



Lumina

Blood Pressure Monitor



Instruction Manual

Model: 106-934

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IMPORTANT INFORMATION

Readings taken by the Physiologic LuminA blood pressure monitor are equivalent to those obtained by a trained observer using the cuff and stethoscope auscultation method. This manual contains important safety and care information, and provides step by step instruction for using the product. Read this manual thoroughly before using the monitor.

Your physician's reading may sometimes differ from your home readings. This could be related to a phenomenon known as "white coat syndrome". **You should not assume that any single reading taken is your usual blood pressure.**

In fact, **blood pressure varies constantly throughout the day.** Common activities affect your level of heart activity and stress, thereby influencing your blood pressure.

Note: It is important that you take home readings regularly, and that you follow the procedures and precautions mentioned in the instruction manual. Consistently recording your readings, along with regularly consulting a health professional, is an important aspect of your overall blood pressure management program.

IMPORTANT INFORMATION

ATTENTION

- This Blood Pressure Monitor does not replace examination by a physician. As your doctor is the one person best qualified to interpret your results, we recommend that you keep a blood pressure journal to bring to your visits to your healthcare professional.
- This device is intended for use by adults 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 arm 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 readings obtained from this device. Always consult a physician before starting any treatment.
- 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.
- If the cuff pressure exceeds 37.24 kPa (280 mmHg), the unit will automatically deflate. Should the cuff not deflate when pressure exceeds 37.24 kPa (280 mmHg), detach the cuff from the arm and press the (START/STOP) button to stop inflation.
- To avoid measurement errors, carefully read this manual before using the product.

Blood Pressure Standard

The Joint National Committee on prevention, detection, evaluation, and treatment of high blood pressure has developed a blood pressure standard, according to which areas of low and high risk blood pressure are identified. This standard is a guideline as blood pressure varies among different people and different age groups.

It is important that you consult with your physician regularly. Your physician will tell you your normal blood pressure range as well as the point at which you will be considered at risk.

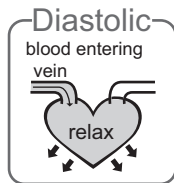
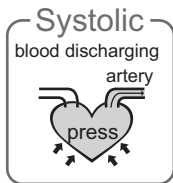
Blood Pressure for Adults Age 18 and Older

Category	Systolic (mmHg)		Diastolic (mmHg)
Stage 2 Hypertension	> 160	<u>or</u>	> 100
Stage 1 Hypertension	140-159	<u>or</u>	90-99
Prehypertension	120-139	<u>or</u>	80-89
Normal	< 120	<u>and</u>	< 80

ABOUT BLOOD PRESSURE

What are systolic and diastolic pressure?

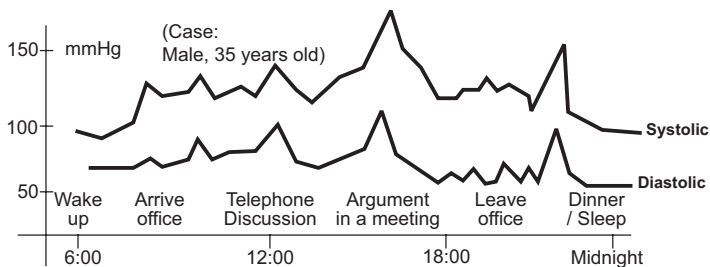
When your heart beats, it contracts and pushes blood through the arteries to the rest of your body. This force creates pressure on the arteries. This is called systolic pressure. A normal systolic blood pressure is below 120.



The diastolic blood pressure number or the bottom number indicates the pressure in the arteries when the heart rests between beats. A normal diastolic blood pressure number is less than 80.

Blood Pressure Fluctuation

Blood pressure fluctuates all the time! You should not be overly worried if you encounter two or three measurements at high levels. Blood pressure changes over the month and throughout the day.



