Cor2

BLOOD PRESSURE MONITOR

INSTRUCTION MANUAL

mylifemyshop

Congratulations
on your My Life My Shop purchase.

The **Cor2 Blood Pressure Monitor**, will allow you to measure vital blood pressure parameters wherever you go.

To get the most out of your new blood pressure monitor and ensure safety, read this instruction manual prior to use.

Please follow these instructions carefully, and retain this manual for future reference.

For assistance,
call 1-888-870-2132 or visit us at
mylifemyshop.com

TABLE OF CONTENTS

SAFETY INFORMATION

The **Cor2 BPM** measures systolic and diastolic blood pressure and pulse rate of an adult by using a pressurized cuff on the left wrist. The device is not intended for use on infants and children. The device is designed for home use only, and is not intended for ambulatory measurement - measurement recorded continuously throughout the day.

Blood pressure measurements determined with this device are equivalent to those obtained by a trained observer using the American National Standard, Manual, Electronic or automated sphygmomanometers.

If you suffer from disorder of heart rhythm (arrhythmia), only use this blood pressure monitor after consulting with your physician. In certain oscillometric cases, this measurement method may produce incorrect readings.

This **Cor Measurement** device is not intended to be a diagnostic device. Contact your physician immediately if per-hypertensive or hypertensive values are indicated.

SAFETY INFORMATION

Symbol	Description
	The Operation Guide Must be Read
SN	Serial Number
	Manufacturer
	Direct Current
	Manufacture Date
	Type B Applied Parts
	ENVIRONMENT PROTECTION - Wast electrical products should not be disposed of with house-hold waste. Please recycle where facilities exist. Check with your local authority or retailer for recycling advice

Read this manual thoroughly before using your

Cor2 Blood Pressure Monitor

CAUTION

Read this user manual thoroughly before use. This device is designed and manufactured to operate within defined design limits. Misuse may result in harm. The following should be observed to best use and maintain your device:

- This device is intended for adult use only.
- This device is intended for non-invasive measuring and monitoring of arterial blood pressure. It is not intended for use on body extremities other than the wrist.
- Its sole function is blood pressure and heart rate measurement.
- Monitoring blood pressure with this device does not equate to a medical diagnosis.
- This device allows you to monitor your blood pressure under the care of a physician.
- If you are taking medication, consult with your physician to determine the most appropriate time for your measurement. Never change a prescribed medication without your physician's consent.

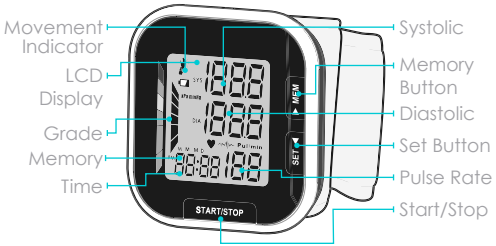
CAUTION

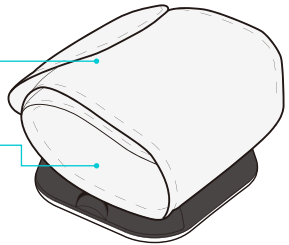
- This device is not suitable for continuous monitoring during medical emergencies or operations.
- If the pressure of the cuff exceeds 40 kPa (300 mmHg), the device will automatically deflate. Should the cuff not deflate when its pressure exceeds 40 kPa (300 mmHg), detach the cuff from the wrist and press START/STOP to stop inflation.
- Do not use the monitor under the conditions of strong electromagnetic field (e.g. medical radio frequency equipment) that radiates interference signal or electrical fast transient/burst signal.
- The device is not AP/APG equipment. It is not suitable for use in the presence of flammable gases (avoid oxygen, nitrous oxide).
- Keep the unit out of reach of infants or children. Inhalation or swallowing of the device's small pieces is dangerous or even fatal.
- Use only accessories and detachable parts specified and authorized by the manufacturer. Not doing so may cause damage to the unit or danger to you.

