Operating instructions

1、 Start Interface

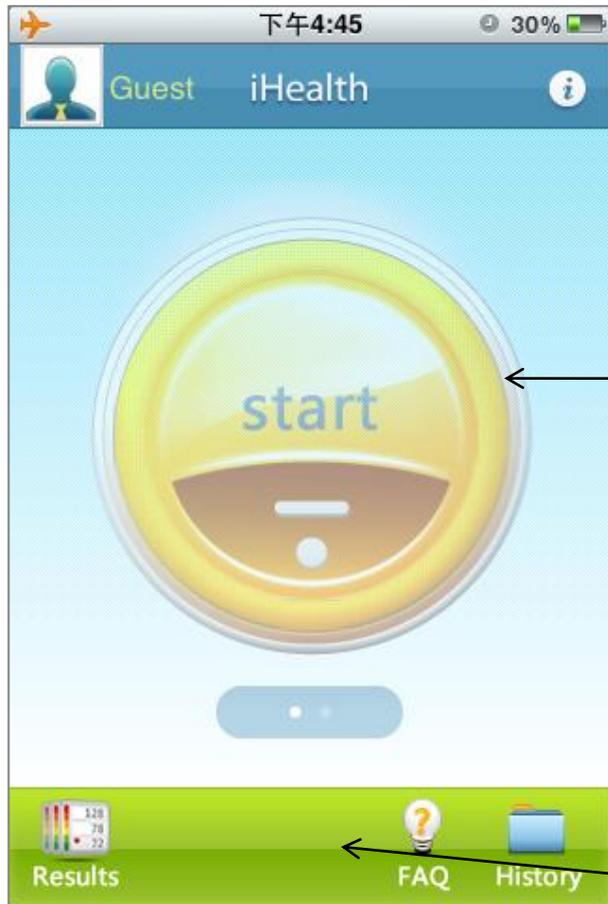The interface shows the brand and the battery current capacity.

← Display the brand.

Display the current capacity of battery inside BPM. When the battery is lower than 20%, please immediately charge the battery.

2、 **Main Menu**

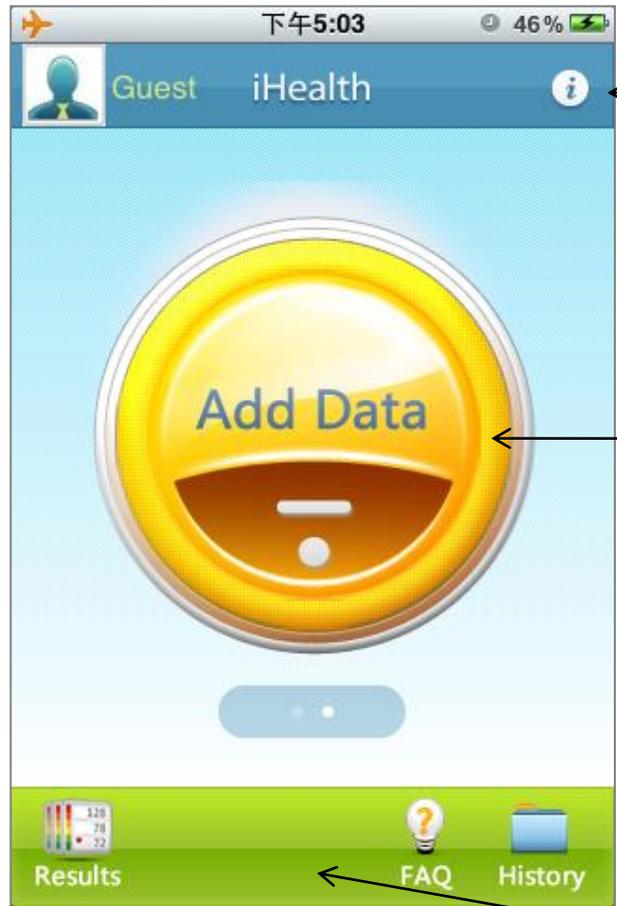The main menu of the application. You can switch between measurement and add data by slide left and right.

Touch for All Users page.
Touch for Information page.

Touch for Measurement page to start measurement.

•History, touch for History page, management the   stored data.
• FAQ, frequency question and answer.
• Results, check the Test Result page.

