SMART

iChoice

Pulse Oximeter

+ relaxation coach

OX200 User Manual

GENERAL DESCRIPTION

Thank you for purchasing the iChoice SMART pulse oximeter + relaxation coach. With proper use, this system will teach you how to breathe at your Personal Best Relaxation Breathing Rate to help reduce stress, calm you down, and improve your health and focus. The fingertip sensor transmits vital readings in real-time to the free ichoiceRelax app. Using these live readings, the app will personalize breathing exercises to help you achieve optimum relaxation.

The smart fingertip sensor can also be used as a pulse oximeter to spot check your blood oxygen saturation (in % SpO_2) and your pulse rate.

The SMART pulse oximeter + relaxation coach is for general wellness and health applications including sports, fitness, and relaxation management. It is not intended to be used in prevention, diagnosis, or treatment of any disease.

Box Contents

1. SMART pulse oximeter + relaxation coach
2. User Manual
3. Carrying Pouch
4. Micro USB Charger

PRECAUTIONS FOR USE

1. Read the manual carefully before use.
2. The fingertip sensor is sensitive to motion. Keep your hand still while in use.
3. The fingertip sensor requires a sufficient blood flow to obtain proper readings. Poor blood circulation can result in inaccurate readings. If your hands are cold or you have poor circulation, warm up your hands before attempting to obtain a reading.
4. A tourniquet, blood pressure cuff or other blood flow hindrances may also result in inaccurate readings.
5. Nail polish and/or acrylic nails may also affect the readings. We reccommend turning your finger on it's side when in use.
6. Your finger must be clean for a proper reading.
7. The fingertip sensor must be clean for a proper reading.
8. If a reading is difficult to obtain, switch to another finger or to the other hand.
9. There are a number of other conditions which may lead to an inaccurate reading including but not limited to recent medical tests that included an injection of dyes, use of arterial catheters, a weak pulse, low levels of hemoglobin in the blood, low perfusion (the quality of your pulse), elevated levels of dysfunctional hemoglobin, the strength and type of light that you are in while using the pulse oximeter and the existence of transmitters within certain ranges of the sensor during use.
10. The sensor will not alert you if your readings are out of normal range. There is no SpO_2 alarms; it is not for continuous monitoring, as indicated by the symbol.
11. Explosion hazard: Do not use the sensor in an explosive atmosphere.

Inaccurate measurements may be caused by **FACTORS INCLUDING BUT NOT LIMITED TO:**

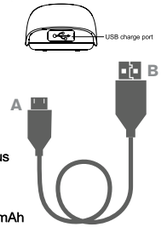
12. Ethylene oxide sterilizing or immersing the sensors in liquid.
13. Significant levels of dysfunctional hemoglobin (such ascarbonxy-hemoglobin or methemoglobin).
14. Intravascular dyes such as indocyanine green or methylene blue.
15. SpO_2 measurements may be adversely affected in the presence of high ambient light such as direct sunlight. In bright light conditions, cover the sensor area if necessary.
16. Excessive user movement.
17. High-frequency electrosurgical interference and defibrillators.
18. Venous pulsations.
19. Hypotension, severe vasoconstriction, severe anemia or hypothermia.

TECHNICAL SPECIFICATIONS

1. Display: LED display
   Low power indication: Battery icon will blink
2. Power Requirement: Lithium battery (250mAh) for power supply
   Battery Life: Up to 2 hours (250mAh, 3.7V lithium battery)
   Input Voltage: AC100V-240V, Input frequency: 50Hz-60Hz
   Output Voltage: DC5V, Output current: 1000mA (Max)
3. Resolution: ±1% for SpO_2 and ±1 BPM for Pulse Rate
4. Measurement Range: Measuring range for SpO_2: 70-100%
   Measuring range for PR: 30-250 BPM
5. Measurement Accuracy:
   SpO_2: 70-100%, ±2 digits; <70%, no definition
   PR: 30~99 BPM, ±2 BPM; 100~250 BPM, ±2%
6. Environment Requirement:
   Operation Temperature: 41°F~104°F (5°C~40°C)
   Storage Temperature: -13°F~158°F (-25°C~70°C)
   Ambient Humidity: 15%~93% no condensation in operation;
   ≤93% no condensation in storage/transport
   Atmosphere pressure: 70kPa~106kPa
7. Automatic Power Off: The fingertip sensor will power off automatically after 8 seconds when the finger is removed.
8. It is recommended that the product be kept in a dry place. A damp ambient might affect its lifetime and even might damage the product.
9. Declaration: EMC of this product complies with IEC60601-1-2 standard. The materials which users can come into contact with are non-toxic and comply with ISO10993-1, ISO10993-5 and ISO10993-10.

