

HEALTH CARE PRODUCTS 2013



Digital Blood Pressure Monitor

Digital Thermometer

Digital Pedometer

Nebulizer

*Determined to develop as a corporation
that offers new value for everyone everywhere through high-quality products and services . . .
. . . Citizen Systems is reinventing itself.*

“Leading Technology for Humanity”

*— Our corporate slogan expresses the aspirations of every Citizen
Systems employee, each of whom is striving to realize a shared ideal.
We have superior miniaturization and refinement technologies cultivated by
members of the Citizen Group.
We have a desire to design products that are easy for anyone to use.
And we have the skills required to pursue quality at every turn,
combined with an unswerving commitment to manufacturing.
We draw on these strengths to manufacture more advanced products for
a wide range of fields, including health information management,
information/entertainment and business information equipment.
Our aim is to achieve advances in convenience,
enabling people to lead more abundant and comfortable lives anytime and anywhere
— and to disseminate people-friendly technologies and services
that help individuals lead healthier, more fulfilling lives.*

“Leading Technology for Humanity”

*— We continue to take up new challenges with an eye on
our customers and with these words in mind.*

Connecting personal health data with doctors

We have introduced evolutionary advanced healthcare systems.

Lifestyle related diseases that typically show no external symptoms and often lead to further complications, such as heart failure and stroke, have been on the rise.

Therefore, it is crucial to undergo periodic health examinations at medical institutions as well as carryout daily health checks at home, as this increases the possibility of an early diagnosis.

To facilitate the latter and to support a healthy lifestyle, Citizen Systems supplies topnotch user-friendly healthcare products, such as digital blood pressure monitors and thermometers.



Digital Blood Pressure Monitor

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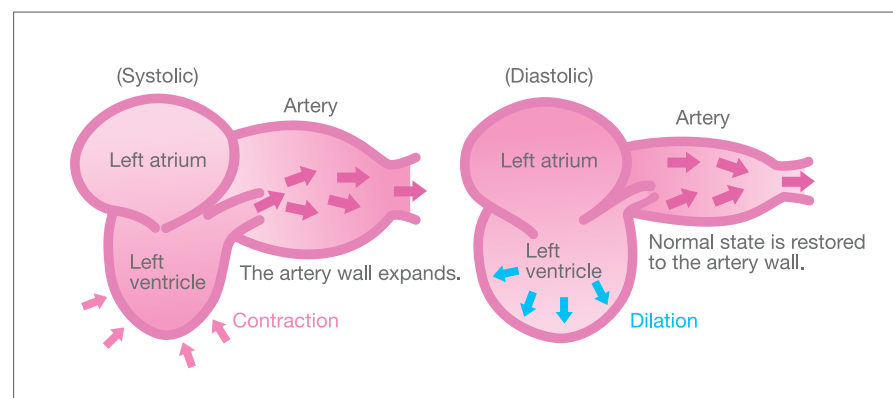
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Digital Blood Pressure Monitor

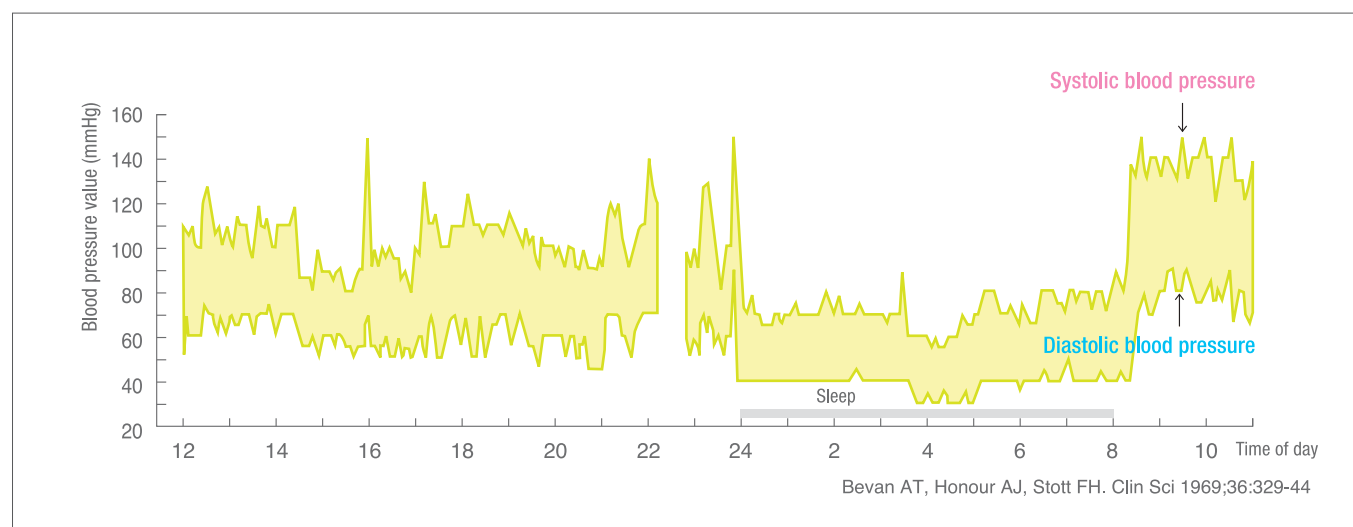
What is blood pressure?

