Simultaneous dual-arm measurement and auscultatory function for accurate office blood pressure measurement.

Instruction Manual
WatchBP Office AFIB combines the advantages of an automatic blood pressure device and hybrid sphygmomanometer and is designed to provide convenient, accurate and reliable office blood pressure measurement following recommended guidelines of the European Society of Hypertension (ESH)\(^1\), American Heart Association (AHA), and World Health Organization (WHO)\(^2\).


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Product description

Name of parts

Cuff Socket (L)
Cuff Socket (R)
I/O switch
Main Adaptor Socket
Battery Compartment
Recharge Indicator
Display
M Button (Memory)
Mode Switch
Start/Stop Button
Display

Mean Arterial Pressure (MAP)
Pulse Pressure (PP)
Mode Indication
External Power
Atrial Fibrillation Detection
Rest and Arm Position Reminder
Battery Symbol
Hide Display
Memory Mode
Pulse Rate
Heart Beat
L/R Cuff
Value for Left Arm
Systolic Value
Diastolic Value
Inter-arm Difference
Value for Right Arm
Systolic Value
Diastolic Value
**WatchBP Office AFIB and components**

WatchBP Office AFIB
Blood Pressure Device
(1 pcs.)

AC Adaptor X1
(Input: 100-240V~50/60Hz 0.7A
Output: +7.5V 2A)

M size (22cm~32cm) X2
L size (32cm~42cm) X2

Instruction Manual X1
Quick Start Guide X1

System Requirements:
550MHz CPU. 256MB Memory, 1024x768 pixel resolution, 256 color, CD-ROM drive, 40MB free hard disk space, Microsoft Windows 2000 / XP / Vista.
Selective Cuffs

M (Medium size)
22 - 32 cm (8.75 - 12.5 inches)
With air tube 130 cm

L (Large size)
32-42 cm (12.5-16.5 inches)
With air tube 130 cm

* Please contact Microlife or its distributor to purchase cuffs.
Before using WatchBP Office AFIB

Selecting the correct cuff
Two different cuff sizes are provided with the WatchBP Office AFIB: Medium and Large. Use the cuff marker to select the cuff size that best matches the circumference of the patient’s upper arm.

**M (Medium size)**
- 22 - 32 cm (8.7 - 12.6 inches)
- *With air tube 130 cm*

**L (Large size)**
- 32 - 42 cm (12.6 - 16.5 inches)
- *With air tube 130 cm*

Connect the cuff to the device by inserting the cuff connector into the cuff connector socket.

Fitting the cuff properly
1) Place the cuff over the left (right) upper arm so that the air tube and artery mark arrow point toward the lower arm.
2) Lay the cuff on the arm. Make sure that the lower edge of the cuff lies approximately 2 to 3 cm (¾ to 1 inch) above the elbow.
3) Wrap and tighten the cuff around the arm.
4) Leave a little free space between the arm of the patient and the cuff. It has to be able to fit 2 fingers between the arm and the cuff. Clothing must not restrict the arm. Remove all clothing covering or constricting the measurement arm.

5) It may result in incorrect blood pressure readings if the cuffs are not fit properly. Use a different size cuff if the range Index at the end of the cuff does not fall into the range specified by the range stripes.
6) Apply the same steps to the other arm if a double arm measurement is required.

※ The range index of cuff should be fallen into this range.
Three operation modes

Select an operation mode
The WatchBP Office AFIB device includes three convenient operation modes: «ROUTINE», «AUSCULTATION» and «SCREEN» (Inter-arm difference) Mode. Use the Mode Switch to select the desired mode.

«ROUTINE» Mode
Select «ROUTINE» Mode to perform automated duplicate measurements on the preferred arm for prompt and accurate office measurements.
Automated duplicate measurements

In «ROUTINE» Mode, the WatchBP Office AFIB device automatically takes two consecutive measurements at default 15 seconds interval. The readings of these two measurements are averaged to produce the routine visit blood pressure measurement.

«AUSCULTATION» Mode

Select «AUSCULTATION» Mode for blood pressure measurement of patients to confirm if a patient is suitable for the oscillometric method.

* The user can manually set up the measurement interval of 15, 30, 45 or 60 seconds in ROUTINE Mode. (Please refer to special functions section page 26 “Setting measuring intervals”).
Simultaneous dual-arm measurements

In «SCREEN» Mode, the WatchBP Office AFIB device measures the patient’s blood pressure on both arms simultaneously, which helps to determine the arm with the highest blood pressure value and reveal other potential cardiovascular risks.
Automated triple measurements
In «SCREEN» Mode, the WatchBP Office AFIB device automatically takes three consecutive measurements at fixed one minute* intervals. The result of these three measurements are averaged to conclude the blood pressure measurement.

