



Dario Smart Monitor (Cellular)

Blood Pressure Monitoring System

User Manual



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Thank you for choosing the Dario Smart Monitor

The Dario Smart Monitor allows you to monitor your blood pressure from the comfort of your home or office. Track your trends to get a better overview of your condition. Store all your readings in the Dario App and get alerts you can easily share with your doctor regarding potential health complications.

Indications for Use

The Dario blood pressure monitoring system is intended for measuring blood pressure and heart rate in adults with an arm circumference ranging from 8³/₄"-16¹/₂" (22 cm to 42 cm). It is intended for adult indoor use only.

Disclaimers

This device is intended for non-invasive measuring and monitoring of arterial blood pressure. It is not intended for use on extremities other than the arm or for functions other than obtaining a blood pressure measurement. This device does NOT serve as a cure for any symptom or disease. The data measured is for reference only. Always consult your healthcare provider to have the results interpreted.

If you are taking medication, consult your healthcare professional to determine the most appropriate time to measure your blood pressure. Do NOT change a prescribed medication without consulting your healthcare provider.

Supported devices and operating systems

The Dario Smart Monitor works with Android 8 & above and with iOS 12 & above. You can find the most updated list of supported system here:

<https://mydario.com/support/getting-started/>

Help and Warranty

For help follow the link below:

www.mydario.com/support/getting-started

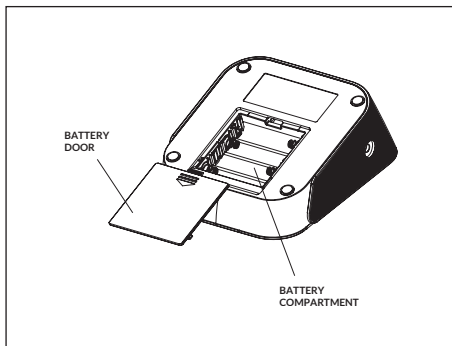
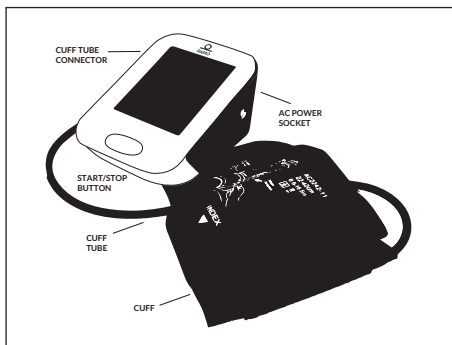
For Warranty information follow the link below:

<https://mydario.com/return-policy/>

What's in the box








- Blood pressure monitor
- Pressure cuff
- Owner's manual
- Batteries

Blood pressure monitor description



Display



SYMBOL	DESCRIPTION
SYS	Systolic blood pressure
DIA	Diastolic blood pressure
Pulse/min	Pulse per minute
	Current time
	Heartbeat detected during measurement
mmHg	Blood pressure measurement unit
	Current battery status
	Irregular heartbeat
	Data transmission indication: <ul style="list-style-type: none"> • Blinks to indicate data is being sent • Disappears after successful transmission
	Movement detected during measurement
	No signal

Before you measure: Important information

- The device shouldn't be used on:
 - Infants
 - Pregnant women
 - Anyone with electronic implants, pre-eclampsia, premature ventricular beats, atrial fibrillation, or peripheral arterial disease
 - Anyone undergoing intravascular therapy or who has an arterio-venous shunt
 - Anyone who had a mastectomy
 - Anyone allergic to polyester, nylon, or plastic

Note: Contact your healthcare provider for information about using this device if you suffer from any other illness.

GETTING STARTED

The Dario Smart Monitor automatically uploads your data to your Dario App via a cellular network. Make sure that you have the latest version of the Dario App installed on your smartphone.

Downloading the Dario App



1. Go to the App Store or Google Play and search for DarioHealth. Download the Dario App.



For quicker access you can scan the QR code.



2. Open the Dario App.



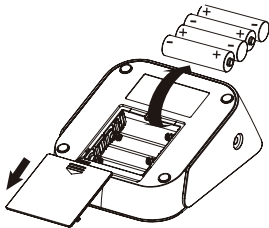
3. If you have an existing account, log in.
4. If not, tap Sign Up and follow the instructions.