The heart is a pump that circulates blood throughout your body. Blood is pumped from the heart at a constant pressure into arteries. This pressure is called the arterial blood pressure and represents, in general terms, your blood pressure. Blood pressure is indicated by several kinds of pressures, including the systolic pressure that occurs when the heart pumps blood and the diastolic pressure that occurs when blood returns to the heart.



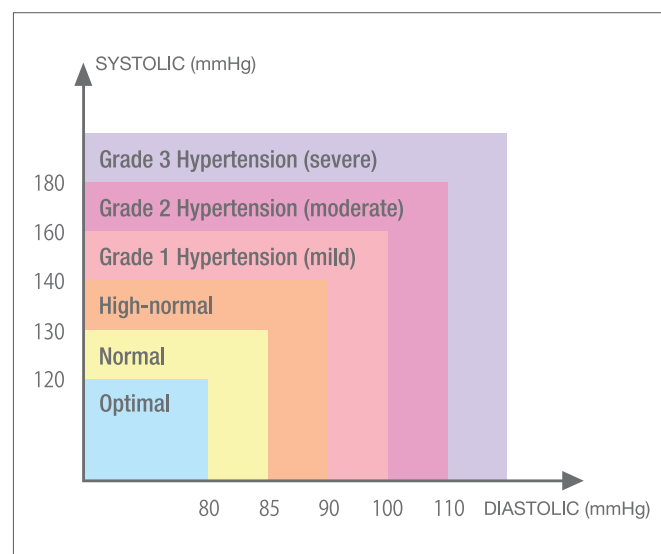
Your blood pressure changes all the time.

Your blood pressure differs according to your age, gender and a range of other factors. It is likely to be affected by your biorythm during the day and by your posture, physical activities, mental activities, level of stress and even by the air temperature. The blood pressure of a healthy person generally varies within a day.



Blood pressure classifications

The figure right shows the blood pressure classifications under the WHO standards. (Taking measurements while sitting in the hospital) [WHO / ISH : 1999]



Function mark explanation

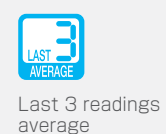
Measurement Method Measurement Point



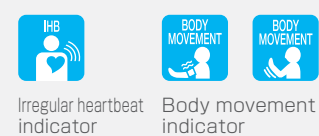
Main Features Memory Function



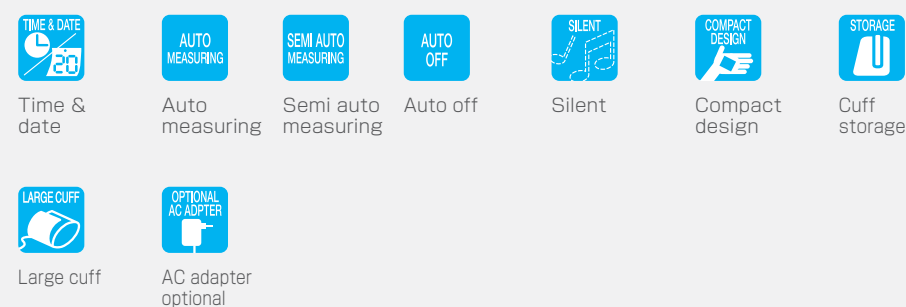
Average Memory



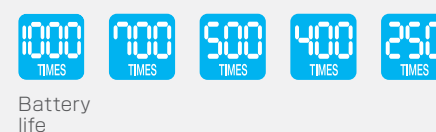
Markings



Other Specification



Battery Life



Accessories



Digital Blood Pressure Monitor

Upper arm/ Full automatic

CE
0086

CH-456

Measurement system Oscillometric method
 Measurement range Pressure : 0 ~ 280 mmHg
 Pulse : 40 ~ 180 pulse/min
 Accuracy Pressure : ± 3 mmHg
 Pulse : ± 5 %
 Power source AA size × 4
 Optional AC/DC adapter (DC 6V, 0.6A)
 Battery life Manganese battery : Approx. 150 times
 Alkaline battery : Approx. 500 times
 Rated voltage DC6V ≡ 3W (≡ : Direct Current)
 Outside dimensions W105 × H166 × D122 mm
 Weight Unit : Approx. 390g (without batteries)
 Cuff : Approx. 130g



