

Tensio



USER MANUAL | GUIDE D'UTILISATION

NL Handleiding | **IT** Manuale di istruzioni | **ES** Manual de instrucciones

DE Bedienungsanleitung | **PT** Manual de instruções

Terrailon®

www.terraillon.com

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Made for / Compatibilité

-  iPhone® 4S/5/5C/5S/6/6Plus
-  iPod® Touch 5th generation
-  iPad® 3/4/Air
-  iPad® Mini
-  Android 4.3
-  Bluetooth Smart 4.0 / Bluetooth Smart Ready



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Tensio

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Thank you very much for selecting the Terraillon Wrist Blood Pressure Monitor TENSIO.

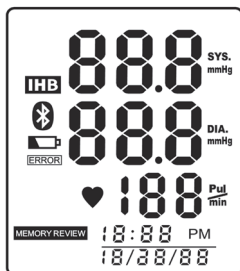
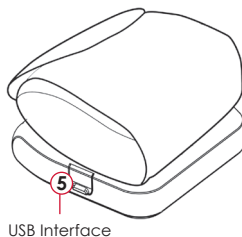
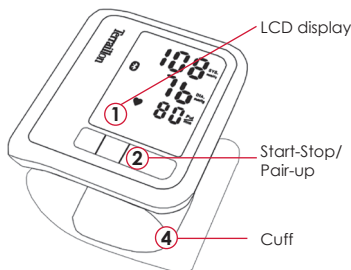


This unit allows you to monitor your blood pressure. This device is not intended to be a diagnostic device. Always contact your doctor for advice, diagnostic and treatment.

FIND MORE INFORMATION ON

<http://www.terraillon.com>

PRODUCT OVERVIEW



- SYS** Systolic Blood Pressure
- DIA** Pression artérielle diastolique
- Pul min** Pulse
- ERROR** Error
- mmHg** Unit
- Bluetooth** Data transmitting
- Battery** Low Battery
- Memory** Mémoire
- Time** Time [Hour/Minute - Month/Day/Year]
- IHB** Irregular Heartbeat Detector

FIRST USE

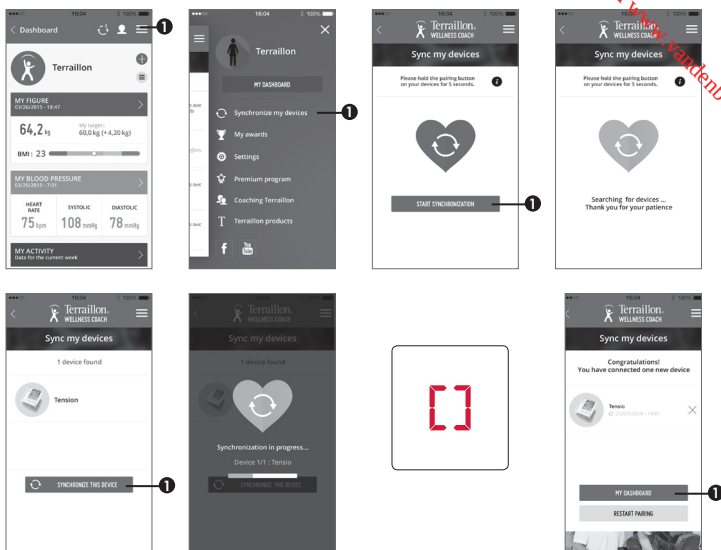
- A** Press and hold "SET" button to set time. Press "MEM" button to change the numeral then press "SET" button to confirm. After confirming [TIME] and [DATE], the LCD will display "Done".
- B** Download the Terraillon Wellness Coach application.



- C** Create your account.

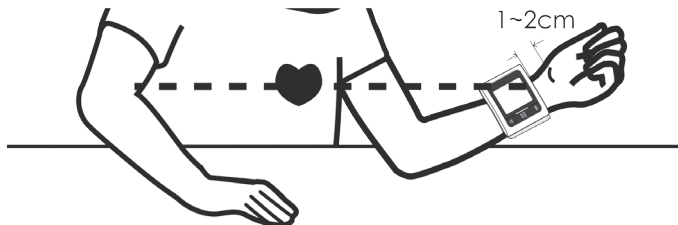


- D** Turn on Bluetooth on your Smartphone (Setting > Bluetooth > ON).
- E** Press and hold "START" to start pair-up.



START MEASURING

- A** Tie the cuff.
- B** Press "START" to turn on the monitor, and it will complete the measurement process automatically.



RECORDS

Press "MEM" button to access the memory. The monitor will display the calculated average of the last three readings first. Press "MEM/UP" button "SET/DOWN" button to rotate the history records. "MEM/UP" to go forward "SET/DOWN" to go backward.

TIPS FOR MEASUREMENT

	Optimal	Normal	High-normal	Mild	Moderate	Severe
SYS	<120	120-129	130-139	140-159	160-179	≥180
DIA	<80	80-84	85-89	90-99	100-109	≥110

* The blood pressure classification published by World Health Organization (WHO) and International Society of Hypertension (ISH).

TROUBLESHOOTING

- E2** The cuff is very tight.
- E3** The pressure of the cuff is excess.
- E9** Product has not been activated.
- E10/11** The monitor detected motion while measuring.
- E20** Measurement process does not detect the pulse signal.
- E21** Measure incorrectly.
- Eexx** A calibration error occurred.
- Lo** Low Battery. Recharge the product with USB cable.

WARRANTY & ENVIRONMENT PROTECTION

This product is guaranteed for 2 years against material and manufacturing defects. During this period, such defects will be repaired free of charge (proof of purchase must be presented if the scale is under warranty). This warranty does not cover damage resulting from accidents, improper use or negligence. If you have a complaint please contact the store where you purchased the product first.



Waste electrical products should not be disposed of with household waste. Please recycle where facilities exist. Check with your local authority or retailer for recycling advice.

Nous vous remercions d'avoir choisi le tensiomètre poignet TENSIO de Terraillon.

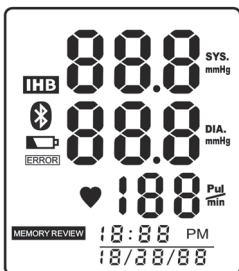
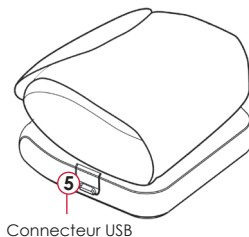
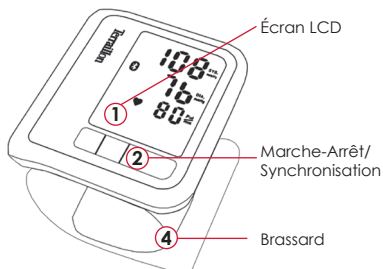


Cet appareil vous permet de contrôler votre tension artérielle. Il n'a pas vocation à être un dispositif de diagnostic. Contactez toujours votre médecin pour obtenir tout conseil, diagnostic ou traitement.

