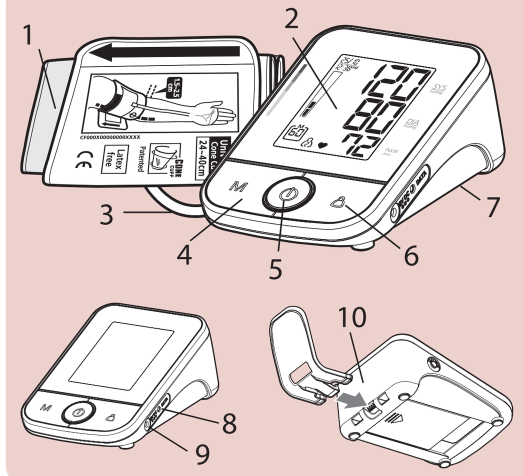


RU

1. Плечевая манжета
2. ЖК-дисплей
3. Воздушная трубка и коннектор
4. кнопка «Память»
5. Кнопка ВКЛ./ВЫКЛ./ПУСК(ON/OFF/START)
6. Кнопка выбора пользователя
7. Крышка батарейного отсека
8. Гнездо для передачи данных
9. Гнездо для подключения блока питания
10. Улучшенная поддерживающая манжета

NL

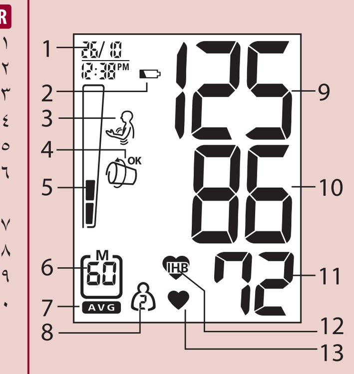
1. Armmanchet
2. LCD-scherm
3. Luchtleiding en Connector
4. Geheugentoets
5. AAN / UIT / START-toets
6. Toets voor gebruikerswissel
7. Batterijklepje
8. Datalink-aansluiting
9. AC-adapteraansluiting
10. Manchethouder

FA

۱. کاف بازو
۲. نمایشگر ال سی دی
۳. لوله هوا و اتصال دهنده
۴. کلید حافظه (Memory)
۵. روشن / خاموش / آغاز کلیدی (ON/OFF/ STRAT)
۶. کلید تغییر کاربر (User-Switching)
۷. پوشش باتری
۸. سوکت رابط اطلاعات
۹. جک آداپتور AC
۱۰. طراحی نگهدارنده کاف

AR

١. كفة الذراع
٢. شاشة العرض LCD
٣. أنبوبة الهواء والموصل
٤. مفتاح الذاكرة
٥. مفتاح التشغيل/الإيقاف/البدء
٦. مفتاح التحويل الخاص بالمستخدم
٧. غطاء البطارية
٨. مقبس توصيل البيانات
٩. جاك مهايئ التيار المتردد
١٠. تصميم حامل للكتف



RU

1. Указатель даты и времени
2. Низкий уровень заряда батарей
3. Метка движения
4. Система определения правильности одетой манжеты
5. Указатель степени риска гипертонии
6. Память
7. Среднее значение
8. Зоны памяти
9. Систолическое давление
10. Диастолическое давление
11. Частота пульса
12. Указатель наличия аритмии
13. Пульс

NL

1. Datum / tijdaanduiding
2. Zwak batterijniveau
3. Bewegingsmarkering
4. Detectie van manchetomslag
5. Risico-indicatie hypertensie
6. Geheugenmarkering
7. Geheugengemiddelde markering
8. Geheugenzone
9. Systolische druk
10. Diastolische druk
11. Polsslag
12. Onregelmatige hartslag detectie (IHB)
13. Polsslag markering

FA

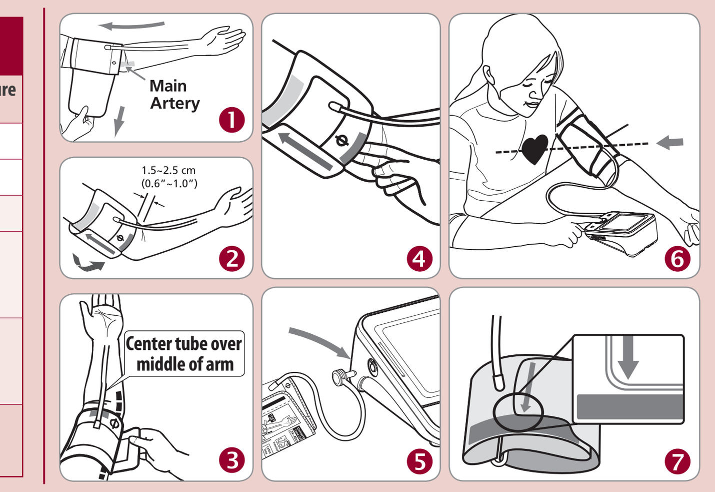
۱. نشان دهنده تاریخ/ساعت
۲. علامت باتری ضعیف
۳. علامت تکان خوردن
۴. تشخیص صحت بستن کاف
۵. نشان دهنده خطر فشار خون بالا
۶. حافظه علامت
۷. میانگین حافظه
۸. نوارهای حافظه
۹. فشار خون سیستولیک
۱۰. فشار خون دیاستولیک
۱۱. میزان ضربان نبض
۱۲. آشکار ساز ضربان نامنظم قلب (IHB)
۱۳. علامت ضربان نبض

