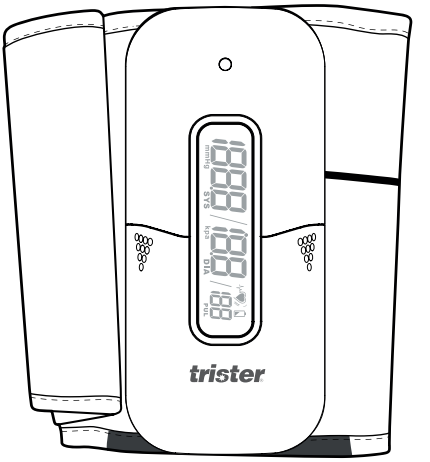
trister®

SMART UPPER ARM BLOOD PRESSURE MONITOR

Model: **TS 330BPS**

User Manual



Please read this user manual carefully before operating the device.
Kindly keep it safe for future reference.

Dear Trister Smart User,

Thank you for choosing **Trister Smart Automatic Upper Arm Blood Pressure Monitor TS 330BPS.** This user manual provides important information to help you operate this device accurately. Before using this product, please read the user manual thoroughly and carefully.

Managing your blood pressure is simple with this device. It is small enough which makes it easily portable and auto-uploads all of your readings to the **MbH BP** smartphone App. In addition, this device will help you in maintaining your blood pressure under control and adjust your treatment plans per requirement.

IMPORTANT SAFETY INSTRUCTIONS
READ BEFORE USE

The following basic safety precautions should always be taken.

1. Use device only for the intended use as described in this manual.
2. Do **NOT** use the device if it is not working properly or damaged.
3. Do **NOT** use under any circumstance on newborn babies.
4. This device does **NOT** serve as a cure for any symptoms or diseases. The data measured are for reference only. Always consult your physician to have the results interpreted.
5. Keep the device away from hot surfaces.
6. Do **NOT** apply cuff to areas other than the place directed.
7. Use of this instrument in a dry environment, especially if synthetic materials are present (synthetic clothing, carpets etc.) may cause damaging static discharges. This may lead to erroneous results.
8. Do **NOT** use this instrument in close proximity to sources of strong electromagnetic radiation, as these may interfere during operation.

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INTRODUCTION

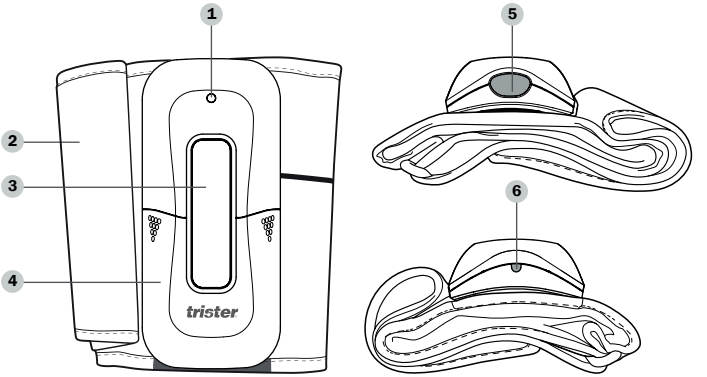
Intended Use

Trister Smart Automatic Upper Arm Blood Pressure Monitor TS 330BPS is specially designed to measure the systolic, diastolic blood pressures and also your rate by using a non-invasive technique in which an inflatable cuff is wrapped around the upper arm. It is intended for individuals aged 18 and above, for home and clinical usage. The device is not to be used for the diagnosis of hypertension testing on newborn babies.

Principle

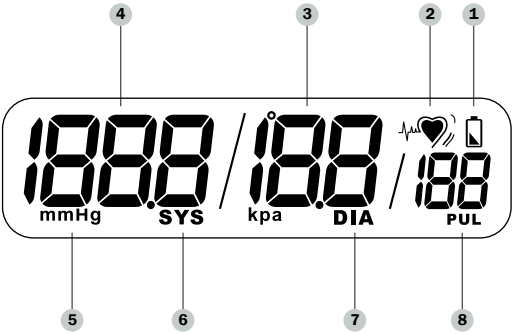
Blood pressure is measured non-invasively at the arm based on oscillometric method.
This device is suitable to take measurements in the presence of common arrhythmia, such as atrial, ventricular premature beats or atrial fibrillation. It may exhibit error.

