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### Greater Goods Wrist Blood Pressure Monitor B07GT657XV

# Greater Goods Wrist Blood Pressure Monitor User Manual

Model: B07GT657XV

## 1. INTRODUCTION

The Greater Goods Wrist Blood Pressure Monitor is designed for convenient and accurate measurement of systolic and diastolic blood pressure, as well as pulse rate. This device is suitable for home use and on-the-go monitoring. It features a backlit LCD screen, a position assistant, and memory storage for two users.



*Image: The Greater Goods Wrist Blood Pressure Monitor, showing the main unit, wrist cuff, and included carry bag.*

## 2. SETUP

### 2.1 Battery Installation

The monitor requires two AAA batteries, which are included. To install:

1. Locate the battery compartment on the back of the monitor.
2. Slide the battery cover off.
3. Insert the two AAA batteries, ensuring correct polarity (+ and -).
4. Replace the battery cover.

### 2.2 Initial Settings (Date and Time)

After installing batteries, the device may prompt you to set the date and time. Refer to the on-screen prompts and use the designated buttons (usually 'MEM' or 'USER' in combination with 'START/STOP') to adjust and confirm the settings. Accurate date and time are essential for tracking readings over time.

## 3. OPERATING INSTRUCTIONS

### 3.1 Applying the Wrist Cuff

Proper cuff placement is crucial for accurate readings.

1. Ensure the monitor is placed directly on your wrist, approximately 1-2 cm from your hand.
2. The display should be on the inside of your wrist.
3. Fasten the cuff snugly but not too tightly. There should be enough space to insert one finger between the cuff and your wrist.



## Trust Your Numbers

Our monitor is backed by video tutorials and a dedicated support team.

*Image: Close-up of the wrist cuff with visual guides for correct placement, indicating 1-2 cm from the hand and alignment with the heart.*

### 3.2 Taking a Measurement

For best results, sit comfortably with your feet flat on the floor and your arm supported. Avoid talking or moving during the measurement.

1. Once the cuff is correctly applied, press the **START/STOP** button.
2. The monitor will begin to inflate the cuff. Remain still and quiet.
3. The monitor features a position assistant. Ensure your wrist is at heart level. The display will guide you with arrows or indicators to achieve the correct position.
4. Once the measurement is complete, the cuff will deflate, and your systolic pressure, diastolic pressure, and pulse rate will be displayed on the screen.



## Better Technology, Better Results

Position Assistant and precision sensors work together for more accurate readings.

*Image: A person demonstrating the correct wrist position for taking a blood pressure reading, with the monitor at heart level.*

### 3.3 Understanding Your Readings

The monitor displays three key values:

- **SYS (Systolic Pressure):** The top number, indicating the pressure in your arteries when your heart beats.
- **DIA (Diastolic Pressure):** The bottom number, indicating the pressure in your arteries between beats.
- **PUL (Pulse Rate):** Your heart rate, measured in beats per minute.

