

## RENPHO RP-BPM001S

# RENPHO Smart Blood Pressure Monitor RP-BPM001S User Manual

## INTRODUCTION

---

This manual provides detailed instructions for the proper use, setup, and maintenance of your RENPHO Smart Blood Pressure Monitor RP-BPM001S. Please read this manual thoroughly before using the device to ensure accurate measurements and safe operation. Keep this manual for future reference.

## PRODUCT OVERVIEW

---

### Components Included

- RENPHO Smart Blood Pressure Monitor
- Wide-Range Large Cuff (22-42 cm / 8-3/4" - 16-1/2")
- Carry Bag
- User Manual
- 4 AAA Batteries
- USB Cable

## A Thoughtful Gift for Well-being

1×Blood Pressure Monitor  
1×Wide-Range Large Cuff  
( 22-42cm/8-3/4" ~16-1/2" )

1×Carry Bag  
1×User Manual  
4×AAA Batteries  
1×USB Cable




Image: The RENPHO Smart Blood Pressure Monitor, wide-range cuff, carry bag, user manual, AAA batteries, and USB cable are shown as included items.

### Key Features

- **Smart Connectivity:** Connects to the Renpho Health app via Bluetooth for data storage and tracking.
- **High Accuracy:** Provides accurate blood pressure and heart rate readings.
- **Large Memory:** Stores up to 240 sets of readings for two users on the device, with unlimited storage on the app.
- **Easy-to-Read Display:** Backlit LCD screen (2.91" X 2.36") for clear visibility.
- **Adjustable Cuff:** Wide-range upper arm cuff (8-3/4 inches to 16-1/2 inches or 22 - 42 cm).
- **Advanced App Features:** Blood pressure analysis, measurement charts, multi-user support, note-taking, and irregular heartbeat detection.
- **Heartbeat Detection:** Monitors heart rate during measurement.
- **Irregular Heartbeat Indicator:** Alerts to potential irregular heartbeats.
- **AHA Indicator:** Displays AHA levels on the screen.
- **Date and Time Display:** Shows current date and time on the monitor.
- **Dual Power Sources:** Operates with 4 AAA batteries or Micro USB cable.

# Multifunction Smart BP Monitor

 Heartbeat Detection

 Irregular Heartbeat Indicator

 AHA Indicator

 Micro USB Cable

 4 AAA Batteries Included

 Date Time Display

 Included Storage Bag



Image: The RENPHO monitor display highlighting features such as Heartbeat Detection, Irregular Heartbeat Indicator, AHA Indicator, Micro USB Cable, 4 AAA Batteries Included, Date Time Display, and Included Storage Bag.



Image: The RENPHO Smart Blood Pressure Monitor, its arm cuff, and a smartphone displaying the Renpho Health app interface with blood pressure readings.

## SETUP

### Powering the Device

The RENPHO Smart Blood Pressure Monitor can be powered by either 4 AAA batteries or a Micro USB cable.

- Battery Installation:** Open the battery compartment on the back of the device. Insert 4 AAA batteries, ensuring correct polarity (+/-). Close the compartment securely.
- USB Power:** Alternatively, connect the Micro USB cable to the device's USB port and plug the other end into a compatible USB power adapter (not included) or a computer.

## 2 Power Sources

4×AAA batteries / micro usb cable



Image: The RENPHO monitor displaying its two power sources: 4 AAA batteries in the open battery compartment and a micro USB cable connected to a wall adapter.

### Cuff Placement

Correct cuff placement is crucial for accurate readings.

1. Ensure the cuff is suitable for your arm circumference (8-3/4 inches to 16-1/2 inches or 22 - 42 cm).
2. Sit in a comfortable position with your feet flat on the floor and your arm resting on a table at heart level.
3. Wrap the cuff around your bare upper left arm, approximately 0.8-1.2 inches (2-3 cm) above the elbow joint. The air tube should run down the center of your arm in line with your middle finger.
4. The main artery mark on the cuff should align with your brachial artery.
5. Secure the cuff snugly, but not too tightly. You should be able to insert two fingers between the cuff and your arm.



