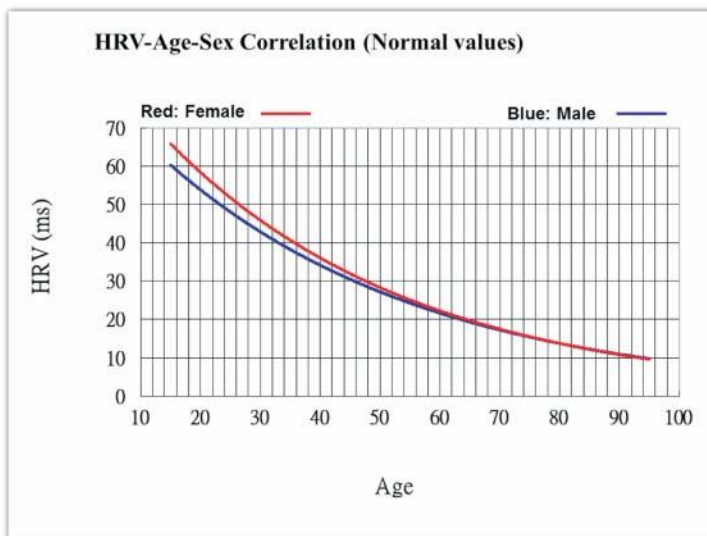


ANSWatch® - Mini - Standard Test Procedure

1. Install ANSWatch app on your smart phone or tablet first. Go to <Tools> to set language, birth date, and sex.
2. Wear ANSWatch-Mini on your **left** wrist. When wearing, note: (i) both the palm and the device should face up-straight (ii) the centerlines of the palm and the device body should be aligned; the power button is close to the body (iii) the front edge of the wearing cuff should be at the dividing line between wrist and palm. Sitting or lying position is suitable. Shoulder, arm, and wrist are all relaxed.
3. Turn on ANSWatch-Mini, open ANWatch app on the phone/tablet, tab <BP+ HRV TEST> and <OK> to start the test. During test, do not talk or move.
4. When done, the test data is automatically downloaded to the phone /tablet. Tap <Data> to examine measured physiological parameters.



ANSWatch® Normal values of patient parameters

Age- averaged Blood Pressure Normal Ranges (mmHg)														
Age	<20	20-30	30-40	40-50	50-60	>60								
Systolic Pressure	118	122	125	130	140	150								
Diastolic Pressure	75	79	85	87	90	95								
WHO Blood Pressure Guideline (mmHg)														
Systolic Pressure	>160	140-159	101-139	90-100	<90									
Diastolic Pressure	>95	90-94	61-89	50-60	<50									
	Hypertension	Suspected Hypertension	Normal	Suspected Hypotension	Hypotension									
Heart Rate (HR) Normal Ranges (beat/min)														
Heart Rate	<50	50-60	61-80	81-100	>100									
	Too low	Low	Normal	High	Too high									
HRV (ANS Total Activity Index) Normal Ranges (ms)														
Age	15	20	25	30	35	40	45	50	55	60	65	70	75	80
Male	60	56	46	41	36	31	29	27	26	25	20	20	17	15
Female	65	60	50	44	39	34	31	28	26	25	20	20	17	15
LF% (Sympathetic Activity Index) HF% (Para-sympathetic Activity Index)														
LF%	>80	60-80	40-60	20-40	<20									
HF%	>80	60-80	40-60	20-40	<20									
	Too high	High	Normal	Low	Too low									
LF/HF (Sympathetic/Parasympathetic Balance Index) Normal Ranges														
	>3.0	1.5-3.0	0.8-1.5	0.3-0.8	<0.3									
Sympathetic Over-dominance	Sympathetic Dominance	Normal	Parasympathetic Dominance	Parasympathetic Over-dominance										
Irregular Heartbeats Normal Ranges														
Number of Irregular Heartbeats in 5-min	0		1-3		>4									
	Normal		Caused by cough or body movement*		Suspected Cardiac Arrhythmias*									

* Examine pulse waves on LCD or PC to confirm