BESOIN D'INFORMATION ?

<http://www.terraillon.com>

APERÇU DU PRODUIT



- SYS** Pression artérielle systolique
- DIA** Pression artérielle diastolique
- Pul min** Pours
- ERROR** Erreur
- mmHg** Unité
- Bluetooth** Données en cours de transmission
- Battery** Batterie faible
- Memory** Mémoire
- Time** Heure [Heure/Minute - Mois/Jour/Année] |
- IHB** Détecteur de rythme cardiaque irrégulier

PREMIÈRE UTILISATION

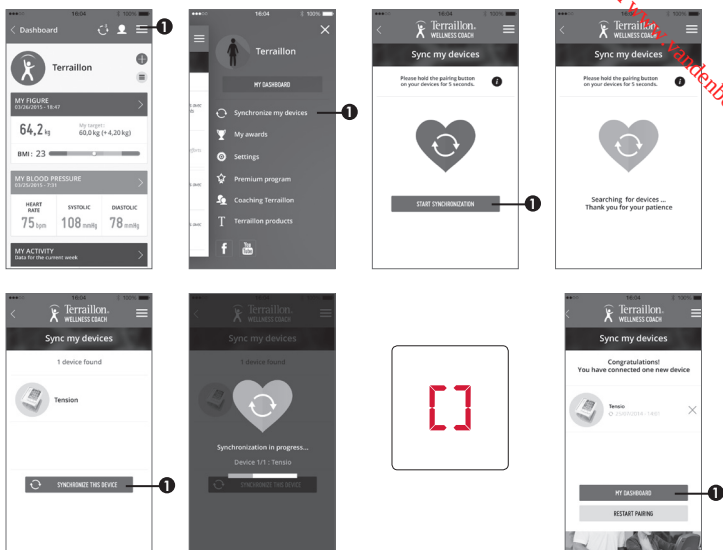
- A** Maintenez enfoncé "SET" pour accéder au réglage de l'heure. Appuyez sur "MEM" pour modifier le chiffre puis cliquez sur le bouton "SET" pour confirmer. Après avoir confirmé [HEURE] et [DATE], l'écran LCD affichera "Done".
- B** Téléchargez l'application Terraillon Wellness Coach.



- C** Créez votre compte sur l'application.

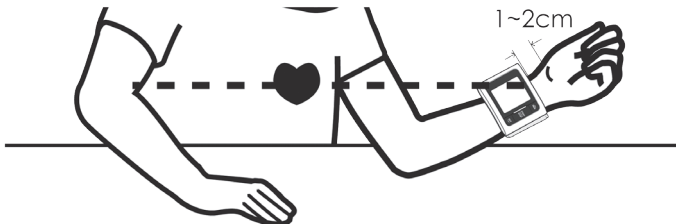


- D** Activez la fonction Bluetooth sur votre Smartphone (Réglages > Bluetooth > ON).
- E** Appuyez sur le bouton "START" et maintenez-le appuyé pour démarrer la synchronisation.



COMMENCER LES MESURES

- A** Attachez le brassard.
- B** Appuyez sur "START" pour activer l'appareil. Votre prise de tension se fera de manière automatique.



MÉMOIRES

Cliquez sur le bouton "MEM" pour accéder à la mémoire. L'appareil affichera d'abord la moyenne calculée pour les trois dernières lectures. Cliquez sur le bouton "MEM/UP" ou "SET/DOWN" pour faire défiler l'historique. "MEM/UP" pour avancer ; "SET/DOWN" pour revenir en arrière.

INDICATIONS POUR LA MESURE

	Optimal	Normal	Normal à élevé	Moyen	Modéré	Sévère
SYS	<120	120-129	130-139	140-159	160-179	≥180
DIA	<80	80-84	85-89	90-99	100-109	≥110

* Classification de la tension artérielle par l'Organisation Mondiale de la Santé (OMS) et la Société Internationale d'Hypertension (ISH).

DIAGNOSTIC

- E2** Le brassard est trop serré.
- E3** La pression du bracelet est trop forte.
- E9** Le produit n'a pas été activé.
- E10/11** L'appareil a détecté un mouvement pendant la mesure.
- E20** Aucun signal de pouls n'a été détecté.
- E21** Mesure incorrecte.
- Eexx** Une erreur d'étalonnage s'est produite.
- Lo** Piles faibles. Recharger l'appareil avec le câble USB.

GARANTIE ET PROTECTION DE L'ENVIRONNEMENT

Cet appareil est garanti 2 ans contre tout défaut matériel et de fabrication. Au cours de cette période, ces défauts seront réparés gratuitement (une preuve d'achat doit être présentée si la balance est sous garantie). Cette garantie ne couvre pas les dommages provenant d'accidents, d'une mauvaise utilisation ou de négligence. Si vous avez une réclamation, adressez-vous d'abord au magasin où vous avez acheté votre produit.



Les déchets de produits électriques ne doivent pas être jetés avec les ordures ménagères. Les recycler dans les installations prévues à cet effet. Contacter l'administration locale ou le détaillant pour tout conseil de recyclage.

Bedankt om voor de Polsbloeddrukmeter TENSIO van TERRAILLON te kiezen.

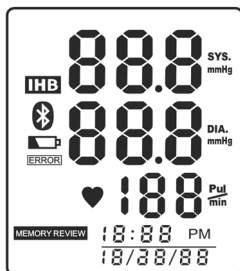
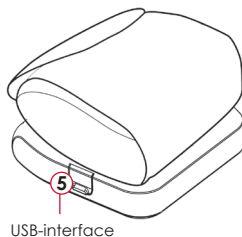
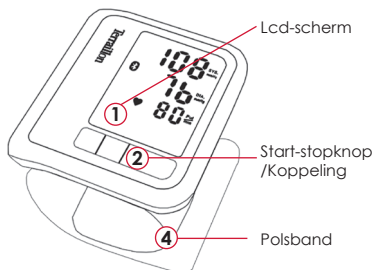


Met deze unit kunt u uw bloeddruk meten. Het apparaat is niet bedoeld om een diagnose te stellen. Wend u steeds tot uw arts voor advies, diagnose en behandeling.

MEER INFORMATIE OVER

<http://www.terraillon.com>

OVERZICHT



- SYS** Systolische bloeddruk
- DIA** Diastolische bloeddruk
- Pul min** Hartslag
- ERROR** Fout
- mmHg** Unit
- Bluetooth** Gegevens worden overgedragen
- Battery icon** Batterij bijna leeg
- Memory icon** Geheugen
- Calendar icon** Tijd [Uur/Minuut - Maand/Dag/Jaar]
- IHB** Detector onregelmatige hartslag

EERSTE INSTALLATIE

A Houd de "SET"-toets 3 seconden ingedrukt om naar de tijdstelmodus te gaan. Druk op "MEM"-toets om het cijfer te wijzigen en druk opnieuw op "SET"-toets om het te bevestigen. Nadat u [UUR] en [DATUM] hebt bevestigd, verschijnt de vermelding "Done" op het lcd-scherm schakelt.

