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› **Braun ExactFit 5 Upper Arm Blood Pressure Monitor BP6200 Instruction Manual**

## Braun BP6200

# Braun ExactFit 5 Upper Arm Blood Pressure Monitor

MODEL: BP6200

## Introduction

The Braun ExactFit 5 blood pressure monitor is an advanced upper arm device designed for accurate and reliable blood pressure measurement at home. It features irregular heartbeat detection, morning hypertension detection, and an advanced averaging mode over the past 7 days (morning and evening) to help you monitor and manage your heart health. This device has been clinically tested for professional accuracy, providing complete peace of mind.

Please read this instruction manual thoroughly before using the device to ensure correct operation and to understand all safety precautions.

## Important Safety Information

- Consult your physician before using this device if you have any medical conditions, especially if you are pregnant, have a pacemaker, or suffer from arrhythmias.
- Do not use this device on infants or children.
- Self-measurement is not medical treatment. Always consult your doctor for diagnosis and treatment of high blood pressure.
- Avoid taking measurements in stressful situations or immediately after physical activity, eating, or bathing.
- Ensure the cuff is applied correctly and comfortably to avoid inaccurate readings or discomfort.

## Package Contents

Carefully unpack your Braun ExactFit 5 Blood Pressure Monitor and check for the following components:

- Braun ExactFit 5 Blood Pressure Monitor unit
- Standard Cuff (M/L, for arm circumference 32-42 cm)
- Small Cuff (S, for arm circumference 22-32 cm)
- Storage Bag
- AA Batteries (4x)

- Instruction Manual



Image: Contents of the Braun ExactFit 5 package, including the monitor, two cuffs (small and standard/large), 4 AA batteries, and a storage bag.

## Setup

### 1. Battery Installation

1. Open the battery compartment cover located on the back of the monitor.
2. Insert the four (4) AA batteries, ensuring the correct polarity (+/-) as indicated inside the compartment.
3. Close the battery compartment cover securely.

### 2. Choosing and Attaching the Cuff

The Braun ExactFit 5 comes with two cuffs to ensure an accurate fit for various arm sizes:

- **Small Cuff (S):** For arm circumferences between 22 cm and 32 cm.
- **Standard/Large Cuff (M/L):** For arm circumferences between 32 cm and 42 cm.

Measure your upper arm circumference to select the appropriate cuff. An incorrect cuff size can lead to inaccurate readings.

1. Connect the air tube of the selected cuff firmly into the air jack on the side of the monitor.
2. Ensure the connection is secure to prevent air leakage during measurement.

## Operating Instructions

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### 1. Preparation for Measurement

- Sit comfortably in a chair with your back supported and feet flat on the floor.
- Rest your arm on a table so the cuff is at heart level.
- Relax for 5 minutes before taking a measurement.
- Avoid talking, moving, or eating during the measurement.
- Do not take measurements immediately after consuming caffeine, alcohol, or tobacco, or after exercise or bathing.

### 2. Applying the Cuff

1. Remove any tight-fitting clothing from your upper arm.
2. Slide the cuff onto your bare upper arm, ensuring the air tube points towards your hand.
3. Position the cuff so its lower edge is approximately 2-3 cm above your elbow joint.
4. Tighten the cuff snugly around your arm using the hook-and-loop fastener. It should be tight enough that you can barely slide two fingers underneath.

