Beurer BM 57

Beurer BM 57 Upper Arm Blood Pressure Monitor Instruction Manual

Model: BM 57 (658.22)

1. Introduction

This manual provides essential information for the safe and effective operation of your Beurer BM 57 Upper Arm Blood Pressure Monitor. Please read these instructions thoroughly before first use and keep them for future reference. This device is designed for non-invasive measurement and monitoring of arterial blood pressure in adults. It is intended for use in a home environment.

2. Safety Information

- Consult your doctor before using the device if you have any medical conditions, including but not limited to diabetes, liver or kidney disease, severe hypertension, or peripheral circulatory disorders.
- Do not use the device on infants, children, or individuals unable to express consent.
- Do not use the device on an arm with an intravenous drip or blood transfusion.
- Avoid measurements on an arm where a mastectomy has been performed.
- Do not use the device in conjunction with high-frequency surgical equipment.
- Measurements should be taken in a relaxed state. Avoid eating, drinking alcohol, smoking, or exercising for at least 30 minutes before a measurement.
- If you experience discomfort during inflation, press the START/STOP button to immediately deflate the cuff.
- Only use the original cuff provided with the device.
- Keep the device away from strong electromagnetic fields.

3. Product Overview

3.1 Device Components



The Beurer BM 57 monitor with its attached upper arm cuff. The monitor features a large digital display and control buttons.



The Beurer BM 57 monitor shown with its protective carrying case, ideal for storage and travel.

The Beurer BM 57 is an upper arm blood pressure monitor featuring a large, illuminated LCD display. It includes a universal cuff suitable for arm circumferences from 23 to 43 cm. The device utilizes inflation technology for comfortable measurements and can detect heart rhythm disorders. It also offers Bluetooth connectivity for data transfer to the Beurer HealthManager Pro app.

3.2 Key Features and Display Indicators



Visual representation of key features: risk indicator, illuminated XL display, arrhythmia detection, inflation technology, universal cuff, and mains compatibility.



The monitor's display showing systolic (SYS), diastolic (DIA), and pulse (PUL) readings, alongside a color-coded risk indicator for easy interpretation.

- **Risk Indicator:** A color scale on the display classifies your blood pressure readings according to WHO guidelines.
- **XL Display:** Large, illuminated display for clear readability of measurements.
- **Arrhythmia Detection:** The device can detect and warn of potential heart rhythm disorders during measurement.
- **Inflation Technology:** Ensures a gentle and comfortable measurement process by measuring during inflation.
- **Universal Cuff:** Accommodates upper arm circumferences from 23 to 43 cm.
- **Bluetooth Connectivity:** Allows transfer of measurement data to the Beurer HealthManager Pro app.
- **Memory Slots:** Stores 2 x 60 measurement values for two different users.

4. Setup

4.1 Battery Installation

1. Open the battery compartment cover on the back of the device.
2. Insert two 1.5V AAA batteries, ensuring correct polarity (+/-). The device includes 2 x 1.5V AAA batteries.
3. Close the battery compartment cover securely.

4.2 Attaching the Cuff



Proper placement of the universal cuff on the upper arm for accurate measurement.

1. Ensure the cuff is suitable for your upper arm circumference (23-43 cm).
2. Place the cuff on your bare upper arm, approximately 2-3 cm above the elbow joint. The artery mark on the cuff should align with your brachial artery.
3. Wrap the cuff snugly around your arm, ensuring it is not too tight or too loose. The hook-and-loop fastener should be secure.
4. The air tube should run along the inside of your arm down to your hand.
5. Connect the air tube connector firmly into the port on the side of the blood pressure monitor.

5. Operating the Device

5.1 Taking a Measurement



The monitor's large display provides clear readings during operation.

