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› [BIOS Diagnostics Blood Pressure Monitor, #1 Canadian Blood Pressure Manufacturer\\*, 2 Users, 90 Memory, BIOS Averaging, Detects Irregular Heartbeat, Jumbo Backlit LCD Display, 7 Day Measurement Software](#)

### BIOS Diagnostics BD252

# BIOS Diagnostics Blood Pressure Monitor

MODEL: BD252 INSIGHT

## Product Overview

The BIOS Diagnostics Blood Pressure Monitor is designed for accurate and convenient home blood pressure measurement. It utilizes oscillometric technology to measure arterial blood pressure and pulse rate, providing essential data for monitoring cardiovascular health. This device is specifically engineered to support Hypertension Canada's recommendations for consistent morning and evening measurements over 7 days.

Hypertension Canada's Guidelines Embedded  
Home blood pressure measurements commonly vary throughout the day. For the highest quality measurements, Hypertension Canada recommends a series of readings taken at specific times over 7 days. With 7 Day Mode activated, this monitor alerts the patient to follow this methodology exactly. Alarms remind the patient when to monitor and the results are saved for a medical professional's review.

**BIOS Averaging**  
This feature averages the last 3 readings taken. Averaging BP readings is a common medical practice to evaluate blood pressure more accurately.

**FREE BPiq App**  
This monitor can be used with iOS and Android devices. The measurement data can be transformed automatically, infinite storage is available and measurement data can be shared with a healthcare provider.

**100% Satisfaction Guarantee**  
If at any time you are not completely satisfied with the performance of this device, call our BP hotline and speak with a customer service person, who will make arrangements to have the device repaired or replaced to your full satisfaction.

**Lifetime Limited Warranty**



Proper technique results in higher quality measurements.

**BIOS Medical Hotline:**  
1-866-534-2289

**CONTENTS**  
Blood Pressure Monitor  
Wide Range Cuff (24" - 43 cm / 9.4" - 17")  
AC Adapter  
Car also be powered by 4 x AAA batteries (not included)  
Storage Bag  
Instruction Manual

**READ INSTRUCTIONS CAREFULLY BEFORE USE**

**BIOS Medical**  
MANUFACTURED BY / FABRIQUÉ PAR:  
**TECHNOMED CO.**  
6475 25th STREET  
NEWMARKET, ONTARIO L9Y 4T1  
MILWAUKEE, WI / GOSHEN, IN CANADA  
WWW.BIOSMEDICAL.COM

# BIOS

Diagnostics™



Hypertension  
CANADA

# BLOOD PRESSURE MONITOR | Insight Bluetooth™



Pre-installed 7-Day  
Measurement  
Software

BIOS  
Averaging

Detects Irregular  
Heartbeat

Stores 90  
Measurements  
x 2 Users

Free MediLink  
App



Image: The BIOS Diagnostics Blood Pressure Monitor, featuring its main unit, arm cuff, and clear digital display.

Key features include storage for 90 measurements for two users, a 7-Day Protocol software, BIOS Averaging for reliable readings, and detection of irregular heartbeats. It also connects via Bluetooth to the Free MediLink App, allowing users to send secure data to physicians.

# #1 Canadian Blood Pressure Manufacturer \*



Hypertension  
CANADA



CLINICALLY  
VALIDATED



Advancing  
Home Monitoring  
Since 1973

BIOS | Medical 

\*BIOS Medical is the #1 Canadian Blood Pressure Manufacturer, according to Nielsen's 2021-2022 Sales Data for Thermor Ltd. (BIOS Medical is a brand by Thermor Ltd).

