



■ INFOPIA Co.,Ltd.  
132, Anyangcheondong-ro,  
Dongan-gu, Anyang-si,  
Gyeonggi-do, 431-836,  
Republic of Korea  
[www.infopia21.com](http://www.infopia21.com)

[EC REP] Obelis S.A  
Bd. General Wahis 53, 1030  
Brussels, Belgium  
Tel: +(32) 2.732.59.54  
Fax: +(32)2.732.60.03  
E-mail:[mail@obelis.net](mailto:mail@obelis.net)

Made in PRC

Revision:1.00  
Revision date:2014-04-01



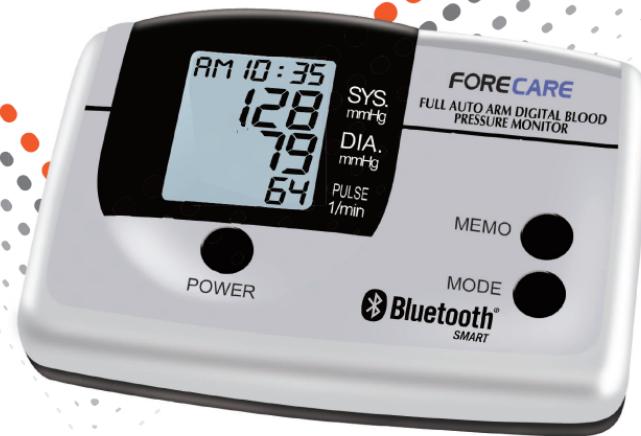
Health care,  
Human care,  
Happy care

# FORECARE

BLUETOOTH SMART® BLOOD PRESSURE MONITOR

SE-9400BLE

USER MANUAL



⚠ Before operating this unit, please read these instructions completely

## CONTENTS

1.Introduction .....	4
2.Caution .....	4
3.Important information before taking the blood pressure measurement .....	4
4.Part Description .....	6
5.Preparation for Measurement .....	7
5.1Battery Installation / Replacement .....	7
5.2Attaching Pressure Cuff .....	8
6.Correct measurement position and values vary according to your posture .....	9
6.1Measuring correct posture .....	9
7.Description of Display Symbols .....	10
8.How to measure .....	11
8.1 Taking Reading .....	11
8.2Automatic Power off function .....	12
9.Memory recall .....	12
10.Setting the User ID, Date and Time .....	13
11.Use of optional AC/DC adaptor ( *sold separately) .....	15
12.More about Blood Pressure measurement .....	15
13.WHO Blood Pressure Classifications .....	16
14.Care And Maintenance .....	18
15.Limited 3 year warranty .....	19
16.FCC Information .....	20
17.Specifications .....	21
18.Symbol Description .....	24

## 1. Introduction

Thank you for purchasing the FORE-CARE upper arm fully automatic blood Pressure Monitor. FORE-CARE blood pressure monitor operates on the oscillometric method of measurement, and it measures your Systolic, Diastolic blood pressure and pulse rate easily and quickly.

This product is designed to be intended for adult and household use only.

And you can take a measurement on your left arm only.

## 2. Caution

This device is designed to make rapidly deflate automatically if the pressure in the cuff is 300mmHg or higher. If the cuff doesn't deflate automatically when the cuff pressure reaches 300mmHg or Higher, please remove the cuff from the arm.



### POWER SOURCES :

LR06(AA) BATTERIES(4) BF TYPE

## 3. Important information before taking a blood pressure measurement

1. Self-measurement means Control, not diagnosis or treatment. Unusual values must always be discussed with your doctor.
2. To ensure accurate measuring result, carefully read these use instructions.
3. This product is intended for household use only. Keep product and batteries away from children.

4. People suffering from cardiac arrhythmia, vascular constriction and arteriosclerosis in extremities, diabetes or users of cardiac pacemakers should consult their doctor before measuring their blood pressure themselves, since deviation in blood pressure values may occur in such cases.

