





- |           |   |  |           |  |  |
|-----------|---|--|-----------|--|--|
| <b>EN</b> | 1. Arm Cuff   | 5. Memory Key  | <b>ES</b> | 1. Brazalete   | 5. Botón de memoria  |
|           | 2. LCD Display  | 6. ON/OFF/START Key  |           | 2. Pantalla LCD  | 6. Botón de ENCENDIDO/ APAGADO/INICIO  |
|           | 3. Air Tube and Connector   | 7. Battery Cover   |           | 3. Tubo de aire y conector   | 7. Tapa de pilas   |
|           | 4. Inflating Bulb   |  |           | 4. Pera de inflado   |  |
| <b>DE</b> | 1. Oberarmmanschette, Luftschlauch zum Anschluss, Gummiball zum Aufpumpen | 5. „Speicher“-Taste, Taste ON/OFF/ START, Batterieabdeckung, Touchscreen | <b>FR</b> | 1. Brassard pour bras, écran LCD, Tuyau d'air et connecteur, Poire gonflable | 5. Touche Mémoire, Touche ON/OFF/ DEMARRAGE, Couverture du logement des piles, |

## English

you that you should continue pumping the pressure to more than 200 mmHg.

3. Sit still and wait for the monitor to deflate and measure your blood pressure. It is important to remain still and quiet during measurement. Any significant movement may affect measurement results.

4. When the measurement is completed, systolic blood pressure, diastolic blood pressure, and pulse will be shown simultaneously and be saved automatically in the memory system. Up to 90 measurements can be saved in the memory system.

5. Press the ON/OFF key to rapidly deflate and turn off the power. If no key is pressed, the unit will shut off automatically in 1 minute.

Note: This monitor automatically switches off approximately 1 minute after last key operation. To interrupt the measurement, simply press the Memory key or ON/OFF key; the cuff will deflate immediately. During the measurement do not talk or move your arm or hand muscles.

**Recalling Values from Memory**  
To read memory values, press the Memory key. The memory values will show on the LCD display. The last measurement will be shown first. Every new press of the Memory key calls for one prior value stored. When the Memory key can store up to 90 readings. When the memory capacity exceeds 90 readings, the oldest data will be replaced with the new record.

**Clearing Values from Memory**  
Press and hold the Memory key for approximately 5 seconds, then the data in the memory zone can be erased automatically.

**Troubleshooting**  
If any abnormality arises during use, please check the following points.

Symptoms	Check Points	Correction
No display when the ON/OFF key is pressed	Have the batteries run down? Have the batteries' polarity been positioned incorrectly? Is the cuff placed correctly?	Replace them with four new batteries. Re-check the batteries in the correct positions. So that it is positioned correctly.
EE mark shown on display	Is the cuff pressure pumped enough? (50-60 mmHg above normal systolic value)? Did you talk or move during measurement? Did you vigorously shake the cuff during measurement?	Measure it again and pump up 50-60 mmHg more than normal systolic value. Keep it quiet. Measure it again. Keep arm steady during measurement.

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

**Cautionary Notes**

- The unit contains high-precision assemblies. Therefore, avoid extreme temperatures, humidity, and direct sunlight. Avoid dropping or strongly shaking the main unit, and protect it from dust.
- Clean the blood pressure monitor body and the cuff carefully with a slightly damp, soft cloth. Do not press. Do not wash the cuff or use chemical cleaner on it. Never use alcohol or petrol (gasoline) as cleaner.
- Leaky batteries can damage the unit. Remove the batteries when the unit is not used for a long time.
- The unit should not be operated by children so to avoid hazardous situations.
- If the unit is stored near freezing, allow it to acclimate at room temperature before use.
- This unit is not field serviceable. You should not use any tool to open the device nor should you attempt to adjust anything inside the device. If you have any problems, please contact the store or the doctor from whom you purchased this unit or please contact Rossmax International Ltd.

