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### Homedics BPW-930BT-AMZ

## HoMedics Premium Wrist Blood Pressure Monitor (Model BPW-930BT-AMZ) Instruction Manual

### INTRODUCTION

This manual provides detailed instructions for the proper use and care of your HoMedics Premium Wrist Blood Pressure Monitor, Model BPW-930BT-AMZ. This device is designed for accurate and convenient measurement of blood pressure and pulse rate at the wrist. Please read this manual thoroughly before use to ensure correct operation and to obtain the most accurate readings.



Image: The HoMedics Premium Wrist Blood Pressure Monitor displayed alongside a smartphone showing the HoMedics Health App interface with blood pressure readings and data.

## IMPORTANT SAFETY INFORMATION

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Please observe the following safety precautions to ensure safe and effective use of your blood pressure monitor:

- Consult your physician regarding specific blood pressure information. This device is not intended to replace professional medical advice or treatment.
- Self-measurement is not diagnosis. Always consult a healthcare professional for interpretation of results.
- Do not use this device for diagnosis or treatment of any health problem or disease.
- 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.
- Keep the device out of reach of children.
- Do not use the device in a moving vehicle.

## PACKAGE CONTENTS

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Upon opening your HoMedics Premium Wrist Blood Pressure Monitor package, please verify that all the following items are included:

- (1) HoMedics Premium Wrist Blood Pressure Monitor with Attached Wrist Cuff (Fits Wrist Circumference 5.3" - 7.7")
- (2) AAA Batteries
- (1) Storage Bag
- (1) Quick-Start Guide
- (1) Instruction Manual (English, Spanish, French)

## SETUP

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### Battery Installation

Your monitor requires two AAA batteries for operation. Follow these steps to install them:

1. Locate the battery compartment cover on the back of the monitor.
2. Press down and slide the cover off.
3. Insert the two AAA batteries, ensuring the polarity (+ and -) matches the diagrams inside the compartment.
4. Replace the battery compartment cover until it clicks securely into place.

### HoMedics Health App Connection

The monitor features Bluetooth wireless technology to sync data with the HoMedics Health App on your smartphone. This allows for easy tracking and sharing of your readings, with automatic date and time stamps.

1. Download the HoMedics Health App from your smartphone's app store (iOS or Android).

2. Open the app and follow the on-screen instructions to create an account or log in.
3. Enable Bluetooth on your smartphone.
4. Within the app, select the option to add a new device and choose your HoMedics Premium Wrist Blood Pressure Monitor.
5. Follow any further pairing instructions provided by the app to establish the connection.

