

Manuals+

[Q & A](#) | [Deep Search](#) | [Upload](#)

manuals.plus /

- › [Beurer](#) /
- › [Beurer BM 28 Arm Blood Pressure Monitor User Manual](#)

Beurer BM 28

Beurer BM 28 Arm Blood Pressure Monitor User Manual

Model: BM 28 | Brand: Beurer

1. INTRODUCTION

This manual provides essential information for the safe and effective operation of your Beurer BM 28 Arm Blood Pressure Monitor. The BM 28 is a medical device designed for accurate blood pressure measurement on the upper arm. It features a patented resting indicator for optimal precision, a color-coded risk indicator based on WHO guidelines, and arrhythmia detection. Please read these instructions carefully before first use and keep them for future reference.



Figure 1: Beurer BM 28 Arm Blood Pressure Monitor and its retail packaging.

2. SAFETY INFORMATION

- This device is intended for measuring arterial blood pressure in adults. It is not suitable for infants, children, or pets.
- The Beurer BM 28 is a medical device. Always consult your doctor for any health concerns or before making medical decisions based on measurements.
- Do not use the device on an arm with a wound or injury.
- Avoid taking measurements in situations that may affect accuracy, such as immediately after exercise, bathing, or consuming alcohol/caffeine.
- The device is clinically validated for use during pregnancy, providing reliable measurement values. However, always consult your doctor regarding blood pressure monitoring during pregnancy.
- Only use the original cuff supplied with the device.

3. PRODUCT OVERVIEW

3.1 Device Components

The Beurer BM 28 consists of the main unit with a large LCD display and control buttons, and an upper arm cuff. The main unit houses the measurement technology and battery compartment.

3.2 Display Elements

The clear display shows systolic and diastolic blood pressure, pulse rate, date, time, and various indicators:

- **Resting Indicator:** A patented feature that ensures you are in a relaxed state for accurate readings. The device will prompt you if conditions are not optimal.
- **Arrhythmia Detection:** Detects and warns of disturbances in heart rhythm. An icon will appear if an arrhythmia is detected.
- **Risk Indicator:** A color-coded scale (green, yellow, orange, red) classifies your measured values according to WHO guidelines for easy interpretation.
- **Cuff Position Control:** Indicates if the cuff is correctly positioned on the arm for reliable measurements.



Detección de arritmias

Detecta y advierte de

alteraciones del ritmo cardíaco



Figure 2: The device display indicating arrhythmia detection.



Figure 3: The color-coded risk indicator on the display, classifying blood pressure values.

4. SETUP

4.1 Inserting Batteries

The device requires 4 AA batteries, which are included. Open the battery compartment cover on the back of the device. Insert the batteries, ensuring correct polarity (+/-). Close the cover securely.

4.2 Attaching the Cuff

The universal cuff is designed for upper arm circumferences of 22 cm. Ensure the cuff is properly connected to the main unit via the air tube. Place the cuff on your bare upper arm, approximately 2-3 cm above the elbow joint. The air tube should run along the inside of your arm. Tighten the cuff so it is snug but not uncomfortably tight. The cuff position control feature will help confirm correct placement during measurement.



Figure 4: Correct placement of the upper arm cuff for measurement.

5. OPERATING INSTRUCTIONS

5.1 Taking a Measurement

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.
2. Remain still and silent during the measurement.
3. Press the START/STOP button to begin the measurement. The cuff will inflate automatically.
4. The patented resting indicator will guide you to ensure a relaxed state for accurate readings.
5. Once the measurement is complete, your systolic and diastolic blood pressure, and pulse rate will be displayed. The risk indicator will classify your reading.
6. Press the START/STOP button again to turn off the device. If you do not turn it off, it will automatically shut down after approximately one minute.

5.2 Memory Functions

The BM 28 offers 4 user profiles, each capable of storing the last 30 readings. To access stored readings, press the 'M' (Memory) button. Use the '+' and '-' buttons to navigate through the stored values for the selected user profile.

5.3 App Integration (Beurer HealthManager Pro)

You can easily record and track your blood pressure values using the free "Beurer HealthManager Pro" app. Simply scan your measurement values from the device display with your smartphone camera, and the app will save them. This allows for convenient long-term monitoring and analysis of your health data.



- Control de posición del brazalete
- Detección de arritmias
- Indicador de riesgo
- Indicador de calma
- Apto también para mujeres embarazadas
- 5 años de garantía

Figure 5: Integration with the Beurer HealthManager Pro app for data tracking.

6. MAINTENANCE

6.1 Cleaning

Clean the device and cuff carefully using a slightly damp cloth. Do not use abrasive cleaners or immerse the device in water. Ensure no liquid enters the device.

6.2 Storage

Store the device and cuff in a cool, dry place, away from direct sunlight and extreme temperatures. If the device will not be used for an extended period, remove the batteries to prevent leakage.

7. 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.
Error message (e.g., "E1", "E2") or inaccurate readings.	Cuff not correctly positioned or too loose/tight. Movement during measurement.	Re-position the cuff according to instructions. Ensure you remain still and silent. Check the cuff position control indicator.
Cuff does not inflate or inflates too slowly.	Air tube is kinked or disconnected.	Check the air tube for kinks and ensure it is securely connected to both the cuff and the main unit.
Arrhythmia icon appears frequently.	Irregular heart rhythm detected.	This indicates a potential arrhythmia. Consult your doctor for further evaluation.

8. SPECIFICATIONS

Feature	Detail
Model Name	Beurer BM28 - Tensiometro de brazo
Model Number	BM-28
Manufacturer	Beurer
Power Source	4 x AA Batteries (included)
Product Dimensions	10.3 x 13.4 x 6 cm; 460 g
Cuff Size	Universal (22 cm)
Age Range (Description)	Adult
Included Components	Pump (main unit and cuff)

9. WARRANTY AND SUPPORT

The Beurer BM 28 Blood Pressure Monitor comes with a **5-year warranty**. For warranty claims, technical support, or further assistance, please contact Beurer customer service or visit the official Beurer website. Keep your proof of purchase for warranty purposes.

You can find more information and support on the official Beurer store page: [Beurer Official Store](#)