COR2 LCD DISPLAY

Symbol	Description	Explanation
SYS	Systolic Blood Pressure	High Pressure Result
DIA	Diastolic Blood Pressure	Low Pressure Result
Pul/min	BPM	Heart Beats per Minute
88	Memory	See Page 14
	Movement Error	Results in Inaccurate Measurement
+Lo	Low Battery	Replace Batteries
kPa	kPa	Measurement Unit 1kPa=7.5mmHG
mmHg	mmHg	Measurement Unit 1mmHg=0.133kPa
M A M P M D Y 88:88	Current Time	YY:MM::DD, HH:MM
	Grade	Grade of Blood Pressure
	Arrhythmia	Irregular Heartbeat
	Heartbeat	Heartbeat Detection During Measurement

MONITOR COMPONENTS

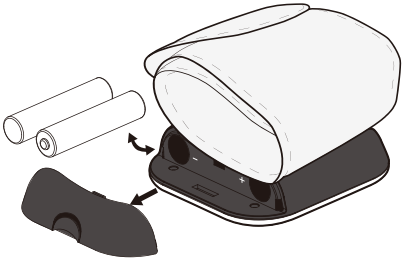




Components Included
1-Cor2 Unit
2-AAA Batteries
1-Instruction Manual

INSTALLING BATTERIES

1. Open the Battery Compartment
2. Insert 2 AAA Batteries, according to the polarity indicators (+ / -)
3. Close the Battery Compartment



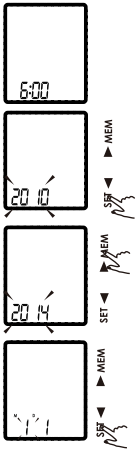
Replace the Batteries Under these Conditions

- +Lo displays on the LCD
- The LCD display dims
- When powering the monitor on, the LCD does not light up

SETTING THE DATE, TIME

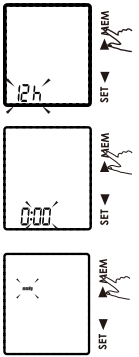
Please set the date and time before your initial use of the Cor2 to ensure each record is labeled with the appropriate time stamp.

1. With the monitor OFF, press the SET button to view the clock, then press and hold "SET" for about 3 seconds to begin modifying settings starting with the year.
2. Press "MEM" button to change the numeral. Each press will increase the numeral by one in a cycling manner.
3. Press "SET" button to confirm the [YEAR]. Then the monitor diverts to [MONTH] and [DAY] setting.
4. Repeat step 2 and 3 to confirm [MONTH] and [DAY]. Then you will select your preferred time format.



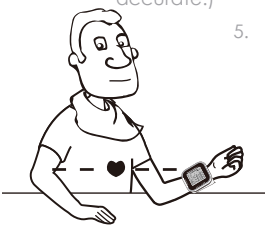
AND MEASUREMENT UNIT

5. Select the 24 hours time format or the 12 hours time format. Repeat step 2 and 3 to confirm [HOUR] and [MINUTE].
6. Repeat step 2 and 3 to confirm the you preferred unit of measurement.
7. After confirming the measurement unit, the LCD will display all the settings you have done one by one and the monitor will shut off.



POSITIONING THE CUFF

1. Remove your watch and/or jewelry from your left hand. (If your physician has diagnosed you with poor circulation in your left wrist, use your right wrist.)
2. If applicable, roll or push up your sleeve to expose your skin.
3. Wrap the cuff around your wrist, palm facing up, and fasten.
4. Make sure the cuff is firmly against your skin and aligned to the center. (If the cuff is too loose, the measurement will not be accurate.)



5. Sit comfortably on a chair. The central of the cuff should remain at the same level as your heart. Your legs should be relaxed with the feet falling outwards.

MEASUREMENT TIPS

Following these additional tips when taking a measurement to get a more accurate reading. Measurement taking under any of the following circumstances, may result in inaccurate readings.

