

Blood Pressure Monitor

READ ALL WARNINGS AND INSTRUCTIONS BEFORE USING PRODUCT. INJURY CAN RESULT FROM IMPROPER USE. SAVE THESE INSTRUCTIONS.



The easy, portable blood pressure monitor that takes the guesswork out of reading your blood pressure!

With a color coded alert system, the Color Doctor™ screen will show green when it detects normal blood pressure, yellow if you are at risk of developing high blood pressure, and red for high blood pressure.

IMAGES MAY VARY FROM ACTUAL PRODUCT

Item No.: 11400, 11406, 11551

1. Before Using The Unit 1.1 Introduction

This wrist blood pressure monitor is intended to be used to measure blood pressure and pulse rate from the wrist by using the oscillometric method, at home or in medical centers. It detects the movement of blood through the brachial artery and converts the blood pressure and pulse rate into a distillar reading. and pulse rate into a digital reading. This unit is intended for use on adults only and is not for use on groups such as neonatal babies, children, pregnant women, or pre-eclamptic patients.

Blood pressure is measured in systolic and diastolic pressure. The systolic pressure is when your heart muscle contracts, which pushes blood out of the heart. The diastolic pressure is when your heart muscle relaxes, which brings blood into the heart.

The Color Doctor™ screen will show green when it detects normal blood pressure (normal), yellow if you are at risk of developing high blood pressure (prehypertension), and red for high blood pressure (hypertension). This color code is based on JNC7 guidelines for blood pressure classification from the National Heart, Lung and Blood Institute.

Color Doctor^{ns} automatically stores 90 memory readings each for two different users, including the measuring date and time. You can read the stored data easily by pressing the memory button.

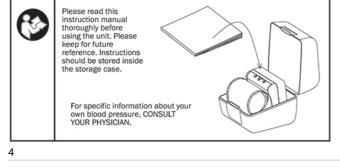
MEDICAL DISCLAIMER: This device and manual are not meant to be a substitute for advice provided by doctors or other medical professionals. Contact your physician for interpretation of measurements, or if you have or suspect you have a medical issue.

KEEP BATTERIES AND BATTERY DOOR AWAY FROM CHILDREN. HARMFUL IF SWALLOWED.





DO NOT MIX OLD AND NEW BATTERIES.
REPLACE BATTERIES WITH A NEW SET IF A LOW BATTERY SYMBOL
APPEARS ON DISPLAY.
DO NOT USE RECHARGEABLE BATTERIES.
DO NOT MIX ALKALINE, STANDARD (CARBON-ZINC) OR RECHARGEABLE
(NICKEL-CADMIUM) BATTERIES.
REMOVE BATTERIES IF UNIT IS NOT IN USE FOR A PERIOD OF THREE
MONTHS OR MORE.



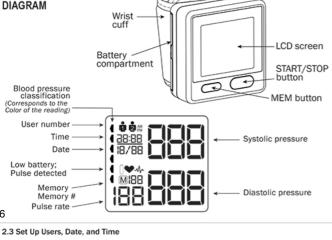
Hook-and-

loop fastene

2.1 Know Your Unit

2. Setting Up

COLOR DOCTOR



With device turned off, press and hold MEM button. To toggle between User 1 and User 2, press START/STOP button. To select user, press MEM to confirm.

3. Date settings will appear. Press START/STOP button to advance month until you reach the correct month. Press MEM to confirm. Day of the month will then appear. Press START/STOP button to advance to correct day and press MEM to confirm.

Year setting will appear next. To advance year, press START/ STOP button until you reach the correct year. Press MEM button to confirm.

- Time will appear. First set the hour using the START/STOP button, then press MEM to confirm. Next set the minute with the START/STOP and press MEM to confirm.
- 5. Set-up is complete!
- 8

Color Doctor™ should be used on bare skin. Remove wristwatches or other jewelry. If necessary, loosely roll up your

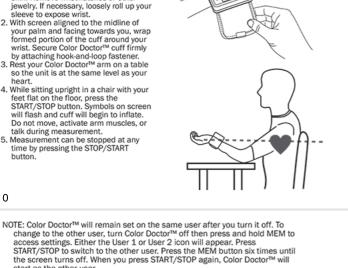
3.2 Measurement

- jeweiry. In eccessary, loosely roll up your sleeve to expose wrist.

 2. With screen aligned to the midline of your palm and facing towards you, wrap formed portion of the cuff around your wrist. Secure Color Doctor™ cuff firmly
- wrist. Secure Color DoctorTM cuff firmly by attaching hook-and-loop fastener. Rest your Color DoctorTM arm on a table so the unit is at the same level as your heart.

