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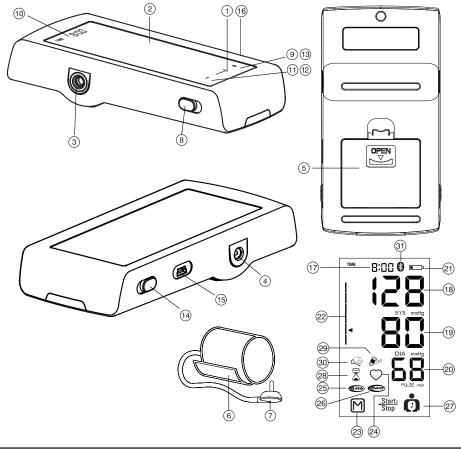




Microlife BP A7 Touch BT

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Microlife BP A7 Touch BT

(1) START/STOP Pad (2) Display (3) Cuff Socket (4) Mains Adapter Socket (5) Battery Compartment 6 Cuff (7) Cuff Connector (8) AFIBsens[™] / MAM Switch (9) User Pad (10) Time Pad (11) M pad (Memory) 12 - «Backward» Pad 13 + «Forward» Pad (14) Lock Switch (ON/OFF) 15 USB Port (16) Arrow Pad (Confirm)

Display

Date/Time
Systolic Value
Diastolic Value
Diastolic Value
Pulse Rate
Battery Display
Traffic Light Display
Stored Value
Pulse Indicator
Atrial Fibrillation Indicator (AFIB)
MAM Mode
User Indicator
MAM Interval Time
Arm Movement Indicator
Cuff Check Indicator

3 Bluetooth icon

Follow Instructions for Use. This document provides important product operation and safety information regarding this Blood Pressure Monitor. Please read this document thoroughly before using the device and keep for future reference.



Type BF applied part



A7 Touch BT

Dear Customer,

Your new Microlife blood pressure monitor is a reliable medical instrument for taking measurements on the upper arm. It is simple to use, accurate and comes highly recommended for blood pressure monitoring in your home. This instrument was developed in collaboration with physicians and clinical tests proving its measurement accuracy to be very high.*

Microlife AFIB detection is the world's leading digital blood pressure measurement technology for the early detection of atrial fibrillation (AFIB) and hypertension. These are the two top risk factors of heart disease and stroke which increase the risk of getting a stroke or heart disease in the future. It is important to detect AFIB and hypertension at an early stage, even though you may not experience any symptoms. Appropriate treatment can reduce your risk of suffering a stroke. For this reason, it is recommended that you visit your doctor when the device gives an AFIB signal during your blood pressure measurement. The AFIBsens[™] algorithm of Microlife has been clinically investigated by several prominent clinical investigators and showed that the device detects patients with AFIB at 97-100% certainty.

Please read through these instructions carefully so that you understand all functions and safety information. We want you to be happy with your Microlife product. If you have any questions, problems or want to order spare parts, please contact Microlife-Customer Service. Your dealer or pharmacy will be able to give you the address of the Microlife dealer in your country. Alternatively, visit the Internet at www.microlife.com where you will find a wealth of invaluable information on our products. Stay healthy – Microlife AG!

- * This instrument uses the same measuring technology as the award winning «BP 3BTO-A» model tested according to the British Hypertension Society (BHS) protocol.
- Stergiou GS, Karpettas N, Protogerou A, Nasothimiou EG, & Kyriakidis M. Diagnostic accuracy of a home blood pressure monitor to detect atrial fibrillation. J Hum Hyperten 2009; 1-5.
- Wiesel J, Fitzig L, Herschman Y, & Messineo FC Detection of Atrial Fibrillation Using a Modified Microlife Blood Pressure Monitor. Am J



