

AUTOMATIC BLOOD PRESSURE MONITOR

(Arm Cuff Type)

INSTRUCTION MANUAL

Models: FT-C02, FT-C02-V



English Instruction Guide

La versión en español está disponible para contactarnos en info@fdkmedical.com

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IMPORTANT INFORMATION

- Please read this instruction manual thoroughly so that you completely understand the operations, cautions, performance and limitations with this monitor. After reading this manual, please keep it for future reference.
- You should not use this blood pressure monitor for self-diagnosis, self-treatment or to change medication without consulting your physician or other health care professional. Should you have any doubt or question about your blood pressure measurements, you should consult your physician or other health care professional.
- This device is contained high-precision parts; therefore, avoid exposing it to extreme temperature or humidity or to direct sunlight, shock and dust. Fudakang guarantees the accuracy of this monitor only when it is stored and used properly.
- Do not attempt to calibrate or repair this monitor. If you have any questions regarding the function or operation of this monitor, please contact our service agent so we can provide you with accurate information.
- Should the monitor or cuff need cleaning, use a dry, soft cloth or a cloth dampened with water and a mild detergent. Never use alcohol, benzene, thinner or other harsh chemicals to clean the monitor or cuff.
- Remove and replace the batteries if the monitor is not used for more than 6 months. Alkaline batteries recommended.

PRECAUTION FOR USE

The FDK Arm Automatic Blood Pressure Monitor is designed to be operated by anyone who is eighteen years and older or by medical professionals to monitor blood pressure (systolic and diastolic) and pulse rate.

BEFORE YOU START

Please make sure you have installed 4 AA (1.5 volt) batteries (alkaline batteries are recommended) or use the optional AC-DC Adapter. Always attach the cuff to the monitor before turning it on. To install batteries or replace them if the "Low Battery" symbol appears on display, proceed as follows:

Battery Loading

★ Remove the battery compartment cover by gently pushing down on arrow and sliding cover forward.

★ Place batteries with positive "+" and negative "-" terminals into compartment and make sure they match the indicated terminals in the compartment.

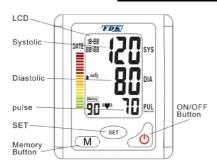
★ Close the battery cover by gently sliding it into the compartment and pressing it into place.

Note:

- ★ When the LCD display shows "Low Battery" signal ▶, the batteries must be replaced for accurate readings.
- ★ Do not use rechargeable batteries (voltage 1.2V). They are not suitable for this product, can damage the monitor and will caused inaccurate readings to be obtained.
- ★ Remove the batteries if the monitor will not be used for six month or longer to avoid damage from the possibility of leaking batteries.
- ★ All the measurements will remain in the memory should the batteries become drained, removed, or replaced.



MONITOR COMPONENTS

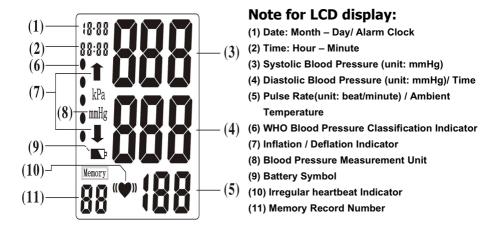


- ★" M " Button /Clock Setting
- ★ "M" Button /Measured Result recall/

Clock Number Adjusting

- **★**ON/OFF Button(For measuring)
- **★**LCD Display
- ★Systolic Indicator
- **★**Diastolic Indicator
- ★Pulse Indicator

DISPLAY OF LCD



TIPS FOR BLOOD PRESSURE MONITORING

- ★ Relax for about 5 minutes before measurement.
- ★ Do not smoke or ingest caffeine at least 30 minutes prior to measurement.
- Remove any constricting clothing and place the cuff on a bare arm.
- ★ Keep still and do not talk until the measurement is complete.
- ★ The cuff must be neither too tight nor too loose. Using a little force, you should be able to place two fingers between the cuff and your arm.

