Beurer BM55

Beurer BM55 Blood Pressure Monitor User Manual

Model: BM55

Introduction

This manual provides essential instructions for the safe and effective operation of your Beurer BM55 Upper Arm Blood Pressure Monitor. Please read this manual thoroughly before first use and keep it for future reference. The Beurer BM55 is designed for non-invasive measurement and monitoring of arterial blood pressure and pulse values in adults. It features an XL backlit display, arrhythmia detection, and a patented resting indicator for accurate readings.



Image: The Beurer BM55 Blood Pressure Monitor, showing the main unit with its large digital display and the attached arm cuff.

Setup

1. Battery Installation

The Beurer BM55 monitor operates on batteries. Four AA batteries are included with your device. To install or replace batteries:

1. Open the battery compartment cover, typically located on the back or bottom of the device.
2. Insert four AA batteries, ensuring correct polarity (+/-) as indicated inside the compartment.
3. Close the battery compartment cover securely.

If the battery indicator shows low power, replace all four batteries simultaneously with new ones.

2. Attaching the Arm Cuff

The universal arm cuff (8.7" - 16.5" / 22 cm - 42 cm) is designed for comfortable and accurate measurement.

1. Connect the air tube from the cuff securely into the air socket on the side of the monitor.
2. Place the cuff on your bare upper left arm, approximately 2-3 cm (0.8-1.2 inches) above the elbow joint. The artery mark on the cuff should align with your brachial artery.
3. Ensure the cuff is snug but not too tight. You should be able to fit two fingers comfortably under the cuff.



Image: Close-up of the adjustable universal arm cuff, showing its size range and latex-free label.

3. Setting Date and Time

Accurate date and time settings are crucial for tracking your measurements. Refer to the full instruction manual for detailed steps on setting the date and time. This typically involves pressing and holding a specific button (e.g., the 'M' button or a dedicated 'SET' button) to enter setup mode, then using other buttons to adjust values and confirm.

Operating Instructions

1. Taking a Blood Pressure Measurement

For accurate readings, ensure you are relaxed, seated comfortably with your feet flat on the floor, and your arm supported at heart level. Avoid talking or moving during the measurement.

1. Ensure the cuff is correctly attached to your upper arm.
2. Select your user profile (M1 or M2) if applicable.
3. Press the START/STOP button (often the main power button). The cuff will automatically inflate and then slowly deflate, taking the measurement.
4. Your systolic, diastolic blood pressure, and pulse rate will be displayed on the XL backlit screen.
5. The device will automatically store the reading in the selected user memory.



Image: The Beurer BM55 monitor displaying measurement results, highlighting its capacity for two users and storage of up to 120 measurements.

2. Understanding the Display and Indicators

The BM55 features a large, easy-to-read display with several indicators:

- **Systolic (SYS) and Diastolic (DIA) Blood Pressure:** Displayed in mmHg.
- **Pulse Rate:** Displayed in beats per minute (pul/min).
- **Risk Indicator:** A color-coded scale on the left side of the display indicates your blood pressure classification based on World Health Organization (WHO) standards.
- **Irregular Heartbeat Detector:** A symbol (often a heart icon) will appear if an irregular heartbeat is detected during the measurement.
- **Patented Resting Indicator:** A small icon (e.g., a seated figure) indicates whether you are sufficiently calm and correctly positioned for accurate readings. A green icon typically means optimal conditions, while a red icon suggests you are not at rest.