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- 1. Important Facts about Blood Pressure and Self-Measurement
- Blood pressure is the pressure of the blood flowing in the arteries generated by the pumping of the heart. Two values, the systolic (upper) value and the diastolic (lower) value, are always measured.
- The device also indicates the pulse rate (the number of times the heart beats in a minute).
- Permanently high blood pressure values can damage your health and must be treated by your doctor!
- Always discuss your values with your doctor and tell him/her if you have noticed anything unusual or feel unsure. Never rely on single blood pressure readings.
- There are many causes of excessively high blood pressure values. Your doctor will explain them in more detail and offer treatment where appropriate. Besides medication, relaxation techniques, weight loss and exercise can also lower your blood pressure.
- Under no circumstances should you alter the dosages of any drugs prescribed by your doctor!
- Depending on physical exertion and condition, blood pressure is subject to wide fluctuations as the day progresses. You should therefore take your measurements in the same quiet conditions and when you feel relaxed! Take at least two measurements per day, one in the morning and one in the evening.
- It is quite normal for two measurements taken in quick succession to produce significantly different results.
- Deviations between measurements taken by your doctor or in the pharmacy and those taken at home are quite normal, as

these situations are completely different.

- Several measurements provide a much clearer picture than just one single measurement.
- Leave a small break of at least 15 seconds between two measurements.
- If you are pregnant, you should monitor your blood pressure very closely as it can change drastically during this time!

This monitor is specially tested also for use in pregnancy and pre-eclampsia. When you detect unusual high readings in pregnancy you should check again after around 4 hours later. If still too high values, consult your doctor or gynecologist.

- If you suffer from an irregular heartbeat, measurements taken with this instrument should only be evaluated after consultation with your doctor.
- The pulse display is not suitable for checking the frequency of heart pacemakers!

How do I evaluate my blood pressure?

Table for classifying home blood pressure values in adults in accordance with the international Guidelines (ESH, AHA, JSH). Data in mmHq.

Range		Systolic	Diastolic	Recommendation
		· ·		Recommendation
	blood pressure	↓ 100	₿ 60	Consult your
	too low			doctor
1.	blood pressure optimum	100 - 130	60 - 80	Self-check
2.	blood pressure elevated	130 - 135	80 - 85	Self-check
3.	blood pressure too high	135 - 160	85 - 100	Seek medical advice
4.	blood pressure dangerously high	160 🕇	100 🕇	Urgently seek medical advice!

The higher value is the one that determines the evaluation. Example: a blood pressure value of 140/80 mmHg or a value of 130/90 mmHg indicates «blood pressure too high».

2. Important Facts about Atrial Fibrillation (AFIB) What is Atrial Fibrillation (AFIB)?

Normally, your heart contracts and relaxes to a regular beat. Certain cells in your heart produce electrical signals that cause the heart to contract and pump blood. Atrial fibrillation occurs when rapid, disorganized electrical signals are present in the heart's two upper chambers, called the atria; causing them to contract quickly fast and irregularly (this is called fibrillation). Atrial fibrillation is the most common form of heart arrhythmia or irregular heart beat. You can live with atrial fibrillation, but it can lead to other rhythm problems, chronic fatigue, heart failure and - worst of all - a stroke. You'll need a doctor to help you control the problem.

How does AFIB impact my family or me?

People with AFIB have higher risk of getting stroke. Since the chance of having a stroke increases with age, individuals above the age of 55 years benefit most from screening for AFIB. However, also for younger individuals with risk factors such as diabetes or high blood pressure (>160/100mmHg) screening for AFIB is recommended. Early diagnosis of AFIB followed by adequate treatment can significantly reduce the risk of getting stroke.

Younger individuals with AFIB have a relatively low risk of getting stroke as compared to elder people. For more information please visit our website:https://www.microlife.com/technologies/bloodpressure/afib-technology.

Knowing your blood pressure and knowing whether or not you or your family members have AFIB can help reduce the risk of stroke.

Microlife AFIB detection provides a convenient way to sereen for AFIB (Only active in AFIBsens[™] / MAM mode)

Microlife AFIBsens[™] provides a convenient way to screen for AFIB while taking your blood pressure.

Risk factors you can control

High blood pressure and AFIB are both considered «controllable» risk factors for strokes. Knowing your blood pressure and knowing whether or not you have AFIB is the first step in proactive stroke prevention.

