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› Paramed Automatic Upper Arm Blood Pressure Monitor Instruction Manual

Paramed B22S

Paramed Automatic Upper Arm Blood Pressure Monitor

Instruction Manual

INTRODUCTION

Thank you for choosing the Paramed Automatic Upper Arm Blood Pressure Monitor. This device is designed for accurate and convenient measurement of blood pressure and pulse rate at home. Regular monitoring can provide valuable information about your cardiovascular health. Please read this manual thoroughly before using the device to ensure proper operation and accurate readings. Keep this manual for future reference.

SAFETY INFORMATION

This product is intended for home use and should not replace professional medical advice. Consult your physician for interpretation of blood pressure readings. This product may expose you to chemicals known to the State of California to cause cancer and birth defects or other reproductive harm. For more information, please refer to relevant safety guidelines.

PACKAGE CONTENTS

Verify that all items are present in your package:

- Paramed Blood Pressure Monitor Unit
- Upper Arm Cuff (8.7-16.5 inches / 22-42 cm)
- Carrying Bag
- 4 AA Batteries
- Instruction Manual (this document)



Image: Contents of the Paramed Blood Pressure Monitor package, including the main unit, cuff, carrying bag, and batteries.

SETUP

1. Battery Installation

Open the battery compartment cover on the back of the monitor. Insert the 4 AA batteries, ensuring the correct polarity (+/-) as indicated inside the compartment. Close the cover securely.

2. Connecting the Cuff

Insert the air tube connector from the cuff firmly into the air jack on the side of the monitor unit.



Image: The Paramed Blood Pressure Monitor with the cuff properly connected to the main unit.

3. Initial Settings (Date/Time, Voice)

Press the **SET** button to enter the setting mode. Use the **MEM** button to adjust values and **SET** to confirm and move to the next setting. You can set the year, month, day, hour, and minute. The device also features a voice broadcast function which can be turned on or off in the settings.

OPERATING INSTRUCTIONS

1. Proper Measurement Posture

For accurate readings, sit upright with your back supported. Place your feet flat on the floor and do not cross your legs. Rest your arm on a table so that the cuff is at the same level as your heart. Remain still and silent during the measurement.

