



English

BLOOD PRESSURE METER

X1 Pro
Model: PA-54

INSTRUCTION MANUAL

- Please read this manual carefully before using the product.
- This Blood Pressure Meter is only suitable for adults.
- The picture shown here is indicative only, please take the actual product as the standard.
- FCC ID:##### 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.

- Place the air tube inside your arm, with the extension line aligned with your middle finger.
- The tightness of the cuff should be such that 2 fingers can be inserted.

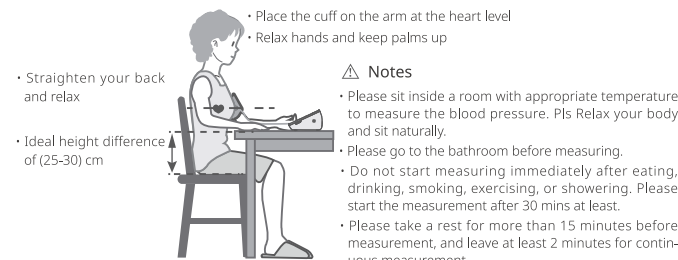
4. Once the measurement is completed, pull out the cuff tubing plug and store it properly with the main unit

※ The cuff is suitable for arm circumferences of 22-42 cm.

⚠ Notes

- Please wrap the cuff correctly.
- Do not start to pressurize before the cuff is wrapped around the arm.
- Please start measuring when the cuff is tightly pressed against the skin or thin underwear.
- Please take off your thick clothes before measuring.

Measuring Posture



Measurement

1. Press the blue or red button to start measuring

※ During the measurement, press the blue button or the red button to stop and turn off the Blood Pressure Meter.

2. Show the results as soon as measuring ends

3. Remove the cuff

※ Once the measurement is completed, press the blue button or the red button to turn off the Blood Pressure Meter. If you forget to turn off, the Blood Pressure Meter will automatically power off in 1 minute.

View Measurement Data

1. Press the history button to view the latest measurement data

2. Every time you press the history button, you can browse a set of recent measurement data. You may view a total of 99 records

3. Press the red button or blue button to view the corresponding user's historical data after pressing the "history" button

Dear Customer,

Thank you for choosing the PICOOC Blood Pressure Meter PA-54.

For the purpose of proper usage and maintenance of the Blood Pressure Meter, please read this manual completely before operating the unit.

The warranty card is also attached in this manual, please retain this instruction manual for future use.

Note: Illustrations in this manual are solely for interpretation purposes only.

To obtain accurate blood pressure readings, please measure your blood pressure at the same time every day.

Safety Information

To assure the correct use of this device, the following basic safety constraints should always be followed including the warnings and cautions listed in this instruction manual.

• Please follow your doctor's advice about your blood pressure, and the measurement can be a reference only.

• Self-diagnosis and self-treatment based on the measurements obtained using this device may be dangerous.

• Always follow the instructions of your physician or licensed healthcare provider.

• Patients with chronic conditions or blood circulation obstacle issues should use this device under the guidance of a medical doctor.

• This device is intended for the use of adults to measure their blood pressure and pulse rate. Do not use this device on infants and on people who have difficulty in expressing their intentions.

• This device is only for use on human body for measuring blood pressure.

• Do not adjust medication based on measurement results from this blood pressure Meter. Take medication as prescribed by your physician. Only a physician is qualified to diagnose and treat High Blood Pressure.

• The meter is not intended to be a diagnostic device.

• Control the pressure of the device within 300mmHg (40kPa) to avoid congestion or numbness in the arm.

• Always use the special cuff provided with the device in order to obtain accurate measurement.

• Do not use a mobile / cell phone near this device.

• Do not dismantle or repair the device or the cuff. There is no user serviceable parts in it.

• Ensure the batteries are inserted into the battery compartment with the correct polarity.

• If battery fluid gets in to your eyes, rinse with plenty of water and contact a physician immediately.

※ If you want to turn off the device, please long press the history button, or shortly press the blue button under viewing the user's data operation. If you forget to turn off, the Blood Pressure Meter will automatically power off in 1 minute.

⚠ About the display of records

- If the stored measurement results exceed 99 groups, the previous historical data will be automatically deleted and the new measurement data will be recorded.

