



Digital Blood Pressure Monitor

Model 7623 Instruction Manual

Important Notes

Please read this manual carefully before using this device.

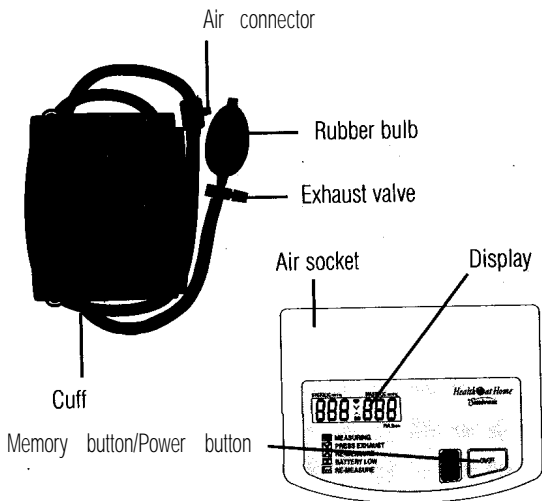
This Blood Pressure Monitor is intended for use by adults only.

Children should not use this monitor unless it is under the supervision of an adult.

Only a physician is qualified to interpret changes in your blood pressure. This device is not intended to replace regular medical examinations. It is recommended that your physician review your procedure for using this monitor. Never make adjustments to your medication unless it is the advice of a physician.

Please read these instructions carefully for accurate measurements

PARTS IDENTIFICATION

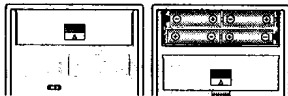


PLEASE READ **OVER** THE
INSTRUCTIONS CAREFULLY

ASSEMBLING YOUR UNIT

Installing Batteries

1. To install batteries remove the battery cover and insert the batteries into the battery compartment as shown. Use only "AA" alkaline batteries.
 - A. Remove the battery cover from bottom of unit. Insert four "AA" size alkaline batteries as shown, taking care to observe the proper direction for each battery. Use of alkaline batteries is recommended.



- B. Replace battery cover.
2. Push the air connector firmly into the air socket on the back of the unit.

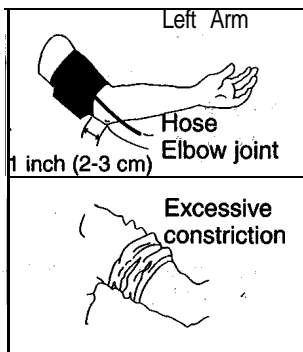
Important Notes

- Replace all four batteries if the low battery symbol appears on the display.
- Remove batteries if storing the unit more than six months without use. Never leave dead batteries in an unit since they may leak and cause damage. Memory data will be cleared when batteries are changed or become exhausted.

Proper Use of the Arm Cuff

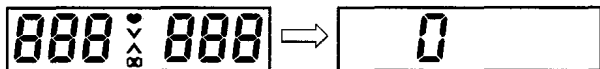
1. Please relax and remain seated or reclined in a quiet location for 5 to 10 minutes prior to taking a measurement.
2. Remove any clothing on the upper arm so that the cuff can be placed directly on the skin. Constriction of the upper arm caused by rolling up a shirt sleeve may cause an inaccurate reading. Avoid this condition by completely removing the garment causing the constriction.
3. Wrap the cuff around the upper arm as shown in the diagram on page 3. The lower edge of the cuff (edge with air hose attached) should be about 1 inch above the elbow. Position the cuff so that the hose runs along the inside of the left arm.

4. Insert the air **connector into** base unit if not **already attached**.
5. Relax for a few more minutes after the cuff is applied before beginning the measurement.



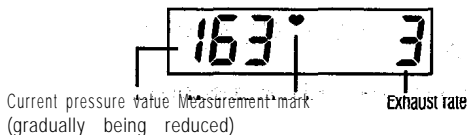
Taking Your Blood Pressure

1. Place the cuff on the arm that will be used for the measurement (preferably the left arm). See previous section on proper cuff placement.
2. **Remain** seated or in a reclining position during measurement. Keep the arm with the cuff as still as possible and position the cuff at heart level. Movement during measurement could cause an error, requiring a second measurement.
3. Press the power button. When **the power button** is pressed, all of the display symbols will appear for one second. When the "0" is displayed, the monitor is ready for measurement. If the "∧" mark appears, the cuff has some air trapped in it. **Press** the exhaust valve button until "0" appears.



