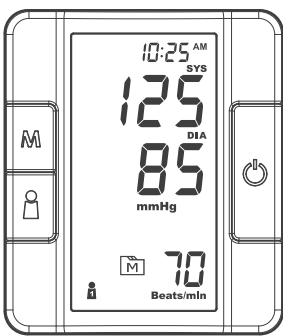


Operation Instructions



Distributed by **DarioHealth Corp.**
142 W. 57th Street, 8th Floor
New York, NY 10019
Made in Taiwan
Toll Free: 1-800-895-5921 (Mon to Fri / 9am to 5pm EST)
For assistance outside of these hours, please contact your healthcare professional.

Read instructions before use.
Keep away from sunlight.
311-3128200-XXXX

Dear Dario Blood Pressure System Owner:

Thank you for purchasing the Dario Blood Pressure Monitoring System. This manual provides important information to help you to use this system correctly. Before using this product, please read the following contents thoroughly and carefully.

With the compact size and easy operation of this Dario Blood Pressure Monitoring System, you can easily monitor your blood pressure by yourself at any time or place. In addition, this system can help you and your healthcare professionals to monitor and adjust your treatment plans, and keep your blood pressure under control.

If you have other questions regarding this product, please contact the place of purchase.

IMPORTANT SAFETY PRECAUTIONS

READ THIS BEFORE USE

1. Use this device **ONLY** for the intended use described in this manual.
2. Do **NOT** use accessories which are not specified by the manufacturer.
3. Do **NOT** use the device if it is not working properly or damaged.
4. Do **NOT** use under any circumstances on newborns or infants.
5. This device does **NOT** serve as a cure for any symptoms or diseases. The data measured are for reference only. Always consult your doctor to have the results interpreted.
6. Keep the equipment and its flexible cord away from hot surfaces.
7. Do **NOT** apply the cuff to areas other than the place directed.
8. Use of this instrument in a dry environment, especially if synthetic materials are present (synthetic clothing, carpets etc.) may cause damaging static discharges that may cause erroneous results.
9. Do not use this instrument in close proximity to sources of strong electromagnetic radiation, as these may interfere with the accurate operation.
10. Proper maintenance is essential to the longevity of your device. If you are concerned about your accuracy of measurement, please contact local customer service for help.

KEEP THESE INSTRUCTIONS

BEFORE YOU BEGIN

INTENDED USE

The Dario Blood Pressure Monitoring System is intended to be used to measure the systolic and diastolic blood pressure and pulse rate by using a non-invasive technique in which an inflatable cuff is wrapped on the upper arm. This system should only be used for the testing on people over 18 years of age and over.

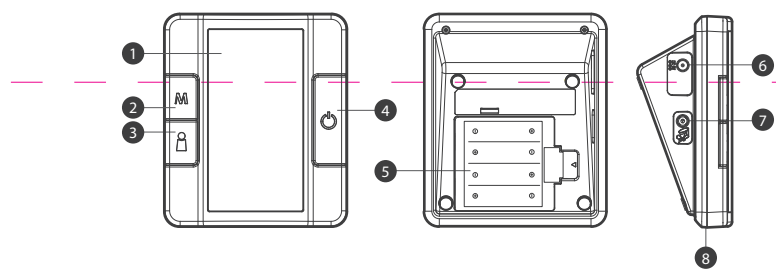
The Dario Blood Pressure Monitoring System (model no. DH-1160 and DH-1165) provides Bluetooth transmission.

TEST PRINCIPLE

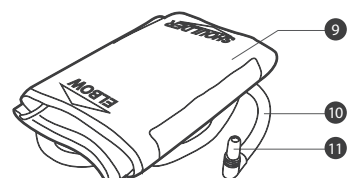
Blood pressure is measured non-invasively at the arm based on oscillometric method.

This device is **NOT** able to take measurements in the presence of common arrhythmia, such as atrial or ventricular premature beats or atrial fibrillation. It may produce reading error.

METER OVERVIEW



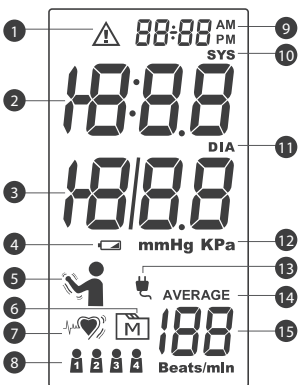
Pressure Cuff



1. **DISPLAY SCREEN**
2. **M BUTTON**
Enter the meter memory.
3. **USER SELECTION BUTTON**
Assist you with user number selection.