2、 **Main Menu**

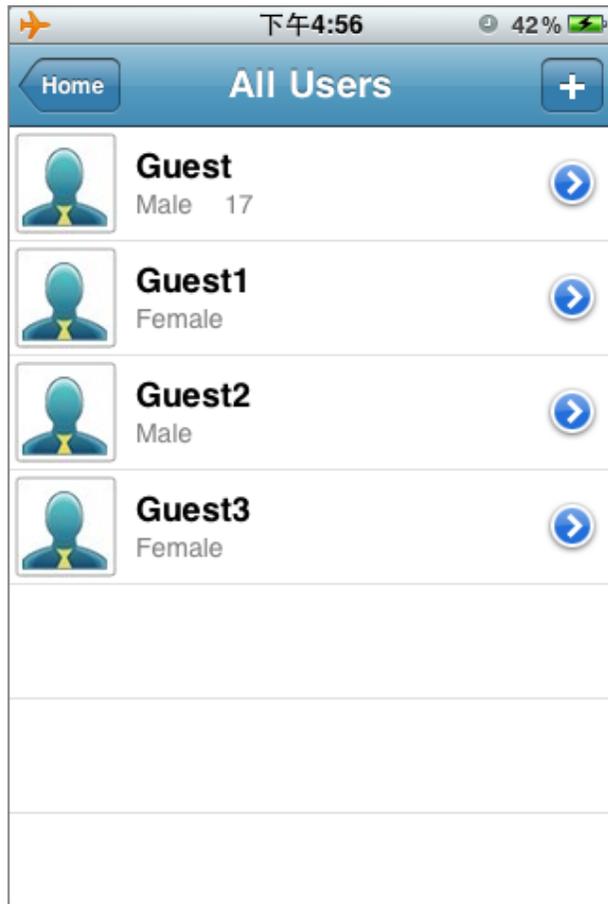Touch for All Users page
Touch for Information page.

Touch for add data page to add the blood pressure data..

•History, touch for History page, management the stored data.
• FAQ, frequency question and answer.
• Results, check the Test Result page.

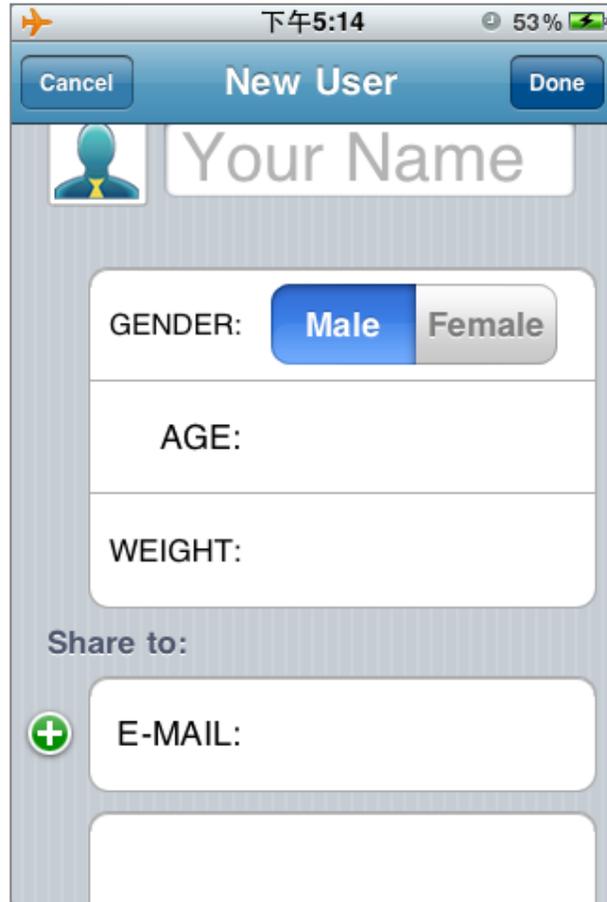# 3、**All Users**

Use to manage the information of users.

Home: go to Main Menu page.
"+": Add new user.

Display the photo, name, gender and age.
Touch the row for choose the user and back to the main menu..
Touch the accessory button to go to the Detail Info of User page.

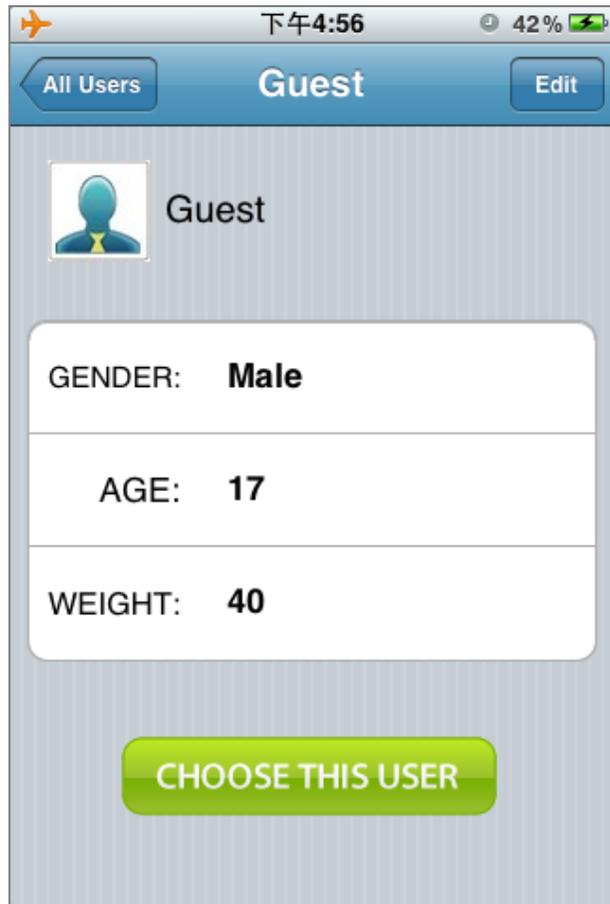# 4、 **Add Users**

Use to add new user.

Cancel: Cancel for user added.

Done: Confirm the user settings, and go to Detail Info of User page.

Input the information of the user, such as the photo， gender ,age, weight, the share to E-mail and others.

