2. Position your body so that your wrist is parallel with your heart, using the chart and illustrations below as a guide.

<table>
<thead>
<tr>
<th>IF YOU ARE</th>
<th>THEN...</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sitting down with an armrest</td>
<td>Place your elbow on a table, using an object as a support under your forearm. Your wrist should be parallel to your heart, with the palm facing up.</td>
</tr>
<tr>
<td>Sitting down with no armrest</td>
<td>Place your arm across your chest with the wrist parallel to your heart. Hold your elbow with the other hand.</td>
</tr>
<tr>
<td>Lying down</td>
<td>Position your wrist on a support, cushion, or your thigh so that it is parallel to your heart with the palm facing up.</td>
</tr>
</tbody>
</table>

3. Relax your hand and press  to turn on the unit. A voice will prompt you to sit in the correct position. Press  again. Voice will remind you to relax and remain still. Wrist cuff will begin inflating automatically to measure blood pressure.

**NOTE**: Once the pressure reaches a certain level, it will slowly deflate until the measurement results are displayed on the LCD.

![Blood Pressure Measurement](image)

![Blood Pressure Measurement](image)

**NOTE**: This unit can intelligently adjust the cuff pressure and inflate to a higher-pressure level (>180 mmHg) when needed.

Your systolic and diastolic pressure readings flash on the LCD, followed by MAP and pulse per minute readings every 2 seconds. At the same time, your measurement results and the blood pressure classification will also be announced.

4. To repeat the announcement, simply press TALK / VOLUME.
5. If you want to save the record to memory, press  or  and the results will be saved to User 1's or User 2's memory accordingly.

The measurement is stored as the first (MEM 1) entry in the user record you selected; the last entry (MEM 30) is dropped, and all the entries in between move up 1 digit (e.g. 28 becomes 29, and so on).
DELETING A MEASUREMENT RECORD FROM MEMORY

You have the option of deleting your latest measurement record or entire measurement history. This is useful if measurements have not been accurately recorded and need to be recorded again.

DELETING A SINGLE RECORD

1. Press \( \Delta \) or \( \nabla \) to recall the latest measurement record for User 1 or User 2.
2. Press and hold SET until the LCD shows “dEL OnE”.
3. Press SET. First record will be displayed on LCD screen.
4. Press respective user button (\( \Delta \) or \( \nabla \)) to scroll through records and select the record to be deleted.
5. Press and hold SET to delete record.

NOTE: If you decide to abort the delete action instead:

<table>
<thead>
<tr>
<th>FOR RECORD</th>
<th>ACTION</th>
<th>RETURN TO SCREEN</th>
</tr>
</thead>
<tbody>
<tr>
<td>User 1 record</td>
<td>Press ( \Delta ) twice</td>
<td>User 1 records displayed</td>
</tr>
<tr>
<td>User 2 record</td>
<td>Press ( \nabla ) once</td>
<td>User 2 records displayed</td>
</tr>
</tbody>
</table>

6. “dEL OnE” will be displayed on LCD screen. Press and hold SET to confirm.

“dEL OnE” indicates successful deletion.

DELETING ALL RECORDS

1. Press \( \Delta \) or \( \nabla \) to recall the latest measurement record for User 1 or User 2.
2. Press and hold SET until the LCD shows “dEL OnE”.
3. Press \( \Delta \) or \( \nabla \) to select option to delete all records (“dEL ALL”).

NOTE: If you decide to abort the delete action instead:

<table>
<thead>
<tr>
<th>FOR RECORD</th>
<th>ACTION</th>
<th>RETURN TO SCREEN</th>
</tr>
</thead>
<tbody>
<tr>
<td>User 1 record</td>
<td>Press ( \Delta ) once</td>
<td>User 1 records displayed</td>
</tr>
<tr>
<td>User 2 record</td>
<td>Press ( \nabla ) twice</td>
<td>User 2 records displayed</td>
</tr>
</tbody>
</table>

4. Press and hold SET for 2 seconds to delete all measurement records. After you have confirmed deleting all records, the screen shows “dEL dOnE”.

The no --- screen indicates successful deletion and there are no records stored.

TROUBLESHOOTING

This section includes a list of error messages and frequently asked questions for problems you may encounter with your blood pressure monitor. If the product is not operating as you think it should, check here before arranging for servicing.