- Irregular Heartbeat indicator
- Body movement indicator
- 90 memories function
- Average of last 3 readings
- Easy to read LCD display
- Cuff storage holder
- Automatic power off function
- Simultaneous blood pressure and pulse reading
- Time and date
- Large cuff is optional
- AC adapter is optional (AC-230CZ)



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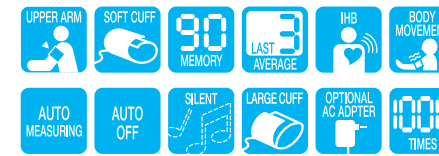
CH-453 CH-453-AC

Measurement system Oscillometric method
 Measurement range Pressure : 0 ~ 280 mmHg
 Pulse : 40 ~ 180 pulse/min
 Accuracy Pressure : ± 3 mmHg
 Pulse : ± 5 %
 Power source AA size × 4
 Optional AC/DC adapter (DC 6V, 0.6A)
 Battery life Manganese battery : Approx. 300 times
 Alkaline battery : Approx. 1,000 times
 Rated voltage DC6V ≡ 3W (≡ : Direct Current)
 Outside dimensions W130 × H53 × D118 mm
 Weight Unit : Approx. 240g (without batteries)
 Cuff : Approx. 130g



- Irregular Heartbeat indicator
- Body movement indicator
- 90 memories function
- Average of last 3 readings
- Easy to read LCD display
- Automatic power off function
- Simultaneous blood pressure and pulse reading
- Large cuff is optional

CH-453-AC
 ■ AC adapter is optional (AC-230CZ)



How to operate

CH-456, CH-453, CH-452, CH-437C



1 Wrap the Cuff around your arm and make sure the blue marker is located in the center of your arm.



2 Place your arm on a table with your palm opened and relaxed. Press the START/STOP switch to start measurement.



3 The blood pressure generally varies in a day. Preferably, you should measure your blood pressure at the same time each day wherever possible.

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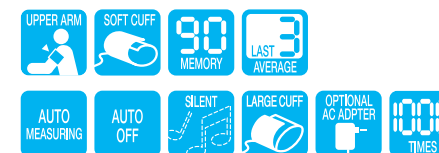
CH-452 CH-452-AC

Measurement system Oscillometric method
 Measurement range Pressure : 0 ~ 280 mmHg
 Pulse : 40 ~ 180 pulse/min
 Accuracy Pressure : ± 3 mmHg
 Pulse : ± 5 %
 Power source AA size × 4
 Optional AC/DC adapter (DC 6V, 0.6A)
 Battery life Manganese battery : Approx. 300 times
 Alkaline battery : Approx. 1,000 times
 Rated voltage DC6V ≡ 3W (≡ : Direct Current)
 Outside dimensions W129 × H55 × D119 mm
 Weight Unit : Approx. 240g (without batteries)
 Cuff : Approx. 130g



- 90 memories function
- Average of last 3 readings
- Easy to read LCD display
- Automatic power off function
- Large cuff is optional

CH-452-AC
 ■ AC adapter is optional (AC-230CZ)



Digital Blood Pressure Monitor

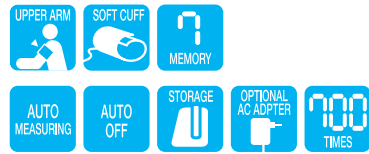
Upper arm/ Full automatic



CH-437C

Measurement system Oscillometric method
 Measurement range Pressure : 0 ~ 280 mmHg
 Pulse : 40 ~ 180 pulse/min
 Accuracy Pressure : ± 3 mmHg
 Pulse : ± 5 %
 Power source AA size × 4
 Optional AC/DC adapter (DC 6V, 0.6A)
 Battery life Manganese battery : Approx. 200 times
 Alkaline battery : Approx. 700 times
 Rated voltage DC6V ≐ 4W (≐ : Direct Current)
 Outside dimensions W95 × H130 × D118 mm
 Weight Unit : Approx. 300g (without batteries)
 Cuff : Approx. 160g

- 7 memories function
- Easy to read LCD display
- Cuff storage holder
- Automatic power off function
- Simultaneous blood pressure and pulse reading
- AC adapter is optional (AC-230CZ)



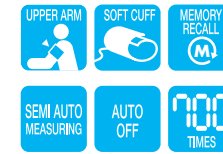
Upper arm/ Semi automatic



CH-311B

Measurement system Oscillometric method
 Measurement range Pressure : 0 ~ 280 mmHg
 Pulse : 40 ~ 180 pulse/min
 Accuracy Pressure : ± 3 mmHg
 Pulse : ± 5 %
 Power source AAA size × 2
 Battery life Manganese battery : Approx. 700 times
 Rated voltage DC3V ≐ 0.1W (≐ : Direct Current)
 Outside dimensions W66.5 × H44.5 × D161.5 mm
 Weight Unit : Approx. 110g (without batteries)
 Cuff : Approx. 130g