Meter Overview



1. **Bluetooth Indicator**
2. **Cuff (immovable)**
3. **Display Screen**
4. **Battery Compartment**
5. **ON/OFF Button**
6. **Bluetooth Pairing Button**

Display Screen



1. **Low Battery**
2. **Pulse Rate**
3. **Diastolic Pressure**
4. **Systolic Pressure**
5. **Units of Blood**
6. **Systolic Pressure**
7. **Diastolic Pressure**
8. **Pulse Rate**

HOW TO INSTALL AND UPDATE THE MbH BP BLOOD PRESSURE MANAGER



You can use the Trister Smart Automatic Upper Arm Blood Pressure Monitor TS 330BPS alone or with the **MbH BP** Blood Pressure Manager App. **MbH BP** Blood Pressure Manager is designed to assist you in easily monitoring, recording, and tracking of your blood pressure. The app is simple to use and helps you in better understanding of your current condition as well as controls your hypertension.

System Requirement

For the requirement of OS version, please check the App Store or Google Play Store when you download the app

Installing

MbH BP Blood Pressure Manager is available on the App Store/Play Store for free. Connect your mobile device to the internet to download the **MbH BP** Blood Pressure Manager and then install it in your mobile.

Updating

When new features are added to the **MbH BP** Blood Pressure Manager, the App Store will notify you automatically. Please update accordingly such that we could provide you with the latest features that has been developed to match your interest.

BLUETOOTH PAIRING

You can easily transfer your data from the meter to your devices via Bluetooth. Please contact your local distributor for assistance.
Please note that you must complete the pairing between meter and Bluetooth receiver before transmitting data. Please refer to the images on the quick start guide for detailed procedures.

Pairing with your mobile device

1. Turn on the **Bluetooth** function on your mobile device.
2. Press the **Bluetooth button** on the meter. “PCL” will be displayed on the meter screen.
3. Follow the instruction on your app to pair the device. (Eg. Scan to find the meter and then add it into the app.)
4. After successfully pairing the app with the device, the **Bluetooth** function of meter shall be on before transmitting the data to your app.
5. Turn on Location Services for accurate and continuous connectivity between both the devices.

Bluetooth indicator on the meter

BLUETOOTH INDICATOR	STATUS
Flashing Blue	The Bluetooth function is on and waiting for connection.
Solid Blue	The Bluetooth connection is established.

NOTE:

- While the device is in transmission mode, it will be unable to perform the test.
- Make sure your device supporting Bluetooth Smart Technology is turned on before transmitting the data and the device is within the receiving range. For the requirement of OS version, please check the App Store or Google Play Store when you download the app.
- The Bluetooth functionality is implemented in different ways by various mobile device manufacturers. A compatibility issue between your mobile device and the meter may occur.

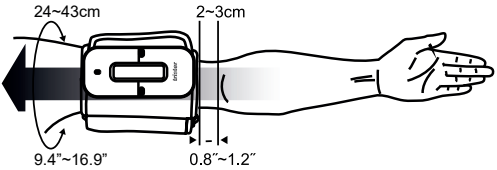
IMPORTANT INFORMATION ABOUT PERFORMING A BLOOD PRESSURE TEST

Before Measurement

- Avoid caffeine, tea, alcohol and tobacco for at least 30 minutes before measurement.
- Wait for 30 minutes after exercising or bathing before measurement.
- Sit or lie down for at least 10 minutes before measurement.
- Do not measure when feeling anxious or tense.
- Take a 5-10 minute break between measurements. This break could be longer if necessary, depending on your physical condition.
- Keep the records for your doctor as reference.
- Blood pressure naturally varies between each arm. Always measure your blood pressure on the same arm.

