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## Braun BUA5000

# Braun ExactFit 1 Upper Arm Blood Pressure Monitor BUA5000 User Manual

Model: BUA5000

## INTRODUCTION

The Braun ExactFit 1 Upper Arm Blood Pressure Monitor BUA5000 is designed for easy and reliable blood pressure monitoring at home. This device provides professional measurement accuracy, certified according to ESH (European Society of Hypertension) standards. Its user-friendly design, including a universal cuff and a large LCD display, makes it suitable for regular health monitoring.



Image: The Braun ExactFit 1 Blood Pressure Monitor, showing the main unit with its large display and the attached upper arm cuff.

## SAFETY INFORMATION

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Please read all instructions carefully before using this device. Keep this manual for future reference.

- Consult your physician before using this device if you have any medical conditions.
- Do not use this device for purposes other than measuring blood pressure.
- Keep out of reach of children.
- Do not disassemble or attempt to repair the device.
- Avoid strong electromagnetic fields.

## PACKAGE CONTENTS

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Verify that all items are present in the package:

- Braun ExactFit 1 Blood Pressure Monitor (BUA5000)
- Universal Upper Arm Cuff (22-42 cm)
- 4 x AA Batteries
- Illustrated User Manual
- Blood Pressure Pass (for recording measurements)



Image: The retail packaging for the Braun ExactFit 1, indicating the product and its model number.

## SETUP

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### 1. Installing Batteries

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

### 2. Attaching the Cuff

1. Connect the air tube from the cuff to the air jack on the side of the monitor. Ensure it is firmly inserted.

## OPERATING INSTRUCTIONS

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### Before Measurement

- Rest for at least 5 minutes before taking a measurement.
- Avoid eating, drinking alcohol, smoking, or exercising for 30 minutes prior.
- Sit in a comfortable position with your back supported and feet flat on the floor.
- Place your arm on a table so the cuff is at heart level.

### Applying the Cuff

1. Slide your arm through the cuff loop. The air tube should run down the inside of your arm.
2. Position the cuff approximately 2-3 cm above your elbow joint.
3. Wrap the cuff snugly around your upper arm. Ensure it is not too tight or too loose.
4. The indicator on the cuff should align with the center of your inner arm.



Image: A person demonstrating the correct arm and body position for taking a blood pressure measurement with the Braun ExactFit 1 monitor.

## Taking a Measurement

1. Press the large **Start/Stop** button to turn on the device.
2. The cuff will automatically inflate. Remain still and do not talk during the measurement.
3. Once the measurement is complete, the systolic, diastolic, and pulse readings will be displayed on the large LCD screen.
4. The device automatically stores the last measurement.
5. The device will automatically shut off after 1 minute of inactivity.



Image: A close-up view of the Braun ExactFit 1's digital display, showing typical blood pressure readings (systolic, diastolic) and pulse rate.

## MAINTENANCE

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### Cleaning

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

## Storage

- Store the device in a clean, dry place, away from direct sunlight and extreme temperatures.
- Do not fold the cuff too tightly or kink the air tube.

## Battery Replacement

- When the battery indicator appears on the display, replace all 4 AA batteries with new ones.
- Dispose of used batteries according to local regulations.

## TROUBLESHOOTING

Problem	Possible Cause	Solution
Device does not turn on.	Batteries are dead or incorrectly inserted.	Replace batteries or check polarity.
Error message on display.	Cuff not applied correctly, movement during measurement, or irregular pulse.	Reapply cuff, remain still, or consult a physician if errors persist.
Inaccurate readings.	Incorrect cuff placement, talking/moving during measurement, or not resting before measurement.	Follow "Operating Instructions" carefully. Ensure cuff is at heart level.

## SPECIFICATIONS

Feature	Detail
Model Number	BUA5000
Measurement Method	Oscillometric
Cuff Circumference	22 - 42 cm (Universal Cuff)
Power Source	4 x 1.5V AA Batteries
Display	Large LCD
Memory	Last measurement storage
Automatic Shut-off	After 1 minute of inactivity
Product Dimensions (approx.)	13 x 13 x 8 cm
Item Weight (approx.)	540 grams
Material Property	Reusable

## WARRANTY AND SUPPORT

For warranty information or technical support, please refer to the warranty card included in your product packaging or visit the official Braun healthcare website. Keep your purchase receipt as proof of purchase.

This product is manufactured by Braun, a brand known for its commitment to quality and reliability in healthcare devices.