Wait at least 1 hour to measure after eating or drinking

Wait at least 20 minutes to measure after bathing or showering

Don't measure if you are in a very cold environment

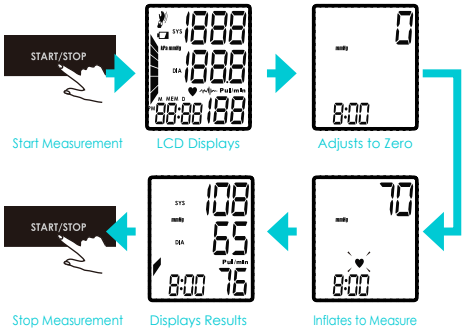
Don't measure immediately after drinking tea, coffee or smoking

Don't measure while talking or moving your hands and fingers

Don't measure when you need to use the restroom

TAKING A MEASUREMENT

After correctly positioning the cuff, press START/STOP button to turn on the monitor, and it will complete the measurement process.



Press START/STOP button to turn off the monitor. Otherwise, the monitor will shut off within 1 minute.

RECALLING RECORDS

1. With the monitor off, press “MEM” button to access the memory. The latest record will be displayed first.
2. Use the “MEM” and “SET” buttons to cycle through the records. The memory holds a total of 60 records totally. The monitor will shutdown after 1minute of inaction.
3. If there are no records saved in the monitor “---” will display on the screen.

Important

The most recent record is always shown first. Each new measurement becomes the first record. All other records are pushed back one space (e.g., 2 becomes 3, and so on), and the last record is dropped from the list when more then 60 records have been saved.

X

DELETING RECORDS

When you did not obtain an accurate measurement, you can clear all the measuring results by following below steps.

1. With the monitor is off, press the "MEM" button to display the latest measurement. Press and hold the "MEM" button for 3 seconds to enter the "dEL ALL" mode. The screen will display a blinking "dEL ALL".
2. Press "SET" button to confirm that you want to delete all of the records. The screen will display "dEL dONE", indicating that memory has been cleared completely.
3. To stop clearing the records once you have help in the "MEM" button press the START/STOP button to turn off the monitor.

Caution !

This process will erase all saved records.

TWO-YEAR WARRANTY

This My Life My Shop product is warranted to be free of manufacturer's defects in materials or workmanship for two years from the date of purchase. Damage or wear resulting from an accident, misuse, abuse, commercial use, or unauthorized adjustment and/or repair are not covered under this warranty.

Should this product require warranty service (or replacement at our discretion) please contact client service to obtain a Return Merchandise Authorization number (RMA) and return instructions. Proof of purchase is required. Products returned without a My Life My Shop generated RMA number will not be accepted and the sender will not receive a refund, replacement, or repaired product.

mylifemyshop
clientservice@mylifemyshop.com
1.888.870.2132

There are no express warranties except as listed to the right. This warranty gives you specific legal rights and you may have other rights which will vary from state to state.

DO NOT RETURN TO RETAILER, PLEASE CONTACT US DIRECTLY FOR WARRANTY SERVICE OR REPAIR, THANK YOU.

MAINTENANCE

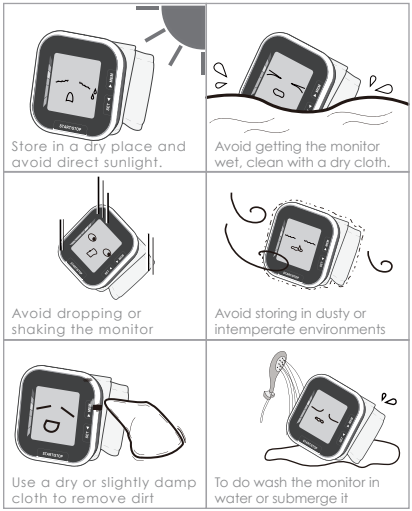
To obtain the best performance, please follow below instructions.

Instructions for correct replacement of interchangeable or detachable parts specified by MANUFACTURER as replaceable by SERVICE PERSONNEL.

Please calibrate the blood pressure monitor in specific institute once every two years to ensure the precise measurement.

In order to get the best performance, please follow the below instructions to the right for proper care, cleaning and storage.

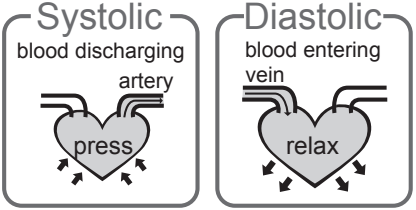
MAINTENANCE



SYSTOLIC & DIASTOLIC

What are systolic pressure and diastolic blood pressure?