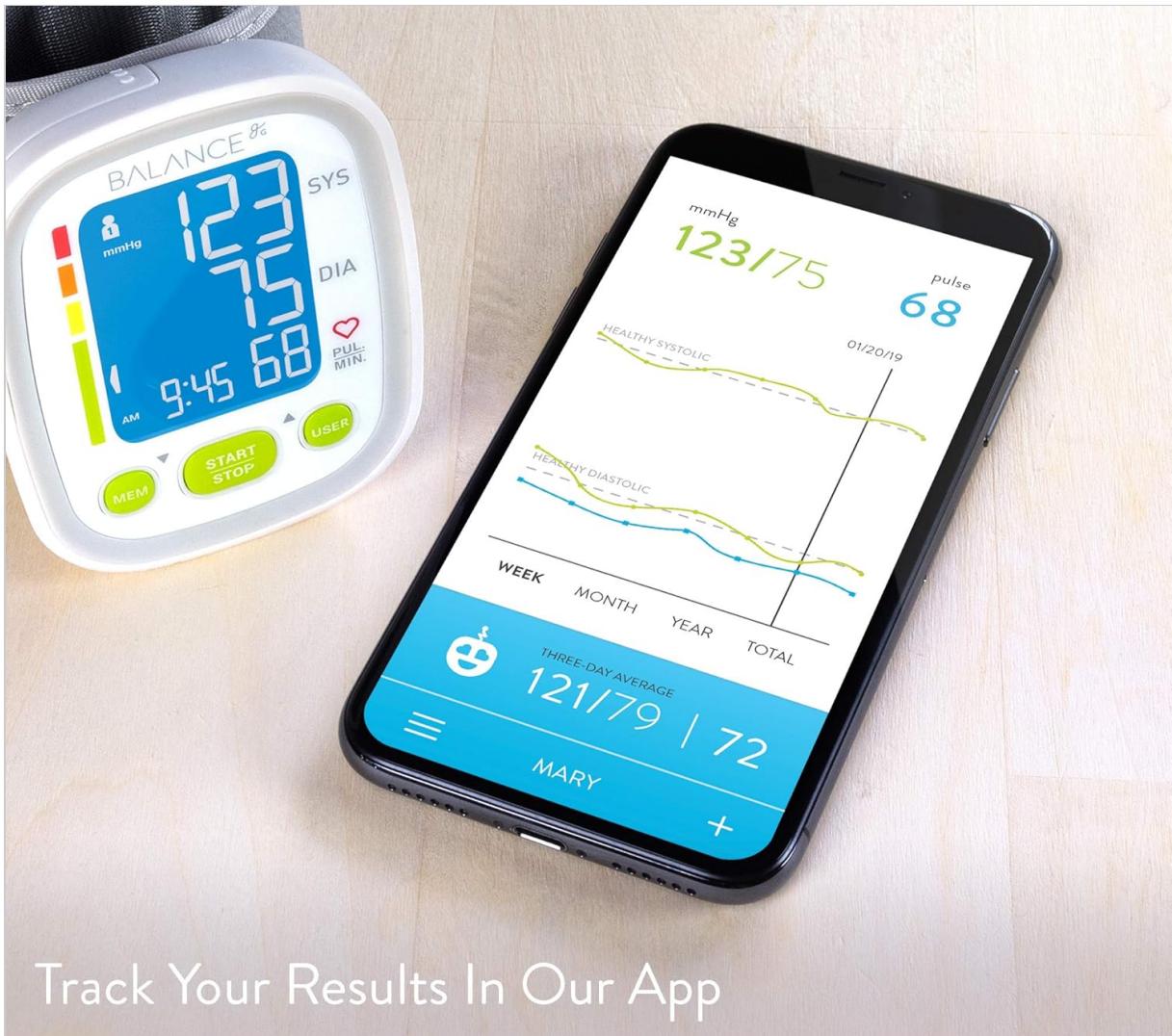
The monitor also includes a healthy range indicator, typically a color-coded bar on the side of the display, to provide a quick visual assessment of your reading relative to standard guidelines.

### 3.4 Memory Function

The device can store up to 60 readings for two individual users. To access stored readings:

1. Press the **USER** button to select User 1 or User 2.
2. Press the **MEM** button to view previous readings. Each press will cycle through the stored measurements.

While the monitor does not have direct Bluetooth connectivity, you can manually enter your readings into the free Balance Health app to track trends over time.



## Track Your Results In Our App

Even though your monitor is not connected, you can manually enter your results into our free Balance Health app to see trends over time.

*Image: The blood pressure monitor displayed alongside a smartphone showing the Balance Health app, illustrating how users can manually track their results.*

## 4. MAINTENANCE

### 4.1 Cleaning

To ensure the longevity and hygiene of your monitor:

- Wipe the monitor and cuff with a soft, dry cloth.
- If necessary, use a cloth lightly dampened with water or a mild disinfectant. Do not use abrasive cleaners or immerse the device in water.

### 4.2 Storage

Store the monitor in a cool, dry place, away from direct sunlight and extreme temperatures. The included drawstring carry bag is ideal for protection and portability.



