

## Bios BD315

# Bios Simply Accurate Premium Plus Automatic Blood Pressure Monitor BD315 User Manual

Model: BD315

## INTRODUCTION

This fully automatic, digital blood pressure measuring device provides fast and reliable measurement of systolic and diastolic blood pressure as well as heart rate. Your blood pressure is an important parameter that can be used to monitor your health. This device enables you to monitor your blood pressure regularly and maintain a record of your blood pressure measurements.

The Bios Simply Accurate Premium Plus Automatic Blood Pressure Monitor is recommended by Hypertension Canada and licensed by Health Canada, having undergone clinical validation studies that meet or exceed Hypertension Canada's criteria.

## 1. SETUP

### 1.1 Unboxing and Components

Carefully unpack all items and ensure the following components are present:

- Blood pressure monitor unit
- Wide range cuff (24-43 cm / 9.4"-17")
- AC/DC adapter
- Storage Bag
- Instructional manual



Image 1: Bios Simply Accurate Premium Plus Automatic Blood Pressure Monitor with cuff.

## 1.2 Powering the Device

The monitor can be powered using the included AC/DC adapter. Connect the adapter to the monitor and a power outlet. Alternatively, the device can be powered by batteries (not included). Open the battery compartment on the back of the unit and insert the required batteries, ensuring correct polarity.



Image 2: Rear view of the monitor, illustrating the battery compartment.

### 1.3 Cuff Preparation and Placement

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

1. Lay the cuff flat on a table with the Velcro side down and the words facing up.
2. Ensure the end of the cuff is threaded through the metal D-ring to form a cylinder shape.
3. When placing the cuff on your arm, ensure the tube runs down your arm, not up towards your shoulder.
4. The elbow mark on the cuff should point down towards your elbow.
5. The red material on the cuff should be positioned over the brachial artery.
6. The bottom edge of the cuff should be approximately 2-3 cm (1 inch) above the elbow joint.
7. Pull the cuff snugly and tighten it using the Velcro fastener. You should be able to fit two fingers comfortably under the cuff.
8. Adjust the cuff so the tube runs down the inside of your arm.

Video 1: Proper Cuff Placement and Measurement Technique by Thermor Bios. This video demonstrates how to correctly position the blood pressure cuff for accurate readings.

## 2. OPERATING INSTRUCTIONS

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## 2.1 Pre-Measurement Preparation

For accurate and consistent readings, prepare as follows:

- Rest quietly in a room at a comfortable temperature for at least 5 minutes before measuring.
- Ensure you are calm and not affected by mental stress, as this can influence blood pressure.
- Take measurements on bare skin.
- Sit with your legs uncrossed and your feet flat on the floor.
- Your back should be fully supported.
- Place your arm on a table with your palm facing upwards, ensuring the cuff is at the same level as your heart.

## 2.2 Taking a Measurement

Once the cuff is correctly placed and you are prepared:

1. Press the START button on the monitor.
2. While the measurement is being taken, do not speak and do not move. Try not to tense the muscles in your measuring arm.
3. Once the cuff deflates and a measurement is displayed on the monitor, you can remove the cuff.

## 2.3 Multiple Readings

If you are taking multiple readings, do not remove the cuff. Wait approximately 1 minute between subsequent readings. It is normal for blood pressure to fall as you take subsequent readings due to increased relaxation.

## 2.4 Timing Measurements

Blood pressure is most variable during the middle of the day. It is best to measure your blood pressure at the ends of the day:

- **Morning Readings:** Take first thing after getting out of bed, before coffee, tea, or breakfast, and after using the bathroom.
- **Evening Readings:** Wait at least two hours after dinner. If you have consumed coffee or alcohol, or have exercised, wait at least another 30 minutes.

Repeat this pattern for 7 days and average your systolic and diastolic readings to determine your average blood pressure.

## 2.5 Memory Function

The monitor supports 2 users with 90 memories each, allowing you to track your readings over time.