AR

١. مؤشر التاريخ/الوقت
٢. علامة البطارية الضعيفة
٣. إشارة الحركة
٤. مستكشف كفة القياس
٥. مؤشر خطر ارتفاع ضغط الدم
٦. مفتاح الذاكرة
٧. معدل الذاكرة
٨. نطاقات الذاكرة
٩. الضغط الانقباضي
١٠. ضغط الدم الانبساطي
١١. معدل النبض
١٢. كاشف عدم انتظام ضربات القلب (IHB)
١٣. علامة النبض

Blood Pressure Standard
World Health Organization (WHO) : 1999

	Systolic Pressure (mmHg)		Diastolic Pressure (mmHg)
Optimal	<120	and	<80
Normal	120~129	or	80~84
High-normal	130~139	or	85~89
Grade 1 hypertension (mild)	140~159	or	90~99
Grade 2 hypertension (moderate)	160~179	or	100~109
Grade 3 hypertension	≥180	or	≥110



RU Русский Язык

Введение

Точность измерений артериального давления с помощью прибора X3 эквивалента точности таких измерений, производимых лицом, прошедшим соответствующее обучение, с помощью манжеты и стетоскопа, в пределах, соответствующим требованиям национального стандарта США «Электронные и автоматические сфигмоманометры». Этот прибор может …

- Сядьте прямо на стуле, и сделайте 5-6 глубоких вдохов. Не откидывайтесь назад при проведении измерения.
- Не скрещивайте ноги во время сидения и держите ноги на полу во время измерения.
- При проведении измерения не следует говорить и двигать рукой или ее кистью.
- Артериальное давление необходимо измерять при нормальной температуре тела. При жаре или ознобе следует отложить проведение измерения на некоторое время.
- Если прибор хранился при очень низкой температуре (примерно при температуре замерзания или ниже), перед использованием его следует выдержать в теплом помещении …

NL Nederland

Inleiding

Bloeddrukmetingen bepaald met X3 zijn equivalent aan die verkregen door een getrainde zorgverlener die de manchet / stethoscoop auscultatiemethode gebruikt, binnen de limieten voorgeschreven door de American National Standard, Electronic of Automated Sphygmomanometers. Dit apparaat is bedoeld voor gebruik door volwassen consumenten in een …

- Tijdens het meten mag u niet praten of uw arm- of handspieren bewegen.
- Meet uw bloeddruk bij normale lichaamstemperatuur. Als je het koud of warm hebt, wacht dan een tijdje voordat u een meting uitvoert.
- Als de monitor wordt bewaard bij een zeer lage temperatuur (nabij het vriespunt), laat hem dan minstens een uur op een warme plaats staan voordat u hem gebruikt.
- Wacht 5 minuten voordat u de volgende meting uitvoert.

1. Druk op de gebruikerswissel toets om geheugenzone 1, geheugenzone 2 of gastmodus …

٣. تنها از باتری های معتبر استفاده کنید. همواره همه باتری ها را با هم با باتری نو تعویض کنید. از باتری های یک نوع و تولیدی یک شرکت استفاده کنید.

کاربرد کاف

١. دکمه کاف بازو را باز کنید، انتهای کاف را از طریق حلقه D کاف رها کنید.
٢. بازوی سمت چپ خود را از درون حلقه کاف رد کنید. علامت نوار رنگی در حالتی که لوله در جهت بازوی شماست، باید به شما نزدیک تر باشد (شکل ①). کف دست چپ خود را به سمت بالا بگیرید و لبه کاف بازویی را در فاصله تقریبی ۱٫۵ تا ۲٫۵ سانتیمتری سمت داخلی مفصل آرنج خود قرار دهید (شکل ②). با کشیدن انتهای …

rossmax

Model: X3

EN Blood Pressure Monitor
ES Monitor de presión arterial
DE Blutdruckmessgerät
FR Tensiomètre
RU Прибор для измерения артериального давления
NL Bloeddrukmeter
AR جهاز قياس ضغط الدم
FA دستگاه فشارسنج

www.rossmax.com

Warranty Card

This instrument is covered by a 5 year guarantee from the date of purchase. The guarantee is valid only on presentation of the warranty card completed or stamped by the seller/dealer confirming date of purchase or the receipt. Batteries, cuff and accessories are not included. Opening or altering the instrument invalidates the guarantee. The guarantee does not cover damage, accidents or non-compliance with the instruction manual. Please contact your local seller/dealer or www.rossmax.com.