When ventricles contract and pump blood out of the heart, the blood pressure reaches its maximum value in the cycle, which is called systolic pressure.



When the ventricles relax, the blood pressure reaches its minimum value in the cycle, which is called diastolic pressure.

STANDARD BLOOD PRESSURE

The chart below shows the standard blood pressure classifications published by the American Heart Association (AHA).

Blood Pressure Category	Systolic mm Hg (upper #)		Diastolic mm Hg (lower #)
Normal	less than 120	and	less than 80
Pr-hypertensive	120-139	or	80-89
High Blood Pressure Stage 1 (Hypertension)	140-159	or	90-99
High Blood Pressure Stage 2 (Hypertension)	160 or higher	or	100 or higher
Hypertensive Crisis (Emergency Care Needed)	Higher than 180	or	Higher than 110

AHA Home Guideline for Upper Limits of Normal Blood Pressure are:

SYS	135 mm Hg	DIA	85 mm Hg

Caution !

Please consult a physician if your measurement results fall outside the normal range.

IRREGULAR HEARTBEAT DETECTOR

This Blood Pressure Monitor is equipped with an Irregular Heartbeat (IHB) Detector. During each measurement, it records your heartbeat intervals and works out the standard deviation. If the calculated value is larger than or equal to 15, IHB symbol will display on the screen with the measurement result.

Caution !

The appearance of the IHB icon indicates that a pulse irregularity consistent with an irregular heartbeat was detected during measurement. Usually this is NOT a cause for concern. If the symbol appears often, you should seek medical advice. This device does not replace a cardiac examination, but serves to detect pulse irregularities at an early stage.

FREQUENTLY ASKED QUESTIONS

Why does my blood pressure fluctuate?
There are multiple reasons behind fluctuations in your readings. The way you tie the cuff on, the position in which you sit, level of exercise and activity. Taking your readings at the same time and in the same position every day will help to reduce fluctuations.

Why is the reading I get at the doctor's different?
Blood pressure readings vary best on conditions as described above and just being in the hospital or the doctor's office can raise your blood pressure causing your reading to be higher.

Does it matter which wrist I use?
You can take a measurement on either wrist, though most medical professionals normally want to take your pressure on the left side. Whichever wrist you choose measure on it consistently as readings will vary between wrists.

TROUBLESHOOTING

This section includes a list of error messages and frequently asked questions for problems you may encounter with your blood pressure monitor. If the device is not operating properly, check here before arranging for service.

PROBLEM	SYMPTOM	CHECK THIS	REMEDY
No Power	Display is dim or will not light up.	Batteries are exhausted	Replace with new batteries
		Batteries are inserted incorrectly	Insert batteries correctly
Low Batteries	+ Lo Shown on the display	Low Battery	Replace with new batteries
Error Message	E1 Shows	The cuff is very tight	Refasten the cuff and then measure again
	E2 Shows	The cuff is too tight	Refasten the cuff and then measure again
	E3 Shows	The pressure of the cuff is excessive	Relax for a moment then measure again
	E10 or E11 Shows	The monitor detected motion while measuring.	Movement can affect the measurement. Relax then measure again.
	E20 Shows	The measurement process does not detect the pulse signal.	Loosen clothing on the arm and them measure again.
	E21 Shows	Measure incorrectly	Relax for a moment and then measure again
	EExx,shows on the display.	A calibration error occurred.	Retake the measurement. If the problem persists, contact the retailer or our customer service department for further assistance. Refer to the warranty for contact information and return instructions.

SPECIFICATIONS

Power supply	2*AAA alkaline batteries (3V)
Display mode	Blue LCD with White Backlight V.A.35×41mm
Measurement mode	Oscillographic testing moder
Measurement range	Pressure: 0kpa - 40kpa (0mmHg-300mmHg) Pulse value: 40 - 199 beats / minute
Accuracy	Pressure: 41° F-104°F within ±0.4kpa (3mmHg) pulse value:±5%
Normal working condition	Temperature: 41°F - 104°F Relative humidity ≤85% Atmospheric Pressure: 80kPa to 105kPa
Storage & transportation condition	Temperature:-24.8°F to 131°F Temperature:-20°C to 55°C Relative humidity: ≤ 90%RH
Measurement perimeter of the wrist	Approximately 5.3 in - 8.4 in Approximately 13.5 cm - 21.5 cm
Weight	Approximately 3.53 oz (Excluding the dry cells)
External dimensions	Approx. 2.9 in x 2.7 in x 0.9 in (73 mm × 67.5 mm × 22.5mm)
Attachment	2*AAA alkaline batteries; user manual
Mode of operation	Continuous operation
Degree of protection	Type B applied part
IP Classification	IPX0
Software version	V01
Device classification	Internally powered ME Equipment

