Beurer BM 85

Beurer BM 85 Blood Pressure Monitor User Manual

Model: BM 85 (4211125658038)

1. Introduction

The Beurer BM 85 Blood Pressure Monitor is designed for reliable and accurate measurement of arterial blood pressure at home. This device features a patented resting indicator to ensure precise readings, convenient Li-ion battery operation, and seamless data transfer via Bluetooth or USB to the Beurer HealthManager Pro app. Its inflation technology allows for measurement during the inflation process, providing a quicker and more comfortable experience. The illuminated XL display and arrhythmia detection further enhance its utility for monitoring cardiovascular health.



Image 1.1: The Beurer BM 85 Blood Pressure Monitor shown alongside its companion mobile application displaying blood pressure readings.

2. Safety Information

Please read this instruction manual carefully before use and keep it for future reference. Observe all safety notes and warnings. This device is intended for self-measurement of blood pressure and pulse in adults. It is not a substitute for medical examination or treatment. Consult your doctor if you have any concerns about your blood pressure readings or health condition.

- Do not use the device on infants, children, or individuals unable to express consent.
- Do not use the device in conjunction with high-frequency surgical equipment.
- Avoid using the device in areas with strong electromagnetic fields.
- Only use the original cuff and accessories provided with the device.
- Do not attempt to repair the device yourself. Contact authorized service personnel for repairs.

3. Package Contents

Carefully unpack the device and check for any damage. Ensure all components are present:

- Beurer BM 85 Blood Pressure Monitor

- Upper arm cuff (for arm circumference 22-42 cm)
- USB power adapter
- USB cable
- Cuff holder
- Storage bag
- User manual
- Access to the 'beurer HealthManager Pro' app



Image 3.1: An illustration of the Beurer BM 85 Blood Pressure Monitor and its included accessories: the monitor unit, an arm cuff, a USB connection cable, and a USB power adapter.

4. Product Overview and Features

The Beurer BM 85 is equipped with advanced features for comprehensive blood pressure monitoring:

- **Patented Resting Indicator:** Verifies if the user is physically and mentally at rest for accurate, comparable measurements.
- **Inflation Technology:** Measures blood pressure during the cuff inflation process for faster and more comfortable readings.
- **Illuminated XL Display:** Large, easy-to-read display with backlight for clear visibility of readings.
- **Arrhythmia Detection:** Warns of potential heart rhythm disturbances during measurement.
- **Risk Indicator (LEDs):** Categorizes blood pressure readings on a colored scale for quick interpretation.
- **Memory Slots:** Stores 2 x 60 measurement values for two users.
- **Data Transfer:** Connects via Bluetooth or USB to the free 'beurer HealthManager Pro' app for detailed analysis and sharing.
- **Convenient Li-ion Battery:** Rechargeable battery eliminates the need for disposable batteries.
- **Touch Sensor Button:** Intuitive operation with an illuminated touch button.

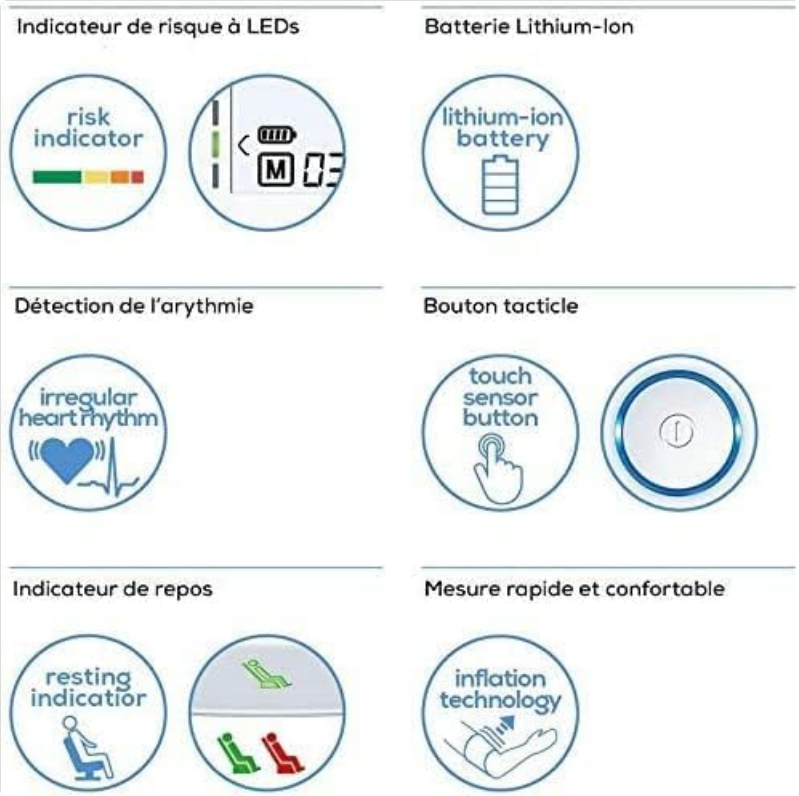


Image 4.1: Visual representation of the Beurer BM 85's key features, including its LED risk indicator, integrated lithium-ion battery, arrhythmia detection, responsive touch sensor button, patented resting indicator, and advanced inflation technology.

5. Setup

5.1 Charging the Device

1. Connect the USB cable to the BM 85 monitor and the USB power adapter.
2. Plug the power adapter into a suitable electrical outlet.
3. The battery indicator on the display will show the charging status. A full charge typically takes approximately 4 hours.

5.2 Attaching the Cuff

1. Insert the air tube connector of the cuff firmly into the port on the side of the blood pressure monitor.
2. Ensure the connection is secure to prevent air leakage during measurement.

5.3 Installing the Beurer HealthManager Pro App

1. Download the free 'beurer HealthManager Pro' app from your smartphone's app store (iOS or Android).
2. Follow the in-app instructions to create an account and pair your BM 85 device via Bluetooth.
3. Alternatively, you can connect the device to a computer via USB to use the desktop software.



Image 5.1: The Beurer BM 85 Blood Pressure Monitor's compatibility with the 'beurer HealthManager Pro' app, highlighting its ability to sync data via both Bluetooth and USB connections.

6. Operating Instructions

6.1 Preparing for Measurement

- Rest for at least 5 minutes before taking a measurement.
- Avoid eating, drinking caffeine, smoking, or exercising for 30 minutes prior to measurement.
- Sit in a comfortable position with your back supported and feet flat on the floor.
- Place your arm on a table so the cuff is at heart level.
- Ensure the cuff is applied directly to bare skin, 2-3 cm above the elbow joint. The air tube should run along the inside of your arm.

6.2 Taking a Measurement

1. Press the illuminated touch sensor button to turn on the device.
2. Select the desired user (M1 or M2) if applicable.
3. The cuff will automatically inflate, and the measurement will be taken during inflation (inflation

technology).

4. Remain still and silent during the measurement.
5. Once complete, your systolic pressure, diastolic pressure, and pulse rate will be displayed on the screen.

6.3 Data Transfer to App

- After measurement, ensure your smartphone with the 'beurer HealthManager Pro' app is nearby and Bluetooth is enabled.
- The device will automatically attempt to transfer the readings to the app.
- You can also manually initiate data transfer within the app or by connecting the device via USB to a computer.



Image 6.1: A man demonstrating the proper use of the Beurer BM 85 Blood Pressure Monitor, with the cuff correctly placed on his upper arm and the device positioned on a table at heart level.

7. Understanding Your Readings

7.1 Resting Indicator

The patented resting indicator ensures that your measurement is taken when you are sufficiently physically and mentally at rest. If the indicator shows that you were not at rest, the measurement may not be as accurate or comparable. It is recommended to repeat the measurement after a period of relaxation.

7.2 Risk Indicator

The device features a colored LED scale that classifies your blood pressure readings according to WHO (World Health Organization) guidelines. This provides a quick visual assessment of your blood pressure status:

- **Green:** Optimal blood pressure
- **Yellow:** Normal blood pressure
- **Orange:** High-normal blood pressure
- **Red:** Hypertension (high blood pressure)

7.3 Arrhythmia Detection

The BM 85 can detect irregularities in heart rhythm during blood pressure measurement. If an arrhythmia is detected, a symbol will appear on the display. If this symbol appears frequently, consult your doctor for further evaluation.

8. Maintenance and Care

- **Cleaning:** Clean the monitor and cuff with a slightly damp cloth. Do not use abrasive cleaners or immerse the device in water.
- **Storage:** Store the device and cuff in the provided storage bag in a cool, dry place, away from direct sunlight and extreme temperatures.
- **Battery:** Recharge the Li-ion battery regularly, even if the device is not in frequent use, to maintain battery health.
- **Cuff:** The cuff is a sensitive component. Handle it carefully and avoid bending or creasing the air tube.

9. Troubleshooting

Problem	Possible Cause	Solution
Device does not turn on.	Battery is discharged.	Charge the device using the USB power adapter.
Error message on display.	Cuff not correctly applied or movement during measurement.	Re-apply the cuff correctly and remain still during measurement. Refer to the full manual for specific error codes.
Readings are inconsistent.	Not at rest, incorrect cuff placement, or external factors.	Ensure proper resting conditions, correct cuff placement, and avoid talking or moving during measurement.
Cannot transfer data to app.	Bluetooth off, app not open, or device not paired.	Ensure Bluetooth is enabled on your smartphone, the app is running, and the device is correctly paired. Try reconnecting via USB.

10. Specifications

- **Model Name:** Beurer BM 85 Digital Blood Pressure Monitor with Large Cuff
- **Model Number:** 4211125658038
- **Power Source:** Lithium-ion battery (included), USB powered
- **Display Type:** Digital, Illuminated XL Display
- **Cuff Size:** For arm circumference 22 - 42 cm (Medium)
- **Memory:** 2 x 60 memory slots
- **Connectivity:** Bluetooth, USB
- **Product Dimensions (L x W x H):** 18 x 9.9 x 4 cm
- **Product Weight:** 456 grams
- **Manufacturer:** Beurer GmbH
- **Country of Origin:** China

11. Warranty and Support

This product is covered by a return policy allowing for refund/replacement within 31 days, fulfilled by Amazon. For further support, technical assistance, or warranty claims, please refer to the official Beurer website or contact Beurer customer service. You can visit the official Beurer store for more information: Beurer Store.

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