**Display Explanations**  
**EE / Measurement Error:** Make sure the L-Plus is securely connected to the inflating bulb and measure again quietly. Wrap the cuff correctly and keep arm steady during measurement. If the error keeps occurring, return the device to your local distributor or service center.

**E1 / Air Circuit Abnormality:** Make sure the L-Plus is securely connected to the air socket on the side of the unit and measure again quietly. If the error still occurs, return the device to your local distributor or service center for help.

**E2 / Pressure Exceeding 300 mmHg:** Switch the unit off and measure again quietly. If the error keeps occurring, return the device to your local distributor or service center.

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

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**2.** As a common issue for all blood pressure monitors using the oscillometric measurement function, the device may have difficulty in determining the proper blood pressure for users diagnosed with common arrhythmia (atrial or ventricular premature beats or atrial fibrillation), diabetes, poor circulation of blood, kidney problems, or for users suffered from stroke, or for unconscious users.

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\*Specifications are subject to change without notice.

## Español

Los valores de presión arterial determinados con CH91 son equivalentes con aquellos obtenidos por un observador entrenado usando el método de auscultación con brazalete/estetoscopio dentro de los límites especificados en la norma ANSI para esfigmomanómetros electrónicos o automatizados. Esta unidad se ha diseñado para ser usada por adultos en un entorno doméstico. No use este aparato para niños o recién nacidos. El CH91 está protegido contra defectos de fabricación mediante un programa de garantía internacional. Para una información acerca de la garantía, usted puede contactar al fabricante, Rossmax International Ltd.

**Atención:** Consulte los documentos anexos. Por favor, lea este manual cuidadosamente antes del uso. Para una información específica acerca de su propia presión arterial, contacte a su médico. Por favor, fíjese en guardar el manual en un lugar seguro.

**Notas preliminares**  
El monitor de presión arterial está conforme con las disposiciones europeas y lleva la marca CE "CE 0120". La calidad del aparato ha sido verificada y está conforme con la Directiva 93/42/CEE (Directiva de Productos Sanitarios) del Consejo de la CE. Anexo I, Requisitos esenciales y normas armonizadas aplicables EN 1060-1:1995/A2:2009 Esfigmomanómetros no invasivos - Parte 1 - Requisitos generales

EN 1060-1:1997/A2:2009 Esfigmomanómetros no invasivos - Parte 3 - Requisitos suplementarios aplicables a los sistemas electromecánicos de medición de la presión sanguínea.

EN 1060-4:2004 Esfigmomanómetros no invasivos - Parte 4 - Procedimientos de ensayo para determinar la exactitud del sistema total de esfigmomanómetros no invasivos automatizados.

El método de presión arterial ha sido diseñado para una larga vida útil. Para garantizar mediciones exactas, se recomienda que este monitor sea recalibrado cada dos años.

**Norma de presión arterial**  
El Comité de Educación para la Salud Education Program Coordinating Committee (entonces el Comité de Educación para la Salud Education Program Coordinating Committee) ha desarrollado una norma de presión arterial clasificando los rangos de presión arterial en 4 niveles. (Ref: The Seventh Report of the Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure-Complete Report, JNC-7, 2003). Esta clasificación de la presión arterial está basada en datos históricos, y es posible que no se pueda aplicar directamente a cualquier paciente individual. Es importante que consulte a su médico periódicamente. Su médico le informará acerca de su rango de presión arterial personal normal, así como acerca de los límites a partir del cual representará un riesgo por su salud. Para un monitor y una referencia fiables de la presión arterial, recomendamos que mantenga registros a largo plazo. Por favor, descargue el diario de presión arterial de nuestro Sitio Web: www.rossmax.com.

**Nota:** Si la unidad todavía no funciona, devuélvala a su distribuidor. De ninguna manera deberá desarmar o reparar la unidad usted mismo.

