Meraw TMB-2084-T

Meraw Blood Pressure Monitor TMB-2084-T User Manual

Model: TMB-2084-T

Introduction

This manual provides essential instructions for the safe and effective use of your Meraw TMB-2084-T Automatic Blood Pressure Monitor. Please read this manual thoroughly before using the device and retain it for future reference. This device is designed for home use to measure systolic and diastolic blood pressure and pulse rate in adults.



Image: Meraw TMB-2084-T Blood Pressure Monitor, showing the main unit, arm cuff, and a smartphone displaying the Meraw Health app interface. Four AAA batteries are also visible.

Package Contents

Verify that all items are present in the package:

- 1 x Meraw TMB-2084-T Automatic Blood Pressure Monitor
- 1 x Wide Range Arm Cuff (fits upper arm 8.7" - 16.5" / 22-42cm)
- 4 x AAA Alkaline Batteries
- 1 x Instruction Manual

Setup

1. Battery Installation

1. Open the battery compartment cover on the back of the monitor.

2. Insert the 4 AAA batteries according to the polarity indicators (+ and -) inside the compartment.
3. Close the battery compartment cover securely.

2. Cuff Connection

1. Locate the air tube connector on the arm cuff.
2. Insert the air tube connector firmly into the air jack on the side of the blood pressure monitor.

