LAZLE

USER MANUAL

MODEL NUMBER: JPD-HA101

FULLY AUTOMATIC
UPPER ARM BLOOD
PRESSURE MONITOR

FOREWORD

Dear user:

Thank you for purchasing our Electronic Blood Pressure Monitor. Please read this User Manual carefully and use the device correctly. Please hold onto this User Manual for checking and referencing at any time. This Electronic Blood Pressure Monitor is suitable for adults.

Product Profile: This product is an Electronic Blood Pressure Monitor suitable for measuring systolic pressure, diastolic pressure and pulse. The blood pressure value measured by this electronic Blood Pressure Monitor is equivalent to that measured by UOTT.

By using an intelligent pressurization method, the Electronic Blood Pressure Monitor can automatically pressurize to a suitable pressure value based on your blood pressure. This reduces possible discomfort caused by incorrect pressurization, shortens measurement times and prolongs the service life of the cuff.

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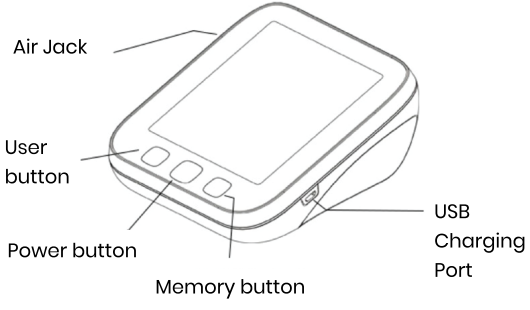
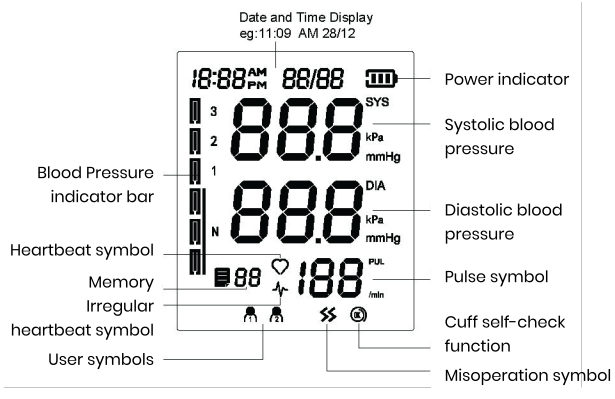
1. PRODUCT COMPONENTS

1.1 Body



1.2 Display Screen



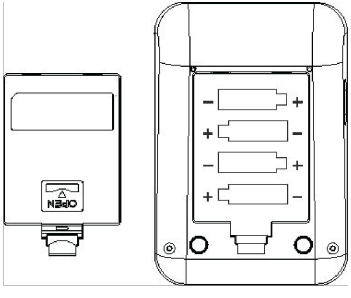
2. USING YOUR MONITOR FOR THE FIRST TIME

2.1 Battery Installation

The battery compartment is located at the bottom of the Electronic Blood Pressure Monitor. Open the battery cover and load batteries into the battery compartment.

a) Open the battery cover as shown in the figure.

b) Place four AA batteries. Pay attention to install the batteries in the correct direction.



2.2 Battery Power Indication

If the low power symbol appears on screen when turning on the device, you will be unable to take a measurement. The batteries must first be replaced.

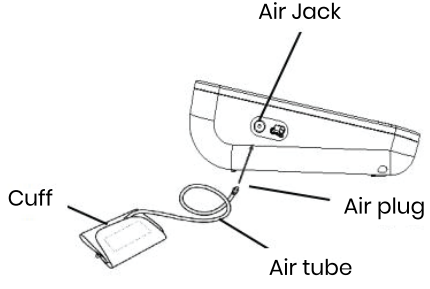
- Use new AA alkaline batteries
- Do not use expired batteries
- Remove batteries when storing the device for an extended period of time (e.g. more than three months).

2.3 USB Power Supply

A USB cable can be used instead of batteries to supply power.