Determine the proper arm and to indicate inter-arm difference
If the difference of blood pressure readings between two arms are more than 20mmHg for Systolic or 10mmHg for Diastolic at all three measurements, the device indicates the arm with the higher blood pressure value by showing L or R and the “IAD” icon. The “IAD” icon and readings of the higher arm flash.

* The measuring intervals are fixed at one minute in SCREEN mode.

* The arm with the higher blood pressure value should be taken for future blood pressure measurements.
Taking measurements using WatchBP Office AFIB

«ROUTINE» Mode

1) **Turn on the power** – Turn on the device by switching the I/O switch at the back of the device to the ON position and make sure Bluetooth switch is in off position.

2) **Apply the cuff** – Properly fit one cuff to the preferred measurement arm.

3) **Switch to «ROUTINE» Mode** – Slide the Mode Switch to «ROUTINE» Mode.

4) **Select the inflation cuff** – Set the device to inflate only the measured arm of cuff (left or right) Press and hold the M Button for 3 seconds.

   Press and hold for 3 seconds...

* Additional visual instruction can be found on the cuff
5) Press the M Button to toggle between the left (L) and right (R) cuff. Press the Start/Stop Button to save the setting.

6) **Start measurements** – Press the Start/Stop Button to start the measurement sequence.

7) **Two consecutive measurements** – The device will take two consecutive measurements with default 15 seconds intervals in between.

8) **Inflation by fuzzy logic** – The device will adjust inflation pressure by fuzzy logic.

※ **The user can manually set up the measurement interval of 15, 30, 45 or 60 seconds in ROUTINE Mode. (Please refer to special functions section page 26 “Setting up measuring intervals”).**
Taking measurements using WatchBP Office (cont.)

8) **View the average measurement** – The average measurement will be displayed when the two consecutive measurements are completed.

![Image of a device displaying measurements]

9) **View all measurements** – Results of the two individual measurements can be accessed by pressing the M Button. Press the M Button once to review the first measurement. Continue to press the M Button to review the other measurements.

![Image of a device with measurement options]

*WatchBP Office AFIB stores only the last two measurements completed in «ROUTINE» Mode and the last three measurements completed in «SCREEN» Mode.*
«AUSCULTATION» Mode

1) Turn on the power – Turn on the device by switching the I/O switch at the back of the device into the ON position.

2) Apply the cuff* – Properly fit one cuff to the preferred measurement arm properly.

3) Switch to «AUSCULTATION» Mode – Slide the Mode Switch to «AUSCULTATION» Mode.

4) Adjust inflation pressure if necessary – Inflation pressure can be set manually from 140 to 280 mmHg by pressing and holding the Start/Stop Button for 7 seconds. Press the M Button to adjust the pressure and press Start/Stop to save the setting.

* Additional visual instruction can be found on the cuff
Taking measurements using WatchBP Office (cont.)

5) **Start inflation** – Press the Start/Stop Button to start inflation of the cuff.

6) **Take note** – Take note of the systolic and diastolic values in the same manner used for sphygmomanometer measurements.

7) **Set to stand by** – The device can be set to ‘Stand by’ by pressing the Start/Stop button without turning off the power. The device will automatically switch to ‘Stand by’ if there is no operation for five minutes.

* The default inflation pressure is 180 mmHg.

* When the device is in standby mode, it will remind you the current preset pressure setting by displaying the current pressure setting on the screen.
«SCREEN» Mode

1) **Turn on the power** – Turn on the device by switching the I/O switch at the back of the device to the ON position.

2) **Apply the cuff** – Properly fit one cuff to each of the patient’s arms.

3) **Switch to «SCREEN» Mode** – Slide the Mode Switch to «SCREEN» Mode.

4) **Inflation by fuzzy logic** – The device will adjust inflation pressure by fuzzy logic technology.

* Additional visual instruction can be found on the cuff
Taking measurements using WatchBP Office (cont.)

5) **Start measurements** – Press the Start/Stop Button to start the measurement sequence.
   
   ✴ A 60-second countdown will proceed the first measurement.

6) **Three consecutive measurements** – The device will take three consecutive measurements with one minute intervals in between measurements.

   1  ➔  60 seconds ➔  2  ➔  60 seconds ➔  3

7) **View the average measurement** – Only the average measurement will be displayed once the triplicate measurement is completed.

