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## Microlife BP3GR1-3P

# Microlife Series 200 Automatic Upper Arm Blood Pressure Monitor User Manual

Model: BP3GR1-3P

## 1. INTRODUCTION

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This manual provides essential instructions for the safe and effective operation of your Microlife Series 200 Automatic Upper Arm Blood Pressure Monitor. Please read this manual thoroughly before first use and retain it for future reference. This device is designed for measuring blood pressure and pulse rate in adults using the oscillometric method. The Microlife Series 200 monitor features clinically proven accuracy, a wide-range cuff, memory recall for 30 measurements, and an irregular heartbeat detector.

## 2. SAFETY INFORMATION

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- Consult your physician before using this device if you have any medical conditions.
- Do not self-diagnose or self-treat based on measurements. Always consult a healthcare professional.
- This device is not intended for use on infants or children.
- Do not use the device in a moving vehicle.
- Keep the device and its components out of reach of children.
- Use only Microlife-approved accessories and parts.
- Avoid strong electromagnetic fields and mobile phones near the device during use.

## 3. COMPONENTS AND DISPLAY OVERVIEW

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Familiarize yourself with the main components of your blood pressure monitor.



Stores 30 Memories Diastolic Pressure

Systolic Pressure

5.75"

2.5"



Records Date & Time

Irregular Heartbeat Detector Pulse



Batteries Included



120

Digit Size .7"

**Image:** Overview of the Microlife Series 200 Blood Pressure Monitor, highlighting its display and key features such as Systolic Pressure, Diastolic Pressure, Pulse, Irregular Heartbeat Detector, and memory storage.

# BPM Automatic Blood Pressure Monitor



Irregular Heartbeat Detector



Gentle+ Technology



30 Memories with Date & Time



Wide Range Cuff fits most arm sizes (8.7-16.5")



Batteries Included

**Image:** Key features of the Microlife BPM1 Automatic Blood Pressure Monitor, including Irregular Heartbeat Detector, Gentle+ Technology, 30 memories with date and time, wide-range cuff (8.7-16.5"), and included batteries.

## 4. SETUP

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### 4.1. Battery Installation

Your monitor comes with 4 AA batteries. To install:

1. Open the battery compartment cover on the back of the device.
2. Insert the 4 AA batteries, ensuring correct polarity (+/-).
3. Close the battery compartment cover securely.

### 4.2. Connecting the Cuff

Connect the air tube from the cuff to the air socket on the side of the blood pressure monitor.

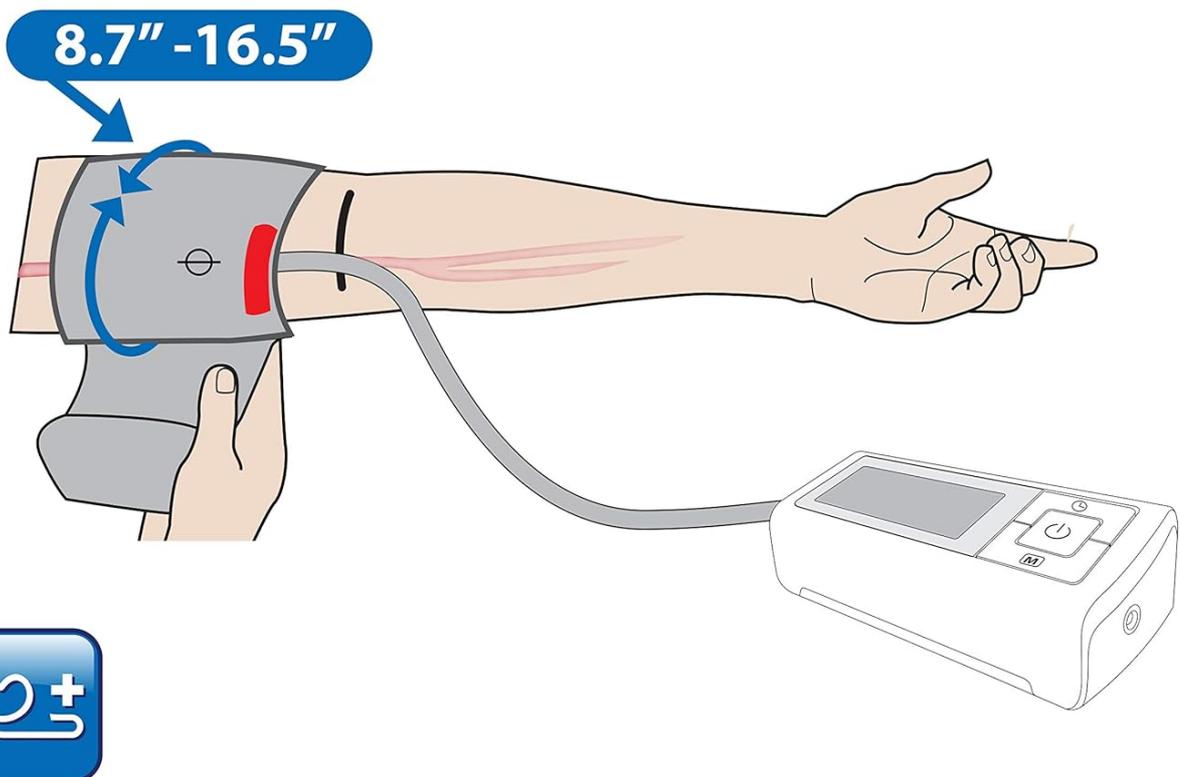
### 4.3. Applying the Cuff

Proper cuff placement is crucial for accurate readings. The wide-range cuff fits most adult arms (8.7 – 16.5 inches / 22 – 42 cm).

