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Beurer 659.02

Beurer 659.02 BC32 Wrist Blood Pressure Monitor Instruction Manual

1. INTRODUCTION AND OVERVIEW

This manual provides essential instructions for the safe and effective use of your Beurer 659.02 BC32 Wrist Blood Pressure Monitor. Please read it thoroughly before first use and keep it for future reference. This device is designed for fully automatic blood pressure and pulse measurement on the wrist.



Image 1: The Beurer BC32 Wrist Blood Pressure Monitor. This device features a digital display showing systolic, diastolic, and pulse readings, along with a risk indicator and memory buttons.

Key Features:

- Fully automatic blood pressure and pulse measurement on the wrist.
- Average of all saved measured values.
- Average of morning and evening blood pressure over the last 7 days.
- Automatic Pressure Preselection and deflation.
- Suitable for wrist circumferences from 13.5 to 19.5 cm.
- 2 x 60 memory spaces for two users.
- Low battery indicator.

Important Considerations for Wrist Blood Pressure Monitors:

Wrist blood pressure monitors may not be suitable for everyone. Individuals with certain conditions, such as diabetes or vascular diseases, may have narrower wrist arteries, which could lead to inaccurate measurements. In such cases, an upper arm blood pressure monitor is recommended. Always consult your healthcare professional for advice on the most appropriate measurement method for your individual health needs.

Video 1: This video demonstrates the proper technique for measuring blood pressure on the wrist, including preparation, cuff placement, and body positioning for accurate readings.

2. SETUP

2.1 Battery Installation:

The device requires 2 AAA batteries, which are included. Open the battery compartment, insert the batteries according to the polarity markings, and close the compartment securely. A low battery indicator will appear on the display when replacement is needed.



Image 2: Close-up of the monitor's display, highlighting the battery compartment and memory features for two users.

2.2 Preparing for Measurement:

- **Relaxation:** Ensure you are completely relaxed for at least 5 minutes before taking a measurement.
- **Avoid Activity:** In the 30 minutes leading up to the measurement, avoid vigorous physical activity,

eating, drinking, smoking, or consuming caffeine.

- **Sitting Position:** Sit upright with your back supported and your feet flat on the floor, not crossed.
- **Remove Obstructions:** Remove any clothing or accessories from your wrist that might constrict blood flow.

3. OPERATING INSTRUCTIONS

3.1 Cuff Placement:

Place the cuff on your left wrist, approximately 1 to 1.5 cm below the heel of your hand. Ensure the device is positioned on the inside of your wrist. The cuff should be snug but not too tight, allowing one finger to fit comfortably underneath.



Image 3: Diagram illustrating the various parts of the Beurer BC32 monitor, including the display for date, time, hypertension/hypotension indicators, pulse, function, memory, and power buttons.

3.2 Taking a Measurement:

1. Once the cuff is correctly positioned, rest your elbow on a stable surface to bring your wrist to heart height.
2. Press the power button to start the measurement. The device will automatically inflate the cuff.
3. Remain still and avoid talking or moving during the measurement.
4. The measurement will complete automatically, and your systolic, diastolic, and pulse readings will be displayed.

3.3 Interpreting Results:

The monitor includes a risk indicator (color-coded scale) to help you interpret your blood pressure values according to WHO (World Health Organization) guidelines. Green indicates normal, yellow indicates elevated, orange indicates mild hypertension, and red indicates moderate to severe hypertension. The device can also identify irregular heart rhythms, indicated by a specific symbol on the display. If this symbol appears frequently, consult your doctor.

3.4 Memory Function:

The device stores up to 60 measurements for two users. Use the 'M' button to access stored readings. If taking multiple measurements consecutively, allow a 1-minute break between each measurement.

3.5 Connecting to Beurer HealthManager:

For models with Bluetooth or USB interface, you can connect your monitor to the Beurer HealthManager app to document and track your measurements over time. Refer to the app's instructions for pairing and data transfer.

4. MAINTENANCE

To ensure the longevity and accuracy of your blood pressure monitor, follow these maintenance guidelines:

- **Cleaning:** Clean the device and cuff with a slightly damp cloth. Do not use abrasive cleaners or immerse the device in water.
- **Storage:** Store the monitor in its protective case in a cool, dry place, away from direct sunlight and extreme temperatures.
- **Battery Replacement:** Replace batteries promptly when the low battery indicator appears to avoid data loss or device malfunction.

5. TROUBLESHOOTING

If you encounter issues with your Beurer BC32 monitor, refer to the following common solutions:

- **Inaccurate Readings:** Ensure correct cuff placement, proper body posture, and relaxation before measurement. Avoid talking or moving during measurement.
- **Error Messages:** Consult the full user manual for specific error codes and their meanings. Often, re-cuffing and re-measuring can resolve temporary errors.
- **Device Not Powering On:** Check battery installation and ensure batteries are not depleted. Replace if necessary.

If problems persist, contact Beurer customer support or your retailer.

6. SPECIFICATIONS

Manufacturer	Beurer
Item Model Number	659.02
Product Dimensions	7.2 x 6.9 x 2.92 cm
Item Weight	136.08 g
Power Source	Battery Powered (2 AAA batteries included)
Display Type	LCD
Included Components	Cuff

7. WARRANTY AND SUPPORT

For warranty information, technical support, or service inquiries, please refer to the warranty card included with your product or visit the official Beurer website. You may also contact Beurer India Pvt Ltd at support@beurerindia.com or 01244477111.