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## Beurer SBC 53

# Sanitas SBC 53 Wrist Blood Pressure Monitor

User Manual

Model: SBC 53 | Brand: Beurer

## 1. Product Overview

The Sanitas SBC 53 Wrist Blood Pressure Monitor is designed for the measurement and monitoring of arterial blood pressure values in adults. This device allows for quick and easy blood pressure measurement, storage of readings, and display of measurement trends and averages. It also provides a warning in case of detected cardiac arrhythmia. The measured values are classified on a colored scale and graphically assessed for clarity. All values can also be clearly displayed and managed within the HealthCoach app.




Image 1.1: The Sanitas SBC 53 Wrist Blood Pressure Monitor, displaying blood pressure (SYS, DIA) and pulse readings on its screen, along with a Bluetooth icon and date/time.

## Key Features:

- Fully automatic blood pressure and pulse measurement at the wrist.
- Classification of blood pressure values using a colored scale for easy interpretation.
- Innovative connectivity between the smartphone and the blood pressure monitor via Bluetooth.
- Management of measurement values through the HealthCoach App, web, or PC.
- Features 2 x 60 memory spaces, allowing two users to store their readings independently.
- Average value calculation for all stored measurements, as well as morning and evening blood pressure for the last 7 days.

- Suitable for wrist circumferences from 14 to 19.5 cm.
- Compatible with iOS ≥ 10.0 / Android ≥ 5.0 and Bluetooth ≥ 4.0.

## 2. Package Contents

Please check that all items are present and undamaged upon unpacking the device. If anything is missing or damaged, contact your retailer.

- 1 x Sanitas SBC 53 Wrist Blood Pressure Monitor
- 2 x 1.5V AAA Batteries
- 1 x Storage Box
- 1 x User Manual (this document)

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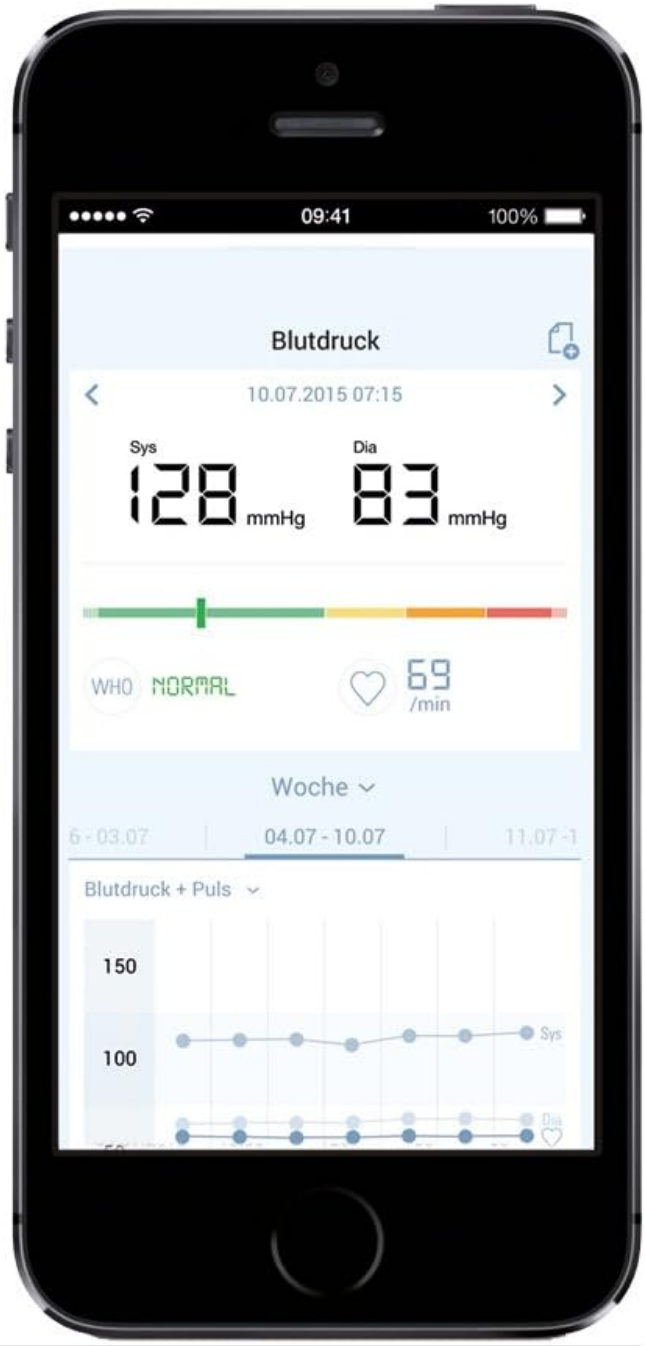


Image 2.1: The Sanitas SBC 53 packaging, illustrating the device and its compatibility with the HealthCoach app.

# 3. Setup

## 3.1. Inserting Batteries

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

The device will automatically perform a self-test and display the current date and time. If the battery symbol appears on the display, replace the batteries.

## 3.2. Installing the HealthCoach App and Bluetooth Pairing

The Sanitas SBC 53 can transfer measurement data to your smartphone via Bluetooth for detailed analysis and tracking using the HealthCoach app.

1. Download the "HealthCoach" app from the Apple App Store (for iOS devices) or Google Play Store (for Android devices).
2. Ensure Bluetooth is enabled on your smartphone.
3. Open the HealthCoach app and follow the on-screen instructions to create a user profile or log in.
4. Within the app, navigate to the device pairing section and select the Sanitas SBC 53.
5. Turn on your blood pressure monitor. The app will guide you through the pairing process. Once successfully paired, the Bluetooth symbol on the device display will be stable.




