



The Fysic FB-50 blood pressure monitor is developed to easily and precisely measure your blood pressure.

By regularly checking your blood pressure at home, you can provide your doctor with valuable information about your actual everyday blood pressure.

DECLARATION OF CONFORMITY

This product meets the requirements of EC Directive 93/42/EEC (Medical Equipment Directive).

CE 0123

The declaration of conformity is available on the website WWW.FYSIC.COM



Depending on the person and situation, a normal blood pressure is:

- lower value (DIA): < 90
- upper value (SYS): < 140

In case of 'light hypertension', the blood pressure is:

- lower value (DIA): 90-110
- upper value (SYS): 140-180

In case of 'serious hypertension', the blood pressure is:

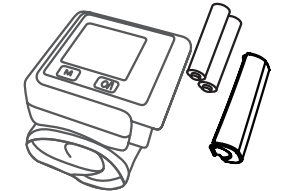
- lower value (DIA): >110
- upper value (SYS): >180

During the entire day, our blood pressure is continuously undergoing changes. In the morning it rises heavily and at the end of the morning it goes down again. In the late afternoon our blood pressure rises yet again, while it settles on a low level at night. This is why your measurements can vary when taken at different times of the day.


- This product is intended only for household use and for use by adults.
- Keep the product and batteries out of reach of children.
- People suffering from cardiac arrhythmia, vascular constriction, arteriosclerosis (hardening of the arteries) in the upper or lower limbs, diabetes and heart patients with pacemakers should consult their doctor before measuring their blood pressure, because in these cases deviating blood pressure values could be measured.
- If you're undergoing medical treatment or if you're using medicine, we recommend you to always consult your doctor when in doubt.
- The use of this blood pressure monitor should not be regarded as a replacement for consulting your doctor.

Batteries:

1. Remove the battery compartment cover at the right side of the blood pressure monitor.
2. Insert 2 AA 1.5V batteries according to the correct polarity (see markings inside the battery compartment).
Due to insufficient voltage, never install rechargeable batteries.
3. Place the battery compartment cover back onto the blood pressure monitor.



Batteries are not included

Change the batteries as soon as the symbol  appears in the display of when pressing the 0/I button has no effect. Always replace all batteries at once.

We recommend you to remove the batteries from the blood pressure monitor when not using the FB-50 for a long period of time (>2 months).

Do not simply throw away empty or exhausted batteries, always hand them over to your local depot for Small Chemical Waste.



MEASURING

Guidelines for accurate measurements:

- Always take measurements at the same time of the day (preferably in the morning) and under the same conditions.
- Never take measurements within half an hour after drinking coffee or tea or after smoking a cigar or cigarette.
- Relax and sit down during measurements, don't speak or move. You should relax your arm and put it in front of you with the cuff at the height of your heart.
- Wait approx. 3 minutes before taking

the next measurement.

- Blood circulation should not be impeded, tight clothing and other objects should be removed.

Attaching the cuff:

Remove clothing or roll up the sleeve, exposing the left wrist. With the left arm free of clothing and possibly a bracelet or watch, attach the cuff to the exposed wrist.

Make sure the cuff is resting approximately 1 cm underneath the palm of the hand.

Fold the cuff around the wrist and tighten it with the Velcro (don't over tighten).



Remark: Blood circulation towards the hand may not be impeded, tight articles of clothing and other objects should be removed.

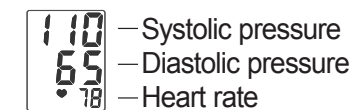
Taking a measurement:

Attention: you can interrupt the measurement at any moment by pressing the 0/I button. The FB-50 will then switch itself off instantly and the cuff will deflate.

Rest the arm on e.g. a rolled-up towel to keep the blood pressure monitor at the height of your heart.



1. Press the 0/I button to turn on the FB-50.
2. The built-in pump will start to pressurize the cuff. It's possible for the pump to start again once or twice to build up some more pressure.
3. As soon as the desired pressure is reached, the pump will stop while the cuff gradually deflates;
 - while deflating, the blood pressure and heart rate are measured
 - when the measurement is finished, the display will show the blood pressure (both the systolic and diastolic blood pressure) and the heart rate while the cuff will fully deflate



- the measured blood pressure and heart rate are automatically stored in the *memory*
- 4. The FB-50 will switch itself off automatically after 3 minutes of you can turn off the FB-50 quicker by pressing the 0/I button.