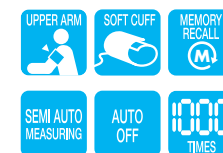
- Memory recall function
- One handed operation
- Easy to read LCD display
- Automatic power off function
- Simultaneous blood pressure and pulse reading



CH-308B

Measurement system Oscillometric method
 Measurement range Pressure : 0 ~ 280 mmHg
 Pulse : 40 ~ 200 pulse/min
 Accuracy Pressure : ± 3 mmHg
 Pulse : ± 5 %
 Power source AA size × 4
 Battery life Manganese battery : Approx. 1,000 times
 Rated voltage DC6V ≐ 0.1W (≐ : Direct Current)
 Outside dimensions W123 × H44 × D95 mm
 Weight Unit : Approx. 120g (without batteries)
 Cuff : Approx. 130g
 Pumping bulb unit : Approx. 40g

- Memory recall function
- Large button
- Automatic power off function



Digital Blood Pressure Monitor

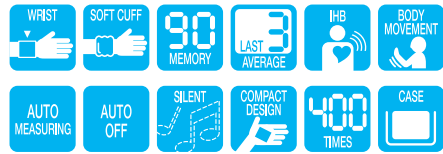
Wrist/ Full automatic

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CH-657

Measurement system Oscillometric method
 Measurement range Pressure : 0 ~ 280 mmHg
 Pulse : 40 ~ 180 pulse/min
 Accuracy Pressure : ± 3 mmHg
 Pulse : ± 5 %
 Power source AAA size × 2
 Battery life Alkaline battery : Approx. 400 times
 Rated voltage DC3V ≡ 3W (≡ : Direct Current)
 Outside dimensions W69 × H70 × D15 mm
 Weight Approx. 86g (without batteries)

- Irregular Heartbeat indicator
- Body movement indicator
- 90 memories function
- Average of last 3 readings
- Easy to read LCD display
- Automatic power off function
- Handy and slim design
- With compact storage case
- Simultaneous blood pressure and pulse reading

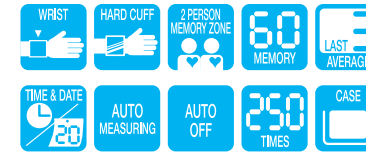


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CH-618

Measurement system Oscillometric method
 Measurement range Pressure : 0 ~ 300 mmHg
 Pulse : 40 ~ 280 pulse/min
 Accuracy Pressure : ± 3 mmHg
 Pulse : ± 5 %
 Power source AAA size × 2
 Battery life Alkaline battery : Approx. 250 times
 Rated voltage DC3V ≡ 3W (≡ : Direct Current)
 Outside dimensions W70 × H72 × D29.5 mm
 Weight Approx. 127g (without batteries)

- 2-person memory zone (60 memories each)
- Simultaneous blood pressure and pulse reading
- Average of last 3 readings
- Time and date
- Automatic power off function
- With storage case

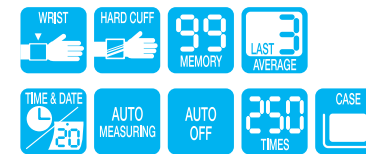


CE
0197

CH-617

Measurement system Oscillometric method
 Measurement range Pressure : 0 ~ 300 mmHg
 Pulse : 40 ~ 280 pulse/min
 Accuracy Pressure : ± 3 mmHg
 Pulse : ± 5 %
 Power source AAA size × 2
 Battery life Alkaline battery : Approx. 250 times
 Rated voltage DC3V ≡ 3W (≡ : Direct Current)
 Outside dimensions W72 × H72 × D29.5 mm
 Weight Approx. 121g (without batteries)

- 99 memories function
- Simultaneous blood pressure and pulse reading
- Average of last 3 readings
- Time and date
- Automatic power off function
- With storage case

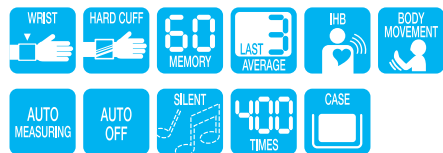


CE
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CH-650

Measurement system Oscillometric method
 Measurement range Pressure : 0 ~ 280 mmHg
 Pulse : 40 ~ 180 pulse/min
 Accuracy Pressure : ± 3 mmHg
 Pulse : ± 5 %
 Power source AAA size × 2
 Battery life Alkaline battery : Approx. 400 times
 Rated voltage DC3V ≡ 3W (≡ : Direct Current)
 Outside dimensions W65 × H74 × D29 mm
 Weight Approx. 103g (without batteries)