CHARGING THE UNIT

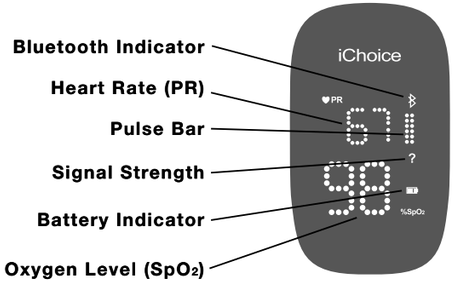
1. Using your nail, easily open the small rubber cover to expose the micro USB port. Insert the micro USB end (See A) into the oximeter's charging port
2. Place the USB end (See B) into any USB power adapter (not included) or a USB port on your laptop or computer.
3. When charging, the battery icon on the display will blink. It is fully charged when the icon stops blinking.
4. The battery can support 2 hours of continuous use or approximately 400 measurements.



Note: Make sure the power adapter's output voltage is DC5V and output current is ≤1000mAh

Warnings: 1. Keep the oximeter away from young children - small items such as the USB cable are a choking hazard. 2. Please do not take a measurement when the device is charging.

PULSE OXIMETER DISPLAY



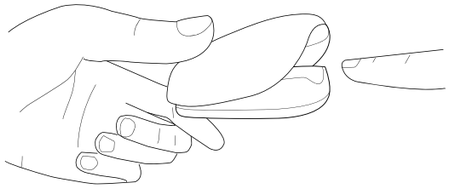
A normal SpO_2 reading typically ranges from 95%-99%.
A normal at rest Pulse Rate reading ranges between 60-100 beats per minute.

If you have questions regarding your SpO_2 or Pulse Rate readings we recommend speaking with your healthcare professional.

Note:

1. The pulse bar indicates the adequacy of Pulse Rate and SpO_2. If the bar shows less than 30%, readings may be inaccurate.
2. If the screen displays the signal strength symbol (?), the unit is having trouble getting a reading. Keep your hands still and retry.

GENERAL USE INSTRUCTIONS



1. Open the clamp as shown in the picture above. Using your thumb and pointer, gently squeeze the back end of the unit. Place one of your fingers into the opening. Your finger should be inserted fully.
2. The unit will automatically turn on when the unit is opened and a finger is inserted. It will automatically begin taking a reading.
   Remember to keep your hands still for the reading. Do not shake your finger during the test. It is recommended that you do not move your body while taking a reading.
3. The display will automatically show your pulse rate and oxygen level readings after a few seconds. Note: Your pulse rate will not stabilize. It will constantly change as your pulse rate is based on your heart beats.
4. When there is no signal, a low signal is detected, or a finger is removed, the unit will power off automatically.

CONNECTING TO APP (optional)

ichoiceRelax App
Phone Compatibility
iOS 12.0 + and Android 5.0+

The ichoiceRelax App uses continuous and accurate heart rate readings to guide you into a state of relaxation to help reduce your stress, calm you down and improve health and focus.

The fingertip sensor sends continuous heart rate readings to the app to help coach and guide you to breathe at your ideal relaxation breathing rate.

Everyone's physiology is different and each person will have their own ideal relaxation breathing rate based on their current mindset. Your live heart rate readings (obtained by the heart rate sensor) will help personalize exercises and guide you to breathe at the rate that is ideal for you to achieve maximum calmness. Our app synchronizes with your physiology giving you a personalized result.

1. Search for the *ichoiceRelax* app in the App store or Google Play Store. Download the App.
2. Launch the app and fill out the proper fields (You will need a valid email address).
3. The app will automatically look for a compatible heart rate sensor within range. You must place the heart rate sensor on your finger to turn it on. Once connected, the app will load.*

   *You cannot access the app without a heart rate sensor. If there is no signal from the sensor and/or you remove the sensor from your finger, the app will lock and begin seaching again for a unit within range.

ichoiceRelax App Features

COACH – Exercises to help guide your breathing with on-screen pacers driven by your live heart rate readings.

