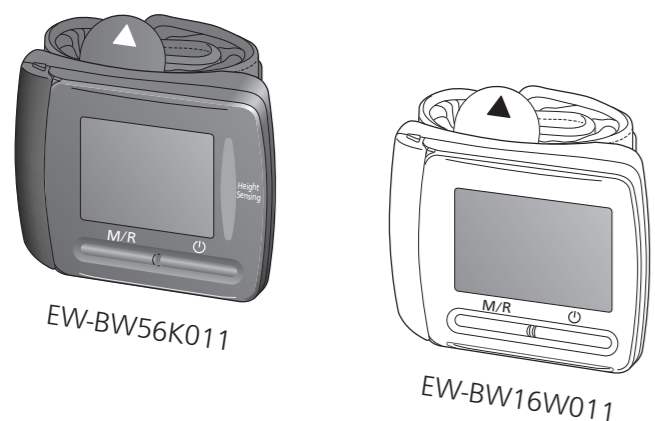


Panasonic

Operating Instructions

Digital Blood Pressure Monitor

Model NO. EW-BW56K011 EW-BW16W011



- Thank you for purchasing our products.
- Please read these instructions carefully before using this product, and save this manual for future use.

Version: NO.01
Issued date: March 2023 1

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Product name: Digital Blood Pressure Monitor
Model: EW-BW56K011, EW-BW16W011
Structure and composition: This product is composed of a main unit and a cuff

- Scope of application: This product can measure diastolic blood pressure, systolic blood pressure and pulse rate of human body by oscillometry, and its values are for diagnostic reference.
- The wrist circumference that can be measured by this device is about 12.5 cm~22.0 cm.
- Contraindications: None
- Product object: It is suitable for adults with a wrist circumference of 12.5 cm~22.0 cm. However, users warned or prohibited in the Operating Instructions and prohibited by doctors are excluded. It is not suitable for newborns.

Product functions: Please confirm the function of purchased product

	EW-BW56K011	EW-BW16W011
Hypertension flash	●	●
Memory number	90 times	60 times
Movement warning	●	●
Irregular pulse	●	●
Backlight	●	—
Comparison of averages	●	●
Height sensing prompt	●	—

1 Safety precautions

- Before use, please read these [Safety Precautions] carefully for proper use. It is recommended to use under the direction of a doctor.
- To prevent users from suffering harm or loss due to improper use, please refer to the [Safety Precautions] and use this device correctly.

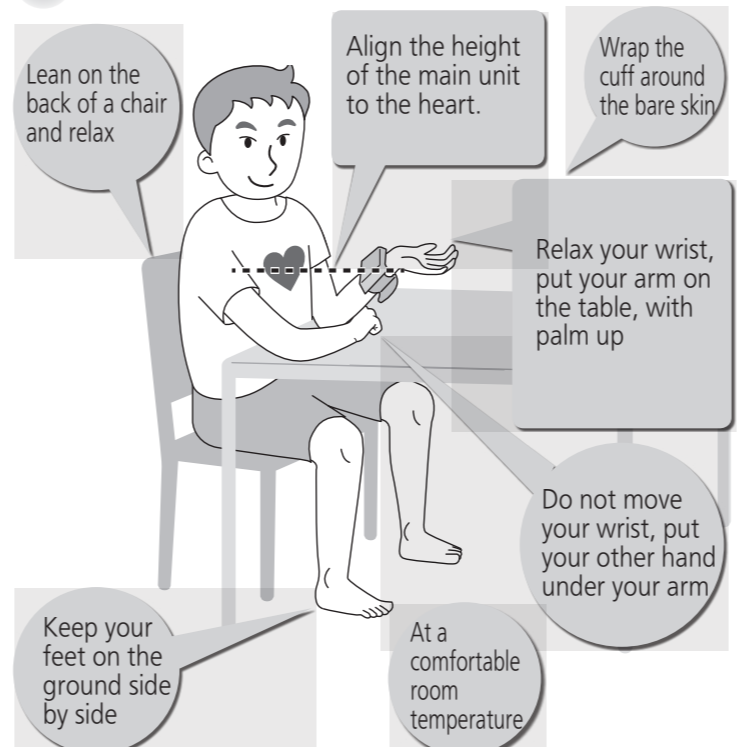
For safety reasons, be sure to observe these safety precautions.

	indicates the contents of caution and warning.
	Warning: Content that may cause death or serious injury.
	Caution: Content that may cause personal injury and material loss.
	indicates prohibited behaviors
	indicates no disassembly

3 How to take a proper measurement

Relax for 4-5 minutes before measurement and be sure to take the measurement in a relaxed state. The posture and physical condition of the user will affect the blood pressure measurement.