- Irregular Heartbeat indicator
- Body movement indicator
- 60 memories function
- Average of last 3 readings
- Easy to read LCD display
- Automatic power off function
- With storage case
- Simultaneous blood pressure and pulse reading

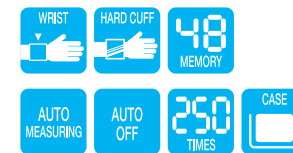


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CH-605

Measurement system Oscillometric method
 Measurement range Pressure : 0 ~ 300 mmHg
 Pulse : 40 ~ 199 pulse/min
 Accuracy Pressure : ± 3 mmHg
 Pulse : ± 5 %
 Power source AAA size × 2
 Battery life Alkaline battery : Approx. 250 times
 Rated voltage DC3V ≡ 1.8W (≡ : Direct Current)
 Outside dimensions W72 × H70 × D29 mm
 Weight Approx. 100g (without batteries)

- 48 memories function
- Simultaneous blood pressure and pulse reading
- Automatic power off function
- With storage case



Digital Blood Pressure Monitor

Upper arm / Full automatic



Model	CH-456	CH-453	CH-452
Outside dimensions	105 × 166 × 122mm	130 × 53 × 118 mm	129 × 55 × 119 mm
Weight (Without batteries)	Unit: Approx. 390g Cuff: Approx. 130g	Unit: Approx. 240g Cuff: Approx. 130g	Unit: Approx. 240g Cuff: Approx. 130g
Cuff	Soft cuff	Soft cuff	Soft cuff
Memory	90 Memory	90 Memory	90 Memory
Irregular Heartbeat indicator	●	●	—
Body movement indicator	●	●	—
Average	Last 3 readings	Last 3 readings	Last 3 readings
Display simultaneously	●	●	—
Auto measuring	●	●	●
Auto power off	●	●	●
Time & Date	●	—	—
Battery life	500 times	1,000 times	1,000 times
Power source	AA size × 4	AA size × 4	AA size × 4
Option (Large Cuff)	●	●	●
Option (AC/DC adapter)	●	●	●
Silent	●	●	●
Case	—	—	—
Page	P.4	P.5	P.5

Upper arm / Semi automatic



Model	CH-437C	CH-311B	CH-308B
Outside dimensions	95 × 130 × 118 mm	66.5 × 44.5 × 161.5 mm	123 × 44 × 95 mm
Weight (Without batteries)	Unit: Approx. 300g Cuff: Approx. 160g	Unit: Approx. 110g Cuff: Approx. 130g	Unit: Approx. 120g Cuff: Approx. 130g Pumping bulb: Approx. 40g
Cuff	Soft cuff	Soft cuff	Soft cuff
Memory	7 Memory	Memory recall	Memory recall
Irregular Heartbeat indicator	—	—	—
Body movement indicator	—	—	—
Average	—	—	—
Display simultaneously	●	●	—
Auto measuring	●	—	—
Auto power off	●	●	●
Time & Date	—	—	—
Battery life	700 times	700 times	1,000 times
Power source	AA size × 4	AAA size × 2	AA size × 4
Option (Large Cuff)	—	—	—
Option (AC/DC adapter)	●	—	—
Silent	—	—	—
Case	—	—	—
Page	P.6	P.7	P.7

Wrist / Full automatic



Model	CH-657	CH-650	CH-618
Outside dimensions	69 × 70 × 15 mm	65 × 74 × 29 mm	70 × 72 × 29.5 mm
Weight (Without batteries)	Approx. 86g	Approx. 103g	Approx. 127g
Cuff	Soft cuff	Hard cuff	Hard cuff
Memory	90 Memory	60 Memory	2 × 60 Memory
Irregular Heartbeat indicator	●	●	—
Body movement indicator	●	●	—
Average	Last 3 readings	Last 3 readings	Last 3 readings
Display simultaneously	●	●	●
Auto measuring	●	●	●
Auto power off	●	●	●
Time & Date	—	—	●
Battery life	400 times	400 times	250 times
Power source	AAA size × 2	AAA size × 2	AAA size × 2
Case	●	●	●
Page	P.8	P.8	P.9



Model	CH-617	CH-605
Outside dimensions	70 × 72 × 29.5 mm	72 × 70 × 29 mm
Weight (Without batteries)	Approx. 121g	Approx. 100g
Cuff	Hard cuff	Hard cuff
Memory	99 Memory	48 Memory
Irregular Heartbeat indicator	—	—
Body movement indicator	—	—
Average	Last 3 readings	—
Display simultaneously	●	●
Auto measuring	●	●
Auto power off	●	●
Time & Date	●	—
Battery life	250 times	250 times
Power source	AAA size × 2	AAA size × 2
Case	●	●
Page	P.9	P.9