   ✴ When the measurements are completed, the blood pressure measurement corresponding with the consistently higher arm will blink continuously for 5 seconds. If no significant difference (20 mmHg for systolic and/or 10 mmHg for diastolic blood pressure) exists between the two arms, neither measurement will blink.
8) **View all measurements** – Results of the three individual measurements can be accessed by pressing the M Button. Press the M Button once to review the first measurement. Continue to press the M Button to review the other measurements.

WatchBP Office only stores the last two measurements completed in «ROUTINE» Mode and the last three measurements completed in «SCREEN».
Special Functions

Hiding measurement values
The WatchBP Office AFIB device features a Hide function in order to prevent unnecessary elevated blood pressure in patients due to nervousness triggered by visible blood pressure measurements.

1) **Activate the «Hide» Function** – pressing and holding the M Button for 7 seconds.

   ![M Button](M.png)

   **Press and hold for 7 seconds...**

2) **Select ON or OFF** – Press the M Button again to turn the “Hide” function ON or OFF.

   - ![M Button](M.png)
   - ![On](On.png)
   - ![M Button](M.png)
   - ![Off](Off.png)

3) **Confirm** – Press Start/Stop to confirm the setting.

   ![Power Button](Power.png)

   ![On](On.png)

   - **This feature is only available in ROUTINE mode**

   - **When the «Hide» function is ON, the countdown between each measurement and the Hide icon will display.**

   - **The default setting of “Hide” in «SCREEN» Mode is set to “ON” and cannot be set to “OFF”.**
**MAP (Mean Arterial Pressure)**

The WatchBP Office AFIB device measures the true mean arterial pressured (MAP) of the patient. Each measurement includes a single MAP value. The average measurement will display the average MAP value. When viewing in Memory mode, the MAP value will be displayed with the systolic and diastolic pressure once every 5 seconds.

**PP (Pulse Pressure)**

The WatchBP Office AFIB device provides the pulse pressure (PP) of the patient: pulse pressure = systolic - diastolic pressure. Each measurement includes the calculation of a single PP value. The average measurement will display the average PP value. When viewing in Memory mode, the PP value will be displayed with the systolic/diastolic pressure once every 5 seconds.

* The Mean Arterial Pressure MAP in this device is determined from the maximum peak of the oscillometric envelope curve.
Appearance of the atrial fibrillation indicator for early detection

The WatchBP Office AFIB is designed to detect asymptomatic atrial fibrillation during blood pressure measurements in the «SCREEN» Mode. If two out of three measurements in the «SCREEN» Mode detect atrial fibrillation, the Afib icon displays. This device is able to detect atrial fibrillation with high sensitivity of 97% and specificity of 89%. If the atrial fibrillation icon displays after the measurement, it is recommended to perform a visit to the doctor.


This device detects atrial fibrillation, a major cause of stroke. Not all risk factors for stroke, including atrial flutter, may be detected by this device.

This device may not detect atrial fibrillation in people with pacemakers or defibrillators. People with pacemakers or defibrillators should not use this device to detect atrial fibrillation.
About Atrial Fibrillation

Atrial fibrillation is a common heart rhythm problem. It affects more than 2 million people in North America. It is more common with older age and it is found in 10% of people over 80 years old. It is a common cause of major strokes. About 15% of all strokes are caused by atrial fibrillation.

The elderly, or those with high blood pressure, diabetes or heart disease are more likely to get a stroke if they have atrial fibrillation.

Atrial fibrillation is a rhythm problem that can last from a few minutes, to days or weeks and even years. Atrial fibrillation can cause blood clots in the upper chambers of the heart (the atria). These clots can break off and flow to the brain causing a stroke.

The use of blood thinners, such as warfarin, can lower the risk of stroke in patients with atrial fibrillation.

A doctor can confirm the presence of Afib by using an EKG. Sometimes Afib is present incidently. Therefore, a doctor may not see it on regularly scheduled visits.

One method of detecting Afib is by mean of palpations. This method is not very reliable. Failure of detecting Afib may lead to the occurrence of stroke at the end; whereas early detection may lead to early treatment that can significantly reduce the chances of stroke.
Taking fewer than two measurements
In «ROUTINE» Mode only, the measurement sequence can be stopped at anytime by pushing the Start/Stop Button. The device enters stand-by and remaining measurements are cancelled. Data from the measured blood pressure can be by viewed by pushing the M Button.

Skipping the countdown time
The 60 seconds countdown before measurement in «SCREEN» Mode and 15 seconds in «ROUTINE» Mode can be skipped by pushing the Start/Stop Button. While the Start/Stop Button is pushed, the device will immediately begin the next measurement.

Cancel remaining measurements at anytime during the measurement sequence.