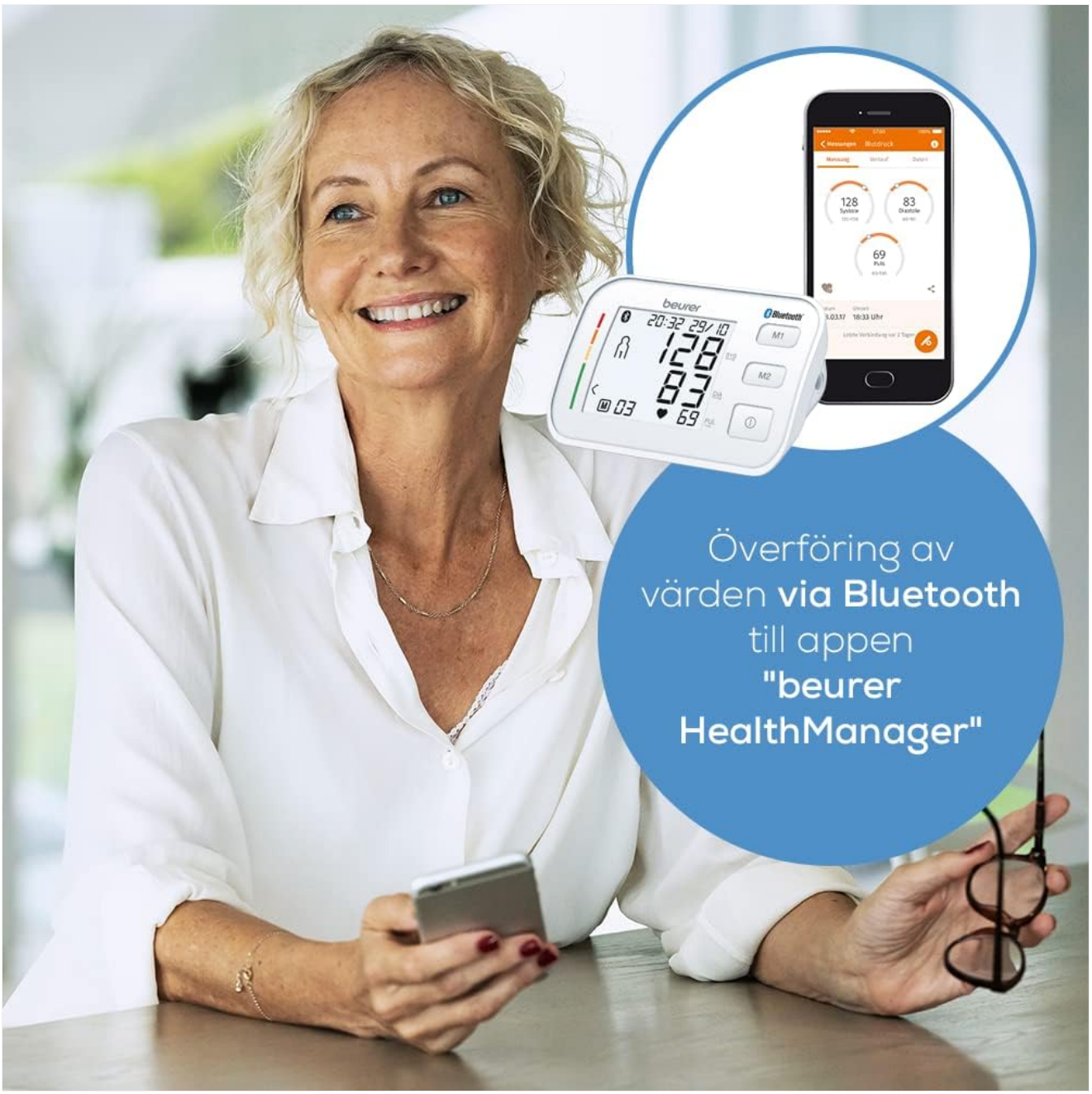
1. Sit comfortably with your back supported and feet flat on the floor. Rest your arm on a table so the cuff is at heart level. Remain still and silent during the measurement.
2. Press the **START/STOP** button. The device will automatically inflate the cuff and begin the measurement.
3. The measurement will be taken during inflation (inflation technology). Once complete, the cuff will deflate, and your systolic pressure (SYS), diastolic pressure (DIA), and pulse rate (PUL) will be displayed.
4. The risk indicator on the left side of the display will show a color corresponding to your blood pressure classification.
5. If an irregular heart rhythm is detected, the arrhythmia symbol will appear on the display.
6. The measurement will be automatically saved to the selected user memory (M1 or M2).
7. Press the **START/STOP** button again to turn off the device. It will automatically shut off after approximately one minute of inactivity.