2.4 The Cuff

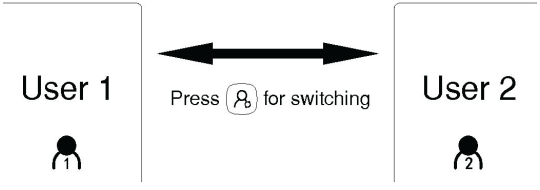
The size range of the cuff is 8”-17” or 9”-20.5”.
Connection: Insert the air plug on the cuff into the air plug jack on the left side of the Electronic Blood Pressure Monitor. Refer to the following figure:



3. Setting up Your Blood Pressure Monitor

3.1 User mode

After completing a measurement, press the “OFF” button. “User 1” and “User 2” will be displayed by a short press of the “User” button. Press the “User” button again to switch to another user.



3.2 Year/Month/Date/Time setting

While in the “OFF” state, you can enter the setting mode by long pressing the “User ” button () for 3-5s.

You will enter the setting mode: date and time display will flicker.

Firstly, the Year setting should be set. To set the value, press ‘Memory’ button () and it will be incremented.

The year can be switched between 2019-2099. Press the “User” button () to confirm and to start setting the month.

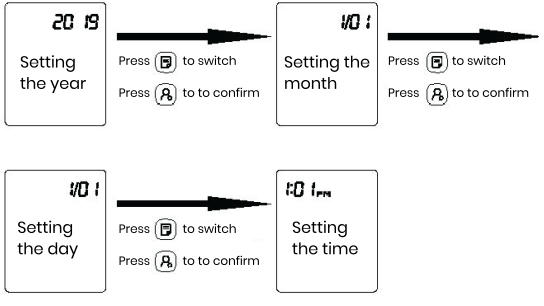
When setting the month, the screen will display ‘1/01’ and keep flashing. Press the “Memory ” button (), and the month will increase incrementally. The month can be switched between 1-12. Press the “User” button () to confirm and to start setting the date.

When setting the date, the screen will display ‘1/01’ and keep flashing. Press the “Memory ” button (), and the date will increase incrementally. The date can be switched between 01-31. Press the “User ” button () to confirm and to start setting the time.

When setting the time, the screen will display ‘XX: XX’ and keep flashing. Press the “Memory ” () and the hour will increase incrementally. The hour can be switched between 1-12 AM/PM.
Press the “User ” button () to confirm and to start setting the minute. Press the “Memory ” button (), and the minute will increase incrementally. The minute can be switched between 00-59.

3.3 Resetting the Date and Time

If you wish to reset the date and/or time, please remove one battery and insert it again. Please note: when setting date and time, the unit value loops.
If you have accidentally passed the correct value, continue pressing the “Memory” button ( ) until you reach the correct value. The year can be switched between 2019-2099. The month can be switched between 1-12. The date can be switched between 01-31. The hour can be switched between 1-12 AM/PM, and the minute can be switched between 00-59.

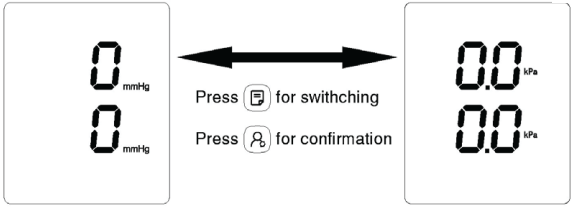


3.4 Setting the Measurement Unit

After setting the time, press the "User ” button ( ), and the screen will display ‘0’ or ‘0.0’. If the device displays ‘0’, then it will display measurements in mmHg; if the device displays ‘0.0’, then it will display measurements in kPa.
Press the "Memory ” button ( ) to switch between units. Press the “User” button ( ) to confirm and save.

3.5 Switching Between kPa and mmHg

- Press and keep holding User button ( ) for up to 5 seconds.
- Unit will enter the setting mode: date and time display will start to flicker.
- If you do not need to edit date and time, please press User button ( ) four times.
- You will see flickering numbers that represent your measurement display.
- Press Memory button ( ) to change kPa to mmHg or vice versa.



4. Measurement Procedure

4.1 Before measurement

- Avoid eating, smoking, or exercising directly before measurement. These activities can influence the measurement result.
- Sit in a chair to relax quietly for about ten minutes before taking a measurement.
- Remove any garment that fits closely to your upper arm.
- Always measure on the same arm (normally, the left).
- Always compare measurements taken at the same time of day (blood pressure can fluctuate over the course of a day).

