

Handheld Health Monitor

Vmed-S5



User Manual

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1. Appearance & Description



2. Function Description

1. USB-C charging port

USB-C port for charging cable (charging only).

2. Power button

/Temperature measurement button

(1). Long press 3s to power On or Off.

(2). Short press the button on the Temperature measurement screen to start measuring.

3. Lanyard attachment

Side lanyard attachment for threading lanyards or wrist straps to suspend the device, preventing drops and enabling easy handheld portability.

4. Charging LED

Indicates charging status.

Red: Charging

Green: Charged

5. Bluetooth/Power LED

(1). Flashes blue light 3 times when connected to the App.

(2). Blue light appears when powered on.

(3). Red light flashes when powered off.

6. PPG sensor

Together with the left and right ECG electrode plates, it can simultaneously measure multiple

indicators including heart rate, ECG, blood pressure (PPG), oxygen saturation (SpO2), respiration rate, stress index, and fatigue index. For details, see Measure & View Report section.

7. Reset

To reset the device press and hold for 1 second (insert a pin).

8. Thermo sensor

Measures body temperature. For details, see the Temperature section.

9. ECG electrode plate

Together with the PPG sensor, measures all the above conditions.

3. Charging Instructions

The Vmed-S5 Handheld Health Monitor provides up to 30 days of battery life. Battery life and charge cycles vary based on usage patterns, so actual performance may differ.

1. Use a USB-A to USB-C charging cable. Fully insert the USB-C connector into the charging port on the Vmed-S5 device.
2. Plug the USB-A connector into a computer USB port, UL-certified USB-A wall charger, or other low-power charging device.
3. Check the charging LED indicator: A red light means the device is charging; a green light means the battery is fully charged.

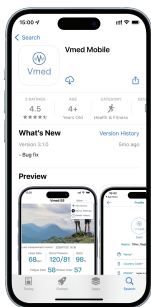
Important Note: The cable connector must be fully seated. A loose connection will prevent charging.



4. Download APP

1. Before using this device, please scan the QR code on the right side or scan the APP download QR code on the device with your mobile phone and select the corresponding software according to your mobile phone system to install the APP to your mobile phone.

2. You can also download and install **"Vmed Mobile"** from the Apple App Store for iPhones. For Android phones, **"Vmed Mobile"** can be downloaded from Google Play Store. (Compatible systems are: Android V8.0 and iOS V9.0 or above)



5. Sign In/Create Account

1. Once downloaded, click on the Vmed Mobile app to open.
2. It will prompt you to use Bluetooth. Choose OK.
3. Within the App it will allow you to Sign in, if you have an existing account, Create account, if you are a New User or enter the App in Offline Mode.

Note: Offline Mode will allow you to use the functions of the app, but will not save any of your data online or offline.

A: Sign in

1. Enter in your Account – must be at least 4 characters
2. Enter in your Password – must be at least 8 characters

B: Create account

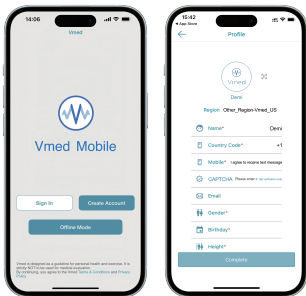
1. Enter in an Account Name – it must be at least 4 characters.
2. Enter in a Password – it must be at least 8 characters.
3. It will then ask for
 - (1). Name:
 - (2). Gender:
 - (3). Birthday: Month, Day, Year, Phone, Email
 - (4). Height in Centimeters or Inches
 - (5). Weight in Kilograms, Pounds.

(6). Are you taking blood pressure medicine?

- a. None
- b. Hypertension
- c. Hypotension

4. Select Complete to continue.

If the Complete button is not clickable, review the questions and ensure all have been answered.



C: Retrieve Account & Password

If you forget your login account or password, enter to the "Sign in" page, and you can select two ways to retrieve account and password: "Mobile to retrieve account and password" or "Email to retrieve password".

1: Mobile to retrieve account and password

- (1). Input the registered mobile phone number
- (2). Obtain the verification code and input it, then click "Continue"
- (3). Enter new password and confirm new password

2: Email to retrieve password

- (1). Input the registered email address.
- (2). Obtain the verification code and input it, then click "Continue".
- (3). Enter new password and confirm new password.

After the above operations are successful, you will be redirected to the APP home screen. Go to "Me" -> tap user avatar to enter the "Profile" page, then you can view the Account information under the avatar.