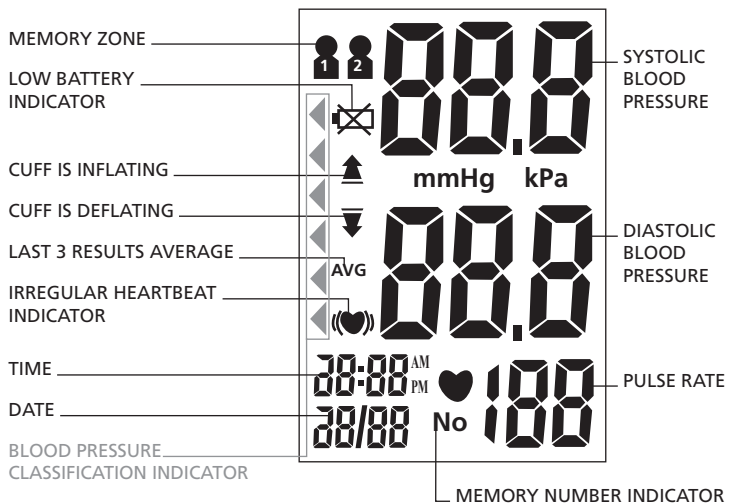
IMPORTANT NOTES

Here are a few helpful tips to help you obtain more accurate readings:

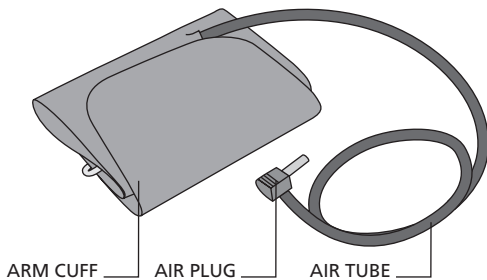
- Blood pressure changes with every heartbeat and is in constant fluctuation throughout the day.
- Blood pressure readings can be affected by the position of the user, his or her physiological condition and other factors. For more accurate results, wait one hour after exercising, bathing, eating, drinking beverages with alcohol or caffeine, or smoking to measure blood pressure.
- Before measurement, it's suggested that you sit quietly for 15 minutes as measurement taken during a relaxed state will have greater accuracy. You should not be physically tired or exhausted while taking a measurement.
- During measurement, do not talk or move your arm or hand muscles.
- Take your blood pressure at normal body temperature. If you are feeling cold or hot, wait a while before taking a measurement.
- If the monitor is stored at very low temperature (near freezing), have it placed at a warm location for at least four hours before using it.
- Wait about 5 minutes between readings for accurate results.

YOUR BP MONITOR

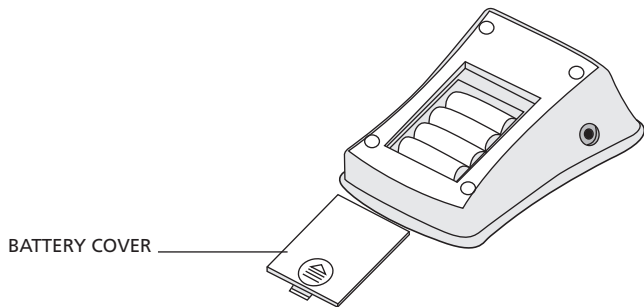
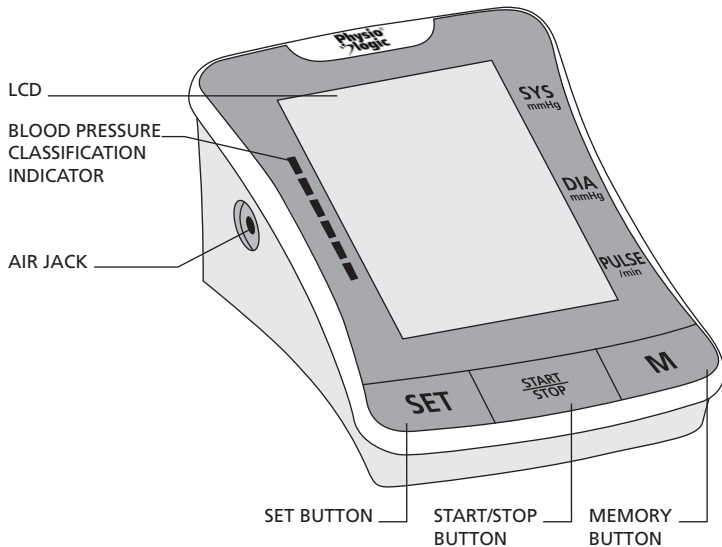
LCD Layout