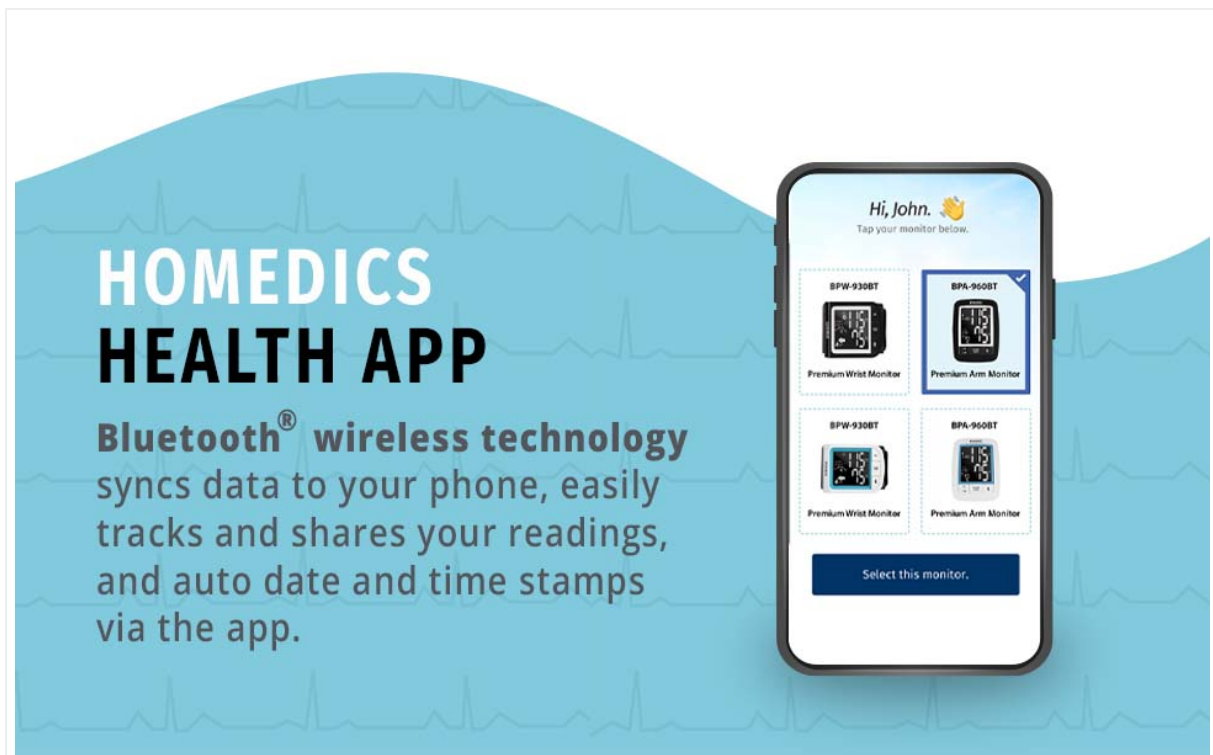


Image: A smartphone displaying the HoMedics Health App, showing options to select and connect different HoMedics monitors.

## OPERATION GUIDE

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### Proper Wrist Positioning

Accurate readings depend on correct wrist positioning. The monitor features a Wrist Positioning Sensor to guide you to the ideal position: your wrist at heart level.

1. Sit comfortably with your feet flat on the floor and your arm resting on a table.
2. Place the cuff on your left wrist, ensuring the display is on the inside of your wrist. The bottom edge of the cuff should be approximately 1/4 inch (0.6 cm) from your palm.
3. Raise your wrist so the monitor is at the same level as your heart. The positioning sensor on the display will provide visual cues to help you achieve the correct height.
4. Relax your hand and avoid clenching your fist.

## WRIST POSITIONING GUIDE

Positioning sensor helps guide your wrist to be heart level, the ideal position to help you take an accurate blood pressure reading



Image: A woman demonstrating the correct wrist positioning for taking a blood pressure reading, with the monitor at heart level.

### Taking a Measurement

The monitor utilizes Smart Measure inflation technology for quick and comfortable readings.

1. Ensure you are in a relaxed state and have followed the wrist positioning guidelines.
2. Select your user profile (User 1 or User 2) using the designated button if applicable.
3. Press the **START/STOP** button. The cuff will begin to inflate automatically.
4. Remain still and silent during the measurement. The monitor will deflate and display your systolic pressure, diastolic pressure, and pulse rate.
5. The reading will automatically be stored in the device's memory and, if connected, synced to the HoMedics Health App.

