Sunbeam®
Health At Home

MODEL 7650-10 **REPLACEMENT PARTS AND ACCESSORIES**

Part #	Description	Price	Quantity	Total $
50-00	Large Adult Cuff	$13.95		
50-01	Regular Adult Cuff	12.95		
50-02	Battery Cover	2.00		
50-03	L Shaped Hose Connector	2.00		
50-04	Replacement Hose	4.95		
50-05	Storage Case	5.95		
50-06	Instruction Book	1.00		
76-14	Blood Pressure Record Sheet (25/pack)	3.95		

Order Total: $ _____

Above prices include shipping and handling

Please print your name and address below:

Name _____

Street Address _____

City _____ State _____ Zip _____

Include check or money order made payable to Sunbeam Home Comfort and mail to:

Service Station
6892 Highway 49 North
Hattiesburg, MS 39402-0070

P.N. 61620

U4-5306 Printed in Japan SA9206

Scanned + Archived By: FindMyManual.com

Sunbeam®
Health At Home

Model 7650-10 Digital Blood Pressure Monitor Instruction Booklet

Read All Instructions Carefully Before Use
Save These Instructions

DO'S AND DON'TS
FOR ACCURATE BLOOD PRESSURE READINGS



1. **DO** Read instructions carefully before using Monitor.
2. **DO** Rest arm on a flat surface so that upper arm is at heart level when taking measurements.
3. **DO** Remain calm, quiet and still when measurements are being taken.
4. **DO** Make sure that the cuff is in the proper position according to your instruction manual.
5. **DO** Insure that the exhaust velocity is 2~5 mmHg per second at the systolic point each time a measurement is taken.
6. **DO** Wait at least 10 minutes between taking measurements.
7. **DO** Pump unit 30 to 60 mmHg above normal systolic before beginning measurement.
8. **DO** Consult your physician before adjusting your medication based on readings from this Monitor.
9. **DO** Use fresh alkaline batteries.
10. **DO** Use a dry, soft cloth to clean the instrument.

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1. **DO NOT** move arms or hands when measurement is being taken.
2. **DO NOT** talk or chew gum when measurement is being taken.
3. **DO NOT** take a series of measurements without waiting at least 10 minutes between measurements.
4. **DO NOT** adjust medication based on readings from this Monitor.
5. **DO NOT** make any adjustments to unit; there are no user serviceable parts. Return to Service Station for repair.
6. **DO NOT** smoke during or at least 30 minutes prior to taking blood pressure measurements.
7. **DO NOT** drop or otherwise mechanically shock the Monitor. This is a delicate precision device.
8. **DO NOT** use thinner, alcohol, benzene or wet cloth to clean unit.
9. **DO NOT** subject to extremes in temperature, humidity, direct sunlight or dust.
10. **DO NOT** fold the Arm Cuff or Rubber Cuff Hose tightly during storage, as such treatment may shorten the life of the components.

Manufactured to meet specifications set by the Association for the Advancement of Medical Instrumentation (AAMI)

WHAT IS BLOOD PRESSURE?

Blood pressure: Measurement of the rate of pressure exerted by the blood upon the walls of the blood vessels. The heart contracts and then relaxes, producing the two levels of blood pressure.

Systolic: The highest point of blood pressure; level of blood pressure produced as your heart beats.

Diastolic: The lowest point of blood pressure; level of blood pressure produced as your heart rests between beats.

Millimeters of Mercury (mmHg):

Blood pressure measurements are measured in terms of the height of mercury in a column. Measurements are written one over the other. For example, a systolic pressure of 120 mmHg and diastolic pressure of 80 mmHg is expressed as "120 over 80."

Blood pressure varies constantly and may change due to:

- physical trauma
- mental anxieties
- smoking
- exercise
- eating
- drinking caffeinated or alcoholic beverages

Only a qualified physician can determine whether your blood pressure is normal.

Hypertension: is high blood pressure, and is most common among adults and the elderly; left unattended, it can cause serious health problems such as a stroke, heart attack, etc. Therefore, it is important to monitor blood pressure on a continued and timely basis.

IMPORTANT: **Only a physician is qualified to interpret your blood pressure measurements, and no device can replace regular medical examinations by your physician. It is recommended that your physician review your procedure for using this blood pressure monitor. Your physician should verify blood pressure measurements before making adjustments to medication.**

BLOOD PRESSURE RANGES

In young, healthy adults the normal blood pressure range is between 100 and 140 mmHg (millimeters of mercury) for SYSTOLIC pressure, and between 60 and 90 mmHg for DIASTOLIC pressure.

