Beurer BM67

Beurer BM67 Upper Arm Blood Pressure Monitor User Manual

Model: BM67 | Brand: Beurer

1. Overview

The Beurer BM67 Bluetooth Smart Upper Arm Blood Pressure Monitor is designed to help you monitor your blood pressure and pulse conveniently at home. This professional-grade, fully automatic device offers precise measurements and features advanced functionalities for comprehensive health management.

Key features include an extra-large LCD display for easy reading, irregular heartbeat detection, and a color risk indicator based on WHO guidelines for easy interpretation of results. The device supports up to 4 users, each with 30 memory spaces, and offers unlimited memory via the companion HealthCoach app. Bluetooth connectivity allows seamless data transfer to your smartphone for tracking and analysis.



Figure 1: Beurer BM67 Blood Pressure Monitor. This image shows the main unit with its large, illuminated blue LCD display, clearly showing blood pressure and pulse readings, along with date and time.



Figure 2: Key features of the Beurer BM67. This image highlights the colored scale risk indicator, smart Bluetooth connection, and irregular heartbeat detection capabilities of the device.



Figure 3: Memory and user capacity. The monitor offers 120 memory spaces and supports up to 4 individual users, making it suitable for family use.

2. Setup

2.1 Initial Device Setup

The Beurer BM67 requires 4 AA batteries (included). Once batteries are inserted, you may need to set the time and date. To do this, ensure the device is OFF. Press and hold the SET button for 10 seconds. The year, month, day, hour (12H), and minute will flash. Use the +/- buttons to select the correct format and values, then press SET to confirm each entry.

2.2 HealthCoach App Setup

The Beurer BM67 is designed to work seamlessly with the free HealthCoach app, available for download from the App Store or Google Play Store. This app allows you to track, measure, and sync your blood pressure data for easy health management.

1. Download the HealthCoach app from your device's app store.
2. Sign up or log in to the app.
3. Add your device: Access the menu within the app, select 'Settings', then 'My devices'. Scroll down and select 'BM67' from the list.
4. Select a user: Ensure a user is checked off in the app settings (User 1, User 2, etc.), then press SAVE.
5. Pairing: With the app open and the monitor in the OFF setting, press the M button on the BM67. A 6-digit PIN should display on the monitor. Enter this PIN into your smartphone when prompted to begin transferring data.



Figure 4: HealthCoach App Interface. This image displays the user-friendly interface of the HealthCoach app, showing blood pressure readings and tracking capabilities.

Video 1: BM67 HealthCoach Video. This video provides a visual guide on how to set up and use the HealthCoach app with your Beurer BM67 monitor, demonstrating the pairing process and data synchronization.

3. Operating Instructions

3.1 Taking a Measurement

For accurate readings, follow these guidelines:

- Be seated and at rest for at least 5 minutes prior to taking the reading.
- Avoid any food or caffeine for at least one hour before taking your blood pressure.
- Rest your arm on a table with the palm facing up and both feet flat on the ground.
- Do not speak or move during measurement.
- The cuff must be adjusted to have a snug fit (not too loose and not too tight).
- The cuff needs to be placed directly touching the skin. Do not place over any clothing.

