

Home Blood Pressure Monitor — Quick Start

Setup, correct positioning, taking a reading, error messages, and care

THIS QUICK START DOES NOT REPLACE THE FULL INSTRUCTION MANUAL

The complete manual contains the intended use, contraindications, warnings, accuracy specifications, and service information. Read it before first use.

CUFF RANGE SUPPLIED 22–42 cm upper-arm circumference	POWER 4 × AA alkaline batteries or the supplied adapter	MEMORY 2 users × 100 readings	DISPLAY Systolic, diastolic, pulse, irregular-beat indicator
---	--	----------------------------------	---

1 — WHAT IS IN THE BOX		
ITEM	QUANTITY	NOTES
NS-BP440 monitor unit	1	Do not open the housing
Upper-arm cuff, 22–42 cm	1	Check that the range fits your arm — see Section 3
Air tube	1	Pre-attached to the cuff
AA alkaline batteries	4	Do not mix old and new batteries or battery types
AC adapter	1	Use only the adapter supplied with this model
Full instruction manual	1	Retain for the life of the product
Reading log booklet	1	Bring to your clinic appointments

2 — SETTING UP
1. Place the monitor on a firm, flat, stable surface such as a table. Do not hold it in your lap. 2. Open the battery compartment on the underside and install all four batteries, matching the + and – markings. 3. Close the compartment. The display shows the time-setting screen. 4. Set the year, month, day, hour, and minute using the ▲ and ▼ buttons, pressing SET after each value. Accurate timestamps matter when you share readings with your clinician. 5. Press the USER button to choose user 1 or user 2. Each user has separate memory. 6. Insert the air tube plug firmly into the socket on the left side of the monitor until it clicks.

3 — CHOOSING THE CORRECT CUFF SIZE		
An incorrectly sized cuff is the most common cause of an inaccurate home reading.		
MEASURED ARM CIRCUMFERENCE	CUFF REQUIRED	SUPPLIED?
17–21 cm	Small cuff, NS-C17	Sold separately
22–32 cm	Standard cuff, NS-C22	Yes
33–42 cm	Standard cuff, NS-C22	Yes
43–52 cm	Large cuff, NS-C43	Sold separately
Measure the midpoint of your bare upper arm, halfway between the shoulder and the elbow, with a tape measure held snug but not tight.		

4 — TAKING A READING

STEP	ACTION	WHY IT MATTERS
4.1	Avoid caffeine, tobacco, exercise, and a full bladder for 30 minutes beforehand.	Each of these can meaningfully shift a reading.
4.2	Sit quietly for 5 minutes before the first measurement.	Readings taken immediately after activity are not comparable.
4.3	Sit in a chair with a back. Keep both feet flat on the floor, uncrossed.	Crossed legs and an unsupported back both raise the measured value.
4.4	Rest your bare arm on the table so the cuff is level with your heart.	An arm below heart level reads high; above heart level reads low.
4.5	Wrap the cuff around the bare upper arm, 2–3 cm above the elbow crease, with the artery marker over the inside of your arm.	Placement over clothing or too low on the arm produces an invalid reading.
4.6	Tighten so that two fingers fit snugly under the cuff edge.	Too loose reads high; too tight is uncomfortable and also inaccurate.
4.7	Press START. Do not talk, move, or hold your breath during the measurement.	Talking during a measurement is a well-documented source of error.
4.8	Wait 1–2 minutes and take a second reading. Record both.	Single readings vary; your clinician wants the pattern.

5 — ERROR AND STATUS MESSAGES

CODE	MEANING	WHAT TO DO
E-1	Cuff not properly applied or air tube disconnected	Reseat the tube, reapply the cuff, measure again
E-2	Movement detected during measurement	Sit still and silent, measure again after 1 minute
E-3	Cuff pressure exceeded the safe limit	Do not reapply immediately. Wait 5 minutes and retry.
E-4	Measurement could not be completed	Check cuff size and placement, retry once
E-5	Unstable reading after repeated attempts	Stop and contact support or your clinician
Er	Device malfunction	Discontinue use and contact support
Battery icon	Batteries low	Replace all four at the same time
Heart with bars	Irregular heartbeat detected during this measurement	Not a diagnosis. Mention it to your clinician.

6 — CLEANING, STORAGE, AND SERVICE

- Wipe the monitor body with a soft cloth lightly dampened with water or a mild detergent, then dry it.
- Wipe the cuff exterior only. **Never immerse the cuff, the monitor, or the tube in any liquid.**
- Do not use alcohol, benzene, thinner, or abrasive cleaners on the cuff bladder.
- Store in the supplied case at –20 to 60 °C with the cuff loosely rolled, never tightly folded or compressed.
- Remove the batteries if the device will not be used for three months or longer.
- The cuff is a consumable. Replace it if the fabric frays, the hook-and-loop closure no longer holds, or the bladder shows a crease.
- There are no user-serviceable parts inside. Do not disassemble.

7 — IMPORTANT LIMITS OF THIS DEVICE

Read this: This monitor measures and displays numbers. It does not diagnose anything, it does not tell you whether a reading is safe or dangerous, and it does not replace evaluation by a clinician. An irregular-heartbeat indicator is a signal that the device detected variation during that measurement — it is not a diagnosis of any heart rhythm condition.

- Do not change, stop, or start any medicine based on a home reading.
- Do not use the monitor on an arm with a shunt, a graft, lymphedema, an intravenous line, or on the side of a mastectomy, unless your clinician specifically instructs you to.
- Accuracy has not been established for use during movement, in a moving vehicle, or on a patient with certain arrhythmias. See the full manual.
- Bring the monitor and the reading log to your appointment so the device can be compared against the clinic measurement.
- If you feel unwell, act on how you feel and contact a clinician. Do not wait to see what the device shows.

FICTIONAL SPECIMEN. Northstar Devices, the NS-BP440, its specifications, cuff catalog numbers, error codes, and support contacts are invented for demonstration only. This is not real device labeling, not a cleared or approved instruction manual, and not medical advice.