Setting up your Dario Smart Monitor

Installing and replacing the batteries

1. If this is your first time using the device:


Open the battery compartment cover located on the back of the monitor. Insert 4 AA batteries into the battery compartment and close the cover.

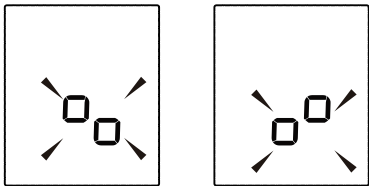



2. Replace the batteries whenever the following happens:

- $\text{Lo} + \square$ is displayed
- The display dims
- The display does not light up

Setting up a cellular connection

After you insert the batteries, you will see the  symbol on the LCD, indicating that your monitor is automatically connecting to the cellular network.



- If the connection is successful,  will be displayed. The monitor will turn off automatically.
- If the connection fails, the monitor will turn off automatically after several minutes.
- To stop connecting, press and hold the “START/STOP” button at any time, until the device is turned off.

One possible reason for connection failure is an unstable cellular network. Try again in another location with a stronger signal. You can check the cellular network strength on your smartphone.

Still can't connect

Contact Dario Customer Support

Monday to Friday

9:00 AM – 9:00 PM EST

1-800-895-5921

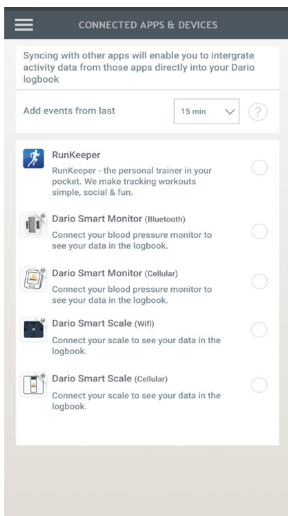
<https://mydario.com/support/getting-started/>

Note:

To see the correct time and date for your measurements in your app logbook, the Dario Smart Monitor must be connected to the cellular network. This happens automatically the first time you turn it on or when you replace the batteries.

Pair your Dario Smart Monitor and the Dario App

1. On the Dario App, go to Menu.
2. Select SETTINGS.
3. Open the CONNECTED APPS & DEVICES screen.
4. Select Dario Smart Monitor (Cellular).
5. Follow the app instructions for pairing your monitor with the app.



Congratulations! You're ready to start measuring.

First-time measurement

Get ready

- Do not measure within 30 minutes of eating, drinking, smoking, exercise, or bathing. If possible, relax and rest for at least 5 minutes before taking a measurement.
- Avoid taking measurements when stressed.
- Avoid taking measurements in a noisy or cold environment.
- Remove tight-fitting clothing from your upper arm. Sit on a chair with your feet flat on the floor. Rest your arm on a table so that the cuff is at the same level as your heart.
- Remain still and do not move your fingers or talk during measurement.

Note: A single measurement may not provide an accurate indication of your true blood pressure. Try to measure your blood pressure at the same time each day for consistency.

Prepare your monitor

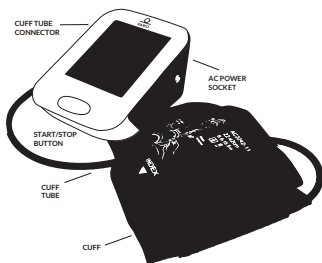
- Do not use the monitor if it is damaged. Using a damaged unit can cause serious injury and can result in incorrect measurements.
- Wireless communications equipment such as wireless home network devices, mobile phones, cordless telephones and their base stations, and walkie-talkies, can affect the monitor and should be kept at least 40 inches (1 meter) away from it.

Warnings

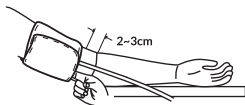
- Do not twist the connection tube during use. This can cause the cuff pressure to inflate continuously, which can prevent blood flow and result in serious injury.
- Do not apply the cuff over a wound as it may cause injury.
- Do not inflate the cuff on an arm that is already using another medical electrical monitoring device, as this could cause the monitoring equipment to stop working temporarily.
- Keep the monitor out of the reach of infants, young children, and pets, to avoid inhalation or swallowing of small parts.

How to measure

1. Plug the connector on the cuff tube into the monitor.

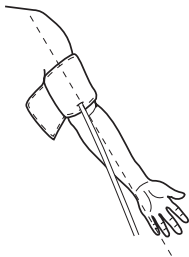


2. Open the cuff and orient the cuff so that the tube exits towards the hand.
3. Place your arm through the cuff loop, with your palm facing up. Position the cuff's edge about an inch (2-3 cm) above the elbow.



