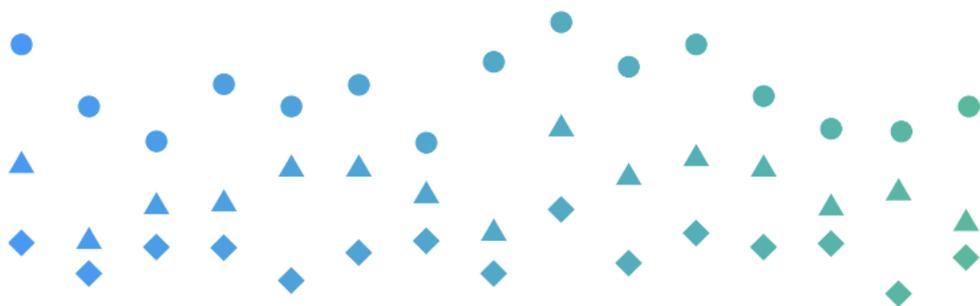




# Blood Pressure Cuff

Quick start guide



**We're here to help**

+1 (844) 483-7587

[support@100plus.com](mailto:support@100plus.com)



## **Welcome to your doctor's Remote Patient Monitoring program**

Congratulations, your doctor enrolled you in their Remote Patient Monitoring program. Your doctor has identified you as someone who will benefit from remote patient monitoring to help manage your chronic condition. This program comes at no cost to you and is meant to help you improve health outcomes.

As a part of the program, you've received the enclosed 100Plus Blood Pressure Cuff that will share critical health information with your doctor to help them understand more about your health and wellbeing between visits, so he/she can provide a higher level of care. Your blood pressure cuff automatically shares health data to your doctor without you having to take any extra steps. It works right out of the box — there's no setup required. Your doctor stays informed and is enabled to make better decisions about your health between and during visits.

To help you get started using your 100Plus Blood Pressure Cuff, we shared some best practices and our customer support contact information — we're here to help.

