

SBM 69

Generic Silvercrest Upper Arm Blood Pressure Monitor

Model: SBM 69

1. INTRODUCTION

This manual provides comprehensive instructions for the safe and effective use of your Generic Silvercrest SBM 69 Upper Arm Blood Pressure Monitor. Please read this manual thoroughly before first use and keep it for future reference. This device is designed for non-invasive measurement and monitoring of arterial blood pressure in adults.

2. SAFETY INFORMATION

Always observe the following safety precautions to ensure proper operation and to prevent injury or damage.

- Consult your physician before using this device if you have any medical conditions.
- Do not use the device on infants, children, or individuals who cannot express their consent.
- Avoid taking measurements in a moving vehicle or during physical activity.
- Do not disassemble or attempt to repair the device yourself. Refer all servicing to qualified personnel.
- Keep the device away from water, extreme temperatures, and direct sunlight.
- Use only the specified batteries and dispose of them properly.

3. PRODUCT OVERVIEW

Familiarize yourself with the components of your blood pressure monitor.



Figure 3.1: The Silvercrest SBM 69 Blood Pressure Monitor, showing the main unit with its large digital display and control buttons, connected to the upper arm cuff via a tube. This image provides a clear view of the device's primary components.



Figure 3.2: A close-up view of the SBM 69 monitor's digital display. The screen shows a time and date (20:32 29/10), blood pressure readings (119 SYS mmHg, 79 DIA mmHg), and pulse rate (69 PUL/min). Indicator lights for Bluetooth connectivity and user profile are also visible, along with the 'M', 'START', and 'SET' buttons.



Figure 3.3: An individual is shown using the Silvercrest SBM 69 Blood Pressure Monitor. The upper arm cuff is correctly positioned on their arm, and they are interacting with the monitor's display. A smartphone displaying blood pressure data is visible in the background, indicating the device's Bluetooth connectivity feature.



Figure 3.4: A black, rectangular carrying case for the Silvercrest SBM 69 Blood Pressure Monitor. The case features a zipper closure and the 'HealthForYou by SilverCrest' logo prominently displayed on the top, indicating its purpose for storage and portability.

4. SETUP

4.1 Battery Installation

1. Open the battery compartment cover on the back of the device.
2. Insert the required batteries (e.g., 4 x AA batteries) according to the polarity indicators (+/-).
3. Close the battery compartment cover securely.

4.2 Cuff Connection

1. Connect the air tube from the cuff firmly into the air jack on the side of the monitor unit.
2. Ensure the connection is secure to prevent air leakage during measurement.

5. OPERATING INSTRUCTIONS

5.1 Preparing for Measurement

- Sit comfortably with your back supported and feet flat on the floor.
- Rest your arm on a table so the cuff is at heart level.
- Wrap the cuff around your bare upper arm, ensuring the air tube runs down the center of your arm. The bottom edge of the cuff should be approximately 2-3 cm above your elbow.
- Ensure the cuff is snug but not too tight; you should be able to insert two fingers underneath.

5.2 Taking a Measurement

1. Press the **START/STOP** button to turn on the device.
2. The cuff will automatically inflate. Remain still and silent during the measurement.
3. Once the measurement is complete, the systolic, diastolic, and pulse readings will be displayed on the screen.
4. Press the **START/STOP** button again to turn off the device, or it will automatically shut off after a period of inactivity.

5.3 Bluetooth Connectivity

The SBM 69 monitor features Bluetooth connectivity to sync your measurements with a compatible smartphone application. Refer to the app's instructions for pairing and data transfer.

- Ensure Bluetooth is enabled on your smartphone.
- Open the designated health application (e.g., 'HealthForYou' app).
- Follow the app's instructions to pair the device and transfer data.

6. MAINTENANCE

6.1 Cleaning

- Wipe the monitor unit and cuff with a soft, dry cloth.
- If necessary, use a slightly damp cloth with a mild detergent, then wipe dry immediately.
- Do not use abrasive cleaners or immerse the device in water.

6.2 Storage

- Store the device in its original carrying case in a cool, dry place.
- Avoid direct sunlight, high temperatures, and humidity.
- Remove batteries if the device will not be used for an extended period.

7. TROUBLESHOOTING

Refer to the table below for common issues and their solutions.

Problem	Possible Cause	Solution
Device does not turn on	Batteries are low or incorrectly inserted.	Replace batteries or check polarity.
Error message on display	Cuff not applied correctly, movement during measurement, or air leakage.	Re-apply cuff, remain still, check cuff connection. Refer to manual for specific error codes.
Inconsistent readings	Improper measurement posture, talking during measurement, or recent physical activity.	Ensure proper posture, relax, avoid talking, wait 5 minutes after activity before measuring.
Bluetooth connection fails	Bluetooth off on phone, app not open, or device not in pairing mode.	Enable Bluetooth, open app, restart monitor, try pairing again.

8. SPECIFICATIONS

- **Model:** SBM 69
- **Brand:** Generic / Silvercrest
- **Measurement Method:** Oscillometric
- **Power Source:** Battery operated
- **Cuff Circumference:** Up to 42 cm (approx.)
- **Material Properties:** Reusable, Durable
- **Connectivity:** Bluetooth
- **Manufacturer:** Guangdong Transtek Medical Electronics Co. Ltd.

9. WARRANTY AND SUPPORT

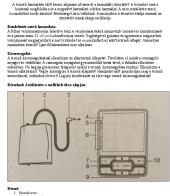
This product comes with a standard manufacturer's warranty. For detailed warranty terms and conditions, please refer

to the warranty card included in the product packaging or contact your point of purchase.

For technical support, troubleshooting assistance, or spare parts, please contact the customer service department of your retailer or the manufacturer directly. Contact information can typically be found on the product packaging or the manufacturer's official website.

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Related Documents - SBM 69

	<p>Vestil SBM-Series Economy and Adjustable Spreader Beams Instruction Manual</p> <p>This manual provides detailed instructions for the safe operation, maintenance, and specifications of Vestil SBM-Series Economy and Adjustable Spreader Beams. It covers receiving, safety warnings, model specifications, usage guidelines, inspection procedures, and limited warranty information.</p>
	<p>HoMedics Shiatsu Massager Instruction Manual</p> <p>This document provides comprehensive instructions for the HoMedics Shiatsu Massager, including setup, features, safety precautions, maintenance, and troubleshooting. Learn how to use your Shiatsu Massager for optimal relaxation and muscle relief.</p>
	<p>Sanitas SBM 50 Blutdruckmessgerät – Gebrauchsanleitung</p> <p>Diese Gebrauchsanleitung für das Sanitas SBM 50 Oberarm-Blutdruckmessgerät bietet detaillierte Informationen zur Messung, Anwendung, Pflege und Fehlerbehebung für Erwachsene. Erfahren Sie mehr über die WHO-Einstufung und technische Spezifikationen.</p>
	<p>HoMedics Shiatsu Massaging Cushion - Instruction Manual and Warranty Information</p> <p>Comprehensive instruction manual and limited two-year warranty information for the HoMedics Shiatsu Massaging Cushion (Model SBM-300PA). Learn about safety precautions, usage, maintenance, and warranty details.</p>
	<p>Vérnyomásmérő SBM 47 User Manual</p> <p>User manual for the Vérnyomásmérő SBM 47 blood pressure monitor, covering setup, usage, safety precautions, and troubleshooting.</p>



[HoMedics Shiatsu Massager Instruction Manual - User Guide](#)

Comprehensive user manual for the HoMedics Shiatsu Massager (models SBM-188H-GB, SBM-185H-EU). Includes safety instructions, product features, operating guide, and maintenance advice.