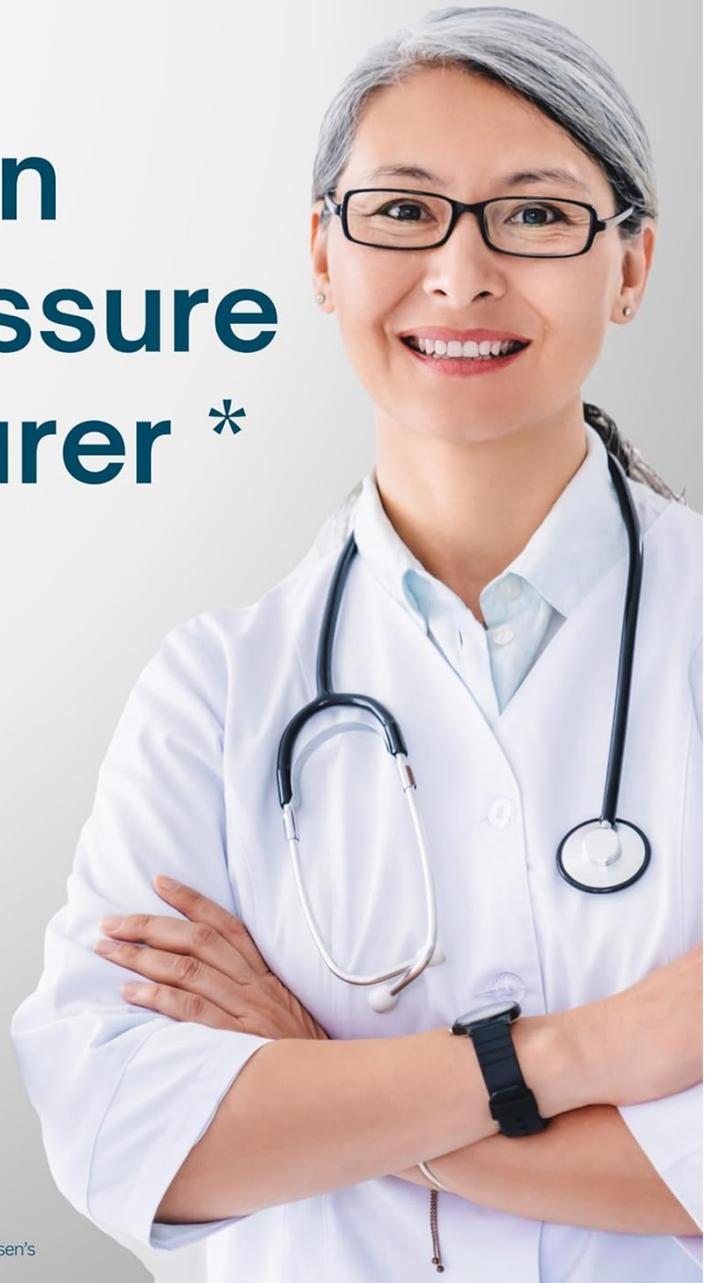


Image: A graphic highlighting BIOS Medical as the #1 Canadian Blood Pressure Manufacturer, recommended by Hypertension Canada and clinically validated.

## Package Contents

Before beginning, please ensure all components are present in the package:

- Blood Pressure Monitor Unit
- Wide Range Cuff (24-43 cm / 9.4" - 17")
- AC Adapter
- Storage Bag
- Instruction Manual (this document)
- 4 AAA Batteries (included)

# What's Included?

- ♥ Blood Pressure Monitor
- ♥ Wide Range Cuff:  
24-43 cm/9.4"-17"

- ♥ AC/DC Adapter
- ♥ Instruction Manual
- ♥ Storage Bag



Image: A visual representation of all items included in the product package: the monitor, cuff, AC adapter, instruction manual, and storage bag.

## Setup and Preparation

1. **Power Source:** Insert the 4 AAA batteries into the battery compartment located on the back of the monitor, observing correct polarity. Alternatively, connect the provided AC adapter to the monitor and a power outlet.
2. **Cuff Attachment:** Connect the air tube from the wide range cuff securely into the air jack on the side of the monitor.
3. **User Selection:** If the monitor supports multiple users, select the desired user profile (User 1 or User 2) before taking a measurement. Refer to the display explanation section for user indicator.
4. **Date and Time Setting:** For accurate record-keeping, ensure the date and time are set correctly. Use the SET button to enter the setting mode and adjust values as per the on-screen prompts.

## Proper Measurement Posture

For accurate readings, it is crucial to follow these guidelines:

- Sit with your back supported by a chair.
- Rest and remain seated calmly for at least 5 minutes before measurement.
- Do not move or speak during the measurement.
- Place the cuff on your non-dominant arm, or an arm used by your healthcare professional, directly on bare skin.
- Ensure the proper cuff size is used (the included cuff is wide range: 24-43 cm).
- Support your arm on a table or other hard surface.
- Position the cuff level with your heart.
- Keep your legs uncrossed and place your feet flat on the floor.

