
What should I do if my arm circumference is outside of the stated range?

(For Arm cuff models only)

The prescribed range for your blood pressure monitor is included on the specifications page of your instruction guidebook. Unit accuracy can be affected if an improperly sized cuff is used. If your arm circumference does not meet the size stated in the specifications, please consult your dealer for cuff alternatives.

What should I do if my wrist circumference is outside of the stated range?

(For Wrist cuff models only)

The prescribed range for your blood pressure monitor is included on the specifications page of your instruction guidebook. Unit accuracy can be affected if an improperly sized cuff is used. Due to the design of wrist monitors, the cuff is an integral part of the unit and cannot be adapted to other wrist sizes. It is suggested that you consider an arm cuff unit as an alternative for your blood pressure monitoring.

How does my blood pressure monitor detect the readings?

The method of measurement that your monitor uses is called the oscillometric method. The monitor detects your blood's movement through the artery in your arm/wrist and converts the movements into a digital reading. The oscillometric method does not require a stethoscope, making the monitor easy to use.

Can I use any AC adapter with my unit?

Only selected units offer the capability of an AC adapter. If your unit has an AC adapter feature, an adapter specifically designed for this unit is recommended. Use of an adapter other than the one specifically designed for your unit may cause permanent damage to your monitor and void your warranty.

Can I use rechargeable batteries?

No. Your unit was designed and tested using alkaline batteries.

Can I use my blood pressure monitor while exercising?

The oscillometric method of blood pressure monitoring requires quiet, stable conditions. Movement, vibrations or other activity will interfere with the reading and likely cause an error or inaccurate reading.

Can I use my blood pressure monitor in moving vehicles?

The oscillometric method of blood pressure monitoring requires quiet, stable conditions. Movement, vibrations or other activity will interfere with the reading and likely cause an error or inaccurate reading.

Is my blood pressure monitor waterproof?

Monitors are not waterproof. Refer to detailed guidebook for care and maintenance instructions. It is strongly recommended that the unit be stored and operated within the conditions expressed in the product specifications of your detailed guidebook.

FREQUENTLY
ASKED
BLOOD PRESSURE
MONITORING
QUESTIONS
AND ANSWERS

Blood pressure readings should only be interpreted by a trained healthcare professional, who is familiar with your medical history.



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How accurate is my blood pressure monitor?

Your blood pressure monitor is designed to meet the exacting standards set by the various regulatory bodies that govern all blood pressure monitors including those found in your physician's office.

In order to ensure the accuracy of your measurements, it is strongly suggested to read the complete guidebook and follow the recommended operating and temperature conditions for the unit including the suitable arm/wrist circumference range for the cuff.

Will I get the same reading each time I use my blood pressure monitor?

Blood pressure is influenced by many factors and can change from moment to moment. Normally, blood pressure is lowest during sleeping periods and rises during the day.

Why are my home readings different from my doctor's readings?

Many factors affect blood pressure including the anxiousness of a doctor's visit. This common condition is referred to as "White Coat Syndrome", which typically produces a higher than "normal" blood pressure reading. Other factors, including the time of day, can influence blood pressure readings.

How do I know if my device is still accurate?

Your blood pressure monitor performs a self-diagnosis when the unit is powered on. If the unit has been dropped or abused in any way, it is recommended that you contact our Repair Department at 800-622-4714.

Are manual inflate monitors as accurate as automatic inflate monitors?

Yes. Both models comply with the same accuracy standards. The only difference is the way the unit is inflated.

Why is there more variation in my diastolic pressure?

Diastolic pressure is detected by the last "beat" in the cardiac cycle. This beat is sometimes difficult to detect with a stethoscope and may be subject to the practitioner's interpretation. Your blood pressure monitor detects the last beat electronically for a more consistent, reliable diastolic reading.

Why do I get different readings when I take my blood pressure readings in a short period of time?

It is important to wait a minimum of 15 minutes between readings to allow the blood vessels to return to normal. The wait time may vary depending on individual physiological characteristics.

How often and when should I measure my blood pressure?

It is recommended that you consult with your health care professional for the time and frequency that is best suited for you. It is important to take your readings at similar times and conditions on a day-to-day basis. This will allow for reliable comparisons of your readings.

What happens if I do not place the cuff at heart level?

If the cuff is not at heart level, readings will be affected producing either higher or lower measurements.

How long should I wait between measurements?

It is important to wait a minimum of 15 minutes between readings. The wait time may vary depending on individual physiological characteristics.

Does age affect blood pressure?

Many factors such as age, genetics, sex, altitude, physical activity, anxiety, muscular development, certain medications or even the time of day can influence blood pressure.

What do the error messages mean?

Each monitor has individual error messages that are unit specific. Please consult your instruction guidebook for complete details.

Which arm/wrist monitor should I use to take my blood pressure?

It is suggested to consult with your health care professional to determine which arm/wrist monitor is best for you to use. Your unit and accompanying detailed instruction guidebook are designed for left arm/wrist use. If you are unable to or should not use your left arm/wrist, please modify the instructions for right arm/wrist use. The same arm/wrist should be used for all future readings to ensure reliable comparisons.