 While sitting upright in a chair with your feet flat on the floor, press the START/STOP button. Symbols on screen will flash and cuff will begin to inflate. Do not move, activate arm muscles, or talk during measurement. talk during measurement. Measurement can be stopped at any time by pressing the STOP/START button.
- 10

start as the other user.



3.3 Using Memory-Recall Color Doctor™ will store up to 90 measurements each for two users. When more than 90 measurements are taken, the oldest measurement will be replaced. tnan 90 measurements are taken, the oldest measurement will be replaced. 1. To access Memory-Recall, press and release the MEM button while Color DoctorTM is off. 2. First, it will display the average of your three most recent measurements, indicated on screen as M AU (Measurement Average). 3. Press the MEM button again to see the most recent measurement. Press MEM repeatedly to scroll towards the oldest measurement. On screen, M1 indicates the most recent measurement, with higher M numbers indicating older measurements.

- indicates the most recent measurement, with higher M numbers indicating older measurements.

 If you desire to delete all stored measurements of the current user, press and hold the MEM button until "CL" is displayed. Press the START/STOP button to confirm clearing the memory. Press and release MEM button again and blank entry should appear on screen. Press START/STOP button to exit.
- 12 6. EMC Declaration
- Guidance and Manufacturer's Declaration Electromagnetic Immunity Color Doctor™ is intended for use in the electromagnetic environment specified below. The customer or the user of Color Doctor™ should ensure that it is used in such an environment Electromagnetic Environment - Guidance Color Doctor¹¹ uses RF energy only for its internal function Therefore, its RF emissions are very low and are not likely to cause any interference in nearby electronic equipment. Immunity Test Compliance RF emissions CISPR 11 Group 1

sions CISPR 11 Color Doctor™ is suitable for use in all establishme including domestic establishments and those direconnected to the public low-voltage power supply network that supplies buildings used for domestic Class B Harmonic emis IEC 61000-3-2 Not applicable IEC 61000-3-3 Electromagnetic vironment - Guidance Compliance Level IEC 60601 Test Level Immunity Test

± 6 kV contact ± 8 kV air

Floors should be wood, concrete, or ceramic tile, if floors are covered with synthetic material, the relative humidi should be at least 30%

Power frequency magnetic fields should be at levels characteristic of a typical location in a typical commercial or hospital environment.

Power frequency (50Hz/60Hz)

± 6 kV contact ± 8 kV air

Electrostatic discharge (ESD) IEC 61000-4-2

magnetic field IEC 61000-4-8 NOTE: UT is the a.c. mains voltage prior to application of the test level. 7. FCC Compliance

following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may course underlying exercises. cause undesired operation.

This device complies with Part 15 of the FCC rules. Operation is subject to the

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance to the Instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or

Caution: Changes or modifications to this unit not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures: - Reorient or relocate the receiving antenna. - Increase the separation between the equipment and receiver. - Connect the equipment to an outlet on a circuit different from that to which the receiver is connected.

Consult the dealer or an experienced radio/TV technician for help

16

10. Warranty Information

refer to www.ColorDoctorSupport.com

9. Calibration and Service

The unit is warrantied to be free of manufacturing defects in workmanship and materials for a period of one year from the date listed on the purchase record, when used in accordance with the instructions provided with the unit.

The accuracy of this blood pressure monitor has been carefully tested and is designed for a long service life. It is generally recommended to have the unit inspected and calibrated every two years to ensure correct functioning and accuracy. Please consult your authorized distributor, or

This warranty does not cover damage incurred by use of the unit not in accordance with the agents

18

- instructions, accidental damage, or being tampered with or serviced by unauthorized service For repair of manufacturing defect under this warranty, please contact your local distributor
- within the period of the warranty. This warranty covers parts and labor only under normal operations. A transportation fee or freight fee that may be incurred will be the owner's responsibility. Any defect resulting from natural causes, e.g., flood, hurricane etc., is not within this guarantee

notice.

Note: To ensure accuracy, calibration by qualified technician is recommended every two years or after a repair. Please contact your authorized distributor for details.

within this guarantee. Please note warranty does not cover damage caused by, including but not limited to: misuse or abuse; accident; the attachment of any unauthorized accessory; alteration to the product; improper installation; unauthorized repair or modification; improper use of electrical/power supply; dropped product; failure to follow required maintenance and safe-keeping; transportation damage. This warranty specifically excludes expendables and consumables, for example batteries. All warranty claims must be directed to the distributor responsible for the sale of the device. The content of this warranty is subject to change without further notice.