Customer Name: ______________________

Address: ______________________

Telephone: ______________ **E-mail address:** ______________

Product Information

Date of purchase: ______________________

Store where purchased: ______________________

Rossmax Swiss GmbH
Widnauerstrasse 1, CH-9435 Heerbrugg, Switzerland
EC REP CMC Medical Devices & Drugs S.L.
C/Horacio Lengo N° 18, CP 29006, Málaga, Spain
ISO 13485 CE 1639
OBM_IB_X3(2)NA9_V19_
SWCMC_ver2408
IN0X30000000000XX

AR العربية

مقدمة

إن قياسات ضغط الدم التي تم قياسها باستخدام جهاز X3 مساوية للقياسات التي يتم الحصول عليها بواسطة ملاحظ مدرَّب باستخدام طريقة الفحص التسمعي باستخدام الكفة أو السماعة الطبية، وذلك في نطاق الحدود الموصوفة من قِبَل المعيار الوطني الأمريكي والخاصة بأجهزة قياس ضغط الدم الشرياني الإلكترونية أو الآلية. يجب استخدام هذه الوحدة …

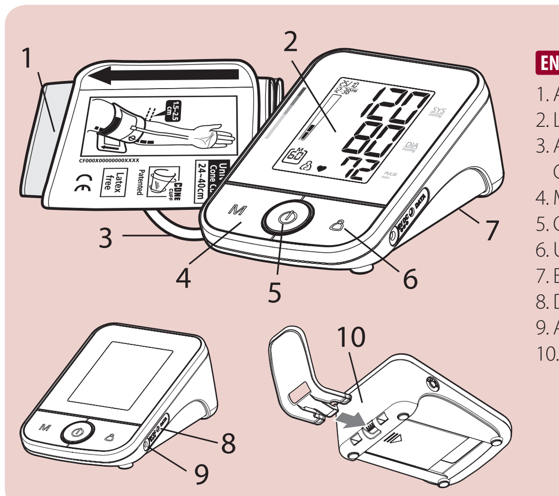
٣. استخدم فقط بطاريات من ماركة معروفة. قم دائماً باستبدال البطاريات بالبطاريات جديدة معاً. استخدم بطاريات من نفس الماركة ونفس النوع.

استعمال الكفة

١. افتح سوار الذراع تاركاً طرف الكفة في حلقة الكفة التي تكون على شكل حرف D.
٢. ضع ذراعك الأيسر في أنشوطة الكفة. يجب وضع علامة الشريط الملونة بالقرب منك بحيث تشير الأنبوبة باتجاه ذراعك (الشكل ①). اقلب راحة يدك اليسرى لأعلى وضع حافة الكفة الذراع فوق الجزء الداخلي من مفصل الكوع بمسافة تبلغ تقريباً من ١٫٥ سم إلى ٢٫٥ سم (الشكل ②). اربط الكفة عن طريق سحب طرفه.

FA فارسی

معرفی

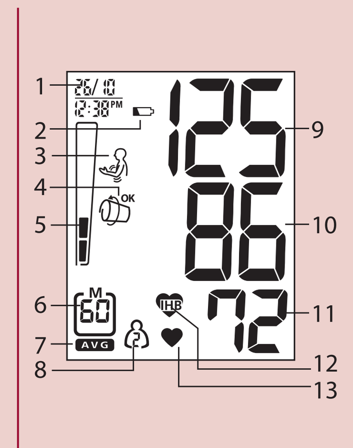


EN
1. Arm Cuff
2. LCD Display
3. Air Tube and Connector
4. Memory Key
5. ON/OFF/START key
6. User-Switching key
7. Battery Cover
8. Data Link Socket
9. AC Adaptor Jack
10. Cuff Holder Design

ES
1. Brazalete
2. Pantalla LCD
3. Tubo de aire y conector
4. Botón de memoria
5. Botón de ENCENDIDO/APAGADO/INICIO
6. Botón de cambio de usuario
7. Tapa de pilas
8. Jack para enlace de datos
9. Jack para adaptador AC
10. Diseño de soporte del manguito

DE
1. Oberarmmanschette
2. LCD-Anzeige
3. Luftschlauch und Anschluss
4. Speicher-Taste
5. Taste ON/OFF/START
6. Benutzerumschalttaste
7. Batteriefachdeckel
8. Datenübertragungsbuchse
9. Netzteilbuchse
10. Manschetten Halterung

FR
1. Brassard pour bras
2. Ecran LCD
3. Tuyau d'air et connecteur
4. Touche Mémoire
5. Touche ON/OFF/DEMARRAGE
6. Touche de sélection d'utilisateur
7. Couvercle du logement des piles
8. Prise pour connexion données
9. Prise jack pour bloc secteur CA
10. Design du support de brassard