4. **ON/OFF BUTTON**
5. **BATTERY COMPARTMENT**
6. **AC ADAPTER PORT**
Connect to a power supply.
7. **AIR JACK**
8. **BT INDICATOR**
Download test results with a Bluetooth connection.
9. **PRESSURE CUFF**
10. **AIR TUBE**
11. **AIR PLUG**
Connect to air jack.

DISPLAY SCREEN



1. Error Warning
2. Systolic Pressure Value
3. Diastolic Pressure Value
4. Low Battery Symbol
5. Movement During Measurement
6. Memory Mode Symbol
7. Pulse Rate Symbol
8. User Number
9. Time & Date
10. Systolic Pressure Symbol
11. Diastolic Pressure Symbol
12. Units of Blood Pressure
13. AC Adaptor Symbol
14. Average
15. Pulse Rate

SETTING THE METER

Before using your meter for the first time or if you change the meter battery, you should check and update these settings. Make sure you complete the steps below and save the desired settings.

Entering the Setting Mode

Start with the meter off. Press and firmly hold **M** for 3 seconds until the meter turns on.

Setting the Date and the Time



With the year flashing, press **M** until the correct year appears. Press **1** to set.



With the month flashing, press **M** until the correct month appears. Press **1** to set.



With the day flashing, press **M** until the correct day appears. Press **1** to set.

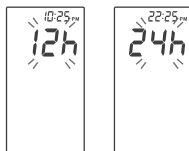


With the hour flashing, press **M** until the correct hour appears. Press **1** to set.



With the minute flashing, press **M** until the correct minute appears. Press **1** to set.

Setting the Time Format



Press **M** to select the desired time format --- 12h or 24h. Press **1** to set.

Setting the Unit of Measurement



Press **M** to select mmHg or KPa. Press **1** to set.

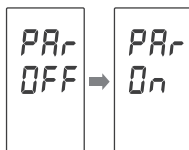
Delete The Memory



While "dEL" and a flashing "PCL" symbol appears on the display, if you do not wish to delete the saved results, press **1** to skip this step.

To delete ALL the results, press **M** twice. "CLr" and "PCL" are displayed on the meter, which indicates that all results have been deleted.

Enter the Bluetooth Pairing



NOTE

This step is recommended when the user needs to pair this meter to a Bluetooth receiver for the first time, or when user needs to pair this meter to another new Bluetooth receiver.

If you wish to enter the pairing mode, with "PAR OFF" shows on the meter, press **M** once and the meter will display "PAR On" to enable Bluetooth pairing mode.

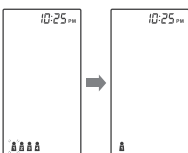
Congratulations! You have completed all settings!

NOTE

- These parameters can **ONLY** be changed in the setting mode.
- If the meter is idle for 3 minutes during the setting mode, it will turn off automatically.

USER NUMBER SELECTION

This system stores blood pressure measurements for up to four users. Each user's test results are stored separately under each user number.



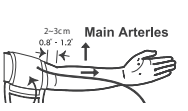
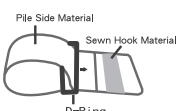
1. Press **1** to select the desired user number.
2. Press **1** to confirm. The monitor will repeat the selected user number and then turn off automatically.

TESTING YOUR BLOOD PRESSURE

BEFORE MEASUREMENT

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

FITTING THE CUFF PROPERLY



The range index of cuff should fall within this range

1. Connect the air plug of the tubing to the air jack of the meter.
2. Assemble the cuff as shown. The smooth surface should be inside of the cuff loop and the metal D-ring should not touch your skin.
3. Stretch your left (right) arm in front of you with your palm facing up. Slide and place the cuff onto your arm with the air tube and artery mark region toward the lower arm. Wrap and tighten the cuff above your elbow. The bottom edge of the cuff should be approximately 0.8" to 1.2" (2 cm to 3 cm) above your elbow. Align the tube over the main arteries on the inside.
4. 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.
5. 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.

PROPER MEASUREMENT POSITION



1. Sit 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. Make sure the cuff is about the same height as the location of your heart.
- Press **1**. Remain still and do not talk or move during the measurement.