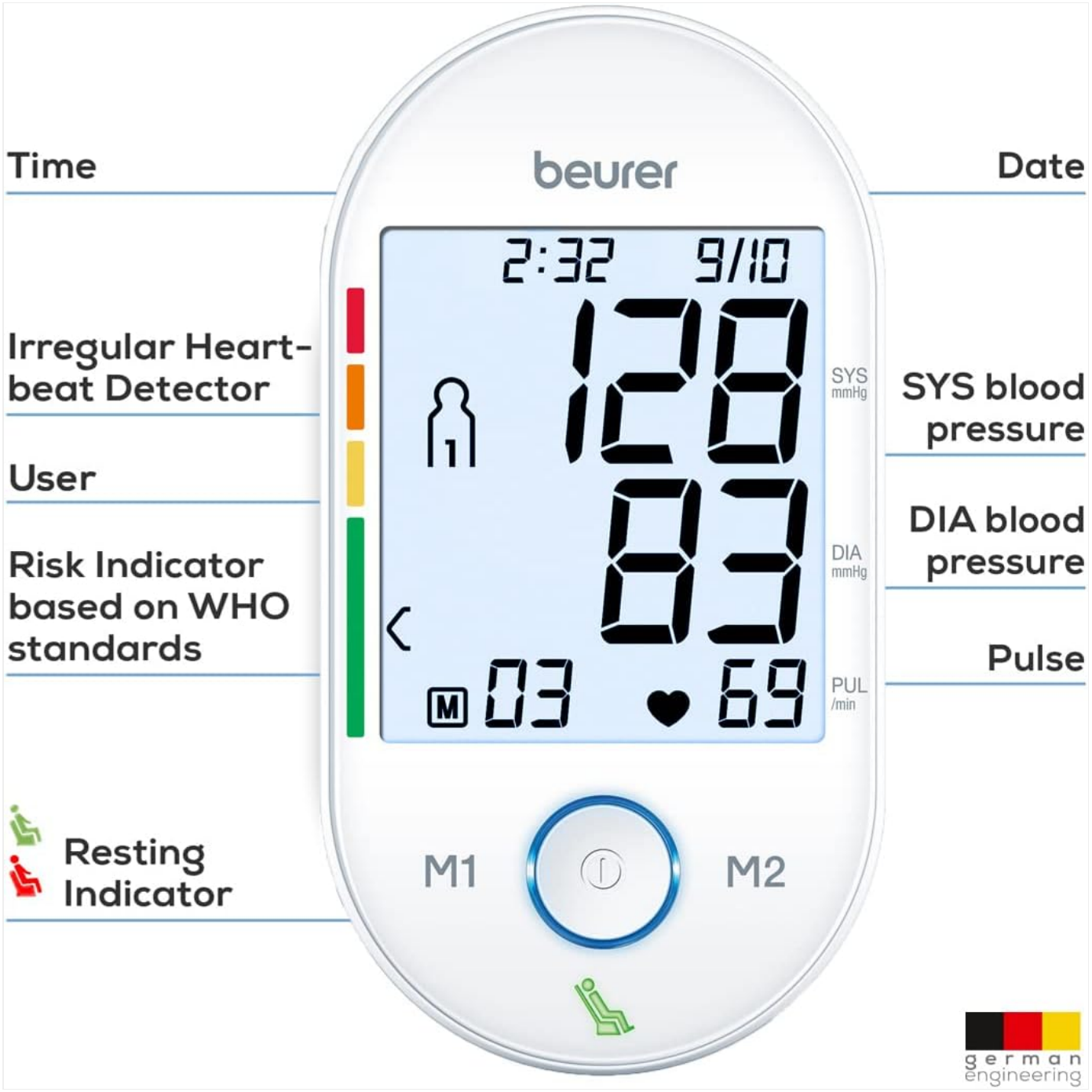


Image: Detailed view of the Beurer BM55 display, labeling time, date, irregular heartbeat detector, user, risk indicator, resting indicator, systolic blood pressure, diastolic blood pressure, and pulse.



Image: Explanation of the patented resting indicator on the Beurer BM55, showing green for "sufficiently at rest" and red for "not at rest."



Image: The Beurer BM55 display highlighting the irregular heartbeat detection feature with a heart icon.

3. Memory Function

The BM55 can store up to 60 measurements for each of two users (M1 and M2), totaling 120 memory spaces. To review past readings:

- Press the 'M1' or 'M2' button to access the memory for the respective user.
- Use the arrow buttons (if available) or repeatedly press the memory button to scroll through stored measurements.
- The device can also calculate an average of all saved measured values.

Maintenance

1. Cleaning

- Clean the monitor and cuff with a slightly damp cloth. Do not use abrasive cleaners or immerse the device in water.
- Ensure no liquid enters the monitor casing.

2. Storage

Store the blood pressure monitor and cuff in the included storage case when not in use. Keep it in a cool, dry place, away from direct sunlight, extreme temperatures, and humidity. Avoid dropping the device or subjecting it to strong impacts.

Troubleshooting

If you encounter issues with your Beurer BM55, 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. Replace all four AA batteries with new ones.
"E" or error message displayed.	Cuff not correctly applied, movement during measurement, or air leakage.	Re-apply cuff correctly. Remain still and silent during measurement. Check cuff and tube connections for leaks.
Inconsistent or inaccurate readings.	Incorrect posture, recent physical activity, caffeine, or smoking.	Ensure proper resting position. Avoid strenuous activity, caffeine, or smoking for at least 30 minutes before measurement. Take multiple readings at the same time each day for comparison.
Difficulty setting date/time.	Incorrect button sequence or timing.	Refer to the detailed instructions in the complete user manual for specific button presses and sequences for setting date and time.

Specifications

Feature	Detail
Model Number	BM55
Measurement Method	Oscillometric, non-invasive blood pressure measurement on the upper arm
Cuff Size	Universal Cuff (8.7" - 16.5" / 22-42 cm)
Display	XL Backlit LCD
Memory	2 users, 60 memory spaces each (total 120)
Features	Arrhythmia detection, Patented Resting Indicator, WHO risk indicator, Average function
Power Source	4 x AA Batteries (included)
Product Dimensions	7.32"L x 3.74"W x 2.2"Th (18.59 cm x 9.5 cm x 5.59 cm)
Item Weight	16 ounces (approx. 454 grams)
Included Components	Monitor, Universal cuff, 4 AA Batteries, Instruction manual, Storage case



Image: The Beurer BM55 Blood Pressure Monitor with its dimensions labeled: 7.3 inches length, 3.7 inches width, and 2.2 inches thickness.

Warranty and Support

Customer Service

For any questions, technical support, or warranty inquiries regarding your Beurer BM55 Blood Pressure Monitor, please contact Beurer North America customer service.

Phone: +1 (800) 536-0366

Please have your model number (BM55) and purchase information ready when contacting support.

For detailed warranty information, please refer to the warranty card included with your product or visit the official Beurer website.

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