# Components of the device

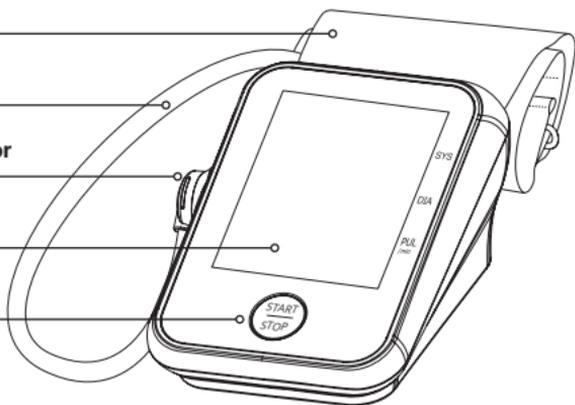
Cuff

Cuff tube

Cuff tube connector

Display

Start/Stop button



Irregular heartbeat indicator



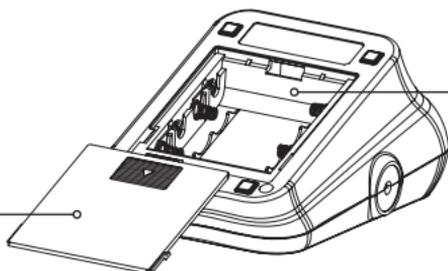
SYS ○ Systolic measurement

DIA ○ Diastolic measurement

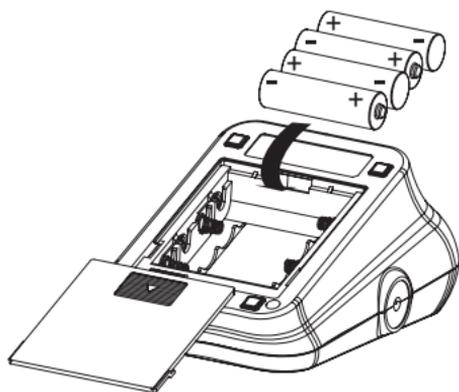
PUL /min ○ Pulse measurement

Battery door

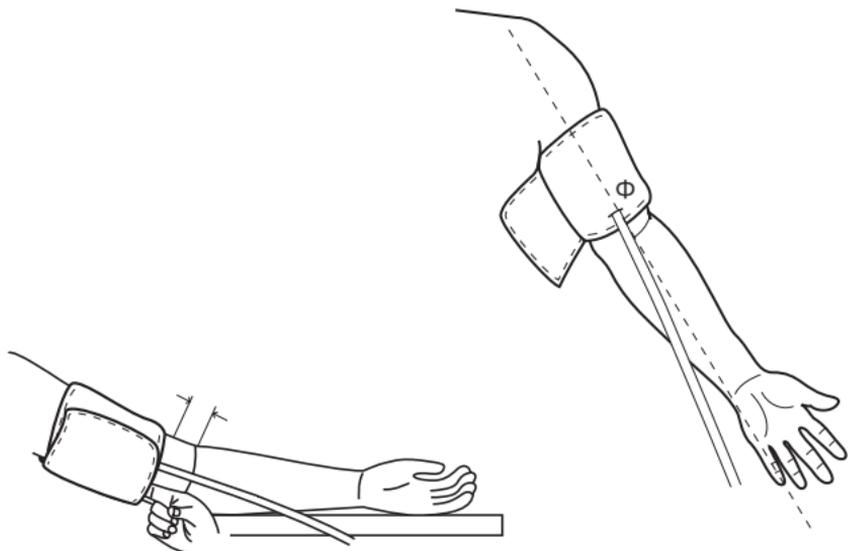
Battery compartment



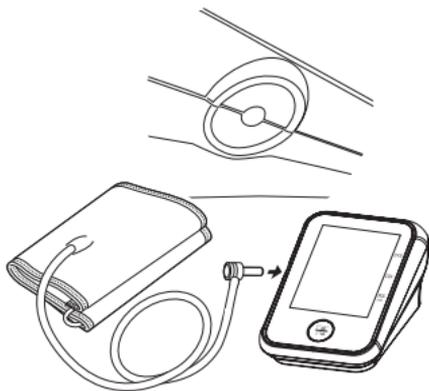
## If this is your first time using the device



1. Slide open the battery door on the back of the device.
2. Install the batteries provided with the device. Follow the diagram inside the battery compartment for correct polarity — the springs should align with the negative sign on the batteries.
3. Slide the battery door closed.

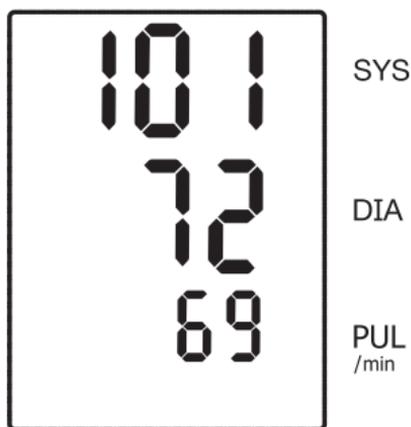


## Securing the cuff



1. Plug the connector on cuff tube into the device.
2. Expose your left upper arm by removing or adjusting clothing and jewelry. Make sure blood flow is not constricted by a rolled up sleeve.
3. Open the cuff and loosen fully.
4. Orient the cuff so that the tube exits towards the hand.
5. Place your arm through the cuff loop, with your palm facing up.
6. Position the cuff's edge about an inch (2-3 cm) above the elbow.
7. Align the  $\Phi$  marker (located to the right of tube exit) with the center of your arm.
8. Tighten the cuff evenly around your arm by pulling on the end — make sure the  $\Phi$  marker stays aligned with the center of your arm.
9. Wrap the end of the cuff over your arm to secure it in place. Don't make it too tight — allow a finger to fit between the cuff and your arm.

