

## Lovia BP-001

# Lovia BP-001 Upper Arm Blood Pressure Monitor

## USER INSTRUCTION MANUAL

### Introduction

Thank you for choosing the Lovia BP-001 Upper Arm Blood Pressure Monitor. This device is designed for convenient and accurate measurement of blood pressure and pulse rate at home. Regular monitoring can provide valuable health information. Please read this manual thoroughly before first use to ensure correct operation and to obtain the most accurate results.

### Important Safety Information

- Consult your physician before using this device if you have any medical conditions.
- Do not use this device for diagnosis or treatment of any health problem or disease. Always consult your doctor for medical advice.
- Do not adjust medication based on measurements from this blood pressure monitor without consulting your doctor.
- This device is intended for adult use only. Keep out of reach of children.
- Avoid using the monitor in areas with strong electromagnetic fields, such as near mobile phones or microwave ovens.
- Do not use the cuff on an arm with an injury or undergoing medical treatment.
- If you experience discomfort during measurement, press the START/STOP button to immediately deflate the cuff.

### Package Contents

# Blood Pressure Monitor

- ✓ **D-Ring Cuff 8" to 15"**
- ✓ **USB Power Cord**
- ✓ **Users Manual**
- ✓ **Quick Start Guide**
- ✓ **Uses 4 AAA Batteries**  
**(Not Included)**



This image displays the complete package contents: the Lovia BP-001 monitor, an adjustable D-ring arm cuff, a USB power cord, a user manual, and a quick start guide.

Your Lovia BP-001 Blood Pressure Monitor package includes:

- 1 x Lovia BP-001 Blood Pressure Monitor Unit
- 1 x Upper Arm Cuff (fits arm circumference 22-40 cm)
- 1 x USB Power Cord (Note: AC adapter and batteries are not included)
- 1 x User Instruction Manual
- 1 x Quick Start Guide

## Product Overview



The Lovia BP-001 monitor features a large digital display and an attached upper arm cuff.

The Lovia BP-001 monitor consists of a main unit with a large digital display and an integrated upper arm cuff. Key components include:

- **Display Screen:** Shows Systolic (SYS), Diastolic (DIA) blood pressure, Pulse rate, user indicator, and memory number.
- **START/STOP Button:** Initiates and stops measurements.
- **SET Button:** Used for setting date, time, and user profiles.
- **MEM Button:** Accesses stored measurement data.
- **Cuff Connector Port:** Where the air tube from the cuff connects to the main unit.
- **USB Power Port:** For connecting the USB power cord.
- **Battery Compartment:** Located on the back of the unit.

## Setup

### 1. Power Source

The Lovia BP-001 can be powered by 4 AAA batteries (not included) or via the included USB power cord (AC adapter not included).

1. **Battery Installation:** Open the battery compartment cover on the back of the monitor. Insert 4 AAA

batteries, ensuring correct polarity (+/-). Close the cover securely.

2. **USB Power:** Connect the USB power cord to the monitor's USB port and plug the other end into a compatible USB power source (e.g., a computer USB port or a 5V USB wall adapter).

## 2. Connecting the Cuff

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

## 3. Setting Date and Time

Before first use, it is recommended to set the correct date and time for accurate record-keeping:

1. With the monitor off, press the **SET** button. The year will begin to flash.
2. Press the **MEM** button repeatedly to adjust the year.
3. Press **SET** again to confirm the year and move to the month setting.
4. Repeat steps 2 and 3 for month, day, hour, and minute.
5. Press **SET** one last time to save the settings and exit.

## 4. Proper Cuff Placement



Proper cuff placement is essential for accurate readings. The cuff should be positioned on the upper arm, 2-3 cm above the elbow.



Correct cuff placement is crucial for accurate measurements:

- Ensure the cuff is placed directly on bare skin. Roll up sleeves if necessary.
- Position the cuff on your upper arm, approximately 2-3 cm (0.8-1.2 inches) above your elbow joint. The air tube should run down the center of your arm.
- Wrap the cuff snugly around your arm, ensuring it is not too tight or too loose. The indicator on the cuff should align with the center of your inner arm.
- Sit comfortably with your back supported and feet flat on the floor. Rest your arm on a table so the cuff is at heart level.