Measuring posture and place



6 Operating instructions

1. Wrap the cuff around the inside of the wrist with the palm up
• Align the positioning label with the wrist root and wrap the cuff.
• The cuff cannot be bent in the opposite direction. (Otherwise, the cuff may be broken)

2. Adjustment position
• When wrapping the cuff, align the positioning label with the central part of the inside of the wrist.

3. Press the velcro fastener firmly, with no gap in the middle
• When the positioning label is misplaced, please adjust the alignment of the main unit.
• When loosening the velcro fastener, it shall be uncovered parallel to the front side. Do not pull or drag twistedly by force. (Otherwise, the cuff may break)

Notice

- Loosely wrapped cuff can easily lead to high blood pressure or failure to measure the blood pressure.

Warning

	• Please do not allow children and people who can't express their self-awareness to use this device. • While measuring with this device, do not use the unit on an arm where a catheter has been inserted. Otherwise, it may cause an accident.
	• Persons with serious obstructions of blood flow in the arm should consult a doctor before using this instrument. Failure to do so may result in deterioration of physical condition. • If the device doesn't work or senses abnormality, please stop using it and send it for inspection and repair. Otherwise, there is a risk of fire, electric shock or burns.
	• Please do not disassemble, repair or transform the device without permission. Otherwise, it may cause an accident or malfunction.

Caution

	• Do not judge the measurement results by yourself or take medicine and other treatments on such basis. • It may cause physical discomfort. • For the measurement results, please consult a professional doctor to explain the measured blood pressure value. • For those with peripheral circulation disorder caused by some diseases, the blood pressure measured on the wrist and upper arm may vary significantly.
	• Please do not use it for purpose other than blood pressure measurement. • Otherwise, it may cause an accident or malfunction.
	• If the device needs to be repaired for various reasons, please contact the After-sales Service Office designated by Panasonic Appliances (China) Co., Ltd. to consult the maintenance methods or ask for maintenance information.

Please note that

- During the measurement process, do not use devices that generate electromagnetic interference near this product, such as mobile phones, as the strong radiation field generated by such devices will interfere with the normal use of the product. Otherwise, this product may cause mis-operation or inaccurate measurement.
- In the case of common arrhythmia (such as atrial premature beat, ventricular premature beat and atrial fibrillation), the measurement will cause errors.
- The main unit is not likely to cause interference to electronic devices around (such as TV, computer, mobile phone).
- There may be a risk when the air cuff is in the state of persistent hyperinflation. (causing discomfort such as blood stasis or paralysis in the wrist.) If such abnormality occurs, please remove the cuff.
- If the original parts are replaced by parts not provided by the manufacturer, measurement errors may be caused.
- Disposal suggestion: The disposal method of the main unit, cuff and batteries shall be subject to the relevant environmental protection regulations of the city.
- For the potential electromagnetic interference or other interference between this device and other devices, see the manufacturer's statement on electromagnetic compatibility for details.
- The brightness of the screen is often 5-10 s.