Contents

 Before Using The Unit
 Introduction
 Before Using The Unit
 Introduction
 Before Using The Unit
 Introduction
 Before Using The Unit
 Introduction Setting Up
 Thow Your Unit
 Set Up Your Color Doctor
 Set Up Users, Date, and Time 4. Cleaning and Maintenance. 5. Troubleshooting 6. EMC Declaration .. 7. FCC Compliance ..

13

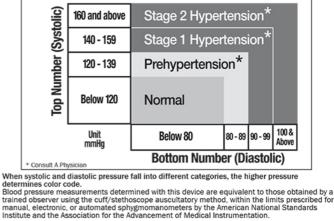
1.2 Important Safety Information and Precautions **M** WARNING

This device is intended for information purposes only. It is not intended to

- diagnose medical conditions or to act as a substitute for medical advice. Contact your physician if you suspect you have a medical issue.

 Not for use by children, pregnant women, or pre-eclamptic patients. If you suffer from arrhythmia, diabetes, blood circulation problems, or apoplexy, only use Color Doctor^{7M} under a physician's care.
- Prolonged over-inflation of the monitor will result in harmful injury to the patient. Do not use the unit over a wound, as this can cause further injury. Too frequent measurements can cause injury due to blood flow interference. Do not attempt to modify the Color Doctor™ unit in any way.
- Store unit in its storage case in a cool, dry place. Do not subject Color Doctor™ to extreme temperatures, humidity, or sunlight. The unit might not meet performance specifications if stored or used outside the ranges specified in the "Specifica-

- 1.3 Blood Pressure Indicator Chart



5 2.2 Set Up Your Color Doctor Figure 1

7

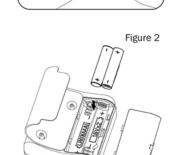
it clicks into place.

damage to the unit.

2. Insert two AAA alkaline batteries according to the + and - markings. (Figure 2) 3. Snap the battery cover on, ensuring

NOTE: When the low battery symbol appears on screen, turn off Color Doctor™ and follow the instructions above to replace

CAUTION Never leave any low battery in the battery compartment as it may leak and cause



Color Doctor™ can be applied to either wrist, but preferably the left. Use the same wrist for each measurement. Any blood pressure recording can be affected by the position and physiologica

3. Instructions For Use

condition of the subject, as well as other factors such as background noise, stress,

- talking and body movement etc.

 Avoid taking measurements while under stress. Do not eat, drink alcohol, smoke, exercise, or bathe 30 minutes before using Color
- Doctor™, as these activities may change blood pressure.

 For an accurate indication of true blood pressure, take and record several
- blood to flow through the arm normally.

 This device is used to monitor blood pressure. However, it cannot treat or prevent high blood pressure. If you suffer from high blood pressure, consult your doctor.
- 3.2 Measurement (continued)

9

- Measurements are automatically stored in the memory.

 9. Turn off Color Doctor™ using the START/STOP button, remove from your wrist by detaching hook-and-loop fasteners, and replace unit back in its storage case. If Color Doctor™ is accidentally left on, it will turn itself off after two minutes.
- * Consult a physician
- pressure Pulse rate

Diastolic

For regular maintenance, Color Doctor™ unit only needs to be wiped gently with a soft, dry cloth. Never immerse the unit or any components in water. Do not carry out repairs of any kind yourself. If a defect occurs, please contact your local authorized distributor. Use only authorized parts and accessories. 5. Troubleshooting

11

If you see any of these symbols displayed on screen, perform the corresponding correction:

Lo Low battery Correction: Replace batteries following instructions in the Battery installation section

No Power Low batteries or incorrect battery placement Correction: Ensure batteries were installed according to the + and - shown on the unit. If they

If you have the following issues without an error code, perform the

	Interference may occur in the vicinity of equipment marked with the following symbol:			
NOTE 2 These guid	NOTE 1 At 80 MHz and 800 MHz, the higher frequency range applies. NOTE 2 These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from structures, objects and people.			
telephones and lar broadcast cannot be environment due to If the measured file applicable RF com- operation. If abnor- as reorienting or re-	fixed transmitters, such as base stations for radio (cellular/cordless) mobile radios, amateur radio, AM and FM radio broadcast and TV predicted theoretically with accuracy. To assess the electromagnetic xed RF transmitters, an electromagnetic site survey should be considered, strength in the location in which the Color Dotor TM is used exceeds the ance level above, the Color Dotor TM should be observed to verify normal ip erformance is observed, additional measures may be necessary, such acting the Digital Blood Pressure Monitor, ange 150 KHz to 80 MHz field strengths should be less than 3V/m			
15				