B Download de Terraillon Wellness Coach-app.



Available on the
App Store



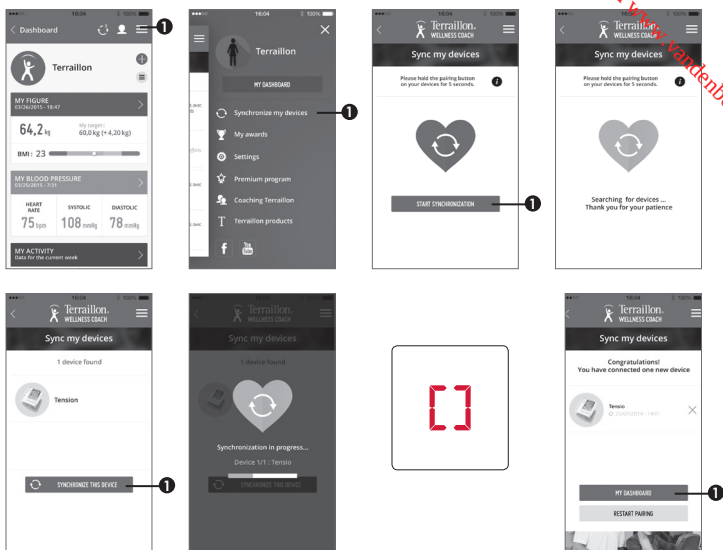
ANDROID APP ON
Google play

C Maak een account aan.



D Schakel de Bluetooth-functie van uw smartphone in (Instellingen > Bluetooth > AAN).

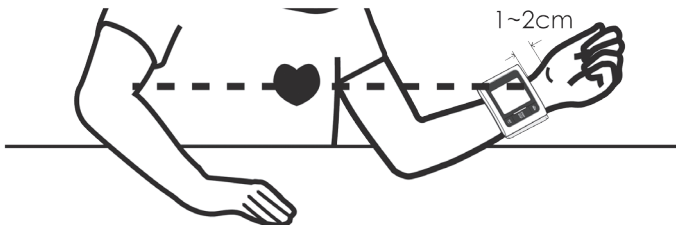
E Houd de "START"-toets om de koppeling te starten.



BEGINNEN MET METEN

A De polsband bevestigen.

B Drukt u op "START"-toets om de meter in te schakelen. Deze zal het meetproces automatisch voltooien.



GEGEVENS

Druk op "MEM" om toegang te krijgen tot het geheugen. De meter toont eerst het berekende gemiddelde van de laatste drie metingen. Druk op "MEM/UP" of "SET/DOWN" om de opgeslagen gegevens te doorbladeren. Druk op "MEM/UP" om vooruit te gaan en "SET/DOWN" om achteruit te gaan.

MEETTIPS

	Optimaal	Normaal	Hoog-normaal	Licht	Matig	Ernstig
SYS	<120	120-129	130-139	140-159	160-179	≥180
DIA	<80	80-84	85-89	90-99	100-109	≥110

PROBLEMEN OPLOSSEN

- E2** De polsband is heel strak.
- E3** De druk van de polsband is te hoog.
- E9** Het product is niet geactiveerd.
- E10/11** De meter detecteerde beweging tijdens het meten.
- E20** Het meetproces detecteert geen hartslagsignaal.
- E21** Onjuiste meting.
- Eexx** Er is een ijkingsfout opgetreden.
- Lo** Batterij bijna leeg. Laad het product met een USB-kabel.

GARANTIE & BESCHERMING VAN HET LEEFMILIEU

Voor dit toestel geldt een garantie van 2 jaar tegen materiaal- en fabricagefouten. Gedurende deze periode zullen dergelijke defecten gratis gerepareerd worden (tijdens de garantieperiode moet een bewijs van aankoop worden overgelegd). Schade veroorzaakt door ongevallen, onjuist gebruik of nalatigheid valt niet onder de garantie. Als u klachten hebt, dient u zich in eerste instantie te wenden tot de winkel waar u de monitor heeft gekocht.



Afgedankte elektrische producten horen niet bij het huishoudelijk afval. Gelieve te recyclen waar mogelijk. Raadpleeg uw lokale overheid of verkoper voor recyclingadvies.

Grazie per aver scelto TENSIO il monitor per la misurazione della pressione sanguigna al polso TERRAILLON.

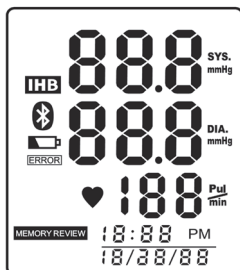
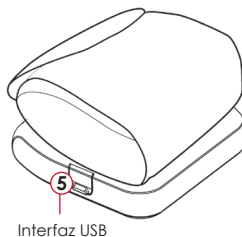
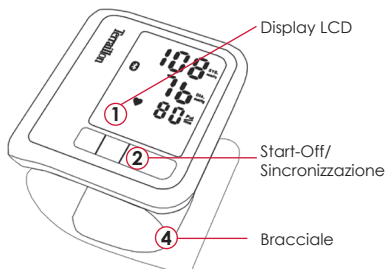


L'unità permette di monitorare la pressione del sangue. Il dispositivo non è pensato come apparecchio di diagnosi. Contattare sempre il proprio medico per consigli, diagnosi e terapia.

TROVATE MAGGIORI INFORMAZIONI SUL

<http://www.terraillon.com>

IN SINTESI



- SYS** Pressione arteriosa sistolica
- DIA** Pressione arteriosa diastolica
- Pul min** Pulsazioni
- ERROR** Errore
- mmHg** Unità
- Bluetooth** Trasmissione dati
- Battery** Batteria scarica
- MEMORY REVIEW** Memoria
- Time/Date** Data/ora [Ore/Minuti - Mese/Giorno/Anno]
- IHB** Rilevatore battito cardiaco irregolare

PRIMA INSTALLAZIONE

- A** Mantenere premuto il tasto "SET" per 3 secondi per entrare nella modalità impostazione data/ora. Premere il tasto "MEM" per modificare il numero e premere nuovamente il tasto "SET" per confermare. Dopo aver confermato [ORA] e [DATA], il display LCD mostra "Done".
- B** Scaricare l'app Terraillon Wellness Coach.