No Modification of this Equipment is Allowed

COMPLIED STANDARDS

Risk Management	ISO 14971:2007 Medical devices — Application of risk management to medical devices
Labeling	EN 980:2008 Medical devices. Symbols to be used with medical device labels, labeling and information to be supplied. General requirements
User manual	EN 1041: 2008 Medical equipment manufacturers to provide information
General Requirements for Safety	IEC 60601-1: 2005 Medical electrical equipment - Part 1: General requirements for basic safety and essential performance
Electromagnetic compatibility	IEC 60601-1-2:2007 Medical electrical equipment - Part 1-2: General requirements for basic safety and essential performance - Collateral standard: Electromagnetic compatibility - Requirements and tests
Performance and clinical requirements	ANSI/AAMI SP10:2002/A2: 2008 Manual, electronic, or automated sphygmomanometers
Software life-cycle processes	IEC 62304:2006+AC: 2008 Medical device software - Software life cycle processes

EMC GUIDANCE

Table 1

Guidance and Manufacturer's declaration – ELECTROMAGNETIC EMISSIONS - for all ME EQUIPMENT and ME SYSTEMS

Guidance and manufacturer's declaration - electromagnetic emission		
The device is intended for use in the electromagnetic environment specified below. The customer or the user of the device should assure that it is used in such an environment.		
Emissions test	Compliance	Electromagnetic environment - guidance
RF Emissions - CISPR 11	Group 1	The device uses RF energy only for its internal function. Therefore, its RF emissions are very low and are not likely to cause any interference in nearby electronic equipment.
RF Emissions - CISPR 11	Class B	
Harmonic emissions - IEC 61000-3-2	Not Applicable	
Voltage Fluctuations / Flicker Emissions IEC 61000-3-3	Not Applicable	

EMC GUIDANCE

Table 6

Recommended separation distances between portable and mobile RF communications equipment and the ME EQUIPMENT or ME SYSTEM – for ME EQUIPMENT and ME SYSTEMS that are not LIFE-SUPPORTING

Recommended separation distances between portable and mobile RF communications equipment and the device.			
The device is intended for use in an electromagnetic environment in which radiated RF disturbances are controlled. The customer or the user of the device can help prevent electromagnetic interference by maintaining a minimum distance between portable and mobile RF communications equipment (transmitters) and the device as recommended below, according to the maximum output power of the communications equipment.			
Rated maximum output power of transmitter (W)	Separation distance according to frequency of transmitter (m)		
	150 kHz to 80 MHz $d = [\frac{3,5}{V_1}]\sqrt{P}$	80 MHz to 800 MHz $d = 1.167\sqrt{P}$	800 MHz to 2.5 GHz $d = 2.333\sqrt{P}$
0.01	Not Applicable	0.117	0.233
0.1	Not Applicable	0.369	0.738
1	Not Applicable	1.167	2.333
10	Not Applicable	3.690	7.378
100	Not Applicable	11.67	23.33
For transmitters rated at a maximum output power not listed above, the recommended separation distance d in meters (m) can be estimated using the equation applicable to the frequency of the transmitter, where P is the maximum output power rating of the transmitter in watts (W) according to the transmitter manufacturer. NOTE 1 At 80MHz and 800MHz, the separation distance for the higher frequency range applies. NOTE 2 These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from structures, objects and people.			

FCC STATEMENT

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions:

(1) This device may not cause harmful interference, and

(2) This device must accept any interference received, including interference that may cause undesired operation.

