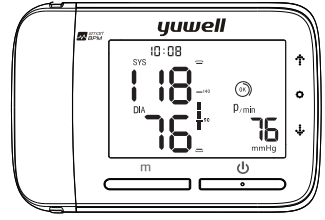
yuwell



YE8900A

Electronic Blood Pressure Monitor

User's Manual

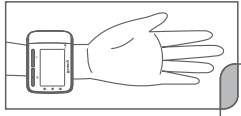
Please read the user's manual closely before using!

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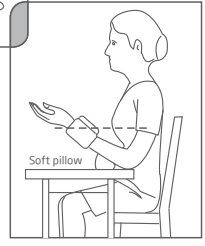
Using method

- Wear the monitor on the wrist as the following picture.
- The suitable circumference for wrist is 13.5cm~19.5cm.



Measuring posture

- Sit still for 5 minutes.
- Keep the monitor and heart at the same level.



Measuring posture

- Press the " ⏻ " button to measure.
- Do not speak or move while measuring.
- Don't eat, smoke, drink, take bath or do any high impact sport within half an hour before measuring.

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Cautions

Pay attention with the symbols shown here to prevent harm or damage to the user.

Symbol	Description
	Attention! It might cause damage
	Prohibited
	Obligatory
	Type BF application part
	Consult the manual
	Keep Upright
	Fragile
	Keep Dry

Application scope and attention items

1. Range of application

Diabetes, high blood lipids, hypertension will accelerate atherosclerosis and cause nerve ending dysaemia. We advice these patients and eldly to use upper arm type monitors for measurement.

2. Attention items

⚠ Caution: Pay attention to the following points when measuring or it may cause the incorrect results.

❗ Sit still for 5 minutes before measuring to ensure quiet and stable mode.

⃠ Do not take the measurement while standing, walking or having body pressed.

⃠ Do not take the measurement after smoking, drinking wine or coffee (black tea).

⃠ Do not take the measurement after sport or bath.

⃠ Do not speak or move while measuring.

⃠ Do not move, shake arm or bend fingers while measuring.

⃠ Do not take the measurement at extreme .
temperature condition or the varied severely environment.

Application scope and attention items

- ⃠ Do not take the measurement in a moving vehicle.
- ⃠ Do not measure continuously. (2~3 minutes or more should be spared between two measurements).
- ⃠ Do not measure within 1 hour after meal.
- ⃠ Do not use mobile phone near the monitor.
- ❗ Please reinstall the batteries and start again if cannot measure.
- ❗ For patient of arrhythmia, measuring results may not be accurate.
- ⃠ Do not keep the cuff in the aerated state for a long time.
- ⚠ Note: Do not diagnose with the measurement, Please follow doctor's instruction.

Statement: If the monitor has not been stored in the required temperature and humidity range, it may not conformance to specification.

Features and technical parameters

1. Summary

The monitor is used for measuring blood pressure of human body (adult older than 12, not suitable for new born baby)! This monitor is suitable for daily healthcare. People can measure blood pressure anytime and anywhere.

Contraindication：NONE

2. Features

Small delicate design

Large screen & big font LCD

60 groups of memory

Average value display of three times measurement

kPa & mmHg units display

Automatically shut down in 3 minutes after measurement.

Measurement principle

The product adopts with oscillation mensuration to measure blood pressure. The principle is: the program will automatically calculate the systolic pressure, diastolic pressure and pulse in the process of inflation of the cuff.

3. Technical parameters

Displaying: LCD digital display
Measuring method: oscillation mensuration
Measuring range:
Pressure measurement range：0~300mmHg (0-40.0kPa)
Pulse rate: 40-200 times/min
Precision:
Pressure: within ±3mmHg(±0.4kPa)
Pulse rate: within ±5% of reading value
Working system: Continuous operation
Electric classification:Internally powered equipment
Electrical safety classification:Type BF application part
Pressure sensor: Semiconductor pressure sensor
Pressurization: Automatic pressurize
Depressurization: Automatic air releasing
Power supply: 2 AAA batteries
Maximum battery life: about 300 times
Suitable wrist circumference: 13.5-19.5cm
Wight: about 90g