EN
1. Date/Time Indication
2. Weak Battery Mark
3. Movement Mark
4. Cuff Wrap Detection
5. Hypertension Risk Indication
6. Memory Mark
7. Memory Average Mark
8. Memory Zone
9. Systolic Pressure
10. Diastolic Pressure
11. Pulse Rate
12. Irregular Heartbeat Detection (IHB)
13. Pulse Mark

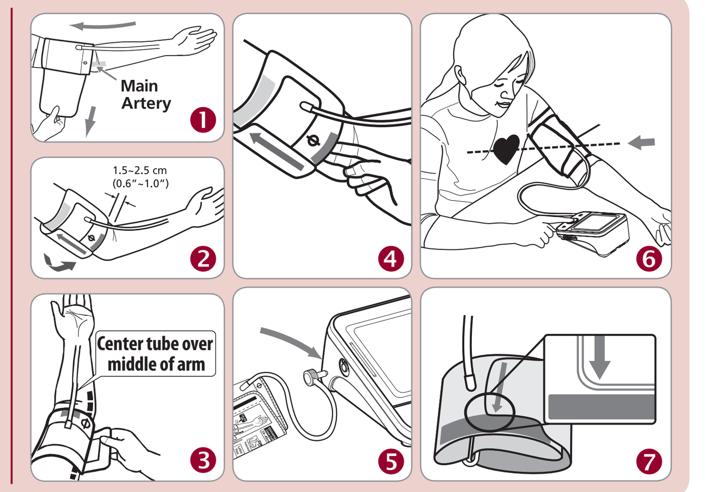
ES
1. Indicador de fecha/hora
2. Marca de pila baja
3. Marca de movimiento
4. Detección colocación manguito
5. Indicador de riesgo de hipertensión
6. Número consecutivo de memoria
7. Memoria Promedio
8. Zonas de memoria cardiaca
9. Presión sistólica
10. Presión diastólica
11. Frecuencia del pulso
12. Detector de arritmia
13. Marca del pulso

DE
1. Datums-/Uhrzeit-Anzeige
2. Symbol für erschöpfte Batterie
3. Bewegungs-Markierung
4. Erkennung der Manschette
5. Hypertonie-Risikoanzeige
6. Speichersequenznummer
7. Mittelwert des Speichers
8. Speicherzonen
9. Systolischer Druck
10. Diastolischer Druck
11. Pulsfrequenz
12. Indikator für unregelmässigen Herzschlag (IHB)
13. Pulsmarkierung

FR
1. Indication de date/d'heure
2. Icône "faible état de charge"
3. Mouvement marque
4. Détection de l'enroulement du brassard
5. Indicateur de risque d'hypertension
6. Mémoire marquez
7. Mémoire mark moyenne
8. Zones de mémoire
9. Pression systolique
10. Pression diastolique
11. Pouls
12. Détecteur de trouble du rythme cardiaque (IHB)
13. Icône du pouls

Blood Pressure Standard
World Health Organization (WHO) : 1999

	Systolic Pressure (mmHg)		Diastolic Pressure (mmHg)
Optimal	<120	and	<80
Normal	120~129	or	80~84
High-normal	130~139	or	85~89
Grade 1 hypertension (mild)	140~159	or	90~99
Grade 2 hypertension (moderate)	160~179	or	100~109
Grade 3 hypertension	≥180	or	≥110



EN English

Introduction
Blood pressure measurements determined with X3 are equivalent to those obtained by a trained observer using cuff/stethoscope auscultation method, within the limits prescribed by the American National Standard, Electronic or Automated Sphygmomanometers. This unit is to be used by adult consumers in a home environment. The patient is an intended operator. Do not use this device on infants or neonates. X3 is protected against manufacturing defects by an established International Warranty Program. For warranty information, you can contact the manufacturer, Rossmax International Ltd.

Attention: Consult the accompanying documents. Please read this manual carefully before use. For specific information on your own blood pressure, contact your physician. Please be sure to keep this manual.

Real Fuzzy Measuring Technology
This unit uses the oscillometric method to detect your blood pressure. Before the cuff starts inflating, the device will establish a baseline cuff pressure equivalent to the air pressure. This unit will determine the appropriate inflation level based on pressure oscillations, followed by cuff deflation.
During the deflation, the device will detect the amplitude and slope of the pressure oscillations and thereby determine for you the systolic blood pressure, diastolic blood pressure, and pulse.