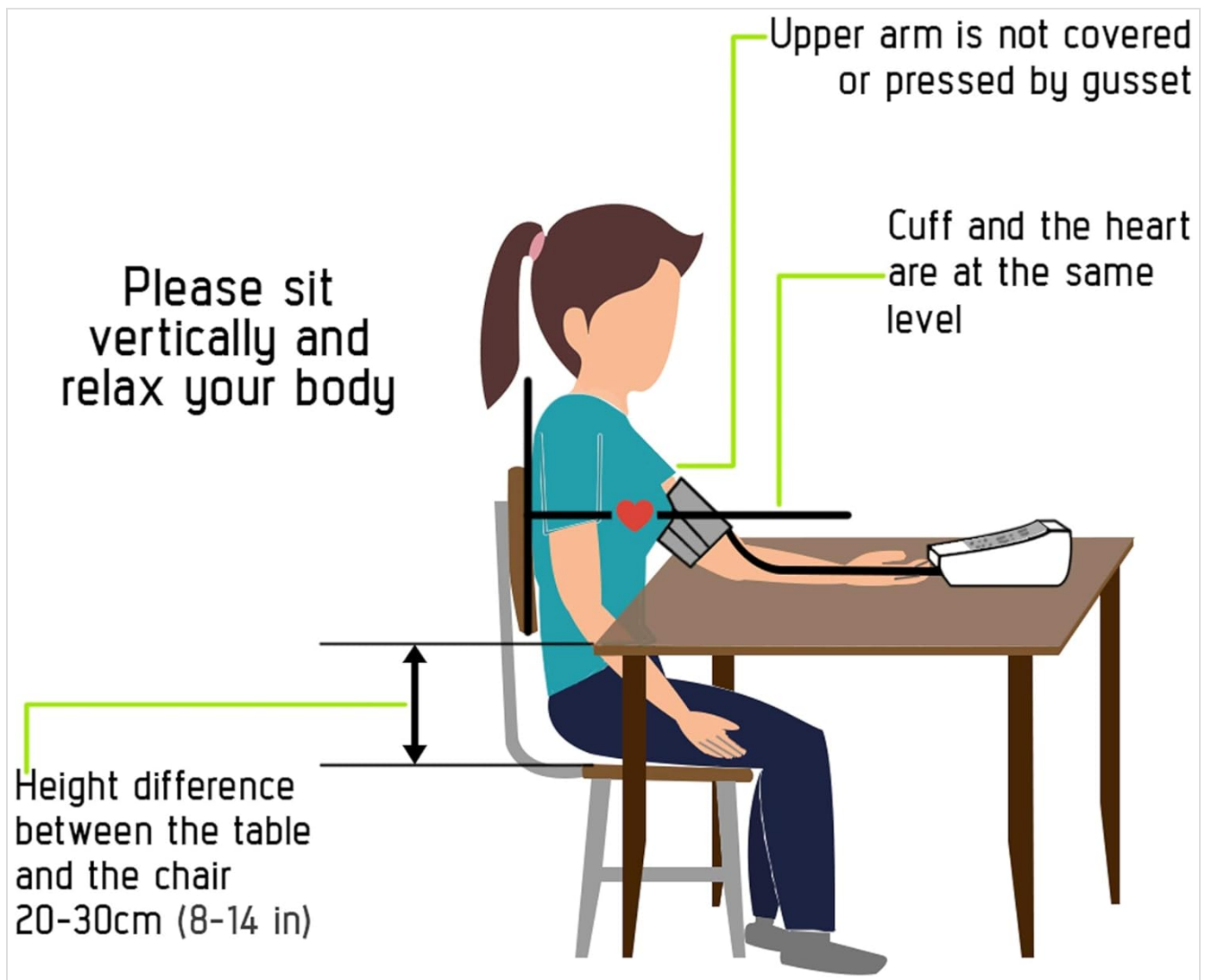


Image: Diagram illustrating the correct sitting posture for taking a blood pressure reading, emphasizing arm and cuff positioning relative to the heart.

2. Applying the Arm Cuff

Wrap the cuff around your bare upper arm, approximately 2-3 cm (0.8-1.2 inches) above the elbow joint. Ensure the air tube runs down the center of your arm in line with your middle finger. The self-checking feature helps confirm correct cuff positioning.

