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Beurer BM 96 Cardio (658.01)

Beurer BM 96 Cardio Blood Pressure Monitor with ECG Function

Model: 658.01

Your guide to accurate blood pressure and ECG measurements at home.

1. Important Safety Information

Please read this instruction manual carefully and keep it for later use. Make sure it is accessible to other users and observe the information contained within.

- This device is intended for self-measurement of blood pressure and ECG at home. It is not a substitute for medical examination.
- Consult your doctor before using the device if you have any medical conditions, especially cardiac arrhythmias.
- 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 original cuff and accessories provided with the device.

2. Product Overview

2.1 Components

- Beurer BM 96 Cardio Main Unit
- Upper Arm Cuff (42 cm band size)
- ECG Stick
- USB Cable
- Storage Pouch
- 4 x AA Batteries

2.2 Key Features

- **Combined Device:** Monitors both blood pressure and ECG for comprehensive cardiac health control.
- **ECG-Stick:** 1-channel ECG device records heart rhythm, providing average pulse value and detecting deviations from a normal ECG, including atrial fibrillation (AFib).
- **Patented Rest Indicator:** Checks if you are in a sufficient state of mental and physical rest for accurate blood

pressure measurement.

- **Inflation Technology:** Measures blood pressure during cuff inflation, automatically determining the required inflation level for individual adaptation and shorter measurement times.
- **Bluetooth & USB Connectivity:** Stores up to 2 x 60 measurements and transfers data to the free "beurer HealthManager Pro" app via Bluetooth or USB.
- **Risk Indicator:** Classifies measurement results with a colored scale for easy interpretation.



Figure 2.1: The Beurer BM 96 Cardio main unit, ECG stick, and arm cuff.

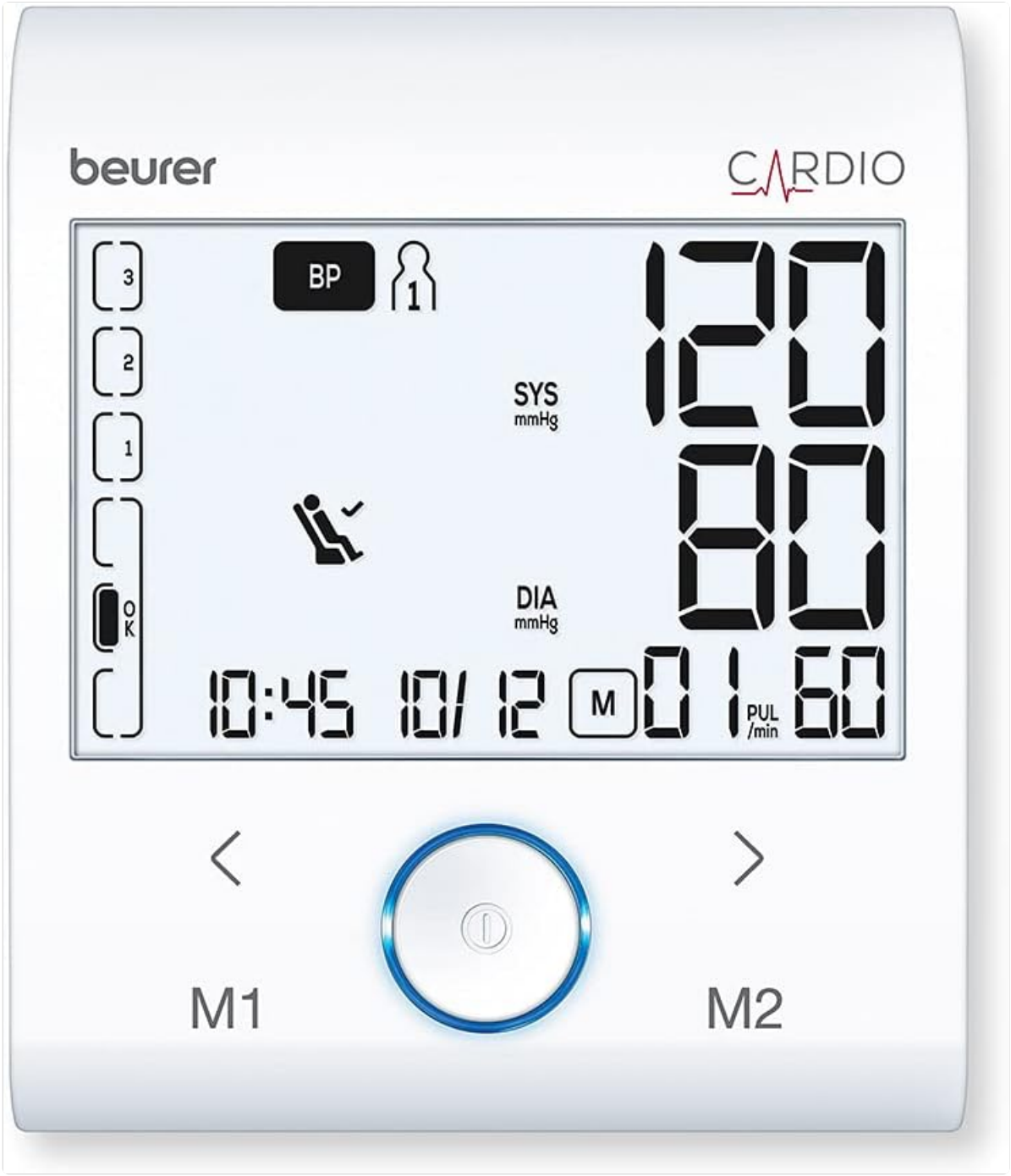


Figure 2.2: Detailed view of the device display, showing measurement results and indicators.