Description of markings

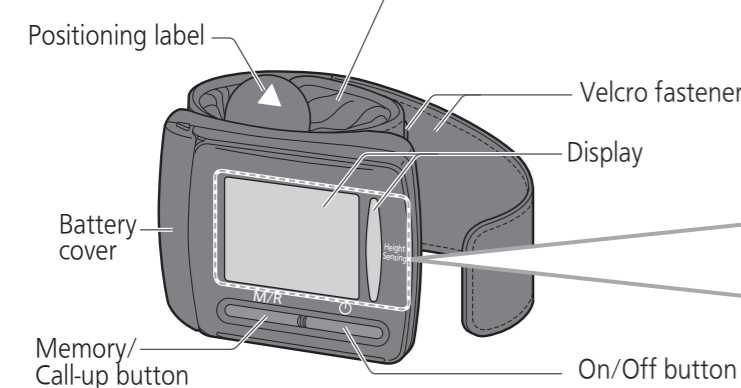
	indicates direct current
	Caution! Consult the accompanying documents
	Protection against electric shock Type B applied part (main unit of the device)

2 Parts identification

Note: All diagrams in this specification are for EW-BW56K011

Main unit

EW-BW56K011



Pouch



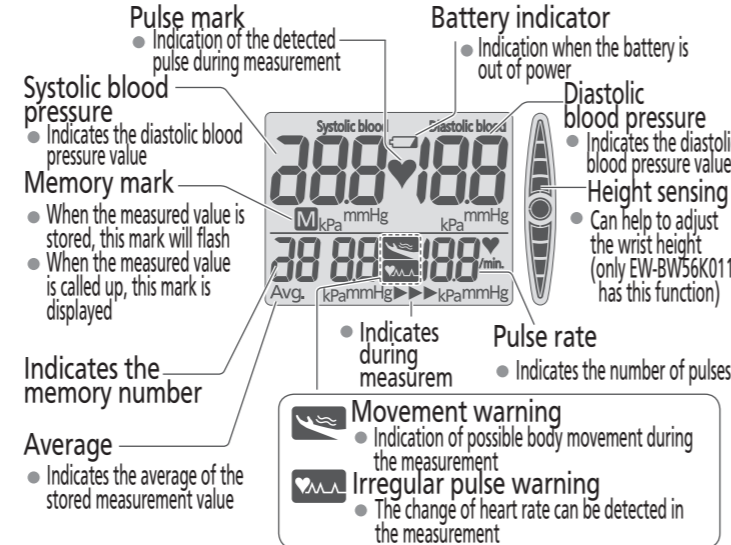
According to the need, sometimes the specifications of products and parts will be changed without prior statement.

Batteries



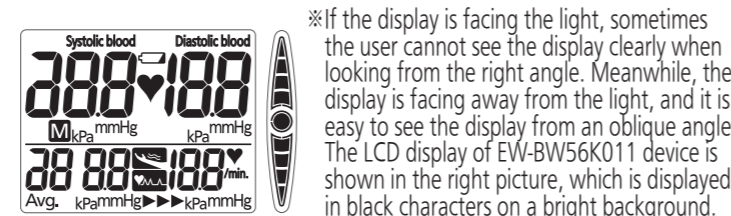
2 AAA alkaline batteries for test run

Display



Backlight display

(Only EW-BW56K011 has this function)
About backlight function: The device has backlight function. When measuring and calling up the measured value, the backlight displays.



5 Before use

5.1 Inserting batteries

1. Remove the battery cover.
2. Check the ⊕/⊖ polarities of the batteries, and install them.
3. Install the battery cover
• Install it in the opposite direction to 1.

[Battery life]

- Batteries last for approx. 300 times, which is 3 times/day for 3 months (when using a pack of new Panasonic alkaline batteries). (Under the condition that the room temperature is 23°C, 170mmHg pressured, and the circumference of wrist is about 17.0cm.)
- If the ambient temperature is low, the battery life will be shortened.
- As the accompanying batteries are used to confirm the product functions at the time of purchase, their service life may not reach 300 times.
- The service life of non-alkaline batteries may be very short, so be sure to use alkaline batteries.

[Battery replacement]

- When the battery is low, the [] mark will be displayed. The batteries can be used before [U01].
- After [U01], please replace 2 new batteries at the same time.