WARNING

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

4. Measurement is in progress. After the meter is turned on, the cuff will begin to inflate automatically.

TAKING MEASUREMENTS

Always apply the pressure cuff before turning on the meter.



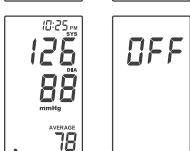
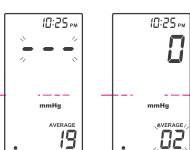
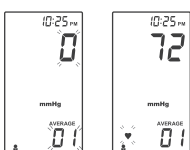
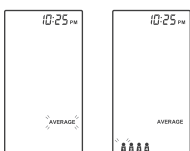
1. Press **1**. All the LCD symbols will appear. Press **1** to select user "1111" (numbers from 1 to 4) whose test reading will be stored in its memory. Then the cuff will begin to inflate automatically.
2. The heart symbol "♥" will flash when pulse is detected during the measurement.
3. After the measurement, the meter displays the systolic pressure, diastolic pressure and pulse rate.
4. Press **1** to switch off or it will switch off automatically after being idle for 3 minutes.
5. The meter will enter Bluetooth mode automatically.

NOTE

- If you press **1** during measurement, the meter will be turned off.
- If the pulse rate symbol is shown as "♥" instead of "♥"; this indicates that the meter has detected an irregular heart beat.

AVERAGING MEASUREMENT MODE

Always apply the pressure cuff before turning on the meter.

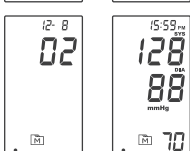
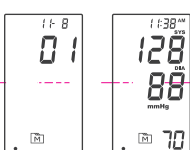
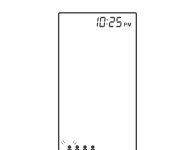


1. Press and hold **1** until the meter displays "AVERAGE", then press **1** to select user "1111" (numbers from 1 to 4) whose test reading will be stored in its memory. Then the cuff will begin to inflate automatically.
2. After the first measurement is completed, the meter will start counting down before the second measurement begins. The number on the right represents the remaining countdown between each measurement. The meter will take three (3) measurements consecutively with intervals of 20 seconds.
3. After taking three measurements, the results are averaged to produce the blood pressure measurement with "AVERAGE" symbol display on the meter. Press **1** to turn off the meter.

METER MEMORY

Your meter stores the 400 most recent blood pressure test results along with respective dates and times in the meter memory. To recall the memory, **start with the meter off.**

REVIEWING TEST RESULTS



1. **Press and release M**
The user symbol "1111" (numbers from 1 to 4) appears first, press **1** to select which one you used to store in the memory. Press **M** again, and the first reading you see is the last blood pressure result along with date and time.
2. Press **M** again, and the first reading you see is the last blood pressure result along with date and time.
3. Press **M**
Review all test results stored in the meter.
4. **Exit the memory**
Press **1** and the meter will turn off.

APP CONNECTION

Data Transmission via Bluetooth

You can transmit your blood pressure monitoring data from the meter to your smart mobile device via Bluetooth. Please contact your local customer service or place of purchase for assistance.

Please note that you must complete the pairing between meter and Bluetooth receiver before transmitting data.

NOTE

Only data of user number 1 is transmitted to the mobile app. Make sure the correct user number is selected during measurement to allow proper data transmission.

Pairing with your mobile device

1. Turn on the Bluetooth function on your mobile device.
2. Start with the meter off. Press and firmly hold **M** for 3 seconds until the meter turns on. "PCL" will appear on the meter.
3. Open your Dario App on your mobile device. Go to MENU -> SETTINGS -> CONNECTED APPS & DEVICES. Enable the "Dario Blood Pressure Monitoring System" connection and follow the app instruction for pairing.
4. After successfully pairing the app with the device, the Bluetooth function of meter shall be on before transmitting the data to your app.

Bluetooth indicator on the blood pressure monitor:

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

NOTE

- While the meter is in transmission mode, it will be unable to perform a blood pressure test.
- Make sure your device supports Bluetooth Smart Technology. Also make sure the Bluetooth setting on your device is turned on and the monitor is within the receiving range before transmitting the data. Please find OS version requirement on App Store or Google Play when you download the app.
- The Bluetooth functionality is implemented in different ways by the various mobile device manufacturers, the compatibility issue between your mobile device and the meter maybe occur.