RELAX – Various calming videos with relaxing sounds. Follow the on-screen pacer driven by your live heart rate readings or close your eyes and allow the sounds to guide you.

SLEEP - Choose between calming videos with relaxing sounds to help you fall asleep. Follow the on-screen pacers driven by your live heart rate readings or close your eyes and allow the sounds to guide you.

MONITOR - Optional meters help you take readings via the fingertip sensor and compare the results in charts and graphs. Filter results by last 7 days, week, month, and year.

3 Minute Baseline Meter - Shows your current relaxation state and generates an inner balance trend based on your calm vs. stress readings.

30 Second Spot Check - Easily obtain your heart rate and oxygen level at any given time.

MAINTENANCE

1. Clean the device with a soft cloth dampened with isopropyl alcohol. Do not pour or spray any liquids onto the sensor. Do not allow any liquid to enter any openings in the device. Allow the sensor to dry thoroughly before use.
2. The rubber inside of the sensor is composed of medical grade rubber. It is Latex Free, non-toxic, and not harmful to the skin.
3. The sensor requires no routine calibration or maintenance.
4. Follow local ordinances and recycling instructions regarding disposal or recycling of the device and device components, including batteries.

TROUBLE SHOOTING

Issue	Possible Reason	Solution
The sensor will not give a reading. The readings are not accurate.	1. You're wearing fingernail polish and/or arcylic nails 2. Your hands are too cold / there is not enough blood flowing to the fingertip 3. The battery on your sensor is low 4. Too much movement	1. Turn your finger on it's side 2. Rub your hands together to generate heat and get blood flowing to your fingertips 3. Charge your unit 4. Make sure your hand is resting and there is little to no movement
The sensor will not power on.	1. The battery are low 2. The pulse oximeter is damaged	1. Charge the unit 2. Contact customer service
My display shows an error message.	1. There is an internal error with your unit	1. Contact customer service
My sensor will not connect to the app The app reads "heart rate error" I cannot navigate the app	1. You are not in the correct app 2. Your fingertip sensor is off 3. Your finger is not inside the sensor 4. The sensor is having trouble getting a reading 5. Your sensor is not within Bluetooth range 6. Your phone's bluetooth is off	1. Make sure you downloaded ichoiceRelax app. 2. Make sure your finger is inside the sensor and the unit is powered on. 3. Rub your hands together to generate heat and get blood flowing to your fingertips. 4. Make sure the unit and phone are close proximity 5. Turn your phone's bluetooth on

Guidance and manufacturer's declaration – electromagnetic emission		
The pulse oximeter is intended for use in the electromagnetic environment specified below. The customer or the user of the pulse oximeter should assure that it is used in such an environment.		
Test	**Compliance**	**Electromagnetic Environment - Guidance**
RF emissions CISPR 11	Group 1	The pulse oximeter 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.
RF emission CISPR 11	Class B	The pulse oximeter is suitable for use in all establishments, including domestic establishments and those directly connected to the public low-voltage power supply network that supplies buildings used for domestic purposes.

SYMBOL DEFINITIONS

Symbol	Definition	Symbol	Definition
SpO_2%	Oxygen Level		Conformity to WEEE Directive
PR bpm	Pulse Rate (beats per minute)		
	Battery Indicator		Type BF applied part
SN	Serial Number		
IP22	Protected against dripping water		Follow instructions for use
+50°C 10°C RH < 93% non-condensing	Storage temperature and relative humidity		

WARNINGS

1. Keep the fingertip sensor away from young children. Small parts may be hazardous if swallowed.

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+ relaxation coach

OX200 QUICK START GUIDE

What is a Pulse Oximeter?
A pulse oximeter is a non-invasive device that monitors blood oxygen saturation (SpO_2) and pulse rate (heart rate). Pulse oximeters provide an easy way of assessing your blood oxygen level and pulse rate.

What is SpO_2?
SpO_2 is also known as oxygen saturation. Oxygen saturation is a measure of how much oxygen the blood is carrying as a percentage of the maximum it could carry.

What is a normal reading?
Pulse Rate - The normal resting range for pulse rate is typically considered from 60-100 beats per minute. Ask your health professional this question as it pertains to you.