4. Operation conditions:

Working temperature: +5℃~+40℃
Relative humidity: 15%~80%RH
Working atmosphere pressure: 80kPa~105kPa

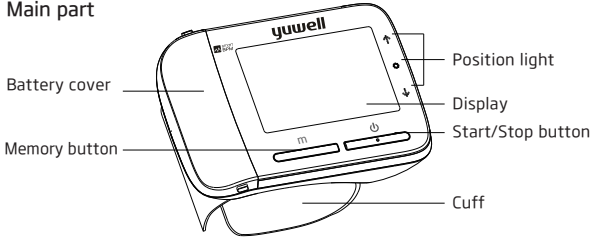
Operation environment:

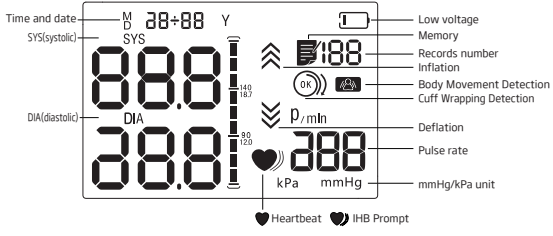
Avoid electromagnetic interference, violent shock and noise environment.

Radio frequency interference

There is the potentia risk of radio frequency interference between the device and other devices. If there is, please find out the problems and take the following measures:
(1) Turn off the device, and turn on again,
(2) Change the direction of the device,
(3) Keep the product away from the interferential devices.

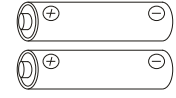
Main part





Accessories

- 2 AAA batteries
- User's manual(Warranty card)

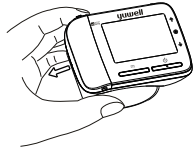


Battery

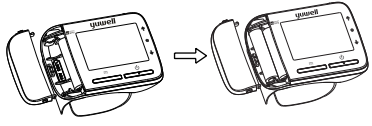
Battery installation

1. Open the battery cover in the direction of the arrow

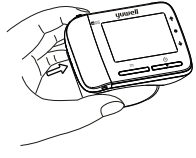
⚠Note：Press the two sides bulge of the battery cover tightly and pull outward.



2. Install two AAA batteries properly.



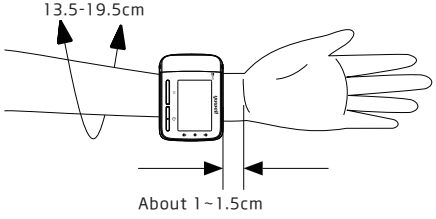
3. Close the cover .



- If accidentally strayed the electrolyte of battery into eyes, skin or cloth, please rinse with plenty of water.
- The" ▭ "icon appearing means the battery is running out. Please replace both the batteries.
- Please take out the batteries if the monitor will not be used for a long time (over three months).
- Please do not mix new batteries with old batteries .
- Please dispose batteries in accordance with the local environmental law.

Using method of cuff

1. Please wear the cuff on bare wrist not too loose or too tight ,do not leave cloth inside of the cuff.
2. The distance between palm and the end of monitor should be about 1.0cm~1.5cm.



3. Please stick the cuff firmly,Or it may get loose while measurement and affect the measurement results.
4. Wind the spare part of cuff properly.

Tips!

Both wrists can be measured.

Measuring posture

1. Sit straightly and keep relax. (as Figure 1)
   ⃠ Do not bend down or body bend forward.
2. Take 3~4 deeply breath then relax shoulder and arm before measurement.
3. Keep the monitor and heart at the same level.Do not talk, move, shake hand or bend fingers while measurement. We suggest supporting the arm with a soft pillow.