# EASY TO USE

Large backlit display with **one-touch operation**

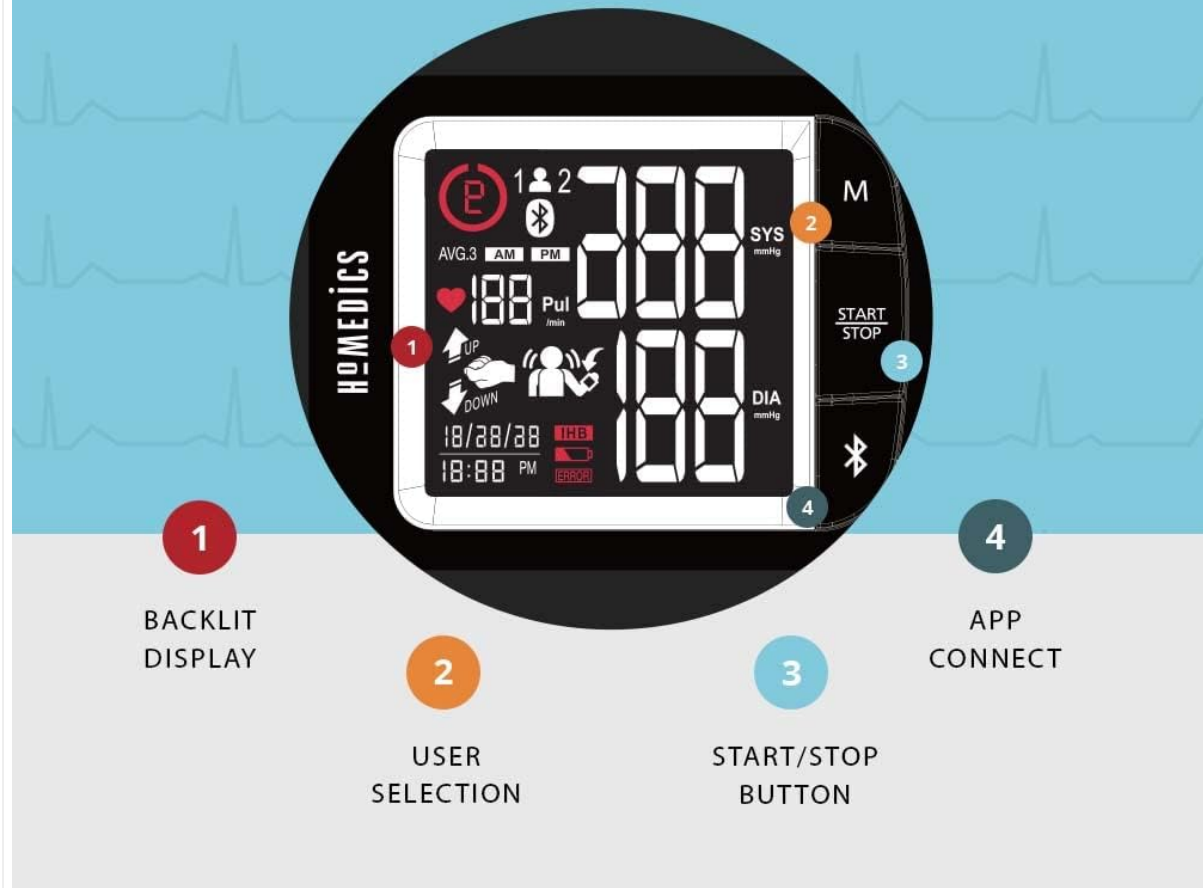


Image: A detailed view of the monitor's backlit LCD display, highlighting the user selection, START/STOP button, and app connect features.

## User Memory and Averaging

The monitor supports two users, each with storage for up to 120 memories, totaling 240 memories. It also provides AM/PM averaging, which calculates the average of the last 3 morning or evening readings.

- To view stored memories, press the **M** (Memory) button. Repeated presses will cycle through past readings.
- The AM/PM averaging feature helps track trends in your blood pressure over time.





## 2-USER MEMORY

Stores up to 240 total  
memories: 120 per user

Image: A man and a woman interacting with the blood pressure monitor, demonstrating its capability to store readings for two distinct users.

### Irregular Heartbeat Detector (IHB)

The monitor is equipped with an Irregular Heartbeat Detector. If an irregular heartbeat is detected during a measurement, an IHB symbol will appear on the display. This indicates a pulse irregularity. If this symbol appears frequently, consult your physician.

### Risk Category Index

The Risk Category Index provides a visual classification of your blood pressure reading based on established guidelines, allowing for easy comparison. Refer to the quick-start guide or consult your physician for detailed interpretation of these categories.

# KNOW YOUR NUMBERS

1

## Irregular Heartbeat Detector

Detects pulse irregularities

2

## Risk Category Index

For easy comparison

3

## AM/PM Averaging

Averages the last 3 morning readings or the last 3 evening readings



Image: The monitor's display highlighting the Irregular Heartbeat Detector symbol, the Risk Category Index bar, and the AM/PM averaging indicator.