5. If you are under medical treatment or taking any medication, please consult your doctor first.

6. The use of this blood pressure monitor is not intended as a substitute for consultation with your doctor.

7. Attach the arm cuff on the proper position of the arm as high as the level of the heart.

8. Wait approximately 5 minutes before repeating a measurement.

9. Always take readings at the same time of the day, ideally in the morning under same conditions.

10. Do not measure within 30 minutes after smoking, eating, physical exercise, coffee or tea consumption.

11. Do not apply the arm cuff over jacket of sweater sleeve, or correct measurement cannot be done. Also, if the upper arm is squeezed by the rolled up shirt sleeve, proper measurement results will not be obtained.

12. While taking a measurement, sit down, relax keep till, especially the hand of the measuring arm, do not move or speak.

13. Blood pressure naturally varies from time to time throughout the day and also is affected by many different factors such as smoking, alcohol consumption, medication and physical activity.

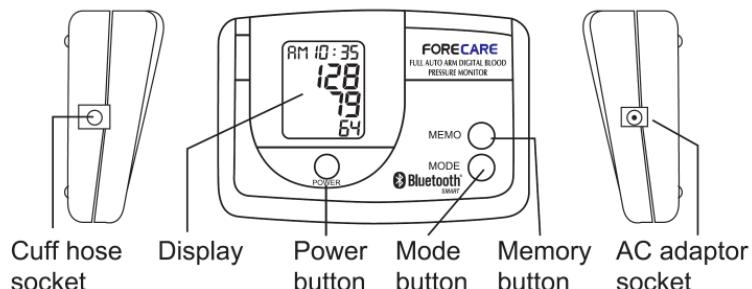
14. It is recommended that the performance should be checked every two years after maintenance and repair .

Blood Pressure Measurement determined with this device is

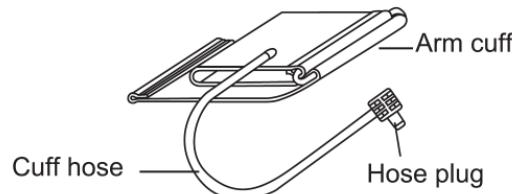
equivalent to those obtained by a trained observer using the cuff/stethoscope auscultation method, within the limits prescribed by the American National Standard for Electronic of Automated Sphygmomanometer.

#### 4. Parts Description

##### Main Unit



##### Arm Cuff



##### <Included contents in the package>

1. Main Unit x 1 EA
2. Arm Cuff for adult (regular size) x 1 EA
3. Pouch x 1 EA
4. Instruction Manual x 1 EA
5. 4pcs of "AA" size LR06 alkaline battery
6. Warranty Card

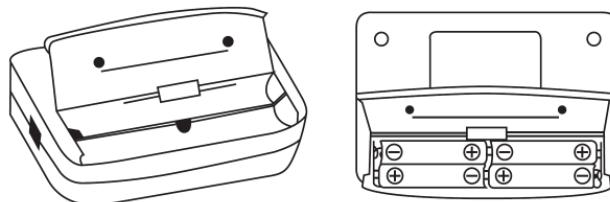
##### <Note>

Please use only a cuff supplied by Infopia Co., Ltd.  
Using other cuffs may impede measurement.

#### 5. Preparation for Measurements

##### 5.1 Battery Installation / Replacement

If the low battery symbol “” appears on the display, replace all batteries at the same time.  
To do so, remove the battery cover and insert batteries into the battery compartment as shown, taking extreme care that the polarities + and – are observed.  
Use only for “AA”size alkaline batteries with this unit. Do not use other types of batteries.



-When the batteries are replaced, you may need to reset the date and time.

-Do not use new and used batteries together.



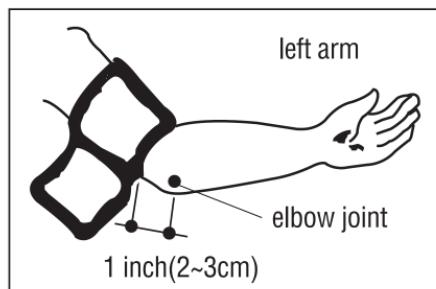
Only discard empty batteries. They should not be disposed of in the household waste, but at appropriate collection sites or at your retailer.