6. Connecting & Setup

Connecting

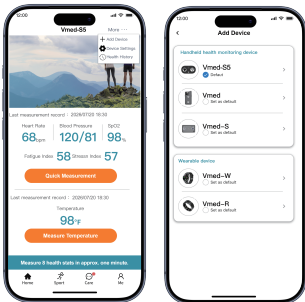
1. Before connecting the device, please turn on Bluetooth and location in your phone settings.
2. On the Vmed-S5 Device, press and hold the Power Button for 3 seconds to power on until the Blue LED indicator turns on.
3. On the "Vmed-S5" home page tap "More..." at the top right, then select "Add Device ", will enter the search result list page. Choose the

Vmed-S5 tap device and Connect. You can identify your device by the last 4 digits of the MAC address on the back of your Vmed-S5 device.

4. If the device is not detected, select refresh.

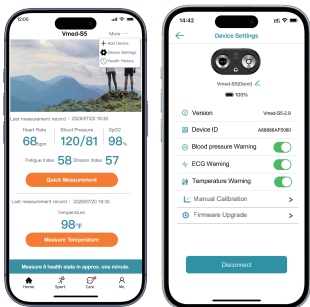
5. Another way to connect the device is: Tap the QR code icon [QR] at the top right of search list page -> scan the QR code on the back of the Vmed S5 device. The App will automatically help you connect to Vmed-S5.

Once connected successfully, the Vmed-S5's blue indicator light will flash 3 times. The App will take you to the App Home Screen.



Setup

1. On the "Vmed-S5" home page tap "More..." at the top right, then select "Device Settings".
2. On this page, tap "Disconnect" to unpair the device; you need to reconnect manually for next use.
3. Tap the  icon to rename the device, the new name will show in later device search lists.
4. Toggle Blood Pressure, ECG and temperature warning switches as needed.
5. Tap Manual Calibration entry to complete device calibration.
6. Tap Firmware Upgrade entry to download and install the latest firmware.



7. Device Usage

Calibrate

1. If you are using Vmed-S5 for the first time, you need to calibrate it.

The calibration procedure is as follows:

- (1). Use an upper-arm electronic blood pressure monitor or a mercury sphygmomanometer that has been certified to meet standards (ISO/AAMI/ESH) and is within its calibration validity period. If you do not have such professional medical equipment, please visit a nearby community health center or pharmacy to have it calibrated;
- (2). For step (1) above, it is recommended to take at least two measurements, with a one-minute interval between them; If the difference between any two consecutive systolic readings (high pressure) and the difference between any two consecutive diastolic readings (low pressure) is less than 5 mmHg, take the average of the two readings; if the difference between any two consecutive systolic readings (high pressure) or any two consecutive diastolic readings (low pressure) is both greater than 5 mmHg, take a third measurement and use the average of the three readings.
- (3). Use the average value obtained in Step (2) above as the calibration value for this

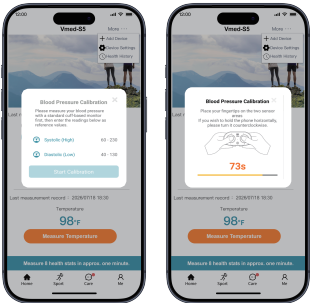
blood pressure measurement.

2. Tap "Quick Measurement" ->Enter the value measured by the standard cuff blood pressure monitor above ->Tap the "Start Calibration" button.

3. A countdown will begin. Place your thumbs on the sensors. The device will indicate success when testing is completed.

4. If you are not using Vmed-S5 for the first time, you can start measuring directly.

5. If you change your phone or reinstall the App, you need to recalibrate.



Manual Calibration:

Use either of the two methods below to open Device Settings for blood pressure calibration:

1. From the app home page, tap "Me" > "My Device", then select your connected Vmed-S5 device.
2. On the "Vmed-S5" home page, tap "More..." at the top right, then select "Device Settings".

Once inside Device Settings: Tap "Manual Calibration". In the pop-up calibration window, erase the existing values and enter your new reference blood pressure parameters to complete recalibration.

Important Note:

Review the Blood Pressure Measurement Precautions on Page 16 before performing calibration.



Measure & View Report

1. Vmed-S5 can measure Heart Rate, ECG, Blood Pressure (PPG), Oxygen Saturation (SpO2), Respiration Rate, Stress Index and Fatigue Index.
2. Assuming calibration is complete, tap the "Quick Measurement" button to start measuring.
3. Place your thumbs gently but firmly on the sensors for about one minute. Be sure the sensor on each touch pad is fully covered by the pad of your thumb.
4. After finishing measurement, the app will generate a report. The report will be uploaded to the server automatically. Please make sure your phone network is available.