3. Using the Instrument for the First Time

Inserting the batteries

Switch the lock switch 1 to «unlock» position. The battery

compartment (\mathbf{s}) is on the bottom of the device. Insert the batteries (4*1.5V, size AAA), thereby observing the indicated polarity.

Setting the date and time

- After the new batteries are fitted, the year number flashes in the display ⁽¹⁾ You can set the year by touching the "+" ⁽¹⁾ and "-" ⁽¹⁾ pad. To confirm and then set the month, touch the arrow pad ⁽¹⁾.
- 2. Touch the "+" and "-" pad to set the month. touch the arrow pad $(\widehat{{}_{16}}$ to confirm and then set the day.
- 3. Follow the instructions above to set the day, hour and minutes.
- 4. Once you have set the minutes and touched the time pad, the date and time are set and the time is displayed.
- If you want to change the date and time, touch and hold the time pad down for approx. 3 seconds until the year number starts to flash. Now you can enter the new values as described above.

Selecting the correct cuff

Microlife offers different cuff sizes. Select the cuff size to match the circumference of your upper arms (measured by close fitting in the centre of the upper arm).

Cuff size	for circumference of upper arm
S	17 - 22 cm
Μ	22 - 32 cm
L	32 - 42 cm
M-L	22 - 42 cm
L-XL	32 - 52 cm

This device comes with a preformed M-L size cuff

- Only use Microlife cuffs.
- ► Contact Microlife Service if the enclosed cuff (6) does not fit.
- ► Connect the cuff to the instrument by inserting the cuff connector ⑦ into the cuff socket ③ as far as it will go.

Select the user:

The device allows you to store the results of 2 individuals .

- ► Before eack measurement, set the user pad ④ for the intended user. This selection can track results for the intended user: user 1or user 2 or guest mode.
- User1: touch the user pad to display the user 1 icon.

- User2: touch the this pad again to user 2 icon.
- $\ensuremath{\mathscr{T}}$ The first person to measure should select user 1.

Select the measuring mode: standard or AFIBsens[™] mode This device enables you to select either standard (standard single measurement) or AFIBsens[™] / MAM mode (automatic triple measurement).

To select standard mode, slide the AFIBsensTM/ MAM switch (a) on the side of the device downwards to position «1» and to select AFIBsensTM / MAM mode, slide this switch upwards to position «3».

AFIBsens[™] / MAM mode (highly recommended)

In AFIBsens[™] / MAM mode, 3 measurements are automatically taken in succession and the result is then automatically analysed and displayed. Because blood pressure constantly fluctuates, a result determined in this way is more reliable than one produced by a single measurement. AFIB detection is only activated in AFIBsens[™] / MAM mode.

- When you select the 3 measurements, the MAM-symbol $\widehat{\mbox{26}}$ appears in the display.
- The bottom, right hand section of the display shows a 1, 2 or 3 to indicate which of the 3 measurements is currently being taken.
- There is a break of 15 seconds between the measurements (15 seconds are adequate according to «Blood Pressure Monitoring, 2001, 6:145-147» for oscillometric instruments). A count down indicates the remaining time.
- The individual results are not displayed. Your blood pressure will only be displayed after all 3 measurements are taken.
- Do not remove the cuff between measurements.
- If one of the individual measurements was questionable, a fourth one is automatically taken.

4. Taking a Blood Pressure Measurement using this Device Checklist for taking a reliable measurement

- 1. Avoid activity, eating or smoking immediately before the measurement.
- 2. Sit down for at least 5 minutes before the measurement and relax.
- 3. Always measure on the same arm (normally left). It is recommended that doctors perform double arm measurements on a patients first visit in order to determine which arm to

measure in the future. The arm with the higher blood pressure should be measured.