5、 Detail info of User

Use to edit ,choose or delete the user

All Users: Back to the All Users page.
Edit: Edit the detail info of the user.

Display the information of the user,
such as the photo, gender ,age,
weight, the share to E-mail and others.

Choose the user and back to the All Users page.

5、 Detail info of User

Done: Confirm the user setting.

Edit the information of the user, such as the photo, gender ,age, weight, the share to E-mail and others.

Delete the user and back to the All Users page.

6、 Add data

Add data by manual.

Back: go back to the last page.

Photo: go to the All User page.

Input the measurement data and time.

Save the add data and go to the Test Result page.

7、 Measurement

Use for control the blood pressure measuring process and display the process.

Heart signal twinkling when detect the heart beat.

Display the current pressure

Display the pulse wave.

Slide for stop the measurement.

Note: Please consult a health care professional for interpretation of blood pressure measurements.

8、 Test Result

Back: go back to the last page.

Display the Systolic

Display the Diastolic

Display the Pulse rate

• Share: mail the data to the mail address you set.
• Delete: delete the current memory.
• FAQ: go to FAQ page
• Again: measurement again.
• History: go to History Page.

8、 Test Result

Click systolic, diastolic, pulse or WHO classification column respectively, will show the corresponding description.

8:01 PM   56%

Back

What Is Systolic and Diastolic Blood Pressure?

The blood pressure reading is measured in millimeters of mercury (mm Hg) and is written as systolic pressure, the force of the blood against the artery walls as your heart beats, over diastolic pressure, the blood pressure between heartbeats. For example, a blood pressure reading is written as 120/80 mm Hg, or "120 over 80". The systolic pressure is 120 and the diastolic pressure is 80.

8:01 PM   56%

Back

What is Pulse?