**Nota de precaución**  
1. No conecte ensamblajes de alta precisión. Por lo tanto, evite temperaturas y humedad extremas, y la exposición directa al sol. Evite caldas y golpes intensos de la unidad principal, y protéjala de polvo.

**E1 / Error de medición:** Asegúrese de que el conector L está conectado firmemente en la toma de aire. Enrolle el brazalete correctamente y mantenga el brazo inmóvil durante la medición. Si el error sigue ocurriendo, devuelva el aparato a su distribuidor o servicio al cliente.

**E1 Anomalia del circuito de aire:** Asegúrese de que el conector L está conectado firmemente en la toma de aire en el lado de la unidad y vuelva a medir. Si el error sigue ocurriendo, devuelva el aparato a su distribuidor o centro de servicio al cliente.

**E2 / Presión sobrepasa 300 mmHg:** Apague la unidad y vuelva a medir. Si el error sigue ocurriendo, devuelva el aparato a su distribuidor o centro de servicio al cliente.

**E3 / Error de datos:** Saque y vuelva a meter las pilas. Si el error sigue ocurriendo, devuelva el aparato a su distribuidor o centro de servicio posventa locales.

**Detector de arritmia cardiaca**  
Esta unidad está equipada con un detector de arritmia cardiaca, el cual permite que las personas con una arritmia cardiaca obtengan mediciones exactas advirtiéndoles la presencia de una arritmia cardiaca durante la medición. Sin embargo, no recomendamos que consulte a su médico si el icono de arritmia cardiaca (⚡) aparece frecuentemente.

**Instalación de las pilas**  
1. Mueva la tapa de pilas hacia abajo y levántela en dirección de la flecha para permitir el acceso a la batería.  
2. Retire o sustituya 4 pilas "AAA" del compartimento de baterías conforme a las indicaciones en el interior del compartimento.  
3. Vuelva a poner la tapa de pilas enganchando primero los ganchos inferiores y después empujando el borde superior de la tapa de pilas.  
4. Reemplace las baterías en pares. Remueva las baterías cuando el uso por períodos prolongados. Deberá sustituir las pilas si:  
1. Aparece el icono de pila baja en la pantalla.  
2. Aparece el botón de ENCENDIDO/APAGADO y no aparece nada en la pantalla.

**Precaución**  
1. Las pilas son residuos peligrosos. No las tire junto con la basura doméstica.  
2. No exponga ni desmonte ninguna pieza que requiera mantenimiento. La garantía no cubre las pilas o los daños causados por pilas viejas.  
3. Use únicamente pilas de marca. Sustituya siempre todas las pilas juntas. Use pilas de la misma marca y del mismo tipo.

**Empleio del brazalete**  
1. Coloque el brazalete en el brazo izquierdo, dejando el extremo del brazalete dentro del anillo de D del brazalete.  
2. Pase el brazo izquierdo a través del jal de brazalete. El indicador de cinta de color deberá estar posicionado más cerca de usted, con el tubo mostrando hacia el brazo (Fig. 1). Gire el brazalete en sentido horario para que el extremo del brazalete a la izquierda y la L 2.5 cm encima del lado interior de la articulación del codo (Fig. 2). Apretre el brazalete tirando del extremo del brazalete.  
3. Centre el tubo sobre el codo del brazo. Presione el material del gancho firmemente contra el codo. Provoa suficiente espacio para 2 dedos entre el brazalete y su brazo. Posicione la marca de arteria (B) sobre el gancho principal (en el interior de su brazo) (Fig. 3, 4). Nota: Localice la arteria principal presionando con 2 dedos en el interior del brazo izquierdo a aproxim. 2 cm encima del codo circunferencia. Identifique el lugar en el cual el pulso se puede percibir más intensamente. Ésta es su arteria principal.  
4. Conecte el tubo de conexión de brazalete en la unidad (Fig. 5).  
5. Ponga su brazo sobre la mesa (con la palma de la mano hacia arriba) de tal modo que el brazalete esté a una altura similar a su corazón. Fíjese en que el tubo no está retorcido (Fig. 6).  
6. Éste brazalete será apropiado para usted si la flecha se encuentra dentro de la línea sólida de color del modo mostrado a la derecha (Fig. 7). Si la flecha se queda afuera de la línea sólida de color, necesitará un brazalete de otra circunferencia. Contacte a su distribuidor local para brazaletes de tamaños adicionales.

