

Automatic Wrist Blood Pressure Monitor



User Manual

Thank you for choosing our Automatic Wrist Blood Pressure Monitor! Our device offers accurate reading and simple operation for hassle-free monitoring. Keep track of your blood pressure effortlessly and stay in control of your health.

Table Of Contents

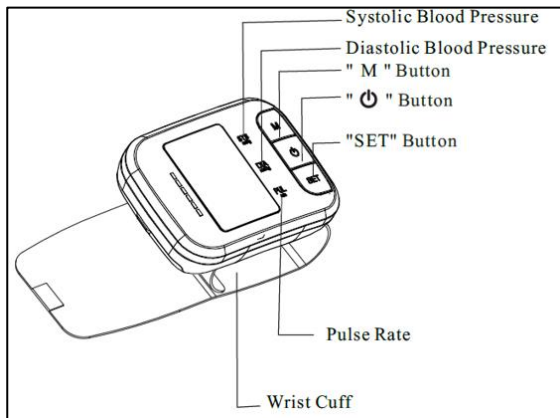
Table of Contents	2
What's In the Box	3
Product Information	3
Quick Start	4
Applying the Wrist Monitor.....	5
Testing	6
System Settings	10
Battery Safety	17
Warnings	19
EMC Information-Guidance and Manufacture's Declaration	20
FCC Statement	21
Limited Product Warranty	22
Extended Manual	23

What's In the Box

1. Wrist Blood Pressure Monitor
2. Carry Case
3. User Manual
4. 2 x AAA Batteries

Product Information

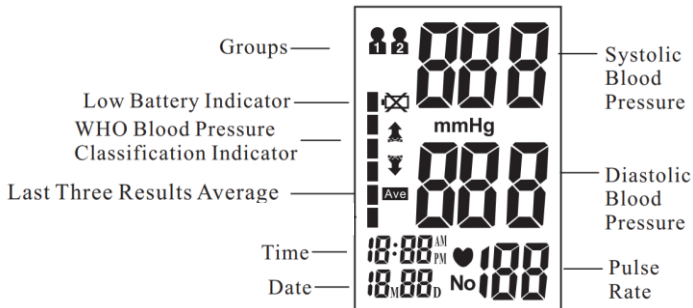
The MOBI® Health Wrist Blood Pressure Monitor offers a convenient way to measure your blood pressure at home. This compact device features an easy-to-use, one-button operation with a comfortable wrist cuff and an LCD display for clear readings. It stores up to 120 readings in total for two users, making it ideal for regular monitoring.



Quick Start

1. Insert two AAA batteries into the device.
2. Remove any clothing covering the left-hand wrist area.
3. Take a few minutes to relax before conducting the test.
4. Place the wrist cuff around your left wrist.
5. Sit comfortably and ensure your wrist is at the same level as your heart.
6. Press the  button to initiate the test.
7. Refrain from making any movements or speaking until the test is finished.
8. When the test is complete, you'll hear three short beeps. The screen will then display measurements for both Systolic and Diastolic blood pressure.

Note: Before testing, you can select either group number 1 or 2 for the individual



Applying the Wrist Monitor

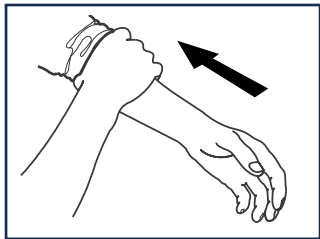


Figure 1

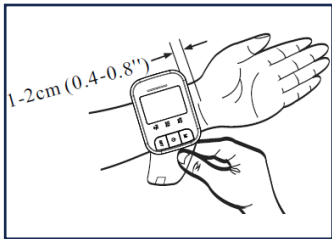


Figure 2

- Avoid placing the monitor over clothing. If wearing a long-sleeved shirt, ensure the sleeve is rolled back to the forearm, as shown in Figure 1.
- Apply the monitor to the wrist as demonstrated in Figure 2. Tighten the cuff firmly to prevent it from moving.
- For more accurate results, refrain from standing while testing. Instead, sit in a comfortable position with your back supported, feet flat on the floor, and legs uncrossed. Position the middle of the cuff at the same level as your heart, as illustrated in Figure 3. Avoid any movements or talking until the operation is completed.

