

Beurer BM 93

Beurer BM 93 CARDIO Arm Blood Pressure Monitor with 1-Channel ECG Function User Manual

Model: BM 93

1. INTRODUCTION

The Beurer BM 93 CARDIO arm blood pressure monitor with integrated ECG function allows for comprehensive heart health monitoring at home. This device combines traditional arm blood pressure measurement with simplified 1-channel ECG measurement using your fingers. Measured values can be easily transferred to the 'beurer HealthManager Pro' app for data analysis and convenient sharing with your doctor. This manual provides essential information for the safe and effective use of your Beurer BM 93 CARDIO device. Please read it thoroughly before first use and keep it for future reference.

2. SAFETY INFORMATION

WARNING: Please read the operating instructions carefully before use.

- Consult your physician before using this device if you have any medical conditions or are taking medication.
- This device is not intended to replace a medical examination. Always consult a healthcare professional for diagnosis and treatment.
- Do not use the device on infants, children, or individuals unable to express consent.
- Keep the device away from strong electromagnetic fields.
- Only use the cuff provided with the device.

3. PACKAGE CONTENTS

Verify that all components are present in your package:

- 1x Beurer BM 93 CARDIO Blood Pressure Monitor
- 1x Upper Arm Cuff (23-43 cm)
- 4x AAA Batteries
- 1x Storage Pouch

- 1x Instruction Manual
- 1x Quick Start Guide
- 1x Appendix for the Physician

4. SETUP

4.1. Battery Installation

1. Open the battery compartment cover on the back of the device.
2. Insert the 4 AAA batteries, ensuring correct polarity (+/-).
3. Close the battery compartment cover securely.

4.2. Cuff Attachment

1. Connect the air tube of the cuff to the port on the side of the blood pressure monitor.
2. Ensure the connection is secure.

4.3. App Installation and Pairing

1. Download the 'beurer HealthManager Pro' app from your smartphone's app store.
2. Follow the in-app instructions to create an account and pair your BM 93 CARDIO device via Bluetooth.



Image 1: Beurer BM 93 CARDIO Arm Blood Pressure Monitor with Cuff and Smartphone App Display. This image shows the

5. OPERATING INSTRUCTIONS

5.1. Blood Pressure Measurement

1. 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.
2. Wrap the cuff around your bare upper arm, ensuring it is snug but not too tight. The cuff is suitable for arm circumferences from 23 to 43 cm.
3. Press the 'Start/Stop' button to begin the measurement. The cuff will inflate automatically.
4. Remain still and silent during the measurement.
5. The systolic and diastolic blood pressure values, along with your pulse, will be displayed on the screen. The device also provides a risk indicator for result classification.
6. The measurement will automatically be saved to one of the two user memories (60 slots each) or transferred to the 'beurer HealthManager Pro' app if connected.

Pour un tour de bras
de 23 à 43 cm



Image 2: Beurer BM 93 CARDIO Cuff for Upper Arm. This image displays the arm cuff, indicating its compatibility with arm circumferences ranging from 23 to 43 cm.

5.2. ECG Measurement

The integrated 1-channel ECG function allows for recording your heart rhythm.

1. Ensure your hands are clean and dry.
2. Place the fingers of both hands on the designated ECG electrodes on the device.
3. Initiate the ECG recording as per the device's instructions (usually by pressing a specific button or automatically upon contact). The recording lasts for 30 seconds.
4. Remain still and avoid talking during the recording.
5. The device features advanced arrhythmia detection, identifying atrial fibrillation and extrasystoles.
6. The ECG data will be saved and can be viewed in the 'beurer HealthManager Pro' app.



Image 3: Beurer BM 93 CARDIO ECG Function: User placing fingers on electrodes for heart rhythm recording. This image illustrates the correct finger placement on the device's electrodes for an ECG measurement.



Détection de la fibrillation auriculaire et des extrasystoles



Image 4: Beurer BM 93 CARDIO Advanced Arrhythmia Detection. This image features an icon representing AFIB detection, highlighting the device's capability to identify atrial fibrillation and extrasystoles.

5.3. Data Management with 'beurer HealthManager Pro' App

The 'beurer HealthManager Pro' app allows for long-term monitoring and analysis of your health data.

- All blood pressure and ECG measurements are automatically transferred to the app when connected.
- View your historical data in clear graphs and tables.
- Set personal goals and track your progress.
- Share your data with your physician directly from the app.

Évaluation et enregistrement dans l'application



Image 5: Beurer BM 93 CARDIO App Integration: Measurement evaluation and recording within the 'beurer HealthManager Pro' application. This image shows a user interacting with the app, displaying blood pressure readings and goals.



2 mémoires
utilisateur de 60
mesures chacune

Image 6: Beurer BM 93 CARDIO User Memory. This image highlights the device's capability to store measurements for two distinct users, with each profile accommodating up to 60 readings.

6. MAINTENANCE

6.1. Cleaning

- Clean the device and cuff with a slightly damp, soft cloth. Do not use abrasive cleaners or immerse the device in water.
- Ensure no liquid enters the device casing.

6.2. Storage

- Store the device in the provided storage pouch in a cool, dry place, away from direct sunlight and extreme temperatures.
- Remove batteries if the device will not be used for an extended period.

7. TROUBLESHOOTING

- **Device not turning on:** Check battery polarity. Replace batteries if necessary.
 - **Measurement error:** Ensure the cuff is correctly applied and you remain still during measurement. Avoid talking.
 - **ECG not recording:** Ensure fingers are clean, dry, and firmly placed on the electrodes.
 - **App connectivity issues:** Ensure Bluetooth is enabled on your smartphone and the device is within range. Restart both the device and the app if issues persist.
 - **Incorrect date/time after battery change:** The device may require manual date/time adjustment after battery replacement. Refer to the quick start guide for specific instructions.
-

8. SPECIFICATIONS

- **Product Name:** Beurer BM 93 Arm Blood Pressure Monitor
 - **Brand:** Beurer
 - **Item Model Number:** 652.29
 - **Product Dimensions (L x W x H):** 12.8 x 12.4 x 4.6 cm
 - **Weight:** 300 grams
 - **Power Source:** Battery powered (4x AAA batteries included)
 - **Display Type:** LCD
 - **Cuff Size:** 23-43 cm (upper arm)
 - **User Memory:** 2 users, 60 memory slots each
 - **ECG Function:** 1-channel heart rhythm recording
 - **Arrhythmia Detection:** Detects atrial fibrillation and extrasystoles
 - **App Compatibility:** 'beurer HealthManager Pro'
 - **Age Range (description):** Adult
-

9. WARRANTY AND SUPPORT

Beurer provides a warranty for this product. Please refer to the warranty card included in your package or visit the official Beurer website for detailed warranty terms and conditions.

For technical support, spare parts, or any questions regarding your Beurer BM 93 CARDIO device, please contact Beurer customer service. Contact information can typically be found in the quick start guide or on the official Beurer website (www.beurer.com).