Applying the Cuff

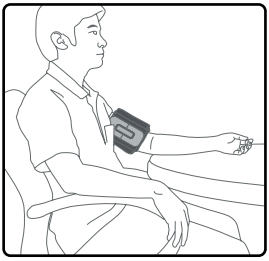
1. Stretch your left/right arm with your palm facing up. Slide and place the cuff onto your arm, the arrow should point toward the forearm.
2. Wrap and tighten the cuff above your elbow. The red line on the edge of the cuff should be approximately 0.8” to 1.2” (2 cm to 3 cm) above your elbow.
3. Leave a little free space between the arm and the cuff; you should be able to fit two fingers between them. Clothing must not restrict the arm. Remove all clothing covering or constricting the measurement arm.



4. Press the hook material firmly against the pile material. The top and bottom edges of the cuff should be tightened evenly around your upper arm.

NOTE:
The blood pressure monitor is fixed onto the cuff. Do NOT remove the cuff or change to other different sized cuff.

Proper Measurement Position



1. Sit or lie down for at least 10 minutes before measuring.
2. Place your elbow on a flat surface. Relax your hand with the palm facing up.
3. Remain still and do not talk or move during the measurement.

WARNING:
If the cuff is relatively lower/higher than the heart level, the obtained blood pressure value could be lower/higher than the actual value. A 15 cm (5.9”) difference in height may result in an error around 10 mmHg.

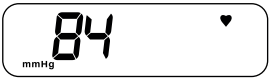
HOW TO TEST YOUR BLOOD PRESSURE

Taking Measurement with the Device Itself

Always apply the pressure cuff before turning on the meter.

1. Tap ON/OFF Button. All the LCD symbols will appear with a long "beeping" sound. Then the cuff will begin to inflate automatically.





2. Pump starts to inflate. The pressure in cuff increases to working pressure.

3. The heart symbol " ♥ " will show silently when pulse is detected during the measurement. When signal of pulse becomes strong, " ♥ " icon starts to flash.



4. After the measurement, the meter displays the systolic pressure, diastolic pressure and pulse rate.



5. Tap ON/OFF Button to switch off. The meter will switch off automatically after being idle for 3 minutes.

NOTE:

- When the "Syn" icon appears on the screen, it indicates you have not paired the meter to your mobile. You need to synchronize with your mobile in order to adjust the date and time settings, or the measured result will be stored in the meter's memory with incorrect date and time.



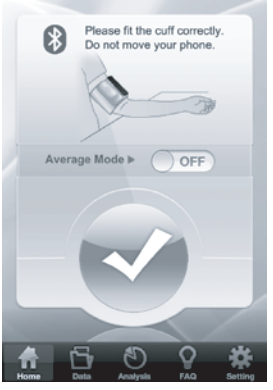
- If you tap ON/OFF button during measurement, the meter will turn off.

Measuring with MbH BP Blood Pressure Manager App

All the screenshots displayed below are from the display screen of the Bluetooth receiver installed with **MbH BP** Blood Pressure Manager App and not from the display screen of the meter.

Single Measurement

1. Turn on the Bluetooth switch on your mobile before performing the test.



2. Launch the **MbH BP** Blood Pressure Manager App.

3. Apply the pressure cuff, and then tap " ✔ " (in green) on the screen of **MbH BP** Blood Pressure Manager App. All LCD symbols will appear with a long "beeping" sound on the device monitor. The cuff will begin to inflate automatically until it reaches the working pressure.
The " ✔ " (in green) will turn into " ✖ " (in red) on the App screen during measurement. If you want to stop the measurement, press " ✖ " (in red) to terminate it, and the meter will be switched off.

NOTE:
If the connection is established, the meter will enter PCL mode.

4. The pulse rate is detected during measurement.

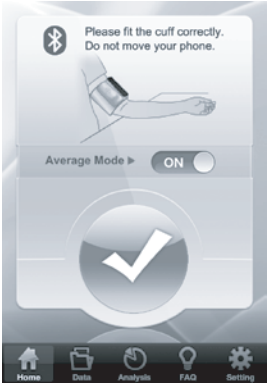


5. After measurement, the screen displays systolic, diastolic pressures and pulse rate. If the measurement is initiated via the app, you will also see a curve diagram below the pulse rate.
The diagram is only available when the measurement is initiated via the app rather than by the meter's ON/OFF button.

Tap on the diagram to view more information. This curve and its contents are for reference only. Please seek medical attention for further diagnosis.