- Remove close-fitting garments from the upper arm. To avoid constriction, shirt sleeves should not be rolled up - they do not interfere with the cuff if they are laid flat.
- 5. Always ensure that the correct cuff size is used (marking on the cuff).
 - Fit the cuff closely, but not too tight.
 - Make sure that the cuff is 2 cm above your elbow.
 - The artery mark located on the cuff (3 cm long bar) must lie over the artery which runs down the inner side of the arm.
 - Support your arm so it is relaxed.
 - Ensure that the cuff is at the same height as your heart.
- 6. Slide the lock switch 1 down to the «unlock» position. Touch the START/STOP pad 1 to start measuring.
- The cuff will now pump up automatically. Relax, do not move and do not tense your arm muscles until the measurement result is displayed. Breathe normally and do not talk.
- When the correct pressure is reached, the pumping stops and the pressure falls gradually. If the required pressure was not reached, the instrument will automatically pump some more air into the cuff.
- 9. During the measurement, the pulse indicator $\textcircled{\sc op}$ flashes in the display.
- 10.The result, comprising the systolic (a) and the diastolic (a)blood pressure and the pulse rate (a) is displayed. Note also the explanations on further display symbols in this booklet.
- 11. When the measurement has finished, remove the cuff. The measurement values are stored automatically.
- 12. Switch off the device. (The monitor does switch off automatically after approx. 1 min.).

How not to store a reading

Press the START/STOP pad 1 while the reading is being displayed. Keep the button pressed until «M» (23) is flashing and then release it. Confirm by pressing the M-pad 1 again.

• You can stop the measurement at any time by pressing the START/STOP pad (e.g. if you feel uneasy or an unpleasant pressure sensation).

5. Appearance of the Atrial Fibrillation Indicator for early Detection (only in AFIB/MAM mode)

This device is able to detect atrial fibrillation (AFIB). This symbol ② indicates that atrial fibrillation was detected during the measurement. If AFIB is present during blood pressure measurement, the AFIB indicator is displayed flashing at the end of the triple measurements. It is highly recommended to take an additional AFIBsens[™] / MAM measurement an hour later to confirm the result. If after repeated measurement the AFIB symbol is no longer displayed there is no cause for concern. In such case it is recommended to measure again the next day.

However, if the symbol appears on a regular basis (e.g. several times a week with measurements taken daily) we advise you to visit your doctor. Please provide the following explanation:

Information for the doctor on frequent appearance of the atrial fibrillation indicator

This device is an oscillometric blood pressure monitor that also analyses pulse irregularity during measurement. The device is clinically tested.

The AFIB symbol is displayed after the measurement, if atrial fibrillation occurred during measuring. If the symbol appears more frequently (e.g. several times per week on measurements performed daily) we recommend the patient to seek medical advice.

The device does not replace a cardiac examination, but serves to detect atrial fibrillation that often remains undiagnosed until stroke occurs.

- The still during measuring to avoid false readings.
- This device may not detect atrial fibrillation in people with pacemakers or defibrillators.

6. Traffic Light Indication in the Display

The bars on the left-hand edge of the traffic light display ② show you the range within which the indicated blood pressure value lies. Depending on the height of the bar, the readout value is either within the optimum (green), elevated (yellow), too high (orange) or dangerously high (red) range. The classification corresponds to the 4 ranges in the table as defined by the international guidelines (ESH, AHA, JSH), as described in «Section 1.».

7. Bluetooth® Function

This device can be used in conjunction with a smartphone running the **«Microlife Connected Health+»** App. The Bluetooth® connection is automatically active ③ after the measurement has been completed.

To manually activate the Bluetooth®, press START/STOP Pad ① for 4 seconds until the Bluetooth symbol starts flashing ③. For more detailed information visit www.microlife.com/connect.

8. PC Link Functions

This device can be used in conjunction with a personal computer (PC) running the Microlife Blood Pressure Analyzer+ (BPA+) software.

The memory data can be transferred to the PC by connecting the monitor via a cable.

If no download-voucher and cable is included download the BPA software from https://www.microlife.com/technologies/connect/ bpaplus and use a Micro-USB cable.

9. Data Memory

This device automatically stores up to 99 measurement values for each of the 2 users.