**\*Important\***

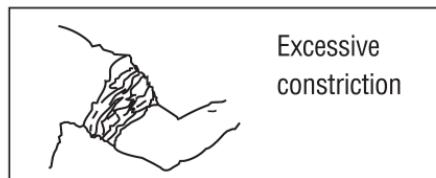
In order to ensure that the device functions properly, the cover of the battery compartment must fit tightly.  
Take out the batteries when the unit will not be used for a long time (three months or more).  
If the batteries are not used any more, please dispose of them in accordance with National Regulation”

**5.2 Attaching Pressure Cuff**

Wrap the arm cuff around the left upper arm tightly so that the bottom edge of the cuff is positioned one inch above the elbow joint.



Don't roll up a shirt or a jacket. It may cause constriction of the upper arm and proper measurement results will not be obtained.

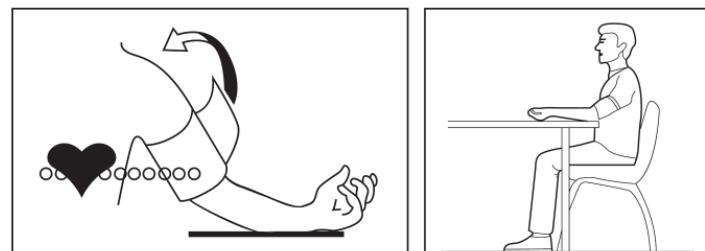


If your BMI (body mass index) is over 30, "FORE-CARE" large size cuff must be used for accurate result.  
"FORE-CARE" large size cuff is sold separately.

**6.Correct measurement position and values vary according to your posture.****6.1 Measuring correct posture**

- Place your arm on a table so that the cuff will be at the same level as your heart.
- Remain in seated or reclining posture. Do not move your arm while measuring.
- Open your hand and fingers slightly, and relax.
- If the arm cuff is at a lower position than your heart use cushions etc. to adjust the height of your arm, otherwise it could lead to higher blood pressure values due to incorrect posture.

Note:Attach the arm cuff and ensure that your arm is positioned in the same way as shown.



For successive readings, wait approximately 5 minutes between measurements.

Waiting allows the engorged blood vessels to return to normal before each new measurement is taken.

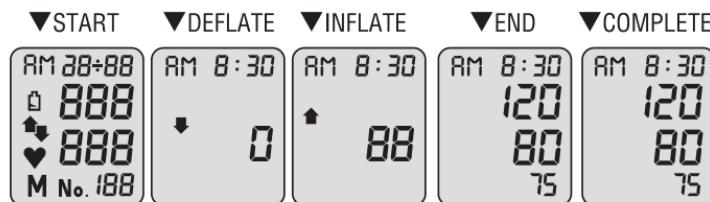
## 7.Description of Display symbols

Display symbol	Condition/Cause	Corrective action
♥ Measurement in progress	Appears in the measurement condition and flashes when pulse is detected.	Measurement in progress-remain quiet.
↓ Exhaust	Flashes when power is applied and there is air remaining in the cuff	Automatic exhaust is performed
↑ Inflate	Flash during a blood pressure test.	Automatic inflation is performed
🔋 Replace batteries	Appears when the battery voltage is excessively low	Replace all four batteries with new ones.
Err 1 Sensor error	Appears when the pressure sensor is anomaly.	Contact to the purchased store or distributor.
Err 2 Measurement error	Appears when the accurate blood pressure could not be obtained.	Avoid moving or touching strongly the cuff on testing.
Err 3 Leaking error	Appears when air is leaking from the arm cuff.	Connect hose plug and hose socket tightly.
Err 4 Air tube error	Appears when air tube is blockage	Keep the cuff nozzle clear.

## 8.How to measure

Please read “important information before taking a blood pressure measurement” and “correct measurement position” and “attaching pressure cuff” before measure.

### 8.1 Taking Reading



- Press the Power button on the device.
- When power is turned on, all symbols appears on the display for approximately 1 second as showed.
- The display symbols disappear and the deflation indicating symbol (↓) starts to flash, the air in the cuff is released automatically.
- When the “0” is displayed, the unit is ready for measurement, and when the (↑) symbol appears, the cuff is inflated more and more, and test automaticly.
- The inflation level is setup automatically according to the individual blood pressure.
- When the power button is subsequently pressed during pressurization, the unit is turned off and the cuff deflates.
- The unit determines your pulse during inflation. Do not move your arm and remain still until the entire measurement

process is completed.