Image: The RENPHO monitor and cuff, illustrating the cuff dimensions (5.11"L x 3.66"W x 1.28"Th) and proper placement on the left arm, indicating the position of main arteries.

### Connecting to the RENPHO Health App

To utilize the smart features and data tracking, connect your monitor to the Renpho Health app.

1. Download the "Renpho Health" app from the App Store (iOS) or Google Play (Android).
2. Ensure Bluetooth is enabled on your smartphone.
3. Open the Renpho Health app and follow the on-screen instructions to add a new device.
4. Press the "START/STOP" button on the monitor to activate it. The Bluetooth icon on the monitor display will flash, indicating it is ready to pair.
5. Once paired, the Bluetooth icon will become solid, and your readings will automatically sync to the app.

# Track Trends via RENPHO Health App



RENPHO

RENPHO Health | Q



Works with  
**Apple Health**



Image: The RENPHO monitor and a smartphone displaying the Renpho Health app, illustrating Bluetooth connectivity and app store availability for tracking trends.

## OPERATING INSTRUCTIONS

### Taking a Measurement

1. Sit quietly for 5 minutes before taking a measurement. Avoid talking or moving during the measurement.
2. Ensure the cuff is correctly placed on your upper left arm.
3. Press the "START/STOP" button. The cuff will automatically inflate and then slowly deflate.
4. Your systolic pressure (SYS), diastolic pressure (DIA), and pulse rate (PUL) will be displayed on the screen.
5. The measurement will automatically save to the device's memory and sync to the Renpho Health app if connected.

### Multi-User Functionality

The monitor supports two users, each with their own memory storage.

- To switch between User 1 and User 2, press the user selection button (icon with two people) on the monitor.

- Alternatively, you can switch users within the Renpho Health app.

## Two Ways to Switch User ID(1/2)

Click the "USER" on APP top or press "USER " button on BP monitor, easy switch between 2 users ID (1 or 2)



Image: Two individuals using the RENPHO monitor, demonstrating how to switch between User ID 1 and User ID 2 either via the app or the monitor's user button.

### Understanding the Display

The monitor's backlit LCD screen provides clear readings and indicators.

- **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.
- **PUL (Pulse Rate):** Your heart rate in beats per minute.
- **Time/Date:** Displays the current time and date.
- **User Indicator:** Shows whether User 1 or User 2 is selected.
- **Bluetooth Icon:** Indicates Bluetooth connection status (flashing for pairing, solid for connected).
- **Irregular Heartbeat Indicator:** Appears if an irregular heartbeat is detected.
- **Blood Pressure Level Indicator:** A color-coded bar on the right side of the display indicates your blood pressure category according to AHA guidelines.



Image: The RENPHO monitor with its high-definition backlit screen clearly displaying blood pressure readings and time in a dimly lit environment.



Image: A close-up of the RENPHO monitor's large display, with labels pointing to Systolic blood pressure, User 1/User 2 indicator, Diastolic blood pressure, Pulse in beats per minute, Blood pressure level indicator, Motion indicator, and Irregular heartbeat indicator.

### Using the RENPHO Health App

The Renpho Health app enhances your monitoring experience by providing comprehensive data management.

- **View Historical Data:** Access daily, weekly, monthly, or yearly trends of your blood pressure readings.
- **Track Trends:** Visualize your progress with intuitive charts and graphs.
- **Share Data:** Easily generate and share detailed reports with your doctor or healthcare provider.
- **Add Remarks:** Attach notes to specific readings for context, such as medication intake or activity levels.
- **Set Reminders:** Configure reminders for consistent measurement times.



Image: A person's arm with the RENPHO cuff, alongside the monitor and a smartphone displaying the Renpho Health app with blood pressure data trends over time.