Caution

- Always follow the cautions printed on the batteries.
- Check the ⊕/⊖ polarities of the batteries and install them correctly.
- Take out the batteries with insufficient power immediately.
- If this device will not be used for a long time, take out the batteries from the device.
- When replacing batteries, new batteries of the same type must be used and all 2 batteries shall be replaced at the same time.
- Please use the batteries within the expiration date. Failure to comply with the above matters may result in injury or damage due to battery heating, cracking or liquid leakage
- Batteries shall be kept out of the reach of children. (If the battery is swallowed by mistake, please see a doctor immediately) Otherwise, it may cause an accident or injury.

• Do not open the battery cover during use to prevent electric shock caused by touching the batteries.

5.2 Wrapping the cuff

• Be sure to use a professional cuff

It can be wrapped on either left or right arm for measurement.

- Take the measurement of left arm as an example.
- The measurement results of the left and right arms may vary to different extent due to different conditions of each user. Therefore, please measure with the same arm every time.

4 Precautions in measurement

For correct measurement, please read the following key points carefully and observe the exact environment and posture. Please refer to P8 (How to take a proper measurement).

Measuring time

The blood pressure is constantly changing throughout the day. Therefore, take the period with the least movement after getting up and before sleeping as the measuring time.

	• Before breakfast • After urination • Before taking medicine (in case of taking antihypertensive drugs, etc.) • Relax for 4-5 mins		• Relax for 4-5 mins
--	--	--	----------------------

Prompt of measuring place and measuring time

Blood pressure is affected by climate, emotion, exercise, sleep time, food and other conditions. In addition, blood pressure tends to rise because of blood vessel contraction due to low outdoor temperature in winter.

- No measurement shall be taken in case of the right circumstances
- Outdoor and cold places
- After exercise or showering
- Within 1 hour after a meal
- After drinking
- Shortly after drinking caffeinated beverages or smoking
- When feeling restless
- When feeling the sign of urination or defecation

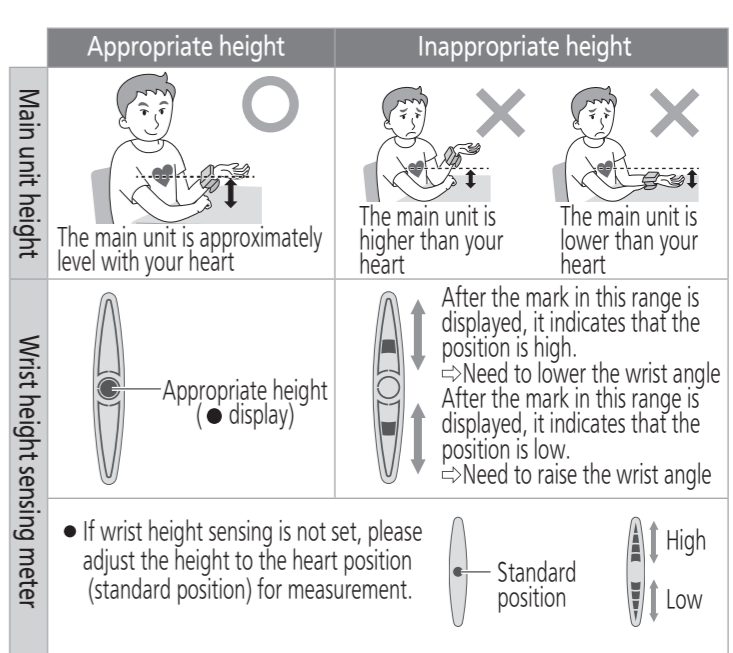
- Measure in a room with stable temperature, and in a non-anxious and calm state, take five deep breaths, and relax for 4-5 mins before measurement.
- As the blood pressure is affected by various conditions, it is difficult to judge whether or not the blood pressure value is true if only one measurement is taken. It is necessary to measure 2 to 3 times to confirm the change.

Measurement instructions

- Any blood pressure measurement will be influenced by the posture of the user and his/her physical condition.
- For those with poor blood circulation in their hands and feet*, and peripheral circulation disorder, such as those suffering diabetes, liver disease, nephropathy, arteriosclerosis, hypertension, etc., the wrist blood pressure and the upper arm blood pressure may vary significantly. Therefore, you shall not judge by yourself, and must consult a doctor.
- * People who have poor blood circulation in their hands and feet due to basic diseases.

