Beurer BM31

Beurer BM31 Upper Arm Blood Pressure Monitor User Manual

Model: BM31

1. Introduction

Thank you for choosing the Beurer BM31 Upper Arm Blood Pressure Monitor. This device is designed for accurate and convenient measurement of your blood pressure and heart rate at home. It features a large display, irregular heartbeat detection, and memory for two users.
Key features include:

- Medical-grade accuracy for systolic, diastolic blood pressure, and heart rate.
- Adjustable universal cuff (8.7" - 16.5") for comfortable fit.
- Memory for up to 60 measurements for two users (total 120 measurements).
- Risk indicator for easy classification of measurements.
- Irregular heartbeat detection.
- Automatic switch-off function.

2. Safety Information

Please read this instruction manual carefully before use and keep it for future reference. Observe all safety notes and warnings to ensure safe operation.

- This device is intended for measuring arterial blood pressure on the upper arm.
- Do not use the device on infants, children, or pets.
- Consult your doctor before using the device if you have any medical conditions, especially if you are pregnant, have a pacemaker, or suffer from severe circulatory problems.
- Measurements should only be taken when you are calm and relaxed. Avoid taking measurements immediately after exercise, bathing, or consuming alcohol/caffeine.
- Self-measurement is not a substitute for medical examination and diagnosis. Always discuss your blood pressure readings with your doctor.
- Keep the device and accessories out of reach of children.

3. Product Overview

Familiarize yourself with the components of your Beurer BM31 Blood Pressure Monitor.



Figure 3.1: Front view of the Beurer BM31 Blood Pressure Monitor, showing the large digital display, start/stop button, and memory buttons.



Figure 3.2: Detailed view of the display elements, including Systolic (SYS), Diastolic (DIA), Pulse (PUL), user indicator, irregular heartbeat detector, and the color-coded risk indicator.



Figure 3.3: The illuminated start/stop button for instant operation.



Figure 3.4: What's included in the kit: the monitor, a storage pouch, the universal cuff, and batteries.

Components:

- **Main Unit:** Contains the display, control buttons, and measurement electronics.
- **Upper Arm Cuff:** Adjustable cuff for arm circumferences from 8.7" to 16.5".
- **Air Tube:** Connects the cuff to the main unit.
- **Batteries:** 4 x AA batteries (included).
- **Storage Pouch:** For convenient storage and transport.

4. Setup

4.1 Installing Batteries

1. Open the battery compartment cover on the back of the device.
2. Insert four AA 1.5V alkaline batteries, ensuring correct polarity (+/-).

3. Close the battery compartment cover securely.

Note: If the battery symbol appears on the display, the batteries are low and need to be replaced.

4.2 Attaching the Cuff

1. Connect the air tube from the cuff to the air connector on the left side of the blood pressure monitor. Ensure it is firmly inserted.
2. The cuff is designed for upper arm circumferences between 8.7 inches and 16.5 inches.



Figure 4.1: Proper placement of the universal arm cuff on the upper arm.

5. Operating Instructions

5.1 Before Measurement

- Rest for at least 5 minutes before taking a measurement.
- Avoid eating, smoking, or exercising immediately before measurement.
- Sit in a comfortable position with your back supported and feet flat on the floor.
- Place your arm on a table so the cuff is at heart level.

5.2 Taking a Measurement

1. Wrap the cuff around your bare upper arm, approximately 0.8-1.2 inches (2-3 cm) above your elbow. The air tube should run down the inside of your arm. Ensure it is snug but not too tight.
2. Press the illuminated **Start/Stop** button (🩺) to begin the measurement. The cuff will automatically inflate.
3. Remain still and silent during the measurement.

4. Once the measurement is complete, the systolic pressure, diastolic pressure, and pulse rate will be displayed. The measurement will be automatically saved to the selected user memory.



Figure 5.1: The monitor in operation, displaying measurement results.

5.3 User Selection and Memory Function

The device supports two users, each with 60 memory slots.