Pulse rate: is the number of times a person's heart beats in one minute.
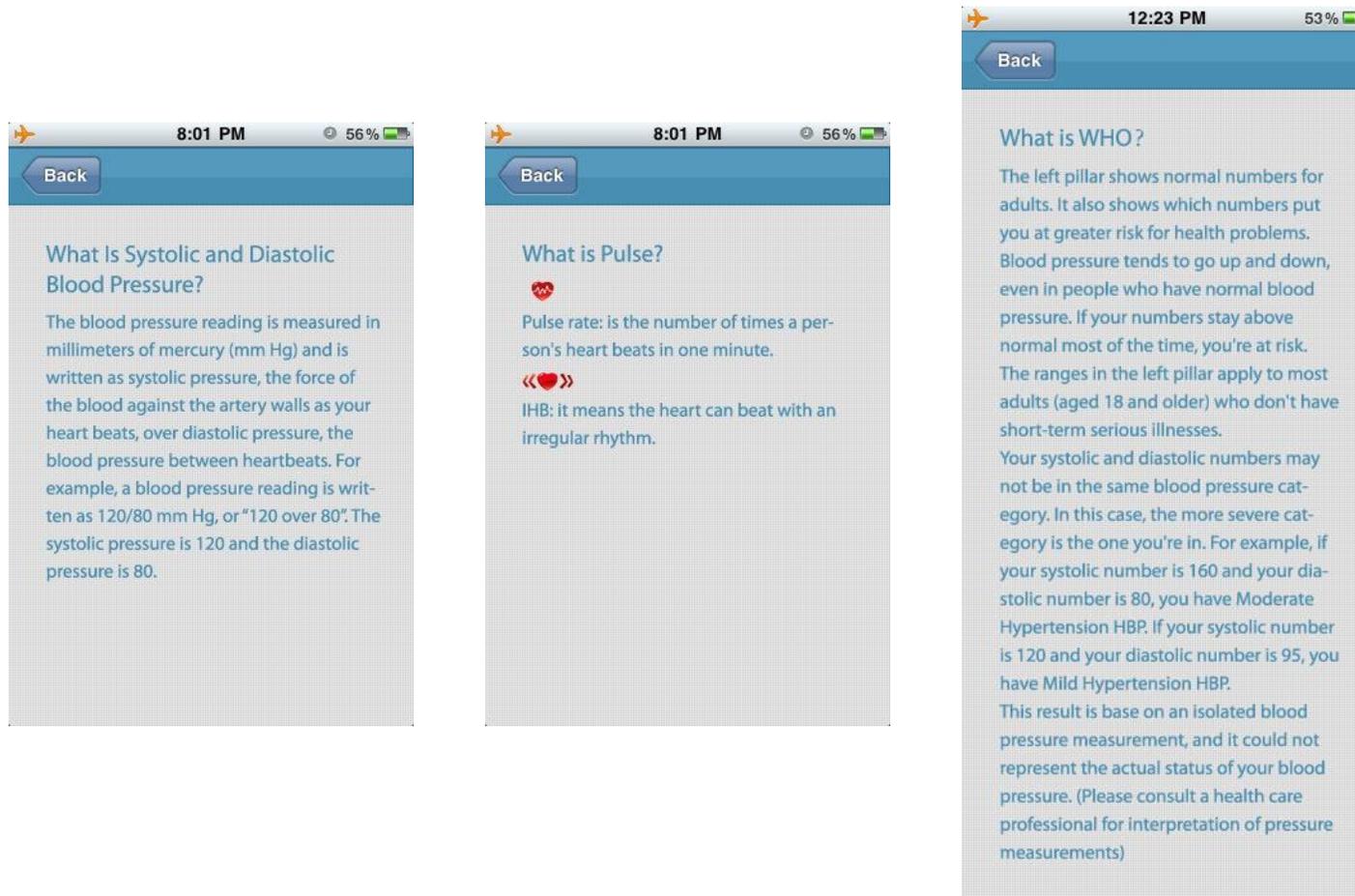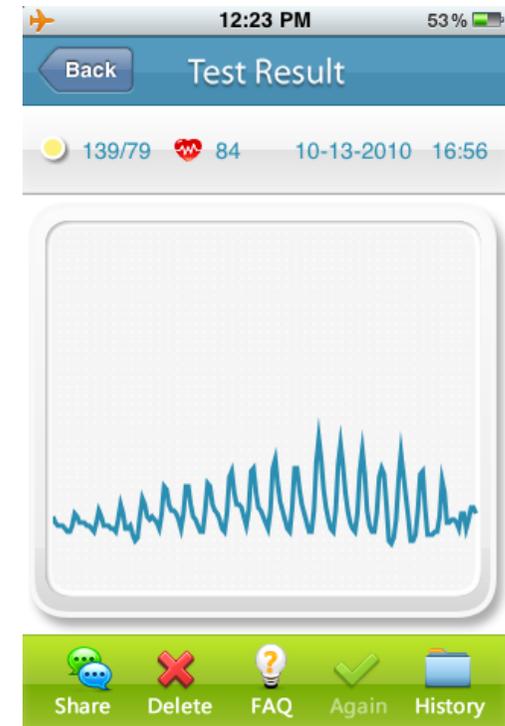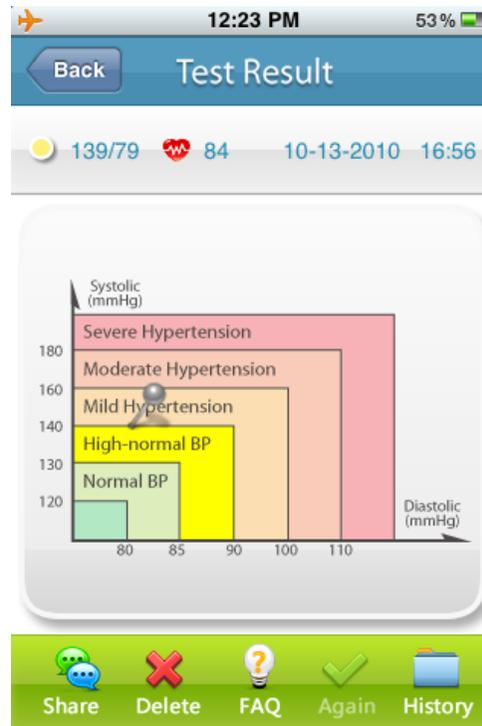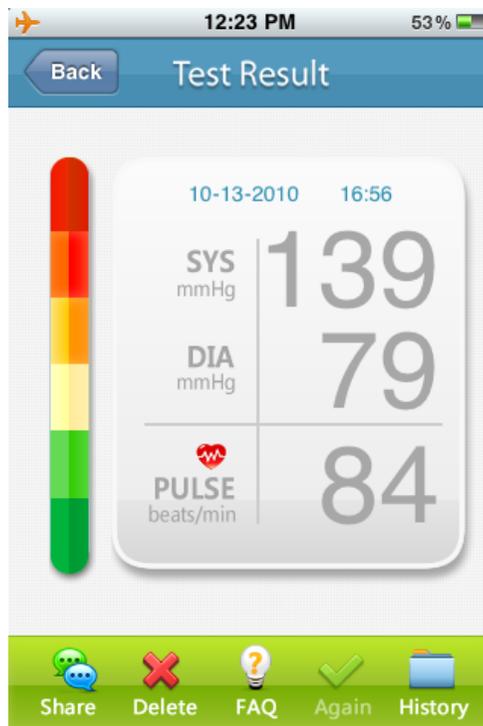
《❤》

IHB: it means the heart can beat with an irregular rhythm.

12:23 PM   53%

Back

What is WHO?

The left pillar shows normal numbers for adults. It also shows which numbers put you at greater risk for health problems. Blood pressure tends to go up and down, even in people who have normal blood pressure. If your numbers stay above normal most of the time, you're at risk. The ranges in the left pillar apply to most adults (aged 18 and older) who don't have short-term serious illnesses.

Your systolic and diastolic numbers may not be in the same blood pressure category. In this case, the more severe category is the one you're in. For example, if your systolic number is 160 and your diastolic number is 80, you have Moderate Hypertension HBP. If your systolic number is 120 and your diastolic number is 95, you have Mild Hypertension HBP.

This result is base on an isolated blood pressure measurement, and it could not represent the actual status of your blood pressure. (Please consult a health care professional for interpretation of pressure measurements)

8、 Test Result

You can switch between detail information, WHO classification and pulse wave by slide up-down. And slide left-right for other memories.