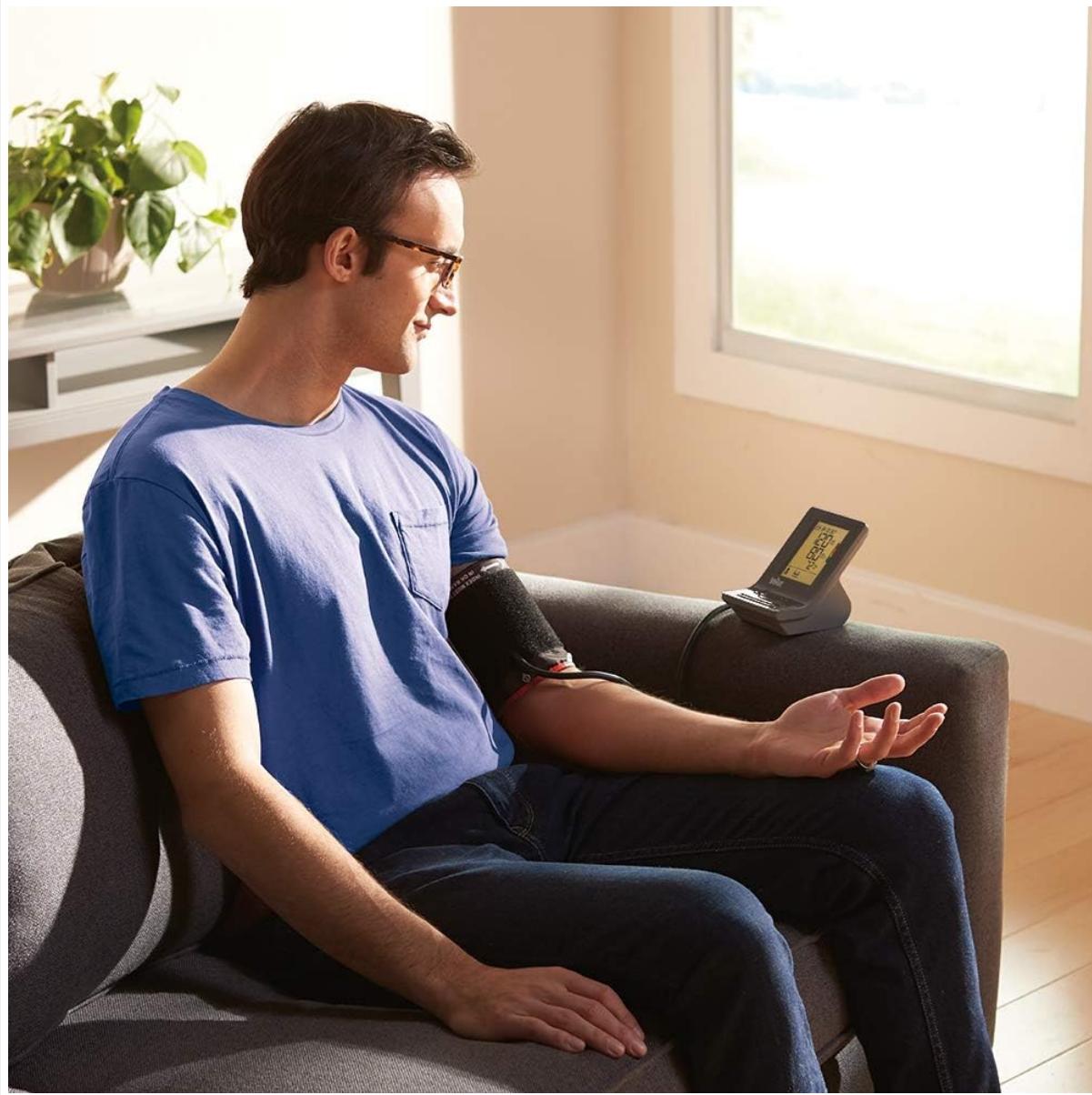


Image: Proper positioning of the blood pressure cuff on the upper arm, with the monitor placed on a nearby surface.

### 3. Taking a Measurement

1. Press the **Start** button. The cuff will begin to inflate automatically.
2. Remain still and silent during the measurement.
3. Once the measurement is complete, the cuff will deflate, and your systolic pressure, diastolic pressure, and pulse rate will be displayed on the screen.



Image: The digital display of the Braun ExactFit 5 monitor showing systolic (SYS), diastolic (DIA), and pulse (PUL) readings, along with a color-coded indicator.