4. Align the Φ marker (located to the right of the tube exit) with the center of your arm.

5. Tighten the cuff evenly around your arm by pulling on the end. Make sure the Φ marker stays aligned with the center of your arm.



6. Wrap the end of the cuff over your arm to secure it in place. Do not make it too tight – leave room for a finger to fit between the cuff and your arm.
7. Place your arm on a table with your palm facing up. The cuff should be at the same height as your heart. Sit up straight and rest your feet flat on the ground.

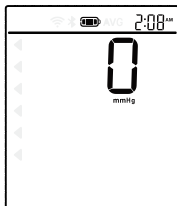


8. When the monitor is off, press the “START/STOP” button to turn it on.
9. The screens below will appear as you measure:

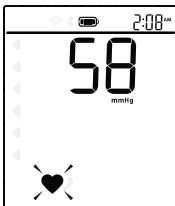
1. LCD display



2. Start screen




3. Measurement screen



4. Results screen



10. After you measure, the monitor will transmit your data. The blinking symbol “” on the LCD indicates that data is being transmitted.




Please note: If you experience discomfort during measurements, such as pain in your arm or anything else, press the “START/STOP” button to release the air immediately from the cuff.

Loosen the cuff and remove it from your arm.

Troubleshooting

Having a problem with your Smart Monitor? Check the list below for common issues and what to do about them.

ISSUE	SOLUTION
Display will not light up or  shows on screen	Check that the batteries/AC were inserted correctly. If the batteries were inserted correctly and you still see this message, you may need to replace them.
E1: The cuff is not secure or inflation is abnormal	Refasten the cuff and measure again.
E2: Movement detected during measurement	Relax for a moment and then measure again.
E3: No pulse detected	Loosen the clothing on your arm and measure again.
E4: Measurement failed	Relax for a moment and measure again.
E5: Server communication failure	Contact customer service.
E6: Radio communication failure	Contact customer service.
EExx: Calibration error	Retake the measurement. If the problem persists, contact the retailer or our customer service department for further assistance. Refer to the warranty for contact information and return instructions.
Warning message: Out of range measurement	Relax for a moment. Refasten the cuff and then measure again. If the problem persists, contact your healthcare provider.

Care & maintenance

- The service life of the cuff can be affected by the frequency of washing, skin condition, and storage state. The typical service life is 10,000 measurements.
- Do not subject the monitor to shaking or strong shocks, such as dropping on the floor.
- Avoid dust and extreme hot or cold temperatures. Storage temperature: -4°F to +140°F (-20°C to +60°C).
- Do not use wet cloths to remove dirt and do not wash the cuff.
- When not in use, store the device in a dry room and protect it against extreme moisture, heat, lint, dust, and direct sunlight.

Note: The typical service life is 10000 times.

If you have any problems setting up or using your Smart Monitor, please contact the Dario Customer Service Department.

Monday to Friday
9:00 AM – 9:00 PM EST
1-800-895-5921

<https://mydario.com/support/getting-started/>

FAQ: All about blood pressure

What are systolic pressure and diastolic pressure?

Blood pressure is written as two numbers. The top (systolic) number is the pressure when the heart beats. The bottom (diastolic) number is the pressure when the heart rests between beats.

What is the standard blood pressure classification?

The chart below is the standard blood pressure classification published by American Heart Association (AHA).

Blood Pressure Category	Systolic mmHg (upper#)		Diastolic mmHg (lower#)
Normal	Less than 120	and	Less than 80
Prehypertension	120-129	and	Less than 80
High Blood Pressure (Hypertension) Stage 1	130-139	or	80-89
High Blood Pressure (Hypertension) Stage 2	140 or higher	or	90 or higher
Hypertensive Crisis (Consult your doctor immediately)	Higher than 180	and/or	Higher than 120

Why does my blood pressure fluctuate throughout the day?

Individual blood pressure varies throughout the day. This can be due to weather, emotion, exercise, and more. It is also affected by the way you tighten your cuff and your measurement position, so please take measurements under the same conditions whenever possible. Certain medications can also affect your measurements.

Why do I get different blood pressure readings at home compared to the hospital?

A phenomenon known as “white coat syndrome” may cause blood pressure to increase in clinical settings.

Is the result the same if I measure on different arms?