Preliminary Remarks
This Blood Pressure Monitor complies with the European regulations and bears the CE mark "CE 1639". The quality of the device has been verified and conforms to the provisions of the EC council directive 93/42/EEC (Medical Device Directive), Annex I essential requirements and applied harmonized standards.
EN 1060-1: 1995/A2: 2009 Non-invasive sphygmomanometers - Part 1 - General requirements
EN 1060-3: 1997/A2: 2009 Non -invasive sphygmomanometers - Part 3 - Supplementary requirements for electro-mechanical blood pressure measuring systems
EN 1060-4: 2004 Non-invasive sphygmomanometers - Part 4: Test Procedures to determine the overall system accuracy of automated non-invasive sphygmomanometers.
ISO 81060-2: 2013 Non-invasive sphygmomanometers - Part 2: Clinical investigation of automated measurement type.
This blood pressure monitor was designed for long service time. Ensure continued accuracy, it's recommended that all digital blood pressure monitors require re-calibration. This monitor (under normal usage with approx. 3 measurements a day) does not require re-calibration for 2 years. Once the unit should be re-calibrated the device will display CA. The unit should also be re-calibrated if the monitor sustains damage due to blunt force (such as dropping) or exposure to fluids and / or extreme hot or cold temperature / humidity changes. When CA appears, simply return to your nearest dealer for re-calibration service.

Blood Pressure Standard
Refer to the definitions of the World Health Organization, the blood pressure ranges can be classified into 6 grades. (Ref. 1999 WHO-International Society of Hypertension Guidelines for the management of Hypertension). This blood pressure classification are based on historical data, and may not be directly applicable to any particular patient. It is important that you consult with your physician regularly. Your physician will tell you your normal blood pressure range as well as the point at which you will be considered at risk. For reliable monitoring and reference of blood pressure, keeping long- term records is recommended. Please download the blood pressure log at our website www.rossmax.com.

Display Explanations
EE / Measurement Error: Make sure the L-plug is securely connected to the air socket and measure again quietly. Wrap the cuff correctly and keep arm steady during measurement. If the error keeps occurring, return the device to your local distributor or service center.
E1 / Air Circuit Abnormality: Make sure the L-Plug is securely connected to the air socket on the side of the unit and measure again quietly. If the errors still occur, return the device to your local distributor or service center for help.
E2 / Pressure Exceeding 300 mmHg: Switch the unit off and measure again quietly. If the error keeps occurring, return the device to your local distributor or service center.
E3 / Data Error: Remove the batteries, wait for 60 seconds, and reload. If the error keeps occurring, return the device to your local distributor or service center.
Er / Exceeding Measurement Range: Measure again quietly. If the error keeps occurring, return the device to your local distributor or service center.

Cuff Wrap Detection
If the cuff was wrapped too loosely, it may cause unreliable measurement results. The "Cuff Wrap Detection" can help to determine if the cuff is wrapped snugly enough. The specified icon appears once a "loosen cuff" has been detected during measurement. Otherwise the specified icon appears if the cuff is wrapped correctly during measurement.

Movement Detection
The "Movement Detection" helps reminding the user to remain still and is indicating any body movement during measurement. The specified icon appears once a "body movement" has been detected during and after each measurement.
Note: It's highly recommended that you measure again if the icon appears.

Guest Mode
This monitor has a non-stored single measurement function. Press the User-Switching key to select the memory zone of guest, and follow the Measurement Procedure to take a measurement correctly. When the measurement is completed, the measurement value will not be stored in memory zone.

Hypertension Risk Indication (HRI)
The World Health Organization, classifying blood pressure ranges into 6 grades. This unit is equipped with innovative blood pressure risk indication, which visually indicates the assumed risk level (optimal / normal / high-normal/ grade1 hypertension / grade 2 hypertension / grade 3 hypertension) of the result after each measurement.

Irregular Heartbeat (IHB) Detection
This unit is equipped with an Irregular Heartbeat (IHB) Detection which allows those who have an irregular heartbeat to obtain accurate measurements alerting the user of the presence of an irregular heart beat during the measurement.
Note: It is strongly recommended that you consult your physician if the IHB icon (IHB) appears often.

Using the AC Adaptor (Optional)
1.Connect the AC adaptor with the AC adaptor jack on the right side of the unit.
2.Plug the AC adaptor into the socket. (AC adaptors with required voltage and current indicated near the AC adaptor jack.)

Caution:
1. Please unload the batteries when operating with the AC mode for a longer period of time . Leaving the batteries in the compartment for a long time may cause leakage, which may lead to damage of the unit.
2. No batteries are needed when operating with the AC mode.
3. AC adaptors are optional. Please contact the distributor for the compatible AC adaptors.
4. Use only the authorized AC Adaptor with this blood pressure monitor. Information for the authorized AC adaptor, please refer to APPENDIX 1.

Installing Batteries
1. Press down and lift the battery cover in the direction of the arrow to open the battery compartment.
2. Install or replace 4 "AAA" sized batteries in the battery compartment according to the indications inside the compartment.
3. Replace the battery cover by clicking in the bottom hooks first, then push in the top end of the battery cover.
4. Replace the batteries in pairs. Remove batteries when unit is not in use for extended periods of time.

You need to replace the batteries when
1. low battery icon appears on display.
2. the ON/OFF/START key is pressed and nothing appears on display.

