

Greater Goods 0634

Greater Goods Premium Digital Bluetooth Blood Pressure Monitor Model 0634 Instruction Manual

1. SETUP AND PREPARATION

1.1 Unboxing and Components

Your Greater Goods Premium Digital Bluetooth Blood Pressure Monitor kit includes the following components:

- Blood Pressure Monitor Unit
- Universal Arm Cuff (8.75 - 16.5 inches, 22-42 cm)
- 4 AA Batteries
- Travel Case
- AC Power Adapter

1.2 Powering the Device

The monitor can be powered using either the included AA batteries or the AC power adapter.

- **Battery Installation:** Open the battery compartment on the back of the device and insert the 4 AA batteries, ensuring correct polarity.
- **AC Power:** Connect the AC power adapter to the monitor's power port and plug it into a wall outlet.

1.3 Cuff Placement

Proper cuff placement is crucial for accurate readings. Follow these steps:

1. Ensure the cuff fits your bicep. The universal cuff diameter is 8.75 - 16.5 inches (22-42 cm). If your arm circumference is outside this range, contact customer support for assistance.
2. Place the cuff on your upper arm with the tube slightly off-center, aligned with your little finger.
3. Make sure the cuff is snug but not tight. You should be able to slip one finger between the cuff and your arm.

4. The middle of the cuff should be level with your heart.



Image: Proper placement of the blood pressure cuff on the upper arm.



Image: User demonstrating correct cuff placement and arm position for a reading.

2. OPERATING INSTRUCTIONS

2.1 Taking an Accurate Reading

For consistent and accurate results, follow these guidelines:

1. Measure at the same time each day.
2. Wait at least 30 minutes after eating, bathing, exercising, or drinking alcohol.
3. Sit comfortably with your feet flat on the floor, back supported, and arm resting at heart level.
4. Press the **START/STOP** button on your monitor. Stay still and avoid talking while the device takes the reading.



Image: Finger pressing the START/STOP button on the monitor.

2.2 Understanding the Display

The monitor features a bright, color display showing systolic and diastolic blood pressure, as well as pulse. It also includes an irregular heart rate detector.

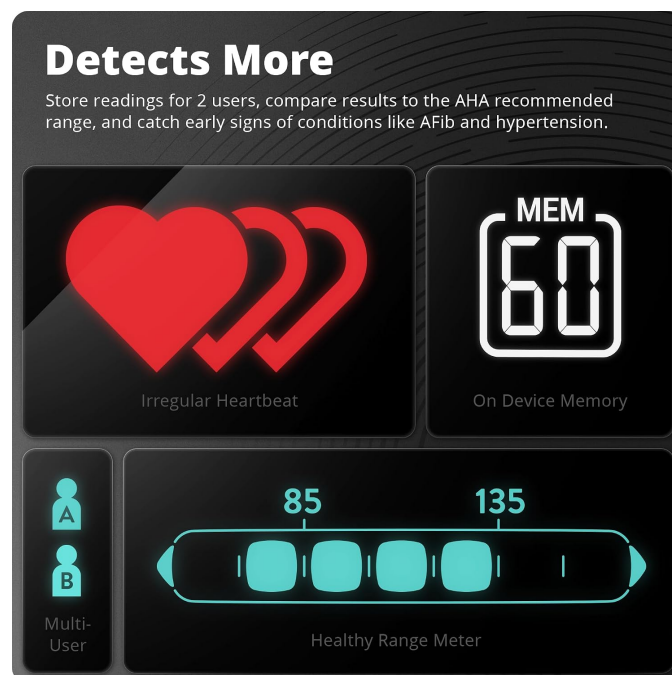


Image: Close-up of the monitor's display showing blood pressure readings, pulse, and a healthy range meter.

2.3 App Connectivity and Data Tracking

The Greater Goods monitor is Bluetooth-enabled and connects to the Balance Health App for secure trend tracking.

- **Automatic Sync:** Readings automatically sync with the mobile app.
- **User Profiles:** Compatible with two users, storing up to 60 measurements for each on the device. The app allows for unlimited entries.
- **Health Integration:** Syncs with Apple Health App to track everything in one place.
- **Data Export:** Export data for yourself or your doctor to track trends and identify patterns.



Image: Monitor displaying readings next to a smartphone showing the Balance Health App interface.

2.4 Official Product Videos

Watch these official videos for detailed instructions on taking accurate readings and understanding your monitor's features.

Video: How To Take Accurate Readings with your Greater Goods Blood Pressure Monitor. This video provides step-by-step guidance for ensuring precise measurements every time.

Video: Greater Goods Pro-Series Bluetooth Blood Pressure Monitor Overview. This video highlights the key features and benefits of the Pro-Series monitor, including its Bluetooth capabilities.

3. MAINTENANCE

To ensure the longevity and accuracy of your blood pressure monitor, follow these simple maintenance tips:

- Store the device in its provided travel case when not in use to protect it from dust and damage.
- Keep the cuff clean and dry. Wipe with a soft, damp cloth if necessary. Do not immerse the cuff or monitor in water.
- Avoid extreme temperatures, humidity, and direct sunlight.
- Replace batteries when the low battery indicator appears on the display.

4. TROUBLESHOOTING

4.1 Inaccurate Readings

If you get a reading that doesn't seem right:

- Wait about three minutes, then try again.
- Ensure proper cuff placement and fit (refer to Section 1.3). An ill-fitting cuff can significantly affect accuracy.
- Verify you are relaxed and still during the measurement.
- Blood pressure varies, so it's good to average your readings over three days and share the average with your doctor for a better understanding of your results.

4.2 Cuff Fit Issues

If the universal cuff doesn't fit your arm correctly (arm circumference 8.75 - 16.5 inches, 22-42 cm), you might need a different size. Please reach out to customer support for assistance in finding the right fit.

5. SPECIFICATIONS

Feature	Detail
Model Number	0634
Product Dimensions	8 x 5.5 x 3.5 inches
Item Weight	13.2 Ounces
Power Source	4 AA batteries (included) or AC Power Adapter
Cuff Size (Band Diameter)	8.75 - 16.5 inches (22-42 cm)
Display Type	Multicolor Large Screen LCD
Memory	Up to 60 measurements for each of two users
Connectivity	Bluetooth (Balance Health App compatible)
Special Features	Irregular Heart Rate Detector, Fast Reading (starts at cuff expansion)

6. WARRANTY INFORMATION

The Greater Goods Premium Digital Bluetooth Blood Pressure Monitor comes with a**2-Year Protection Plan**. For detailed terms and conditions, please refer to the product registration information or contact customer support.

7. CUSTOMER SUPPORT

For any questions, assistance with cuff sizing, or other inquiries, our friendly team in St. Louis is available to help. We are committed to ensuring you have a great experience with your Greater Goods product.

Please refer to the contact information provided with your product packaging or visit the official Greater Goods website for support options.