

*Sunbeam*<sup>®</sup>  
*Health At Home*

**Model 7656 - 10** Finger Blood Pressure Monitor  
Instruction Booklet

Read All Instructions Carefully Before Use

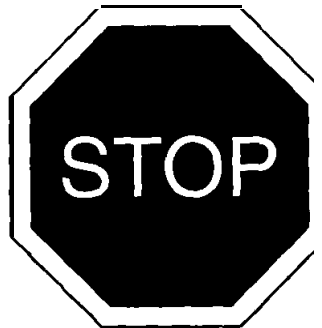
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## DO'S AND DON'TS

### FOR ACCURATE BLOOD PRESSURE READINGS

1. **DO** Read instructions carefully before using Monitor.
2. **DO** Rest arm on a flat surface so that finger 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 Finger Cuff is adjusted properly 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.
11. **DO** use your left index finger when taking measurement. Use of an alternate finger may result in an inaccurate reading.
12. **DO** make sure that your finger is warm.



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.

# WHAT IS BLOOD PRESSURE?

**Bloodpressure:** 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.

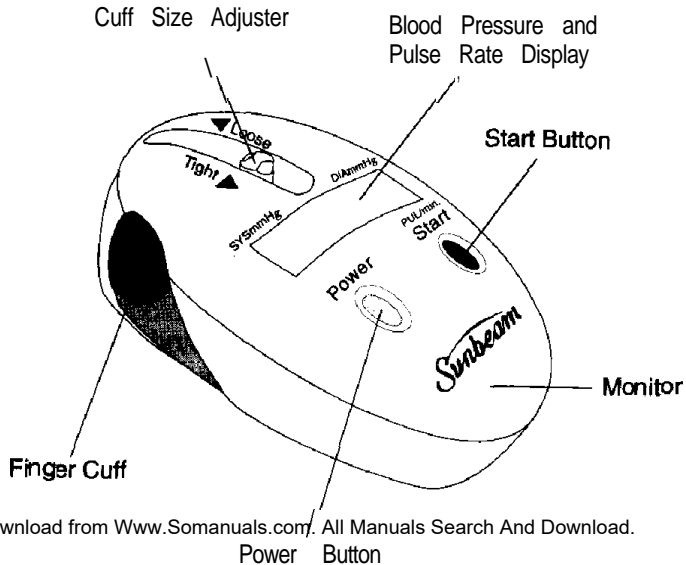
The range of pressure can vary considerably depending on age and physical condition. ONLY A QUALIFIED PHYSICIAN CAN DETERMINE WHAT IS "NORMAL" FOR A PARTICULAR PERSON.

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



Measurement in progress

## CONDITION/CAUSE

Heart mark appears during measurement conditions and flashes when pulse is detected.

## CORRECTIVE ACTION

Measurement in progress; remain quiet.



Exhausting

Mark flashes when power is turned on and there is air remaining in the Finger 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 Off. Press again to ON, and then start the measurement again after "0" appears.





Replace Batteries

Appears when the battery is excessively low.

Replace all four batteries with new ones. (4 - AAA Alkaline batteries)



Measurement Error

Appears when the blood pressure cannot be measured accurately.

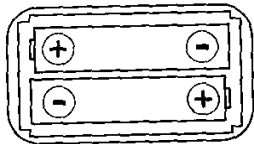
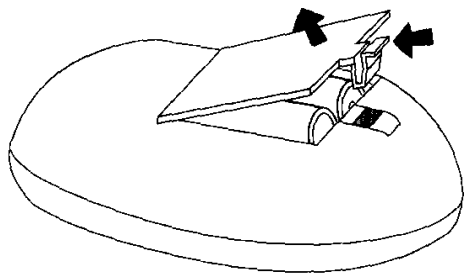
Press ON/OFF Button to turn OFF. Press again to ON and start the measurement again when "0" appears.



The pulse is very weak; or the finger is cold; or Finger Cuff is too loose.

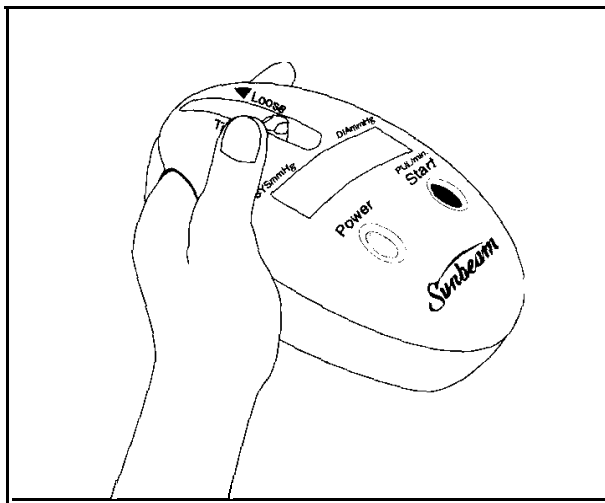
If you have poor circulation in your hand, you will not get a reading. Warm up your hand and retry measurement. Tighten Finger Cuff and retry measurement.