Cuff wrapping and measuring posture

- **Wrapping method**
Do not wrap the cuff around your clothes. The pressure of the cuff cannot be transmitted to the blood vessels, and the blood pressure will rise.
The cuff is wrapped too loose. The pressure of the cuff cannot be transmitted to the blood vessels, and no proper measurement can be taken.
- **Measuring posture**
Do not lean forward. When the abdomen is stressed, the blood pressure will rise.
Do not talk. Talking will raise blood pressure.
Do not touch the monitor body. It will cause confusion of measurement data. So no proper measurement can be taken.
Keep your hands, fingertips, wrist and body still. Subtle changes in blood pressure cannot be detected. So no proper measurement can be taken.
Align the height of the cuff to the heart. The height of 10 cm will cause an error of 7 mmHg.



Cancel the height setting

- 1 In the power-off state, continuously press the 'M/R' button for more than 3 seconds.
• [M] and [] are displayed. (The height sensing border lights up)
• When it is not pressed continuously, the memory interface will appear. At this time, please press the [] button and start the operation again.
- 2 Press the 'M/R' button again for more than 3 seconds.
• The height sensing border disappears and the setting is cancelled.
- 3 When the setting is completed, press the [] button.

6.2 Method of measurement

Keep calm when measuring, so that your body is in a state of natural relaxation.

1 In the power-off state, press the [] button.

EW-BW56K011

- After the display is fully lit, the height sensing is displayed.
- Please refer to P14 for the appropriate display position.
- After the wrist is adjusted to the proper position, it will be pressurized for measurement automatically. (Even when it is not in the appropriate position, automatic inflation starts after about 7 seconds)

EW-BW16W011

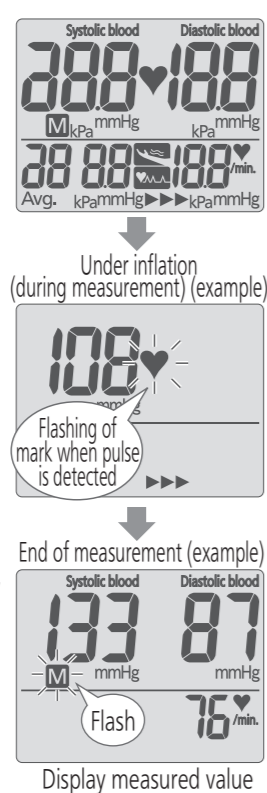
After the display is fully lit, the cuff will be pressurized for measurement automatically.

Note: When the pressurization value is more than 280 mmHg, the cuff will automatically exhaust.

- The measured value [] flashes. When recording the measured value, please go to step 2 during the flashing process.

2 Press the [M/R] button to store the measured value.

- [M] is displayed.
- Number of times that the measured value can be recorded:
 - EW-BW56K011 90 times
 - EW-BW16W011 60 times
- When the [M] flashes, the measured value cannot be recorded if the [M/R] button is not pressed.



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3 Press the [M/R] button again to compare with the average value.

- The average value is to average all the recorded measured values.

4 After pressing the [] button, turn it off and take off the cuff.

- If the [] button is not pressed, it will automatically turn off after 30 seconds.

Notice

- When the [] and [] marks are displayed during measurement or at the end of the measurement → P19 [About each instruction]
- When recorded only once, the average value is expressed as [--]
- When the maximum times are exceeded, the first measured values will be deleted in order to record new measured values.
- Press the [] button for about 5 seconds, to switch measuring methods of mmHg and kPa. It is mmHg by factory setting. (7.5 mmHg=1 kPa)

Suggestions

Compared with the first measurement, the second measurement is more stable and the blood pressure will also drop. Especially for people who are easily to get nervous, the second measurement is more accurate. During the second measurement, the measured value with smaller value is usually recorded. For the second measurement, please relax for 4-5 mins after the first measurement

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6.3 Call-up and deletion of measured values (Example)

Call up the recorded measured value and average value for confirmation.

