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Sanitas SBM 37 Connected Arm Blood Pressure Monitor User Manual

Model: SBM 37 | Brand: Sanitas

1. INTRODUCTION

This manual provides essential instructions for the safe and effective operation of your Sanitas SBM 37 Connected Arm Blood Pressure Monitor. This device is designed for fully automatic measurement of blood pressure and pulse on the upper arm. It features innovative connectivity to smartphones, allowing for easy data management and tracking. Please read this manual thoroughly before first use and keep it for future reference.



Image 1.1: The Sanitas SBM 37 Blood Pressure Monitor main unit, displaying time, date, blood pressure readings (systolic, diastolic), and pulse rate. It also shows Bluetooth connectivity and user memory indicators.

2. SAFETY INFORMATION

The Sanitas SBM 37 is a medical product. Always follow these safety guidelines:

- Consult your doctor before using the device if you have any medical conditions.
- Do not use the device on infants, children, or individuals unable to express consent.
- Do not self-diagnose or self-medicate based on measurements. Always consult a healthcare professional.
- Ensure the cuff size is appropriate for your arm circumference (22-36 cm).
- Keep the device away from strong electromagnetic fields.
- Protect the device from moisture, extreme temperatures, and direct sunlight.
- Only use original Sanitas accessories and replacement parts.

3. PRODUCT OVERVIEW

The Sanitas SBM 37 consists of the main measurement unit and an arm cuff.

3.1 Main Unit Features:

- Large, easy-to-read display.
- Two user memory slots (M1, M2) with 60 memory spaces each.
- Bluetooth connectivity for smartphone integration.
- WHO classification indicator (color scale).
- Arrhythmia detection.

- Automatic pressure pre-selection and deflation.
- Automatic switch-off.
- Battery level indicator.

3.2 Arm Cuff:

The arm cuff is designed for upper arm circumferences between 22 and 36 cm.



Image 3.1: The grey arm cuff for the Sanitas SBM 37 blood pressure monitor, shown rolled up with its air tube and connector.

4. SETUP

4.1 Battery Installation

Open the battery compartment on the underside of the device. Insert the required batteries (usually 4x AA, check device markings) according to the polarity indicators. Close the compartment securely.

4.2 Connecting the Arm Cuff

Insert the air tube connector of the arm cuff firmly into the designated port on the side of the main unit. Ensure a secure connection to prevent air leakage during measurement.

4.3 Smartphone Connection (Bluetooth)

The Sanitas SBM 37 can connect to your smartphone via Bluetooth for data transfer to the "Health Coach" app.

1. Download the "Health Coach" app from your smartphone's app store.
2. Enable Bluetooth on your smartphone.

3. Follow the pairing instructions within the "Health Coach" app to connect your SBM 37 device.
4. Once connected, measurement data will be automatically transferred to the app.



Image 4.1: The Sanitas SBM 37 device shown alongside a smartphone displaying the "Health Coach" app interface, illustrating the Bluetooth connectivity feature.

5. OPERATING INSTRUCTIONS

5.1 Preparing for Measurement

- Rest for a few minutes before taking a measurement.
- Avoid eating, smoking, or exercising immediately before measurement.
- Sit upright with your back supported and feet flat on the floor.
- Place your arm on a table so the cuff is at heart level.
- Roll up your sleeve to ensure the cuff is placed directly on your skin.

5.2 Applying the Arm Cuff

Wrap the cuff snugly around your upper arm, approximately 2-3 cm above the elbow joint. The air tube should run down the inside of your arm. Ensure it is not too tight or too loose.

5.3 Taking a Measurement

1. Press the **ON/OFF** button (⏻) to start the device.
2. Select your user memory (M1 or M2) if applicable.
3. The cuff will automatically inflate. Remain still and silent during the measurement.
4. Once the measurement is complete, your systolic pressure (SYS), diastolic pressure (DIA), and pulse rate (PUL) will be displayed.
5. The device will automatically store the reading in the selected user memory.
6. The device will automatically switch off after a period of inactivity.



Image 5.1: A close-up view of the Sanitas SBM 37 display, clearly showing blood pressure readings (SYS and DIA), pulse rate, and user memory selection buttons (M1, M2) with an active Bluetooth indicator.

5.4 Memory Functions

The device stores 60 measurements for each of the two users (M1 and M2). You can view the average of all stored measurements, as well as the morning and evening blood pressure averages for the last 7 days. Refer to the full manual for detailed instructions on accessing memory data.

5.5 Arrhythmia Detection

The SBM 37 can detect potential disturbances in heart rhythm (arrhythmia) during measurement. If an arrhythmia is detected, a specific symbol will appear on the display. If this symbol appears frequently, consult your doctor.

6. MAINTENANCE

6.1 Cleaning

Clean the main unit and cuff with a slightly damp, soft cloth. Do not use abrasive cleaners or immerse the device in water.

6.2 Storage

Store the device and cuff in the provided storage pouch 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

The device is equipped with an error message system. If an error occurs during use, an error code or symbol will be displayed.

- **"E" or "Err" message:** Indicates an error during measurement. Ensure the cuff is correctly applied, you remained still, and there was no interference. Repeat the measurement.
- **Low Battery Indicator:** Replace all batteries with new ones.
- **No Bluetooth Connection:** Ensure Bluetooth is enabled on your smartphone and the device, and try re-pairing through the "Health Coach" app.

If problems persist, consult the comprehensive user manual or contact Sanitas customer support.

8. SPECIFICATIONS

Feature	Specification
Model Number	SBM 37 (658.24)
Dimensions (L x W x H)	5.47 x 3.7 x 1.89 cm
Weight	240 grams
Cuff Size	22 - 36 cm
Memory Slots	2 users x 60 measurements
Connectivity	Bluetooth
Medical Product	Yes
International Article Code	04211125658243



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