Viewing the stored values

Switch the lock switch 0 to «unlock» position. Touch the M-pad 0 briefly. The display first shows «M» 3 and an average value. The device then switches to the last stored value.

Touching the «+» 3 or the «-» 2 pad repeatedly enables you to move from one stored value to another. Touch the M-pad again to exit the memory mode.

Memory full

Pay attention that the maximum memory capacity of 99 memories per user is not exceeded. When the 99 memory is full, the oldest value is automatically overwritten with the 100th value. Values should be evaluated by a doctor before the memory capacity is reached – otherwise data will be lost.

Clearing all values

- 1. Firstly unlock the device, then select either 1 or 2 with the user pad $(\underline{\vartheta}).$
- 2. Hold down the M-pad 1 until «CL» appears and then release

the button.

- Touch the M-pad while «CL» is flashing to permanently clear all values of the selected user.
- ${\mathscr P}$ Cancel deletion: press START/STOP pad while «CL» is flashing.
- Individual values cannot be cleared.

10.Battery Indicator and Battery change

Low battery

When the batteries are approximately 3⁄4 empty the battery symbol (2) will flash as soon as the device is switched on (partly filled battery displayed). Although the device will continue to measure reliably, you should obtain replacement batteries.

Flat battery – replacement

When the batteries are flat, the battery symbol (21) will flash as soon as the instrument is switched on (flat battery displayed). You cannot take any further measurements and must replace the batteries.

- 1. Open the battery compartment $\textcircled{\sc s}$ at the back of the instrument.
- 2. Replace the batteries ensure correct polarity as shown by the symbols in the compartment.
- 3. To set date and time, follow the procedure described in «Section 3.».
- The memory retains all values although date and time must be reset – the year number therefore flashes automatically after the batteries are replaced.

Which batteries and which procedure?

- Time Use 4 new, long-life 1.5V, size AAA batteries.
- Do not use batteries beyond their date of expiry.
- $\ensuremath{\mathscr{T}}$ Remove batteries if the instrument is not going to be used for a week or more.

Using rechargeable batteries

You can also operate this instrument using rechargeable batteries.

- Only use «NiMH» type reusable batteries.
- Batteries must be removed and recharged when the flat battery symbol appears. They should not remain inside the instrument as they may become damaged (total discharge as

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a result of low use of the instrument, even when switched off).

- Always remove the rechargeable batteries if you do not intend to use the instrument for a week or more.
- Batteries cannot be charged in the blood pressure monitor. Recharge batteries in an external charger and observe the information regarding charging, care and durability.

11. Using a Mains Adapter

You can operate this instrument using the Microlife mains adapter (DC 6V, 600mA).

- Only use the Microlife mains adapter available as an original accessory appropriate for your supply voltage.
- Ensure that neither the mains adapter nor the cable are damaged.
- 1. Plug the adapter cable into the mains adapter socket ④ in the blood pressure monitor.
- 2. Plug the adapter plug into the wall socket.

When the mains adapter is connected, no battery current is consumed.

12. Error Messages

If an error occurs during the measurement, the measurement is interrupted and an error message, e.g. «ERR 3», is displayed.

Error	Description	Potential cause and remedy
«ERR 1»	Signal too weak	The pulse signals on the cuff are too weak. Re-position the cuff and repeat the measurement.*
«ERR 2» 29	Error signal	During the measurement, error signals were detected by the cuff, caused for instance by movement or muscle tension. Repeat the measurement, keeping your arm still.
«ERR 3» 30	No pressure in the cuff	An adequate pressure cannot be generated in the cuff. A leak may have occurred. Check that the cuff is correctly connected and is not too loose. Replace the batteries if necessary. Repeat the measurement.
«ERR 5»	Abnormal result	The measuring signals are inaccurate and no result can therefore be displayed. Read through the checklist «Section 4.»for performing reliable measurements and then repeat the measurement.*
«ERR 6»	AFIBsens [™] / MAM Mode	There were too many errors during the measurement in AFIBsens [™] / MAM mode, making it impossible to obtain a final result. Read through the checklist «Section 4.» for performing reliable measurements and then repeat the measurement.*
«HI»	Pulse or cuff pressure too high	The pressure in the cuff is too high (over 300 mmHg) OR the pulse is too high (over 200 beats per minute). Relax for 5 minutes and repeat the measurement.*
«LO»	Pulse too Iow	The pulse is too low (less than 40 beats per minute). Repeat the measurement.*

* Please consult your doctor, if this or any other problem occurs

repeatedly.