How to place a Blood Pressure Cuff

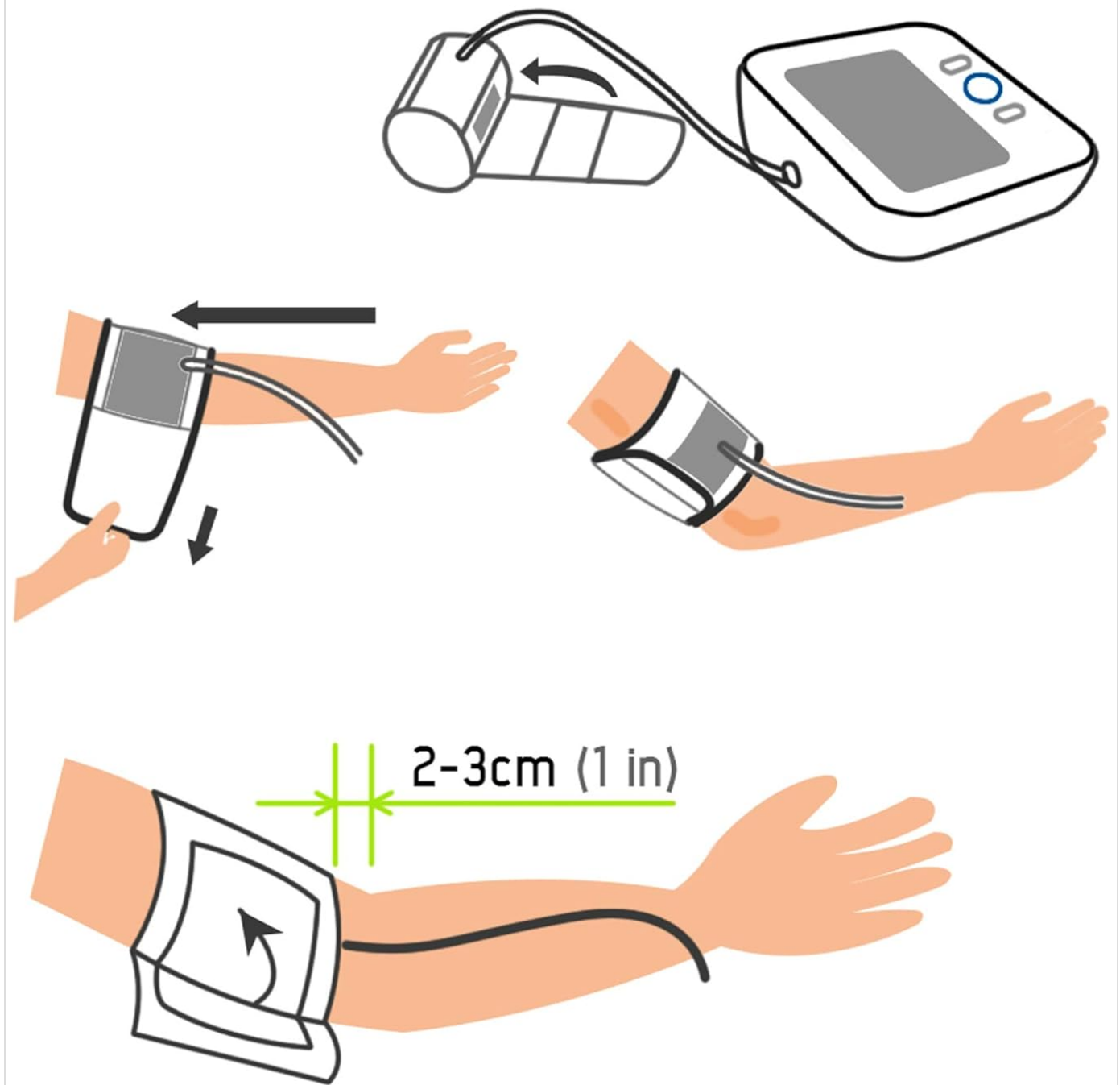


Image: Step-by-step diagram demonstrating the correct method for placing the blood pressure cuff on the upper arm.



Self-checking of cuff positioning



Image: A person demonstrating the correct placement of the blood pressure cuff on their upper arm, with the monitor unit visible.

3. Taking a Measurement

Once the cuff is correctly placed and you are in the proper posture, press the **START/STOP** button. The cuff will automatically inflate and then slowly deflate. The measurement will be displayed on the large LCD screen, and if enabled, the voice broadcast will announce the results.

4. Memory Function

The monitor can store up to 120 readings for two different users (User 1 and User 2). To view past readings, press the **MEM** button. Press it repeatedly to scroll through the stored measurements. Each reading includes the blood pressure (SYS/DIA), pulse rate, and the date/time of the measurement.

UNDERSTANDING YOUR READINGS

The display shows three main 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.
- **PULSE:** Your heart rate, measured in beats per minute.

Irregular Heartbeat Detection

This monitor is equipped with an irregular heartbeat detection feature. If an irregular heartbeat is detected during the measurement, a specific symbol will appear on the display. If this symbol appears frequently, consult your physician.

Irregular heartbeat detection



Double Users + 120 sets memory

Image: The monitor's display highlighting the irregular heartbeat detection symbol and the dual user memory indicators.

MAINTENANCE

Cleaning

Clean the monitor and cuff with a soft, dry cloth. Do not use abrasive cleaners or immerse the unit in water. The cuff can be gently wiped with a damp cloth and mild soap, then air-dried.

Storage

Store the device in its carrying bag in a cool, dry place, away from direct sunlight, extreme temperatures, and humidity. Remove batteries if the device will not be used for an extended period.

Zipper case included



Image: The Paramed Blood Pressure Monitor and its cuff neatly stored inside the included zipper carrying case.

Problem	Possible Cause	Solution
No display when powered on	Batteries are dead or incorrectly inserted.	Replace batteries or check polarity.
Error message (e.g., E-1)	Cuff not applied correctly, movement during measurement, or air leakage.	Reapply cuff, remain still, check cuff connection.
Inconsistent readings	Improper posture, talking during measurement, or recent physical activity.	Ensure proper posture, relax, avoid talking, wait 5 minutes after activity.
Voice function not working	Voice function is turned off in settings.	Access settings via the SET button and enable voice broadcast.

SPECIFICATIONS

- **Model Number:** B22S
- **Product Dimensions:** 5.91 x 4.72 x 3.94 inches; 1.21 Pounds
- **Power Source:** 4 AA Batteries (included), Corded Electric (adapter not included)
- **Display Type:** LCD
- **Cuff Size:** 8.7-16.5 inches (22-42 cm)
- **Memory:** 2 users, 120 sets of readings each
- **Features:** Voice Broadcast, Irregular Heartbeat Detection, Self-checking Cuff Positioning
- **Manufacturer:** PARAMED

WARRANTY AND SUPPORT

Paramed products are manufactured to high-quality standards. For warranty information or technical support, please refer to the contact details provided on the product packaging or visit the official Paramed website. Keep your purchase receipt as proof of purchase.