Digital Thermometer

Function mark explanation

Celsius/ Fahrenheit



Celsius



Fahrenheit



°C / °F
Conversion

Measurement Method Measurement Point



Earlobe
measuring

Main Features and Specifications



Display



Water
resistant



Anti bacterial
material



Auto
power off

Memory and Notification



12 memory



Memory
recall



Buzzer
notice



Probe cover is
not necessarily



Measuring
Speed

Battery type Battery Life (Approximate Value)



Battery life



3
YEARS



2
YEARS



1.5
YEARS

Accessories



Case



Case

Stick type

new



CTA301 CELSIUS (°C) · FAHRENHEIT (°F)

Measurement method Temperature peak hold thermometer
Measurement range 32.0°C ~ 42.9°C (90.0 °F ~ 109.9 °F)
Accuracy Celsius : ± 0.1°C (35.5 ~ 42.0°C)
Fahrenheit : ± 0.2 °F (95.9 ~ 107.6 °F)
Display 3 digits with decimal point, °C , °F ,
battery weak mark and memory mark
Battery DC1.5V (Micro Alkaline Battery : LR41 × 1)
Battery life Approx. 2 years (If used 10 minutes a day)
Outside dimensions Approx. W19 × L126.7 × D11.2 mm
Weight Approx. 9.7g (Including battery)



- °C / °F switching
- General purpose use
- Auto memory recall of last reading
- Buzzer notice
- 3 digits display
- Auto power off



new



CTA302 CELSIUS (°C) · FAHRENHEIT (°F)

Measurement method Temperature peak hold thermometer
Measurement range 32.0°C ~ 42.9°C (90.0 °F ~ 109.9 °F)
Accuracy Celsius : ± 0.1°C (35.5 ~ 42.0°C)
Fahrenheit : ± 0.2 °F (95.9 ~ 107.6 °F)
Display 3 digits with decimal point, °C , °F ,
battery weak mark and memory mark
Battery DC1.5V (Micro Alkaline Battery : LR41 × 1)
Battery life Approx. 2 years (If used 10 minutes a day)
Outside dimensions Approx. W19 × L126.7 × D11.2 mm
Weight Approx. 9.7g (Including battery)



- °C / °F switching
- General purpose use
- Water resistant & fully washable
- Auto memory recall of last reading
- Buzzer notice
- 3 digits display
- Auto power off



new



CTA303 CELSIUS (°C) · FAHRENHEIT (°F)

Measurement method Temperature peak hold thermometer
Measurement range 32.0°C ~ 42.9°C (90.0 °F ~ 109.9 °F)
Accuracy Celsius : ± 0.1°C (35.5 ~ 42.0°C)
Fahrenheit : ± 0.2 °F (95.9 ~ 107.6 °F)
Display 3 digits with decimal point, °C , °F ,
battery weak mark and memory mark
Battery DC1.5V (Micro Alkaline Battery : LR41 × 1)
Battery life Approx. 2 years (If used 10 minutes a day)
Outside dimensions Approx. W19 × L126.7 × D11.2 mm
Weight Approx. 10.2g (Including battery)



- °C / °F switching
- General purpose use
- Water resistant & fully washable
- Auto memory recall of last reading
- Buzzer notice
- 3 digits display
- Auto power off
- Antibacterial Thermometer



Digital Thermometer

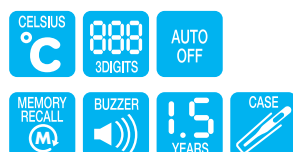
Stick type

CE 0197

CT461C CELSIUS (°C)

Measurement method Temperature peak hold thermometer
 Measurement range 32.0°C ~ 44.0°C
 Accuracy Celsius : ± 0.1°C
 Display 3 digits with decimal point, °C, battery weak mark and memory mark
 Battery DC1.5V (Micro Alkaline Battery : LR41 × 1)
 Battery life Approx. 1.5 years (If used 10 minutes a day)
 Outside dimensions Approx. W18.2 × L130.8 × D11.6 mm
 Weight Approx. 11.2g (Including battery)

- General purpose use
- Auto memory recall of last reading
- Buzzer notice
- 3 digits display
- Auto power off



CE 0197

CT561C CELSIUS (°C)

Measurement method Temperature peak hold thermometer
 Measurement range 32.0°C ~ 44.0°C
 Accuracy Celsius : ± 0.1°C
 Display 3 digits with decimal point, °C, battery weak mark and memory mark
 Battery DC1.5V (Micro Alkaline Battery : LR41 × 1)
 Battery life Approx. 1.5 years (If used 10 minutes a day)
 Outside dimensions Approx. W18.2 × L130.8 × D11.6 mm
 Weight Approx. 11.2g (Including battery)