1. Before starting a measurement, press the **M** button to select User 1 or User 2. The selected user icon will appear on the display.
2. To view past measurements, press the **M** button repeatedly after a measurement or when the device is off. Each press will cycle through the stored readings for the active user.
3. To clear memory, consult the full manual or contact customer support.



Figure 5.2: The monitor supports two users, each capable of saving up to 60 measurements.

5.4 Risk Indicator and Irregular Heartbeat Detection

The device features a color-coded risk indicator on the right side of the display, classifying your blood pressure according to WHO guidelines. A symbol for irregular heartbeat detection will appear if an irregular pulse is detected during measurement.



Figure 5.3: The monitor detects irregular heartbeat disturbances, indicated by a specific symbol on the display.



Figure 5.4: The risk indicator categorizes results by color, providing a quick visual assessment of blood pressure levels.

WHO Classification Table:

Hypertension Category	Systolic (in mmHg)	Diastolic (in mmHg)	Recommendation
Level 3: Severe Hypertension	≥180	≥110	Seek medical attention
Level 2: Moderate Hypertension	160-179	100-109	Seek medical attention
Level 1: Mild Hypertension	140-159	90-99	Have your doctor check your blood pressure regularly
High Normal	130-139	85-89	Have your doctor check your blood pressure regularly
Normal	120-129	80-84	Continue self-monitoring
Optimal	<120	<80	Continue self-monitoring

This table is based on WHO (World Health Organization) guidelines. Consult your physician for interpretation of your individual readings.

6. Maintenance and Care

6.1 Cleaning the Device

- Clean the monitor and cuff carefully with a slightly damp cloth.
- Do not use abrasive cleaners or immerse the device in water.
- Do not wash the cuff.

6.2 Storage

- Store the device and cuff in the provided storage pouch when not in use.
- Store 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

Problem	Possible Cause	Solution
Device does not turn on.	Batteries are dead or incorrectly inserted.	Check battery polarity or replace batteries.
Error message (e.g., "E1", "E2") on display.	Cuff not properly attached, movement during measurement, or air leakage.	Re-attach cuff, remain still, check air tube connection. Repeat measurement.
Inconsistent readings.	Improper measurement technique, stress, or recent activity.	Ensure proper resting period and measurement posture. Take multiple readings over time. Consult a doctor if concerns persist.
Cuff does not inflate or inflates too little/much.	Air tube kinked or disconnected, cuff size incorrect.	Check air tube connection. Ensure cuff is appropriate for arm circumference.

If you encounter problems not listed here or if solutions do not resolve the issue, please contact Beurer customer support.

8. Specifications

- **Model:** BM31
- **Measurement Method:** Oscillometric, non-invasive blood pressure measurement on the upper arm
- **Measurement Range:**
  - Systolic: 60-250 mmHg
  - Diastolic: 40-199 mmHg
  - Pulse: 40-180 beats/minute
- **Measurement Accuracy:**
  - Pressure: ±3 mmHg
  - Pulse: ±5% of reading
- **Memory:** 2 x 60 memory spaces
- **Cuff Size:** Universal cuff for arm circumference 8.7" - 16.5" (22 - 42 cm)
- **Power Source:** 4 x 1.5V AA batteries (included)
- **Automatic Switch-off:** Yes
- **Product Dimensions:** 4.33 x 7.09 x 2.93 inches
- **Item Weight:** 1 Pound
- **Material Feature:** Plastic

9. Warranty and Support

Beurer GmbH provides a limited warranty for this product. Please refer to the warranty card included in your package for specific terms and conditions. Keep your purchase receipt as proof of purchase.

For technical support, troubleshooting assistance, or warranty claims, please contact Beurer customer service:

- **Phone:** +1(800) 536-0366 (Florida based team)
- **Website:** www.beurer.com
- **Manufacturer:** AmazonUs/BEUUF (Beurer)

Please have your model number (BM31) and purchase date ready when contacting support.

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This manual is for informational purposes only. Always consult a healthcare professional for medical advice.

Ask a question about this manual

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

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Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question