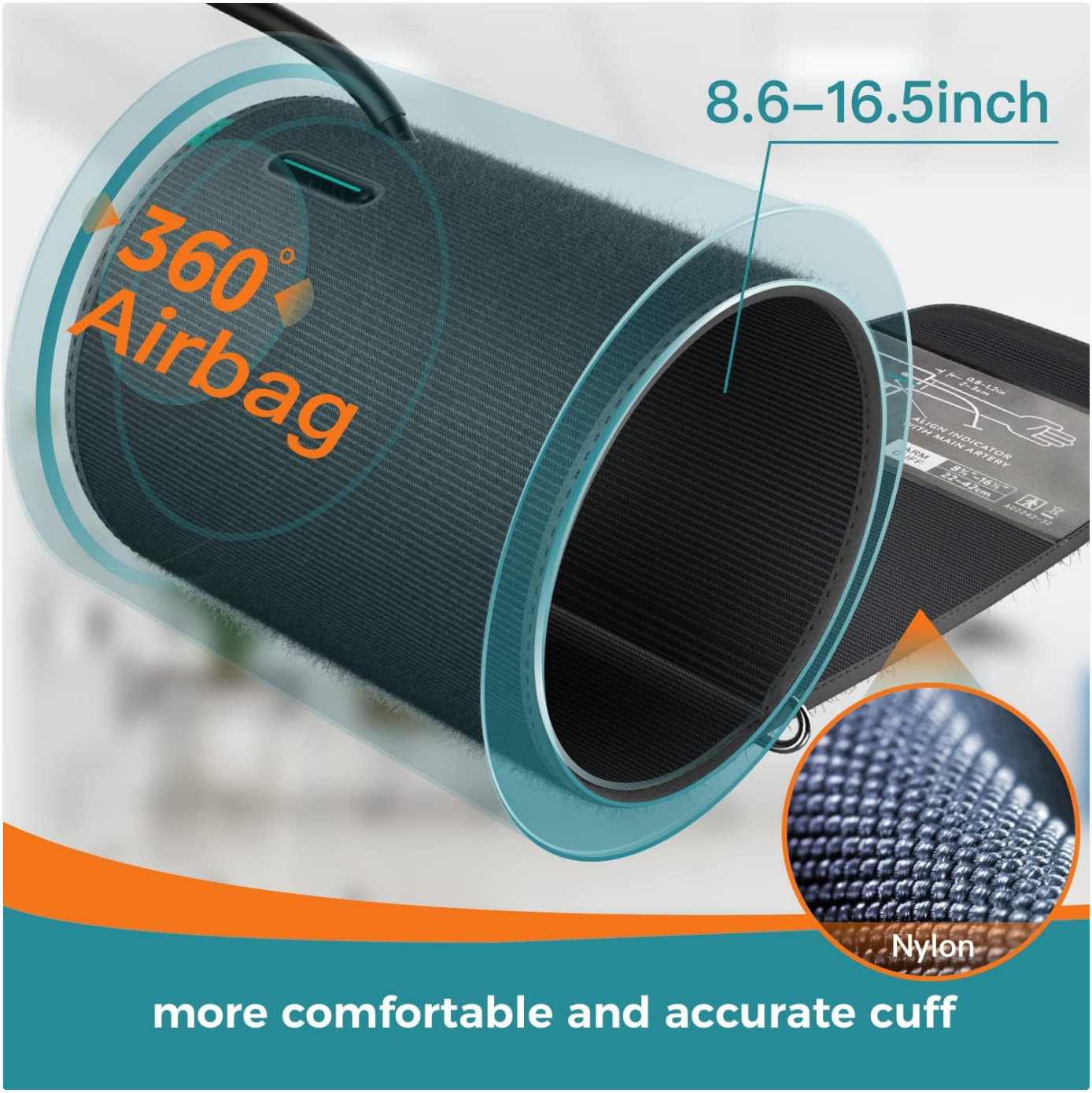


Image: A detailed view of the Meraw blood pressure cuff, highlighting its 360-degree airbag design and nylon material, suitable for arm circumferences between 8.7 and 16.5 inches.

3. Meraw Health App Download and Bluetooth Pairing

The Meraw TMB-2084-T monitor can connect to the free Meraw Health App via Bluetooth for data tracking and management.

- Download the "Meraw Health" app from your smartphone's app store (available on Google Play and Apple App Store).
- Enable Bluetooth on your smartphone.

- Open the Meraw Health app and follow the on-screen instructions to pair your monitor. Typically, this involves pressing and holding the Bluetooth button on the monitor until the Bluetooth icon flashes, then selecting the device in the app.

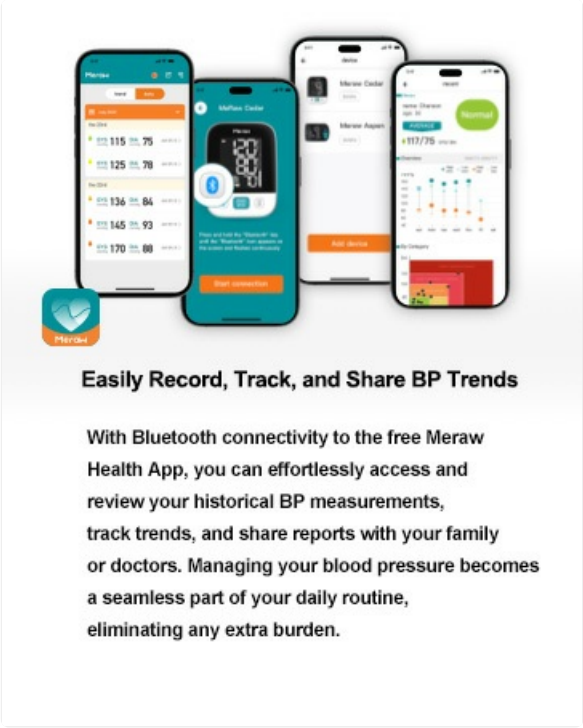


Image: Multiple smartphone screens displaying the Meraw Health app. The app shows historical blood pressure measurements, trend graphs, and options for connecting new devices like the Meraw Cedar monitor.

Operating Instructions

1. Preparation for Measurement

- Avoid eating, drinking alcohol, smoking, exercising, and bathing for 30 minutes before measurement.
- Rest for at least 5 minutes before taking a measurement.
- Sit in a comfortable position with your back supported and feet flat on the floor.
- Place your arm on a flat surface so the cuff is at heart level.
- Ensure the cuff is applied directly to your bare skin, not over clothing.