Average Measurement

This function automatically performs 3 consecutive blood pressure measurements and displays the average result in the end.
This function is only available when your meter is connected to your mobile.



1. Press the Bluetooth button. The "**PCL**" icon will appear on the meter display, indicating that the device is ready to transmit data.
2. Launch **MbH BP** Blood Pressure Manager App.
3. Set Average Mode to ON and tap " ✔ " (in green) on the screen of **MbH BP** Blood Pressure Manager App. Then the cuff will begin to inflate automatically.

The “ ✓ ” (in green) will turn into “ ⊗ ” (in red) on the app during measurement. If you want to stop the measurement, press “ ⊗ ” (in red) to terminate it, and the meter will be switched off.

4. After the first measurement is complete, the device and **MbH BP** Blood Pressure Manager app will start counting down before the second measurement begins. The device will take 3 measurements consecutively with an interval of 20 seconds.

NOTE:
When the difference between the first and second systolic pressure is more than 15 mmHg, the time interval for the third measurement will be 40 seconds.

5. After taking three measurements, the app screen displays the average result with an “**AVG**” tag.



6. Touch the waveform area under the pulse rate, a pop-up window will appear to display the predicted analysis of your average result. Press the upper-right icon “x” to close the pop-up window.

NOTE:
Always apply the pressure cuff before turning on the meter.

MAINTENANCE

Low Battery Signal

The meter will display either of the two messages below to alert you when the meter power is getting low.





1. **The symbol appears along with display messages:** The meter is functional and the result remains accurate, but it is time to change the batteries.
2. **The symbol appears with E-b:** The power is not enough to do a test. You must change the batteries immediately.

Replacing the Battery

To replace the batteries, make sure the meter is turned off.

1. Press the edge of the battery cover and lift it up to remove.
2. Remove the old batteries.
3. Replace with four 1.5 V AAA size alkaline batteries in accordance with the mark +/- indication in the battery compartment.
4. Close the battery cover.

NOTE:

- As with all small batteries, these batteries should be kept away from small children. If swallowed, promptly seek medical assistance.
- Batteries might leak chemicals if unused for a long time. Remove the batteries if you are not going to use the device for an extended period (i.e., 3 months or more).
- Properly dispose the batteries according to your local environmental regulations.

- Replacing the batteries does not affect the test results stored in memory. After battery replacement, please pair the meter with your mobile device again to synchronize time and date, so measurements taken afterwards will be stored in memory with correct time and date.

Caring for your meter

To avoid the meter from attracting dirt, dust or other contaminants, wash and dry your hands thoroughly before use.

Cleaning

- To clean the meter exterior, wipe it with a cloth moistened with tap water or a mild cleaning agent, then dry the device with a soft dry cloth. Do **NOT** flush with water.
- Do **NOT** use organic solvents to clean the meter.
- Do **NOT** wash or iron the pressure cuff.

Meter Storage

- Storage condition: -25°C to 70°C (-13°F to 158°F), 10% to 95% relative humidity.
- Always store or transport the meter in its original storage case.
- Avoid dropping or heavy impact.
- Avoid direct sunlight and high humidity.

ADDITIONAL DETAILED INFORMATION

Reference Values

Clinical studies show that adult diabetes is often accompanied by elevated blood pressure. People with diabetes can reduce their heart risk by managing their blood pressure along with diabetes treatment*[1].

Monitoring your routine blood pressure trend helps you to know your body condition. Human blood pressure naturally increases after reaching middle age. This symptom is a result of continuous ageing of the blood vessels. Further causes include obesity, lack of exercise and cholesterol (LDL) adhering to the blood vessels. Rising blood pressure accelerates hardening of the arteries, and the body becomes more susceptible to apoplexy and coronary infarction. The recommended blood pressure range is as below:

Classification	Systolic Pressure (mmHg)	Diastolic Pressure (mmHg)
Hypotension*[2]	≤ 90	≤ 60
Normal*[3]	< 120	< 80
Pre-hypertension*[3]	120 – 139	80 – 89
Stage 1 Hypertension*[3]	140 – 159	90 – 99
Stage 2 Hypertension*[3]	≥ 160	≥ 100

*1: American Diabetes Association: The Diabetes-Heart Disease Link Surveying Attitudes, Knowledge and Risk (2002).