## Measuring Your Blood Pressure

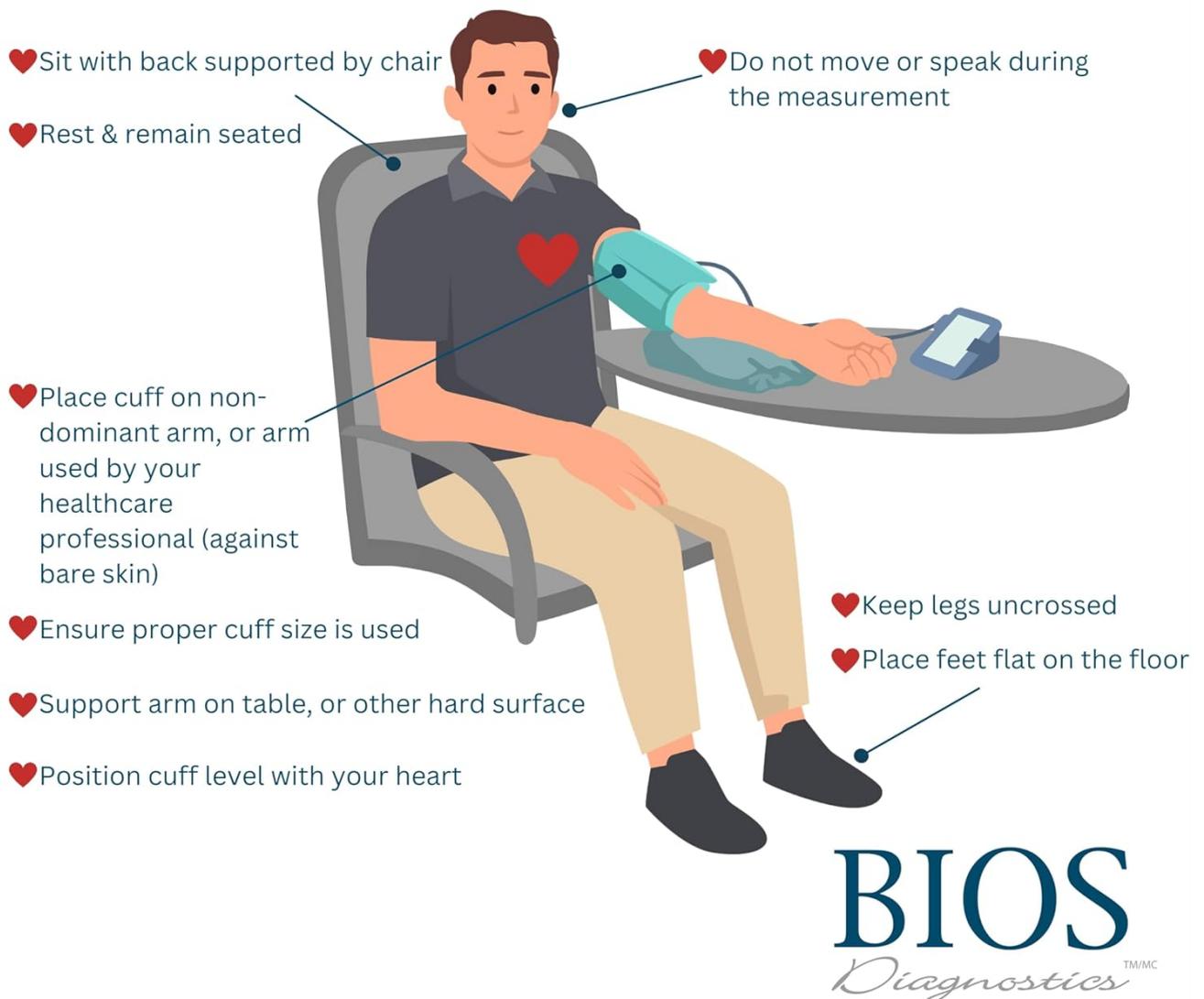


Image: An illustration demonstrating the correct body posture and cuff placement for accurate blood pressure measurement.

## Operating Instructions

### Taking a Measurement

1. Ensure the cuff is correctly applied to your arm and you are in the proper measurement posture.
2. Press the ON/OFF button to start the measurement. The cuff will automatically inflate.

3. Remain still and silent during the inflation and deflation process.
4. Once the measurement is complete, your Systolic, Diastolic, and Pulse readings will be displayed on the screen. The reading will automatically be stored in the selected user's memory.
5. Press the ON/OFF button again to turn off the device, or it will automatically shut off after a period of inactivity.

## **BIOS Averaging**

The monitor features BIOS Averaging, which automatically calculates the average of your last three readings. This provides a more stable and representative blood pressure value, reducing the impact of single fluctuating measurements.

## **7-Day Protocol Software**

This monitor is equipped with pre-installed 7-Day Protocol software, designed to help users follow Hypertension Canada's recommendations for morning and evening measurements over a week. This systematic approach aids in determining your "real average" blood pressure.

## **Irregular Heartbeat Detection**

The device can detect irregular heartbeats during measurement. If an irregular heartbeat is detected, a specific icon will appear on the display. If this icon appears frequently, consult your physician.

## **MediLink App Connectivity**

The monitor connects via Bluetooth to the Free MediLink App, available for Android and iOS devices. This app allows you to track your measurements over time, visualize trends, and securely send your data to healthcare professionals for interpretation.