Oxygen Saturation - The normal range for SpO_2 is typically considered from 95%-99%. The SpO_2 measurement may be lower for people who live at high altitudes. Ask your health professional this question as it pertains to you.

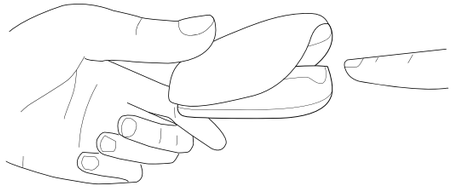
What kind of conditions may cause an inaccurate reading?
Cold hands, poor circulation, weak pulse, movement, fingernail polish and acrylic nails may cause inaccurate results.

The SpO_2 is not changing – is it stuck?
Your SpO_2 reading will not change rapidly like the pulse rate reading. It may vary by 1%-2%.

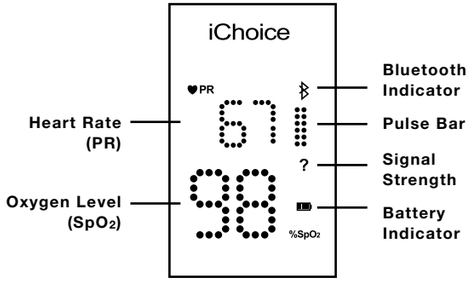
The pulse rate is changing rapidly – is it broken?
Your heart rate changes with emotions, excitement and exercise. It is normal for the readings to fluctuate.

When do I charge the battery?
The battery indicator on the display will blink when charging is needed. A stable battery icon indicates the unit is fully charged.

1. Place your finger inside the unit



2. Readings appear automatically after a few seconds



3. Connect to App (Optional)

1. Search for the *ichoiceRelax* app in the App store or Google Play Store. Download the App to your phone. *ichoiceRelax is compatible with iOs 12.0 and Android 5.0+*
2. Launch the app and fill out the proper fields (You will need a valid email address).
3. The app will automatically look for a compatible heart rate sensor within range. You must place the heart rate sensor on your finger to turn it on. Once connected, the app will load.*

*You cannot access the app without a heart rate sensor. If there is no signal from the sensor and/or you remove the sensor from your finger, the app will lock and seach for a unit within range again.

FCC DECLARATION

This device omplies 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.

Attention that changes or modification not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

Note: This product 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 prodvide reasonal protection against harmful 41 interference in a residential installation. This product 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 product does cause harmful interference to radio communications 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:

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

Warranty Information

To obtain full warranty coverage, please be sure to complete your product registration within 30 days from date of purchase.

If you choose not to register your product, this Limited Warranty will be void.

Register via Website
You can register your device online at www.ichoicerelax.com/register

Register via App
When you download the ichoiceRelax app for the first time, you will be prompted to enter in your personal information. The information entered here will automatically save to our database and constitute as your product registry.

Call Customer Service
Monday - Friday
10am - 4:00pm EST
Phone: (215) 874-0458

STATEMENT OF CHOICEMMED AMERICA CORP. / LIMITED WARRANTY
ChoiceMMed America Corp. warrants to the original purchaser that this equipment will be free from defects in materials and workmanship for a period of two years from the date of purchase. This warranty shall be limited to the repair adjustment and/or replacement at the manufacturer's option of defective parts free of charge except the cost of transportation to ChoiceMMed America Corp. Manufacturer's responsibility is limited to actual cost of item. When returning equipment for warranty service, all shipping and insurance charges must be prepaid and the proof of purchase must be enclosed. Returns will only be shipped to locations within the USA. ChoiceMMed America Corp. will not be responsible for expenses or inconveniences, or consequential damages occasioned by equipment or by breach of any expressed or implied warranty with respect thereto.

Limitations
This warranty covers all defects encountered in normal use of the equipment and does not apply in the following cases.

1. If the equipment has been serviced by other than a certified center.
2. Damage to the equipment due to mishandling, abuse, accident or not following operating instructions.
3. INSTRUMENTS: Warranty does not extend to display face, batteries, carrying case or charging cable.

For troubleshooting assistance please contact Consumer Support. Our representatives are trained to provide you assistance over the phone and may be able to resolve your problem without returning. For the best possible assistance please have your unit available when calling us.

www.ichoicerelax.com/help

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