## Travels With You

Compact design makes it easy to store away or take on the go in the included carry bag.

*Image: The blood pressure monitor being stored in its compact, grey drawstring carry bag, highlighting its portability.*

## 5. TROUBLESHOOTING

If you encounter issues with your monitor, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
<b>E01 Error</b>	Cuff not applied correctly or movement during measurement.	Re-apply the cuff snugly, ensuring correct positioning. Remain still and quiet during the measurement.
<b>Low Battery Indicator</b>	Batteries are low or incorrectly inserted.	Replace both AAA batteries with new ones. Ensure correct polarity.
<b>Inconsistent Readings</b>	Improper positioning, movement, or external factors.	Ensure correct wrist positioning at heart level. Take measurements at the same time each day. Avoid caffeine, exercise, or smoking 30 minutes prior. Consult a healthcare professional for interpretation of readings.

Problem	Possible Cause	Solution
<b>Monitor does not turn on</b>	No batteries, dead batteries, or incorrect battery insertion.	Check battery installation and replace with fresh batteries if needed.

If problems persist after attempting these solutions, please contact customer support.

## 6. SPECIFICATIONS

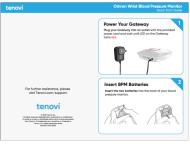
- Product Dimensions:** 3.3" L x 2.6" W x 0.87" Th
- Weight:** 6.38 ounces
- Power Source:** 2 AAA batteries (included)
- Display Type:** LCD
- Memory:** 60 readings per user (for 2 users)
- Included Components:** Wrist BPM, 2 AAA Batteries, Carry Bag
- ASIN:** B07GT657XV
- UPC:** 875011006071

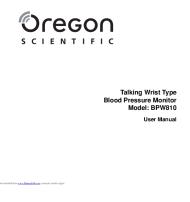
## 7. WARRANTY AND SUPPORT

Greater Goods offers a two-year warranty for this product. For any questions or assistance with your blood pressure monitor, our friendly support team in St. Louis is available to help. Please refer to the contact information provided with your product packaging or visit the official Greater Goods website for support details.

**Legal Disclaimer:** Statements regarding dietary supplements have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition.

## Related Documents - Wrist Blood Pressure Monitor B07GT657XV

	<p><a href="#">LTE-M Scale Welcome Guide and Quick Start</a></p> <p>Welcome guide and quick start instructions for the LTE-M Scale, including setup, warnings, and FCC compliance information.</p>
	<p><a href="#">Greater Goods Balance Body Composition Scale User Manual</a></p> <p>User manual for the Greater Goods Balance Body Composition Scale. Provides instructions on setup, usage, safety, troubleshooting, and technical specifications for measuring weight, body fat, muscle mass, water weight, and bone density.</p>
	<p><a href="#">Omron Wrist Blood Pressure Monitor Quick Start Guide - Tenovi</a></p> <p>Get started quickly with the Omron Wrist Blood Pressure Monitor. This guide from Tenovi provides step-by-step instructions for setup, measurement, and daily use.</p>

	<p><b><a href="#">SMARTHEART™ Automatic Digital Blood Pressure Wrist Monitor - Quick Start Guide</a></b></p> <p>Quick start guide for the SMARTHEART™ Automatic Digital Blood Pressure Wrist Monitor (Model # 01-541) by Veridian Healthcare. Learn how to apply the cuff and take accurate readings.</p>
	<p><b><a href="#">Guide to Checking Blood Pressure at Home</a></b></p> <p>Learn how to accurately check your blood pressure at home with this comprehensive guide from UW Health. Understand readings, choose the right monitor, and know when to contact your provider.</p>
	<p><b><a href="#">Oregon Scientific BPW810 Talking Wrist Blood Pressure Monitor User Manual</a></b></p> <p>User manual for the Oregon Scientific BPW810 Talking Wrist Type Blood Pressure Monitor. Provides instructions for setup, measurement, care, troubleshooting, and understanding blood pressure readings.</p>