

Dr. Senst BP880W

Dr. Senst BP880W Fully Automatic Wrist Blood Pressure Monitor

User Manual

INTRODUCTION

Thank you for choosing the Dr. Senst BP880W Fully Automatic Wrist Blood Pressure Monitor. This device is designed for convenient and accurate measurement of blood pressure and pulse rate at home. It features arrhythmia detection and a memory function for two users, storing up to 120 measurements each. Please read this manual thoroughly before first use to ensure proper operation and to obtain reliable results.



The Dr. Senst BP880W Wrist Blood Pressure Monitor, showing its large digital display and control buttons.

SAFETY INFORMATION

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

- Consult your physician before using this device if you have any medical conditions or are taking medication.
- This device is intended for adult use only. Do not use on infants or children.
- Do not use this device in conjunction with high-frequency surgical equipment.
- Avoid taking measurements in a moving vehicle or during physical activity.
- Do not disassemble or attempt to repair the device yourself. Refer to qualified service personnel.
- Keep the device away from strong electromagnetic fields, such as mobile phones or microwave ovens.
- Store the device in a dry place, away from direct sunlight and extreme temperatures.

PRODUCT OVERVIEW

Familiarize yourself with the components of your Dr. Senst BP880W monitor:



Detailed view of the monitor's display and buttons, indicating various functions like user ID, pressure signal, settings, battery status, memory, auto-off, pulse, high/low pressure, date, time, and quick results.

- **Display:** Shows blood pressure (SYS/DIA), pulse rate, date, time, user ID, and battery status.
- **Power Button (Green):** Turns the device on/off and starts a measurement.
- **Memory Button (M):** Accesses stored measurement data.
- **Set Button (Clock Icon):** Used for setting date, time, and user ID.
- **Wrist Cuff:** Integrated cuff for wrist measurement.

SETUP

1. Battery Installation

The Dr. Senst BP880W requires 2 AAA batteries (not included). To install:

1. Open the battery compartment cover on the back of the device.
2. Insert two AAA batteries, ensuring correct polarity (+/-) as indicated inside the compartment.
3. Close the battery compartment cover securely.

The device can provide approximately 250 measurements with a single set of batteries.

2. Setting Date and Time

Accurate date and time settings are important for tracking your measurements:

1. With the device off, press and hold the **Set Button** (Clock Icon) for a few seconds until the year starts flashing.
2. Use the **Memory Button (M)** to adjust the year. Press the **Set Button** to confirm and move to the next setting (month, day, hour, minute).
3. Repeat the process for month, day, hour, and minute.
4. Once all settings are confirmed, the device will exit the setting mode.

3. Selecting User ID

The device supports two users (User 1 and User 2). To select a user:

1. With the device off, briefly press the **Set Button** (Clock Icon). The current user ID (e.g., '1' or '2') will flash.
2. Press the **Memory Button (M)** to switch between User 1 and User 2.
3. Press the **Set Button** again to confirm your selection.

OPERATING INSTRUCTIONS

Preparing for Measurement

- Avoid eating, drinking alcohol, smoking, exercising, or bathing for 30 minutes before measurement.
- Rest for at least 5 minutes before taking a measurement.
- Sit in a comfortable position with your feet flat on the floor and your back supported.
- Place your arm on a table so that the monitor is at the same height as your heart.



Visual guide demonstrating the correct way to position the wrist blood pressure monitor for accurate readings.

Applying the Wrist Cuff

1. Remove any tight clothing from your wrist.
2. Wrap the cuff around your left wrist, with the display facing upwards. The cuff should be approximately 1-2 cm from your palm.
3. Ensure the cuff is neither too tight nor too loose. You should be able to insert one finger comfortably between the cuff and your wrist.

Taking a Measurement

1. Once the cuff is correctly applied and you are in a relaxed position, press the **Power Button (Green)**.
2. The cuff will automatically inflate. Remain still and silent during the measurement.

3. The measurement will complete in less than 1 minute. Your systolic pressure (SYS), diastolic pressure (DIA), and pulse rate will be displayed on the screen.
4. The device will automatically store the reading under the selected user ID.
5. The device will automatically shut off after a period of inactivity to save battery life.