Skip the countdown time and begin measurement.

* The device can be set into Stand by Mode by pressing the Start/Stop Button after the completion of measurements. The device will automatically switch to Stand by Mode if left unattended for five minutes.
Setting inflation pressure in «AUSCULTATION» Mode

Inflation pressure can be set manually from 140 to 280 mmHg at an intervals of 20 mmHg by pressing and holding the Start/Stop Button for 7 seconds.

Press and hold for 7 seconds...

Press the M Button to adjust the pressure and press Start/Stop again to save the setting.

Setting measuring intervals in «ROUTINE» Mode

The default measuring intervals is 15 seconds. The interval can be set as 15, 30, 45 or 60 seconds.

1) Pressing and holding the Start/Stop Button for 3 seconds.

Press and hold for 3 seconds...

2) Press the M Button to adjust the measurement interval, then press the Start/Stop Button to confirm, the meter will go back to stand by Mode.
Viewing Measurements

«AUSCULTATION» Mode
In «AUSCULTATION» mode, the WatchBP Office AFIB blood pressure measurement device serves only as a pressure gauge. No oscillometric measurements will be taken. The user has to take notes of the systolic and diastolic values by stethoscope.

«ROUTINE» and «SCREEN» Mode
1) Switch the mode switch – The M Button can be pressed in either the «ROUTINE» or «SCREEN» mode to retrieve the last sets readings of the measurements.

2) Viewing the average of all measurements – At first an “A” will be displayed, followed by an average of all measurements taken in the last sequence of measurements.
3) **Viewing MAP and PP values** – Ten seconds after the display of the average blood pressure, the device will display values for Pulse Pressure (PP) and Mean Arterial Pressure (MAP).

5) Values for the third measurement (including PP and MAP values) will be shown on the display in the order listed in step 3.

4) **Viewing individual measurements** – Press the M Button once again to view individual measurements. The display will flash a number “3” indicating the third measurement.

6) Press the M Button to retrieve values for second and first measurements from the last completed set of measurements.
Rechargeable battery and power adaptor

Rechargeable Battery
WatchBP Office AFIB features a built-in, rechargeable Ni-MH battery pack that delivers up to 400~500 measurement cycles. The battery can be recharged between use with the provided power adaptor.

Using a power adaptor
Please use only the Microlife adaptor (DSA-20P-05 Adaptor) supplied with the WatchBP Office AFIB to recharge the device.

1) Plug the adapter cable into the Power Plug of the WatchBP Office AFIB device.
2) Plug the adaptor plug into the wall socket. When the power adaptor is connected, no battery power is consumed.

- An orange recharge indicator means recharge in progress.
- A green recharge indicator means recharge is completed.
<table>
<thead>
<tr>
<th>Problem</th>
<th>Possible cause</th>
<th>How to make correction</th>
</tr>
</thead>
<tbody>
<tr>
<td>No power (No LCD display)</td>
<td>Power supply is not properly plugged</td>
<td>Plug power supply into wall socket.</td>
</tr>
<tr>
<td></td>
<td>Battery is fully discharged</td>
<td>Recharge the rechargeable battery by plugging in the power supply.</td>
</tr>
<tr>
<td>Cuff does not inflate properly</td>
<td>Loose connection of the tube</td>
<td>Make sure the tube of the cuff is securely connected to the device.</td>
</tr>
<tr>
<td></td>
<td>Leakage of the tube / bladder</td>
<td>Check for cracks on the tube or the bladder. Please contact Microlife customer service for this issue.</td>
</tr>
<tr>
<td>No result displayed between measurements</td>
<td>Device is in AUSCULTATION mode or the Hide function is activated</td>
<td>Disable “hide” function, or use «1st VISIT» / «FOLLOW-UP» mode to measure the blood pressure.</td>
</tr>
</tbody>
</table>
Error messages

If an error occurs during measurement, the measurement is interrupted and an error message «Err» is displayed.

- Please contact your local Microlife service center if the error persists.
- If you think the results are unusual, please read through the information in this instruction manual carefully.