1 In the power-off state, press the [M/R] button to call up the measured value to be confirmed.

- Every time it is pressed, the new measured value will be displayed. (When recorded only once, only this measured value will be displayed)

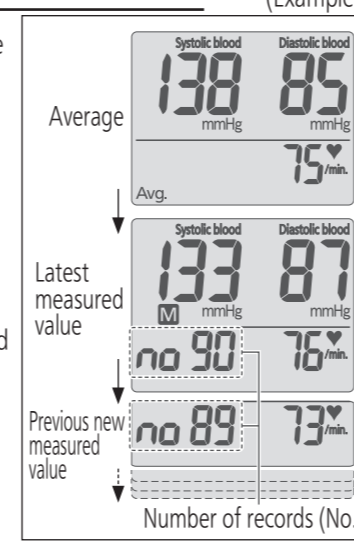
2 Press the [] button to turn off the power supply.

- If the [] button is not pressed, it will automatically turn off after 30 seconds.

When deleting a measured value You can delete all recorded measured values (the average value will also be deleted)

- They cannot be deleted one by one

- In the power-off state, press the [M/R] button.
 - Display the average value
- Long press the [M/R] button (for more than 3 seconds)
 - Display content flashing
- When flashing, press the [M/R] button again and the flash disappears.
- Press the [] button to turn off the power supply.



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6.4 About each instruction

As the basis of correct measurement, there are movement warning and irregular pulse warning signals. After the signal is displayed, the correct measured value may not be obtained.

- After the measurement, re-measurement is recommended. (Please rest for 4-5 mins before re-measurement)
- If the measured values are recorded, the signals are also recorded together.

Movement warning

During measurement, in case of hand or wrist movement, and when the cuff detects excess pressure, the mark will flash.

After measurement, the mark flashes and displays.

- When a large abnormal movement is detected during measurement, it will prompt with [U12] and [], and automatically stop detection.

Irregular pulse warning

Measure the significant abnormal change of pulse spacing. After measurement, the [] mark flashes and then displays.

This mark is not to inform arrhythmia.

*This function is a reference function set to ensure the accuracy of the measured value. Even if the [] mark is not displayed, in order to ensure the accuracy of the measurement, you are recommended to measure for 2-3 times in a relaxed state.

*If the mark appears frequently, you should consult your doctor about your health.

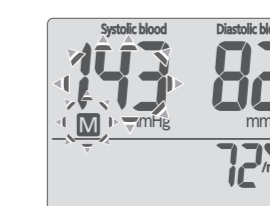
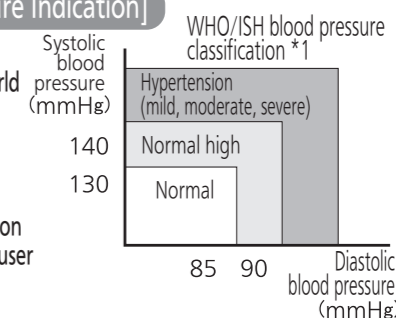
Please do not judge the measurement results by yourself and take any treatment on such basis. Please follow the doctor's advice.

*In order to prevent the confusion between the name of the product auxiliary function and "Arrhythmia", adjust "Arrhythmia warning" to "Irregular pulse warning"

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Reading of [Blood Pressure Indication]

For the Systolic • Diastolic Blood Pressure value, the WHO/ISH (World Health Organization/International Society of Hypertension) blood pressure classification table shall be used as a benchmark to judge whether it is within the hypertension range or a normal range, and the user is prompted by a chart.



- When the measured value is within the hypertension range, the value will flash. (for about 6 seconds)
- Systolic blood pressure: above 140 mmHg (18.7 kPa)
- Diastolic blood pressure: above 90 mmHg (12.0 kPa)

*1 1999 World Health Organization-International Society of Hypertension Guidelines for the Management of Hypertension

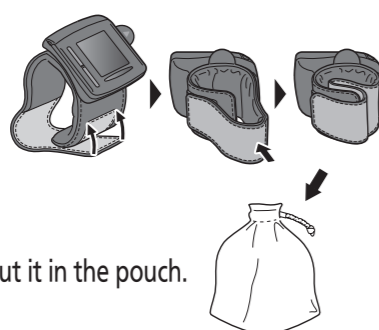
20

7 Others

7.1 After use

Storage of the blood pressure monitor

1 Remove the main unit from the wrist and wrap the cuff as shown in the figure.



2 Put it in the pouch.

- Do not apply excessive force on the product or leave it all over the place. (Otherwise, it will cause malfunction)
- Please do not touch the button when putting it in the pouch. If so, the batteries will run out quickly.