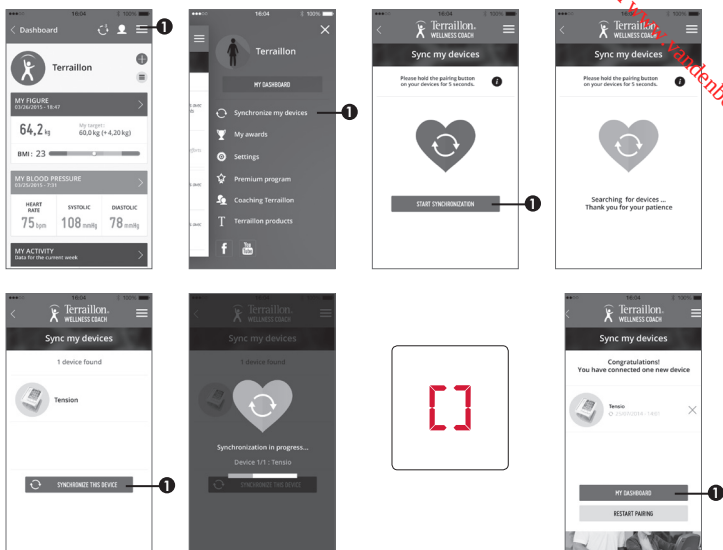
Available on the
App Store



- C** Creare un account.

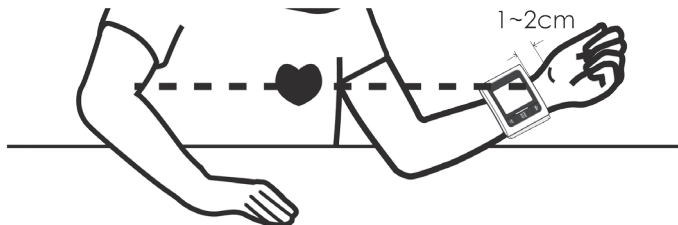


- D** Attivare la funzione Bluetooth sullo Smartphone (Impostazioni > Bluetooth > ON).
- E** Tenere premuto il tasto "START" per avviare l'accoppiamento.



AVVIARE LE MISURAZIONI

- A** Fissaggio del bracciale.
- B** Premere "START" per accendere il monitor che completerà automaticamente la procedura di misurazione.



REGISTRAZIONI

Premere il tasto "MEM" per accedere alla memoria. Il monitor mostra innanzitutto la media calcolata delle ultime tre rilevazioni. Premere il tasto "MEM/UP" oppure "SET/DOWN" per modificare la disposizione delle registrazioni della cronologia. "MEM/UP" per andare avanti; "SET/DOWN" per tornare indietro.

SUGGERIMENTI PER LA MISURAZIONE

	Ottimale	Normaal	Alto- normale	Lieve	Moderato	Grave
SYS	<120	120-129	130-139	140-159	160-179	≥180
DIA	<80	80-84	85-89	90-99	100-109	≥110

RISOLUZIONE DEI PROBLEMI

- E2** Il bracciale è molto stretto.
- E3** La pressione del bracciale è.
- E9** Il prodotto non è stato attivato.
- E10/11** Il monitor ha rilevato un movimento durante la misurazione.
- E20** La procedura di misurazione non rileva il segnale del polso.
- E21** Misurazione incorretta.
- Eexx** Si è verificato un errore di calibrazione.
- Lo** Batteria scarica.

GARANZIA & PROTEZIONE DELL'AMBIENTE

Questo prodotto è garantito per 2 anni contro difetti di materiale e di fabbricazione. Durante questo periodo, tali difetti saranno riparati gratuitamente (presentare la prova di acquisto se la bilancia è sotto garanzia). Questa garanzia non copre i danni derivanti da incidenti, uso improprio o negligenza. In caso di reclamo contattare il negozio presso cui è stata acquistata il monitor.



I rifiuti di apparecchiature elettriche non devono essere smaltiti come rifiuti domestici. Riciclare dove esistono strutture atte allo scopo. Consultare le autorità locali o il rivenditore per indicazioni riguardanti il riciclaggio.

Muchas gracias por haber elegido el tensiómetro de muñeca TENSIO de TERRAILLON.

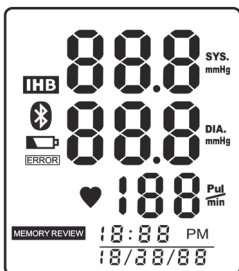
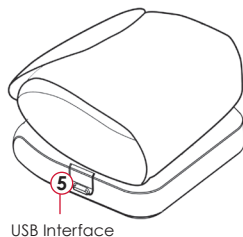


Esta unidad le permite controlar su tensión arterial. Este dispositivo no ha sido diseñado como dispositivo de diagnóstico. Para recibir asesoramiento, diagnóstico y tratamiento, consulte siempre a su médico.

ENCONTRAR MÁS INFORMACIÓN SOBRE

<http://www.terraillon.com>

DESCRIPCIÓN GENERAL



- SYS** Tensión arterial sistólica
- DIA** Tensión arterial diastólica
- Pul** Pulso
- ERROR** Error
- mmHg** Unidad
- Bluetooth** Transmisión de datos
- Battery** Batería baja
- MEMORY REVIEW** Memoria
- Time/Date** Hora [Hora / minuto - Mes / día / año]
- IHB** Detector de latidos irregulares

INSTALACIÓN INICIAL

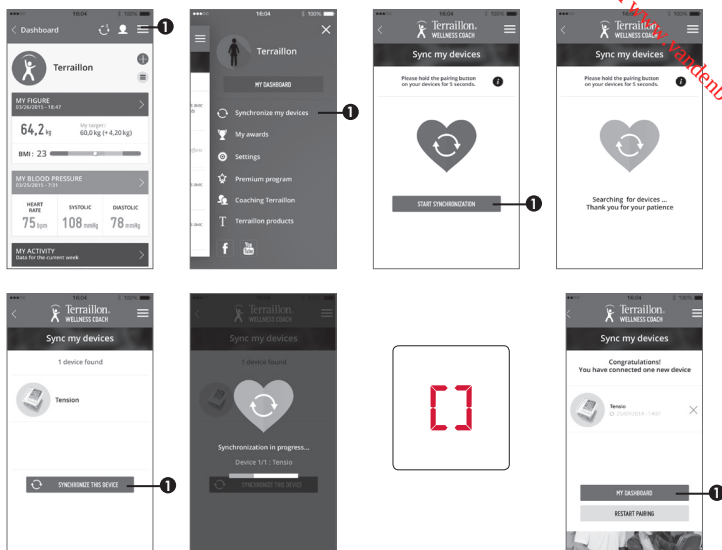
- A** Mantenga pulsado el botón "SET" durante 3 segundos para entrar en el modo de ajuste de hora. Pulse el botón "MEM" para cambiar el número y vuelva a pulsar el botón "SET" para confirmar. Una vez confirmados los [TIEMPO] y el [FECHA], en la pantalla LCD aparecerá el mensaje "Done".
- B** Descargue la aplicación Terraillon Wellness Coach.



- C** Cree una cuenta.



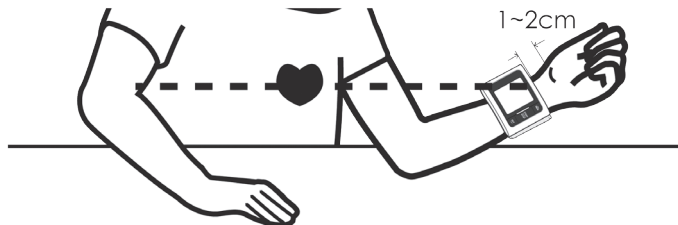
- D** Active la función Bluetooth en su smartphone (Ajustes > Bluetooth > ACTIVADO).
- E** Mantenga pulsado el botón "START" para iniciar el emparejamiento.