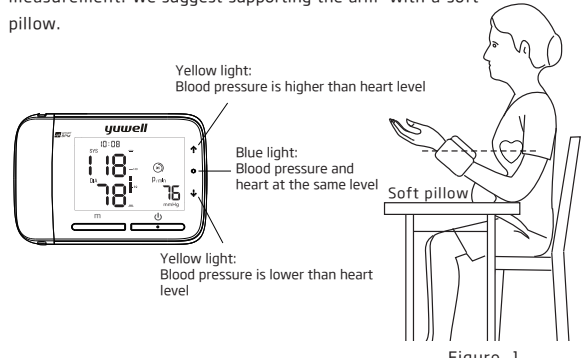


Figure 1

Measuring posture

The correct wrist posture(as Figure 2)

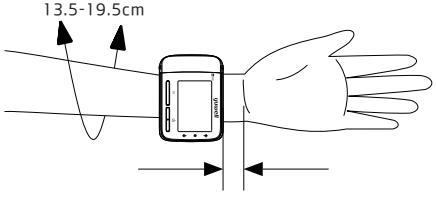


Figure 2

⚠ NOTE: Relax fingers and keep a natural extension of state.

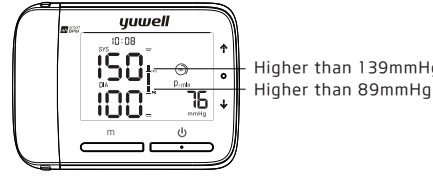
Wrong measurement postures

1. Do not clench fists, or may cause higher blood pressure.
2. Do not hold the cuff with another hand.
3. Do not hold the arm hard while measurement. If it is necessary please support the arm with a soft pillow.

Start measuring

Sit still for 5 minutes before the measurement

1. The beginning of the measurement ,Press the " ⏻ " button to start measuring after batteries installation.Then the monitor starts pressurizing.

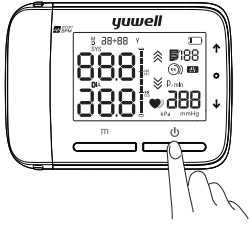


- Please contact with doctor for advice if the SYS is higher than 139mmHg or DIA is higher than 89mmHg.
- Also The Blood pressure range indicator can show the blood pressure intuitively.

1. Do not move and keep quiet until measurement finished.
2. Keep the monitor and heart at the same level.
3. Restart if the cuff got loose while measurement.
4. Press the " ⏻ " button to stop measurement. If it does not work, please take off the cuff.

⚠ Warning: Upper limit pressure of air inflation is 300mmHg/40.0kPa. Don't keep the inflated state for a long time to avoid damage.

5. The time interval between two measurements should be at least 2~3 minutes or longer.



Full screen display state

▶ The monitor starts measuring automatically after pressing " ⏻ " button,and the icon" ♥ " starts to flicker, Pressure rises gradually.

Please maintain the position during the measurement and don't speak or move body or hand.



The measuring state

2. Measurement finished

After measurement, the monitor will show the SYS, DIA and pulse rate, then deflate automatically.



mmHg display



kPa display

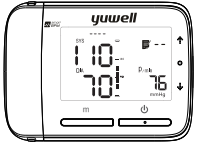
3. Take off the cuff

4. Shut down

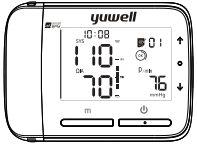
Press the" ⏻ "button to shut down. Then it will power off automatically in 120 seconds without any operation.

1. Press the " m "button for the records.

A. Press the" m "button to show the average value of the latest 3 times measurement.



B. Press the" m "button again to display the 1st group of memory, the serial number is displayed as "1" to "60". "1" is the latest group and the "60" is the earliest one.



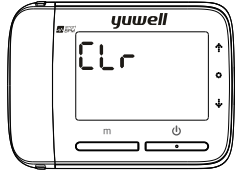
Tips! The 60th data may be replaced by the 59th when the memory capacity is full.

C. Read the recorded data by pressing the" m "button as the sequence: "1", "2" ....."60"(max). Then return to the 1st.

D. Holding the " m " button to search the data quickly.

2.Delete the recorded data

Press the both " ⏻ " button and" m "button in memory display until the display shown as the following picture, which means the recorded values will be cleared.



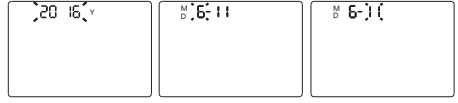
⚠ Note: This operation will delete all the recorded values.

Time and date setting

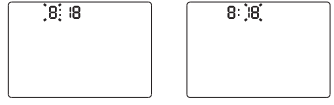
The monitor will store the measuring results automatically by the management system.