EMC GUIDANCE

Table 2

Guidance and Manufacturer's declaration – electromagnetic IMMUNITY – for all ME EQUIPMENT and ME SYSTEMS

Guidance and manufacturer's declaration - electromagnetic immunity			
The device is intended for use in the electromagnetic environment specified below. The customer or the user of the device should assure that it is used in such an environment			
Immunity Test	IEC 6060 1 Test Level	Compliance Level	Electromagnetic environment - guidance
Electrostatic discharge (ES D) IEC 61000-4-2	±6 kV contact ±8 kV air	±6 kV contact ±8 kV air	Floors should be wood, concrete or ceramic tile. If floors are covered with synthetic material, the relative humidity should be at least 30%.
Electrical fast transient / burst IEC 61000-4-4	±2 kV for power supply lines	N/A	Mains power quality should be that of a typical commercial or hospital environment.
Surge IEC 61000-4-5	±1 kV line(s) to line(s) ±2 kV line(s) to earth	N/A	Mains power quality should be that of a typical commercial or hospital environment.
Voltage dips, short interruptions and voltage variations on power supply input lines IEC 61000-4-11	<5% U_T (>95% dip in the U_T) for 0.5 cycles	N/A	Mains power quality should be that of a typical commercial or hospital environment. If the user of the device requires continued operation during power mains interruptions, it is recommended that the device be powered by an uninterrupted power supply or a battery.
	40% U_T (60% dip in the U_T) for 5 cycles	N/A	
	70% U_T (30% dip in the U_T) for 25 cycles	N/A	
	<5% U_T (>95% dip in the U_T) for 5 cycles	N/A	
Power Frequency (50Hz) magnetic field IEC 61000-4-8	3 A/m	3 A/m	Power frequency magnetic fields should be at levels characteristic of a typical location in a typical commercial or hospital environment.
Note: U_T is the a.c. mains voltage prior to application of the test level			

EMC GUIDANCE

Table 4

Guidance and Manufacturer's declaration – electromagnetic IMMUNITY – for ME EQUIPMENT and ME SYSTEMS that are not LIFE-SUPPORTING

Guidance and manufacturer's declaration - electromagnetic immunity			
The device is intended for use in the electromagnetic environment specified below. The customer or the user of the device should assure that it is used in such an environment.			
Immunity Test	IEC 6060 1 Test Level	Compliance Level	Electromagnetic environment - guidance
Conducted RF IEC 61000-4-6	3 Vrms 150 kHz to 80 MHz	Not applicable	Portable and mobile RF communications equipment should be used no closer to any part of the device, including cables, than the recommended separation distance calculated from the equation applicable to the frequency of the transmitter. Recommended separation distance $d = [\frac{3,5}{V_1}]\sqrt{P}$ $d = 1.167\sqrt{P}$ 80 MHz to 800 MHz $d = 2.333\sqrt{P}$ 800 MHz to 2,5 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 meters (m). Field strengths from fixed RF transmitters, as determined by an electromagnetic site survey, should be less than the compliance level in each frequency range. Interference may occur in the vicinity of equipment marked with the following symbol:
Radiated RF IEC 61000-4-3	3 V/m 80 MHz to 2.5 GHz	3 V/m	

NOTE 1 At 80 MHz and 800 MHz, the higher frequency range applies.
NOTE 2 These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from structures, objects and people.

Field strengths from fixed transmitters, such as base stations for radio (cellular / cordless) telephones and land mobile radios, amateur radio, AM and FM radio broad-cast and TV broadcast cannot be predicted theoretically with accuracy. To assess the electromagnetic environment due to fixed RF transmitters, an electromagnetic site survey should be considered. If the measured field strength in the location in which the device is used exceeds the applicable RF compliance level above, the device should be observed to verify normal operation. If abnormal performance is observed, additional measures may be necessary, such as re-orienting or relocating the device. Over the frequency range 150 kHz to 80 MHz, field strengths should be less than [ ]V/m.

Thank You

FOR CHOOSING MY LIFE MY SHOP!

A healthy life should be full of wonderful surprises, so we would like to offer you

50% OFF

your next purchase at MyLifeMyShop.com

YOUR SPECIAL DISCOUNT CODE:

COR250NE3

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