Beurer BM35 (Model 654.09)

Beurer BM35 Fully Automatic Digital Blood Pressure Monitor User Manual

Model: BM35 (Type 654.09)

Introduction

The Beurer BM35 Fully Automatic Digital Blood Pressure Monitor is designed for non-invasive measurement and monitoring of arterial blood pressure in adults. It provides accurate readings of systolic and diastolic blood pressure, as well as pulse rate. This device is intended for home use and allows for quick and reliable measurement.



Front view of the Beurer BM35 Blood Pressure Monitor, showing the large digital display with current readings (SYS, DIA, PULSE), time, date, and a color-coded risk indicator. The cuff is attached to the side.

Safety Information

Please read this instruction manual carefully before use and keep it for later reference. Observe all safety notes and warnings to ensure safe operation.

- This device is intended for measuring blood pressure on the upper arm of adults.
- Do not use the device on infants, small children, or pets.
- Consult your doctor before using the device if you have any medical conditions, especially if you have a pacemaker or other implanted devices.
- Measurements should be taken in a calm, relaxed state. Avoid talking or moving during measurement.
- Do not use the device in the presence of flammable gases or liquids.

- Only use the original cuff supplied with the device.
- Keep batteries out of reach of children.

Package Contents

The Beurer BM35 Blood Pressure Monitor package includes the following items:

- 1 Automatic Upper Arm Blood Pressure Monitor
- Arm Cuff (22-36 cm)
- 4 AAA batteries (included)
- Storage bag
- Instruction Manual



The Beurer BM35 Blood Pressure Monitor neatly stored inside its black zippered travel bag, with the cuff visible next to it.

Setup

1. Battery Installation

1. Open the battery compartment cover on the back of the device.
2. Insert four 1.5V AAA batteries, ensuring correct polarity (+/-).
3. Close the battery compartment cover securely.

2. Connecting the Cuff

1. Insert the air tube connector of the cuff firmly into the air socket on the left side of the blood pressure monitor.

3. Setting Date and Time

After inserting batteries, the device will prompt you to set the date and time. Use the '+' and 'MEM' buttons to adjust values and confirm. This ensures accurate recording of your measurements.

Operating Instructions

1. Applying the Arm Cuff

- Ensure the cuff is suitable for your arm circumference (22-36 cm).
- Place the cuff on your bare upper left arm, approximately 2-3 cm above the elbow joint. The air tube should run down the center of your arm.
- Tighten the cuff so it is snug but not uncomfortably tight.



A person wearing the Beurer BM35 arm cuff, demonstrating its wide and large size suitable for arm circumferences of 22-36 cm.

2. Taking a Measurement

1. Sit down comfortably with your back supported and feet flat on the floor. Rest your arm on a table so the cuff is at heart level.
2. Press the **START/STOP** button (**I**). The cuff will automatically inflate.
3. Remain still and silent during the measurement.
4. Once the measurement is complete, the systolic pressure (SYS), diastolic pressure (DIA), and pulse rate will be displayed on the screen.



A user's hand resting near the Beurer BM35 monitor, emphasizing its easy-to-read display and fast measurement capability.

3. Understanding Your Readings

The display shows your systolic (upper value), diastolic (lower value) blood pressure, and pulse rate. The integrated risk indicator provides a quick classification of your blood pressure values based on WHO guidelines.

- **Risk Indicator:** A color bar on the left side of the display indicates your blood pressure category (green for optimal, yellow for normal, orange for high-normal, red for hypertension).
- **Irregular Heartbeat Indicator:** If an irregular heartbeat is detected during measurement, a symbol will appear on the display. Consult your doctor if this symbol appears frequently.
- **Arm Movement Detection:** The device features arm movement detection to ensure measurement accuracy. If excessive movement is detected, an error symbol may appear.



Illustration showing the Beurer BM35 monitor with callouts highlighting its features: irregular heart rhythm detection, time and date display, and a risk indicator.

4. Memory Function

The Beurer BM35 has memory spaces for two users, storing up to 60 readings each. To access stored readings:

- Press the **MEM** button to view the average of all stored measurements.
- Press the **MEM** button repeatedly to scroll through individual measurements.
- Use the user selection switch (if available) to switch between User 1 and User 2 memory.



Two individuals, one older and one younger, embracing, with a circular icon indicating the device's memory capacity for two users, storing 60 readings each.

5. Automatic Switch-Off

The device will automatically switch off approximately 3 minutes after the last operation to conserve battery life.

Maintenance and Care

Cleaning

Clean the device and cuff carefully using a slightly damp cloth. Do not use abrasive cleaners or immerse the device in water.

Storage

Store the device and cuff in the provided storage bag in a cool, dry place, away from direct sunlight and extreme

temperatures.

Battery Replacement

When the low battery indicator appears on the display, replace all four AAA batteries simultaneously. Do not mix old and new batteries or different types of batteries.

Troubleshooting

Problem	Possible Cause	Solution
No display/Device does not turn on	Batteries are dead or incorrectly inserted.	Check battery polarity or replace all batteries.
Error message (e.g., 'E')	Cuff not applied correctly, excessive movement during measurement, or air leakage.	Re-apply cuff, remain still, check cuff connection. Repeat measurement.
Inconsistent readings	Measurement conditions not optimal (e.g., stress, recent activity, talking).	Ensure you are relaxed, seated correctly, and avoid talking. Wait 5 minutes before re-measuring.
Battery drains quickly	Frequent use, low-quality batteries, or device not fully switching off.	Use high-quality alkaline batteries. Ensure device auto-shuts off or remove batteries if storing for long periods.

Specifications

- **Model:** BM35 (Item model number: 654.09)
- **Measurement Method:** Oscillometric, non-invasive blood pressure measurement on the upper arm
- **Measurement Range:** Systolic: 60-280 mmHg, Diastolic: 30-200 mmHg, Pulse: 40-199 beats/minute
- **Accuracy:** Pressure: +/- 3 mmHg, Pulse: +/- 5% of reading
- **Memory:** 2 x 60 memory spaces
- **Cuff Size:** 22-36 cm
- **Power Source:** 4 x 1.5V AAA batteries
- **Product Dimensions:** 9.5 x 17 x 13 cm
- **Item Weight:** 442 g (without batteries)
- **Automatic Switch-off:** Approximately 3 minutes
- **Features:** Risk indicator, Irregular heartbeat detection, Arm movement detection, Large display

Warranty and Support

The Beurer BM35 Blood Pressure Monitor comes with a**5-year warranty** from the date of purchase. Please retain your proof of purchase for warranty claims.

For technical support, service, or warranty claims, please contact:

- **Manufacturer:** Beurer GmbH Soflinger Str. 218, 89077 Ulm, Germany
- **Email:** info@beurer.com
- **Phone:** +49 (731) 3989-0
- **Importer (India):** Beurer India Pvt. Ltd., 523-524, JMD Megapolis, Sohna Road, Sector- 48, Gurugram- 122018 India

Please refer to the official Beurer website or your local distributor for the most up-to-date contact information and detailed warranty terms.

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Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

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