Volume Adjust

1. In the off state, press and hold the history button for 3 seconds to enter the voice setting function

2. In the setting mode, press the blue button once a short time to reduce the broadcast volume until the voice broadcast function is turned off; press the red button once a short time to turn on the voice broadcast, increase the broadcast volume, and have corresponding volume feedback each time

3. After setting the required mode, press the history button briefly to confirm, the current setting is completed, and the dOnE is displayed to save the setting, and the system will power off automatically after 3 seconds

Delete Historical Data

1. When the machine is turned off or you are viewing historical data, press & hold (3 seconds) both the history button and the blue or red button to delete corresponding data

※ The illustration gives an example of how to delete the red button user's historical records

2. When the screen "dEL ALL" is flashing, press the corresponding user button again to confirm the deletion

※ While deleting the red button user, press the blue button to cancel the deletion.

3. When the screen displays "000" , it means the entire historical data of the users of the Blood Pressure Meter is being deleted

⚠ Notes

- This Blood Pressure Meter can only delete all measurement data of the user at the same time and cannot delete the data one by one.

Error Message

Display	Cause
E01	1. The cuff is not fit for your arm properly 2. Movement or speaking during measurement 3. Palm is not up or hose is not aligned with the little finger
E02	1. Movement or speaking during measurement 2. Interference from other electronic device (i.e. cell phone or microwave oven)

• When the 'Low battery' indicator appear on the screen, replace all 4 batteries after turning off the device.

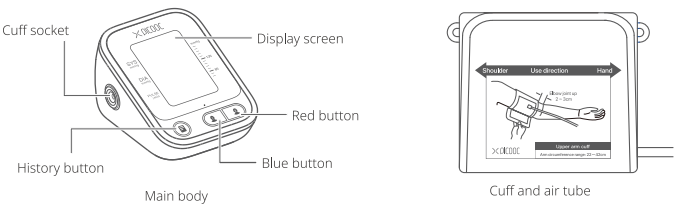
• If the device is being used after more than 3 months of inactivity, please replace the batteries.

• Dispose batteries and the device with all accessories in accordance with the prevailing laws and regulation of your City/County/State.

Parts Identification

The product is mainly composed of a main unit and a cuff .

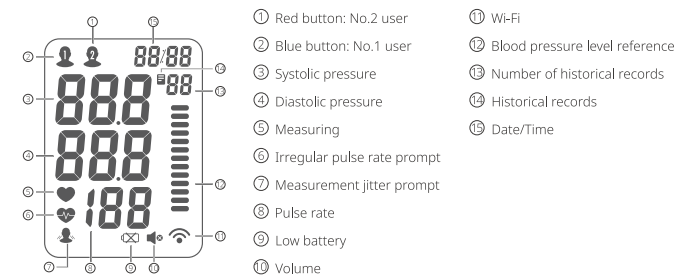
1. Main components



2. Accessories

- 4 X AA Dry Batteries
- Instruction Manual

3. Full display



Install Batteries

1. Push the cover as the picture showed to remove the battery cover

2. Put the battery into the compartment in right polarity

※ Remove the battery when not in use for a long time.

3. Close the battery compartment cover

Care and Maintenance

Please follow the instructions and usage methods described in this manual.

Clean the main body with a soft cloth If the meter / Main body is very dirty, dampen the soft cloth with water and wipe the meter. Make sure that the cloth is not too damp that water oozes out when applying pressure.

Don' t allow water to go into the meter Do not wipe with oil, thinners, alcohol, gasoline or such other solvents or cleaners.

Do not wash or wet the cuff Do not place the meter at places where:

1. There is water or the possibility of water being splashed on the meter
2. The device is exposed to direct sunshine, high temperature, humidity, dust and corrosive gas.
3. There is a possibility of subjecting the meter to vibrations or impact
4. Chemicals or corrosive gases are stored

If you do not have to use the device for a long period of time (over 3 months), please remove the batteries and keep the device in the box or in a safe place.

We recommend that the meter be checked and calibrated once a year to ensure normal functioning and accurate measurements.

Product Declaration

The blood pressure data measured by this equipment and that measured by auscultation are equal in value. It' s deviation meets the requirements of ISO 81060-1 and IEC 80601-2-30.

This equipment does not interfere with radio waves and is approved to be used in hospitals, clinical and other environmental-qualified organizations.

It may cause electromagnetic interference to surrounding radio installation and television equipment when used in an inappropriate environment. Please stay away from strong electric field, magnetic field and high voltage equipment and protect the screen from direct and strong sunshine when using it.