MEMORY

Each measurement is automatically stored in the memory. The memory has a capacity for 90 measurements. When the memory is full, each new measurement will erase the oldest stored measurement.

Checking the memory:

- Press the M. button to display the average of the last 3 measurements.
- Press the M. button again, '01' will appear followed by the results of the last measurement.

- Press the M. button again, '02' will appear followed by the results of the second-to-last measurement.
- Repeat this for all previous measurements.

Erasing the memory:

- Make sure to turn on the FB-50.
- Press and hold the M button for approx. 5 seconds until 'CLr' appears in the display. All measurements stored in the memory will now be deleted.



POSSIBLE PROBLEMS AND SOLUTIONSGELIJKE

No reaction when turning on the FB-50:

- Are the batteries exhausted or installed incorrectly? Replace them or insert correctly.

“Err” appears in the display:

- Impossible to pressurize the cuff. Check whether it's loose.
- The air escapes too quickly. If this happens repeatedly, please contact the service department of Fysic.
- Movement detected during the measurement. Please don't move during the measurement.
- Interfering signals near the FB-50. Remove any sources of interference, such as mobile phones.
- Incorrect measurement value. The cuff is incorrectly attached. Please attach the cuff again.

- The FB-50 is used incorrectly, for example on a child. The FB-50 is only suitable for measuring the blood pressure of adults.

If it's still not possible to measure the blood pressure, please contact the service department of Fysic. Never disassemble the blood pressure monitor in any circumstances.

Keep in mind that not being able to take measurements can also be caused by the physical condition of the person. In this case, please consult your doctors.

SPECIFICATIONS

Model:

Fysic FB-50

Manufacturer:

Honsun (Nantong) Co., Ltd
Address: No 8, Tongxing Road,
Economic & Technical Development
Area, Nantong City, Jiangsu, P.R.CHINA

EU REPRESENTATION:

SHANGHAI INTERNATIONAL
HOLDING CORP. GmbH (Europe)
Address: Eiffestrasse 80, 20537
Hamburg, Germany

Operating principle:

Oscillometric measurement method

Measurement range:

40 – 260 mm Hg (blood pressure)
40 – 160 pulse/min (heart rate)

Accuracy:

± 3 mm Hg (cuff pressure)
± 5% (heart beat)
(depending on temperature and
humidity)

Cuff:

wrist circumference: 12.5 -20.5cm

Power supply:

Battery 2x 1.5V battery, AA, Alkaline

Battery life:

Up to approx. 300 measurements

Ambient temperature, humidity and air pressure:


Use: +10°C to +40°C
<85% humidity
700hPa - 1060hPa
Storage: -20°C to +50°C
<85% humidity
500hPa - 1060hPa

Dimensions:

62(L) x 61(W) x 25(H)mm

Weight:

95gr (excl. batt, excl. cuff)

 Protect against moisture

 Type BF

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STORAGE AND CLEANING

Clean the outside of the unit with a moist, soft cloth.

Stains on the cuff can be carefully removed with a moist cloth.

Store the product on a place not exposed to direct sunlight or high humidity.

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WARRANTY

For the Fysic FB-50 Blood Pressure Monitor you have a warranty of 24 months from the date of purchase. During this period, we guarantee the free repair of defects caused by material and workmanship errors. All this subjected to the final assessment of the importer.

HOW TO HANDLE: If you notice any defect, first refer to the user's manual. Please contact the supplier of this blood pressure monitor or contact customer service of Fysic via the Internet www.Fysic.nl

THE WARRANTY BECOMES NULL AND VOID: In case of improper use, incorrect connections, leaking and/ or incorrectly installed batteries, use of unoriginal parts or accessories, negligence and in case of defects caused by moisture, fire, flooding, lightning and natural disasters. In case of unauthorised modifications and/or repairs performed by third parties.

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In case of incorrect transportation of the device without adequate packaging and when the device is not accompanied by this warranty card and proof of purchase.

All further liability, especially concerning any consequential damages, is excluded.

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FYSIC

Service  Help 

 WWW.FYSIC.COM
SERVICE@FYSIC.NL

NL 073 6411 355
(Lokaal tarief)

 **BE 03 238 5666**
(Lokaal tarief)
(Tarif local)

DE 0180 503 0085
Lokale Festnetzkosten

 **Hesdo, Australiëlaan 1**
5232 BB, 's-Hertogenbosch
The Netherlands

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