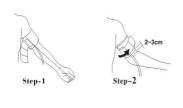
TAKING A MEASUREMENT

(1) POSTURE FOR TAKING BLOOD PRESSURE MONITOR

- ★ Make yourself comfortable and sit-up straight.
- ★ Place your arm with cuff in front of you on the table with your palm facing up.
- ★ Cuff should be at the same height as your heart.



HOW TO WRAP THE CUFF ON YOUR ARM:



NOTE:

- 1. REFER TO THE DIAGRAM PRINTED ON THE CUFF FOR PROPER PLACEMENT.
- FOR ACCURATE READINGS, THE CUFF/PRESSURE MUST BE ORIENTED CORRECTLY AND ALIGNED WITH THE ARTERY.

- ★ Place the cuff around a bare arm ½" to ¾" above the elbow joint. The pressure tube should be oriented to run down the center of the inside of your arm. (Refer to diagram on cuff for proper placement.)
- ★ Keep the cuff at approximately the same level as your heart.
- ★ Unless your physician recommends otherwise, always use the left arm to measure your blood pressure.
- ★ The cuff should be snug but not too tight. You should be able to insert two fingers between the cuff and your arm.

LCD DISPLAY FOR TAKING BLOOD PRESSURE

After you are in a comfortable position, press the "ON/OFF" button. The device will verify itself showing all "8s", then LCD will show "00".

PROGRAMMING DATE, TIME AND LANGUAGE

YEAR, DATE, TIME SETTING-

★ Press the "SET" button for 5 seconds during the device is in standby status, the number of the YEAR will begin to blink on the LCD display. Press the " M " button to advance the YEAR displayed. When you have reached the correct date, press the "SET" button and release. (Don't keep on clicking on the 'SET' button without being released during programming.)

When the "SET" button is pressed and released, the YEAR will stop blinking and the MONTH will begin to blink. Press and release either " **M**" button to increase or decrease numberes until the desired month is reached. Repeat this process to set the DAY, HOUR, MINUTES.

LANGUAGES SETTING-

★After you finish the minute setting, you will see "SP OF "or "SP 01 ""SP 02 " blink . This will allow you to set the desired language by choosing "01" for ENGLISH or "02" for SPANISH voice announcement from monitor that will activate when the device is placed in "TALKING" mode. You can set voice OFF by choosing "SP OF " if the device is with voice option.



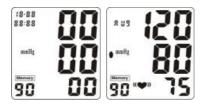


IRREGULAR HEARTBEAT INDICATOR

If an irregular heartbeat is detected, the Irregular Heartbeat symbol "\Pi" will appear and blink in the display window.

READING AN AVERAGE OF THE LATEST THREE MEASUREMENTS (AVg)

- ★ Press and release the "**M**" button. LCD will display "AVg" in the upper corner of the LCD Display. The result that is first displayed and the result that is first announced if in "TALKING" mode is the average of your latest three measurements.
- ★ To review the results that are in memory PRESS the " **M** " button to scroll through previous measurements. Each time you press and release the " **M** " button the next oldest result will be displayed. If the "TALKING" function is turned "ON" each result will be verbally announced,



2-PERSON MEASUREMENT SETTING FUNCTION

This model has 2-Person memory banks and 90 memories storage for each. Press and release 'SET' button can prompt to P1 (Person 1) or P2 (Person 2) as your ID to access the measurement for the first time operation when the device is turned off. Each time, before taking measurement or check memory from the storage, please be sure you have advanced to the correct ID (P1 or P2) which you already set forth prior to starting measuring.

DELETING MEASUREMENT FROM THE MEMORY

Press and hold the " ${\bf M}$ " BUTTON until all numbers change to "ZERO".

ACCESSING BLOOD PRESSURE FOR ADULTS

The following standards for assessing high blood pressure (without regard to age or gender) have been established as a guide according to American College of Cardiology (ACC)/American Heart Association (AHA). Please note that other risk factors (e.g. diabetes, obesity, smoking, etc.) need to be taken into consideration and may affect these figures. Always consult with your physician or other health care professional for accurate assessment.