It is necessary to reset time and date after installing new batteries . Please operate as following steps. (For example: setting the date as 2016-6-11 and time as 08:18)

1. Year setting: Press the" m " button and " ⏻ " button for more than 3 seconds till the number starts flashing.
2. Press the" m "button to advance by increments of one year.
3. Press the " ⏻ " button to switch to the month setting.
4. Using the same way for other settings.



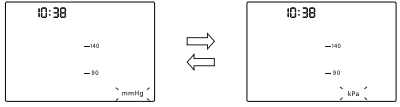
Year character blink　　Month character blink　　Date character



Hour character blink　　Minute character blink

mmHg/kPa setting

After finishing the Time and date setting, pressing the " ⏻ " button to enter the mmHg/kPa unit setting. Press the " m "button to switch between these two units. Finish by pressing the " ⏻ " button.



Static mode

This function is mainly for professional personnel to enter the static mode to test the monitor through standard pressure gauge.

⚠ Warning: Normal users don't need to know this function and also do not operate. The company will not take any responsibility for damage caused by this operation.

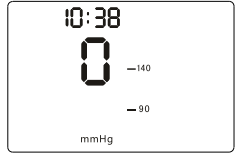
1. System restores

Press the " ⏻ " button after battery installation, then the screen will show the" ⩔ " icon, which means the system is in restore testing. Several seconds later, the " ⩔ " icon disappears and the air pump starts inflating at the same time, which indicates the test ended. Then press the " ⏻ " button to stop inflating and take out the batteries to enter the next step.

⚠ Note: It must restore the system before entering the static mode, otherwise it may cause inaccurate results.

2. Entering the static mode

Press the " m " button and hold, meanwhile install the batteries. Hold on for about 3 seconds then release the " m " button. Then screen will show the pressure value" 0 " , the date and time. Now the system has restored and entered the static mode. Now can take the static test.



Tips!

- After entering the static mode, if the screen still doesn't show " 0 ", please operate again as the System restore. Please contact with the local distributor if it still does not work.
- The monitor will automatically power off if there is no operation in 4 minutes.

Blood pressure on wrist

When take bath with high temperature water ,the blood pressure will rise. But if take bath with warm water, the blood pressure will drop. And the blood pressure on wrist will drop more than on upper-arm.

About the blood pressure on wrist and upper-arm

Diabetes, high blood lipids, hypertension will accelerate atherosclerosis and cause nerve ending dysaemia. The blood pressure on wrist and upper-arm may have a significant difference on these patients. Even if in unsuitable conditions, healthy persons may cause about 20 mmHg(2.6kPa) difference. So we suggest do not diagnose by oneself, please consult the doctor.

Normally, the blood pressure on wrist and upper-arm are same.But circulatory system disorders may have a significant difference. Please manage your blood pressure with experts.

Healthy persons have a 20 mmHg(2.6kPa) difference between blood pressure on wrist and upper-arm.

About measuring posture

If wrist and heart are not at a same level, the blood pressure will change as a result of the weight of blood. When the wrist is higher than the heart, the value measured will be lower, and vice-versa. Every 10cm about 8 mmHg(1kPa) difference. Of course the value is more closely related to the measuring posture.

1. What is blood pressure?

Blood pressure is the force exerted by blood against the walls of the arteries. Systolic pressure occurs when the heart contracts. Diastolic pressure occurs when the heart expands. Blood pressure is measured in millimetres of mercury (mmHg). One's natural blood pressure is represented by the fundamental pressure, which is measured first thing in the morning while one is still at rest and before eating.

2. What is Hypertension and how is it controlled?

Hypertension, an abnormally high arterial blood pressure, if left unattended can cause many health problems including stroke and heart attack. Hypertension can be controlled by altering lifestyle, avoiding stress, and with medication under a doctor's supervision.

To prevent Hypertension or keep it under control: Do not smoke, exercise regularly, reduce salt and fat intake, have regular physical checkups, maintain proper weight.