Testing

1. Turning On the Unit

- Press the designated button.
- The LCD screen will appear briefly for one second as the unit performs a quick diagnosis.
- A long tone indicates that the device is ready for testing.



Figure 3

2. Pressurization

- The unit will automatically inflate to the proper pressure level and then stop inflating.
- During this process, refrain from any movement or talking until the operation is completed.

Note:

- Pressurization will gradually subside and eventually stop if the cuff is not properly applied to the wrist.

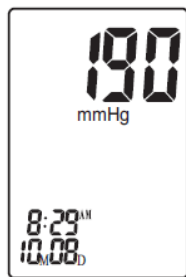


Figure 4

If this occurs, press the “” button to turn the unit off.”	
3. Testing - Following cuff inflation, the air will gradually subside, indicated by the corresponding cuff pressure value. - Simultaneously, a flashing heart “” symbol will appear on the screen, signaling heartbeat detection. Note: - Stay relaxed during testing. - Avoid speaking or moving any body parts.	 Figure 5

4. Result Display

- Three short beeps sound when testing is complete.
- The screen will then display measurements for Systolic and Diastolic blood pressure.
- An indicator representing the current measurement will appear next to the corresponding WHO Classification.

5. Storing Test Results

- Users have the option to delete their current test result if conditions are unfavorable or for any other reason. To delete the last test result, press the "SET" button after the result is displayed.
- If the result is not deleted, it will be stored automatically with a date and time stamp, as illustrated in Figure 6 .

Note: Wait for at least 3 minutes before re-testing.

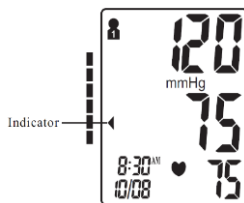


Figure 6

Power Off

- Press the “  ” button to turn off unit in any mode.
- The unit will automatically power off if not in use for 3 minutes.
- If the number of tests exceeds the allocated 120 memories, the most recent tests will be displayed first, replacing the oldest readings.

Safety Precaution:

If the pressure in the cuff becomes too extreme during testing, press the designated button to turn off the power. The cuff pressure will rapidly dissipate once the unit is turned off.

Installing/Replacing Battery

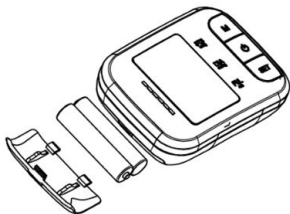


Figure 7

1. Remove the battery cover by sliding it off as shown in Figure 7.
2. Insert two new AAA alkaline batteries, ensuring they are installed according to the correct polarity.
3. Close the battery cover securely.

System Settings

1. Selecting memory Group 1 or 2

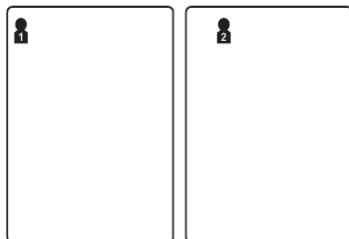


Figure 8

- With the unit powered off, press the "SET" button to access the system settings.
- The memory group icon will flash, as shown in Figure 8.
- While in the system setting mode, you can store test results into two different groups. This feature allows two users to save their individual test results, with each group capable of storing up to 60 memories.
- Press the "M" button to choose between Group 1 or 2 settings. Test results will automatically be stored in the selected group. Proceed with testing by pressing the  button.

Note: Each group can track readings for two separate individuals—Group 1 or Group 2.

2. Time/Date Setting

- When the unit is powered off, press the “SET” button twice to enter settings for time/date mode as illustrated in Figure 9.
- Set the month first by pressing the “M ” button until the correct month displays on screen. Press the “SET ” button to confirm the displayed month. Continue setting the day, hour and minute in the same way.
- Every time the “SET” button is pressed, it will lock in your selection and continue in succession (month, day, hour, minute.)