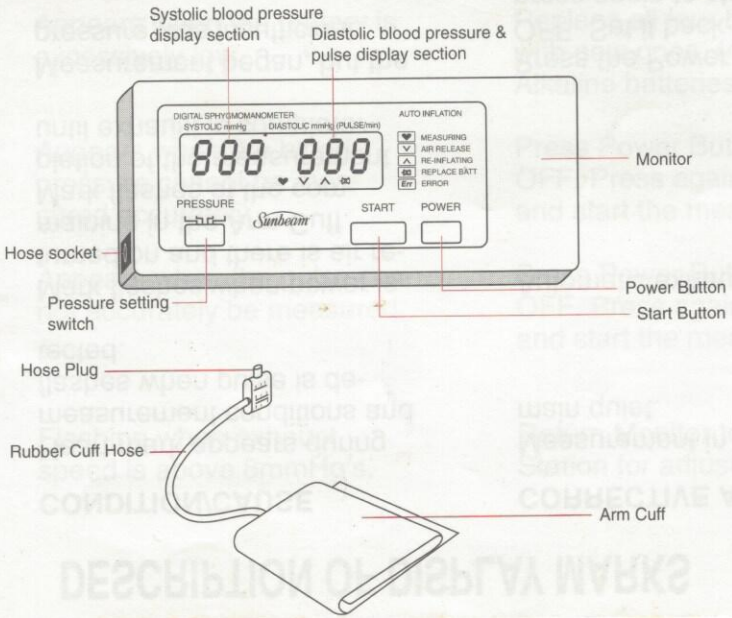
The range of pressure can vary considerably depending on age and physical condition. ONLY A QUALIFIED PHYSICIAN CAN DETERMINE WHAT IS "NORMAL" FOR A PARTICULAR PERSON.

Your reading can also vary during the day and depending on your physical condition and activity level. In general, readings will be lower when you are calm and rested, and higher following physical activity. There will be some variance in consecutive readings or readings from one arm to the other.

For these reasons, it is recommended that blood pressure be measured after sitting or resting quietly for 30 minutes or more following any strenuous activity.

To minimize variations, readings should be taken at similar times and under similar conditions of stress. Record daily readings for accurate comparisons.

PARTS OF YOUR BLOOD PRESSURE MONITOR



DESCRIPTION OF DISPLAY MARKS

DISPLAY MARK	CONDITION/CAUSE	CORRECTIVE ACTION
 Measurement in progress	Heart mark appears during measurement conditions and flashes when pulse is detected.	Measurement in progress; remain quiet.
 Exhausting	Mark flashes when power is turned on and there is air remaining in the Arm Cuff. Mark flashes at the completion of the measurement until exhaust is complete.	Automatic exhaust occurs.
 Insufficient Pressure	Measurement began, but the pressure was insufficient.	Press the Power Button to turn OFF. Set it back to ON, and press again to start the measurement again.
 Replace Batteries	Appears when the battery is excessively low.	Replace all four batteries with new ones. (4-AA Alkaline batteries)
 Measurement Error	Appears when the blood pressure cannot be measured accurately.	Press Power Button to turn OFF. Press again to ON, and start the measurement.
 Pulse Error	Appears when the pulse cannot accurately be measured.	Press Power Button to turn OFF. Press again to ON, and start the measurement.
Exhaust Speed Flashing	Flashing when exhaust speed is above 8mmHg's.	Return Monitor to Service Station for adjustment.

BATTERY INSTALLATION

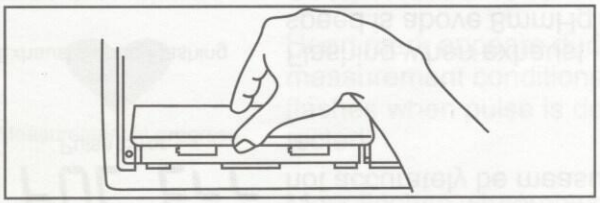


Figure 1

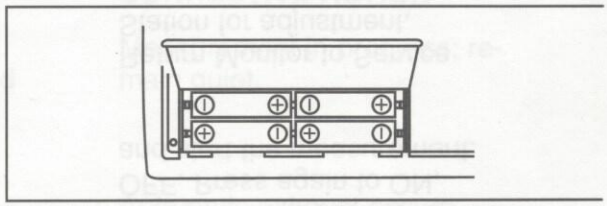


Figure 2

4-AA alkaline batteries are required. Remove the battery cover on the back of Monitor and insert batteries into the battery compartment. (Fig. 1) Be sure you insert the batteries according to the polarities specified on the bottom of the battery compartment. (Fig. 2) If Monitor is to be stored for extended periods, remove the batteries.

HOW TO USE YOUR SUNBEAM DIGITAL BLOOD PRESSURE MONITOR

1. Sit comfortably next to a table or flat surface. Roll up the sleeve on your left arm. (Left arm is preferred but right arm is acceptable.) Place your left arm on the table in a slightly bent position with upper arm level with the heart, with your palm facing upward. (Fig. 3)

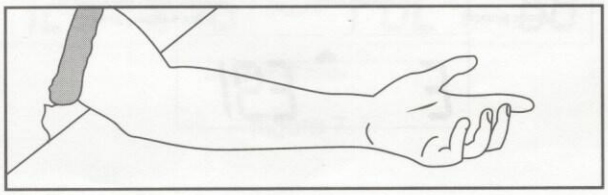


Figure 3

2. Slip the Arm Cuff over your arm. Edge of Arm Cuff should be 1" above the bend in your elbow with the Rubber Cuff Hose on the inside of the arm. (Fig. 4) Adjust the Arm Cuff, using the Velcro strip so it fits snugly enough to maintain its position. Insert the Rubber Cuff Hose into the Hose Socket on the side of the Monitor.