5.2 Memory Functions

The Beurer BM 57 has two user memory slots (M1 and M2), each capable of storing 60 measurements. This allows two individuals to track their blood pressure readings separately.

1. To select a user memory, press the **M1** or **M2** button before starting a measurement.
2. To view stored measurements, press the **M1** or **M2** button when the device is off. The average of all stored measurements for that user will be displayed first. Subsequent presses will cycle through individual measurements.

5.3 Bluetooth Connection and App Usage



The Beurer HealthManager app interface on a smartphone, displaying blood pressure readings transferred via Bluetooth.

The Beurer BM 57 can transfer your measurement data to the Beurer HealthManager Pro app via Bluetooth. This allows for long-term tracking, analysis, and sharing of your blood pressure trends.

1. Download the free Beurer HealthManager Pro app from your smartphone's app store. Ensure your smartphone is compatible with the app.
2. Enable Bluetooth on your smartphone.
3. Open the Beurer HealthManager Pro app and follow the on-screen instructions to pair your BM 57 monitor.
4. After a measurement is taken, the device will automatically attempt to transfer the data to the app if a connection is established. You can also manually initiate data transfer from the device or app.

6. Maintenance

6.1 Cleaning

- Clean the monitor and cuff with a slightly damp cloth. Do not use abrasive cleaners or immerse the device in water.
- Do not wash the cuff or use chemical cleaning agents on it.

6.2 Storage

- Store the device and cuff in the provided storage bag when not in use.
- Store in a cool, dry place, away from direct sunlight and extreme temperatures.

6.3 Battery Replacement

The device will display a battery change indicator when the batteries are low. Replace all batteries simultaneously with new 1.5V AAA batteries. Do not mix old and new batteries or different types of batteries.

7. Troubleshooting

Problem	Possible Cause	Solution
No display/Device does not turn on	Batteries are dead or incorrectly inserted.	Check battery polarity or replace batteries.
Inaccurate or inconsistent readings	Incorrect cuff placement, movement during measurement, talking, or improper body position.	Ensure correct cuff placement, remain still and silent, and follow measurement guidelines. Wait 5 minutes before re-measuring.
Cuff does not inflate or inflates too little	Air tube not properly connected or a leak in the cuff/tube.	Check that the air tube is securely connected to the monitor. Inspect cuff and tube for damage.
Error message on display	Application error, excessive movement, or technical malfunction.	Refer to the device's specific error codes in the full manual (if available). Re-take measurement ensuring proper technique. If persistent, contact customer support.
Bluetooth connection issues	Bluetooth off on phone, app not open, or device not paired.	Ensure Bluetooth is enabled on your smartphone, the Beurer HealthManager Pro app is open, and the device is paired correctly. Check app compatibility.

8. Specifications

- **Model:** Beurer BM 57 (658.22)
- **Measurement Method:** Oscillometric, non-invasive blood pressure measurement on the upper arm
- **Cuff Size:** Universal cuff for upper arm circumferences 23-43 cm
- **Measurement Range:** Systolic: 50-250 mmHg, Diastolic: 30-200 mmHg, Pulse: 40-180 beats/minute
- **Accuracy:** Pressure: +/- 3 mmHg, Pulse: +/- 5% of the displayed value
- **Memory:** 2 x 60 memory slots
- **Power Supply:** 2 x 1.5V AAA batteries (included)

- **Display:** LCD with white backlight
- **Connectivity:** Bluetooth
- **Product Dimensions:** Approximately 9.4 x 6.4 x 16.1 cm
- **Item Weight:** Approximately 410 g (without batteries)
- **Operating Conditions:** Temperature 10°C to 40°C, relative humidity 30% to 85% (non-condensing)
- **Storage Conditions:** Temperature -20°C to 55°C, relative humidity 0% to 90% (non-condensing)
- **Medical Product:** Yes

9. Warranty and Support

For warranty information, please refer to the warranty card included with your product or visit the official Beurer website. If you encounter any issues not covered in this manual or require technical assistance, please contact Beurer customer support. Contact details can typically be found on the Beurer website or on the product packaging.