- General purpose use
- Water resistant & fully washable
- Auto memory recall of last reading
- Buzzer notice
- 3 digits display
- Auto power off



CE 0086

CT513W CELSIUS (°C)

Measurement method Temperature peak hold thermometer
 Measurement range 32.0°C ~ 42.0°C
 Accuracy ± 0.1°C (35.5 ~ 42.0°C)
 Display 3 digits with decimal point, °C, battery weak mark and memory mark "M"
 Battery DC1.5V (Micro Alkaline Battery : LR41 × 1)
 Battery life Approx. 3 years (If used 3 times a day, for 10 minutes each time)
 Outside dimensions Approx. W17 × L129 × D8 mm
 Weight Approx. 10g (Including battery)

- General purpose use
- Water resistant & fully washable
- Auto memory recall of last reading
- Buzzer notice
- 3 digits display
- Auto power off
- Antibacterial Thermometer



Ear type

new

CE 0197

CTD504 CELSIUS (°C) · FAHRENHEIT (°F)

Measurement range 34.0°C ~ 43.0°C (93.2 °F ~ 109.4 °F)
 Accuracy Celsius: ± 0.2°C (35.5 ~ 42.0°C)
 Fahrenheit: ± 0.4 °F (95.9 ~ 107.6 °F)
 Other range: ± 0.3°C (± 0.5 °F)
 Display 3digit with decimal point, °C, °F, Low Battery Symbol mark, Too High Ambient Temperature mark, Too Low Ambient Temperature mark, Ready to Use Symbol mark, Memory Mode Symbol mark.
 Battery DC3V (Lithuim Battery : CR2032 × 1)
 Battery life 1500times
 Outside dimensions Approx. W39 × L120 × 52mm
 Weight Approx. 68.6g (Including battery)

- Antibacterial Ear Thermometer
- No need to use probe cover
- 1 ~ 3 second measurement
- 12 memory
- °C / °F switching
- Auto power off



CAUTION Measurement result with this unit may be different from a result by other type of thermometers due to a different measuring place.

Digital Thermometer



Model	CTA301	CTA302	CTA303	CT461C	CT561C	CT513W	CTD504
Unit size (Approx.)	19 × 126.7 × 11.2 mm	19 × 126.7 × 11.2 mm	19 × 126.7 × 11.2 mm	18.2 × 130.8 × 11.6 mm	18.2 × 130.8 × 11.6 mm	17 × 129 × 8 mm	39 × 120 × 52 mm
Weight (including battery)	Approx. 9.7g	Approx. 9.7g	Approx. 10.2g	Approx. 11.2g	Approx. 11.2g	Approx. 10g	Approx. 68.6g
Display	3 digits	3 digits	3 digits	3 digits	3 digits	3 digits	3 digits
Anti bacterial	—	—	●	—	—	●	●
Water resistant	—	●	●	—	●	●	—
Buzzer	●	●	●	●	●	●	●
Auto power off	●	●	●	●	●	●	●
Memory	Memory recall	Memory recall	Memory recall	Memory recall	Memory recall	Memory recall	12Memory
Battery life	2 years	2 years	2 years	1.5 years	1.5 years	3 years	1500times
Power source	LR41 × 1	LR41 × 1	LR41 × 1	LR41 × 1	LR41 × 1	LR41 × 1	CR2032 × 1

new

TW610 (US model)

Step detection system	3-D acceleration sensor
Display	LCD
Display contents	Date and time 24-hour system Step maximum 999999 steps Calorie consumption Maximum 99999.9kcal Amount of burnt fat Maximum 9999.9g Walking distance Maximum 999.99 miles Walking time Maximum 99999 minutes Average of walking speed Maximum 99.99 mile/hr Exercise Maximum 99.9Ex Target attainment lever 0 to 8 (on a scale of 9)
Memory	14-day
Power source	Type CR2032 × 1
Battery life	Approx. 6 months (when walking approx. 10000 steps on average per day)
Outside dimensions	Approx. W73 × H31 × D10 mm
Weight	Approx. 25g



Actual Size

- Thin-type pedometer
- 3-D acceleration sensor
- Indication of amount of exercise
- Accumulated data for 7-day period
- Memory for 14 days
- Drip-proof construction
- Function for preventing measuring errors when walking
- Power saving mode
- Colors available: red or black

new

TW310 (US model)

Step detection system	3-D acceleration sensor
Display	LCD
Display contents	Step maximum 99999 steps
Memory	1-day
Power source	Type CR2032 × 1
Battery life	Approx. 1year (when walking approximately 10000 steps on average per day)
Outside dimensions	Approx. W65 × H33 × D12 mm
Weight	Approx. 18g



Actual Size

- Thin-type pedometer
- 3-D acceleration sensor
- Automatic power off function
- Function for preventing measuring errors when walking
- Power saving mode
- Colors available: red or white

What is an amount of exercise?

