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Homedics BPA-O200

HoMedics BPA-O200 Upper Arm Blood Pressure Monitor Instruction Manual

Model: BPA-O200

INTRODUCTION

This manual provides essential instructions for the safe and effective operation of your HoMedics BPA-O200 Upper Arm Blood Pressure Monitor. Please read all instructions thoroughly before use and retain this manual for future reference.

The HoMedics BPA-O200 is an automatic blood pressure monitor designed for home use to measure systolic and diastolic blood pressure and pulse rate in adults. It features Smart Measure Technology for personalized measurements and can store readings for two users.

IMPORTANT SAFETY INFORMATION

- Consult your physician to determine your normal blood pressure range. Self-diagnosis and treatment based on measurements can be dangerous.
- This device is intended for adult use only.
- Do not use this device on infants, children, or individuals who cannot express their consent.
- Avoid taking measurements immediately after exercise, bathing, eating, or consuming alcohol or caffeine.
- Rest for at least 5 minutes before taking a measurement.
- If you experience discomfort during inflation, press the START/STOP button to immediately deflate the cuff.
- Do not attempt to repair or service the device yourself. Contact HoMedics customer support for assistance.

PRODUCT COMPONENTS

Your HoMedics BPA-O200 Blood Pressure Monitor package includes:

- HoMedics BPA-O200 Blood Pressure Monitor unit
- Standard Upper Arm Cuff (fits arm circumference 9"-13" / 23-33 cm)
- Storage Bag
- 4 AAA 1.5V Batteries
- Instruction Manual (this document)



Image: The HoMedics BPA-O200 monitor unit connected to its standard upper arm cuff.

SETUP

1. Battery Installation

1. Open the battery cover on the back of the monitor.
2. Insert the 4 AAA batteries according to the polarity indicators (+ and -) inside the compartment.
3. Close the battery cover securely.

The battery symbol will appear on the display when batteries are low, indicating they need replacement.

2. Cuff Attachment

1. Insert the air tube connector firmly into the air jack on the left side of the monitor unit.
2. Ensure the cuff is properly connected before taking a measurement.



Image: A diagram highlighting the easy one-touch operation, large digits, memory recall, risk category index, and irregular heartbeat detector on the monitor display.

OPERATING INSTRUCTIONS

1. Before Taking a Measurement

- Avoid eating, drinking alcohol, smoking, or exercising for 30 minutes before measurement.
- Rest for at least 5 minutes before starting.
- Sit upright with your feet flat on the floor, uncrossed.
- Place your arm on a table so the cuff is at heart level.

2. Applying the Arm Cuff

1. Slide the cuff onto your left upper arm, ensuring the air tube runs down the center of your arm towards your hand.
2. The bottom edge of the cuff should be approximately 0.5 to 1 inch (1-2 cm) above your elbow joint.
3. Wrap the cuff snugly around your arm. The index line on the cuff should fall within the range indicated by the arrow.
4. Ensure the cuff is not too tight or too loose.

3. Taking a Measurement (One-Touch Operation)

1. Press the **USER/+** button to select User 1 or User 2.
2. Press the **START/STOP** button. The cuff will automatically inflate using Smart Measure Technology, which adjusts inflation based on your individual blood pressure level.
3. Remain still and silent during the measurement. Avoid talking or moving.
4. Once the measurement is complete, your systolic pressure, diastolic pressure, and pulse rate will be displayed on the screen. The date and time will also be shown.
5. The measurement is automatically stored in the selected user's memory.
6. Press **START/STOP** again to turn off the monitor, or it will automatically shut off after 1 minute of inactivity.



Image: A hand pressing the START/STOP button on the monitor, illustrating the simple one-touch operation.

4. Memory Functions

The monitor stores up to 60 readings for each of two users (120 total memories).