COMENZAR A MEDIR

A Fijación del manguito.

B Pulse "START" para encender el tensiómetro y este realizará el proceso de medición de forma automática.



REGISTROS

Pulse el botón "MEM" para acceder a la memoria. El tensiómetro mostrará la media de las tres últimas mediciones. Pulse el botón "MEM/UP" o "SET/DOWN" para moverse por los registros del historial. Pulse "MEM/UP" para avanzar. Pulse "SET/DOWN" para retroceder.

CONSEJOS PARA REALIZAR MEDICIONES

	Óptima	Normal	Normal-alta	Leve	Moderada	Grave
SYS	<120	120-129	130-139	140-159	160-179	≥180
DIA	<80	80-84	85-89	90-99	100-109	≥110

SOLUCIÓN DE PROBLEMAS

- E2** El manguito está muy apretado.
- E3** La tensión del manguito es excesiva.
- E9** El producto no se ha activado.
- E10/11** El tensiómetro ha detectado movimiento durante la medición.
- E20** El proceso de medición no detecta la señal de pulso.
- E21** Medición incorrecta.
- Eexx** Error de calibración.
- Lo** Batería baja. Recarga el producto con el cable USB.

GARANTÍA & PROTECCIÓN MEDIOAMBIENTAL

El producto está garantizado por un período de dos años contra todo defecto de material y de fabricación. Durante dicho período, los problemas de este tipo se repararán gratuitamente, previa presentación de un justificante de compra. La garantía no cubre los daños resultantes de accidentes, uso indebido o negligencia. Si tiene una reclamación, le rogamos se ponga en contacto, en primer lugar, con la tienda en la que adquirió el producto.



Los productos eléctricos no deben desecharse con la basura doméstica. Reciclelos en las instalaciones disponibles. Consulte a las autoridades locales o al comerciante para informarse sobre el reciclado.

Vielen Dank, dass Sie sich für ein TERRAILLON Handgelenk-Blutdruckmessgerät TENSIO entschieden haben.

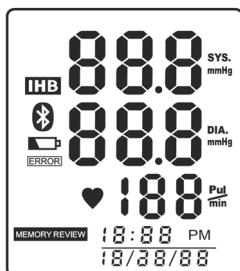
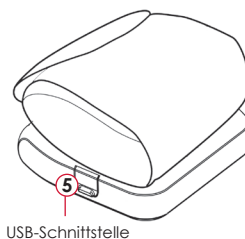
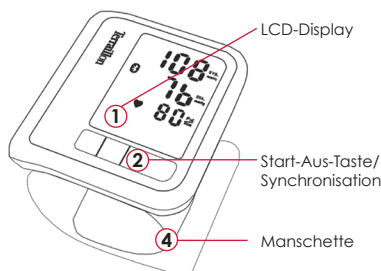


Dieses Gerät ermöglicht Ihnen die Kontrolle Ihres Blutdrucks. Es ist nicht für diagnostische Zwecke bestimmt. Für Diagnose, Rat und Behandlung sollten Sie stets Ihren Arzt aufsuchen.

MEHR INFORMATIONEN FINDEN SIE

<http://www.terraillon.com>

FUNKTIONEN



- SYS** Systolischer Blutdruck
- DIA** Diastolischer Blutdruck
- Pul min** Puls frequenz
- ERROR** Fehler
- mmHg** Gerät
- Bluetooth** Datenübertragung
- Battery icon** Batterie schwach
- Memory icon** Speicher
- Time icon** Zeit [Stunde/Minute - Monat/Tag/Jahr]
- IHB** Melder für unregelmäßigen Herzschlag

ERSTINSTALLATION

A Halten Sie die "SET"-Taste 3 Sekunden lang gedrückt, um den Zeiteinstellungsmodus aufzurufen. Drücken Sie die "MEM"-Taste um die Zeit zu ändern und Drücken Sie erneut "SET"-Taste, um die Zahl zu bestätigen. Nachdem Sie [ZEIT] und [DATUM] bestätigt haben, erscheint die Meldung "Done" auf dem Display.

B Laden Sie die App Terraillon Wellness Coach herunter.

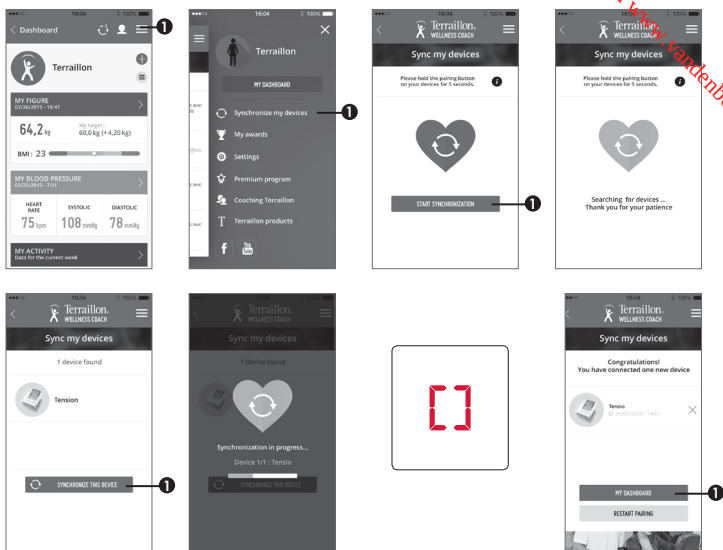


C Legen Sie ein Konto an.



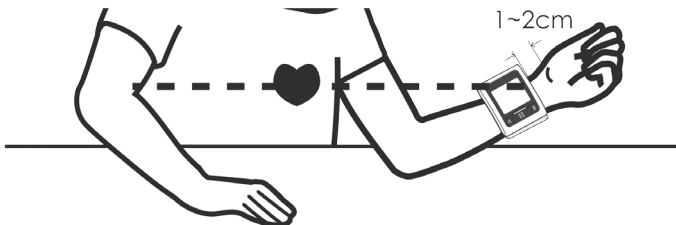
D Aktivieren Sie die Bluetooth-Funktion auf Ihrem Smartphone (Einstellungen > Bluetooth > ON).

E Halten Sie die "START" -Taste um das Koppeln zu aktivieren.



ERSTE MESSUNGEN

- A** Anbringen der Manschette.
- B** Drücken Sie "START"-Taste, um das Gerät einzuschalten. Dann erfolgt die Messung automatisch.



DATEN

Drücken Sie die Taste "MEM", um auf den Speicher zuzugreifen. Das Messgerät berechnet zuerst den Durchschnittswert der letzten drei Messungen. Drücken Sie die Taste "MEM/UP" oder "SET/DOWN", um die gespeicherten Ergebnisse einzusehen. Mit "MEM/UP" können Sie vorwärts und mit "SET/DOWN" rückwärts blättern.