## Taking a measurement



10. Lay your arm on a table with your palm facing up. The cuff should be at the same height as your heart. Sit up straight and rest your feet flat on the ground. Make sure the tube is not kinked or pinched.
11. Press the START/STOP button on the device to turn it on.
12. Wait for the device to power on, and perform the measurement while inflating the cuff.
13. When the measurement concludes, results are shown on the display and the cuff automatically deflates.
14. Remove the cuff after it deflates.



Transmission in progress



Transmission successful

15. The device automatically transmits measurement results. During this process an indicator is shown in the middle of the display.

16. When the measurement is successfully transmitted, the device shows the following indication before powering off

## Notes

- If you wish to abort the measurement while the cuff is inflating, press and hold the START / STOP button for 5 seconds.
- If the device detects an irregular heartbeat, the display will show this  indicator along with the measurement results. While this may not be a reason for immediate concern, contact your primary care provider if you see this symbol frequently.

# Precautions

- Only use Duracell alkaline AA batteries with this device as these offer the longest battery life. Other brands may not be able provide sufficient power for cellular data transmission.
- This device is for adults. Do not use it on children unless otherwise instructed by a medical professional.
- Do not use or store the device near infants or in an area they can reach.
- Do not apply the cuff on an arm that has:
  - an unhealed wound,
  - another medical device attached, or
  - an intravenous drip or blood transfusion attached.
- Do not use this device if you have an implanted cardiac device, such as a pacemaker or defibrillator.
- Measurements performed by this device may not be accurate during pregnancy.
- This device is intended for indoor, home use.
- If in doubt, contact your medical professional before use.
- Do not use the device where flammable gases are present, or in environments with high oxygen concentration.
- Measurements may not be accurate if the device is used in close to proximity devices generating strong electromagnetic fields, such as microwave ovens, wireless charging stations, X-ray machines, etc.
- Wireless communication devices, such as Wi-Fi access points, mobile phones, cordless phones, may cause interference that may affect the accuracy of measurements. A minimum distance of 13 feet (4 meters) should be kept from such devices during measurement.

## Storage and maintenance

- Only use Duracell AA batteries with the device.
- Store your device and cuff in a clean and dry place.
- Avoid exposure to direct sunlight, moisture, extreme heat, cold or humidity.
- Avoid exposure to vibration, shaking or other mechanical stresses.
- Make sure the rubber tube of the cuff is not squeezed, stretched or kinked during use and storage.
- Avoid twisting or folding the cuff and tube too tightly as this may cause damage over time.
- Clean both device and cuff with a soft, dry cloth. If necessary use a dampened cloth and natural detergent. Do not use alcohol, benzene or other harsh chemicals.
- Avoid washing or splashing the device or cuff with water. They are not water resistant.
- Do not try to repair or modify the device at home. If you suspect incorrect operation, contact customer support for further assistance.
- Do not use or store the device near infants or in an area they can reach.

# Troubleshooting

Problem	Possible reason	Resolution
Device doesn't power on when START/STOP button is pressed.  <b>OR</b> Cuff does not inflate.(display remains off)	Batteries completely drained.  Batteries inserted with incorrect polarity.	Replace batteries with new Duracell AA.  Remove batteries and reinstall them making sure the + and - polarity symbols on the batteries match those inside the battery compartment.
Cuff does not inflate (display turns on)	Cuff not plugged in correctly.	Make sure the connector on cuff tube is plugged all the way into the device.
Cuff doesn't form a loop around arm.	Cuff not assembled.	To form a loop: pass the end of the cuff furthest away from the tubing through the long metal D-ring. The smooth side (without the hook and loop fasteners) should be on the inside of the cuff loop.
Readings too high or low.  <b>OR</b> Readings very significantly between measurements.	Cuff not positioned correctly.  Movement during measurement.	Review instructions on Securing the Cuff, and retry measurement.  Place your arm on a table with your palm facing up. The cuff should be at the same level as your heart. Make sure you stay still and don't move during measurement.
Measurement results differ from those measured at doctor's office.	Measurements taken in a medical/professional environment (white coat effect) may affect your blood pressure.	Measurements taken in a more relaxed home environment may avoid effects experienced in clinical settings. Continue taking readings as usual. If in doubt, contact a medical professional.
Error code shown after measurement.	Measurement accuracy may be affected or transmission may have been unsuccessful.	Consult the error code table on page 11-12 for more information and further instructions.