9、 **History**

Use for review the memory and manage.

Edit: choose for delete memory

Display the WHO classification, Systolic, Diastolic, pulse rate and measurement time. And display the test result was measured or added, the iHealth means measured and pen means added . Touch for go to Test Result page .

• Classify: go to Classify Table page.
• Select: go to Select page for average and index.
• Graph: go to BP Graph page.
• Share: mail the data to the mail address you set.
• Home: go to Main Menu.

10、 BP Graph

Switch this by touch the Graph button in BP Graph page.

Display the detail when touch the column.

The up side of the column is Systolic, and the bottom side is Diastolic. The color is only indicate the classification.
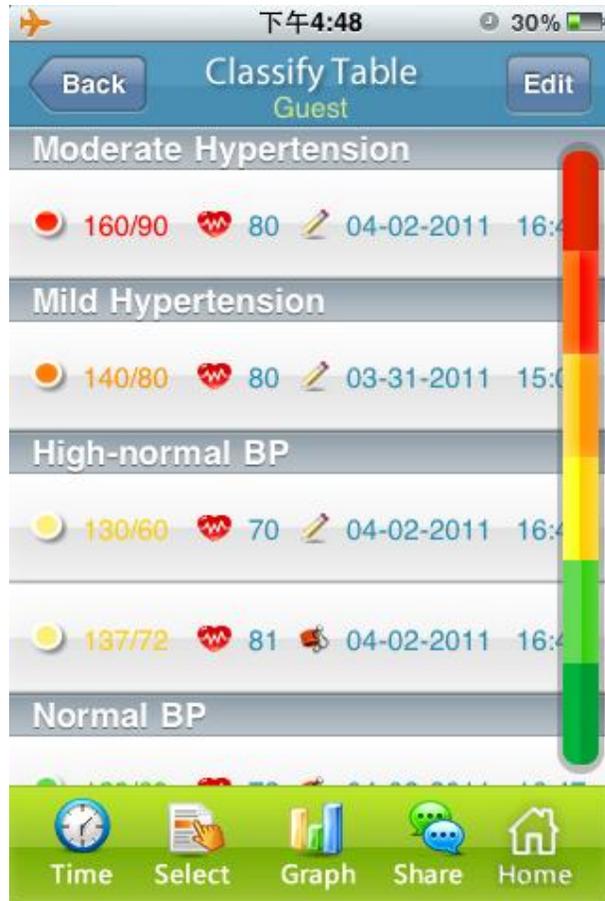
10、 BP Graph

Also can switch this by make the iOS device horizontal in BP Graph page.

11、 **WHO Table**

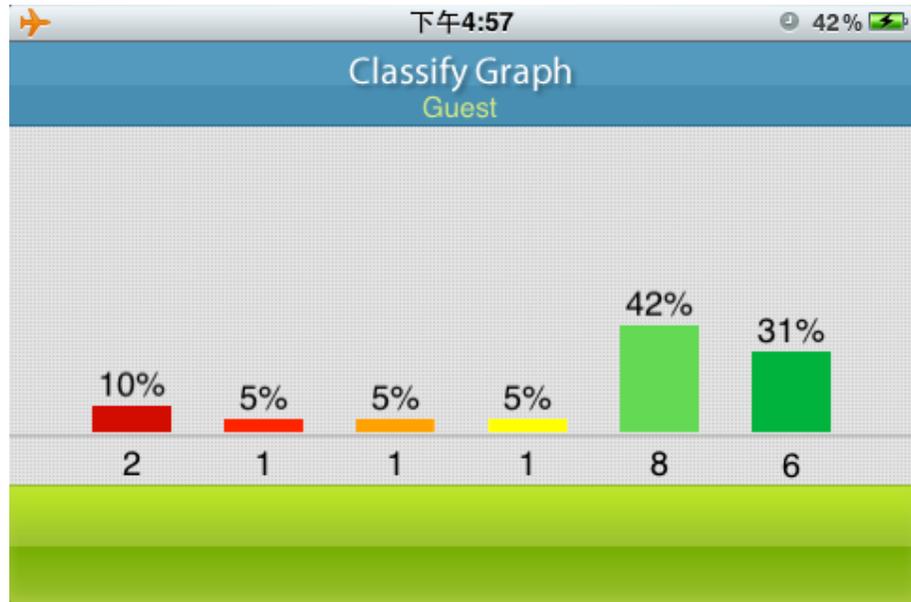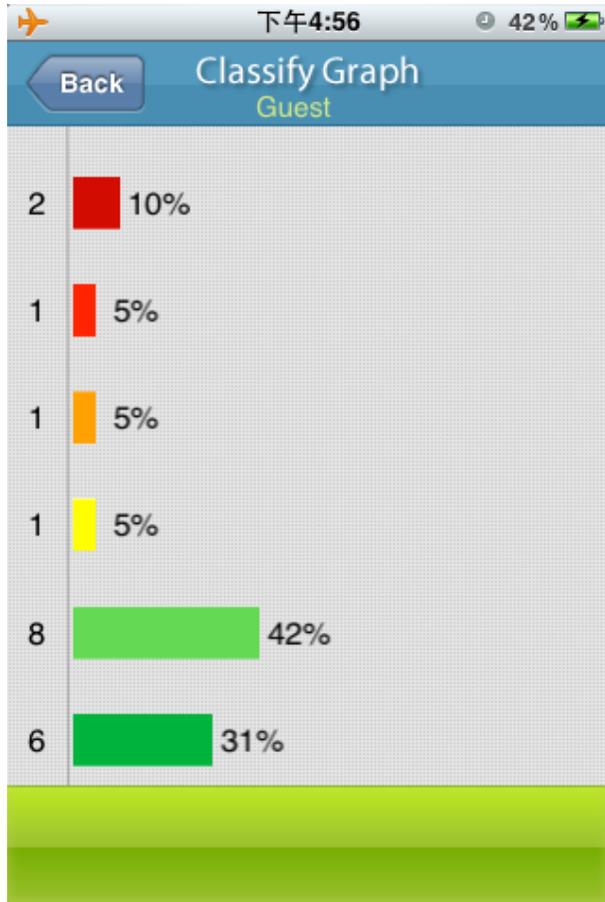## Index by WHO classification