Caution:
1. Batteries are hazardous waste. Do not dispose them together with the household garbage.
2. There are no user serviceable parts inside. Batteries or damage from old batteries are not covered by warranty.
3. Use exclusively brand batteries. Always replace with new batteries together. Use batteries of the same brand and same type.

Applying the Cuff
1. Unwrap the arm cuff, leaving the end of the cuff through the D-ring of the cuff.
2. Put your left arm through the cuff loop. The color strip indication should be positioned closer to you with the tube pointing in the direction of your arm (Fig. ①). Turn your left palm upward and place the edge of the arm cuff at approximately 1.5 to 2.5 cm above the inner side of the elbow joint (Fig. ②). Tighten the cuff by pulling the end of the cuff.
3. Center the tube over the middle of the arm. Press the hook and loop material together securely. Allow room for 2 fingers to fit between the cuff and your arm. Position the artery mark (Ø) over the main artery (on the inside of your arm) (Fig. ③,④). Note: Locate the main artery by pressing with 2 fingers approximately 2 cm above the bend of your elbow on the inside of your left arm. Identify where the pulse can be felt the strongest. This is your main artery.
4. Plug in the cuff connecting tube into the unit (Fig. ⑤).
5. Lay your arm on a table (palm upward) so the cuff is at the same height as your heart. Make sure the tube is not kinked (Fig. ⑥).
6. This cuff is suitable for your use if the arrow falls within the solid color line as shown on the right (Fig. ⑦). If the arrow falls outside the solid color line, you will need a cuff with other circumferences. Contact your local dealer for additional size cuffs.

Measurement Procedures
Here are a few helpful tips to help you obtain more accurate readings:
- Blood pressure changes with every heartbeat and is in constant fluctuation throughout the day.
- Blood pressure recording can be affected by the position of the user, his or her physiological condition and other factors. For greatest accuracy, wait one hour after exercising, bathing, eating, drinking beverages with alcohol or caffeine, or smoking to measure blood pressure.
- Before measurement, it's suggested that you sit quietly for at least 5 minutes as measurement taken during a relaxed state will have greater accuracy. You should not be physically tired or exhausted while taking a measurement.
- Do not take measurements if you are under stress or tension.
- Sit upright in a chair, and take 5-6 deep breaths. Avoid leaning back while the measurement is being taken.
- Do not cross the legs while sitting and keep the feet flat on the floor during measurement.
- During measurement, do not talk or move your arm or hand muscles.
- Take your blood pressure at normal body temperature. If you are feeling cold or hot, wait a while before taking a measurement.
- If the monitor is stored at very low temperature (near freezing), have it placed at a warm location for at least one hour before using it.
- Wait 5 minutes before taking the next measurement.

1. Press the User-Switching key to select memory zone 1, memory zone 2 or guest mode. After a memory zone is selected, press the ON/OFF/START key to reset the monitor so it can start measurement in the chosen memory zone.
2. Press the ON/OFF/START key. All digits will light up, checking the display functions. The checking procedure will be completed in 2 seconds.
3. After all symbols appear, the display will show a blinking "0". The monitor is ready to measure and will automatically inflate the cuff slowly to start measurement.
4. When the measurement is completed, the cuff will exhaust the pressure inside. Systolic pressure, diastolic pressure and pulse will be shown simultaneously on the LCD screen. The measurement is then automatically stored into the pre-designated memory zone.

This blood pressure monitor will re-inflate automatically to higher pressure if the system detects that more pressure is needed to take a blood pressure measurement.
Note: 1. This monitor automatically switches off approximately 1 minute after last key operation.
2. To interrupt the measurement, simply press the Memory or ON/OFF/START key; the cuff will deflate immediately.

Recalling Values from Memory
1. The monitor has two memory zones (1 and 2). Each zone can store up to 60 measurements.
2. To read memory values from a selected memory zone, use the User-Switching key to select a memory zone (1 or 2) from which you want to recall values. Press the Memory key. The first reading displayed is the average of the last 3 measurements stored in memory.
3. Continue to press the Memory key to view the last previously stored measurement. Every measurement comes with an assigned memory sequence number.

Note: The memory bank can store up to 60 readings per memory zone. When the number of readings exceeds 60, the oldest data will be replaced with the new record.

Clearing Values from Memory
1. Press the User-Switching key to select memory zone 1 or memory zone 2.
2. Press and hold the Memory key for approximately 5 seconds, then the data in the memory zone can be erased automatically.

Time Adjustment
1. To adjust the date/time in the monitor after installing or replaces batteries. The display will show a blinking number showing the year.
2. Change the year by pressing the Memory key, each press will increase the number. Press the ON/OFF/START key to confirm the entry and the screen will show a blinking number representing the date.
3. Change the date, the hour and the minute as described in Step 2 above, using the Memory key to change and the ON/OFF/START key to confirm the entries.
4. "0" will reappear as the Blood Pressure Monitor is ready for measurement again.