Blood pressure categories in the new guideline are:

- · Normal: Less than 120/80 mmHg;
- Elevated: Systolic between 120-129 and diastolic less than 80;
- · Stage 1: Systolic between 130-139 or diastolic between 80-89;
- Stage 2: Systolic at least 140 or diastolic at least 90 mmHg;
- Hypertensive crisis: Systolic over 180 and/or diastolic over 120, with patients needing prompt changes in medication if there are no other indications of problems, or immediate hospitalization if there are signs of organ damage.

ACC/AHA CLASSIFICATION OF BLOOD PRESSURE

Blood Pressure Classification	Systolic (mmHg)		DBP (mmHg)	COLOR INDICA TOR
Normal	<120	and	<80	GREEN
Elevated	120-129	and	<80	YELLOW
Stage 1 Hypertension	130-139	or	80-89	ORANGE
Stage 2 Hypertension	140 or highter	or	90 or higher	RED
Hypertensive Crisis	Higher than 180	And/ or	Higher than 120	RUST

Instructions for using the optional FDK power supply or your own USB power supply:

In place of batteries, you can power your **FDK** FT-C02 / FT-C02-V arm blood pressure monitor (BPM) with the optional A/C power supply with MICRO USB connector (Figure A). This is an optional that can be purchased as a separate item throght our website (www.fdkmedical.com). Alternately you can power your arm BPM with a USB power supply with a USB - to MICRO USB connector (Figure B). With either option, power your arm BPM by inserting the MICRO USB connector into the MICRO USB slot (port) on the arm BMP and plugging the power supply into an electrical outlet.

Figure A: Optional A/C power supply With a MICRO USB connection*

Figure B: Any USB power supply with a MICRO USB connection/cable





* Both the optional AC power supply and the USB power supply are only for powering your arm BPM - not charging it.

Your arm BPM can be operated in 3 ways: using the optional A/C power supply (Figure A), a standard USB power supply with a USB-to MICRO USB cable (Figure B) or with 4 AA batteries.

SPECIFICATIONS

Model No.:	FT-C02-V (Voice) FT-C02(No Voice)	Operation Environment:	Temperature: 5~40°C Humidity: <90%RH
Туре.	Oscillometric; Automatic air inflation by air pump and automatic deflation	Storage Environment: Classification:	Temperature: -20~55°C Humidity: < 95%RH Class II, type B
Measurement Range:	Pressure: 40~280mmHg Pulse: 30~160 times/minute	Cuff Circumference:	220mm ~ 480mm (+/- 5mm)
Accuracy:	Pressure: within ±3mmHg Pulse: within ±5%	Memory:	90 x 2 memory banks measurements including date and time
Power Supply:	6V DC (4 "AA" batteries) or AC/DC Adapter or USB power supply	Dimensions:	133 mm (5.24 inches)(L) 110 mm (4.33inches)(W) 72 mm (2.83 inches)(H)
Battery Life:	Approx. 250 times (180mmHg, once /day, 22°C)	Voice Processor: Weight:	English / Spanish announcement 277g (0.611 LB)

TROUBLE SHOOTING (1)

Abnormality	Probable Reason	Corrective action	
LCD shows Low Batter symbol	Batteries are low.	Install new batteries.	
	Pneumatic system blocked or cuff is too tightly wrapped.	Make certain the cuff is wrapped around your arm correctly and re-measure.	
The unit does not measure. Readings are too high or too low.	Pressure system was unstable before measurement.	Measure again. Stay calm. Do not move or speak during measurement.	
	The cuff position is not correct.	Sit comfortably and still. Make sure the cuff is at the same level at your heart.	
An irregular heartbeat symbol occurs. ((••))		Relax for about 5 minutes and measure again. If the symbol appears again, consult your physician or other health care professional	
Voice processor	Unclear announcement by voice processor	Batteries may be low. Please install new batteries and then take a measurement again,	
Incorrect operation Some interference in inflation or wrong operation during measuring		Refer to the inflation step in "Taking blood pressure" and process again.	