Classification bar, the following memories is all belongs to this class.

Note: It is not intended to provide a basis of any type of rush toward emergency conditions/diagnosis based on the color scheme and that the color scheme is meant only to discriminate between the different levels of blood pressure.

12、 Classify Graph

Press the Graph button or make the iOS device horizontal in Classify Table page.

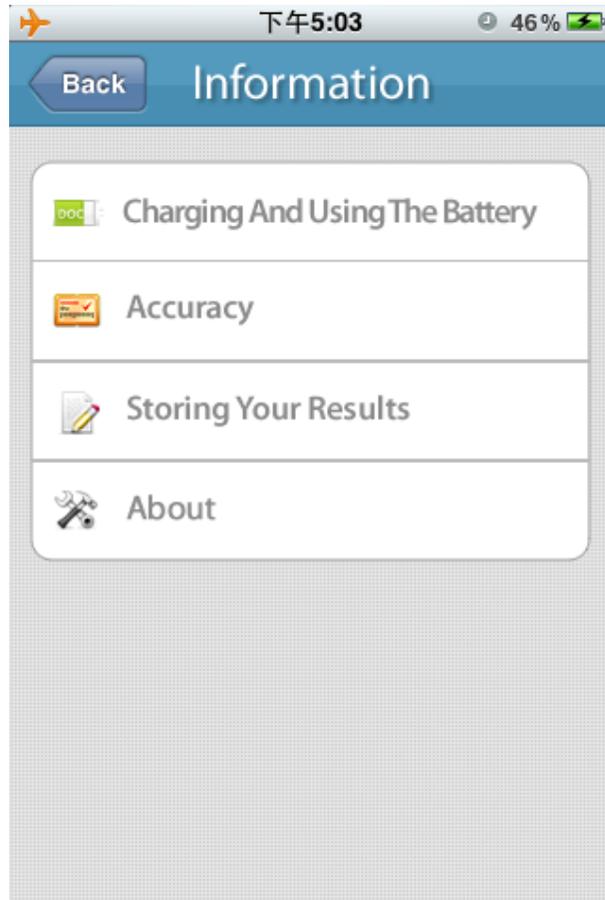The page shows the classification's corresponding percent of all the memory