The monitor works for both arms, but there may be different results for different people. We suggest you measure on the same arm every time.

What is the Irregular Heartbeat Detector?

An irregular heartbeat (IHB) is detected when a heartbeat rhythm varies while the device is measuring systolic pressure and diastolic pressure. During each measurement,

the Dario Smart Monitor will keep a record of all the pulse intervals and calculate the average value of them. If there are two or more pulse intervals and the difference between each interval and the average is more than the average value of $\pm 25\%$, or there are four or more pulse intervals and the difference between each interval and the average is more than the average value of $\pm 15\%$, then the irregular heartbeat symbol will appear on the display with the measurement result.

The appearance of the IHB icon indicates that a pulse irregularity consistent with an irregular heartbeat was detected during measurement. If the symbol appears often, we recommend you seek medical advice. Please note that the device does not replace a cardiac examination but serves to detect pulse irregularities at an early stage.

Measurement Principle

This product uses the Oscillometric Measuring method to detect blood pressure. Before every measurement, the unit establishes a “zero pressure” equivalent to the atmospheric pressure. Then it starts inflating the arm cuff, meanwhile, the unit detects pressure oscillations generated by beat-to-beat pulsatile, which is used to determine the systolic and diastolic pressure, and also pulse rate.

Device Specification











Power supply	Battery powered mode: 6V DC 4x AA batteries AC Adaptor powered mode: 6V \equiv 1A (not included) (Please only use the recommended AC Adaptor).
Display mode	Digital LCD V.A. 3.1in*3.6in (78mm*92mm)
Measurement mode	Oscillographic testing mode
Measurement range	Rated cuff pressure: 0 mmHg ~ 299 mmHg (0 kPa ~ 39.9 kPa) Measurement pressure: SYS: 60 mmHg ~ 230 mmHg (8.0 kPa ~ 30.7 kPa) DIA: 40 mmHg ~ 130 mmHg (5.3 kPa ~ 17.3 kPa) Pulse value: (40-199) beat/minute
Accuracy	Pressure: 41°F-104°F (5°C-40°C) within \pm 3mmHg (0.4kPa) Pulse value: \pm 5%
Normal working condition	A temperature range of: +41°F to +104°F (+5°C to +40°C) A relative humidity range of 15% to 90%, non-condensing, but not requiring a water vapor partial pressure greater than 50 hPa An atmospheric pressure range of: 700 hPa to 1060 hPa
Storage & transportation condition	Temperature: -4°F-140°F (-20°C to +60°C) A relative humidity range of \leq 93%, non-condensing, at a water vapor pressure up to 50hPa
Measurement perimeter of the upper arm	About 8.6in-16.5in (22cm-42cm)
Weight	Approx. 393g (Excluding the batteries)
External dimensions	Approx. 6.1in*4.8in*2.7in (154.3mm*121.5mm*68.1mm)
Mode of operation	Continuous operation
Degree of protection	Type BF applied part
Protection against ingress of water	IP21 means the device is protected from touch and objects greater than 12.5mm, and protect against vertically falling water drops.
Device Classification	Battery Powered Mode: Internally Powered ME Equipment AC Adaptor Powered Mode: Class II ME Equipment
Software Version	A01

WARNING: No modification of this equipment is allowed.

SAFETY

Safety Information

The signs below might be in the user manual, labeling or other components. They are standard usage requirements

	"THE OPERATION GUIDE MUST BE READ"		"TYPE BF APPLIED PARTS"
	"MANUFACTURER"		"ENVIRONMENT PROTECTION - Electrical waste products should not be disposed of with household waste. Please recycle where facilities exist. Check with your local authority or retailer for recycling advice"
	"SERIAL NUMBER"		
	"DIRECT CURRENT"		
	"RECYCLE"		"MANUFACTURE DATE"
	Caution: These notes must be observed to prevent any damage to the device.		MR Unsafe This device is not intended to operate in Magnetic Resonance environment. Do not take the device into MR environments

FCC Statement

contains FCC ID: XMR201910BG95M3

This device complies with Part 15 of the FCC Rules. Operation is subject to two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Caution! Changes or modifications not expressly approved by DarioHealth shall cancel the warranty and any liability DarioHealth might have in connection with this device.

NOTE: 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 a 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.

FCC Radiation Exposure Statement:

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

EMC Guidance

The ME EQUIPMENT or ME SYSTEM is suitable for home healthcare environments.