TIPPS ZUR MESSUNG DES BLUTDRUCKS

	Optimal	Normal	Hoch-normal	Leichte Hypertonie	Mittlere Hypertonie	Schwere Hypertonie
SYS	<120	120-129	130-139	140-159	160-179	≥180
DIA	<80	80-84	85-89	90-99	100-109	≥110

PROBLEMLÖSUNG

- E2** Die Manschette ist sehr eng.
- E3** Die Manschette ist zu stark aufgepumpt.
- E9** Das Gerät wurde nicht aktiviert.
- E10/11** Das Gerät hat während der Messung eine Bewegung erkannt.
- E20** Während der Messung wurde kein Pulssignal erfasst.
- E21** Falsche Messung.
- Eexx** Ein Kalibrationsfehler ist aufgetreten.
- Lo** Schwache Batterie. Laden Sie das Produkt mit USB-Kabel.

GARANTIE & UMWELTSCHUTZSYMBOL

Für dieses Produkt besteht eine 2-Jahres-Garantie gegen Material- und Fabrikationsfehler. Während dieses Zeitraums werden diese Fehler kostenlos repariert (wenn die Waage unter Garantie steht, muss ein Kaufnachweis vorgelegt werden). Diese Garantie deckt keine Schäden, die aus Unfällen, unsachgemäßer Verwendung oder Nachlässigkeit entstehen. Bei Reklamationen wenden Sie sich bitte an das Geschäft, in dem Sie die Blutdruckmessgerät erworben haben.



Elektrische Geräte getrennt von Hausmüll entsorgen. Bitte nach Möglichkeit recyceln. Erkundigen Sie sich bei Ihrem Händler oder Ihrer Gemeinde nach Recyclingmöglichkeiten.

Muito obrigado por escolher TENSIO o Monitor de Pressão Sanguínea de Pulso TERRAILLON.

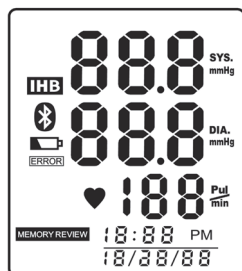
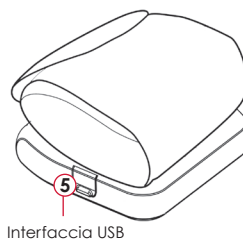
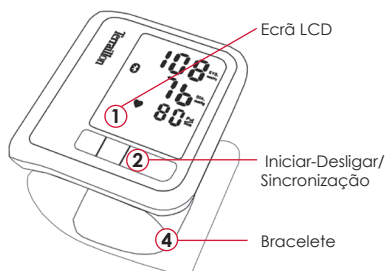


Esta unidade permite-lhe controlar a sua pressão sanguínea. Este dispositivo não se destina a ser utilizado como dispositivo diagnóstico. Contacte sempre o seu médico relativamente a diagnósticos, aconselhamento e tratamento.

OBTENHA MAIS INFORMAÇÕES SOBRE

<http://www.terraillon.com>

VISÃO GERAL



- SYS** Pressão Sanguínea Sistólica
- DIA** Pressão Sanguínea Diastólica
- Pul min** Batimentos cardíacos
- ERROR** Erro
- mmHg** Unidade
- Bluetooth** Dados em transmissão
- Battery** Pilha Fraca
- MEMORY REVIEW** Memória
- Time** Tempo [Hora/Minuto - Mês/Dia/Ano]
- IBH** Detetor de batimentos cardíacos irregulares

PRIMEIRA INSTALAÇÃO

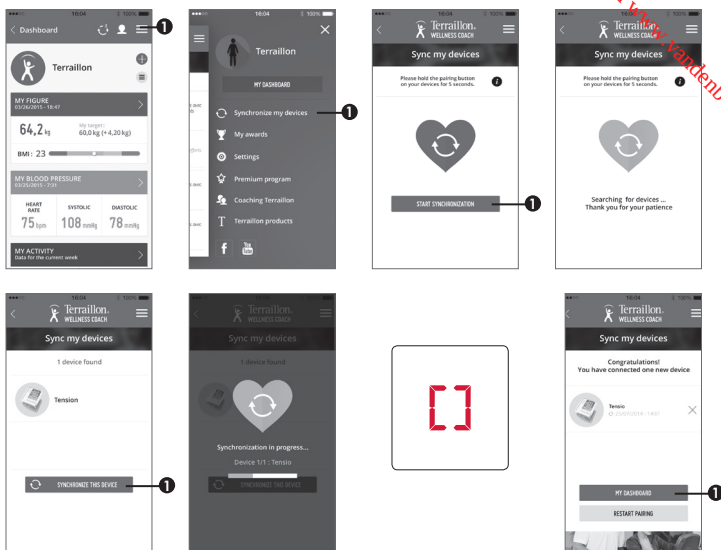
- A** Prima e mantenha premido o botão "SET" durante 3 segundos, para entrar no Modo de Definição do Tempo. Prima o botão "MEM" para alterar número e prima novamente o botão "SET" para confirmar. Depois de confirmar os [HORA] e [DATA], o LCD apresenta a mensagem "Done".
- B** Descarregue a aplicação Terraillon Wellness Coach.



- C** Crie uma conta.



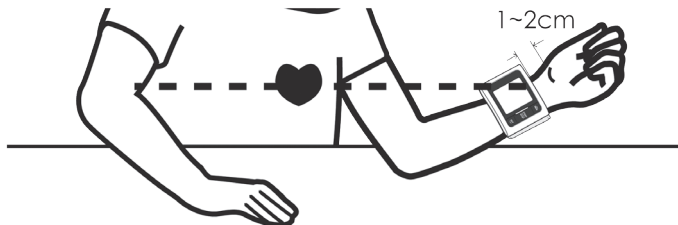
- D** Active a função Bluetooth no Smartphone (Definições > Bluetooth > Ligado).
- E** Mantenha premido o botão "START" para iniciar a sincronização.



COMEÇAR A UTILIZAÇÃO

A Coloque a bracelete.

B Prima "START" para ativar o monitor. Este completará o procedimento de medição automaticamente.



REGISTOS

Prima o botão "MEM" para aceder à memória. O monitor apresenta, em primeiro lugar, a média calculada a partir das últimas três medições. Prima o botão "MEM/UP" ou o botão "SET/DOWN" para avançar ou retroceder nos registos. "MEM/UP" para avançar; "SET/DOWN" para retroceder.

