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Beurer BC 87

Beurer BC 87 Wrist Blood Pressure Monitor User Manual

Model: BC 87

1. Introduction

The Beurer BC 87 is an advanced, fully automatic wrist blood pressure and pulse monitor designed for convenient and accurate home use. This device features Bluetooth connectivity for seamless data transfer to the free "beurer HealthManager Pro" app, an innovative rest indicator to ensure optimal measurement conditions, and a positioning indicator for correct device placement. Its inflation technology ensures comfortable and rapid measurements, while the integrated risk indicator and arrhythmia detection provide valuable insights into your cardiovascular health.



Image 1.1: Beurer BC 87 Wrist Blood Pressure Monitor with its accompanying smartphone application.

2. Safety Information

Please read this instruction manual carefully before use and keep it for future reference. Improper use can lead to inaccurate results or device damage.

- **Medical Advice:** This device is for monitoring purposes only. Do not use it for self-diagnosis or self-medication. Always consult your doctor for medical advice and treatment.
- **Arrhythmia Detection:** The device detects potential heart rhythm disturbances. If the arrhythmia indicator appears frequently, consult your doctor.
- **Cuff Fit:** Ensure the cuff fits correctly around your wrist (13.5 to 21.5 cm circumference). An ill-fitting cuff can lead to inaccurate readings.
- **Children:** Keep the device out of reach of children.
- **Batteries:** Use only the specified AAA batteries. Do not mix old and new batteries or different types of batteries.

- **Electromagnetic Compatibility:** Avoid using the device near strong electromagnetic fields (e.g., mobile phones, microwave ovens) as this may affect its performance.

3. Product Overview

The Beurer BC 87 features an easy-to-read XL black display and intuitive controls. Key components include:

- **Display:** Shows systolic and diastolic blood pressure, pulse rate, date, time, and various indicators.
- **Cuff:** Integrated wrist cuff for measurements.
- **Start/Stop Button:** Initiates and ends measurements.
- **Memory Buttons (M1/M2):** For selecting user profiles and accessing stored measurements.
- **Risk Indicator:** A colored scale on the display to classify blood pressure results.
- **Positioning Indicator:** Guides the user to the optimal measurement position.
- **Rest Indicator:** Confirms the user is in a state of rest for accurate readings.



Image 3.1: Proper placement of the Beurer BC 87 on the wrist.

4. Setup

4.1 Battery Installation

The device requires 4 AAA batteries, which are included. Open the battery compartment cover on the back of the device, insert the batteries according to the polarity markings, and close the cover securely.

4.2 App Connection (Beurer HealthManager Pro)

The Beurer BC 87 can connect to the "beurer HealthManager Pro" app via Bluetooth for data transfer and management.

1. Download the free "beurer HealthManager Pro" app from your smartphone's app store.
2. Enable Bluetooth on your smartphone.
3. Follow the in-app instructions to pair your Beurer BC 87 device.
4. Once paired, your measurement values will be automatically transferred to the app, allowing for optimal tracking and control of your blood pressure and heart rhythm.



Image 4.1: Seamless data transfer to the Beurer HealthManager Pro app via Bluetooth.

5. Operating Instructions

5.1 Taking a Measurement

1. **Prepare for Measurement:** Sit quietly for a few minutes before taking a measurement. Avoid eating, smoking, or exercising immediately prior.
2. **Positioning:** Place the cuff on your left wrist, ensuring the display is on the inside of your wrist. The positioning indicator on the device will guide you to hold your wrist at heart level for accurate results.
3. **Rest Indicator:** The patented rest indicator will confirm when you are in a stable state of rest, which is crucial for reliable readings.
4. **Start Measurement:** Press the Start/Stop button. The device will begin inflating the cuff using its inflation technology, which automatically adjusts pressure for comfort and speed.
5. **Reading Results:** Once the measurement is complete, your systolic and diastolic blood pressure, as well as your pulse rate, will be displayed on the XL screen.



Image 5.1: Correct wrist positioning for accurate measurement.



Image 5.2: Inflation technology provides gentle and fast measurements.

6. Understanding Your Results

6.1 Risk Indicator

The Beurer BC 87 features a colored risk indicator on the left side of the display. This indicator helps you classify your blood pressure readings according to WHO (World Health Organization) guidelines:

- **Green:** Optimal blood pressure
- **Yellow:** Normal blood pressure
- **Orange:** Mild hypertension
- **Red:** Moderate to severe hypertension



Image 6.1: The colored risk indicator provides an immediate classification of your blood pressure.

6.2 Arrhythmia Detection

The device is equipped with an arrhythmia detection function. If an irregular heartbeat is detected during the measurement, a specific symbol will appear on the display. If this symbol appears frequently, it is recommended to consult your doctor for further evaluation.

7. Maintenance and Care

- **Cleaning:** Clean the device and cuff with a soft, slightly damp cloth. Do not use abrasive cleaners or immerse the device in water.
- **Storage:** Store the device in a cool, dry place, away from direct sunlight and extreme temperatures.
- **Batteries:** If the device will not be used for an extended period, remove the batteries to prevent leakage.
- **Avoid Impact:** Protect the device from strong impacts and drops.

8. Troubleshooting

If you encounter issues with your Beurer BC 87, please refer to the following common problems and solutions:

Problem	Possible Cause	Solution
No display/Device does not turn on	Batteries are empty or incorrectly inserted.	Check battery polarity or replace batteries.
Inaccurate readings	Incorrect cuff positioning, movement during measurement, or not resting before measurement.	Ensure correct wrist positioning at heart level, remain still and silent, and rest for 5 minutes before measuring.
Error message (e.g., "E1")	Cuff not applied correctly or excessive movement.	Re-apply the cuff snugly and ensure no movement during measurement.
Bluetooth connection issues	Bluetooth is off on the smartphone, device not paired, or app issues.	Ensure Bluetooth is enabled, re-pair the device in the app, or restart the app/smartphone.

If the problem persists, please contact Beurer customer support.

9. Specifications

- **Model:** BC 87
- **Measurement Method:** Oscillometric, non-invasive blood pressure measurement on the wrist
- **Cuff Circumference:** 13.5 – 21.5 cm
- **Measurement Range:**
  - Systolic: 50 – 250 mmHg
  - Diastolic: 30 – 200 mmHg
  - Pulse: 40 – 180 beats/minute
- **Measurement Accuracy:**
  - Blood Pressure: ±3 mmHg
  - Pulse: ±5% of the displayed value
- **Memory:** 2 x 120 memory spaces
- **Power Supply:** 4 x 1.5V AAA batteries (included)
- **Automatic Switch-off:** Yes
- **Dimensions:** 7.2 x 9.6 x 7.2 cm
- **Weight:** Approximately 223 grams (without batteries)
- **Display Type:** LCD
- **Connectivity:** Bluetooth for "beurer HealthManager Pro" app

10. Warranty and Support

Beurer provides a limited warranty for this product. For detailed warranty terms and conditions, please refer to the warranty card included with your product or visit the official Beurer website. For technical support, troubleshooting assistance, or spare parts, please contact Beurer customer service directly. Contact information can typically be found on the Beurer website or in the product packaging.

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