*2: National Heart, Lung, and Blood Institute, Diseases and Conditions.

*3: The Seventh Report of the Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure. NIH Publication. 2003. No. 03-5233.

SYSTEM TROUBLESHOOTING

Error Messages on Meter

MESSAGE	PROBABLE CAUSE	SOLUTION
E-1	Inflation or pressure error.	Please contact local customer service for help.
E-4	Blood pressure measurement error.	Refit cuff tightly and correctly. Relax and repeat the measurement. If error still remains, contact local customer service for help.
E-A E-E	Problems with the meter.	Review the instructions and repeat the test. If the meter still does not work, please contact the local customer service for help.
E-b	Battery is too low.	Replace with new batteries.

NOTE:
The information here is only displayed on the meter screen.

Troubleshooting

1. If no display appears after tapping ON/OFF Button:

POSSIBLE CAUSE	WHAT TO DO
Batteries exhausted.	Replace the batteries.
Batteries incorrectly installed or absent.	Check that the batteries are correctly installed.

2. If the heart rate is higher/lower than user's average:

POSSIBLE CAUSE	WHAT TO DO
Movement during measurement.	Repeat measurement.
Measurement taken just after exercise.	Rest for at least 30 minutes before repeating measurement.

3. If blood pressure is higher/lower than user's average measurement:

POSSIBLE CAUSE	WHAT TO DO
May not be in correct position while measuring.	Blood pressure naturally varies from time to time.
Blood pressure naturally varies from time to time.	Keep in mind for next measurement.

4. If the cuff inflates again while measuring:

POSSIBLE CAUSE	WHAT TO DO
Cuff is not fastened.	Fasten the cuff again.
If user's blood pressure is higher than the pressure the device has inflated, the device will automatically increase the pressure and start to inflate again. Stay relaxed and wait for the measurement.	

SYMBOL INFORMATION

SYMBOL	REFERENT
	Consult instructions for use
	Type BF applied part
	Manufacturer
	Temperature limit
SN	Serial number
CE 0123	CE mark
IP22	Resistant to liquid ingress
	Humidity limitation
	Caution
EC REP	Authorized representative in the European Community
RoHS	RoHS Compliance
	This device does not belong to household waste and must be returned to a collection point for recycling electric and electronic devices according to local laws. If it contains batteries, the batteries should be removed and disposed in accordance with locations for separate collection of spent batteries.

SPECIFICATIONS

System Performance

Model No.: TS 330BPS
Size of Meter w/o Cuff: 145 (L) x 64.5 (W) x 29.6 (H) mm, 240 g
Power Source: Four 1.5 V AAA alkaline batteries
Power Saving: Automatic power off if system idle for 3 minutes
Waterproof Grade: IP22
The Expected Service Life: 3 years
System Operating Condition:
5°C to 40°C (41°F to 104°F), 15% to 93% RH, 700 hPa to 1060 hPa
Meter Storage Condition:
-25°C to 70°C (-13°F to 158°F), 10% to 95% RH

Blood Pressure Measurement Performance

Systolic Measurement Range: 60 mmHg -255 mmHg
Diastolic Measurement Range: 30 mmHg -195 mmHg
Pulse Rate Measurement Range: 40 to 199 beats / minute
Accuracy of Pressure: ±3 mmHg or ±2% of reading
Accuracy of Pulse Rate: ±4% of reading
Measurement Unit:
Fixed mmHg for meter, either mmHg or Kpa for App

This device has been tested to meet the electrical and safety requirements of: IEC/EN 60601-1, IEC/EN 60601-1-2, EN 301 489-17, EN 301 489-1, EN 300 328

Reference to Standards:
• IEC60601-1 General requirement for safety
• IEC60601-1-2 Requirements for EMC

IP22:
• Object size protected against: >12.5 mm (Fingers or similar objects)
• Protected against: Dripping water when tilted up to 15°.