SUGESTÕES DE MEDIÇÃO

	Ótimo	Normal	Elevada-normal	Ligeira	Moderato	Grave
SYS	<120	120-129	130-139	140-159	160-179	≥180
DIA	<80	80-84	85-89	90-99	100-109	≥110

RESOLUÇÃO DE PROBLEMAS

- E2** A bracelete está demasiado apertada.
- E3** A pressão na bracelete é exagerada.
- E9** O produto não foi ativado.
- E10/11** O monitor detetou movimento durante a medição.
- E20** O processo de medição não deteta batimentos cardíacos.
- E21** Medição incorreta.
- Eexx** Ocorreu um erro de calibração.
- Lo** Pilha fraca. Recarregue o produto com o cabo USB.

GARANTIA & PROTEÇÃO AMBIENTAL

Este aparelho é garantido 2 anos contra qualquer defeito material e de fabrico. Durante este período, os defeitos serão reparados gratuitamente (uma prova de compra deve ser apresentada se a balança estiver abrangida pela garantia). Esta garantia não cobre os danos resultando de acidentes, utilização incorrecta ou negligência. Se quiser apresentar uma reclamação, dirija-se em primeira instância à loja onde comprou o aparelho.



Equipamentos elétricos desativados não devem ser eliminados juntamente com os resíduos domésticos. Entregue num ponto de reciclagem existente. Consulte as autoridades locais ou o revendedor para obter informação sobre a reciclagem.

Safety Information

The below signs might be in the user manual, labeling of other components.

They are the requirement of standard and using.

	Symbol for "THE OPERATION GUIDE MUST BE READ"		Symbol for "TYPE BF APPLIED PARTS"
C € 0123	Symbol for "COMPLIES WITH MDD 93/42/EEC REQUIREMENTS"		Symbol for "ENVIRONMENT PROTECTION - Waste electrical products should not be disposed of with household waste. Please recycle where facilities exist. Check with your local authority or retailer for recycling advice"
	Symbol for "MANUFACTURER"		
SN	Symbol for "SERIAL NUMBER"		Symbol for "DIRECT CURRENT"
	The Bluetooth Combination Mark		Symbol for "Authorised Representative in the European Community"
	Symbol for "MANUFACTURE DATE"		Symbol for "Including RF transmitter"



CAUTION

- * It is intended for adult indoor use only. Pregnant women, pre-eclamptic patients and patients with severe obesity don't use the device. If you need, please consult professional doctor.
- * This device is intended for non-invasive measuring and monitoring of arterial blood pressure. It is not intended for use on extremities other than the wrist or for functions other than obtaining a blood pressure measurement.
- * Please use the device under specified environment by user manual, otherwise the accuracy of the device will be influenced.
- * Do not confuse self-monitoring with self-diagnosis. This unit allows you to monitor your blood pressure. Please start or end medical treatment basing solely on physician's treatment advice.
- * If you are taking medication, consult your physician to determine the most appropriate time for your measurement. Never change a prescribed medication without your physician's consent.
- * This unit is not suitable for continuous monitoring during medical emergencies or operations. Otherwise, the patient's wrist and fingers will become anaesthetic, swollen, and even purple due to a lack of blood.
- * If the pressure of the cuff exceeds 40 kPa (300 mmHg), the unit will automatically deflate. If the cuff don't deflate when its pressure exceeds 40 kPa (300 mmHg), detach the cuff from the wrist and press the START/ STOP button to stop inflation.
- * Do not use the monitor under the conditions of strong electromagnetic field (e.g. medical RF equipment) that radiates interference signal or electrical fast transient/ burst signal.
- * The maximum temperature that the applied part can be achieved is 42.5°C while the environmental temperature is 40°C.
- * The device is not AP/APG equipment. It is not suitable for use in the presence of a flammable anesthetic mixture with air (or oxygen, nitrous oxide).
- * Please keep the unit out of reach of infants, children or pets, since inhalation or swallowing of small parts is dangerous or even fatal.
- * Please use ACCESSORIES and detachable parts specified / authorised by MANUFACTURER. Otherwise, it may cause damage to the unit or danger to the user / patient.
- * The patient is an intended operator. The patient can measure, transmit data and charge battery under normal circumstances and maintain the device and its accessories according to the user manual.
- * The blood pressure monitor, and the cuff are suitable for use within the patient environment. If you are allergic to dacron or plastic, please don't use this device.
- * The device is not intended for PATIENT transport outside a healthcare facility.
- * This device cannot be used with HF surgical equipment at the same time.
- * There is a PTC current limiter in the monitor, which specification is 8V and 0.5A. When the voltage and current exceed the limiting value, the monitor will stop working.
- * If Luer lock connectors are used in the construction of tubing, there is a possibility that they might be inadvertently connected to intravascular fluid systems, allowing air to be pumped into a blood vessel.
- * The device is not suitable for public use.
- * Be careful to strangulation due to cables and hoses, particularly due to excessive length.
- * When using this device, please pay attention to the following situation which may interrupt blood flow and influence blood circulation of the patient, thus cause harmful injury to the patient: too frequent and consecutive multiple measurements; the application of the CUFF and its pressurization on any wrist where intravascular access or therapy, or an arterio-venous (A-V) shunt, is present; inflating the cuff on the wrist on the side of a mastectomy.
- * Do not apply the cuff over a wound, otherwise it can cause further injury.
- * Do not inflate the cuff on the same limb which other monitoring ME EQUIPMENT is applied around simultaneously, because this could cause temporary loss of function of those simultaneously-used monitoring ME EQUIPMENT.
- * Please make sure the unit functions safely and it is in proper working conditions before use. Don't service or maintain while the device is in use.
- * If you have any problems with this device, such as setting up, maintaining or using, please contact with SERVICE PERSONNEL of Terrailon. Don't open or repair the device by yourself.
- * Using it in case to result in prolonged impairment of the circulation of the blood of the PATIENT.
- * Please report to Terrailon if any unexpected operation or events occur.
- * Cleaning: Dust environment may affect the performance of the unit. Please use the soft cloth to remove the dirt of the device and cuff before and after use.
- * Calibration: The manufacturer does not require such preventive inspections or calibration by other persons and will make available on request of circuit diagrams, component part list, etc.
- * Disposal: Degraded sensors may result in inaccurate measurement while loosened electrodes may cause the monitor's failure to power on. Please dispose of ACCESSORIES, detachable parts, and ME EQUIPMENT according to local guidelines.

Tips for User

It can cause inaccuracy if the measurement is taken in the following circumstances.

1. Within 1 hour after dinner or drinking.
2. Immediate measurement after tea, coffee, smoking.
3. Within 20 minutes after taking a bath.
4. When talking or moving your fingers.
5. In a very cold environment.
6. When you want to discharge urine.

To obtain the best performance, please follow below instructions.

1. Put in a dry place and avoid the sunshine.
2. Avoid immersing it in the water. Clean it with a dry cloth in case.
3. Avoid shaking and collision.
4. Avoid dusty environment and unstable temperature surrounding.
5. Use the slightly damp cloth to remove the dirt.
6. Avoid washing the cuff.