7.2 Care and maintenance

Cleaning frequency/maintenance cycle

Be sure to cut off the power supply.

1. Cleaning of main unit

- Visually confirm the appearance of the main unit. When there is dirt, for cleaning, take the batteries out of the unit and then gently wipe it with cloth that is soaked in soapy water or warm water then wrung.

2. Cleaning of cuff

- When there is dirt on the cuff, please gently wipe it with cloth that is soaked in soapy water or warm water then wrung.

3. To prevent infection, the cuff shall be cleaned regularly

4. Cleaning precautions

- Before cleaning the device, please take the batteries out;
- Do not wash the device or cuff with water;
- Please keep the device away from dust or water vapor;
- Do not try to clean the cuff by washing machine or rubbing;
- Do not use alcohol, gasoline or thinner for cleaning, otherwise it will cause cracking or discoloration.

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Product care

- Please do not repair, disassemble and transform the device by yourself.
- Do not drop the main unit on the ground to avoid collision or strong impact. (Otherwise, it will cause malfunction)
- Please do not take the device from a place below 0 °C and use it immediately. Keep it in a warm environment for at least 1 hour. (Otherwise, it will cause inflation failure)
- Avoid storing the device in an environment with high temperature, humidity or direct sunlight. (Otherwise, it will cause malfunction)
- Do not bend the cuff in the opposite direction. The cuff is only used to wrap the wrist for blood pressure measurement. (Otherwise, the cuff may be broken)
- Cannot be contaminated with foreign matter or corrosive liquid. (Otherwise, it will cause malfunction)
- Do not allow dust or foreign matter to enter. (Otherwise, it will cause malfunction)
- Take out the batteries when the device is not in use for a long time. (for more than 1 month) (otherwise, it will cause liquid leakage and damage to components).

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7.3 FAQ

Questions	Answers
Why does the systolic or diastolic blood pressure value fluctuate?	<ul style="list-style-type: none"> Whether the height of the main unit is at the same level as the heart. <ul style="list-style-type: none"> → When the main unit is lower than the heart, the measured blood pressure will be higher. The cuff is too loose. <ul style="list-style-type: none"> → Wrap the cuff around your wrist. Whether you move or talk during the measurement. <ul style="list-style-type: none"> Whether you feel uneasy or anxious. <ul style="list-style-type: none"> → Please take a deep breath for 5-6 times before the measurement, so as to relax your body and stabilize your blood pressure. In addition, please relax for 4-5 mins before measuring.
Why is the blood pressure measured in hospital different from that measured at home?	<p>The blood pressure changes during 24 hours. In addition, due to climate, emotion, exercise and other reasons, sometimes it may be subject to great changes. Especially in hospitals, there is the so-called [white-coat hypertension], which is that the blood pressure measured in the hospital is sometimes higher than that measured at home because of nervousness or uneasiness.</p> <p>When the blood pressure measured at home is higher than that in the hospital, please pay attention to the following items:</p> <ul style="list-style-type: none"> Whether the height of the main unit is at the same level as the heart. <ul style="list-style-type: none"> → When the main unit is lower than the heart, the measured blood pressure will be higher. The cuff is too loose. <ul style="list-style-type: none"> → Wrap the cuff around your wrist. Whether you feel uneasy or anxious. <ul style="list-style-type: none"> → Please take a deep breath for 5-6 times before the measurement, so as to relax your body and stabilize your blood pressure. In addition, please relax for 4-5 mins before measuring.