ECG Measurement Precautions:

- When performing ECG measurements, If your fingers are too dry, you may not get an accurate measurement. To ensure skin conductivity and more accurately reflect the heart's electrophysiological activity to the device, please apply a small amount of water/petroleum jelly/hand cream to the skin where it will contact the V-monitor electrodes.

Blood Pressure Measurement Precautions

- Do not measure blood pressure when your fingers are cold, as this may affect measurement accuracy.
- Do not press the photoelectric sensor hard; simply gently cover the light.
- For people taking antihypertensive drugs, perform two calibrations respectively before taking medicine and 4 hours after taking medicine.
- Blood pressure varies at different times of the day; for best results measure at the same timing every day.
- Stay relaxed before measuring and sit quietly for at least 2 minutes prior to testing.

Temperature

1. Vmed-S5 can measure temperature.
2. To ensure measurement accuracy, refer to the figure below and place the device against your forehead.
3. You can measure temperature via physical mode or virtual mode.
4. Physical mode: Tap "Measure Temperature" button on app-> Press Power/Temperature button on the Vmed S5 directly to get the temperature.
5. Virtual mode: Click on the "Click for Temp" icon on the phone screen to see the temperature.

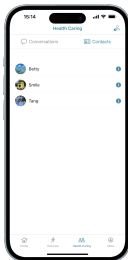
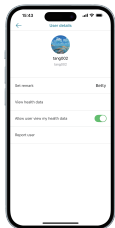
NOTE: Measure body temperature in the range of 95.9-107.6°F (35.5-42°C)



8. Care

You may add, search, edit or delete contacts — including family, friends, and medical providers. You can message contacts and share health information with them directly.

If a contact shares health data access with you, you may view their full health metrics and download their health reports.



9. FAQ

1. Why won't my Vmed device connect to my phone?

- Check power: Press power the button → blue light means charged. If still off, press "Reset" on the case with a paper clip or needle.
- Check phone Settings: Turn on your phone's Bluetooth & Location. Grant Vmed APP permissions (Bluetooth, Location, Camera). Restart App.
- There are two methods of connecting:
 - a. Search for the device in the device list.
 - b. Tap Vmed-S5 -> Tap the QR scan icon (upper-right) -> Find the QR code on the back of the device-> Scan the code. If you see the blue indicator light flash 3 times, the connection is successful.

2. Why are my test results inaccurate while the Vmed is charging?

Do not perform testing, including Temperature while the Vmed is charging, or there may be interference that could cause inaccurate results.

3. The ECG waveform is unusual or abnormal during the test, what should I do?

Place your fingertips over the pad centers with a firm but comfortable hold, then perform the test again.

10. Product Parameters

Size: 97.4mm*51.9mm*10.0mm

Weight: 60g

Working Humidity: 5% to 95% RH (non-condensing)

Working temperature: 50°F ~104°F (10°C ~ 40°C)

Battery capacity: 380mAh

Compatibility: Android V8.0 and iOS V9.0 or above

Working time: about 10 days

Charging: USB-C

Synch. method: Bluetooth 6.0 LE

Packing lists: ◇ Vmed-S5*1

◇ User Manual*1

◇ QSG*1

◇ Charging Cable*1

11. Care Tips

1. Do not expose to harsh chemicals such as benzene or thinner.
2. Avoid strong magnetic fields and potential electric shock.
3. Do not expose to direct sunlight, heat, or impact.
4. No user serviceable components. Do not attempt to disassemble or modify the Vmed Health Monitor.
5. It is not suitable to use when taking a bath or hot tub. (The temperature cannot exceed 45°C/113°F)

FCC Statement

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.

This device complies with part 15 of the FCC Rules. Operation is subject to the following 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.

Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. The device has been evaluated to meet general RF exposure requirement. The device can be used in a portable exposure condition without restriction.

IC Warning

This device complies with Industry Canada license-exempt RSS standard(s).

Operation is subject to the following two conditions:

- (1) This device may not cause interference, and
- (2) This device must accept any interference, including interference that may cause undesired operation of the device

Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes:

- (1) l'appareil ne doit pas produire de brouillage, et
- (2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

This equipment complies with Canada radiation exposure limits set forth for an uncontrolled environment . The device has been evaluated to meet general RF exposure requirements. The device can be used in portable exposure condition without restriction.

Cet équipement est conforme aux limites d'exposition au rayonnement du Canada établies pour un environnement non contrôlé. L'appareil peut être utilisé en condition d'exposition portable sans restriction.



FCC ID:2BSZG-VMEDS5

For more information,
visit the official website:
<https://vmedical.com/>

Warranty Card

Product name: Health Monitor

Model: Vmed-S5

S/N:

Contact phone number:

Customer address:

Distribution company:

Distributor phone number:

Purchase date:

Distributor address:
