

Microlife BP A200 AFIB

Microlife BP3MS1-4K Blood Pressure Monitor User Manual

Model: BP A200 AFIB

INTRODUCTION

This user manual provides detailed instructions for the safe and effective operation of your Microlife BP3MS1-4K Blood Pressure Monitor. Please read this manual thoroughly before first use and keep it for future reference. This device is designed for accurate measurement of blood pressure and heartbeat at home.

SAFETY INFORMATION

- Consult your doctor before using this device if you have any medical conditions.
- Do not use the device on infants, children, or individuals unable to express consent.
- Avoid taking measurements in a moving vehicle or during physical activity.
- Keep the device and its components out of reach of small children.
- Use only original Microlife accessories and parts.

PRODUCT OVERVIEW

The Microlife BP3MS1-4K Blood Pressure Monitor is a comprehensive system for home blood pressure monitoring. It includes the main unit, an arm cuff, and necessary power accessories.



Image: Complete set of the Microlife BP3MS1-4K Blood Pressure Monitor, including the main unit, a carrying case, an arm cuff, a power adapter, and a USB cable, laid out on a flat surface.



Image: A detailed view of the Microlife BP3MS1-4K Blood Pressure Monitor unit, highlighting its display screen and control buttons.

The device features an XL-Display for easy reading of measurements and includes a USB port for data transfer.

SETUP

1. Power Supply

The Microlife BP3MS1-4K can be powered by batteries or an AC adapter.

- **Battery Installation:** Open the battery compartment on the back of the device. Insert the required batteries, ensuring correct polarity (+/-). Close the compartment. A low battery indicator will appear on the display when batteries need replacement.
- **AC Adapter Connection:** Connect the AC adapter to the device's power input jack and then plug it into a wall outlet.

2. Cuff Connection

Insert the air tube connector of the cuff firmly into the air jack on the side of the monitor unit.

3. Setting Date and Time

Refer to the device's on-screen prompts or specific button combinations (usually involving the 'M' or 'Set' button) to set the current date and time. This ensures accurate time-stamping for stored measurements.

OPERATING INSTRUCTIONS

1. Preparing for Measurement

- Avoid eating, smoking, or exercising for at least 30 minutes before measurement.
- Rest for 5-10 minutes in a quiet environment before taking a reading.

- Sit upright with your back supported, feet flat on the floor, and legs uncrossed.
- Place your arm on a table so the cuff is at heart level.

2. Applying the Cuff

Wrap the cuff around your bare upper arm, approximately 2-3 cm above the elbow joint. Ensure the air tube runs down the center of your arm. The cuff should be snug but not too tight.

3. Taking a Measurement (MAM Technology)

The device features MAM (Microlife Average Mode) technology, which automatically takes three measurements in quick succession and calculates an average for a more reliable result.

- Press the **ON/OFF** button to start the measurement.
- The cuff will inflate, and the device will automatically take three consecutive readings with a short pause between each.
- After the third measurement, the average systolic, diastolic, and pulse readings will be displayed on the XL-Display.





Image: The display of the Microlife BP3MS1-4K Blood Pressure Monitor showing a time of 12:15, systolic pressure of 129 mmHg, diastolic pressure of 78 mmHg, and a pulse rate of 65 beats per minute.

4. Memory Function

The device stores up to 200 measurements. To review past readings, press the **M** (Memory) button. Each press will cycle through the stored measurements.

5. USB Connectivity

The integrated USB port allows for data transfer to a computer for analysis and tracking. Refer to the Microlife software instructions for detailed steps on connecting and downloading data.

MAINTENANCE

Cleaning

- Clean the monitor unit and cuff with a soft, dry cloth.
- If necessary, use a cloth lightly dampened with water or a mild, non-abrasive cleaner.
- Do not use harsh chemicals, abrasive cleaners, or immerse the device in water.

Storage

- Store the device in its carrying case in a cool, dry place, away from direct sunlight and extreme temperatures.
- If not in use for an extended period, remove the batteries to prevent leakage.

TROUBLESHOOTING

Problem	Possible Cause	Solution
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Problem	Possible Cause	Solution
Device does not turn on.	Low or dead batteries; incorrect battery insertion; power adapter issue.	Replace batteries; check battery polarity; ensure power adapter is securely connected.
Error message on display.	Cuff not applied correctly; excessive movement during measurement; irregular heartbeat detected.	Reapply cuff correctly; remain still and quiet; consult a doctor if irregular heartbeat persists.
Inaccurate readings.	Improper cuff size; incorrect measurement posture; recent physical activity.	Ensure correct cuff size for your arm; follow preparation guidelines; rest before measurement.
No data transfer via USB.	Incorrect cable connection; software not installed or running.	Check USB cable connection; install Microlife software and ensure it is running.