# BATTERY INSTALLATION



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

# HOW TO USE YOUR SUNBEAM DIGITAL BLOOD PRESSURE MONITOR



1. Slide the Cuff-Size Adjuster to top (Loose) position to open the Finger Cuff fully.

2. Insert your left index finger fully into the Finger Cuff. (Use of alternate finger will result in an improper reading.) Left finger is preferred but right finger is acceptable. (fig. 2) Be sure your finger is warm and relaxed. (If your finger is cold, an improper reading will result.)

3. Press the Power Button. A set of symbols will appear on the Display (Fig. 3) Wait for the "0" symbol, indicating that the Monitor is ready to measure, to appear in the Display before starting measurement.

4. Slide the Cuff Size Adjuster down until the too tight indicator appear on the Display (Fig.4). When the "X" appears, move Cuff Size Adjuster up 1 notch. If your fingers are slender, the smallest finger cuff position may be the most suitable. In this case, the 'X' will not appear. Inaccurate blood pressure readings will result from improper Finger Cuff adjustments.

5. Hold the Monitor steadily at heart level with one or both hands. Be sure that when holding the Monitor, your hand or hands are relaxed. Press the Start Button. The Finger Cuff will automatically inflate to a pressure of about 200 mmHg. If a higher starting point than 200 mmHg is required, the unit will stop inflation automatically, then resume inflation after determining the correct starting point.

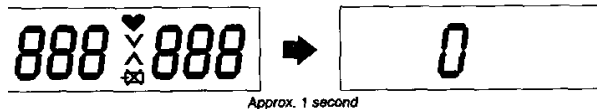


Figure 3

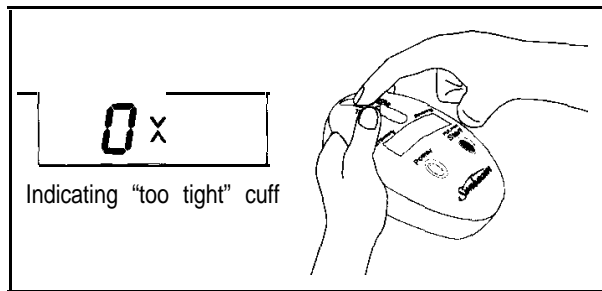


Figure 4

6. Remain still after inflation is completed. The Monitor will then begin deflation of the Finger Bladder automatically. Pressure readings will be indicated on the left side of display as the pressure in the Finger Bladder decreases; exhaust rate appears on the right side of Display. As the Monitor continues to deflate the Finger Bladder, the heart will start to flash in the display. (Fig. 5)

7. The Monitor will deflate automatically when measurement is complete, and the resulting blood pressure readings will be indicated in the Display. Blood pressure readings (Systolic on the left, Diastolic on the right), will be displayed alternately with the pulse (PUL) reading. (Fig. 6 )

8. Display of measurement results will continue until the power is turned off. The Monitor will shut off automatically after approximately 2 minutes.

9. Wait at least 10 minutes between readings. To discontinue a measurement for any reason, press the Power Button. This causes the Finger Cuff to deflate rapidly. **Before removing your finger from the Finger Cuff, slide the Cuff Adjuster to Loose. Failure to do so could result in damage to the Finger Cuff.**

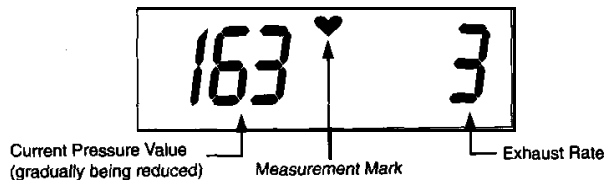


Figure 5

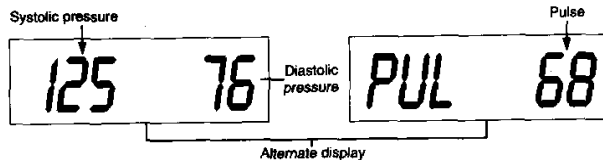


Figure 6

# SPECIFICATIONS

Model: 7656-10

Type: Oscillometric

Measurement Range: 0 - 280mmHg (Pressure)  
40 - 200 beats/minute (Pulse)

Accuracy: +/-3mmHg or +/-2% of reading, whichever  
is greater

Pulse: +/- 5% of reading

Inflation: Automatic, using an electronic pump

Deflation: ECEV (Electronic Controlled Exhaust Valve)

Power Source: Type AA batteries (2)

Battery Life: Approx. 6 months with 3 min. usage per day

Power Consumption: 450mW

Operating Environment: **10° - 40°C(50° - 104°F),**  
30 - 85%RH

Storage Environment: **-20°C - 50°C(-4° - 122°F),**  
30 - 95% RH

Dimensions: 3-1/4"(W) x **2-1/4"(H)** x 5-1/2"(D)

Finger Circumference Range: Approx. **2-1/4"** to **3-3/8"**

Weight w/batteries: Approx. 240gm

Origin: Made in Japan

If you have any questions about your new blood pressure monitor, please call our toll free number for assistance at 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 Center 117 Central Industrial Row Purvis, MS 39475 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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