Figure 9

3. Save Settings

While in any setting mode, press button “  ” to turn the unit off. All information will be saved.

Memory Check

- Select Group 1 or 2. When the unit is powered off, you can check past test results by pressing the "M" button.
- After accessing the test results, use the "M" button to toggle through all stored memory readings. The LCD will display the last measurement along with the corresponding date and time for each memory reading.

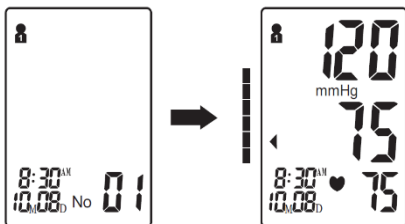


Figure 10

Memory Deletion

While in Memory Check mode, memory for a selected group can be deleted. Press and hold the "SET" button for approximately 3 seconds to delete all memory records. The monitor will beep to indicate successful deletion and then transition into testing mode

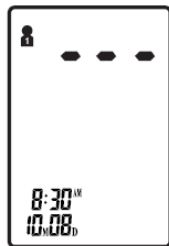


Figure 11

Note: Once memory is deleted, it cannot be recovered.

Last 3 Tests Average

When the unit is powered off, press the "M" button to activate the screen display. After the unit performs a self-diagnosis, the screen will show the average test results from the last 3 readings of the last group used. The "Ave" symbol will appear along with the corresponding WHO Blood Pressure Indicator.

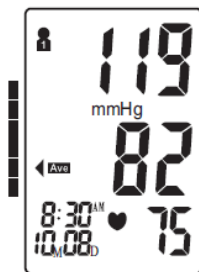


Figure 12



Low Battery Indicator

Replace with fresh new batteries once the unit emits 4 short warning beeps and the " " symbol appears. No memory loss will occur during this process.

WHO Organization Blood Pressure Classification Indicator

The MOBI® Blood Pressure Monitor features a classification indicator based on established guidelines from the World Health Organization.

Maintenance

- Handle with care. Avoid dropping, slamming, or throwing the unit.
- Keep away from extreme temperatures and avoid outdoor use.
- When cleaning the unit, use a soft fabric and lightly wipe with mild detergent. Use a damp cloth to remove dirt and excess detergent.
- For cuff cleaning: Do not soak the cuff in water! Apply a small amount of rubbing alcohol to a soft cloth to clean the cuff's surface. Use a damp cloth (water-based)

to wipe clean. Allow the cuff to dry naturally at room temperature. The cuff must be cleaned and disinfected before use between different users.

- Do not disassemble the product.