Image 3.1: The HealthCoach app interface, demonstrating how blood pressure data is displayed and managed on a smartphone.

# 4. Operating the Device

## 4.1. Before Measurement

- Avoid eating, drinking alcohol, smoking, and exercising for at least 30 minutes before measurement.
- Rest for 5 minutes before taking a measurement.
- Measurements should always be taken at the same time of day for consistent results.
- Ensure you are in a relaxed, seated position with your arm supported.

## 4.2. Taking a Measurement

1. **Apply the cuff:** Place the monitor on your left wrist, with the display facing upwards. The cuff should be snug but not too tight. Ensure the device is positioned approximately 1-2 cm above your wrist joint.
2. **Position your arm:** Rest your elbow on a table and raise your wrist so that the monitor is at heart level. Keep your palm open and relaxed.
3. **Start measurement:** Press the **ON/OFF** button. The device will automatically inflate the cuff and begin the measurement.
4. **Remain still:** Do not talk or move during the measurement.
5. **Read results:** Once the measurement is complete, the systolic pressure (SYS), diastolic pressure (DIA), and pulse rate (PUL) will be displayed. The results will also be classified on the colored scale on the left side of the display.
6. **Power off:** Press the **ON/OFF** button to turn off the device. It will automatically switch off after approximately one minute of inactivity.




Image 4.1: A detailed view of the Sanitas SBC 53 display, highlighting the blood pressure and pulse readings, along with the WHO classification color bar.




Image 4.2: The colored scale on the Sanitas SBC 53 display, indicating the World Health Organization (WHO) blood pressure classification for easy interpretation of results.

## 4.3. Interpreting Results (WHO Classification)

The colored scale on the left side of the display indicates the classification of your blood pressure readings according to the World Health Organization (WHO) guidelines:

- **Green:** Optimal / Normal blood pressure
- **Yellow:** High normal blood pressure
- **Orange:** Mild hypertension
- **Red:** Moderate to severe hypertension

Consult your doctor for a professional interpretation of your blood pressure values and any necessary medical advice.

## 4.4. Memory Functions and Data Transfer

The device stores up to 60 measurements for two users (M1 and M2). To switch between user memories, press the **M1/M2** button located above the display.




Image 4.3: The M1 and M2 buttons on the Sanitas SBC 53, used for selecting user memory profiles.

To transfer stored data to the HealthCoach app:

1. Ensure your smartphone's Bluetooth is on and the HealthCoach app is open.
2. Turn on the blood pressure monitor.
3. The device will automatically attempt to connect to the app and transfer new measurements. Confirm the transfer within the app if prompted.

## 5. Maintenance

### 5.1. Cleaning

- Clean the device and cuff carefully using a slightly damp cloth.

- Do not use abrasive cleaning agents or solvents.
- Do not immerse the device in water or allow water to enter the casing.

### 5.2. Storage

- Store the device in its original storage box when not in use to protect it from dust and damage.
- Store 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.

## 6. Troubleshooting

If you encounter issues with your Sanitas SBC 53, please refer to the following common problems and solutions:

| Problem | Possible Cause | Solution |
|---|---|---|
| Device does not turn on. | Batteries are depleted or incorrectly inserted. | Check battery polarity or replace batteries. |
| Error message (e.g., "E-1", "E-2") on display. | Cuff not applied correctly, movement during measurement, or irregular pulse. | Reapply cuff, remain still, or consult a doctor if irregular pulse persists. Refer to the full manual for specific error codes. |
| Inaccurate readings. | Incorrect arm position, talking/moving during measurement, or recent physical activity. | Ensure correct arm position (at heart level), remain still and silent, and rest for 5 minutes before measurement. |
| Bluetooth pairing fails. | Bluetooth is off on smartphone, app not open, or device not in pairing mode. | Ensure Bluetooth is on, open HealthCoach app, and follow app instructions for pairing. Restart both devices if necessary. |
| Data not transferring to app. | Bluetooth connection lost, app not synchronized, or memory full on device. | Check Bluetooth connection, ensure app is open and active, and try initiating transfer manually from the app. |

If the problem persists after trying these solutions, please contact customer support.

## 7. Specifications

| Feature | Detail |
|---|---|
| Model | SBC 53 |
| Measurement Method | Oscillometric, non-invasive blood pressure measurement on the wrist |

| Feature | Detail |
|---|---|
| Measurement Range | Cuff pressure: 0-300 mmHg<br>Systolic: 50-250 mmHg<br>Diastolic: 30-200 mmHg<br>Pulse: 40-180 beats/minute |
| Accuracy | Pressure: ±3 mmHg<br>Pulse: ±5% of the displayed value |
| Memory | 2 x 60 memory spaces |
| Wrist Circumference | 14 - 19.5 cm |
| Power Supply | 2 x 1.5V AAA batteries (included) |
| Connectivity | Bluetooth 4.0 |
| Product Dimensions | 7.8 x 5.3 x 2.6 cm |
| Product Weight | Approx. 94 grams (without batteries) |
| Operating Conditions | +10 °C to +40 °C, 30% to 85% relative humidity (non-condensing) |
| Storage Conditions | -20 °C to +50 °C, 15% to 90% relative humidity (non-condensing) |
| Material | Reusable |

## 8. Warranty and Support

This Sanitas SBC 53 Blood Pressure Monitor comes with a manufacturer's warranty. Please refer to the warranty card included in your package for specific terms and conditions, including the warranty period and coverage details.

For technical support, troubleshooting assistance beyond this manual, or warranty claims, please contact the manufacturer's customer service or your local retailer. Contact information can typically be found on the product packaging or the manufacturer's official website.

When contacting support, please have your product model (SBC 53) and purchase date available.

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