TROUBLE SHOOTING (2)

Abnormality	Reason	Checkout	
LCD shows "Er U"	Insufficient inflation		
LCD shows "Er H"	Inflation over 305 mmHg	Wait for 5 minutes and re-measure. If operation is still abnormal, contact	
LCD shows "Er 1"	Undetectable the pulse	manufacture or agent (see the last page)	
LCD shows "Er 2"	Radiation interference	Move away the radiation source	
LCD shows "Er 3"	Measured result appears wrong	Measure again	

LIMITED WARRANTY POLICY

Fudakang guarantees that the Digital Blood Pressure Monitor will be free manufacturing defects under normal use for two years the original purchase.

This warranty covers only normal use, and does not apply to use in clinical or commercial applications. This warranty does not cover batteries or other power sources that may be provided with or used with the Digital Blood Pressure Monitor. This warranty is voided if the Digital Blood Pressure Monitor product is misused or abused in any manner. If the Digital Blood Pressure Monitor falls to operate during the time original purchaser owns it, please email us the reason you would like to return at info@fdkmedical.com. If you purchased this product via other marketplaces but not FDK's service directly, please check up your invoice or receipt for the contact info of your vender for the return policy.

How to Return Your Products:

- 1. Email us to obtain or confirm a return authorization ("RA") number. Repair or replacement can not be processed without a valid RA number.
- 2. Write your RA number on the return label that will be created at the time you call to receive RA number. Enclose your sales receipt (or photocopy) in the shipping box.
- 3. Mail your product back to Fudakang by any carrier you wish (USPC, UPS, Fed Ex, etc.), but please make sure the package has the proper amount of postage. We will not be able to process your repair or replacement if the package is lost. (We recommend that you insure the package and request a receipt for your records, to avoid any liability for damage or loss.)

Important: Do not send the package C.O.D. Our receiving warehouse is unable to accept C.O.D. shipment.



Returns are typically processed within 48 hours of receipt excluding weekends. Please allow 30 days to receive the repaired or replaced product. Repair or replacement of defective unit, at the warrantor's option, is the sole remedy under this warranty. ANY IMPLIED WARRANTIES WHICH THE PURCHASER MAY HAVE ARE LIMITED IN DURATION TO THE TIME THAT THE ORIGINAL CONSUMER PURCHASER OWNS THE PRODUCT. Some states do not allow limitations or how long an implied warranty lasts, so the above limitation may not apply to you.

This warranty constitutes the warrantor's only responsibility and obligation to repair and/or replace materials or components, without refund the purchase price. The warrantor will not be responsible for any indirect, incidental, special, consequential, or punitive damages or other loss, including, but not limited to, damage to or loss of other property or equipment and personal injuries, whether to purchaser or others. The warrantor shall in no event be liable to the purchaser for any amount in excess of the cost of repair and/or replacement of the unit. Some states do not allow the exclusive or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you. This warrant gives you specific legal rights, and you may also have other rights which vary from state to state.

FDK BLOOD PRESSURE RECORD REGISTRO DE LA PRESION ARTERIAL

Name:	Age:	Weigh	
Namhre:	Edad:	Peso:	

Date:	AM	SYS/DIA	PULSE	PM	SYS/DIA	PULSE
Fecha:	AM	SIS/DIA	PULSO	PM	SIS/DIA	PULSO

Note: By monitoring and controlling high blood pressure, you can lower your risk of stroke, heart attack, heart failure and kidney disease

STATEMENTS AND DECLARATIONS:

- 1. Arm Blood Pressure Monitor needs special precautions regarding EMC and needs to be installed and put into service according to the EMC information provided in the ACCOMPANYING DOCUMENTS
- 2. Wireless communications equipment such as wireless home network devices, mobile phones, cordless telephones and their base stations, walkie-talkies can affect this equipment and should be kept at least a distance d = 3,3 m away from the equipment.