To connect: Download the MediLink App, enable Bluetooth on your smartphone, and follow the pairing instructions within the app and your monitor's settings.

## **Understanding the Display**

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**Stores 90 Measurements x 2 Users**



**Irregular Heartbeat Detection**



**BIOS Averaging**



**7 Day Blood Pressure Protocol**



**BP Assessment Indicator**



**Pre-installed Protocol Software**



**Wide Range Cuff Fits Most Arms:  
24 – 43 cm (9.4" – 17")**



**Free Bluetooth™ App (MediLink)**

Image: A close-up view of the monitor's LCD display with labels indicating each element: User, Date and Time, Blood Pressure Assessment Indicator, Irregular Heartbeat, Pulse, Memory Button, ON/OFF Button, SET Button, Systolic Blood Pressure, 7D Mode, Diastolic Blood Pressure, General Mode.

- **User Indicator:** Shows which user profile (1 or 2) is currently active.
- **Date and Time:** Displays the current date and time.
- **Blood Pressure Assessment Indicator:** A color-coded bar indicating where your blood pressure values lie according to Hypertension Canada guidelines.
- **Irregular Heartbeat Symbol:** Appears if an irregular heartbeat is detected during measurement.
- **Pulse:** Displays your pulse rate in beats per minute (BPM).
- **SYS (Systolic Blood Pressure):** The top number, representing the pressure in your arteries when your heart beats.
- **DIA (Diastolic Blood Pressure):** The bottom number, representing the pressure in your arteries between beats.
- **7D Mode:** Indicates that the monitor is operating in the 7-Day Protocol mode.
- **General Mode:** Indicates standard measurement mode.
- **MEM Button:** Used to access stored measurements.

- **SET Button:** Used to enter settings mode (e.g., date/time, user settings).
- **ON/OFF Button:** Powers the device on and off, and initiates a measurement.

## Maintenance and Storage

### Cleaning

Wipe the monitor unit and cuff with a soft, dry cloth. If necessary, a slightly damp cloth with mild soap can be used, followed by drying thoroughly. Do not use abrasive cleaners, solvents, or immerse the unit in water.

### Storage

Store the blood pressure monitor and cuff in the provided storage bag when not in use. Keep the device in a cool, dry place, away from direct sunlight, extreme temperatures, and humidity. Avoid dropping the unit or subjecting it to strong impacts.

### Battery Replacement

When the low battery indicator appears on the display, replace all four AAA batteries with new ones. Dispose of used batteries according to local regulations.

## Troubleshooting

If you encounter issues with your blood pressure monitor, please refer to the following common solutions:

Problem	Possible Cause	Solution
Monitor does not turn on.	Batteries are dead or incorrectly inserted; AC adapter not connected.	Replace batteries, check polarity, or ensure AC adapter is securely plugged in.
Inaccurate or inconsistent readings.	Improper cuff placement; movement or talking during measurement; incorrect posture; recent physical activity.	Re-read the "Proper Measurement Posture" section and ensure all guidelines are followed. Rest for 5 minutes before re-measuring.
Cuff does not inflate or inflates too little/much.	Air tube not securely connected; cuff damaged; air leakage.	Check that the air tube is firmly connected to the monitor and cuff. Inspect cuff for damage.
Irregular Heartbeat symbol appears frequently.	Actual irregular heartbeat detected.	This indicates a potential medical condition. Consult your doctor for evaluation.
Consistent high or low readings.	Actual blood pressure outside normal range.	If systolic values are consistently over 135 mmHg or diastolic values over 85 mmHg, or if systolic values are under 105 mmHg or diastolic values under 60 mmHg, consult your doctor immediately.

If the problem persists after attempting these solutions, please contact customer support.

# Product Specifications

Feature	Detail
Model Name	Insight
Item Model Number	BD252
Brand	BIOS Diagnostics
Product Dimensions	14 x 12.29 x 4.8 cm
Item Weight	621.42 Grams
Power Source	Battery Powered (4 AAA batteries included) / AC Adapter
Cuff Size	Wide Range Cuff: 24-43 cm (9.4" - 17")
Display Type	LCD
Memory	90 measurements x 2 users
Connectivity	Bluetooth (for MediLink App)
Country of Origin	China

## Warranty and Support

For product support, warranty information, or any inquiries regarding your BIOS Diagnostics Blood Pressure Monitor, please contact Thermor Ltd., the manufacturer.

**Manufacturer:** Thermor Ltd.

**Email:** [support@biosmedical.com](mailto:support@biosmedical.com)

**Phone:** 1-866-517-2970

Please retain your proof of purchase for warranty claims.

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For more information, visit [biosmedical.com](https://www.biosmedical.com)