4.2 Common Sources of Error

- Comparable blood pressure results always require the comparable measurement conditions. It is generally best to take measurements in a calm, quiet environment.
- Attempting to support the arm can increase blood pressure. Make sure you are in a comfortable, relaxed position and do not flex any muscles in the measurement arm during the measurement. Use a cushion for support if necessary.
- If the position of the cuff is considerably lower or higher than the heart, the measurement will be inaccurate.

4.3 Important Notes

- Only use the included cuff, which has been tested in clinical tests! Replacing any original component of the unit with items not supplied by the manufacturer may result in incorrect measurements.

- A loose cuff or exposed air bag may result in an incorrect measurement.
- Moving during measurements may cause abnormal results, which will result in the Misoperation symbol ( ) being displayed on the bottom of the screen.
- With repeated measurements, blood accumulates in the arm, which can lead to false results. Consecutive blood pressure measurements should be repeated after a one minute pause and/or after holding your arm in order to allow the accumulated blood to flow away.
- Arrhythmia means any irregularity in a heartbeat. When the device measures blood pressure, and the detected instantaneous heartbeat rhythm exceeds or falls below the 25% range of the average heartbeat rhythm, the Irregular heartbeat symbol ( ) will be displayed on the bottom of the screen. Please note that if you see frequent arrhythmia reminders when measuring blood pressure, you should consult your doctor.

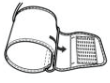
4.4 Using the Cuff

- Place the cuff flat on the table, with the hook and loop facing downwards. Pass the end of the cuff through the metal ring to form a loop. At the same time, the hook & loop of the cuff should point outwards (if the cuff is already formed into a hook, skip this step).
- Pull the cuff over the upper arm. Position the cuff with this icon (Φ) facing the inner side of your arm, allowing the air tube to run towards the lower arm.
- Tighten and fasten the cuff using the illustration as a guide, ensuring that the lower edge of the cuff is 2-3cm away from the elbow joint.
- The cuff should rest around the upper arm comfortably. You should be able to place two fingers between your arm and the cuff. Before measuring, you should remove any clothing that might affect the measurement.

- Place your lower arm on a flat surface, leaving your palm facing upwards. Sit straight and ensure that the center of the cuff sits at the same height as your heart. Note that the rubber parts of the cuff cannot be folded or bent.

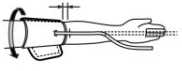
NOTE: If you cannot use your left arm for measurement, please use your right arm. However, for consistency, all measurements should be taken on the same arm.

Prepare the cuff



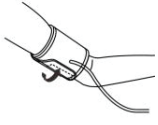
Create a loop

Place your arm through the loop

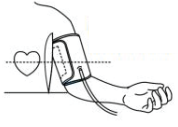


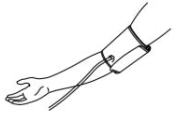
Maintain 2-3cm from the elbow

Fasten the cuff



Adjust the cuff





Maintain the same height as your hear

4.5 Measuring

After you correctly place the cuff on your arm, the cuff self-check icon (OK) will be displayed on the bottom of the screen. You can start the measurement:

- Press the “Power” button (⏻), and the device will show a measurement of zero. The air pump will begin to inflate the cuff, and the screen will display the change in the cuff pressure.
- Once a stable pressure is reached, the air pump will stop the inflation. The pressure in the cuff will be reduced gradually and displayed on the screen. If the inflated pressure is insufficient, the machine will re-inflate automatically to a higher pressure.
- When the device has detected your pulse, the “Heart” symbol will be displayed.
- When the measurement has been concluded, the device will display the measured systolic and diastolic blood pressure values, as well as the pulse rate.

- The screen will display the measurement results until you long press the “Power” button (⏻) to turn off the machine. If no button is pressed, the device will turn off automatically in 30 seconds.

NOTE:
Measurement results and information (systolic pressure, diastolic pressure, heart rate, measurement completion time, current user group and whether arrhythmia) are automatically saved to the device memory.

The default measurement unit is mmHg.

In case of measurement error, the high-pressure area will display “Err”, and the low-pressure area will display the error code.

If you wish to stop a measurement, short press the “Power” button. The device will return to the home page. If you long press the “Power” button for three seconds or more, the device will turn off.