**Procedimientos de medición**  
Algunas sugerencias útiles para ayudarle a obtener lecturas más exactas.  
1. Mantenga el brazo inmóvil con cada latido y esté sometida a una constante fluctuación durante el día.  
2. El registro de la presión arterial puede ser afectado por la posición del usuario, su condición fisiológica y otros factores. Para máxima exactitud, espere una hora después de hacer ejercicio, bañarse, comer, tomar bebidas con alcohol o fumar antes de realizar una medición.  
3. Antes de la medición, se recomienda que esté relajado tranquilamente por un mínimo de 5 minutos, ya que una medición realizada en un estado relajado será más exacta. No debería estar físicamente cansado o exhausto al realizar una medición.  
4. No realice mediciones si está estresado o bajo tensión.  
5. Durante la medición, no hable ni mueva los músculos del brazo o la mano.  
6. Mida su presión arterial a una temperatura corporal normal. Si tiene frío o calor, espere que se realice una medición cuando su temperatura corporal sea normal.  
7. Si el monitor es guardado a temperaturas muy bajas (cero de congelación), colóquelo en un lugar caliente por lo menos una hora antes de usarlo.  
8. Espere 5 minutos antes de realizar la siguiente medición.  
9. No realice mediciones si está estresado o bajo tensión. Si las visualizaciones aparecen raras por unos dos segundos antes de regresar a 0°. Se oírán un tono largo y tres tonos breves. En este momento, la unidad está lista para la medición.  
10. Comprima la pera para aumentar la presión en el brazalete. La pantalla mostrará la lectura de presión en el brazalete. Haga bombear hasta que la presión arterial sea aproximadamente 50-60 mmHg por encima de su presión sistólica normal. Si su presión arterial es más alta que 180 mmHg, y la presión en el brazalete no es suficiente, se visualizará una flecha hacia arriba (⬆) y permanentemente se oírán sonidos breves que indicarán que deberá continuar inflando el bombeo hasta una de 200 mmHg. Si tres sonidos breves para avisarle que pare el bombeo.  
11. Permanezca tranquilo tranquilamente y espere a que el monitor se desinfla y mida su presión arterial. Es importante que permanezca inmóvil y quieto durante la medición. Cualquier movimiento significante podría afectar el resultado de medición.

- |           |  |           |                                  |           |                         |
|-----------|--|-----------|----------------------------------|-----------|-------------------------|
| <b>EN</b> | 1. Inflation/deflation Reminder        | <b>ES</b> | 1. Aviso de inflado/ desinflado  | <b>ES</b> | 1. Presión sistólica    |
|           | 2. Weak Battery Mark                   |           | 2. Marca de pila baja            |           | 2. Presión diastólica   |
|           | 3. Memory Mark                         |           | 3. Marca de memoria              |           | 3. Frecuencia del pulso |
|           | 4. Irregular Heartbeat (IHB) Detection |           | 4. Detector de arritmia cardiaca |           | 4. Marca del pulso      |



- |           |  |           |                                   |           |                                      |
|-----------|--|-----------|-----------------------------------|-----------|--------------------------------------|
| <b>DE</b> | 1. Erinnerung zum Aufpumpen/ Entlasten | <b>FR</b> | 1. Rappel de gonflage/ dégonflage | <b>FR</b> | 1. Trouble du rythme cardiaque (IHB) |
|           | 2. Symbol für erschöpfte Batterie      |           | 2. Icône "Faible état de charge"  |           | 2. Pression systolique               |
|           | 3. Speichersymbol                      |           | 3. Icône de la mémoire            |           | 3. Pression diastolique              |
|           |  |           |                                   |           | 4. Marque du pouls                   |

4. Al haber acabado la medición, se mostrarán la sistólica, la diastólica y el pulso simultáneamente, y éstos serán guardados automáticamente en el sistema de memoria. Se puede guardar hasta un máximo de 90 mediciones en la memoria.