CAUTION

1. The battery of Tensio is built-in rechargeable lithium-ion battery, please do not disassemble it by the unauthorized maintenance personel.
2. Under the normal using, it can charge power about 300 times, if the battery cannot charge the power normally or the blood pressure monitor cannot use normally, please connect with the authorized maintenance personel. If measured three times per day, and the battery is fully charged, it can be used for about 20 days.
3. Storge and use the blood pressure monitor at the cool, dry and ventilated environment. Avoid to approach to the fire and the heat source, or it will cause the battery explode.
4. Only can use the Teraillon's authorized USB cable to charge the power. You cannot use the blood pressure monitor during the process of charging.
5. During the process of charging, the blood pressure monitor display.  When the charging is finished, please pull the plug in time.
6. When charging, shall not touch charging connector and the patient simultaneously.

Positioning the Cuff

1. Remove all accessories (watch, bracelet, etc) from your left wrist. If your physician has diagnosed you with poor circulation in your left wrist, use your right wrist.
2. Roll or push up your sleeve to expose the skin.
3. Apply the cuff to your left wrist with your palm facing up.
4. Position the edge of the cuff about 1-2 cm.
5. Fasten the wrist cuff around your wrist, leaving no extra room between the cuff and your skin. If the cuff is too loose, the measurement will not be accurate.
6. Patients with Hypertension:

The middle of the cuff should be at the level of the right atrium of the heart; Before starting measurement, please sit comfortably with legs uncrossed, feet flat on the floor, back and arm supported.

- Resting for 5 minutes before measuring.
- Wait at least 3 minutes between measurements. This allows your blood circulation to recover.
- For a meaningful comparison, try to measure under similar conditions. For example, take daily measurements at approximately the same time, on the same wrist, or as directed by a physician.

Irregular Heartbeat Detector

This Blood Pressure Monitor is equipped with an intelligent function of Irregular Heartbeat (IHB) Detector. During each measurement, this equipment records the heartbeat intervals and works out the standard deviation. If the calculated value is larger than or equal to 15, this equipment will light up the IHB symbol on the screen when displaying the measuring result.

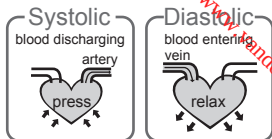


CAUTION

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. However, if the symbol appears often, we recommend you seek medical advice. Please note that the device does not replace a cardiac examination, but serves to detect pulse irregularities at an early stage.

What are systolic pressure and diastolic 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.



Why does my blood pressure fluctuate throughout the day?

1. Individual blood pressure varies every in one day, it also affected by the way you tie your cuff and your measurement position, so please take the measurement at the same condition.
2. The varies of the pressure is greater if the person take medicine.
3. Waiting at least 3 minutes for another measurement.

Why the blood pressure I get from the hospital is different from home?

The blood pressure is different even during 24 hour because of the weather, emotion, exercise etc, specially the "white coat" in hospital which makes the results are higher than the ones at home.

The attention need to pay when you measure your blood pressure at home:

If the cuff is tied properly.

If the cuff is too hight or too loose.

If the cuff is tied on the wrist.

If you feel anxious pressured.

You had better take deep breath 2-3 times before beginning.

Advice: adjust yourself for 4-5 minutes until you calm down.

If the result is the same if measuring on the right wrist?

It is ok for both wrists, but there will be some different results for different person, so suggest you measure the same wrist every time.

Specification

Power supply	3.7V 420mAH Built-in rechargeable lithium ion battery, 5V / 1A USB
Display mode	Digital LCD V.A.46.5x36.5mm
Measurement mode	Oscillographic testing mode
Measurement range	Rated cuff pressure: 0kpa-40kpa (0mmHg-300mmHg) Measurement pressure: 5.3kPa-30.7kPa (40mmHg-230mmHg) pulse value : (40-199)beat/minute
Accuracy	Pressure: 5°C-40°C with ± 0.4 kpa (3mmHg) pulse value: $\pm 5\%$
Normal working condition	Temperature: 5°C to 40°C Relative humidity $\leq 85\%$ Atmospheric pressure: 86kPa to 106kPa
Storage & transportation condition	Temperature: -20°C to 60°C RH: 10% to 93% Atmospheric pressure: 50kPa to 106kPa
Measurement perimeter of the wrist	About 13.5cm-21.5cm
Weight	Approx.110g
External dimensions	Approx. 79.8×72.5×13.2mm
Attachment	USB cable, user manual
Mode of operation	Continuous operation
Degree of protection	Type BF applied part
Protection against ingress of water	IP22, It means the device could protected against solid foreign objects of 12.5 mm and greater, and against vertically falling water drops when ENCLOSURE tilted up to 15°
Software version	V01
Device classification	Battery Powered Mode: Internally Powered ME Equipment AC Adaptor charged Mode: Class II ME Equipment

WARNING: No modification of this equipment is allowed.

Complied European Standards List

Risk management	ISO/EN 14971:2012 Medical devices — Application of risk management to medical devices
Labeling	ISO/EN 15223-1:2012 Medical devices. Symbols to be used with medical device labels, labelling and information to be supplied. General requirements
User manual	EN 1041: 2008 Medical equipment manufacturers to provide information
General Requirements for Safety	EN 60601-1: 2006 Medical electrical equipment - Part 1: General requirements for basic safety and essential performance IEC/EN 60601-1-11: 2010 Medical electrical equipment -- Part 1-11: General requirements for basic safety and essential performance - Collateral standard: Requirements for medical electrical equipment and medical electrical systems used in the home healthcare environment IEC/EN 80601-2-30:2009 Medical electrical equipment - Part 2-30: Particular requirements for the basic safety and essential performance of automated noninvasive sphygmomanometers
Electromagnetic compatibility	IEC/EN 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 requirements	EN 1060-1:1995+A2:2009 Non-invasive blood pressure Part 1: General requirements EN 1060-3:1997+A2:2009 Non-invasive blood pressure Part 3: Supplementary requirements for electromechanical blood pressure measuring system
Clinical investigation	EN 1060-4: 2004 Automatic Blood Pressure Monitor overall system Interventional accuracy of the testing process
Usability	IEC/EN 60601-1-6: 2010 Medical electrical equipment -- Part 1-6: General requirements for basic safety and essential performance - Collateral Standard: Usability IEC/EN 62366: 2007 Medical devices - Application of usability engineering to medical devices
Software life-cycle processes	IEC/EN 62304:2006+AC: 2008 Medical device software - Software life cycle processes

EMC Guidance

1. The Blood Pressure Monitor needs special precautions regarding EMC and needs to be installed and put into service according to the EMC information provided in the ACCOMPANYING DOCUMENTS
2. Wireless communications equipment such as wireless home network devices, mobile phones, cordless telephones and their base stations, walkie-talkies can affect this equipment and should be kept at least a distance $d = 3,3$ m away from the equipment.

(Note. As indicated in Table 6 of IEC 60601-1-2:2007 for MEE EQUIPMENT, a typical cell phone with a maximum output power of 2 W yields $d = 3,3$ m at an IMMUNITY LEVEL of 3 V/m)



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