## CARE AND MAINTENANCE

### Cleaning

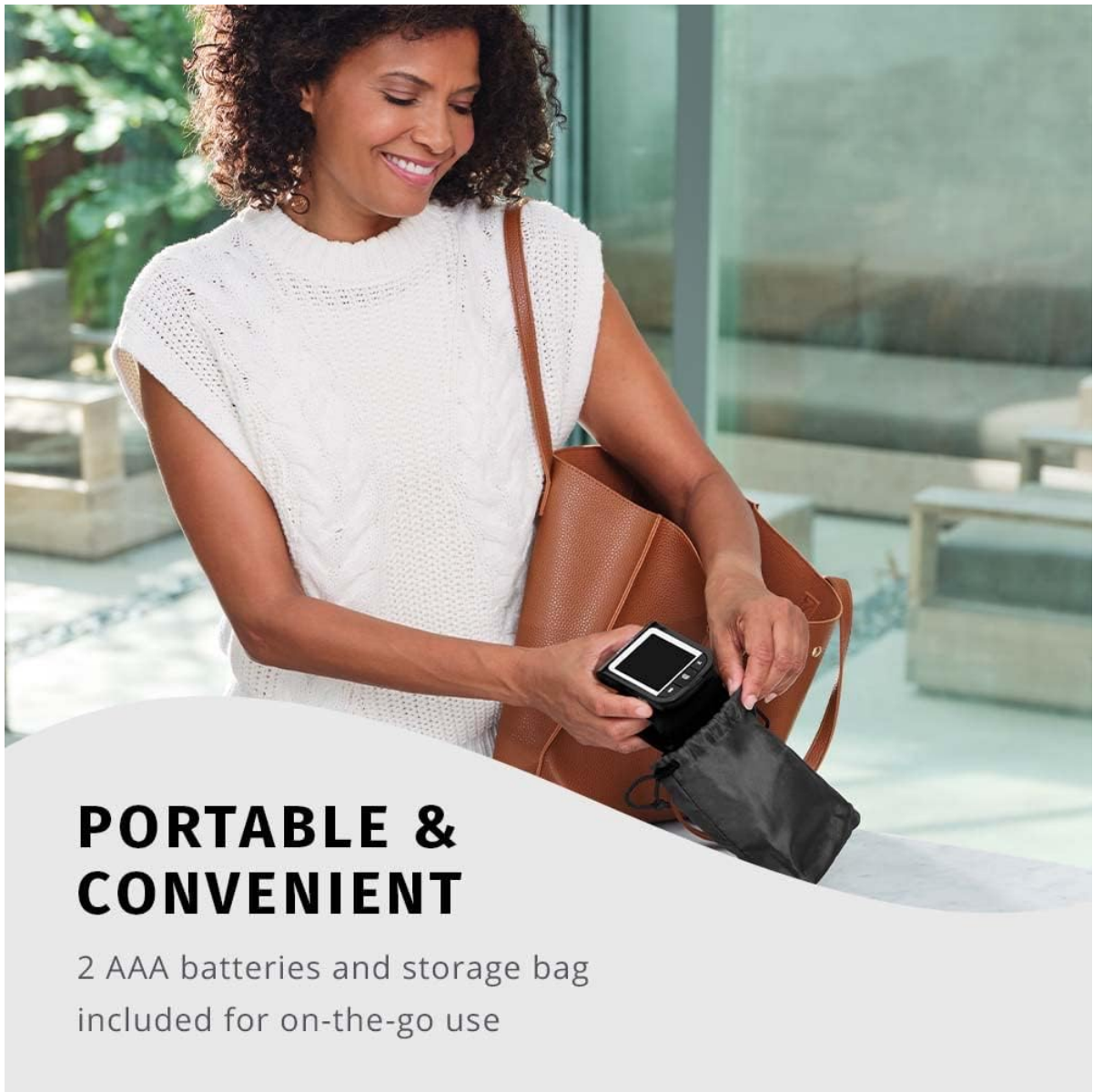
To maintain the accuracy and longevity of your monitor:

- Wipe the monitor and cuff gently with a soft, dry cloth.
- Do not use abrasive cleaners, solvents, or immerse the device in water.

### Storage

Proper storage helps protect the device:

- Store the monitor in the provided storage bag when not in use.
- Keep the device in a cool, dry place, away from direct sunlight, extreme temperatures, and humidity.
- Remove batteries if the device will not be used for an extended period to prevent leakage.



## PORTABLE & CONVENIENT

2 AAA batteries and storage bag included for on-the-go use

Image: A woman demonstrating the portability of the monitor by placing it into its included storage bag, emphasizing convenience for travel or daily use.