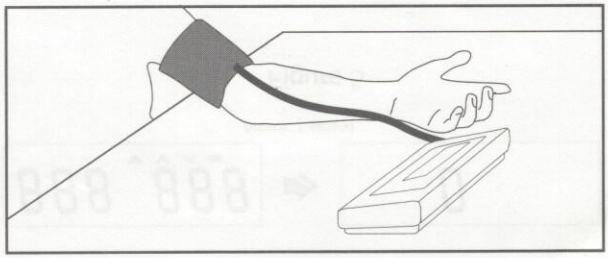


Figure 4

3. Place the Monitor on the table or flat surface next to which you are sitting. Press the Power Button located on the Monitor. When the power is turned ON, all display marks appear for approximately 1 second. When the "0" is displayed, the Monitor is ready for measurement. (Fig. 5) Set the Pressure Setting to approximately 30~40mmHg above your normal systolic blood pressure. There are 4 settings: 160, 200, 240 and 280. For example, if your Systolic blood pressure (top number) is normally in the 100 to 130 range, set the switch at 160.

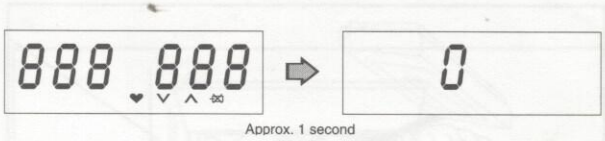


Figure 5

4. Press the Start Button. The Arm Cuff will pressurize when the Start switch is pressed. (To release air in the Arm Cuff at any time, press the Start or Power Button.)

5. When pressurization is complete, the automatic exhaust mechanism will gradually reduce Arm Cuff pressure, and the ♥ mark will appear indicating measurement is in progress. Pressure value appears on the left and exhaust speed on the right side of the display. (Fig. 6) Exhaust speed must be 2~5mmHg range for accurate measurement.



Figure 6

6. When a pulse is detected, the ♥ mark flashes at the same rate as pulse rate, and a beeper sounds. When the next beep sounds, Systolic pressure is displayed on the left and Diastolic pressure on the right side of the display. Within 2 or 3 seconds, pressure value and pulse (PUL) appear alternately on the display. (Fig. 7) If a measurement is made with insufficient pressure, the measurement is automatically repeated. In this case, turn the power OFF once and turn it ON to restart the measurement after the "0" appears.

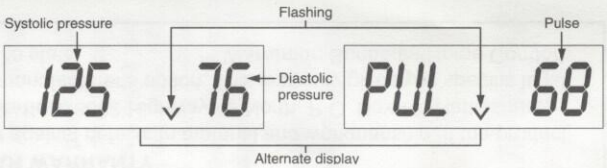


Figure 7

7. After your blood pressure measurement is completed, press the Power Button to turn the power OFF. If you leave your Monitor on after a measurement, an automatic Power-Off function turns power off after approximately 3 minutes. To continue measurement, press the Power Button to turn the unit ON.

SPECIFICATIONS

Model: 7650-10
Type: Oscillometric
Display: Digital
Measurement Range: 20~280mmHg (Pressure)
40~200 pulses/minute (Pulse)
Accuracy: ±3mmHg or 2% whichever greater (Pressure)
±5% (Pulse)
Pressurization: Automatic pressurization using a micropump
Depressurization: Constant-Air-Release Valve System
Deflation: Automatic Exhaust
Power Source: Type AA batteries (4)
Battery Life: Aprox. 6 months with 3 min. usage per day
Operating Environment: +10°C~+40°C, less than 85% RH
Storage Environment: -20°C~+55°C, less than 95% RH
Dimensions: 7.5"(W) x 3.5"(D) x 1.7"(H)
Weight: Approx. 320gm
Origin: Made in Japan

If you have any questions about your new blood pressure monitor, please call our toll free number for assistance: 1-800-621-8854.

LIMITED ONE YEAR WARRANTY

This product is warranted for one year from the date of purchase against defects in material and workmanship. If the product fails to operate during this period, return it, prepaid, to **Service Station**, 6892 Highway 49 North, P.O. Box 70, Hattiesburg, MS 39402-0070 for repair or replacement without charge at the manufacturer's option. This warranty gives you specific legal rights, and you may also have other rights which vary from state to state. Warrantor: Sunbeam Home Comfort

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Sunbeam Health At Home

MODEL 7650-10

REPLACEMENT PARTS AND ACCESSORIES

The cuff supplied with this product is the right size for the average adult arm.

If the circumference of your arm half way between your elbow and shoulder is more than 12 1/2 inches, you will need a larger cuff to take the most accurate readings. If you need the larger cuff, you may return the cuff from this unit **before you use it**, along with a check or money order in the amount of **$4.50** and we will ship you a large cuff replacement at no further charge.

Please print your name and address below:

Name _____

Street Address _____

City _____ State _____ Zip _____

Include check or money order made payable to Sunbeam Home Comfort and mail to:

Service Station
6892 Highway 49 North
Hattiesburg, MS 39402-0070