When the measurement is completed, the systolic pressure value is displayed on the upper part and the diastolic pressure value is displayed on the middle of the display, and pulse rate on the lower part of the display as showed.



#### 8.2 Automatic Power off function

If this unit is left on for more than 1 minute after measurement has been taken, an automatic power off function turns the power off. To continue measuring, press the power button to turn the unit on.

#### 9. Memory recall function

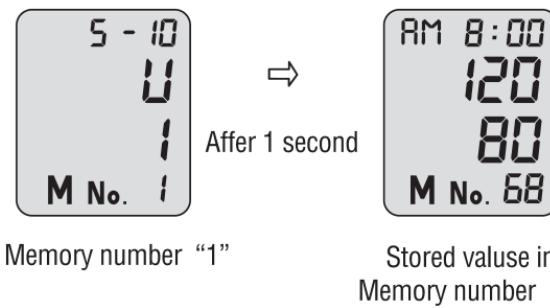
To view stored measurement value, press the memory button while current measurement value or blank window display. It can also calculate an average reading based on the measurements from the last three readings taken within 10 minutes. If there are only two readings in memory for that period, the average will be based on two readings. If there is one reading in memory for that period, the average will be based on one reading.

After "M no.1" date of measurement and user ID are displayed for 1 second, the measurement value in Memory No. 1 is

displayed for 1 minute, and the display automatically returns the power off.

Memory No. is increased by 1 once memory switch pressed while memory No. or measurement value is displayed. 1 second after memory No. is displayed, stored value in the memory No. is displayed.

When new measurement is performed, the measurement value is stored in memory no. 1 moves to memory no. 2 automatically. Measurement value stored in memory no. 61 disappears.



Memory number "1"

Stored value in  
Memory number "1"

#### 10. Setting the User ID, Date and Time

To change user ID, date and time, press the mode button for 3 seconds. When display is turned the power off.

Then, you can see the current user ID is displayed, to change user ID press the memory button.

There are 3 user ID settings : "U1", "U2", "U-". as showed.



(User 1)



(User 2)



(User 3)

Press the memory button once again while in user setting display and then the display will change to mode for change of date and time. Press the memory button to enter the mode for change of value.

Flashing refers to the changeable.

Flashing value increases by 1 once the memory button is pressed.

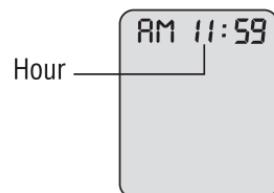
Flashing moves from Year,Month,Day,Hour to Minute in turn once the mode button is pressed.

The change is returned the user ID by pressing the mode button once again after minute change.

To save the setting information, press the MODE button long, and then you can see set information.

To leave the settings, press the power button or leave the unit without pressing any switch during 1 minute.

\*12-hour system with AM and PM



### 11. Use of optional AC/DC adaptor (\*sold separately)

1. Insert the AC/DC adaptor cord into the jack at the right side of the unit.

2. Next insert the AC/DC adaptor into a 110/220V AC outlet 50-60 cycle.

3. When AC/DC adaptor is removed, disconnect from AC outlet first, then from the unit jack. To avoid possible damage to the unit, use only the constant voltage AC/DC adaptor (DC 6V, 2Ah) as other units may vary in output voltage and polarities.

AC/DC Adaptor



Output: DC 6V, 2Ah

Note : The unit is designed not to draw power from the batteries when the AC/DC adaptor is in use.

### 4. Adapter infomation (Use Only power supplies listed in the user instructions)

Manufacturer : BRIDGEPOWER CORP

Model : BPM010S06NX

### 12. More about Blood Pressure measurement

#### What is Blood Pressure ?

Blood Pressure is a measurement of the force of blood flowing against the walls of the arteries. Arterial blood pressure is constantly changing during the course of the cardiac cycle. The highest pressure in the cycle is called the Systolic Blood Pressure ; the lowest is the Diastolic blood Pressure. Both pressure readings, the Systolic and Diastolic, are necessary to enable a physician to evaluate the status of a patient's blood pressure.