If problems persist, contact Microlife customer support.

SPECIFICATIONS

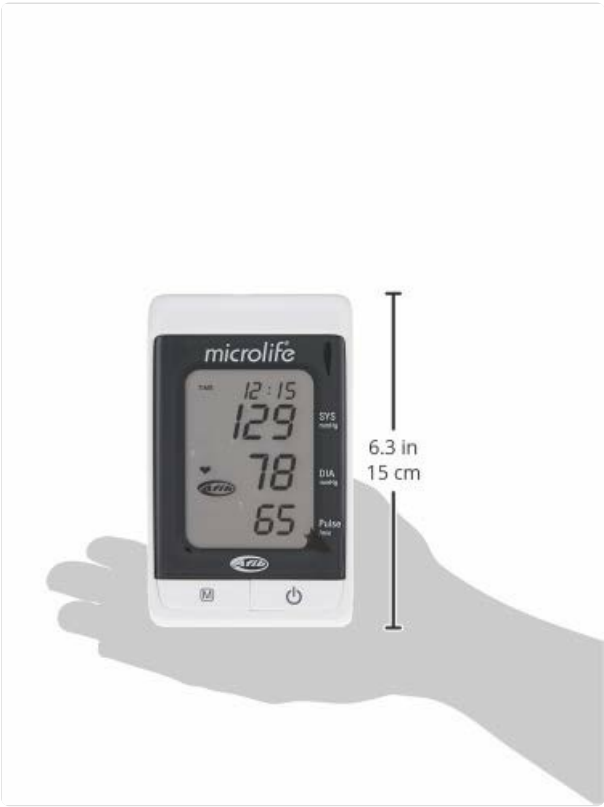


Image: The Microlife BP3MS1-4K Blood Pressure Monitor unit with measurement lines indicating its dimensions, approximately 15 cm (6.3 inches) in height.

Feature	Detail
Model Number	BP A200 AFIB
Product Dimensions	15.2 x 4.2 x 9.2 cm





Feature	Detail
Item Weight	393 g
Measurement Method	Oscillometric
Memory	200 measurements
Display	XL-Display
Special Features	MAM technology (3 automatic measurements), Clinically tested (BHS protocol), USB port, Low battery indicator
Power Source	Battery Powered
Included Components	Cuff



WARRANTY AND SUPPORT

Microlife products are manufactured to the highest quality standards. For information regarding warranty coverage, technical support, or service, please refer to the warranty card included with your product or visit the official Microlife website. Keep your purchase receipt as proof of purchase for warranty claims.

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Related Documents - BP A200 AFIB

	Microlife BP A200 AFIB Blood Pressure Monitor User Manual Comprehensive user manual for the Microlife BP A200 AFIB blood pressure monitor, detailing features, usage instructions, AFIB detection, and health monitoring.
	Microlife BP A200 AFIB: Accurate Blood Pressure & AFIB Detection Explore the Microlife BP A200 AFIB, a state-of-the-art digital blood pressure monitor engineered for precise home health monitoring. It accurately measures systolic and diastolic blood pressure, as well as pulse rate, and features advanced Atrial Fibrillation (AFIB) detection technology.
	Microlife BP A200 AFIB: User Guide and Essential Information Learn how to use the Microlife BP A200 AFIB blood pressure monitor for accurate readings and atrial fibrillation detection. Includes user instructions, safety information, and technical specifications.
	Microlife BP A200 AFib Blood Pressure Monitor User Manual and Guide Comprehensive user manual for the Microlife BP A200 AFib digital blood pressure monitor. Learn about accurate home blood pressure measurement, AFib detection, device operation, safety, and maintenance.

	<p>Microlife BP B3 AFIB Blood Pressure Monitor User Manual and Instructions</p> <p>Comprehensive user manual for the Microlife BP B3 AFIB Blood Pressure Monitor. Learn how to accurately measure blood pressure, detect Atrial Fibrillation (AF), and understand device features, error messages, and technical specifications for optimal home health monitoring.</p>
	<p>Microlife WatchBP O3 AFIB: Ambulatory Blood Pressure Monitor User Manual</p> <p>Comprehensive user manual for the Microlife WatchBP O3 AFIB, an ambulatory 24-hour blood pressure monitor with atrial fibrillation (AFIB) detection. Covers setup, modes, AFIB detection, data management, troubleshooting, and technical specifications.</p>