13、 **Select**

✈	8:45 PM	🕐 100% 🔋

Back	Select Guest	List

DATE	STARTS	10-01-2010	← Index by date
	ENDS	04-20-2011	

TIME	STARTS	12:00 AM	← Index by time
	ENDS	11:59 PM	

SYS	FROM	0 mmHg	← Index by Systolic
	TO	299 mmHg	

DIA	FROM	0 mmHg	← Index by Diastolic
	TO	299 mmHg	

NUMBER	19	← The number of memories you want to calculate, from the nearest one

Average = ___ ← Touch "Average" button for display the result

Note: This function is only use for calculate base on chooses option, please consult a health care professional for how to use it.
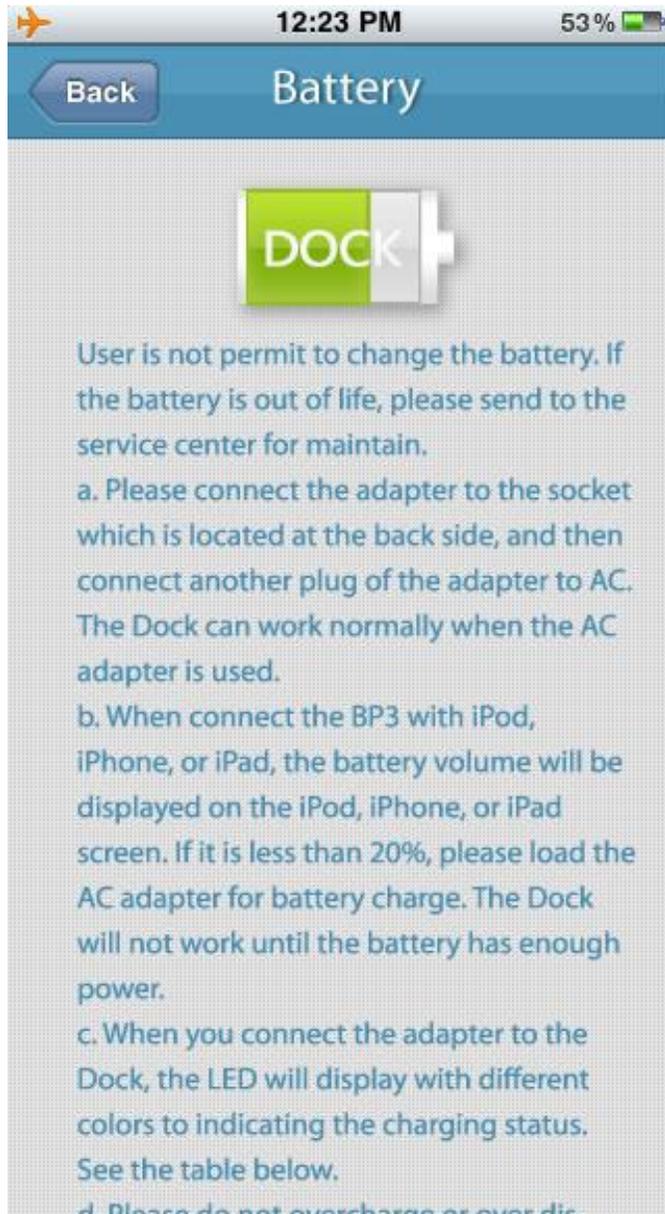
14、 **Information**

←——— Touch for go to corresponding page.

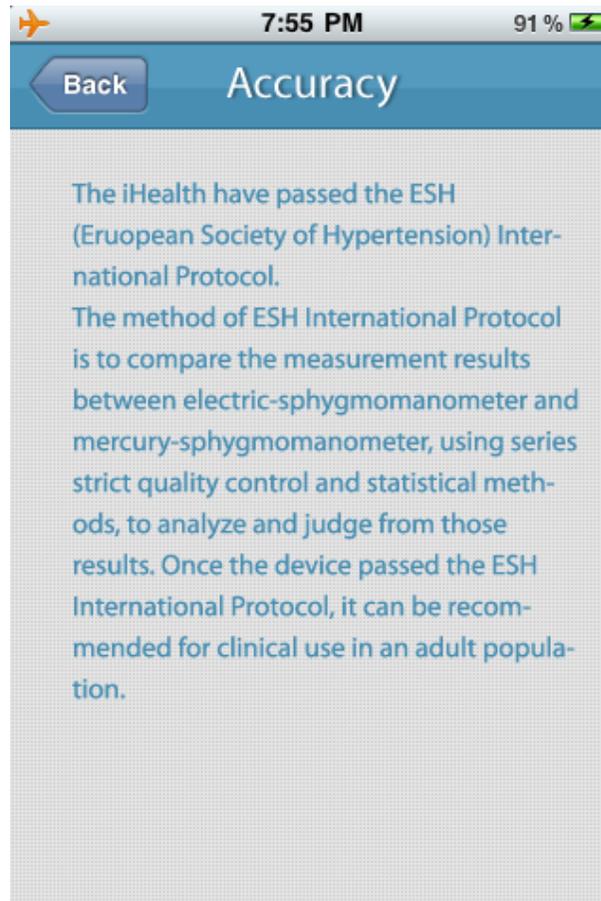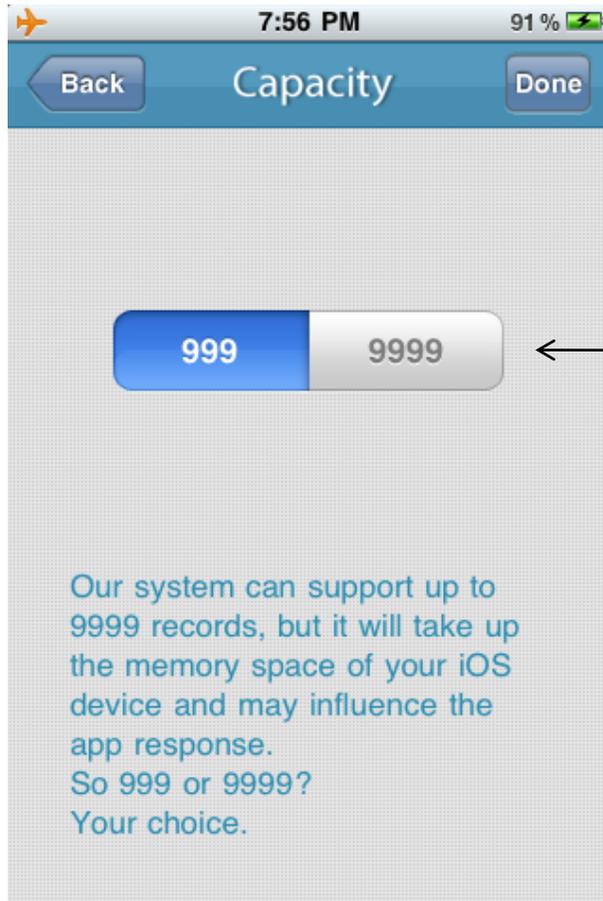<The following content will be occurred in software >

15、 **Getting Started**

This symbol indicates the current battery capacity for the blood pressure dock. If the dock is unconnected this symbol should be gray.