Pressurize the cuff by squeezing the rubber bulb. Squeeze and release the rubber bulb until the unit indicates a pressure 30 to 40 **mmHg** greater than your expected systolic blood pressure.

- The automatic exhaust mechanism will gradually reduce the pressure in the cuff and the symbol ♥ will appear. Also displayed will be the gradually decreasing cuff pressure on the left, and the exhaust rate (mmHg/ sec) on the right. Initially, the exhaust rate may exceed 5 **mmHg/sec**, but should settle down to a range between 1 and 5 **mmHg/sec**. If the exhaust rate is consistently outside of this range, please call customer service at i-800-621-8854.

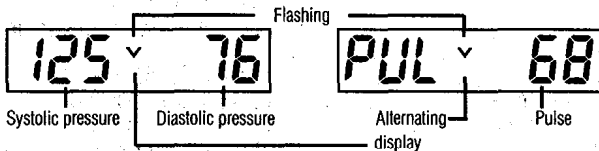


Remain still during the measurement.

When a pulse is detected, the symbol ♥ will blink in unison with the pulse of the person being monitored and the pressure display will switch to the right side.



When the measurement has been completed, the systolic and diastolic pressures will be displayed. The display will alternate with the pulse rate display as shown below.



Press the exhaust valve to remove the **remaining air** from the cuff. When initial pressurization was insufficient, the symbol **• ^** will appear. Repressurize the cuff to a value 30 to **40mmHg** greater than the previous time.

If an error message is displayed, or you get a reading that you do not believe is accurate, wait 10 minutes before trying again.







Memory Operation ,

1. When a valid measurement is made, the reading data (systolic, diastolic and pulse rate) will be stored in the MEMORY as soon as the unit is turned off.
2. The reading in MEMORY can be viewed at any time (except when another measurement is in progress) by pressing the MEMORY button. An **"M"** appears in the lower left corner of the display when you are viewing the data in MEMORY.
3. After another **valid measurement** is performed, **the results** of this current measurement will appear on the display. When the MEMORY button is pressed, the previous reading will appear once on the display (along with the **"M"** symbol). Then the display will revert to the current reading.
4. When the unit is shut off (either by manually pressing the ON/OFF button or when the Auto-off feature operates) the last valid reading taken will be stored in MEMORY, overwriting the previous data.

Caution

1. Memory data will be cleared when the batteries become low or when the batteries are replaced.
2. Also memory data will be cleared when batteries are removed from the battery compartment.

Description of Display Marks

Display mark	Condition	Action
 Measuring	<ul style="list-style-type: none"> • Mark appears and flashes during measurement 	Measurement is in progress -- remain as still as possible
 Exhaust	<ul style="list-style-type: none"> • Mark flashes when there is air remaining in the cuff at power up • Mark flashes at the completion of the measurement until exhaust is complete 	Press the exhaust Valve button to exhaust the air
 Insufficient pressure	<ul style="list-style-type: none"> • Measurement began, but the pulse was detected immediately 	Increase pressurization by 30 to 40mmHg and measure again
 Low battery	<ul style="list-style-type: none"> • This mark appears when the battery voltage is excessively low 	Replace all four of the batteries with new ones
 Memory	<ul style="list-style-type: none"> • Memory data displayed 	None
 Measurement error	<ul style="list-style-type: none"> • This message appears when the blood pressure could not be measured accurately 	First exhaust the air from the cuff, then reapply the cuff properly and remeasure

How to Properly Measure Your Blood Pressure

1. Relax and try to remain still for 5 to 10 minutes before a measurement.
2. Remove shirts **or other** tight-fitting garments on the upper arm before applying the arm cuff,
3. Refrain from eating, smoking, and drinking (especially alcoholic beverages) before a measurement since these activities can effect your blood pressure.
4. **Remember that blood pressure varies continuously throughout the day. Try to take your blood pressure at the same time each day.**
5. Do not be too impressed with the results of one measurement. Many measurements, recorded over a long period of time, will provide a better understanding of your blood pressure.
6. Please relax for 5 to 10 minutes before taking another measurement.
7. Many factors can affect your blood pressure. Emotional stress can cause increase in blood pressure. Blood pressure tends to be lower in summer and higher in winter.

Helpful Information

What is Blood Pressure?