Data Transfer to PC
Rossmax provides a free, integrated and user-friendly blood pressure management software which can be downloaded and installed on your computer. You may purchase a special designed USB cable in order to connect Rossmax's blood pressure monitor and your PC. Please visit the website at http://www.rossmax.com for proceeding the downloading and installation process.

Troubleshooting
If any abnormality will arise during use, please check the following points.

Symptoms	Check Points	Correction
No display when the ON/OFF/START key is pressed	Have the batteries run down?	Replace them with four new batteries.
	Have the batteries' polarities been positioned incorrectly?	Re-insert the batteries in the correct positions.
EE mark shown on display or the blood pressure value is displayed excessively low (high)	Is the cuff placed correctly?	Wrap the cuff properly so that it is positioned correctly.
	Did you talk or move during measurement?	Measure again. Keep arm steady during measurement.
	Did you vigorously shake the cuff during measurement?	

Note: If the unit still does not work, return it to your dealer. Under no circumstance should you disassemble and repair the unit by yourself.

Cautionary Notes
1. The unit contains high-precision assemblies. Therefore, avoid extreme temperatures, humidity, and direct sunlight. Avoid dropping or strongly shocking the main unit, and protect it from dust.
2. Clean the blood pressure monitor body and the cuff carefully with a slightly damp, soft cloth. Do not press. Do not wash the cuff or use chemical cleaner on it. Never use thinner, alcohol or petrol (gasoline) as cleaner.
3. Leaky batteries can damage the unit. Remove the batteries when the unit is not used for a long time.
4. The unit should not be operated by children so to avoid hazardous situations.
5. If the unit is stored near freezing, allow it to acclimate at room temperature before use.
6. This unit is not field serviceable. You should not use any tool to open the device nor should you attempt to adjust anything inside the device. If you have any problems, please contact the store or the doctor from whom you purchased this unit or please contact Rossmax International Ltd.
7. As a common issue for all blood pressure monitors using the oscillometric measurement function, the device may have difficulty in determining the proper blood pressure for users diagnosed with common arrhythmia (atrial or ventricular premature beats or atrial fibrillation), diabetes, poor circulation of blood, kidney problems, or for users suffered from stroke, or for unconscious users.
8. To stop operation at any time, press the ON/OFF/START key, and the air in the cuff will be rapidly exhausted.
9. Once the inflation reaches 300 mmHg, the unit will start deflating rapidly for safety reasons.
10. Please note that this is a home healthcare product only and it is not intended to serve as a substitute for the advice of a physician or medical professional.
11. Do not use this device for diagnosis or treatment of any health problem or disease. Measurement results are for reference only. Consult a healthcare professional for interpretation of pressure measurements. Contact your physician if you have or suspect any medical problem. Do not change your medications without the advice of your physician or healthcare professional.
12. Electromagnetic interference: The device contains sensitive electronic components. Avoid strong electrical or electromagnetic fields in the direct vicinity of the device (e.g. mobile telephones, microwave ovens). These may lead to temporary impairment of measurement accuracy.
13. Dispose of device, batteries, components and accessories according to local regulations.
14. This monitor may not meet its performance specification if stored or used outside temperature and humidity ranges specified in Specifications.
15. Please note that when inflating, the functions of the limb in question may be impaired.
16. During the blood pressure measurement, blood circulation must not be stopped for an unnecessarily long time. If the device malfunctions, remove the cuff from the arm.
17. Avoid any mechanical restriction, compression or bending of the cuff line.
18. Do not allow sustained pressure in the cuff or frequent measurements. The resulting restriction of the blood flow may cause injury.
19. Ensure that the cuff is not placed on an arm in which the arteries or veins are undergoing medical treatment, e.g. intravascular access or therapy, or an arteriovenous (AV) shunt.
20. Do not use the cuff on people who have undergone a mastectomy.
21. Do not place the cuff over wounds as this may cause further injury.
22. Only ever use the cuffs provided with the monitor or original replacement cuffs. Otherwise erroneous results will be recorded.
23. Batteries can be fatal if swallowed. You should therefore store the batteries and products where they are inaccessible to small children. If a battery has been swallowed, call a doctor immediately.
24. Do not use the tubing and/or AC adaptor for any other purpose than those specified, as they can cause risk of strangulation.
25. Do not service or maintain device and cuff while in use.