#### 4. Understanding Your Readings

The display shows three main values:

- **SYS (Systolic Pressure):** The highest pressure in your arteries when your heart beats.
- **DIA (Diastolic Pressure):** The lowest pressure in your arteries when your heart rests between beats.
- **PUL (Pulse Rate):** Your heart rate, measured in beats per minute.

The monitor also features a color-coded indicator on the side of the display, which helps you interpret your blood pressure readings according to World Health Organization (WHO) guidelines. Consult your doctor for a full interpretation of your readings.

#### Features

The Braun ExactFit 5 Blood Pressure Monitor offers several advanced features for comprehensive heart health monitoring:

- **Professional Accuracy:** Clinically validated for reliable measurements.

- **Two Wide Cuffs:** Includes both a small (S) and a standard/large (M/L) cuff to ensure an optimal fit for various arm sizes, contributing to professional accuracy.
- **Gentle Inflation:** Designed for increased comfort during the measurement process.
- **Color-Coded Guide:** An intuitive indicator helps interpret blood pressure levels based on WHO guidelines.
- **Advanced Averaging Function:** Calculates the average of morning and evening measurements over the past 7 days, providing a more comprehensive view of your blood pressure trends.
- **Irregular Heartbeat Detection:** Alerts you to potential irregular heartbeats during measurement.
- **Morning Hypertension Detection:** Helps identify elevated blood pressure readings that occur in the morning.