(Note. As indicated in Table 6 of IEC 60601-1-2:2007 for ME EQUIPMENT, a typical cell phone with a maximum output power of 2 W yields d = 3,3 m at an IMMUNITY LEVEL of 3 V/m)

- 3. The manufacturer are available for request of circuit diagrams, component part lists, descriptions ,calibration instructions ,or other information that will assist service personnel to repair those parts of the device
- 4. Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment. 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.



Guidance and manufacturer's declaration

Guidance and manufacture's declaration - electromagnetic emission

The Arm Blood Pressure Monitor is intended for use in the electromagnetic environment specified below. The customer of the user of the Arm Blood Pressure Monitor should assure that it is used in such an environment.

Emission test	Compliance	Electromagnetic environment – guidance
RF emissions CISPR 11	Group 1	The Arm Blood Pressure Monitor use RF energy only for its internal function. Therefore, its RF emissions are very low and are not likely to cause any interference in nearby electronic equipment.
RF emission CISPR 11	Class B	
Harmonic emissionsIEC 61000-3-2	Not applicable	
Voltage fluctuations/ flicker emissions IEC 61000-3-3	Not applicable	

Guidance and manufacture's declaration - electromagnetic immunity

The Arm Blood Pressure Monitor is intended for use in the electromagnetic environment specified below. The customer or the user of Arm Blood Pressure Monitor should assure that it is used in such an environment.

Immunity test	IEC 60601 test level	Compliance level	Electromagnetic environment - guidance
Electrostatic discharge	±6 kV contact	±6 kV contact	Floors should be wood, concrete
(ESD) IEC 61000-4-2	±8 kV air	±8 kV air	or ceramic tile. If floor are covered
(===,==================================	- · · · · · · · · · · · · · · · · · · ·	- · · · · - · · ·	with synthetic material, the
			relative humidity should be at least
			30%. If ESD interfere with the
			operation of equipment, counter
			measurements such as wrist strap,
			grounding shall be considered.
Electrical fast	±2 kV for power supply		Mains power quality should be that
transient/burst	lines ±1 kV for input/output	Not applicable	of a typical commercial or hospital
IEC 61000-4-4	lines		environment.
Surge	±1 kV differential mode. ±2	Not applicable	Mains power quality should be that
IEC 61000-4-5	kV common mode		of a typical commercial or hospital
			environment.

Voltage dips, short	<5% UT (>95% dip in UT)	Not applicable	Mains power quality should be that
interruptions and	for 0.5 cycle 40% UT (60%		of a typical commercial or hospital
voltage variations on	din in LIT) for E guelos 700/		environment. If the user of the
voltage variations on	dip in UT) for 5 cycles 70%		TL-100Drequires continued
power supply input lines	UT(30% dip in UT) for 25		operation during power mains
IEC 61000-4-11	cycles <5% UT (>95% dip		interruptions, it is recommended
	in LIT) for E coc		that the TL-100Dbe powered from
	in UT) for 5 sec		an uninterruptible power supply or
			a battery.
Power frequency (50Hz)	3A/m	3A/m	Power frequency magnetic fields
magnetic field IEC			should be at levels characteristic
			of a typical location in a typical
61000-4-8			commercial or hospital
			environment.

NOTE UT is the a.c. mains voltage prior to application of the test level.

Guidance and manufacture's declaration - electromagnetic immunity

The Arm Blood Pressure Monitor is intended for use in the electromagnetic environment specified below. The customer or the user of Arm Blood Pressure Monitor should assure that it is used in such an environment.