Amount of exercise (Ex) refers to the unit indicating the amount of physical activity. To prevent lifestyle diseases, you are recommended to actively engage in a minimum of 23 Ex physical activities (exercise and daily activities) a week. It is also recommended that you check with the guideline by the health authority in your area.

Amount of exercise (Ex)

$$= \text{Intensity of physical activities (METs)} \times \text{Time (hr)}$$

Intensity of physical activities (METs) multiplied by duration (hr) of physical activity makes an amount of exercise (Ex) .

METs

= Metabolic Equivalents, the unit of intensity of physical activities

The unit for expressing the "intensity of physical activities" by the multiplication equivalent to the counterpart during rest.

Normal walking is equivalent to 3 METs.

This product indicates the amount of exercise (Ex) by the number of steps.

Reference)

Normal walking (3 METs) x 1 hour = 3 Ex

Fast walking (4 METs) x 1 hour = 4 Ex

Diverse physical activities be equivalent to 1 Ex.



Nebulizer

Ultrasonic type



CUN60-CE CUN60-120V

Power	AC220-240V, 50/60Hz AC100V, 50/60Hz
Power consumption	Approx. 10W
Ultrasonic Frequency	2.5 MHz
Nebulization rate	3-speed adjustable
Particle size	5 μm MMAD
Medication cup capacity	Max. 8ml
Auto shut-off timer	Approx. 10min
Dimensions	W88 × H143 × D53 mm
Weight	Approx. 350g (Including rechargeable battery-pack)
Accessories	Nose piece, Mouth nozzle, Extension tube, Adult & child masks, AC adapter, Medication cup (5 pcs.). Soft carrying case.

- Handy design
with built-in detachable rechargeable battery pack,
compact and light-weight
- Easy to use
uses water as ultrasonic conducting medium, no gel is
required
- Silent operation
thanks to the ultrasonic vibration technology
- 3-speed nebulization rate control
provides optimal treatment for different density
- Built-in timer
automatically shuts off after 10 minutes use



Totally Portable

Model Index

Digital Blood Pressure Monitor

Model No.	Gift Box Size			Weight (g)	Master Carton			Jan Code	Page
	Dimension(L × W × Hmm)				Packed Q'TY	M3	Kg		
CH-456	130	112	185	788	20	0.073	17.0	4580193650900	4
CH-453	165	130	90	607	20	0.050	13.7	4580193650634	5
CH-453-AC	165	130	90	607	20	0.050	13.7	4580193650801	5
CH-452	165	130	90	601	20	0.050	13.0	4580193650603	5
CH-452-AC	165	130	90	601	20	0.050	13.0	4580193650795	5
CH-437C	139	121	165	717	10	0.039	9.2	4580193650047	6
CH-311B	185	115	95	468	20	0.050	11.5	4562195130079	7
CH-308B	180	140	88	490	10	0.029	6.6	4966006708028	7
CH-657	94	54	133	276	40	0.038	12.0	4580193650627	8
CH-650	98	91	135	302	40	0.063	13.2	4580193650702	8
CH-618	104	90	110	312	20	0.030	6.9	4580193650887	9
CH-617	104	90	110	305	20	0.030	6.7	4580193650870	9
CH-605	104	90	110	292	20	0.030	6.3	4966006689341	9

Digital Thermometer

Model No.	Gift Box Size			Weight (g)	Master Carton			Jan Code	Page
	Dimension(L × W × Hmm)				Packed Q'TY	M3	Kg		
CTA301	40	170	20	24	200	0.044	6.6	4580193651259	13
CTA302	40	170	20	24	200	0.044	6.6	4580193651266	13
CTA303	40	170	20	25	200	0.044	6.7	4580193651273	13
CT461C	40	150	17	44	200	0.042	10.7	4966006627886	14
CT561C	40	150	17	44	200	0.042	10.7	4966006627909	14
CT513W	42	184	19	43	200	0.043	10.7	4966006627602	14
CTD504	88	62	158	228	40	0.044	9.8	4580193651242	15

Digital Pedometer

Model No.	Gift Box Size			Weight (g)	Master Carton			Jan Code	Page
	Dimension(L × W × Hmm)				Packed Q'TY	M3	Kg		
TW610 (US model)	77	140	20	72	144	0.061	13.1	—	16
TW310 (US model)	77	140	20	50	144	0.061	10.0	—	16

Nebulizer

Model No.	Gift Box Size			Weight (g)	Master Carton			Jan Code	Page
	Dimension(L × W × Hmm)				Packed Q'TY	M3	Kg		
CUN60-CE	175	175	120	1300	10	0.046	13.6	4966006689211	18
CUN60-120V	175	175	120	1250	10	0.046	13.1	4966006708158	18



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