Arm Cuff



Your Monitor



POWER OPTIONS

1. Batteries: 4 x AA alkaline.
2. Power Adapter: DC6.0 V, 1000mA AC adapter can be used with this device (not included). Adapter socket pictured at right.



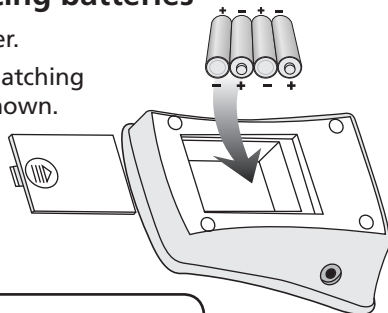
CAUTION

Do not use any other type of battery or adapter as it may harm the unit.



Installing and replacing batteries

1. Slide off the battery cover.
2. Install the batteries by matching the correct polarity, as shown.
3. Replace the cover.



CAUTION

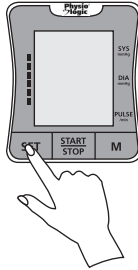
Replace the batteries if any of the following should occur:

- The ~~+~~ indicator appears.
- The display appears dim.
- The display does not light up.

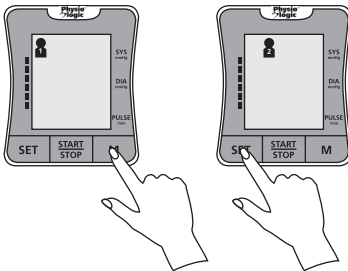
Selecting memory zone and setting date, time & unit of measurement

It is important to set the clock before using your blood pressure monitor, so that a time stamp can be assigned to each reading that is stored in memory.

1. When the unit is off, press "SET" to activate the system settings mode.

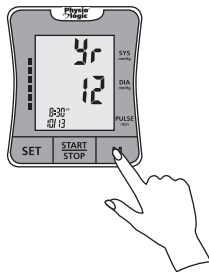


2. There are 2 zones, which can each store up to 60 readings. Select the desired memory zone using the "M" button. Then, press "SET" to confirm and move on to the next step.

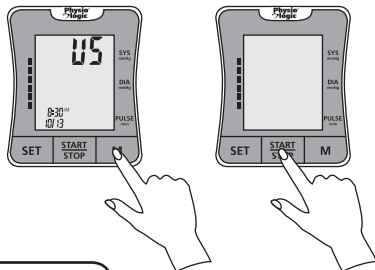


BEFORE YOU START

3. Using the “M” button, set the **YEAR**, then press “SET”. Repeat to set the **MONTH, DAY, HOUR** and **MINUTE**, then press “SET” to automatically move on to the next step.



4. Using the “M” button, set the **TIME DISPLAY**: European (EU) or U.S (US) then press “START/STOP” to turn off the monitor. All settings entered will be saved.

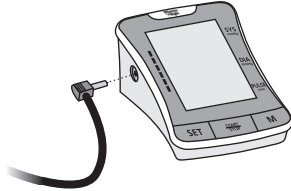


⚠ NOTE

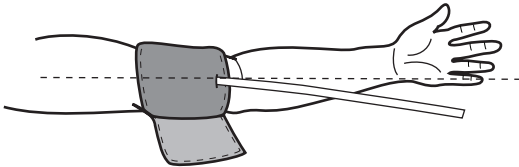
The monitor will automatically shut off 3 minutes after the last button operation.

Prepare the cuff

1. Firmly insert air plug into opening located on left side of the monitor.

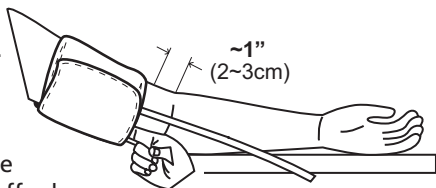


2. Wrap the cuff around your upper left arm. The tube should be aligned to point toward your little finger, as illustrated.

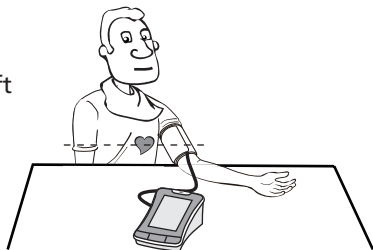


MEASUREMENT

3. The cuff should be snug but not too tight. (You should be able to insert one finger between the cuff and your arm). Keep a space of ± 1 " between the cuff edge and the bend of your elbow.



4. Sit comfortably with your left arm resting on a flat surface and the cuff at heart level.



CAUTION

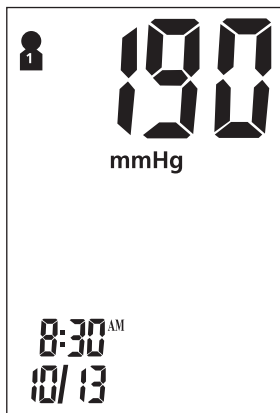
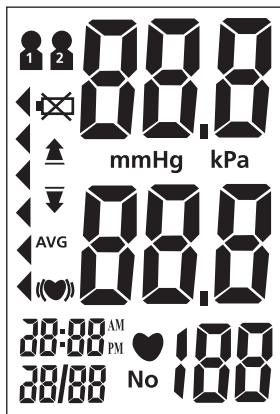
If the pressure in the arm cuff becomes too powerful while testing, press the START/STOP button to turn power off. The cuff will then rapidly deflate.

Start the measurement

1. Press and hold the START/STOP button until you hear a beep. The LCD will light up for one second as the unit performs a quick diagnosis. A long tone indicates the device is ready for testing.

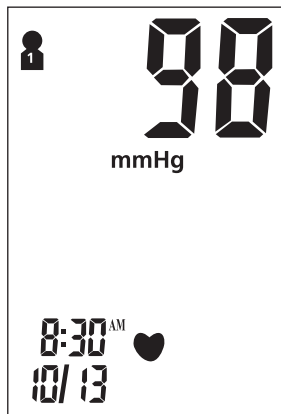
NOTE: Unit will not function if residual air from previous testing is present in cuff. The LCD will flash "↓" until pressure is stabilized.

2. Initial pressure is first pumped to 190 mmHg. The unit will automatically adjust to one of four pressure levels based on the current user's blood pressure.



MEASUREMENT

- Once inflated, the cuff will slowly deflate and measure your blood pressure.
A flashing "♥" will appear simultaneously on screen signaling heart beat detection.



- When testing is complete the monitor will sound three short beeps. The screen will display your systolic and diastolic blood pressure. The reading will be automatically stored in the selected memory zone.

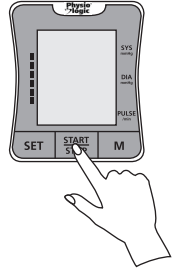


MEASUREMENT

5. To measure again, press START/STOP to return to testing mode.

NOTE

It is recommended to wait at least 5 minutes between measurements for accurate results.



Irregular Heartbeat Indicator

If an irregular heart beat is detected at least twice during measurement, the (♥) symbol will appear with the results.

An irregular heart beat is defined as one that is 25% slower or faster than the average detected during measurement.

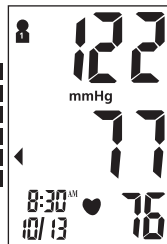
If your results are frequently accompanied by the (♥) symbol, consult your physician.