The second secon information in «Section 1.» carefully.

13. Safety, Care, Accuracy Test and Disposal

A Safety and protection

- This device may only be used for the purposes described in these instructions. The manufacturer cannot be held liable for damage caused by incorrect application.
- This device comprises sensitive components and must be treated with caution. Observe the storage and operating conditions described in the «Technical Specifications» section.
- Protect it from:
 - water and moisture
 - extreme temperatures
 - impact and dropping
 - contamination and dust
 - direct sunlight
 - heat and cold
- The cuffs are sensitive and must be handled with care
- Do not exchange or use any other kind of cuff and cuff . connector for measurement.
- Only pump up the cuff once fitted.
- The function of this device may be compromised when used . close to strong electromagnetic fields such as mobile phones or radio installations and we recommend a distance of at least 1 m. In cases where you suspect this to be unavoidable, please verify if the device is working properly before use.
- Do not use the device if you think it is damaged or notice . anything unusual.
- Never open the instrument. ٠
- If the instrument is not going to be used for a a week or more ٠ the batteries should be removed.
- Read the additional safety instructions in the individual . sections of this booklet



Ensure that children do not use the instrument unsupervised; some parts are small enough to be swallowed

Device care

Clean the instrument only with a soft, dry cloth.

Cleaning the cuff

Carefully remove spots on the cuff with a damp cloth and soapsuds.

WARNING: Do not wash the cuff in a washing machine or dishwasher!

Accuracy test

We recommend this instrument is tested for accuracy every 2 years or after mechanical impact (e.g. being dropped). Please contact Microlife-Service to arrange the test .

Disposal



Batteries and electronic instruments must be disposed of in

accordance with the locally applicable regulations, not with domestic waste.

14.Guarantee

This instrument is covered by a 5 year guarantee from the date of purchase. The guarantee is valid only on presentation of the guarantee card completed by the dealer confirming date of purchase or the receipt.

- Batteries, cuff and wearing parts are not included.
- Opening or altering the instrument invalidates the guarantee.
- The guarantee does not cover damage caused by improper handling, discharged batteries, accidents or non-compliance with the operating instructions.

The cuff is included for the functional guarantee only (tightness) for 2 years.

15. Technical Specifications

10 - 40 °C / 50 - 104 °F
15 - 90 % relative maximum humidity
-20 - +55 °C / -4 - +131 °F
15 - 90 % relative maximum humidity
320 g(with batteries, cuff not included)
160 x 82 x35 mm
oscillometric, corresponding to Korotkoff method: Phase I systolic, Phase V diastolic

Measurement range:	20 - 280 mmHg – blood pressure 40 - 199 beats per minute – pulse				
Cuff pressure display					
range:	0 - 299 mmHg				
Resolution:	1 mmHg				
Static accuracy:	pressure within ± 3 mmHg				
Pulse accuracy:	± 5 % of the readout value				
Voltage source:	4 x 1.5 V Batteries; size AAA				
	Mains adapter DC 6V, 600 mA (optional)				
Battery lifetime:	approx. 400 measurements				
	(using new batteries)				
IP Class:	IP20				
Reference tostandards:	EN 1060-1 /-3 /-4; IEC 60601-1;				
	IEC 60601-1-2 (EMC);IEC 60601-1-11				
Expected service life:	Device: 5 years or 10000 measurements				
	Cuff: 2 years or 10000 measurements				
This device complies with the requirements of the Medical Device					
Directive 93/42/EEC.					
Technical alterations reserved.					

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