Warning: Do not use near active HF surgical equipment and the RF shielded room of an ME system for magnetic resonance imaging, where the intensity of EM disturbances is high.

Warning: Use of this equipment adjacent to or stacked with other equipment should be avoided because it could result in improper operation. If such use is necessary, this equipment and the other equipment should be observed to verify that they are operating normally.

Warning: Use of accessories, transducers and cables other than those specified or provided by the manufacturer of this equipment could result in increased electromagnetic emissions or decreased electromagnetic immunity of this equipment and result in improper operation.

Warning: Portable RF communications equipment (including peripherals such as antenna cables and external antennas) should be used no closer than 30 cm (12 inches) to any part of the equipment 1168-05, including cables specified by the manufacturer. Otherwise, degradation of the performance of this equipment could result.

Technical description

1. All necessary instructions for maintaining BASIC SAFETY and ESSENTIAL PERFORMANCE with regard to electromagnetic disturbances for the expected service life.
2. Guidance and manufacturer's declaration - electromagnetic emissions and Immunity

Table 1

Guidance and manufacturer's declaration - electromagnetic emissions	
Emissions test	Compliance
RF emissions CISPR 11	Group 1
RF emissions CISPR 11	Class [B]
Harmonic emissions IEC 61000-3-2	Class A
Voltage fluctuations / flicker emissions IEC 61000-3-3	Comply

Table 2

Guidance and manufacturer's declaration – electromagnetic Immunity		
Immunity Test	IEC 60601-1-2 Test level	Compliance level
Electrostatic discharge (ESD) IEC 61000-4-2	±8 kV contact ±2 kV, ±4 kV, ±8 kV, ±15 kV air	±8 kV contact ±2 kV, ±4 kV, ±8 kV, ±15 kV air
Electrical fast transient/burst IEC 61000-4-4	±1 kV ±2 kV, 100 kHz repetition frequency	For AC power port: Power supply lines: ±2 kV
Surge IEC61000-4-5	±1 kV (Line to ±0.5 kV line) ±0.5 kV ±1 kV ±2 kV (Line to ground) ±2 kV Signal line (LAN line)	For AC power port: Line to lines: ±1 kV
Voltage dips, short interruptions and voltage variations on power supply input lines IEC 61000-4-11	0%, 70%, 0% of U_T	For AC power port: 0% for 0,5 cycle, 0% for 1 cycle 70% for 25 cycles; Single phase: 0% for 250 cycle
Power frequency magnetic field IEC 61000-4-8	30 A/m 50 Hz / 60 Hz	30 A/m 50 Hz / 60 Hz
Conducted RF IEC61000-4-6	0,15 MHz – 80 MHz 3 V ISM and amateur radio bands between 0,15 MHz and 80 MHz 6 V	For AC power port: 3 Vrms 6 Vrms (in ISM and amateur radio bands) 80% AM at 1 KHz
Radiated RF IEC61000-4-3	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
NOTE U_T is the a.c. mains voltage prior to application of the test level.		

Table 3

Guidance and manufacturer's declaration - electromagnetic Immunity							
Radiated RF IEC61000-4-3 (Test specifications for ENCLOSURE PORT IMMUNITY to RF wireless communications equipment)	Test Frequency (MHz)	Band (MHz)	Service	Modulation	Modulation (W)	Distance (m)	IMMUNITY TEST LEVEL (V/m)
	385	380-390	TETRA 400	Pulse modulation b) 18 Hz	1.8	0.3	27
	450	430-470	GMRS 460, FRS 460	FM c) ± 5 kHz deviation 1 kHz sine	2	0.3	28
	710	704-787	LTE Band 13, 17	Pulse modulation b) 217 Hz	0.2	0.3	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
	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
	1845						
	1970						
	2450	2400-2570	Bluetooth, WLAN, 802.11 b/g/n, RFID 2450, LTE Band 7	Pulse modulation 217 Hz	2	0.3	28
	5240	5100-5800	WLAN 802.11 a/n	Pulse modulation 217 Hz	2	0.3	9
	5500						
	5785						

Still need help?

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Distributed by DarioHealth Corp

18 W 18th St, New York, NY 10011

Toll Free: 1-800-895-5921 (Mon to Fri / 9AM to 9PM EST)

For assistance outside of these hours,
please contact your healthcare professional