Blood Pressure Classification Indicator

This unit is equipped with a blood pressure classification indicator based on international guidelines. The chart below (color coded on monitor face plate) indicates tests results.

- — Severe hypertension
- — Moderate hypertension
- — Mild hypertension
- — High-normal
- — Normal
- — Optimal

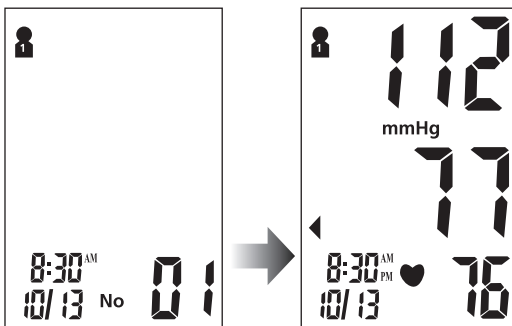
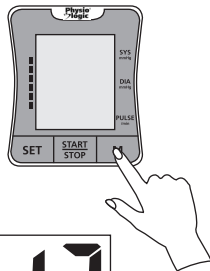
NORMAL



USING THE MEMORY

To recall previous readings

1. With the power off, press and hold the “M” button to recall the most recent reading stored in memory.
2. Then, press the “M” button to scroll through all readings stored in memory.

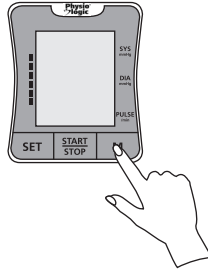


NOTE

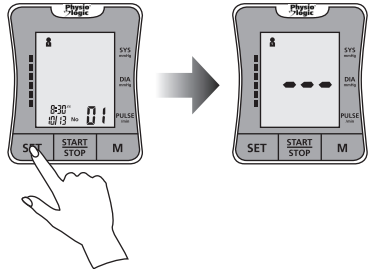
Past readings will only be displayed from the most recently used memory zone. To check past test results in other memory zones, select the desired zone and then turn monitor off (see “Select Memory Zone” on p. 9).

To delete all records from memory

1. With the power off, press and hold the "M" button to recall reading stored in memory.



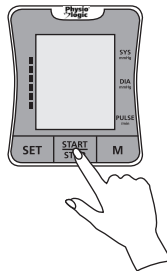
2. Press and hold the "SET" button for approximately 3 seconds to delete all records. The monitor will beep indicating successful deletion and then transfer into testing mode.



3. Press the "START/STOP" button to turn the unit off.

CAUTION

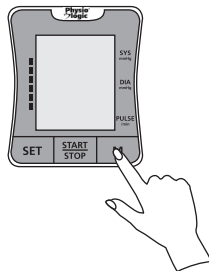
Readings can not be recovered once deleted.



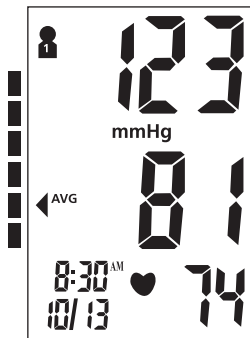
USING THE MEMORY

Last 3 Tests Average

1. With the power off, press the “M” button to activate screen display.

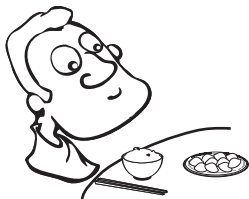


2. After the unit performs a self diagnosis, the screen will display the average test results from the last 3 readings of the last group used. The “AVG” symbol will appear along with the corresponding Blood Pressure Indicator.



3. The memory can be accessed by pressing the “M” button.

TIPS FOR ACCURATE READINGS



Wait at least 1 hour after eating or drinking before taking a measurement.



Avoid taking readings immediately after having tea, coffee or smoking.



Wait at least 20 minutes after taking a bath before taking a measurement.



Avoid talking or moving your fingers when taking a measurement.



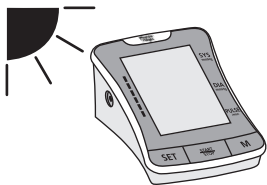
Avoid taking a measurement in a very cold environment.