In order to ensure proper functioning of the equipment, it must be used in an environment where the temperature is between 41 F to 104 and relative humidity between 15%~85%.

Specification

Product Name	Blood Pressure Meter
Model	PA-54
Display Mode	Digital display
Measuring Method	Oscillometry
Product Dimension(MM)	136(W) x 102(L) x 80 (H)
Product Weight(g)	265g
Measurement Range	(0-38.66)Kpa/(0-290) mmHg Pulse Rate: 40-170 bates/min
Accuracy	Pressure: ±3mmHg Pulse Rate: ±5%

⚠ Low battery

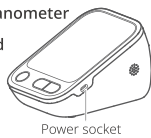
- When the Blood Pressure Meter power is low, the low battery icon will flash.
- Please replace with 4× AA dry batteries, when the batteries is entirely exhausted.
- Always shut down the device off before removing batteries.

Use External Power

1. Plug the USB power cord into the power socket of the sphygmomanometer

2. Connect the USB power cord and plug the DC 5V=1A standard power adapter into the power socket

※ Please use DC 5V=1A power adapter with safety certification, otherwise it may cause inaccurate measurement, personal injury or property loss.



Connect Network

1. Connect to Wi-Fi and open PICOOC App

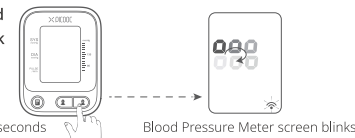
The device supports 2.4GHz Wi-Fi network only, confirm it before you start to connect.

2. Go to "My - Device Management - Blood Pressure Meter" in the PICOOC App, then select "+" in the upper right corner

Scan the QR code on the back of the Blood Pressure Meter with your phone.

3. Press "Start connecting" and enter current Wi-Fi password

4. Long (3 seconds) press of the red button is required to enter network configuration status



5. Confirm that the Blood Pressure Meter is in network configuration status on the phone, then press "Next"

6. When the connection is successful, the Wi-Fi icon will be on and then off in 3 seconds automatically

Once the connection succeeds, the Blood Pressure Meter automatically obtains and displays the date & time, and the measurement data is uploaded to the PICOOC App.

※ The method of connecting the device could be changed as the App gets upgraded. Please refer to the latest version of the App for details.

Wear Cuff

1. Insert the cuff tubing plug into the cuff socket of the Blood Pressure Meter

2. Insert your arm into the cuff

3. Pull one end of the cuff outward and tighten it while fixing the cuff position

Pressure Resolution	1mmHg/0.1Kpa
Memory Data Storage	2*99 sets;Time display; Auto off
Operation	Touch button
Wireless	Wi-Fi (Only 2.4GHz)
Batteries	AA batteries x4/DC 6V
Operating Temperature	Temperature: 5 °C to 40 °C Humidity: 15% RH to 80% RH
Storage Temperature	Temperature: -20°C to 55 °C Humidity: 10% RH to 93% RH
Cuff Sizes	22~42cm

Shenzhen Belter Health Measurement and Analysis Technology Co., Ltd
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EC REP Wellkang Ltd
Suite B,29 Harley Street LONDON W1G 9QR,England,United Kingdom

Warranty

One year warranty from the date of purchase. Purchase invoice required. Warranty service shall not be provided if the device malfunction is because:

1. The user opened the device and or dismantled and reinstalled the device
 2. User inadvertently or otherwise dropped the device
 3. Lack of reasonable maintenance
 4. User operated the device not in accordance with the guidelines provided in the user manual
 5. Repair or maintenance done by an unauthorized personnel or establishment
- Service provided outside the scope of warranty will be charged as per prevailing regulations and stipulated rates.

You may consult your dealer for warranty and service support policies of the device.

You may check the dealer information on supporting websites and learn about more information of the device. (<http://www.picooc.com>)

Model Number:	_____	Date of Purchase:	_____
Name of Store:	_____		
Address:	_____		
Zip:	_____	State:	_____
Name of Purchaser:	_____	Phone:	_____
Address:	_____		
Zip:	_____	State:	_____

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.

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 with 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 television reception, which can be determined by turning the equipment off and on, the user is encouraged to try correct the interference by one or more of the following measures:

- Reorient the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into and outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

Changes or modifications not expressly approved by the party responsible for compliance could void your authority to operate the equipment.

The distance between user and products should be no less than 20cm