The device will automatically turn off 30 seconds after the measurement is completed and the final value is displayed.

After measurement, short press the “Memory” button to switch to memory mode. Short press the “User” button to switch between users.

4.6 Using the Memory Function

This blood pressure monitor can store 99 measurements for each user. When there are more than three saved measurements, press the “Memory” button to see an average of the latest three measurements, which is recorded as “0”. Track the average memory data by pressing the “Memory” button from a different measurement, which is recorded as “1”. Then track averages “2”, “3” or more using the same operation. Measurement averages are only available in devices with a talking function.

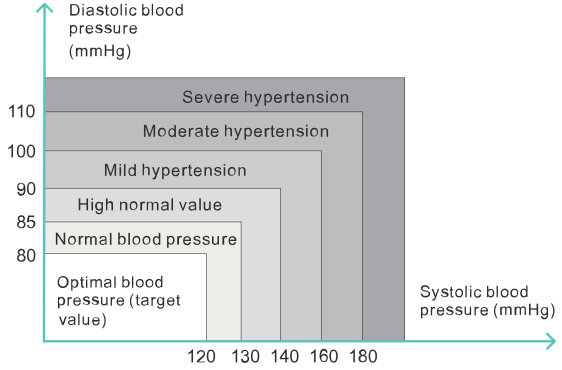
4.7 Using the Memory Function

You can delete all the measurement data of the two users by pressing the “Memory” button.

5. Understanding Blood Pressure

5.1 Standard Classification of Blood Pressure

The standard WHO blood pressure classifications are shown in the figure below. Generally, a blood pressure reading under 90/60 mmHg (12/8 kPa) is considered hypotension (low blood pressure).



5.2 Blood Pressure Indicators

The standard WHO blood pressure classifications are shown in the figure below. Generally, a blood pressure reading under 90/60 mmHg (12/8 kPa) is considered hypotension (low blood pressure).

NOTE: For this blood pressure monitor, when blood pressure reaches certain values, the blood pressure indicator bar will be displayed as follows:

Blood pressure indication bar	Type	Systolic pressure	Diastolic pressure
3	Hypertension grade 3 (Severe)	≥180 mmHg	≥110 mmHg
2	Hypertension grade 2 (Moderate)	160~179 mmHg	100~109 mmHg
1	Hypertension grade 1 (Mild)	140~159 mmHg	90~99 mmHg

Blood pressure indication bar	Type	Systolic pressure	Diastolic pressure
	Normal, but slightly elevated	130~139 mmHg	85~89 mmHg
	Normal blood pressure	<130 mmHg	<85mmHg
	Acceptable blood pressure	<120 mmHg	<80mmHg

6. Warnings

- Not suitable for children under the age of 12 or people who cannot consent to measuring blood pressure. Teenagers between the ages of 12-18 years old should be accompanied by the adult. Pregnant women should only use the device with the guidance of a doctor.
- Do not measure blood pressure consecutively more than three times. Allow at least 5 minutes of rest between any two measurements, otherwise measurements may be inaccurate.
- Do not apply the cuff over a wound as this can cause further injury.

7. Frequently Asked Questions

Q1. Why is blood pressure measured at home lower than blood pressure measured in hospital?

The blood pressure at home may be 20mmHg-30mmHg (2.7kPa-4.0kPa) lower than blood pressure in the hospital in part because many people are more nervous while measuring in a hospital. People tend to be in a more stable mood when at home. It is important to understand your normal blood pressure at home, while calm.

Additionally, if you wear the cuff such that it sits higher than your heart, the measured blood pressure value will be lower. Please measure blood pressure while sitting in the correct posture.

Q2. Why is blood pressure measured at home higher than blood pressure measured in hospital?

There are a number of possibilities. For instance, some anti-hypertensive drugs may lose their efficacy. Please follow your doctor's instructions.

Additionally, you may be using the cuff incorrectly:

1) If the cuff is in the wrong position, no arterial signal will be found, and the measured blood pressure value will be higher.

2) If the cuff is too loose, the compression force may fail to be transmitted to the artery, resulting in a higher measured value.

3) If you are bent over or sitting cross-legged, your blood pressure might be increased due to the abdominal pressure.