		Pulse: 40 to 180 beats/minute	
5 Ac	Accuracy	Pressure: Within ±3 mmHg	\neg
		Pulse Rate: Within ±5% of reading	
6	Inflation	Automatic inflation by pump	To improve performance, specifications subject to chawithout notice
7	Deflation	Automatic rapid deflation	
8	Pressure Detection	Semiconductor pressure sensor	
9	Memory	2 persons X 90 measurements each	
10	Power Supply	2 AAA alkaline batteries (not included)	
11	Battery Life	About 6 months when used once a day	
12	Barometric Pressure	105 kPa to 80 kPa (790 mmHg to 600 mmHg)	
13 S	Storage Temperature	-4°F (-20°C) to 131°F (55°C)	T
		Relative Humidity: 0% to 95% (noncondensing)	Disposal of th
14 (Operating Temperature	50°F (10°C) to 104°F (40°C)	device, acces
		Relative Humidity: 15% to 90% (noncondensing)	and packagin be carried ou
15	Weight of Main Unit	Approximately 95 g (not including batteries)	accordance v
16	External Dimensions	65 mm (H) X 61 mm (W) X 28 mm (D)	national and
		(not including the wrist cuff)	regulations for
17	Measurable Circumference of Wrist	Approximately 5.3" ~ 8.5" (13.5cm ~ 21.5cm)	handling of w
18	Electric Shock Protection	Internal power supply appliance type BF	
19	Contents	Main unit, storage case, instruction manual	

17

Manufactured for i ‡**I Brand**s. Fairfield, NJ 07004 ©2016 Telebrands www.telebrands.com

Liability limited to the purchase price of this product. Telebrands Corp. shall not be liable for any incidental or consequential damages or any implied warranty on this product. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you.

Made in China

tions" section.

Do not immerse Color Doctor™ in water or clean with cleaning products, alcohol, Do not immerse Color Doctor™ in water or clean with cleaning products, alcoho or solvents. Carefully follow cleaning instructions provided.

Keep away from children. The battery door may pose a choking hazard.

Remove batteries if Color Doctor™will not be used for three or more months.

Do not use devices that create electromagnetic fields, such as mobile phones, while using Color Doctor™. This may cause operational failure.

Do not use Color Doctor™ areas of high radiation, as this may also cause operational failure.

Do not use Color Doctor™ where flammable gases or liquids are present.

BLOOD PRESSURE INDICATOR CHART ed on National Heart, Lung And Blood Institute (JNC 7) guid

Battery Installation: 1. Pull down on the battery cover, located on left side of Color Doctor™.

batteries.

3.1 Before Taking a Measurement For most accurate results, measurements should be taken in the same circumstances and at the same time every day.

measurements over a period of time. If consecutive measurements are desired, allow two minutes between uses to allow

 When Color Doctor™ senses a pulse, a heart symbol will flash on screen.
 When measurement is complete, the 7. When measurement is complete, the cuff deflates automatically and your systolic, diastolic, and pulse rate will display on screen.
8. The screen will change color to indicate the reading. A green screen indicates normal blood pressure, a yellow screen indicates a risk of developing high blood pressure (prehypertension*) and red indicates high blood pressure (hypertension*). Measurements are automatically stored in the memory. Systolic pressure M 90

4. Cleaning and Maintenance

corresponding correction:

were, batteries need replacement.

Err Error during inflation

Correction: Adjust cuff, ensuring it is wrapped properly, and repeat measurement. Do not move or talk during measurement. Ensure wrist is level with heart.

Measurement Too High / Too Low Possible incorrect use of unit Correction: Adjust cuff, ensuring it is wrapped properly, and repeat measurement. 13

Portable and mobile RF communications equipment should be used no closer to any part of the Color Doctor™ including cables, than the recommended separation distance calculated from the equation applicable to the frequency of the transmitter. Recommended separation distance d=1.167√P 80 MHz to 800 MHz d=2.333√P 800 MHz to 2.5 GHz
Where P is the maximum output power rating of the transmitter in watts (W) according to the transmitter in watts (W) according to the transmitter and the transmitter in watts (W) according to the transmitter in metres (m). Field strengths from fixed RF transmitters, as determined by an electromagnetic site survey*, should be less than the compliance level in each frequency range*.

8. Specifications

11400, 11406, 11551 Backlit LCD with Green, Yellow & Red these s are

ange e. the ssories ng shall ut in local or proper

8. Specifications

1

3

9. Calibration and Service ..

10. Warranty Information ...

LIMITATION OF LIABILITY

(Figure 1)