Many factors such as physical activity, anxiety, or the time of day, can influence your blood pressure. Blood pressure is typically low in the morning and increases from afternoon to evening.

It is lower in the summer and higher in the winter.

Why is it a good thing to measure blood pressure at home ? Having one's blood pressure measured by a doctor in a hospital or a clinic, and group health checks, tend to stimulate nervousness in the subject and may even create high blood pressure.

Also blood pressure varies in accordance with a variety of conditions, and so judgement is not possible on the basis of a single measurement.

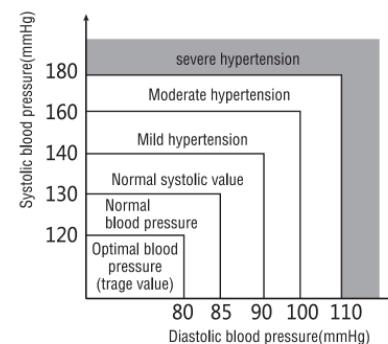
The blood pressure measured first thing in the morning after getting up, before taking any food, and with the subject still, is known as the fundamental blood pressure.

In practice it is rather difficult to record the fundamental blood pressure, but to come as near as possible to measuring the blood pressure in an environment that is close to this, is why it is useful to take the measurement at home.

### 13.WHO Blood Pressure Classifications

Classification of Blood Pressure by the World Health Organization(WHO) and International Society of Hypertension (ISH) developed the Blood Pressure values measured on persons in sitting position in outpatient departments of hospitals. (There is no universally accepted definition of hypertension. However, those having systolic pressure below 100 mmHg are assumed to be hypertensive)Standards for

assessment of high or low blood pressure, without regard to age, have been established by World health Organization (WHO), as shown in the chart.

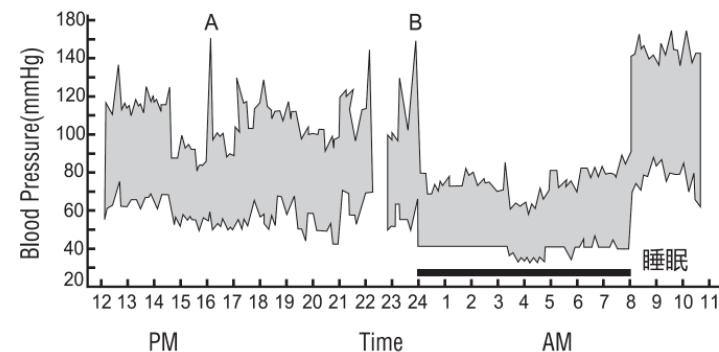


According to the blood pressure Classification by the WHO/ISH\* (revised in 1999)

\*ISH : International Society of Hypertension

### Variations in blood pressure

Individual blood pressure varies greatly both on a daily and a seasonal basis. These variations are even more pronounced in hypertension patients. Normally the blood pressure rises while at work and is at its lowest during the sleeping period. The graph below illustrates the variations in blood pressure over a whole day with measurement taken every five minutes.



Shown is data for measurements taken every 5 minutes. The thick line represents sleep. The rise in blood pressure at 4PM (A in the graph) and 12 PM (B in the graph) correspond to an attack of pain and sexual intercourse. (Beven, Honour&Stott : Clin.Sci.36 :329, 1969)

#### 14.Care and Maintenance

Avoid storing the unit where it will be exposed to direct sunlight, dust or high humidity.  
Do not wash the main unit or pressure cuff  
Do no disassembling the unit.  
Do not drop the unit, protect it from sudden jars or shocks.  
Do not clean the unit with volatile liquids.  
The unit and pressure cuff may be wiped clean with a soft, dry cloth.

#### 15.Limited 3 year warranty

Your SE-9400 fully automatic blood pressure monitor is warranted to be free from manufacturing defects for a period of three year under normal use. This warranty extends only to the original retail purchaser. Should repair be needed within the warranty period, please fill in the warranty card attached to the set. Mail or fax it back to us.

ATTN : service dept. be sure to include the model number of your unit and your phone number on any correspondences. We will either repair or replace(at our option) free of charge any parts necessary to correct defects in the materials or workmanship.

The above warranty is complete and exclusive.