- **Viewing Stored Readings:** Press the **MEM** button. The most recent reading will be displayed first. Press **MEM** repeatedly to scroll through older readings.
- **Viewing Average of Last 3 Readings:** After selecting a user, press the **MEM** button once. The display will show "AVG" and the average of the last three readings for that user.
- **Clearing Memory:** While in memory recall mode, press and hold the **MEM** button for approximately 3 seconds until "CLR" appears, then release. This will clear all readings for the currently selected user.



Image: The monitor display indicating support for two users and a total of 120 memories (60 per user), with a note about the memory averaging function.

UNDERSTANDING YOUR RESULTS

Risk Category Index

The monitor includes a color-coded risk category indicator on the display. This visual guide helps you understand your blood pressure reading in relation to established guidelines. Consult your physician for interpretation of your specific readings.

Blood Pressure Categories (Example based on general guidelines)

Category	Systolic (mmHg)	Diastolic (mmHg)
Normal	Less than 120	Less than 80
Elevated	120-129	Less than 80
High Blood Pressure (Hypertension) Stage 1	130-139	80-89
High Blood Pressure (Hypertension) Stage 2	140 or higher	90 or higher
Hypertensive Crisis	Higher than 180	Higher than 120

Note: This table provides general information. Always consult a healthcare professional for diagnosis and treatment.

Irregular Heartbeat Detector

This monitor can detect an irregular heartbeat during measurement. If an irregular heartbeat is detected, the irregular heartbeat symbol (heart with wavy line) will appear on the display. If this symbol appears frequently, consult your physician.



Image: A close-up of the monitor display showing the irregular heartbeat symbol, indicating a pulse irregularity was detected during the measurement.

MAINTENANCE AND CARE

- **Cleaning:** Clean the monitor and cuff with a soft, dry cloth. Do not use abrasive cleaners or immerse the unit in water.
- **Storage:** Store the device in its storage bag in a clean, dry place, away from direct sunlight, extreme temperatures, and humidity.
- **Batteries:** Remove batteries if the unit will not be used for an extended period to prevent leakage.
- **Cuff Care:** The cuff is designed for durability. Avoid excessive bending or creasing of the air tube.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Monitor does not turn on.	Batteries are dead or incorrectly inserted.	Replace batteries or reinsert them correctly, observing polarity.
Cuff does not inflate or inflates incorrectly.	Air tube not securely connected; cuff not applied correctly.	Ensure air tube is firmly inserted. Reapply cuff snugly according to instructions.
Error message (e.g., "E1", "E2").	Movement during measurement; cuff too loose; irregular pulse.	Remain still and silent. Reapply cuff. If errors persist, consult a physician.
Readings seem inconsistent or inaccurate.	Improper measurement technique; external factors (stress, recent activity).	Review "Operating Instructions" and "Before Taking a Measurement" sections. Ensure proper posture and rest. Take multiple readings over time.

If troubleshooting steps do not resolve the issue, contact HoMedics Customer Support.

SPECIFICATIONS

Model: BPA-O200

Display: Digital LCD

Measurement Method: Oscillometric

Measurement Range:

- Pressure: 0-300 mmHg
- Pulse: 40-199 beats/minute

Accuracy:

- Pressure: ± 3 mmHg
- Pulse: $\pm 5\%$ of reading

Cuff Size: Standard Adult Cuff (fits arm circumference 9"-13" / 23-33 cm)

Memory: 2 Users, 60 memories each (120 total)

Power Source: 4 AAA 1.5V Batteries (included)

Automatic Shut-off: Approximately 1 minute after last operation

Product Dimensions: 5.51 x 4.33 x 2.07 inches

Item Weight: 1.15 Pounds

Operating Environment: Consult product packaging for specific temperature and humidity ranges.

WARRANTY AND SUPPORT

HoMedics provides a limited warranty for this product. For detailed warranty information, please refer to the warranty card included with your purchase or visit the official HoMedics website.

For technical support, replacement parts, or any questions regarding your HoMedics BPA-O200 Blood Pressure Monitor, please contact HoMedics Customer Service:

Website: www.homedics.com

Phone: Refer to the HoMedics website or product packaging for current contact numbers.

When contacting support, please have your model number (BPA-O200) and purchase date available.