3. Why measure Blood Pressure at home?

Blood pressure measured at a clinic or doctor's office may cause apprehension and can produce an elevated reading, 25~30 mmHg higher than that measured at home. Home measurement reduces the effects of outside influences on blood pressure readings, supplements the doctor's readings and provides a more accurate, complete blood pressure history.

4. WHO Blood Pressure Classification?

Standards to assess high blood pressure, without regard to age, have been established by the world Health Organization (WHO), as shown below:

Range	Systolic pressure kPa/mmHg	Diastolic pressure kPa/mmHg	Counter-measures
Hypotension	< 12.0/90	< 8.0/60	Consult dr.
Ortho-arteriotony	12.0/90~18.5/139	8.0/60~11.9/89	Self check
Mild hypertension	18.7/140~21.2/159	12.0/90~13.2/99	Consult dr.
Medium hypertension	21.3/160~23.9/179	13.3/100~14.5/109	Consult dr.
Severe hypertension	≥24.0/180	≥14.7/110	Danger! Go to hospital as soon as possible

⚠ Note: There is no definition about hypopiesia,and generally SYS(systolic pressure) less than 90mmHg or DIA (diastolic pressure) less than 60mmHg is called hypotension.

5. Blood pressure variations?

An individual's blood pressure varies greatly on a daily and seasonal basis. It may vary by 30 to 50 mmHg due to various conditions during the day. In hypertensive individuals variations are even more pronounced. Normally, the blood pressure rises while at work or play and falls to its lowest levels during sleep. So do not be overly concerned by the results of one measurement. Take measurements at the same time every day using the procedure described in this manual to get to know your normal blood pressure. Regular readings give a more comprehensive blood pressure history. Be sure to note date and time when recording your blood pressure. Consult doctor to interpret the blood pressure data.

Note: It must restore the system before entering the static mode, otherwise it may cause inaccurate results.

6. When is the best time to measure blood pressure?

- After urination, before breakfast in the morning.
- Before sleeping at night.
- Before taking medicine.
- Please keep a stable body state and mind every time measuring. We suggest taking measurements at a same time every day.

Common fault	Solutions
It doesn't work after pressing the " ⏻ " button with batteries installation	Check the batteries are installed correctly
	Replace new batteries
Multiple occurrences of measuring failure, or measured value is low (or high)	Check the connection and winding of cuff
	Check if the cuff winded too tight or too loose. Take off your clothes if rolled too tight
	Please ensure a quiet, relaxed body state o. Deep breathing to relax yourself before measurement
The monitor is in good condition, but the each measuring result are different	Please read the "blood pressure variations" carefully
The value is different from that measured at a clinic or doctor's office	Write down the value every day, and consult a doctor
Pump works, but the pressure doesn't rise	Check whether the cuff has connected well

Common fault and trouble shooting

The table below shows the possible fault displaying icon, possible reason, and solutions.

Wrong indication	Fault cause	Solution
Err 4	Unable to measure pressure	Fasten cuff correctly before measurement
Err 5	Pressurizing error	Check if there is air leakage from the cuff
Err 6	Pressurizing error caused by arm or body motion	Keep arm and body still and measure again
Err 7	Cuff is too loose or fall off	Fasten cuff tightly
Err 8	Pressure exceeds the maximum value (300mmHg)	Measure again please
Showing low voltage icon " "	Battery is low	Replace new batteries

Maintenance

Please observe the following items to protect the device and ensure the accuracy of measurement.

- Please store the monitor and accessories properly after use.
- Do not place the monitor and accessories in high temperature, moisture, dust, or exposure to sunshine.The cuff contains an airbag inside, please care in applications, do not fold, pull or twist it.
- Do not disassemble or repair the device without authorization.
- Do not replace the parts without authorization.
- Please clean the monitor with soft dry cloth. If it's necessary, please use wiped soft cloth with water or neutral detergent before cleaning by soft dry cloth.
- Using absorbent cotton to wipe gently with rubbing alcohol, disinfection of the machine when it necessary. Do not use detergent to clean.
- Do not let water seep into the device.

Tips!

We advice to calibrate the monitor according to local laws and regulations.

Transport and storage conditions

Temperature: -20℃~ +55℃
Relative humidity:15%~80%RH, no condensation
Atmosphere pressure: 80kPa ~ 105kPa