Avoid taking a measurement when you need to use the bathroom.

MAINTENANCE

How to clean and care for your BP monitor.



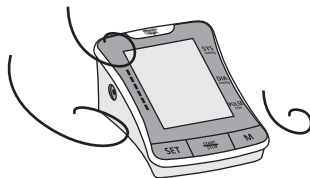
Store in a dry place and avoid exposing to direct sunshine.



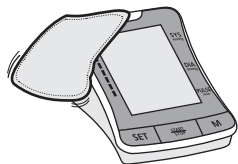
Avoid contact with water. Wipe away any moisture with a dry cloth.



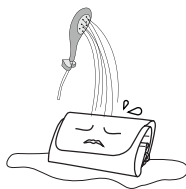
Avoid intense shaking or collisions.



Avoid storing the unit in dusty or unstable temperature environments.



Use a damp cloth to clean your blood pressure unit.




Do not submerge the cuff in water. To clean it, wipe it with a damp cloth.

The table below indicates how to solve common problems that you may encounter when using this monitor.

PROBLEM	CAUSE	SOLUTION
Blood pressure results are not within typical range.	Cuff is too tight or not properly positioned on the arm.	Firmly reposition cuff approximately 1-2" above the elbow joint.
	Inaccurate test results due to body movement or monitor movement.	Sit in a relaxed position with arm placed near heart. Avoid speaking or moving body parts while testing. Make sure the monitor unit is placed in a stationary position throughout the testing period.
"Err" displayed.	Cuff fails to inflate properly.	Make sure air tube is properly attached to cuff and monitor unit.
	Improper operation.	Read user manual carefully and re-test properly.
	Pressurization is over 300 mmHg.	Read user manual carefully and re-test properly.

SPECIFICATIONS

Product Description	Arm-type Fully Automatic Blood Pressure Monitor
Model	106-934
Display	LCD Digital Display. Size: 102.1 mm x 68.9 mm (4.02" x 2.71")
Measurement Method	Oscillometric method
Measurement Range	Pressure: 0 mmHg ~ 300 mmHg Pulse: 30 to 180 beats/minute
Measurement Accuracy	Pressure: ± 3 mmHg Pulse: $\pm 5\%$
Pressurization	Automatic pressurization
Memory	120 memories in two groups with date and time
Function	Irregular heartbeat detection Blood Pressure Classification indicator Last 3 results average Low battery detection Automatic power-off Backlight
Power Source	4 AA batteries
Battery Life	Approximately 2 months at 3 tests per day
Unit Weight	Approximately 480 g (16.93 oz.) (excluding battery)
Unit Dimension	Approximately 166 mm x 114 mm x 72 mm (6.53" x 4.49" x 2.83") (L x W x H)
Cuff Circumference	22 cm ~ 36 cm (8.6" ~ 14.2")
Operating Environment	Temperature: 10°C ~ 40°C (50°F ~ 104°F) Humidity: 15% ~ 90% RH Pressure: Atmospheric pressure
Storage Environment	Temperature: -10°C ~ 55°C (14°F ~ 131°F) Humidity: 15% ~ 90% RH Pressure: 525 mmHg ~ 795 mmHg
Classification	Internal powered equipment, type BF  , cuff is the applied part

These specifications are subject to change without notice.

WARRANTY

2 year limited warranty

AMG Medical Inc. warrants this product to be free from defects in material and workmanship for a period of two (2) years. This warranty is valid for the original purchaser only. Any alterations, abuse, misuse or accidental damage voids this warranty.

For replacement or repair under warranty, please call:

1-800-363-2381 (Monday to Friday, 8 am to 5 pm EST)

For more information on this, or any other Physio logic® product, visit: **www.amgphysiologic.com**

CONTACT INFORMATION

For any question concerning this product, please call:

1-800-363-2381

www.amgphysiologic.com

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AMG Medical Inc. (USA)

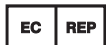
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