EMC - DECLARATION OF CONFORMITY

Manufacturer's declaration-electromagnetic emissions		
The device is intended for use in the electromagnetic environment specified below. The customer or the user of the device should assure that it is used in such an environment.		
Emission test	**Compliance**	**Electromagnetic environment-guidance**
RF emissions CISPR 11	Group 1	The device uses RF energy only for its internal function. Therefore, its RF emissions are very low and are not likely to cause any interference in nearby electronic equipment.
RF emissions CISPR 11	Class B	The device is suitable for use in all establishments, including domestic establishments and those directly connected to the public low-voltage power supply network that supplies buildings used for domestic purposes.
Harmonic emissions IEC 61000-3-2	Not applicable	
Voltage fluctuations / flicker emissions IEC 61000-3-3	Not applicable	

Manufacturer's declaration-electromagnetic immunity			
The device is intended for use in the electromagnetic environment specified below. The customer or the user of the device should assure that it is used in such an environment.			
Immunity test	**IEC 60601 test level**	**Compliance level**	**Electromagnetic environment-guidance**
Electrostatic discharge (ESD) IEC 61000-4-2	Contact: ±8 kV Air ±2 kV, ±4 kV, ±8 kV, ±15 kV	Contact: ±8 kV Air ±2 kV, ±4 kV, ±8 kV, ±15 kV	Floors should be wood, concrete or ceramic tile. If floors are covered with synthetic material, the relative humidity should be at least 30 %.
Electrical fast transient / burst IEC 61000-4-4	±2 kV for power supply lines ±1 kV for input / output lines	Not applicable Not applicable	Mains power quality should be that of a typical home and professional healthcare environment.
Surge IEC 61000-4-5	±0.5 kV, ±1 kV line(s) to line(s) ±0.5 kV, ±1 kV, ±2 kV line(s) to earth	Not applicable Not applicable	Mains power quality should be that of a typical home and professional healthcare environment.
Voltage Dips, short interruptions and voltage variations on power supply input lines IEC 61000-4-11	Voltage dips: 0 % UT; 0,5 cycle 0 % UT; 1 cycle 70 % UT; 25 / 30 cycles Voltage interruptions: 0 % UT; 250/300 cycle	Voltage dips: Not applicable Not applicable Not applicable Voltage interruptions: Not applicable	Mains power quality should be that of a typical home and professional healthcare environment. If the user of the device requires continued operation during power mains interruptions, it is recommended that the device be powered from an uninterruptible power supply or a battery.
Power frequency (50, 60 Hz) magnetic field IEC 61000-4-8 U	30 A/m 50 Hz or 60 Hz	30 A/m 50 Hz and 60 Hz	The device power frequency magnetic fields should be at levels characteristic of a typical location in a typical home and professional healthcare environment.
NOTE UT is the a.c. mains voltage prior to application of the test level.			

Manufacturer's declaration-electromagnetic immunity

The device is intended for use in the electromagnetic environment specified below.
The customer or the user of the device should assure that it is used in such and environment.

Immunity test	IEC 60601 test level	Compliance level	Electromagnetic environment-guidance
Conducted RF IEC 61000-4-6	3 Vrms: 0,15 MHz – 80 MHz 6 Vrms: in ISM and amateur radio bands between 0,15 MHz and 80 MHz 80 % AM at 1 kHz	Not applicable Not applicable	Portable and mobile RF communications equipment should be used no closer to any part of the device including cables, than the recommended separation distance calculated from the equation applicable to the frequency of the transmitter.
Radiated RF IEC 61000-4-3	10 V/m 80 MHz – 2,7 GHz 80 % AM at 1 kHz	10 V/m 80 MHz – 2,7 GHz 80 % AM at 1 kHz	Recommended separation distance: d = 1,2 √P d = 1,2 √P 80MHz to 800 MHz d = 2,3 √P 800MHz to 2,7 GHz Where P is the maximum output power rating of the transmitter in watts (W) according to the transmitter manufacturer and d is the recommended separation distance in metres (m). Interference may occur in the vicinity of equipment marked with the following symbol: 

NOTE1 At 80 MHz and 800 MHz, the higher frequency range applies.
NOTE2 These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from structures, objects and people.

a Field strengths from fixed transmitters, such as base stations for radio (cellular / cordless) telephones and land mobile radios, amateur radio, AM and FM radio broadcast and TV broadcast cannot be predicted theoretically with accuracy. To assess the electromagnetic environment due to fixed RF transmitters, an electromagnetic site survey should be considered. If the measured field strength in the location in which the device is used exceeds the applicable RF compliance level above, the device should be observed to verify normal operation. If abnormal performance is observed, additional measures may be necessary, such as re-orienting or relocating the device.
b Over the frequency range 150 kHz to 80 MHz, field strengths should be less than 3 V/m.