4) If you wear the cuff such that it sits lower than your heart, the measured blood pressure value will be higher.

Please wear the cuff correctly and measure blood pressure in the correct posture.

Q3. Why do I feel discomfort or numbness due when the cuff tightens?

When measuring blood pressure, the cuff is tightened until the arterial blood flow is temporarily stopped. This can lead to temporary discomfort or numbness, which is normal.

Q4. When is it best to measure blood pressure?

It is best to take measurements in the morning after urinating or when your body and mood are in a stable state. It is better to measure blood pressure at the same time every day.

Q5. Why is my blood pressure different each time it is measured?

There are different possibilities. First, we should understand that, as our hearts beat, our blood pressure fluxuates. For example, a person with a pulse of 70 beats per minute will have 100-800 changes in blood pressure every day. Since blood pressure constantly changes, it can be difficult to obtain the correct value when measuring only once. It's best to measure two or three times.

Often, the first measurement is slightly higher, by 5mmHg-10mmHg (0.7kPa-1.3kPa), due to nervousness or improper usage. After nervousness has subsided, the second measurement may be slightly lower. This impact will be more pronounced in cases of higher blood pressure. However, when continuously measuring, it is important to relax, take breaks and allow blood to flow. Otherwise, you may get incorrect measurements. Loosen the cuff, raise your hand over the head, and grasp/stretch your left and right palms repeatedly, about 15 times. This should allow for accurate blood pressure measurements.

Additionally, wearing the cuff incorrectly will result in inconsistent (and inaccurate) measurements. Particularly if the cuff is pleased too close to the elbow.

-- Please follow the instructions included in this manual for proper cuff wearing. The arm circumference range of the enclosed cuff is 8.7"-14.2" or 8.7"-16.5" (measured at the center of the upper arm). If this cuff size does not fit you, please purchase an appropriate cuff separately.

8. Troubleshooting

SYMBOL	CAUSE	SOLUTION
No display	Batteries are fully discharged.	Replace batteries or use a USB power supply.
No display	The batteries are installed incorrectly.	Check the batteries to ensure the positive (+) and negative (-) polarities line up correctly.
No pressure	The air tube is installed incorrectly.	Check to ensure the air plug is installed firmly into the device body.
No pressure	The air tube is broken or leaking.	Replace the cuff.
	The sensor has stopped working.	Please contect customer service.
	No pulse detected.	Check to ensure the cuff is being worn properly; see section 4.4.
	Abnormal blood pressure result.	Abnormal blood pressure result.

	The cuff is too loose.	Check to ensure the cuff is being worn properly; see section 4.4.
	The airbag in the cuff has been ruptured.	Replace the cuff.
	Obstruction detected while the air tube pressurizes.	Check to ensure the air tube is unclogged or and unkinked before measuring.
	Signal interference detected.	Check to ensure there are no devices nearby that could interfere with the signal (phones, magnets, etc).
	Check to ensure there are no devices nearby that could interfere with the signal (phones, magnets, etc).	Avoid touching the cuff or kinking the air tube while the device is running.

NOTE: If your problem cannot be resolved with the above advice, please contact customer service. Do not disassemble the device!

9. PRODUCT SPECIFICATIONS

Product Name: Electronic Blood Pressure Monitor

Model: JPD-HA101

Display type: Digital

Measurement type: Oscillographic method

Measured body part: Upper arm

Measurement range: Pressure: 0-295mmHg (0kPa-39.3kPa)
Pulse: 40-199 beats/min

Static Measurement Accuracy: Pressure: ±3mmHg (±0.4kPa)
Pulse: ± 5% of displayed value

LCD Display:
Pressure: mmHg or kPa
Pulse: beats/minute

Storage capacity : Up to 99 saved measurements for each user (198 measurements total)

Power supply: 4 AA batteries/DC6V

Power off mode : Manual or automatic after 30 seconds of idle time

Device weight: About 14oz

Distributed by: LAZLE

30 N Gould St, Ste R, Sheridan, WY 82801

support@lazleusa.com (contact us 24/7!)

+1 (800) 460-2215 (Mon-Fri 8am-6pm PST)

Our trained staff will be happy to answer all of your questions!

Designed by LAZLE in USA

Assembled in China