



**Blood Pressure Monitor
Automatic Wrist Type
SC 6027**



GB Instructions for use

Rev. 30/1/2023/GB

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Precautions of use

WARNINGS:

1. Avoid prolonged over-inflation of the bladder to prevent harmful physical injury.
2. If the cuff causes any discomfort during measurement, press the POWER button to turn off the device immediately.
3. Pull off the Velcro strap to detach the cuff if the cuff pressure exceeds 300mmHg without an automatic rapid exhaust.

4. Keep blood pressure monitor (including cuff and batteries) away from children to avoid misusing. Children should not use the device without the supervision of an adult.
 5. This manual and the product are not substitutes for visiting the doctor. Neither the information contained herein nor this product may be used to diagnose or treat health problems, or to prescribe drugs. If you have or suspect that you have a medical problem, please seek immediate advice from your doctor.
 6. Do not conduct any measurements if the temperature is low (below +5°C) or high (over 40°C), or if the relative humidity is beyond the range of 15% to 90%, as this can lead to inaccurate readings.
 7. Wait 30 to 45 minutes, before taking a measurement if you have just had a caffeinated drink or a cigarette.
 8. Relax for at least 5 to 10 minutes before taking a measurement.
 9. Please wait 3 to 5 minutes between measurements, so that your blood vessels can return to the state they were in prior to measurement. You may have to adapt the waiting time to your personal physiology.
 10. It is recommended that you use the same wrist for each measurement (preferably the left) and take the measurement at the same time every day.
 11. Sit down comfortably with your elbows placed on the table and both feet on the ground. Please do not interlock your legs during the measurement.
 12. Place the unit at the level of the heart. Relax your hand. Your palm should be facing up.
 13. Take the measurement at room temperature in a quiet and stressfree environment.
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14. The unit should not be moved or shaken during the measurement. Please do not speak during the measurement.
15. Please keep in mind that blood pressure naturally varies depending on the time of day and is affected by many different factors. Blood pressure is usually highest at work and reaches its lowest level during sleep phase.
16. Blood pressure measurements should be assessed by a doctor or trained healthcare professional who is familiar with your medical history. If you use the unit and regularly record the results, please keep your doctor informed with regard to the ongoing changes in your blood pressure.
17. If you suffer from a cardiovascular disease (such as atherosclerosis), diabetes, a liver or kidney disease, severe hypertension or peripheral circulatory disorders, etc., please consult your doctor before using this unit.
18. The performance of this device can be influenced as severe arrhythmias such as atrial or ventricular premature beats or atrial fibrillation are presented during measurement.
19. The blood pressure measurements conducted with this unit are equivalent to measurements obtained by a trained observer in accordance with the values achieved using the cuff/ stethoscope auscultation method and are within the specified EN 1060-4 standard limits.
20. Do not use this appliance on infants, children or persons who cannot express their own intentions.
21. Measuring too frequently may result in circulatory disorders, which can cause unpleasant sensations such as localized bleeding under the skin or temporary numbness in your arm. These

symptoms do not usually last long. However, if you have not recovered after some time, please consult your doctor.

22. Please take into consideration the electromagnetic compatibility of the unit (e.g. disruptions to the power supply, radio frequency interference, etc.). Please only use the unit indoors. To avoid inaccurate results due to electromagnetic interference between electrical and electronic equipment, please do not use the unit near mobile phones or microwave ovens. In case of devices whose maximum power exceeds 2 W, the minimum distance from your blood pressure monitor should be 3,3 meters.

23. The unit is not waterproof. Never immerse this instrument in any liquids.

24. Do not use the instrument if you think it is damaged or if you notice anything unusual.

25. Any known restrictions on use or contra-indication(s): Consult your doctor prior to using in pregnancy or if diagnosed with arrhythmia or arteriosclerosis.

CAUTIONS:

1. Read and follow the entire instruction manual before operating blood pressure monitor.
2. Do not press the POWER button if the cuff has not been properly wrapped.
3. The malfunctions of display can be determined by pressing and holding the POWER button under power-off mode.
4. The accuracy of the blood pressure monitor is recommended to be verified every two years. Contact authorized agent or laboratory for inspection/calibration service.

Product description and intended use

The blood pressure monitor is an electronic device intended to make human blood pressure and puls rate of adult population utilizing non-invasive oscillometric method in household environment. The BPM for measuring human blood pressure and pulse rate with the following characteristics:

- ◆ To be used (installed) by the user, with the exception of handicapped persons.
- ◆ Handicapped persons need assistance by another person to use the device.

About blood pressure

• **What is blood pressure?**

The blood pressure is generated by the force of the blood flow against the arterial walls after the heart has pumped the blood in the circulatory system.

• **What are the systolic and the diastolic pressure?**

Systolic pressure represents the highest pressure during heart contraction and diastolic pressure is the lowest pressure while heart is resting.