## Operating Instructions

### 1. Selecting a User



The Lovia BP-001 supports two users, each with independent memory storage for up to 120 readings, allowing for easy tracking of individual health data.

The monitor supports two users (User A and User B), each with separate memory storage. To switch between users, press the **SET** button when the device is off. The user icon will toggle between A and B. Select your desired user before taking a measurement.

## 2. Taking a Measurement

1. Ensure the cuff is correctly placed and you are in a relaxed, seated position.
2. Press the **START/STOP** button. The cuff will automatically inflate.
3. Remain still and silent during the measurement. Movement or talking can affect accuracy.
4. Once the measurement is complete, the cuff will deflate, and your Systolic (SYS), Diastolic (DIA) blood pressure, and Pulse rate will be displayed on the screen.
5. The reading will automatically be stored in the selected user's memory.
6. To turn off the monitor, press the **START/STOP** button again, or it will automatically shut off after approximately 1 minute of inactivity.

## 3. Understanding the Display

**Large Backlit LCD Screen:**  
Easy to read with clear readings,  
especially suitable for the elderly



The monitor features a large, easy-to-read backlit LCD screen, making readings clear even in low light conditions.

The large backlit LCD screen displays:

- **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 per minute.
- **Irregular Heartbeat Indicator:** If an irregular heartbeat is detected, a specific symbol will appear on the display. Consult your doctor if this symbol appears frequently.



The monitor is equipped with a feature to detect irregular heartbeats during measurement, indicated by a specific symbol on the display.

4. Accessing Memory Records

The monitor stores up to 120 readings for each of the two users.

1. With the monitor off, press the**MEM** button.
2. The most recent reading for the currently selected user will be displayed.
3. Press the **MEM** button repeatedly to scroll through older readings.
4. To exit memory mode, press the**START/STOP** button or wait for automatic shut-off.

Maintenance

- **Cleaning:** Wipe the monitor and cuff with a soft, dry cloth. If necessary, use a slightly damp cloth with mild soap, then wipe dry. Do not use abrasive cleaners or immerse the device in water.
- **Storage:** Store the device in a clean, dry place, away from direct sunlight, extreme temperatures, and humidity. Keep the cuff deflated and neatly folded.
- **Battery Replacement:** If the low battery indicator appears on the display, replace all 4 AAA batteries with new ones. Do not mix old and new batteries.

Troubleshooting

| Problem                                      | Possible Cause                                                | Solution                                                                                   |
|----------------------------------------------|---------------------------------------------------------------|--------------------------------------------------------------------------------------------|
| Monitor does not turn on                     | Dead batteries; incorrect battery installation; no USB power. | Replace batteries, ensuring correct polarity. Check USB cable connection and power source. |
| Cuff does not inflate or inflates too little | Cuff not connected properly; air leakage; cuff damaged.       | Ensure cuff air tube is securely connected. Check cuff for any holes or damage.            |

| Problem                                          | Possible Cause                                                                                                                    | Solution                                                                                                                        |
|--------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|
| Inaccurate readings                              | Incorrect cuff placement; movement/talking during measurement; arm not at heart level; measurement taken too soon after activity. | Review cuff placement instructions. Remain still and silent. Ensure arm is at heart level. Rest for 5 minutes before measuring. |
| Irregular Heartbeat Indicator appears frequently | Detection of an irregular heartbeat.                                                                                              | This indicates an irregular heartbeat was detected. Consult your physician for advice.                                          |
| Error message on display                         | Various operational issues.                                                                                                       | Refer to the quick start guide or contact customer support for specific error code meanings. Try restarting the device.         |

## Specifications

- **Brand:** Lovia
- **Model Number:** BP-001
- **Product Dimensions:** 16.76 x 13.46 x 10.16 cm; 350 g
- **Cuff Circumference:** 22-40 cm (8.7-15.7 inches)
- **Power Source:** 4 x AAA Batteries (not included) or Wired Electric (USB power cord included, AC adapter not included)
- **Display Type:** Large Backlit LCD Screen
- **Memory:** 2 users, 120 sets of memory per user
- **Features:** Irregular Heartbeat Detection, One-Touch Operation

## Warranty and Support

For warranty information or technical support, please refer to the contact details provided with your purchase documentation or visit the official Lovia website. Keep your purchase receipt as proof of purchase for any warranty claims.