<table>
<thead>
<tr>
<th>Problem</th>
<th>Symptom</th>
<th>Check This</th>
<th>Remedy</th>
</tr>
</thead>
<tbody>
<tr>
<td>No power</td>
<td>Dim or not light up</td>
<td>Batteries are exhausted</td>
<td>Replace with new batteries</td>
</tr>
<tr>
<td>Low batteries</td>
<td>( \bigcirc ) shows on the display</td>
<td>Batteries are inserted incorrectly</td>
<td>Insert the batteries correctly</td>
</tr>
<tr>
<td>Error message</td>
<td>Err shows on the display</td>
<td>The wrist cuff is not secure</td>
<td>Refasten the cuff and then measure again</td>
</tr>
<tr>
<td>Err 1, 2, or 3 shows on the display</td>
<td>A measurement error occurred</td>
<td>Relax for a moment and then measure again</td>
<td></td>
</tr>
<tr>
<td>Err 4 shows on the display</td>
<td>The monitor detected motion while measuring</td>
<td>Movement can affect the measurement. Relax for a moment and then measure again</td>
<td></td>
</tr>
<tr>
<td>Err 5 shows on the display</td>
<td>Pressure is over 37.3 kPa (280 mmHg)</td>
<td>Relax for a moment and then measure again</td>
<td></td>
</tr>
<tr>
<td>Err 6 shows on the display</td>
<td>Deflation period was too long</td>
<td>Movement can affect the measurement. Relax for a moment and then measure again</td>
<td></td>
</tr>
<tr>
<td>dExx shows on the display</td>
<td>A calibration error occurred</td>
<td>Rotate the measurement. If the problem persists, contact the retailer or our customer service department for further assistance. Refer to the warranty for contact information and return instructions</td>
<td></td>
</tr>
</tbody>
</table>

TECHNICAL SPECIFICATIONS

- Maximum number of users: 2
- Memory: Maximum 30 records
- Measurement location: Wrist section of lower arm
- Measuring method: Oscillometric / noninvasive
- Dimensions: 1.0" x 2.9" x 0.8"
- Weight: 6.3 oz (180g) without batteries
- Power save: Auto power off after 1 minute
- Operation: 50°F to 104°F (10°C to 40°C)
- Humidity range: 10% to 83% relative humidity
- Display: Large LCD
- Maximum number of readings: 400
- Batteries: 4 UM4-size 1.5V batteries
- Measuring range: Pressure 30 to 280 mmHg, Pulse 40 to 200 pulse/min, (4.0 to 37.3 kPa)
- LED indicators: Large, illuminated LEDs
- Usage: portable
- Application: blood pressure monitoring

ABOUT OREGON SCIENTIFIC

Oregon Scientific is the leading technology provider of precision, quality products. Our products include weather stations, personal weather instruments, watches, fitness trackers, and much more. Visit our website (www.oregonscientific.com) to learn more about Oregon Scientific products.

EU-DECLARATION OF CONFORMITY

Hereby, Oregon Scientific, declares that this Talking Blood Pressure Monitor complies with the essential requirements and other relevant provisions of the EU-CE directive 93/42/EEC. A copy of the dated Declaration of Conformity is available on request via our Oregon Scientific Customer Service.

For international inquiries, please visit: www2.oregonscientific.com/about/international.asp

For customer service, please visit: www2.oregonscientific.com/service/support.asp

P/N.: 300100682-00012-10

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**TECHNICAL SPECIFICATIONS**

<table>
<thead>
<tr>
<th>Specification</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Application:</td>
<td>Measuring method: Oscillometric / noninvasive</td>
</tr>
<tr>
<td>Application:</td>
<td>For adult use only</td>
</tr>
<tr>
<td>Measurement location:</td>
<td>Wrist section of lower arm</td>
</tr>
<tr>
<td>Memory:</td>
<td>Maximum 30 records</td>
</tr>
<tr>
<td>Maximum number of users:</td>
<td>2</td>
</tr>
<tr>
<td>Dimensions:</td>
<td>Height x Width x Depth 3.5 x 3.4 x 1.2 inches (90 x 86 x 30.8 mm)</td>
</tr>
<tr>
<td>Weight:</td>
<td>6.3 oz (180g) without batteries</td>
</tr>
<tr>
<td>Cuff circumference:</td>
<td>5.3 to 7.7 inches (13.5 to 19.5 cm)</td>
</tr>
<tr>
<td>Measuring range:</td>
<td>Pressure 30 to 280 mmHg</td>
</tr>
<tr>
<td></td>
<td>(4.0 to 37.3 kPa)</td>
</tr>
<tr>
<td></td>
<td>Pulse 40 to 200 pulse/min</td>
</tr>
<tr>
<td>Accuracy:</td>
<td>Pressure +/- 3 mmHg (+/- 0.4 kPa)</td>
</tr>
<tr>
<td></td>
<td>Pulse +/- 5%</td>
</tr>
<tr>
<td>Power:</td>
<td>Power supply 3V DC, 2 LR03 / AAA / UM4-size 1.5V batteries</td>
</tr>
<tr>
<td></td>
<td>Power save Auto power off after 1 minute of non-activity</td>
</tr>
<tr>
<td>Operating environment:</td>
<td>Operation 50°F to 104°F (10°C to 40°C)</td>
</tr>
<tr>
<td></td>
<td>Storage / Transport -4°F to 140°F (-20°C to 60°C)</td>
</tr>
<tr>
<td></td>
<td>Humidity range 10% to 83% relative humidity</td>
</tr>
</tbody>
</table>

**BLOOD PRESSURE LOG BOOK**

To create a log of your blood pressure history, complete the personal information section at the top, then enter the details (date, time, and measurements) for each reading you take. To plot your history, use an S (systolic), D (diastolic) and M (mean arterial pressure) to mark the points where each measurement falls on the chart, then connect the points to view your history over time.