5. Pulse el botón de ENCENDIDO/APAGADO para desinflar rápidamente y apagar. Si no se pulsa ningún botón, la unidad se apagará automáticamente en 1 minuto.

Nota: Este monitor se apagará automáticamente después de 1 minuto después de la última operación de algún botón. Para interrumpir la medición, simplemente pulse el botón de ENCENDIDO/APAGADO. El brazalete se desinflará inmediatamente. Durante la medición, no hable ni mueva los músculos del brazo o la mano.

**Revisión de los valores en la memoria**  
Para leer los valores almacenados en la memoria, presione el botón MEMORIA. Los valores memorizados serán mostrados en la pantalla LCD. El último valor medido será el primero en ser mostrado. Con cada pulsación de la tecla de memoria se recuperará el valor anterior.  
Nota: Se pueden almacenar hasta 90 mediciones. Cuando las mediciones superen las 90, el registro más antiguo será reemplazado por la última medición.

**Eliminación de los valores en la memoria**  
Para borrar o mantener el botón de memoria pulsado por aprox. 5 segundos. A continuación, los datos en la zona de memoria podrán ser borrados automáticamente.

**Localización de fallas**  
Si se presenta cualquier anomalía durante el uso, por favor compruebe los siguientes puntos.  
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**Síntomas**

Síntomas	Puntos de verificación	Corrección
Ninguna visualización al pulsar el botón de ENCENDIDO/APAGADO	¿Están vacías las pilas? ¿Están los polos de las pilas en las posiciones correctas? ¿Está correctamente posicionada la manguera?	Sustitúyalas con cuatro pilas nuevas. Vuelva a meter las pilas en las posiciones correctas. Enrolle la manguera adecuada correctamente.
Se muestra la marca EE en la pantalla o el valor de presión arterial normal	¿Ha sido la presión de inflado suficiente? (50-60 mmHg por encima del valor sistólico normal)? ¿Hizo usted algo durante la medición? ¿Sacudió la manguera extremadamente bajo algo?	Repita la medición y ajuste la presión a unos 50-60 mmHg más que la presión sistólica normal. Manténgala quieta durante la medición.

Nota: Si la unidad todavía no funciona, devuélvala a su distribuidor. De ninguna manera deberá desarmar o reparar la unidad usted mismo.

**Nota de precaución**  
1. No conecte ensamblajes de alta precisión. Por lo tanto, evite temperaturas y humedad extremas, y la exposición directa al sol. Evite caldas y golpes intensos de la unidad principal, y protéjala de polvo.

**E1 / Error de medición:** Asegúrese de que el conector L está conectado firmemente en la toma de aire. Enrolle el brazalete correctamente y mantenga el brazo inmóvil durante la medición. Si el error sigue ocurriendo, devuelva el aparato a su distribuidor o servicio al cliente.

**E1 Anomalia del circuito de aire:** Asegúrese de que el conector L está conectado firmemente en la toma de aire en el lado de la unidad y vuelva a medir. Si el error sigue ocurriendo, devuelva el aparato a su distribuidor o centro de servicio al cliente.

**E2 / Presión sobrepasa 300 mmHg:** Apague la unidad y vuelva a medir. Si el error sigue ocurriendo, devuelva el aparato a su distribuidor o centro de servicio al cliente.

**E3 / Error de datos:** Saque y vuelva a meter las pilas. Si el error sigue ocurriendo, devuelva el aparato a su distribuidor o centro de servicio posventa locales.