Specifications

Measurement Method	Oscillometric
Measurement Range	Pressure: 30~260 mmHg; Pulse: 40~199 beats/ minute
Pressure Sensor	Semi conductor
Accuracy	Pressure: ± 3 mmHg; Pulse: ± 5% of reading
Inflation	Pump Driven
Deflation	Automatic Air Release Valve
Memory capacity	60 memories for each zone x 2 zones
Auto-shut-off	1 minute after last key operation
Permissible Operating Temperature and Humidity	10°C~40°C (50°F~104°F); 15%~85% RH; 700~1060 hPa
Permissible Transport and Storage Temperature and Humidity	-10°C~60°C (14°F~140°F); 10%~90% RH; 700~1060 hPa
DC Power Source	DC 6V four AAA Batteries
AC Power Source	DC 6V, ≥600mA (Plug size: outer(-) is Ø4.0, inner(+) is Ø1.7)
Dimensions	96 (L) X 139.7 (W) X 63.2 (H) mm
Weight	246.0g (G.W.) (w/o Batteries)
Arm circumference	Adult: 24~40 cm (9.4"~15.7")
Limited Users	Adult users
(Type BF symbol)	Type BF: Device and cuff are designed to provide special protection against electrical shocks.
IP Classification	IP21: Protection against harmful ingress of water and particulate matter

* Specifications are subject to change without notice.

ES Español

DE Deutsch

FR Française

Utilisateurs autorisés	Adultes
(Type BF symbol)	Type BF: instrument et brassard procurant une protection spéciale contre l'électrocution.
Classification IP	IP21: Protection contre la pénétration nuisible de l'eau et les matières particulaires

* Caractéristiques modifiables sans préavis.

Electromagnetic Compatibility Information
1. This device needs to be installed and put into service in accordance with the information provided in the user manual.
2. WARNING: Portable RF communications equipment (including peripherals such as antenna cables and external antennas) should be used no closer than 30 cm (12 inches) to any part of the X3, including cables specified by the manufacturer. Otherwise, degradation of the performance of this device could result.

If higher IMMUNITY TEST LEVELS than those specified in Table 9 are used, the minimum separation distance may be lowered. Lower minimum separation distances shall be calculated using the equation specified in 8.10.

Manufacturer's declaration-electromagnetic immunity			
The X3 is intended for use in the electromagnetic environment specified below. The customer or the user of the X3 should assure that is used in such and environment.			
Immunity test	IEC 60601 test level	Compliance level	Electromagnetic environment-guidance
Conducted RF IEC 61000-4-6	3 Vrms: 0,15 MHz – 80 MHz 6 Vrms: in ISM and amateur radio bands between 0,15 MHz and 80 MHz 80 % AM at 1 kHz	3 Vrms: 0,15 MHz – 80 MHz 6 Vrms: in ISM and amateur radio bands between 0,15 MHz and 80 MHz 80 % AM at 1 kHz	Portable and mobile RF communications equipment should be used no closer to any part of the X3 including cables, than the recommended separation distance calculated from the equation applicable to the frequency of the transmitter. Recommended separation distance: d = 1,2 √P, d = 1,2 √P 80MHz to 800 MHz, d = 2,3 √P 800MHz to 2,7 GHz Where P is the maximum output power rating of the transmitter in watts (W) according to the transmitter manufacturer and d is the recommended separation distance in metres (m). Interference may occur in the vicinity of equipment marked with the following symbol:
Radiated RF IEC 61000-4-3	10 V/m 80 MHz – 2,7 GHz 80 % AM at 1 kHz	10 V/m 80 MHz – 2,7 GHz 80 % AM at 1 kHz	
NOTE1: At 80 MHz and 800 MHz, the higher frequency range applies. NOTE2: These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from structures, objects and people.			

More information on EMC compliance of the device can be obtained from Rossmax website: www.rossmax.com.

EN WARNING: The symbol on this product means that it's an electronic product and following the European directive 2012/19/EU the electronic products have to be dispose on your local recycling centre for safe treatment.
ES ADVERTENCIA: Este símbolo en el producto significa que se trata de un producto electrónico y, en conformidad con la Directiva Europea 2012/19/EU, los productos electrónicos deberán desecharse en su centro de reciclaje local para un tratamiento seguro.
DE ACHTUNG: Das Symbol auf diesem Produkt bedeutet, dass es sich um ein elektronisches Gerät entsprechend der europäischen Richtlinie 2012/19/EU handelt, und dass das elektronische Gerät über das lokale Recyclingzentrum sicher entsorgt werden muss.
FR AVERTISSEMENT: le symbole figurant sur ce produit signifie qu'il s'agit d'un produit électronique et, conformément à la directive européenne 2012/19/EU, les produits électroniques usagés doivent être apportés dans un point de collecte pour leur recyclage.
RU ПРЕДУПРЕЖДЕНИЕ: Данный символ на изделии означает, что это электронный продукт и, в соответствии с европейской директивой 2012/19/EU, должен быть утилизирован в местном центре утилизации.
NL Waarschuwing: Het symbool op dit product betekent dat het een electronisch product is en dat de elektronische producten volgens de Europese richtlijn 2012/19 / EU moeten worden weggegooid bij uw plaatselijke recyclingcentrum voor een veilige behandeling.
AR تحذير: يعني الرمز الموجود على المنتج يشير أنه منتج إلكتروني مطابق للتوجيه الأوروبي EU/١٩/٢٠١٢ وينبغي أن يتم التخلص من المنتجات