16、 **Accurauy**

7:55 PM   91%

Back   Accuracy

The iHealth have passed the ESH (Eruopean Society of Hypertension) International Protocol.
The method of ESH International Protocol is to compare the measurement results between electric-sphygmomanometer and mercury-sphygmomanometer, using series strict quality control and statistical methods, to analyze and judge from those results. Once the device passed the ESH International Protocol, it can be recommended for clinical use in an adult population.
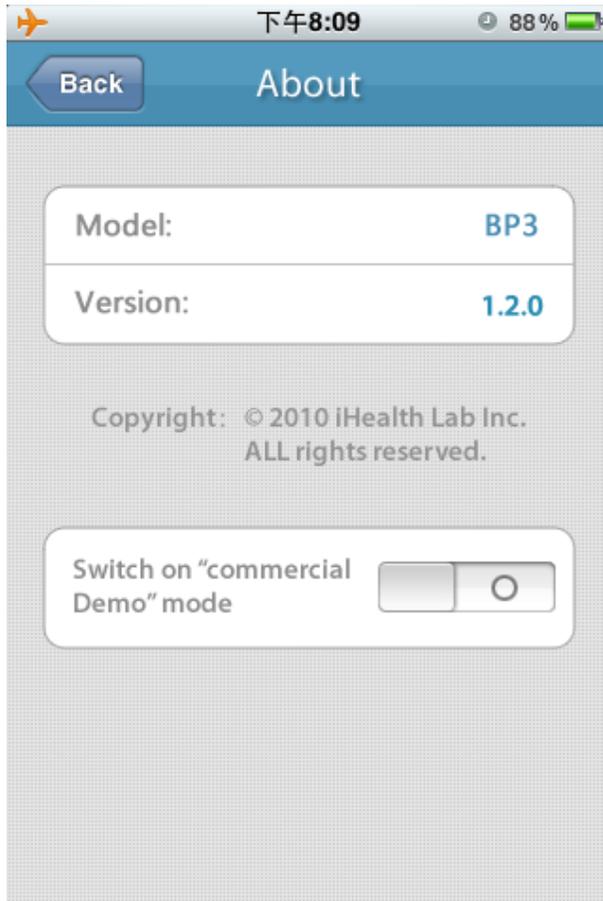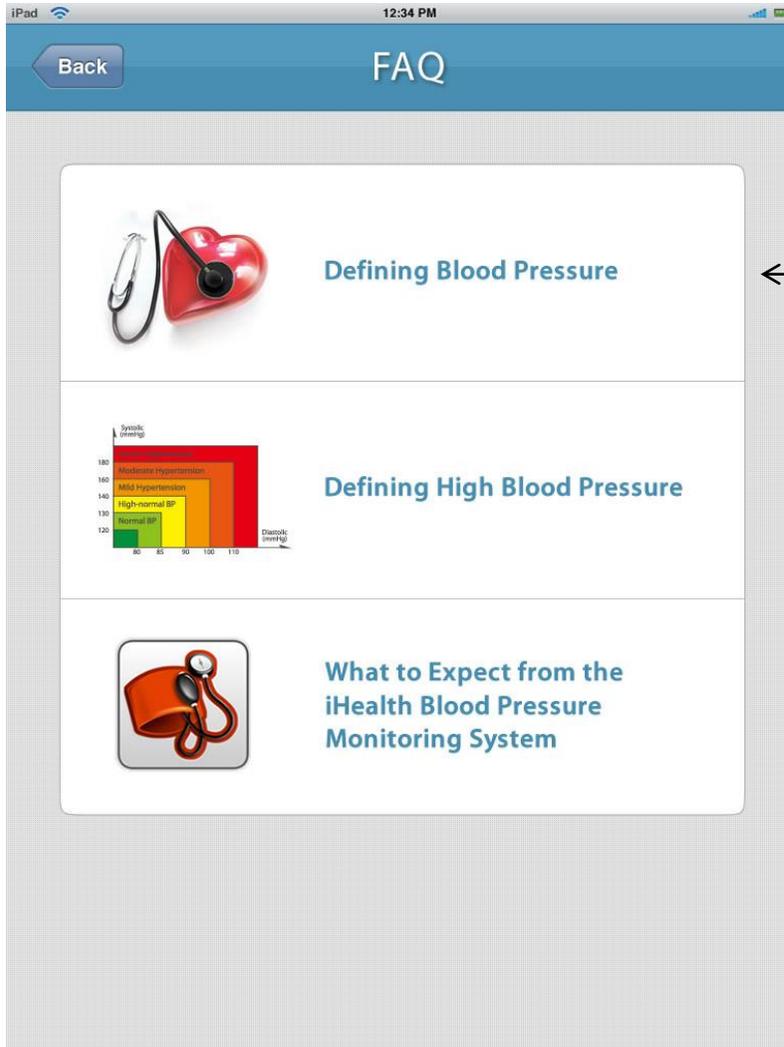
17、 **Capacity**

999 and 9999 means the maximum records the system can store. More records means more memory space take up.

18、 About

Switch on "commercial Demo" mode

19、 FAQ

Touch for go to corresponding page.