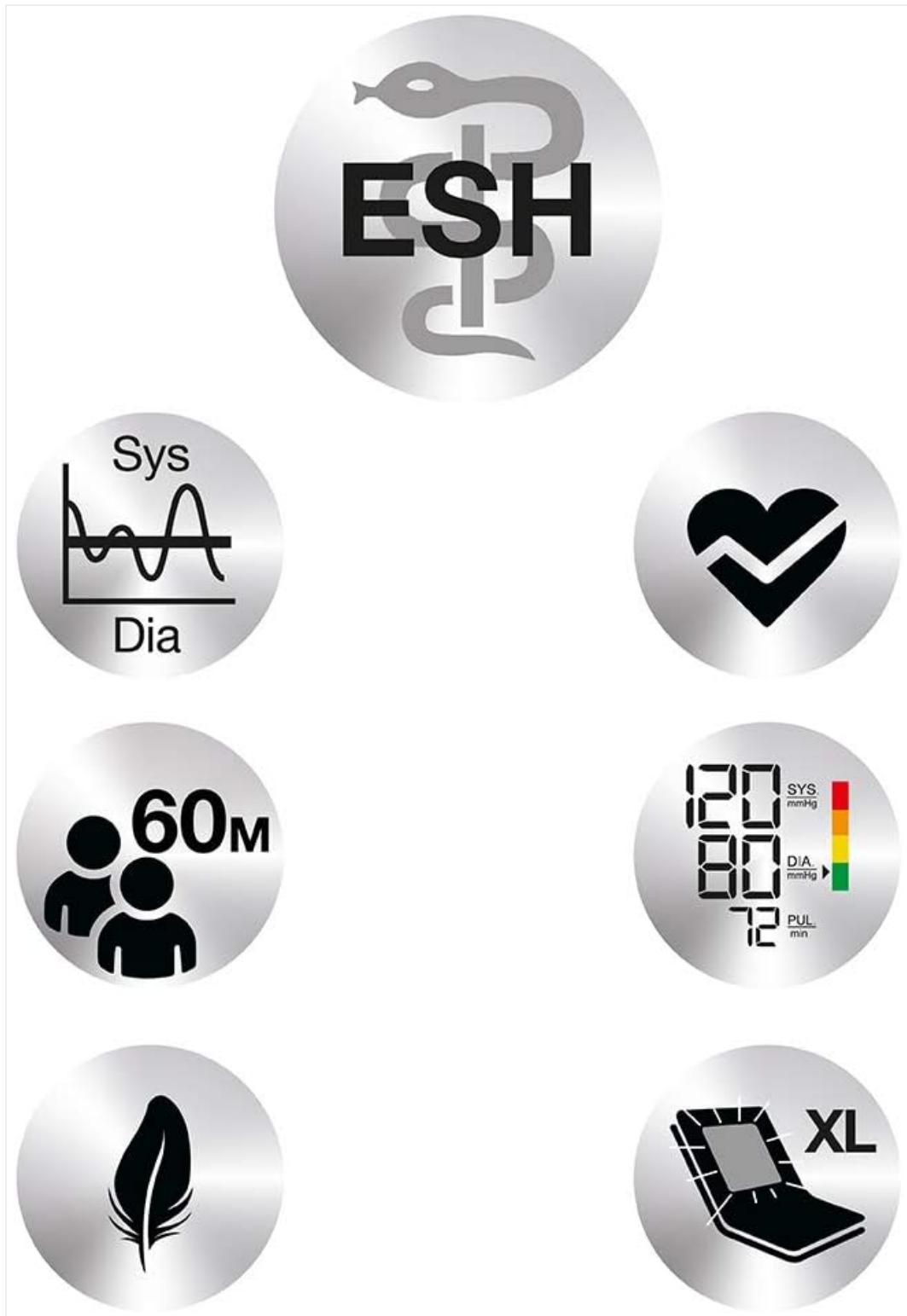


Image: Visual icons highlighting key features such as ESH (European Society of Hypertension) validation, systolic and

diastolic measurement, heart health monitoring, 60-measurement memory, blood pressure level indicator, gentle inflation, and compatibility with XL cuff sizes.

## Maintenance and Care

- Cleaning:** Wipe the monitor and cuff with a soft, dry cloth. If necessary, use a slightly damp cloth with mild soap, then wipe dry. Do not use abrasive cleaners or immerse the device in water.
- Storage:** Store the device in its storage bag in a clean, dry place, away from direct sunlight, extreme temperatures, and humidity.
- Battery Replacement:** Replace all four AA batteries when the low battery indicator appears on the display. Do not mix old and new batteries or different types of batteries.
- Cuff Care:** Do not wash the cuff. If it becomes dirty, wipe it with a damp cloth.

## Troubleshooting

Problem	Possible Cause	Solution
Device does not turn on	Batteries are depleted or incorrectly inserted.	Check battery polarity or replace with new AA batteries.
"E" or "Error" message on display	Cuff not applied correctly, movement during measurement, or air leakage.	Reapply the cuff, remain still, and ensure the cuff tube is securely connected. Try again.
Inaccurate readings	Incorrect cuff size, improper cuff placement, or not resting before measurement.	Ensure correct cuff size and placement. Rest for 5 minutes before measuring. Avoid talking or moving.
Irregular Heartbeat symbol appears frequently	Detection of an irregular heartbeat.	This indicates an irregular heartbeat was detected. Consult your physician if this symbol appears frequently.

If problems persist, contact Braun customer support or your local service center.

## Specifications

<b>Product Name</b>	Braun BP6200 Upper Arm Blood Pressure Monitor
<b>Model Number</b>	BP6200PHEMEAV1
<b>Brand</b>	Braun
<b>Power Source</b>	4 AA Batteries (Included)
<b>Display Type</b>	Digital
<b>Product Dimensions</b>	11 x 10.01 x 11.51 cm
<b>Product Weight</b>	0.3 grams (monitor unit)

<b>Included Components</b>	Blood Pressure Monitor, Small Cuff, Standard/Large Cuff, Storage Bag, 4 AA Batteries, Instruction Manual
<b>Age Range Description</b>	Adult
<b>ASIN</b>	B00EUB3YZI
<b>Global Trade Identification Number</b>	04022167620156

## **Warranty and Support**

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For detailed warranty information, please refer to the warranty card included with your product or visit the official Braun healthcare website. Keep your purchase receipt as proof of purchase for any warranty claims. If you require technical assistance, have questions about your device, or need to report a problem, please contact Braun customer support. Contact details can typically be found in the included documentation or on the Braun official website.