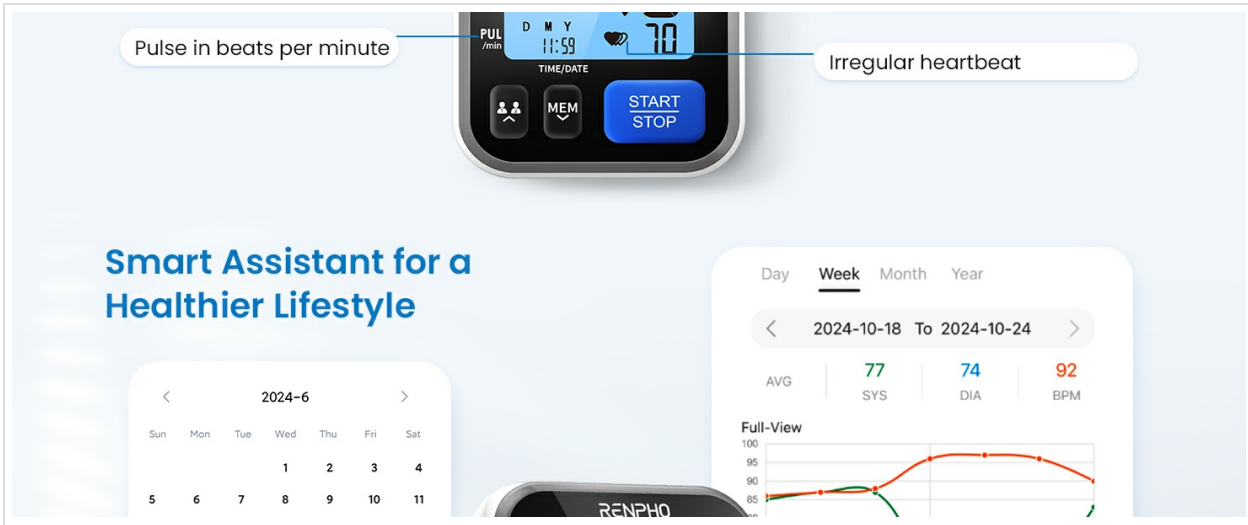


Image: The Renpho Health app interface showing a calendar view and graphical representation of blood pressure data trends, indicating its function as a smart assistant for health management.



Image: The Renpho Health app interface displaying options to add remarks to blood pressure records and share data via various platforms.

**MAINTENANCE**

**Cleaning and Storage**

- Clean 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, alcohol, or organic solvents.
- Store the device and cuff in the provided carry bag 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.

## TROUBLESHOOTING

### Common Issues and Solutions

Problem	Possible Cause	Solution
Device does not power on.	Batteries are depleted or incorrectly inserted.	Replace batteries or check polarity. Ensure USB cable is properly connected if using external power.
Inaccurate readings.	Incorrect cuff placement, movement during measurement, or talking.	Ensure cuff is correctly placed and snug. Remain still and silent during measurement. Consult a healthcare professional for comparison readings.
Bluetooth connection failure.	Bluetooth is off on phone, app not open, or device not in pairing mode.	Ensure phone Bluetooth is on. Open Renpho Health app. Press START/STOP on monitor to activate pairing mode (flashing Bluetooth icon). Re-pair if necessary.
Data not syncing to app.	No active Bluetooth connection or app issue.	Verify Bluetooth connection. Restart the app and monitor. Ensure the app is updated to the latest version.

## SPECIFICATIONS

Specification	Detail
Model Number	RP-BPM001S
Product Dimensions	5.11"L x 3.66"W x 1.28"Th
Weight	1.1 Pounds
Cuff Size	Wide Range (22 - 42 cm / 8-3/4" - 16-1/2")
Power Source	4 AAA batteries or Micro USB
Display Type	Large Backlit LCD
Memory Capacity	240 sets for two users (device), Unlimited (app)
Connectivity	Bluetooth 4.0 and above
Manufacturer	RENPHO

## IMPORTANT SAFETY INFORMATION

Statements regarding dietary supplements have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition.

This device is intended for home use and should not replace professional medical advice or treatment. Always consult with your doctor regarding your blood pressure readings and any health concerns.