<table>
<thead>
<tr>
<th>Error</th>
<th>Description</th>
<th>Potential cause and remedy</th>
</tr>
</thead>
<tbody>
<tr>
<td>«Err 1»</td>
<td>Signal too weak</td>
<td>The pulse signals on the cuff are too weak. Re-position the cuff and repeat the measurement.</td>
</tr>
<tr>
<td>«Err 2»</td>
<td>Error signal</td>
<td>During the measurement, error signals were detected by the cuff, caused for instance by movement or muscle tension. Repeat the measurement, keeping your arm still.</td>
</tr>
<tr>
<td>Error Code</td>
<td>Description</td>
<td>Details</td>
</tr>
<tr>
<td>------------</td>
<td>------------------------------</td>
<td>-------------------------------------------------------------------------</td>
</tr>
<tr>
<td>«Err 3»</td>
<td>No pressure in the cuff</td>
<td>An adequate pressure cannot be generated in the cuff. A leak may have occurred. Replace the batteries if necessary. Repeat the measurement.</td>
</tr>
<tr>
<td>«Err 5»</td>
<td>Abnormal result</td>
<td>The measuring signals are inaccurate and no result can therefore be displayed. Read through the checklist for performing reliable measurements and then repeat the measurement.</td>
</tr>
<tr>
<td>«HI»</td>
<td>Pulse or cuff pressure too high</td>
<td>The pressure in the cuff is too high (over 300 mmHg) OR the pulse is too high (over 200 beats per minute). Relax for 5 minutes and repeat the measurement.</td>
</tr>
<tr>
<td>«LO»</td>
<td>Pulse too low</td>
<td>The pulse is too low (less than 40 beats per minute). Repeat the measurement.</td>
</tr>
</tbody>
</table>
Safety, care, accuracy test and disposal

Safety and protection
This device may be used only for the purpose described in this booklet. The device comprises of sensitive components and must be treated with caution. The manufacturer cannot be held liable for damage caused by incorrect application.

Observe the storage and operating conditions described in the “Technical specifications” section of this manual.

- Protect the device from water and moisture
- Protect the device from direct sunlight
- Protect the device from extreme heat and cold
- Avoid proximity to electromagnetic fields, such as those produced by mobile phones
- Never open device
- Protect device from impact and drops

⚠️ • Ensure that children do not use the device unsupervised; some parts are small enough to be swallowed.
  • Only activate the pump when cuff is installed.
  • Do not use the device if you think it is damaged or if anything appears unusual.
  • Read the further safety instructions in the individual sections of the instruction manual.
  • Do not connect the device to a computer until prompted to do so by the computer software.
Device care
Clean the device with a soft, dry cloth.

Cleaning the cuff
DO NOT wash the cuff. DO NOT iron the cuff cover.

Accuracy test
We recommend the WatchBP Office AFIB device be tested for accuracy every 2 years or after mechanical impact (e.g. being dropped). Please contact Microlife to arrange for an accuracy test.

Disposal
Batteries and electronic instruments must be disposed of in accordance with the locally applicable regulations, and not as domestic waste.
**Technical specifications**

| **Operation temperature/humidity:** | • 10 to 40 °C (50 to 104 °F) |
| **Storage temperature/humidity:** | • -20 to 55 ºC (-4 to 131 ºF)  
  • 15 - 90 % relative maximum humidity |
| **Weight:** | • 1100 g (including rechargeable battery pack) |
| **Dimensions:** | • 200 x 125 x 90 mm |
| **Measuring method:** | • Oscillometric, corresponding to Korotkoff |
| **Measurement range:** | • 30 - 280 mmHg – blood pressure  
  • 40 - 200 beats per minute – pulse |
| **Cuff pressure display:** | • Range: 0 - 299 mmHg  
  • Resolution: 1 mmHg  
  • Static accuracy: pressure within ± 3 mmHg or 2% of reading > 200mmHg  
  • Pulse accuracy: ± 5 % of the readout value |
| **Voltage source:** | • Rechargeable battery pack; 4.8V C4000 mAh  
  • Mains adapter DC 7.5V, 2 A |

**Reference to Standards:**

- Device standard: Device corresponds to the requirements of the standard for noninvasive blood pressure monitor.
  - EN 1060-1
  - EN 1060-3
  - EN 1060-4
  - IEC 60601-1
  - IEC 60601-1-2

**Electromagnetic compatibility:**

- Device fulfills the stipulations of the standard IEC 60601-1-2.

The stipulations of the EU Directive 93/42/EEC for Medical Devices Class IIa have been fulfilled.

**Type BF applied part**

**Reference number**

**Serial number**

**Manufacturer**

Microlife reserves the right to alter technical specifications without prior written notice.
This device is covered by a two-year guarantee and accessories are covered by a one-year guarantee from the date of purchase. This guarantee is valid only on presentation of the guarantee card completed by the owner confirming date of purchase or purchase receipt.

Name: ____________________________
Address: __________________________
Date: _____________________________
Telephone: _________________________
Email: _____________________________

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Date: _____________________________
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Read the instructions carefully before using this device.
Caution: Federal law restricts this device to sale by or on the order of a physician.