### TROUBLESHOOTING

If you encounter any issues with your HoMedics Premium Wrist Blood Pressure Monitor, refer to the table below for common problems and their solutions.

| Problem                             | Possible Cause  | Solution  |
|-------------------------------------|---|---|
| Monitor does not turn on            | Batteries are dead or incorrectly inserted.                           | Replace batteries with new AAA batteries, ensuring correct polarity.  |
| Inaccurate or inconsistent readings | Incorrect wrist positioning, movement during measurement, or talking. | Ensure proper wrist positioning at heart level. Remain still and silent during measurement. Wait 5 minutes before re-measuring. |



| Problem                      | Possible Cause   | Solution  |
|------------------------------|--|---|
| Bluetooth connection failure | Bluetooth is off on phone, app not open, or monitor not in pairing mode.             | Ensure Bluetooth is enabled on your phone. Open the HoMedics Health App. Follow app instructions to re-pair the device. |
| Error message on display     | Excessive body motion detected, cuff not applied correctly, or other internal error. | Ensure you are still during measurement. Re-apply cuff snugly. If error persists, contact customer support.             |

## PRODUCT SPECIFICATIONS

The following are the technical specifications for the HoMedics Premium Wrist Blood Pressure Monitor:

| Feature                  | Detail                                 |
|--------------------------|--|
| Model Name               | BPW-930BT                              |
| Item Model Number        | BPW-930BT-AMZ                          |
| Product Dimensions       | 8"L x 2"W x 4"Th (8 x 2 x 4 inches)    |
| Weight                   | 7.62 ounces                            |
| Wrist Cuff Circumference | 5.3" - 7.7" (13.5 cm - 19.5 cm)        |
| Power Source             | Battery Powered (2 AAA Batteries)      |
| Included Components      | Monitor, Cuff, Batteries               |
| Memory Capacity          | 2 users, 120 memories each (240 total) |
| Connectivity             | Bluetooth Wireless Technology          |
| Age Range (Description)  | Adult                                  |
| UPC                      | 031262105691                           |







## WARRANTY INFORMATION

The HoMedics Premium Wrist Blood Pressure Monitor comes with a 5-Year Limited Warranty. Please refer to the warranty section in the included instruction manual (English, Spanish, French) for full details on coverage, terms, and conditions. Retain your proof of purchase for warranty claims.

## CUSTOMER SUPPORT

For further assistance, troubleshooting not covered in this manual, or warranty inquiries, please contact HoMedics Customer Service. Contact information can typically be found on the HoMedics official website or in the quick-start guide included with your product. You may also visit the [HoMedics Store on Amazon](#) for additional product information and support resources.

## Related Documents - BPW-930BT-AMZ

|   |  |
|---|--|
|    | <p><a href="#">Homedics BPW-O300A Wrist Blood Pressure Monitor Instruction Manual</a></p> <p>Comprehensive instruction manual for the Homedics BPW-O300A wrist blood pressure monitor. Learn how to use, maintain, and troubleshoot your device for accurate home blood pressure readings. Includes safety guidelines, measurement procedures, specifications, and warranty information.</p>                                     |
|    | <p><a href="#">HoMedics BPW-200 Blood Pressure Monitor Wrist Instruction Manual</a></p> <p>This instruction manual provides detailed guidance on using the HoMedics BPW-200 Blood Pressure Monitor Wrist. It covers setup, operation, features like irregular heartbeat detection (IHB) and Smart Sense technology, error troubleshooting, specifications, and maintenance for accurate blood pressure and pulse monitoring.</p> |
|    | <p><a href="#">Homedics BPM83 Automatic Arm Blood Pressure Monitor User Manual</a></p> <p>User manual for the HoMedics BPM83 automatic arm blood pressure monitor, detailing features, operation, and troubleshooting for accurate home blood pressure and pulse rate measurements.</p>  |
|  | <p><a href="#">HoMedics BPW-200WGN Automatic Wrist Blood Pressure Monitor User Manual</a></p> <p>Comprehensive user manual for the HoMedics BPW-200WGN Automatic Wrist Blood Pressure Monitor. Learn how to use, maintain, and troubleshoot your device for accurate blood pressure readings.</p>  |
|  | <p><a href="#">HoMedics BPW-201: Manual del Monitor Automático de Presión Arterial de Muñeca</a></p> <p>Descubra cómo usar y mantener su monitor automático de presión arterial de muñeca HoMedics BPW-201. Este manual proporciona instrucciones detalladas, información de seguridad y especificaciones para mediciones precisas en el hogar.</p>  |
|  | <p><a href="#">HoMedics BPW-0200 Wrist Blood Pressure Monitor Instruction Manual</a></p> <p>Comprehensive instruction manual for the HoMedics BPW-0200 Wrist Blood Pressure Monitor, covering safety, usage, measurement procedures, troubleshooting, specifications, and warranty information.</p>  |