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7.4 Troubleshooting

Please confirm before consulting or repairing

Failures	Cause and solution
Even if the On/Off button is pressed, there is no display	<ul style="list-style-type: none"> The ⊕ ⊖ polarities of the batteries are installed incorrectly. → Please refer to P11 Battery power is low. → Please refer to P11
Continuous inflation	Please stop using it, and entrust a sales store to inspect and repair it.
[] is displayed	<ul style="list-style-type: none"> Battery power is low. → Please prepare new batteries (P11)
The display disappears during inflation	<ul style="list-style-type: none"> The battery has been used up. → Please refer to P11
Main unit damage	Please do not repair it yourself, and be sure to entrust the service shop designated by Panasonic for inspection and repair.

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Failures	Cause and solution
U 01	<ul style="list-style-type: none"> Low battery. → Please refer to P11
U 13	<ul style="list-style-type: none"> Pressurization to more than 280 mmHg. → Is the measuring posture correct? (P8, P10) Pressure decreased suddenly. → Is the measurement method or posture correct? (P8, P10) <ul style="list-style-type: none"> → Is the cuff wrapped correctly? (P13) → Please relax for 4-5 mins. Do not shake your hands, fingers, wrists, etc. and measure again. The pulse cannot be detected correctly. (The mark flashes several times or does not flash at all.) Not inflate or inflate but failed to measure properly. → Is the cuff wrapped correctly? (P13)
U 12	<ul style="list-style-type: none"> During measurement, the measured values vary significantly. (Large range of movement, many times of movements, large wrist or body movements, etc.) → Please relax for 4-5 mins. Do not shake your hands, fingers, wrists, etc. and measure again. (P16) Press the Memory/Call-up button during measurement. → Avoid pressing this button during measurement.
F 01	<ul style="list-style-type: none"> Main unit malfunction. → Please do not repair it yourself, and be sure to entrust the service shop designated by Panasonic for inspection and repair.

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7.5 Specifications

Power supply	DC3V 2 AAA alkaline batteries (LR03)
Display	Digital LCD
Method of measurement	Oscillographic system
Measurement range	<p>Static pressure measurement range: (0.0-37.3) kPa ((0 - 280) mmHg)</p> <p>Pulse measurement range: (30-160) beats/min</p> <p>Measurement range of blood pressure:</p> <p>Systolic blood pressure shall be at least (8.0-29.3) kPa ((60-220) mmHg)</p> <p>Diastolic blood pressure shall be at least (5.3-17.3) kPa ((40-130) mmHg)</p>
Accuracy	<p>Pressure: within ±0.4 kPa (±3 mmHg)</p> <p>Pulse rate: within ±5%</p>
Normal working environment	<p>Temperature: 5 °C - 40 °C</p> <p>Relative humidity: 15% - 80%</p>
Storage and transportation environment	<p>Temperature: -20 °C - 55 °C</p> <p>Relative humidity: no more than 93%</p>
Atmospheric pressure for operation	80 kPa - 105 kPa
Atmospheric pressure for transportation and storage	50 kPa - 105 kPa
Measurable circumference of wrist	Approx. 12.5cm ~ 22.0cm
Weight	<p>EW-BW56K011: Approx. 116 g (with cuff, excluding batteries)</p> <p>EW-BW16W011: Approx. 113 g (with cuff, excluding batteries)</p>
Dimensions (main unit)	L(89mm) x W(64mm) x H(34mm)
Protection against electric shock	Internal power supply equipment (Type B applied part)
Safety classification	Equipment inapplicable to usage in flammable anesthetic gas mixed with air or flammable anesthetic gas mixed with oxygen or nitrous oxide

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[Production date] See the label

- If stored and used outside the specified temperature or humidity range, the specified performance specifications may not be met.
- Product specifications are subject to change without further notice.

Caution:

If the device needs to be repaired for various reasons, please contact the After-sales Service to consult the maintenance methods or ask for maintenance information.

List of products and accessories:

	EW-BW56K011	EW-BW16W011
Main unit	1 set	1 set
Cuff	1 pc	1 pc
Operating Instructions	1 copy	1 copy
Test-run batteries	2 pcs	2 pcs
Pouch	1 pc	1 pc

* The accompanying batteries are for test-run. They are used to confirm the function of the device at the time of purchase and their service life will be short.

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