Figure 2.3: Side view of the device, highlighting the USB and ECG stick connection ports.

3. Setup

3.1 Battery Installation

Open the battery compartment on the back of the device. Insert the four AA batteries provided, ensuring correct polarity (+/-). Close the battery compartment securely.

3.2 Cuff Connection

Connect the air tube from the cuff to the air connector on the left side of the main unit. Ensure a secure fit.



Figure 3.1: Proper connection of the cuff to the main unit.

3.3 Initial Device Settings

Upon first use or after battery replacement, the device may prompt you to set the date and time. Use the navigation buttons (M1, M2, arrows) to adjust the values and confirm your selections.

4. Operating Instructions

4.1 Blood Pressure Measurement

1. **Prepare for Measurement:** Sit comfortably with your back supported and feet flat on the floor. Rest for at least 5 minutes before measuring. Avoid talking or moving during the measurement.
2. **Apply the Cuff:** Place the cuff on your bare upper arm, approximately 2-3 cm above the elbow joint. The air tube should run down the inside of your arm. Ensure the cuff is snug but not too tight.
3. **Start Measurement:** Press the START/STOP button. The device will begin inflating the cuff using*Inflation Technology*, which ensures a fast and comfortable measurement.
4. **Rest Indicator:** The device will display a patented rest indicator to confirm you are in a suitable state for measurement. Wait for this indicator to confirm optimal conditions.
5. **View Results:** Once the measurement is complete, your systolic and diastolic blood pressure, as well as your pulse rate, will be displayed. The *Risk Indicator* will classify your results using a colored scale.



Figure 4.1: Correct posture and cuff placement for blood pressure measurement.



Figure 4.2: The patented rest indicator ensures accurate readings by confirming a relaxed state.



Figure 4.3: The risk indicator provides a visual classification of your blood pressure results.



Figure 4.4: Inflation Technology ensures quick and comfortable measurements.

4.2 ECG Measurement

1. **Connect ECG Stick:** Plug the ECG stick into its dedicated port on the side of the main unit.
2. **Prepare for Measurement:** Ensure your skin is clean and dry where the electrodes will be placed.
3. **Perform Measurement:** Hold the ECG stick firmly and place the electrodes on your body as instructed (e.g., chest, abdomen, or arm). Press the ECG button to start the recording. The device will record for 30-120 seconds.
4. **View Results:** After the recording, the device will display your heart rhythm analysis, including average pulse and any detected irregularities, such as Atrial Fibrillation (AFib).



Figure 4.5: Proper technique for performing an ECG measurement with the stick.



Figure 4.6: The ECG stick is designed for easy and accurate heart rhythm recording.



Figure 4.7: The device's advanced arrhythmia detection helps in identifying atrial fibrillation for stroke prevention.

5. Data Management

5.1 Connecting to Beurer HealthManager Pro App (Bluetooth)

Download the free "beurer HealthManager Pro" app from your device's app store. Enable Bluetooth on your smartphone and follow the app's instructions to pair with your BM 96 Cardio. Your measurements will automatically sync to the app for long-term tracking and analysis.



Figure 5.1: Seamless data transfer via Bluetooth to the Beurer Connect app.



Figure 5.2: Optimize control of your blood pressure and heart rhythm through the app and web interface.

5.2 Data Transfer via USB

Connect the device to your computer using the provided USB cable. You can then transfer your stored measurement data to the Beurer HealthManager Pro software on your computer for detailed analysis and reporting.



Figure 5.3: The USB cable facilitates data transfer to your computer.

6. Maintenance and Care

Clean the device and cuff with a slightly damp cloth. Do not use abrasive cleaners or immerse the device in water. Store the device and accessories in the provided storage pouch in a cool, dry place, away from direct sunlight and extreme temperatures.



Figure 6.1: The included storage pouch protects your device when not in use.

7. Troubleshooting

Problem	Possible Cause	Solution
Device does not turn on.	Batteries are dead or incorrectly inserted.	Check battery polarity or replace with new AA batteries.
Error message during blood pressure measurement.	Cuff not applied correctly, movement during measurement, or arrhythmia detected.	Re-apply cuff, remain still, or consult a doctor if arrhythmia persists.
ECG measurement fails or shows erratic readings.	Poor skin contact, movement, or interference.	Ensure clean, dry skin. Remain still. Avoid electronic devices nearby.
Cannot connect to app via Bluetooth.	Bluetooth is off on phone, device not in pairing mode, or app issue.	Ensure Bluetooth is on. Restart device and app. Follow app pairing instructions.

8. Technical Specifications

Feature	Specification
Model Number	658.01
Dimensions (L x W x H)	18 x 17 x 11.5 cm
Weight	744 Grams
Power Source	4 x AA Batteries (included)
Cuff Size	42 cm
Memory Slots	2 x 60 memory slots
Connectivity	Bluetooth, USB
Measurement Method	Oscillometric, 1-channel ECG
Material Feature	Durable, Reusable
Manufacturer	Beurer GmbH
Country of Origin	China

9. Warranty and Support

Beurer products are designed for reliability and durability. For information regarding warranty terms and conditions, please refer to the warranty card included with your product or visit the official Beurer website. For technical support or service inquiries, please contact Beurer customer service through their official channels.

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