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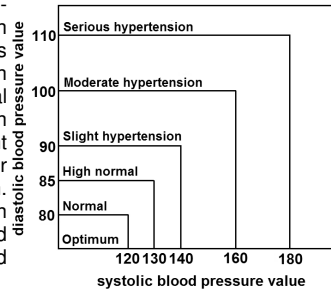
Systolic pressure represents the highest pressure during heart contraction and diastolic pressure is the lowest pressure while heart is resting.

• **What about low blood pressure?**

In general, lower blood pressure reading is better unless it causes some uncomfortable symptoms such as fainting and/or light headedness.

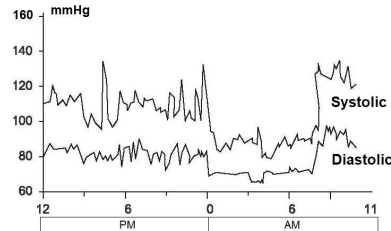
• WHO-ISH classification

Your blood pressure measurement can be compared with classification categories defined by 1999 World Health Organization – International Society of Hypertension Guidelines for Management of Hypertension for preliminary evaluation. Please consult your physician for interpretation of blood pressure measurement and follow their directions.



• Fluctuation and variation of blood pressure

Human blood pressure has a fluctuated characteristic and will vary 24 hours a day. Blood pressure measurement can be affected by the measurement position, posture, physiologic conditions as well as factors such as eating, bathing, exercising, smoking, drinking alcohol, stress, mental tension, breathing, movement, temperature or humidity change, etc.



The device

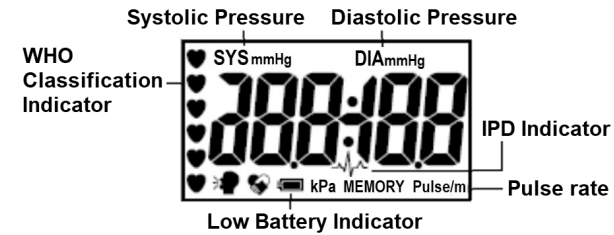


- 1 - MEMORY button
- 2 - User button
- 3 - USB-Micro-jack
- 4 - NFC area
- 5 - ON/OFF button
- 6 - Cuff
- 7 - Lock for the buttons























The delivery includes:

The blood pressure monitor, a micro USB cable, a storage bag or box and the instruction manual.

The LC Display




Explanation of symbols

	systolic pressure		ON/OFF button
	diasystolic pressure		pulse pressure
	irregular pulse detection		disposal notes
	follow operation instructions		type BF applied part
	manufacturer		cuff pressure > 300mmHg
	authorized representative in the EU		pumping
	Keep dry		pumping failure
	CE Nr. of notified body		movement during measurement
	production period month/year		insufficient pulse detected
	serial number		readings are not reasonable
	authorisation and restriction of chemicals (REACH) is an EU regulation		restriction of hazardous substances

Preparations for start-up

Charging the battery

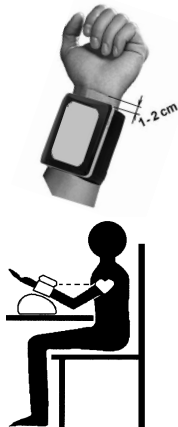
1. The symbol "  " on the LC display indicates that the battery is depleted. Connect the product to a USB port of a PC or a USB charger with the micro USB cable.
2. The battery symbol in the LC display flashes.
3. The battery symbol goes out when the battery is full.

Setting the clock

1. Open the lock for the buttons (see figure on page 8).
2. With the device switched off, press and hold the MEMORY button until the flashing year is displayed. Set the year with the ON/OFF button.
3. Press the MEMORY button again to enter the setting of the month, day, hours and minutes.
4. Then "CL" is displayed. Press the ON/OFF button "on" for constant display of the time or "off" to hide the time. Up to 4 alarm times (AL1 - AL4) can be set. Complete all settings by pressing the MEMORY button. When an alarm is set, the heard left down on the LC display is displayed.
5. Close the lock for the buttons.

Putting on the cuff and measurement position

1. Check to be sure that the circumference of your wrist fits the cuff.
2. Place the cuff around your exposed **left** wrist. Interfering clothes and jewellery should be removed beforehand. The top edge of the monitor should be 1 or 2 cm away from the wrist.
3. Close the cuff. Do not put on the cuff very tightly.
4. Sit upright on a chair at the table. Put your feet flat on the floor. Relax.
5. Make sure that the cuff is on an imaginary line with the heart. (See opposite figure).
6. Open the lock for the buttons (see figure on page 8).
7. Start the measurement with the ON/OFF button. Do not move or speak.
8. If you cannot make the measurement on the left wrist, use the right wrist.



Performing the measurement

1. Select a user with the User button.
2. When you have placed the cuff correctly around the wrist, press the ON/OFF button to start the automatic measurement.
3. At the end of the measurement, the systolic and the diastolic pressure and the heart rate are displayed.