The warrantor expressly disclaims liability for incidental, special, or consequential damages of any nature some states do not allow the exclusion or limitation of incidental or consequential damages, so the above warranty may not apply to you.

Any implied warranties arising by the operation of law shall be limited in duration to the terms of this warranty. (Some states do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you) this warranty gives you specific legal right and you may have other rights which vary from state to state. As a condition to operation of your warranty, the enclosed registration card must be completed and sent to us within one month from the date of purchase.

## 16.FCC Information

### CAUTION

Changes or modifications not expressly approved by the manufacturer could void the user's authority to operate the equipment.

#### Note

Potential for radio/Television interference(for U.S.A. only)  
This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation.

This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in particular installation.

If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures :

- Reorient or relocate the receiving antenna
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected
- Consult the dealer or an experienced radio/TV technician for help

Potential for Radio/Television Interference (for Canada only)  
This digital apparatus does not exceed the Class B limits for radio noise emissions from digital apparatus as set out in the interference-causing equipment standard entitled "Digital Apparatus", ICES-003 of the Canadian Department of Communications.

Cet appareil numerique respecte les limites de bruits radioelectriques applicables aux appareils numeriques de Classe B prescrites dans la norme sur le materiel brouilleur : "Appareils Numeriques", NMB-003 edictee par le minister des communications.

## 17.Specifications

Product Description	Fully Automatic Blood Pressure Monitor Fore-Care™
Model	SE-9400BLE
The degree of protection against electric shock	Type BF equipment
Display system	Digital display system / LCD including systolic, diastolic, pulse, date & time and user ID
Measuring method	Oscillometric method
Power source	Size "AA" alkaline 1.5V x 4 batteries or optional AC/DC adapter
Rating	6V $\equiv$ , 500mA
Measurement range	20 ~ 280mmHg (Pressure) 40~199 Pulses / minute (Pulse)
Accuracy	$\pm 3$ mmHg (Pressure) $\pm 5\%$ (Pulse)
Pressurization	Automatic pressurization using a micro pump Inflation Sensor technology controlled by solenoid valve

Deflation	Automatic pressure release valve
Memory	Built-in memory enabling display of the previous measurement value of each 60 times for 3 user ID including month, day, hour& minute.
Automatic power off	Automatically power off after 1 minute of none use to save energy
Battery Life	Approx. 4 months with 3 times per day
Operating environment	+10°C ~ +40°C, less than 85% RH
Storage environment	-20°C ~ +70°C, less than 95% RH
Dimensions	150(W) x 102(D) x 46(H) mm
Weight	Approx. 375g (including 4-batteries)
Cuff Dimensions	Approximately (480mm(L) x 150mm(W)
Circumference range	Approximately 230mm ~ 330 mm

These specifications are subject to change without notice for purposes of improvement.

\*This device fulfills the previsions of EC directive 93/42/EEC (Medical Device Directive)

\*This blood pressure monitor is designed according to the European Standard EN1060-1 (Non-Invasive sphygmomanometers part 1 : General Requirements) and EN1060-3 (Non-invasive sphygmomanometers, Part 3 : Supplementary requirements for electromechanical blood pressure measuring systems) and IEC 60601-2-30 (Medical Electrical equipment-Part 2-30 : Particular requirements for the safety and essential performance of automated non-invasive blood pressure monitor)

\*This Fore-Care product is produced under the strict quality system of Infopia Co., Ltd., Korea. The Core component for

Fore-Care blood pressure monitors, which is the pressure Sensor, is produced in Japan.

Medical Electrical Equipment needs special precautions regarding EMC

For detailed description of EMC requirements please contact the Infopia Co., Ltd.

Portable and mobile RF communications equipment can affect Medical Electrical Equipment.



At the end of the product's useful life, please disposal of it at appropriate collection point provided in your country.

## 18. Symbol Description

Symbol	Description
	This product fulfills the requirements of Directive 93/42/EC on medical devices
	Consult instruction for use
	Caution
	Serial number
	Manufacturer
	Date of Manufacturer
	Authorised representative in the European Community
	The system is type BF equipment, which provides a particular degree of protection against electric shock
	Direct current
	Waste electrical and electronic equipment
	Separate collection of batteries
	Operation Temperature
	Storage Temperature