A user demonstrating the correct wrist placement for the Dr. Senst BP880W monitor.

MEMORY FUNCTION

The Dr. Senst BP880W can store up to 120 measurements for each of two users (User 1 and User 2).



2 Benutzerspeicher

je 120 Messwerte

The device supports two users, allowing couples or family members to track their individual readings.

Viewing Stored Measurements

1. Ensure the correct user ID is selected (see "Selecting User ID" in Setup section).
2. With the device off, briefly press the **Memory Button (M)**.
3. The most recent measurement will be displayed first.
4. Press the **Memory Button (M)** repeatedly to scroll through older measurements.
5. To exit memory mode, press the **Power Button (Green)** or wait for automatic shut-off.

Clearing Memory

To clear all measurements for the currently selected user:

1. Enter memory mode by pressing the **Memory Button (M)**.
2. While in memory mode, press and hold the **Memory Button (M)** for approximately 5 seconds until "CLr" appears on the display, indicating the memory has been cleared.

INTERPRETATION OF RESULTS

Blood Pressure Classification (WHO Indicator)

The device features a color indicator on the left side of the display, classifying your blood pressure reading according to the World Health Organization (WHO) guidelines. This provides a quick visual interpretation of your results.

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Risikoindikator ● ● ●
Farbige Klassifizierung der Messergebnisse

The monitor's display highlighting the color-coded risk indicator for quick interpretation of blood pressure readings.

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

Note: This indicator is for reference only. Always consult a healthcare professional for diagnosis and treatment of high blood pressure.

Arrhythmia Detection

The Dr. Senst BP880W can detect irregular heartbeats during measurement. If an irregular heartbeat is detected, an arrhythmia symbol (a heart icon with wavy lines) will appear on the display after the measurement. This indicates a potential arrhythmia.



*The device's arrhythmia detection feature provides an early warning for potential heart rhythm disturbances.
Note: The appearance of the arrhythmia symbol does not necessarily mean you have an arrhythmia. However, if this symbol appears frequently, it is recommended to consult your physician for further examination.*

MAINTENANCE

Cleaning

- Wipe the device and cuff gently 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.

Storage

- Store the device in its practical storage bag when not in use.
- Keep the device in a cool, dry place, away from direct sunlight, high temperatures, and humidity.
- If the device will not be used for an extended period, remove the batteries to prevent leakage.

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Praktische Aufbewahrungstasche



Ideal für Messungen zu Hause oder unterwegs

The Dr. Senst BP880W comes with a practical storage bag, ideal for home use or travel.

Problem	Possible Cause	Solution
Device does not turn on.	Batteries are dead or incorrectly inserted.	Replace batteries or check polarity.
Error message (e.g., "Err") on display.	Cuff not applied correctly, movement during measurement, or irregular pulse.	Reapply cuff, remain still, or try again after a short rest. If persistent, consult a physician.
Inaccurate readings.	Incorrect cuff placement, arm not at heart level, or talking/moving during measurement.	Ensure cuff is correctly placed, arm is at heart level, and remain still and silent. Take a break between measurements.
Arrhythmia symbol appears frequently.	Consistent irregular heartbeat detected.	Consult your physician for medical advice.

SPECIFICATIONS



Key features of the Dr. Senst BP880W, including measurement during inflation, adjustable size, quick start, irregular heartbeat detection, 2x120 memory, and pulse range.

Feature	Detail
Model Number	BP880W (521-854786)

Feature	Detail
Measurement Method	Oscillometric
Measurement Range	Pressure: 0-299 mmHg, Pulse: 40-199 beats/minute
Accuracy	Pressure: ± 3 mmHg, Pulse: $\pm 5\%$ of reading
Memory	2 users x 120 measurements each
Power Source	2 x AAA batteries
Battery Life	Approx. 250 measurements
Automatic Shut-off	Yes
Dimensions	10 x 8.5 x 7.5 cm (approximate package dimensions)
Weight	155 grams (approximate package weight)
Material	Reusable, Durable

WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the documentation included with your purchase or visit the official Dr. Senst website. If you encounter any issues not covered in this manual, please contact Dr. Senst customer service for assistance.

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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.

Name

Anonymous

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