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6. If irregular heart rate is detected, the symbol "⚡" is displayed. Cardiac arrhythmia is indicated when the period between two heart beats is 5/3 the time of the average heart beat and this abnormality occurs three times during a measurement. Consult a doctor when cardiac arrhythmia occurs frequently.
7. The device also provides the PP (Pulse Pressure) function that is equal to systolic minus diastolic. If systolic is 60 mmHg higher than diastolic, LCD will display „PP“ and differentiation value. If PP indicator is displayed with measurement readings frequently, please consult a qualified physician for further directions.

For example (see opposite figure):
The first users pulse pressure is 61 mmHg
and pulse/min is 72.



8. When the device is switched off, the measuring values are stored.
9. Close the lock for the buttons.

The memory function

1. Open the lock of the ON/OFF button.
2. With the User button, go to the memory of the user whose value you want to display.
3. Display the measuring values in the memory with the MEMORY button.
4. The value stored last in the memory is displayed (it is placed at the highest memory location).

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Deleting a value from the memory

With the MEMORY button, go to the blood pressure value which you want to delete. Instantly press and hold (at least 4 seconds!!!) the ON/OFF button and the display will show: dEL (delete) and the number of the memory location. To delete the value, press the ON/OFF button instantly.

Deleting all values in the memory

With the MEMORY button, go to any blood pressure value. Instantly press and hold (at least 4 seconds!!!) the ON/OFF button and the display will show: dEL (delete) and the number of the memory location. Instantly press the MEMORY button and dEL (delete) and ALL (for all memory locations) will be displayed. Instantly press the ON/OFF button and all values are deleted. Time and date are not deleted.

Operating by OUCare Application Software

Download free OUCare App on the Google Play or App Store and install.

Using NFC (for iPhone 7 or above and Android devices with NFC built-in).

1. Enable NFC function on mobile devices before using.
2. Make mobile device NFC area close to BPM.
3. OUCare App will be activated to read back all memories from BPM to mobile device and write-in settings to BPM automatically.
4. The App can present the measurement trend.

OUCare App is compatible with:

Android 10 or later versions, and iOS 11 or later versions.

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- It may cause errors or interruption during operating when you receive a phone call or a message. Please try again after finishing your phone call or reading the message.
- If the OUCare App notifies you that it needs to shut down, please close the App and reopen to proceed.

Care and maintenance

1. Do not drop the device; it is not resistant to impact.
2. Do not remove or modify the device or the cuff. Do not twist the cuff.
3. Avoid direct sunshine, high temperatures, moisture, dust and dirt.
4. Do not use thinner, petroleum ether or other aggressive cleaner.
5. Do not wash the cuff or immerse the cuff in water.

Clean and Disinfection

Cleaning process:

1. Use a cloth moistened with water or neutral detergent to clean the device, with a solution of 5 – 10% mild detergent.
2. The cleaning operation with cold water to avoid the chemical residues remaining on the device.
3. If necessary, repeat step 1 to step 2 in order to make sure the device was clean.
4. A final wipe down by a clean wiper is necessary to avoid water stains.

Disinfection process:

1. To disinfect the device when completed the cleaning process.
2. Use 70 to 75% alcohol. Put alcohol into a spray bottle and spray both sides of the cuff with it.

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Drying process:

1. After cleaning and disinfection process.
2. Put the device to air-dry in the room temperature.

Regular recalibration

No checks of the measuring accuracy of the SC 6027 are normally required. Devices used in medical practice in Germany must be checked after 2 years according to applicable legislation.

Warranty

We grant a warranty of two years for the blood pressure monitor. The cash voucher is your warranty certificate. The product will be repaired free during the warranty period. The warranty does not cover damage due to improper handling, accident, non-compliance with the instructions for use or unauthorized modifications of the product.

Disposal note



Defective blood pressure monitors or monitors at the end of their life may contain material that might be a hazard to the environment. Dispose of the blood pressure monitor as prescribed, i.e., at a collection point for electrical scrap.

Technical specifications

Measuring range	Pressure: 20 ~ 300 mmHg Heart rate: 40 ~ 200 bpm
Accuracy	Pressure: 3 mmHg Heart rate: $\pm 5\%$ of the measuring value
Measuring method:	Oscillometric measurement
Display	LC display
Memories	2x50 sets
Battery capacity	approx. 80 measurements
Weight	approx. 86 g
Cuff size	135 - 220 mm
Operating environment	5 ~ 40°C, 15 ~ 90% RH
Storage conditions	-20 ~ 55 °C, <93% RH
Operating voltage	Lilo battery 3,7V / 450 mAh, micro USB cable
Automatic Off:	after approx 150 s
IP classification	IP22 (the product is not water-proof)

Specifications may change as technical revisions take place.



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