Code	Description	Resolution
ER 1	Battery low	Replace batteries with four Duracell AAs.
ER 2	Movement detected	Avoid moving or talking while taking a measurement. After securing the cuff and assuming the correct posture, consider waiting for five minutes to settle down before starting a measurement.
ER 3	Measurement out of range	Confirm that the cuff is secured correctly on your exposed arm. Remove all clothing and jewelry from your arm. If you feel unwell, contact a medical professional.
ER 4	No cellular coverage	Move to another area, closer to a window. Use the device at a location where you get strong cellular signal with your mobile phone.
ER 5	Cellular connection error	
ER 6	Data transmission error	
ER 7	Internal error	Replace batteries with four Duracell AAs. If the issue persists, contact customer support.
ER 9	Provisioning error	Retake measurement. If the issue persists, contact customer support.
ER 10	Subscription suspended	Contact customer support.
ER 11	Subscription terminated	
ER 15–24	System error	Contact customer support.

# Symbols

Symbol	Description
	Type BF applied part
	Cuff circumference
	Date of manufacture
	Complies with FCC regulations
	Relative humidity range
	Caution: consult instructions for use
	Temperature range
	Do not dispose of this product as unsorted municipal waste, take it for recycling.
	Model number
	Serial number / IMEI
	Ingress Protection Effective against fingers or small objects; dripping water

# Technical specification

<b>Model</b>	BT104
<b>Measurement Method</b>	Oscillometric measurement
<b>Measurement Range</b>	Systolic pressure: 60 - 230 mmHg (8.0 - 30.7 kPa) Diastolic pressure: 40 - 130 mmHg (5.3 - 17.3 kPa) Pulse: 40 - 199 beats/min
<b>Rated Cuff Pressure</b>	0 - 299 mmHg (0.0 - 39.9 kPa)
<b>Accuracy</b>	Pressure: $\pm 3$ mmHg (0.4 kPa) Pulse: $\pm 5$ %
<b>Operating Conditions</b>	Temperature: 5 - 40 °C Relative humidity: 15 - 90 % Pressure: 70 - 106 kPa
<b>Storage Conditions</b>	Temperature: -20 - 60 °C Relative humidity: 0 - 93 % Pressure: 70 - 106 kPa
<b>Power Supply</b>	4 × 1.5V alkaline AA batteries
<b>Cuff Size</b>	22 - 42 cm
<b>Device Weight</b>	274 g (excluding batteries)
<b>Dimensions</b>	102 × 143 × 73 mm
<b>Ingress Protection</b>	IP21
<b>Applied Part</b>	Type BF
<b>Software Version</b>	A01

## **Intended use**

This digital blood pressure monitor was designed to measure the blood pressure and heartbeat rate of adults with an arm circumference of 22 - 42 cm (9 - 17 inches). This device is intended for indoor, home use.

## **Compliance statement**

**FCC ID: XMR201404UC15**

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions:

1. This device may not cause harmful interference, and
2. This device must accept any interference received, including interference that may cause undesired operation.

**Remote Patient Monitoring definitely improves the lives of senior patients and 100Plus is the company doing it right.**

— Dr. Mehmet Oz, Cardiac Surgeon, Author, and Host of The Dr. Oz Show



## **Contact 100Plus Customer Support**

If you need help with your 100Plus Blood Glucose Monitor, please give us a call or send us an email.

We may also send you emails periodically with reports from your doctor to help you manage your chronic condition with 100Plus.

**We're here to help**

+1 (844) 483-7587

[support@100plus.com](mailto:support@100plus.com)

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