Recommended separation distance between portable and mobile RF communications equipment and the device

The device is intended for use in an electromagnetic environment in which radiated RF disturbances are controlled. The customer or the user of the device can help prevent electromagnetic interference by maintaining a minimum distance between portable and mobile RF communications equipment (transmitters) and the device as recommended below, according to the maximum output power of the communications equipment.

Rated maximum output power of transmitter (W)	Separation distance according to frequency of transmitter (m)		
	150 kHz to 80 MHz d =1,2√P	80 MHz to 800 MHz d =1,2√P	800 MHz to 2,7 GHz d =2,3√P
0,01	N/A	0,12	0,23
0,1	N/A	0,38	0,73
1	N/A	1,2	2,3
10	N/A	3,8	7,3
100	N/A	12	23

For transmitters rated at a maximum output power not listed above, the recommended separation distance d in meters (m) can be estimated using the equation applicable to the frequency of the transmitter, where p is the maximum output power rating of the transmitter in watts (W) according to the transmitter manufacturer.
NOTE1 At 80 MHz and 800 MHz, the separation distance for the higher frequency range applies.
NOTE2 These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from structures, objects and people.

Manufacturer's declaration-electromagnetic immunity
Test specifications for ENCLOSURE PORT IMMUNITY to RF wireless communications equipment

The device is intended for use in the electromagnetic environment specified below.
The customer or the user of the device should assure that it is used in such an environment.

Test frequency (MHz)	Band [a] (MHz)	Service [a]	Modulation [b]	Maximum power (W)	Distance (m)	IMMUNITY TEST LEVEL (V/m)	Compliance LEVEL (V/m)
385	380 – 390	TETRA 400	Pulse modulation [b] 18 Hz	1,8	0,3	27	27
450	430 – 470	GMRS 460, FRS 460	FM [c] ±5 kHz deviation 1 kHz sine	2	0,3	28	28
710	704 – 787	LTE Band 13, 17	Pulse modulation [b] 217 Hz	0,2	0,3	9	9
745							
780							
810	800 – 960	GSM 800/900, TETRA 800, iDEN 820, CDMA 850, LTE Band 5	Pulse modulation [b] 18 Hz	2	0,3	28	28
870							
930							
1720	1700 – 1990	GSM 1800; CDMA 1900; GSM 1900; DECT; LTE Band 1, 3, 4, 25; UMTS	Pulse modulation [b] 217 Hz	2	0,3	28	28
1845							
1970							
2450	2400 – 2570	Bluetooth, WLAN, 802.11 b/g/n, RFID 2450, LTE Band 7	Pulse modulation [b] 217 Hz	2	0,3	28	28
5240	5100 – 5800	WLAN 802.11 a/n	Pulse modulation [b] 217 Hz	0,2	0,3	9	9
5500							
5785							

NOTE If necessary to achieve the IMMUNITY TEST LEVEL, the distance between the transmitting antenna and the ME EQUIPMENT or ME SYSTEM may be reduced to 1 m. The 1 m test distance is permitted by IEC 61000-4-3.

a) For some services, only the uplink frequencies are included.
b) The carrier shall be modulated using a 50 % duty cycle square wave signal.
c) As an alternative to FM modulation, 50 % pulse modulation at 18 Hz may be used because while it does not represent actual modulation, it would be worst case.

Warranty Information

Trister warrants that the Trister Smart Automatic Upper Arm Blood Pressure Monitor TS 330BPS alone should be free of defects in materials and workmanship under regular use without damage for a period of three years since the date of purchase. This warranty pertains only to the original purchaser.

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