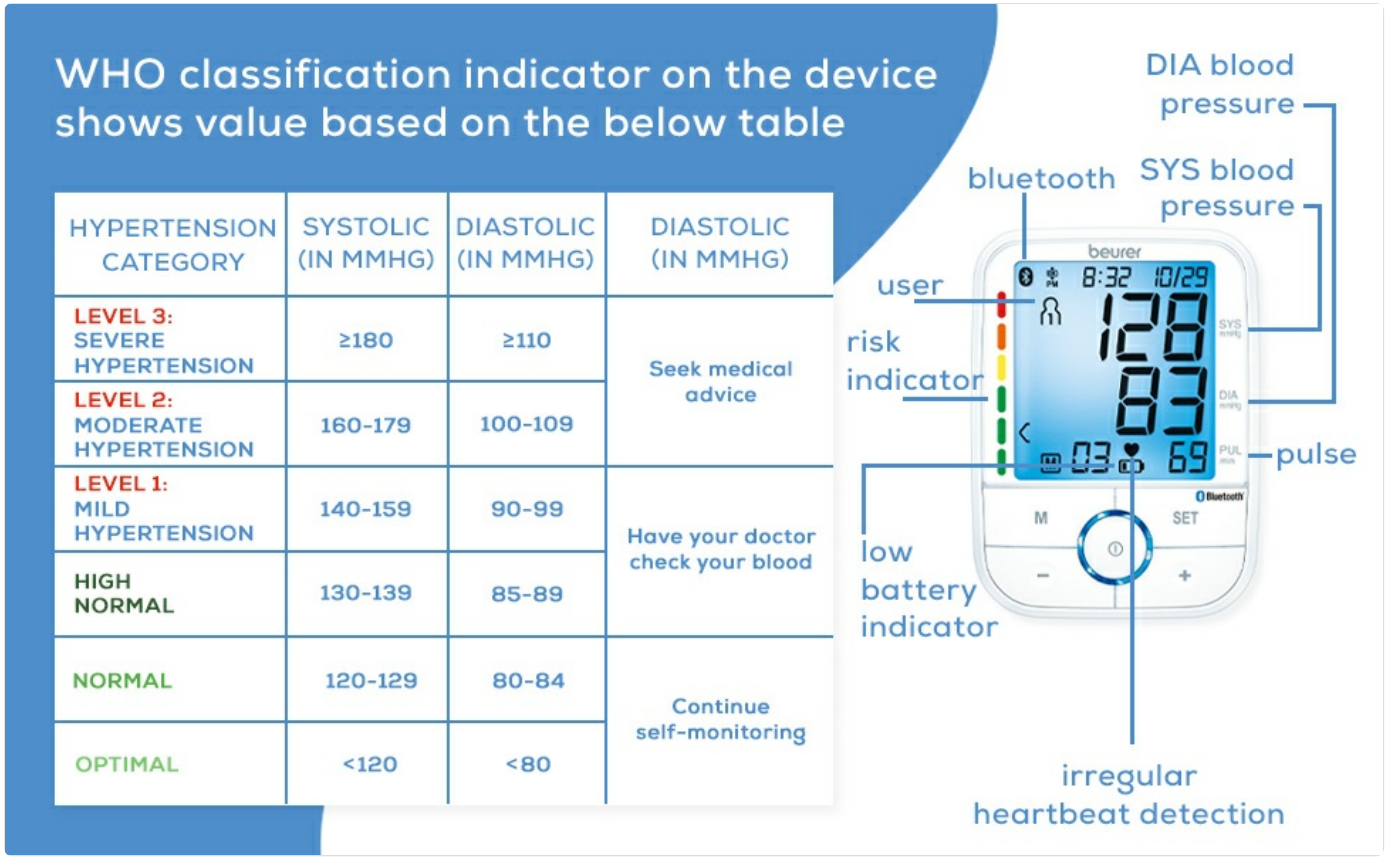


Figure 5: Proper cuff placement. This image illustrates the correct positioning of the adjustable universal cuff on the upper arm, ensuring accurate measurement.

To initiate a measurement, simply press the illuminated START/STOP button. The device will automatically inflate the cuff and display your systolic and diastolic blood pressure, along with your pulse.

3.2 Interpreting Results

The BM67 features a color risk indicator that helps you easily interpret your measurement based on the World Health Organization (WHO) metrics. The display will show a colored bar indicating your blood pressure category:



Figure 6: WHO Blood Pressure Classification. This image displays the WHO classification table, showing different hypertension categories (Level 1, 2, 3) based on systolic and diastolic blood pressure values, along with the corresponding color codes on the device.

The unit also automatically identifies and alerts you to any irregular heartbeat disturbances. If detected, a warning symbol will be displayed after the measurement is taken.

3.3 Multiple Users and Data Synchronization

The BM67 supports up to 4 individual users. To change the user on the monitor, keep the device OFF, press the SET button, and then use the +/- buttons to switch between users. Allow the monitor to shut off before the new user takes a reading. Keep the HealthCoach app open throughout the process for automatic synchronization.

Video 2: Beurer Bluetooth Upper Arm Blood Pressure Monitor, BM67. This video demonstrates the ease of use and Bluetooth connectivity of the Beurer BM67, showing how measurements are taken and synced.

4. Maintenance

4.1 Care and Cleaning

To ensure the longevity and accuracy of your Beurer BM67, follow these care instructions:

- Do not wash the unit in a washing machine, dishwasher, or tumble dryer.
- Clean the device and cuff with a slightly damp cloth. Do not use abrasive cleaners or solvents.
- Store the monitor and cuff in the provided storage case when not in use to protect it from dust and damage.

4.2 Battery Information

The device requires 4 AA batteries, which are included. Replace all batteries when the low battery indicator appears on the display to ensure continued accurate operation. The unit features an automatic switch-off for convenience to conserve battery life.

5. Troubleshooting

If you encounter issues with your Beurer BM67, consider the following common solutions:

- **Inaccurate Readings:** Ensure proper cuff positioning directly on the skin, and that you are seated and at rest for at least 5 minutes before measurement. Avoid speaking or moving during the measurement.
- **App Connectivity Issues:** Ensure Bluetooth is enabled on your smartphone and the HealthCoach app is open. If pairing fails, try restarting both the monitor and the app. Note: The unit cannot be synced with more than one app simultaneously.
- **Cuff Over-inflation/Discomfort:** Verify the cuff is correctly sized for your arm (8.7"-17.3") and positioned according to the instructions. If discomfort persists, consult the full user manual or customer support.
- **Time/Date Settings:** If the time or date is incorrect, refer to section 2.1 for instructions on how to reset these settings.
- **No Display/Power Issues:** Check if the batteries are correctly inserted and have sufficient charge. Replace batteries if necessary.

6. Specifications

Feature	Detail
Product Dimensions	5.5"L x 4"W x 2.1"Th
Item Model Number	BM67
Batteries	4 AA batteries required (included)
Date First Available	October 2, 2017
Manufacturer	Beurer
Brand	Beurer
Included Components	Monitor, 4x AA batteries, instruction manual, universal cuff, storage case

Power Source	Battery Powered
Size	2 Piece Set
Age Range (Description)	Adult
Item Weight	1.4 Pounds
Model Name	BM67
Band Size	8.7-17.3 inches
Material Feature	Plastic

7. Warranty & Support

For any questions or support regarding your Beurer BM67 Blood Pressure Monitor, please contact Beurer North America LP customer service.
Customer Service: +1 (800) 536-0366
Please refer to the official product documentation for detailed warranty information.

8. Additional Resources

For a complete guide and further details, you can download the official User Manual in PDF format:
Download Beurer BM67 User Manual (PDF)
For easy setup of the HealthCoach app, scan the QR code below or visit the provided link:

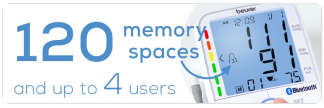


Figure 7: Scan to set up HealthCoach App. This image shows a QR code that can be scanned to quickly access the HealthCoach app for setup.
Link: https://qrco.de/bcGvHQ

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Ask a question about this manual

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. Privacy details.

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question