## 3. MAINTENANCE

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

- **Cleaning:** Wipe the monitor and cuff with a soft, dry cloth. Do not use abrasive cleaners or immerse the device in water.
- **Storage:** Store the monitor and cuff in the provided storage bag in a cool, dry place, away from direct

sunlight and extreme temperatures.

- **Battery Replacement:** Replace batteries when the low battery indicator appears on the display.

## 4. TROUBLESHOOTING

If you encounter issues with your blood pressure monitor, consider the following common solutions:

- **Inaccurate Readings:** Ensure the cuff is correctly placed, you are relaxed, and you have followed all pre-measurement preparation steps. Blood pressure variability is natural, so slight differences between readings are normal.
- **No Display/Power:** Check if the AC/DC adapter is properly connected or if the batteries need replacement.
- **Error Messages:** Refer to the comprehensive instructional manual for specific error codes and their corresponding troubleshooting steps.

If problems persist, contact customer support for assistance.

## 5. SPECIFICATIONS

Feature	Description
Model	BD315
Brand	Bios (Simply Accurate)
Measurement Type	Automatic, Digital
Cuff Size	Wide Range Cuff (24-43 cm / 9.4"-17")
User Memory	2 Users x 90 Memories each
Special Features	Irregular Heartbeat Detection, BP Assessment Indicator, AM/PM Averaging, Blue Backlight Display
Power Source	AC/DC Adapter (included), Batteries (not included)
Certifications	Recommended by Hypertension Canada, Licensed by Health Canada

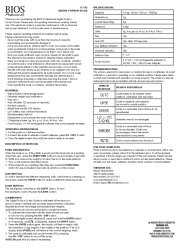
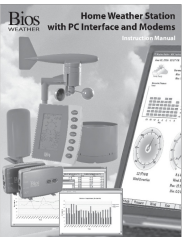
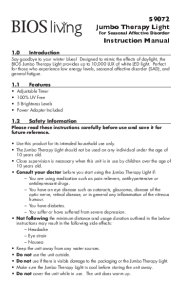


## 6. WARRANTY

Warranty information for the Bios Simply Accurate Premium Plus Automatic Blood Pressure Monitor is typically included in the full product manual provided with your device. Please refer to that document for details regarding warranty coverage, terms, and conditions. For any questions, contact Bios customer support.

## 7. SUPPORT

For further assistance, product inquiries, or technical support, please visit the official Bios website or contact their customer service department. You can find more information and contact details by visiting the [Bios Store on Amazon](#).

Related Documents - BD315

	<p><a href="#">BIOS Professional 601SC Digital Portion Scale User Manual</a></p> <p>Comprehensive user manual for the BIOS Professional 601SC Digital Portion Control Scale, detailing features, operating instructions, specifications, troubleshooting, and warranty information.</p>
	<p><a href="#">Bios Home Weather Station with PC Interface and Modems Instruction Manual</a></p> <p>Comprehensive instruction manual for the Bios Home Weather Station (HWS) with PC Interface and Modems, covering setup, operation, features, troubleshooting, and specifications.</p>
	<p><a href="#">BIOS 59072 Jumbo Therapy Light Instruction Manual for SAD</a></p> <p>Instruction manual for the BIOS 59072 Jumbo Therapy Light, designed to help alleviate symptoms of Seasonal Affective Disorder (SAD) and fatigue by mimicking natural daylight. Includes setup, usage, safety, and warranty information.</p>
<p>SPECIFICATION</p> 	<p><a href="#">BIOS SkyViewTM Wellness Table Lamp: User Guide &amp; Specifications</a></p> <p>Discover the BIOS SkyViewTM Wellness Table Lamp, featuring circadian technology for natural indoor lighting. Learn about its modes, brightness, app control, dimensions, and specifications.</p>
	<p><a href="#">BIOS Professional Thermometers and Kitchen Measurement Tools Catalog</a></p> <p>Explore the comprehensive range of BIOS Professional thermometers, including digital, analog, infrared, meat, candy, oven, and fridge thermometers, along with timers and scales. High-quality, NSF-certified, and ISO-accredited products for professional and home kitchens.</p>



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