Blood pressure is the force that blood exerts on the arteries. This force is constantly changing as the heart beats. When the heart contracts, the blood pressure reaches its highest value. This is called systolic blood pressure. When the heart relaxes between beats, the value of blood pressure is lower. This is called the diastolic blood pressure. The unit of measure for blood pressure is the millimeter of mercury, abbreviated, **mmHg**.

For example, an individuals blood pressure may be measured as 120 **mmHg** (systolic) and 80 **mmHg** (diastolic). This would be spoken as "120 over **80**", and written as **120/80**.

Remember, blood pressure varies throughout the day. It can be affected by food intakes, smoking, time of day, stress, level of exercise, and many other factors.

What is High Blood Pressure?

Hypertension, or high blood pressure, is a condition where an individual's blood pressure remains high over a long period of time. Untreated, hypertension can cause many serious medical problems including strokes and heart attacks. To control hypertension, the American Heart Association recommends that you not smoke, reduce fat and salt intake, maintain proper weight, exercise, and get regular physical checkups.

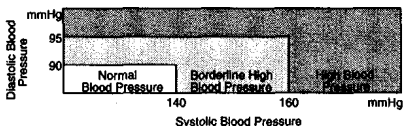
Why is it Important to Measure your Blood Pressure at Home?

Having your blood pressure taken at the doctors office may cause the patient to become nervous, thus artificially raising the individual's reading. Taking your own blood pressure reading at home can eliminate this source of inaccuracy. Having the capability to measure blood pressure at home provides a good way to determine one's fundamental blood pressure. This is defined as the first blood pressure reading upon waking, before taking any food or drink.

Take your blood pressure every day. Make a log of your daily readings. When used as a supplement to a doctors readings, this information will help you gain a greater understanding of your blood pressure and the factors that affect it.

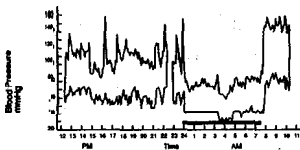
Blood Pressure Classifications

Standards for assessment of high blood pressure, without regard to age, have been established by the World Health Organization (WHO), as shown in this chart



Variations in Blood Pressure

Individual pressures vary greatly both on a daily and a seasonal basis. These variations are even more pronounced in the hypertension patients. Normally the blood pressure rises while at work and is at its lowest during the sleeping period.



Shown in detail for measurements taken every 5 minutes. The thick line represents sleep. The rise in blood pressure at 4 PM (A in the graph) and 12 PM (B in the graph) correspond to an attack of pain or other stress. (Green, *Measurement & Stroke*, Cit. Soc. 30:204, 1989)

Precautions

1. Precision components were used in the construction of this instrument. Extremes in temperature, direct sunlight, shock or dust should be avoided.
2. Clean the instrument with a dry, soft cloth (never use thinner, alcohol, benzene or wet cloths).
3. Avoid tightly folding the cuff or storing the hose tightly twisted for long periods, as such treatment may shorten the life of the components.

Specifications

Model	7623
Type	Oscillometric
Display	6 digit LCD
Measurement range	0 - 280mmHg (Pressure), 40 - 200 pulses/minute (pulse)
Accuracy	+/- 3mmHg or 2% whichever is greater (Pressure)+/- 5% (Pulse)
Pressurization	Manual by Rubber bulb
Depressurization	Constant-Air-Release Valve System
Deflation	Hand held push button
Power source	Type AA Alkaline batteries (4)
Operating environment	+10C - +40C, less than 85% RH
Storage environment	+10C - +60C, less than 95% RH
Dimensions	135 (W) x 105 (D) x 45 (H) mm
Weight	Approx 200g

LIMITED ONE YEAR WARRANTY

This product is warranted for one year from the date of purchase against defects in material and workmanship. If the product fails to operate during this period, return it, prepaid, to:

Appliance Service Station,
160 Commerce Drive
P.O. Box 508
Bay Springs, MS 39422

for repair or replacement without charge at the manufacturers option or call 1-800-621-8854. This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

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MODEL 7623

p.n. 67778 -2

**PLEASE DO NOT ADJUST YOUR MEDICATION
WITHOUT CONSULTING AND APPROVAL BY
YOUR PHYSICIAN.**

REPLACEMENT PARTS AND ACCESSORIES

PART #	DESCRIPTION	PRICE	QUANTITY	TOTAL
47834-055	Regular Adult Cuff	13.75		
7686	Large Adult Cuff	24.75		
47834-054	Battery Cover	2.65		
47834-015	Replacement Bulb	2.95		
67778-2	Instruction Book	1.60		

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