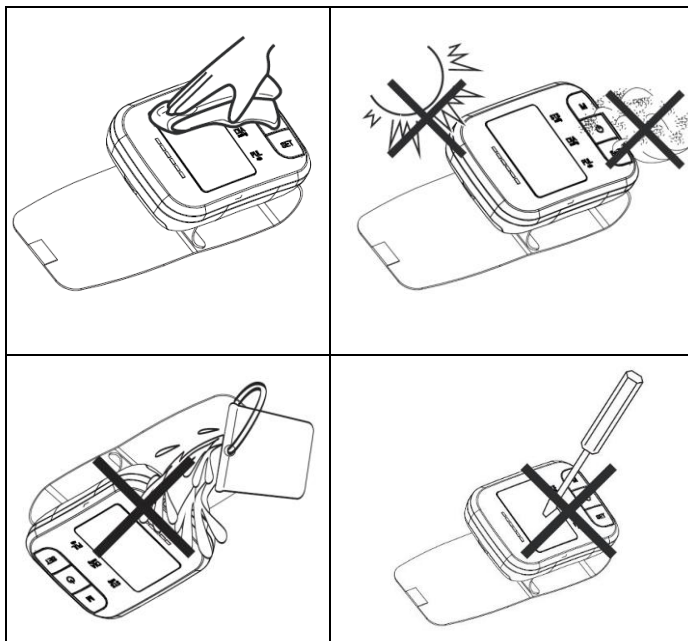


Figure 13

Battery Safety

- Use the batteries recommended.
- Make sure the battery compartment is secure.
- Store unused batteries in their packaging and keep away from metal objects which could cause a short circuit. Remove dead batteries from the device.
- Remove batteries from the device if they will not be used for a prolonged period.
- Keep loose batteries away from young children.
- Seek medical advice if a battery has been swallowed.

Battery Warnings

- Never dispose of batteries in a fire. Never attempt to recharge ordinary batteries.
- Do not mix old and new batteries.
- Do not Mix Alkaline, Standard, or Rechargeable Batteries.

Safety Precautions

- The warnings and illustrations shown in the User Manual enable you to use the product safely and correctly, thus preventing you and others from being injured, specifically as follows:
- Do not repair, disassemble, or modify the Electronic Blood Pressure Monitor without permission.
- Do not collide or drop the host to avoid collision or strong impact on the device.
- Indoor temperature, environment, noise, user's body position, speech or exercise might affect the blood pressure measurements. The body movement, magnetic field and improper wearing of cuff and sensor will affect the measurement as well.

Warnings

-  Keep the device out of the reach of children under 12 and people who can't express their intention. When children of 12~18 use the device, they should be accompanied by adults. Pregnant women shall use under the guidance of doctors.
-  Do not wrap the cuff over a wound, as this can cause further injury.
-  This model of Electronic Blood Pressure Monitor is not suitable for newborns or young children.
-  Blood pressure is constantly changing. You shall not judge the blood pressure condition with just one measurement result. Repeated measurement data over a period will be more reliable.
-  Do not make self-diagnosis according to the measurement results. Please consult your professional doctor with the measurement result record(s). The treatment based on the self-diagnosis of measurement results is very dangerous.
-  Contains small parts that may cause a choking hazard if swallowed by infants.

EMC Information-Guidance and Manufacturer's Declaration

1* WARNING: Use of this equipment adjacent to or stacked with other equipment should be avoided because it could result in improper operation. If such use is necessary, this equipment and the other equipment should be observed to verify that they are operating normally.”

2* WARNING: Use of accessories, transducers, and cables other than those specified or provided by the manufacturer of this equipment could result in increased electromagnetic emissions or decreased electromagnetic immunity of this equipment and result in improper operation.”

3* WARNING: Portable RF communications equipment (including peripherals such as antenna cables and external antennas) should be used no closer than 12 inches (30 cm) to any part of the ME equipment, including cables specified by the manufacturer. Otherwise, degradation of the performance of this equipment could result.”

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.

Note: Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

Limited Product Warranty

MOBI® warrants its products to be free from defects in material and workmanship for a period of 90 Days from the date of purchase. Should the product prove to be defective at any time during the warranty period, we will either replace or repair the product at our option without charge. After the warranty period, a service charge will apply for replacement of parts and labor costs. To obtain warranty service, you must return the product complete with its original parts & accessories along with a copy of the original purchase, gift, or registry receipt to us. This warranty does not cover damage caused by any tampering, accident, misuse, abuse, improper maintenance, unauthorized modification, or connection to an improper power supply. There will be a charge for repair caused for such damage. This warranty becomes void upon purchase from an unauthorized, third-party seller. This warranty excludes all incidental or consequential damages and any liability other than stated above.

Extended Manual

Scan to find the most up-to-date Instruction Manual & Warranty Details.



Made in Cambodia

If you experience issues setting up your device, visit www.mobiusa.com/gethelp.

Email us at **service@getmobi.com**.

You can also reach us on **+1 (323) 904-3000**,
Monday - Friday, 8:30 AM - 5:00 PM PST.



Visit www.mobiusa.com

©2025 MOBI® Technologies, Inc.
All Rights Reserved.