1. Ensure your arm is bare or has thin clothing.
2. Place the cuff on your upper arm, approximately 1-2 cm above the elbow joint.
3. The artery mark on the cuff should align with your brachial artery (inner side of your arm).
4. Wrap the cuff snugly around your arm, but not too tightly. You should be able to insert two fingers under the cuff.
5. The air tube should run down the center of your arm.

# Gentle+™ Technology

## Less Pressure & Time = More Comfort



**Sure-Fit™ Cuff**  
Wide Range Cuff

**Image:** Illustration demonstrating the correct placement of the blood pressure cuff on the upper arm, indicating the cuff's position relative to the elbow and the direction of the air tube. It also highlights the "Gentle+ Technology" for comfortable measurement.

## 5. OPERATING INSTRUCTIONS

### 5.1. Before Measurement

- Avoid eating, smoking, or exercising for at least 30 minutes before measurement.
- Rest for 5 minutes in a quiet environment before taking a reading.
- Sit upright with your back supported, feet flat on the floor, and your arm resting on a table so the cuff is at heart level.

## 5.2. Taking a Measurement

1. Press the **ON/OFF** button to turn on the monitor.
2. The cuff will automatically inflate. Remain still and silent during the measurement.
3. Once the measurement is complete, your Systolic Blood Pressure, Diastolic Blood Pressure, and Pulse Rate will be displayed.
4. The result is automatically stored in the device's memory.
5. Press the **ON/OFF** button again to turn off the monitor, or it will automatically shut off after approximately 1 minute.

Your browser does not support the video tag.

**Video:** This video demonstrates the operation of the Microlife blood pressure monitor, showing the inflation and deflation process of the cuff and the display of results. Note: The video shows an "Err 3" message, which indicates a cuff pressure error or movement during measurement. Ensure proper cuff placement and stillness for accurate readings.

## 5.3. Memory Recall

The device stores the last 30 measurements. To view stored readings:

1. With the device off, press the **M** button.
2. The display will show the average of all stored measurements first.
3. Press the **M** button repeatedly to scroll through individual measurements, from most recent to oldest.

## 5.4. Irregular Heartbeat Detector (IHB)

This symbol (*heart icon with irregular waves*) indicates that an irregular heartbeat was detected during the measurement. If this symbol appears frequently, consult your physician.

# 6. MAINTENANCE AND STORAGE

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## 6.1. Cleaning

- Clean the monitor and cuff with a soft, dry cloth.
- Do not use abrasive cleaners or immerse the device in water.

## 6.2. Storage

- Store the device in the provided storage pouch when not in use.
- Keep it in a cool, dry place, away from direct sunlight and extreme temperatures.
- Remove batteries if the device will not be used for an extended period.

# 7. TROUBLESHOOTING

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Problem	Possible Cause	Solution
Device does not turn on.	Batteries are depleted or incorrectly inserted.	Replace batteries with new AA batteries, ensuring correct polarity.

Problem	Possible Cause	Solution
"Err 3" displayed (Cuff Pressure Error).	Cuff is not correctly applied, or there was movement during measurement.	Re-apply the cuff snugly and correctly. Remain still and silent during measurement. Ensure the air tube is not kinked.
Inaccurate readings.	Improper cuff placement, movement, talking, or incorrect body posture.	Review section 5.1 and 5.2 for proper measurement technique. Ensure the cuff size is appropriate for your arm.
No display after measurement.	Device automatically shut off.	Press the ON/OFF button to restart. Check memory for previous readings.

## 8. SPECIFICATIONS

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- **Model:** BP3GR1-3P
- **Dimensions:** 5.75"L x 2.56"W x 1.96"Th
- **Weight:** 325 Grams (approx. 11.46 ounces)
- **Cuff Size:** Wide-range, fits arm circumference 8.7 - 16.5 inches (22 - 42 cm)
- **Power Source:** 4 AA batteries (included) or Microlife AC Adapter (sold separately)
- **Display Type:** LCD
- **Memory:** Stores 30 measurements
- **Included Components:** Blood Pressure Monitor, Upper Arm Cuff, Storage Pouch, 4 AA Batteries, User Manual (English / Spanish)

## 9. WARRANTY AND SUPPORT

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Microlife products are manufactured to the highest quality standards. This device is covered by a 3-year warranty from the date of purchase, as mentioned in customer feedback. For warranty claims or technical support, please contact Microlife USA customer service.

For further assistance, visit the official Microlife website or refer to the contact information provided in the packaging.

# Clinically Proven: AA Rated Accuracy



**Image:** The Microlife Series 200 Blood Pressure Monitor, its wide-range cuff, storage pouch, and included AA batteries, alongside its retail packaging which highlights its clinically proven accuracy.