2. Applying the Arm Cuff

1. Wrap the cuff around your upper arm, approximately 1-2 cm above your elbow.
2. Ensure the air tube is positioned on the inside of your arm, aligned with your middle finger.
3. Tighten the cuff so it is snug but not uncomfortably tight. You should be able to insert two fingers between the cuff and your arm.

3. Taking a Measurement

1. Press the **START/STOP** button. The cuff will automatically inflate.
2. Remain still and silent during the measurement. Movement or talking can affect accuracy.
3. Once the measurement is complete (approximately 30 seconds), the monitor will display your systolic pressure (SYS), diastolic pressure (DIA), and pulse rate.
4. The measurement data will automatically be stored in the monitor's memory and, if paired, synchronized with the Meraw Health App.



Image: A hand pressing the green START/STOP button on the Meraw blood pressure monitor, indicating the start of a 30-second measurement process.

4. Understanding Your Readings

- **SYS (Systolic Pressure):** The pressure when your heart beats, pumping blood.
- **DIA (Diastolic Pressure):** The pressure when your heart rests between beats.
- **PULSE:** Your heart rate, measured in beats per minute.
- The monitor also features irregular heartbeat detection. If an irregular heartbeat is detected, a corresponding icon will appear on the display. Consult a healthcare professional if this occurs frequently.

Maintenance

1. Cleaning

- Wipe the monitor and cuff with a soft, dry cloth.
- If necessary, use a cloth lightly dampened with water or a mild detergent. Do not use abrasive cleaners or immerse the device in water.

2. Storage

- Store the device in a clean, dry place, away from direct sunlight, extreme temperatures, and humidity.
- Avoid dropping the device or subjecting it to strong impacts.

3. Battery Replacement

- When the low battery indicator appears on the display, replace all four AAA batteries with new ones.
- Dispose of used batteries according to local regulations.

Troubleshooting

Problem	Possible Cause	Solution
Monitor does not power on.	Batteries are low or incorrectly inserted.	Check battery polarity; replace with new batteries.
Inaccurate readings.	Incorrect cuff placement, movement during measurement, talking, or improper arm position.	Ensure proper cuff placement, remain still and silent, and position arm at heart level. Repeat measurement after a few minutes of rest.
Cuff does not inflate or inflates too little/much.	Air tube not securely connected, cuff leak, or incorrect cuff size.	Check air tube connection. Ensure cuff is appropriate for arm size (8.7"-16.5"). If problem persists, contact support.
Bluetooth pairing fails.	Bluetooth not enabled on phone, app not open, or monitor not in pairing mode.	Ensure phone Bluetooth is on, Meraw Health app is open, and monitor's Bluetooth icon is flashing. Restart both devices if necessary.

For further assistance, refer to the Meraw Health App or contact customer support.

Specifications

Feature	Detail
Model Number	TMB-2084-T
Brand	Meraw
Product Dimensions	5"L x 5"W x 2"Th (Monitor)
Item Weight	18 Ounces
Cuff Size	Wide Range (8.7" - 16.5" / 22-42cm)
Power Source	4 x AAA Batteries (included)
Display Type	Large Digital Display
Connectivity	Bluetooth (Meraw Health App)
Included Components	Monitor, Cuff, Batteries, Instruction Manual
Age Range	Adult

Warranty and Support

Warranty Information

Your Meraw TMB-2084-T Blood Pressure Monitor comes with a 12-month worry-free warranty from the date of purchase. This warranty covers manufacturing defects and ensures the proper functioning of the device under normal use. Please retain your proof of purchase for warranty claims.

Customer Support

For any questions, technical assistance, or warranty claims, please contact Meraw customer support. Refer to the contact information provided on the product packaging or the official Meraw website.

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This manual is for informational purposes only. 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.

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Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. Privacy details.

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