Immunity test	IEC 60601 test level	Compliance level	Electromagnetic environment - guidance
			Portable and mobile RF communications equipment should be used no closer to any part of the Wrist Blood Pressure Monitor, including cables, than the recommended separation distance calculated from the equation applicable to the frequency of the transmitter.
Conducted RF IEC 61000-4-6	3 Vrms 150 kHz to 80 MHz	Not applicable	Recommended separation distance $d=1.167\sqrt{P}$ $d=1.167\sqrt{P}$ 80 MHz to 800 MHz $d=1.167\sqrt{P}$ 900 MHz to 2.5 GHz
Radiated RF IEC 61000-4-3	3 V/m 80 MHz to 2.5 GHz	3 V/m	$d=1.16/\sqrt{P}$ 800 MHz to 2.5 GHz Where P is the maximum output power rating of the transmitter in watts (W) according to the transmitter manufacturer and d is the recommended separation distance in meters(m).

Field strengths from fixed RF transmitters, as determined by an electromagnetic site survey, a should be less than the compliance level in each frequency range.b Interference may occur in the vicinity of equipment marked with the following symbol:

- NOTE 1 At 80 MHz and 800 MHz, the higher frequency range applies.
- NOTE 2 These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from structures, objects and people.
- a Field strengths from fixed transmitters, such as base stations for radio (cellular/cordless) telephones and land mobile radios, amateur radio, AM and FM radio broadcast and TV broadcast cannot be predicted theoretically with accuracy. To assess the electromagnetic environment due to fixed RF transmitters, an electromagnetic site survey should be considered. If the measured field strength in the location in which the Arm Blood Pressure Monitor is used exceeds the applicable RF compliance level above, the Arm Blood Pressure Monitor should be observed to verify normal operation. If abnormal performance is observed, additional measures may be necessary, such as reorienting or relocating the Arm Blood Pressure Monitor.
- b Over the frequency range 150 kHz to 80 MHz, field strengths should be less than 3 V/m.

Recommended separation distances between portable and mobile RF communications equipment and the Arm Blood Pressure Monitor.

The Arm Blood Pressure Monitor is intended for use in an electromagnetic environment in which radiated RF disturbances are controlled. The customer or the user of the Arm Blood Pressure Monitor can help prevent electromagnetic interference by maintaining a minimum distance between portable and mobile RF communications equipment (transmitters) and the Arm Blood Pressure Monitor as recommended below, according to the maximum output power of the communications equipment.

Rated maximum output power of transmitter (W)	Separation distance according to frequency of transmitter (m)			
	150 KHz to 80 MHz	80 MHz to 800 MHz	800 MHz to 2.5 GHz	
	$d = 1.167\sqrt{P}$	$d = 1.167\sqrt{P}$	$d = 2.333\sqrt{P}$	
0.01	0.117	0.117	0.233	
0.1	0.369	0.369	0.738	
1	1.167	1.167	2.333	
10	3.689	3.689	7.379	
100	11.667	11.667	23.333	

For transmitters rated at a maximum output power not listed above, the recommended separation distance d in metres (m) can be estimated using the equation applicable to the frequency of the transmitter, where P is the maximum output power rating of the transmitter in watts (W) according to the transmitter manufacturer.

NOTE 1 At 80 MHz and 800 MHz, the separation distance for the higher frequency range applies.

NOTE 2 These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from structures, objects and people.

Explanation of Symbols:

LOT Symbol for batch code

€ Syml

Symbol for 'CE"



Symbol for manufacturer

IP 21 Symbol for "the IP lassification"



Symbol for "RF transmitters"



Symbol for "ENVIRONMENT PROTECTION - Waste electrical products should not be disposed of with household waste. Please recycle where facilities exist. Check with your local Authority or retailer for recycling advice"



Symbol for "TYPE BF APPLIED PART"



Symbol for "Follow operating instructions"

EC | REP | EC Representative:

FANTRONIC COMPOSANTS

Address: Rue Jacques Laurent ZA-Sud-Est-BP11-85150 LA MOTHE ACHARD-FRANCE



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