



Manuals.plus /

› Easy@Home /

› Easy@Home Bluetooth Smart Blood Pressure Monitor (Model EBP08B) User Manual

Easy@Home EBP08B

Easy@Home Bluetooth Smart Blood Pressure Monitor (Model EBP08B) User Manual

Model: EBP08B

1. INTRODUCTION

This manual provides essential instructions for the safe and effective use of your Easy@Home Bluetooth Smart Blood Pressure Monitor, Model EBP08B. Please read this manual thoroughly before use and retain it for future reference.



Image 1.1: Easy@Home EBP08B Blood Pressure Monitor and accessories.

2. PRODUCT FEATURES

- **Bluetooth Connectivity:** Connects to the free MyHeartPal app for iOS and Android devices.
- **Clear Screen Display:** Large backlit LCD for easy reading of measurements.
- **Automatic Cuff Detection:** Provides prompts if the cuff is not worn correctly.
- **Motion Detection:** Notifies the user to remain still for accurate results if movement is detected during measurement.
- **Multiple User Modes:** Supports 3 independent users (User 1, User 2, and Guest mode).
- **Memory Storage:** Stores up to 500 records (250 for each of User 1 and User 2) on the device, with unlimited storage in the MyHeartPal app.
- **One-Button Operation:** Simple interface for ease of use.
- **Adjustable Cuff:** Fits arm circumferences from 8.6 to 16.5 inches (22 to 42 cm).
- **Power Options:** Operates on 4 AAA batteries (included) or via USB cable (for power, not charging).
- **Portability:** Includes a storage bag for convenient transport.



Image 2.1: Key features of the EBP08B monitor.

MULTI - FUNCTION



Image 2.2: Multi-function overview of the EBP08B monitor.

3. SETUP

3.1 Powering the Device

The monitor can be powered using either AAA batteries or a USB cable.

- **Batteries:** Insert four AAA batteries into the battery compartment on the back of the device. Ensure correct polarity.
- **USB Cable:** Connect the provided USB cable to the monitor and a USB power source (e.g., wall adapter, computer USB port). Note that the USB cable powers the device but does not charge it.

How To Use

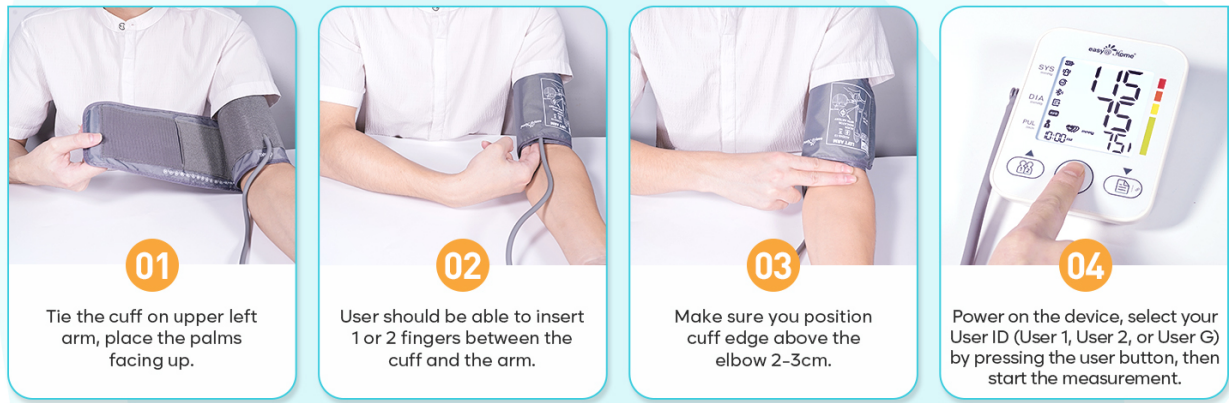


Image 3.1: Powering the monitor with USB cable or AAA batteries.

3.2 Installing the MyHeartPal App

The Easy@Home EBP08B monitor is designed to sync with the free MyHeartPal app for comprehensive data tracking and analysis.

1. Download the 'MyHeartPal' app from the Apple App Store (for iOS) or Google Play Store (for Android).
2. Install the app on your smartphone.
3. Follow the in-app instructions to create an account and set up your profile.

3.3 Pairing with the MyHeartPal App

To pair your monitor with the MyHeartPal app via Bluetooth:

Image 3.2: Pairing the monitor with the MyHeartPal app.

1. Ensure Bluetooth is enabled on your smartphone.
2. Open the MyHeartPal app.
3. On the monitor, press the memory button (often indicated by a document icon or 'M').
4. In the app, navigate to the pairing section and select 'Add Automatically'.
5. Confirm the pairing request on your phone.
6. Select the corresponding user ID (User 1 or User 2) in the app to link the device to your profile.

4. OPERATING INSTRUCTIONS

4.1 Important Notes Before Measurement

For accurate readings, observe the following guidelines:

Image 4.1: Important considerations before taking a measurement.

- Rest for at least 15 minutes before measurement to avoid tension or anger.
- Avoid strenuous exercise before the measurement.
- Avoid drinking tea, coffee, and smoking before the measurement.

- Do not move your body during the measurement.
- It is recommended to take the average of three consecutive measurements for a more representative blood pressure value.
- This device is not intended for use by pregnant women.

4.2 Applying the Cuff

Proper cuff placement is crucial for accurate readings.

Image 4.2: Steps for applying the cuff and starting a measurement.

1. Tie the cuff securely on your upper left arm, ensuring your palm is facing upwards.
2. Verify that you can comfortably insert 1 or 2 fingers between the cuff and your arm.
3. Position the bottom edge of the cuff approximately 2-3 cm (about 1 inch) above your elbow.
4. The monitor features automatic cuff detection. If the cuff is not worn correctly, the screen will prompt you to readjust it until an 'OK' symbol appears.

4.3 Taking a Measurement

1. After applying the cuff, power on the device.
2. Select your User ID (User 1, User 2, or Guest) by pressing the user selection button (often indicated by two person icons).
3. Press the 'START' button to begin the measurement. The cuff will inflate automatically.
4. Remain still and silent during the measurement. If body movement is detected, the machine will notify you to stay still for an accurate result.
5. Once the measurement is complete, your systolic pressure (SYS), diastolic pressure (DIA), and pulse rate (PUL) will be displayed on the screen.
6. The results will automatically be stored in the device's memory and, if paired, synced to the MyHeartPal app.

4.4 Using Multiple User Modes

The monitor supports up to 3 users:

- **User 1 & User 2:** Each has 250 memory spaces on the device. Select the appropriate user before taking a measurement to ensure data is stored correctly.
- **Guest Mode:** This mode does not store any readings on the device. It is suitable for one-time measurements or for users who do not wish to save their data.

3 USERS

User 1 and User 2, each with 250 memory spaces;
User G, no memory space.

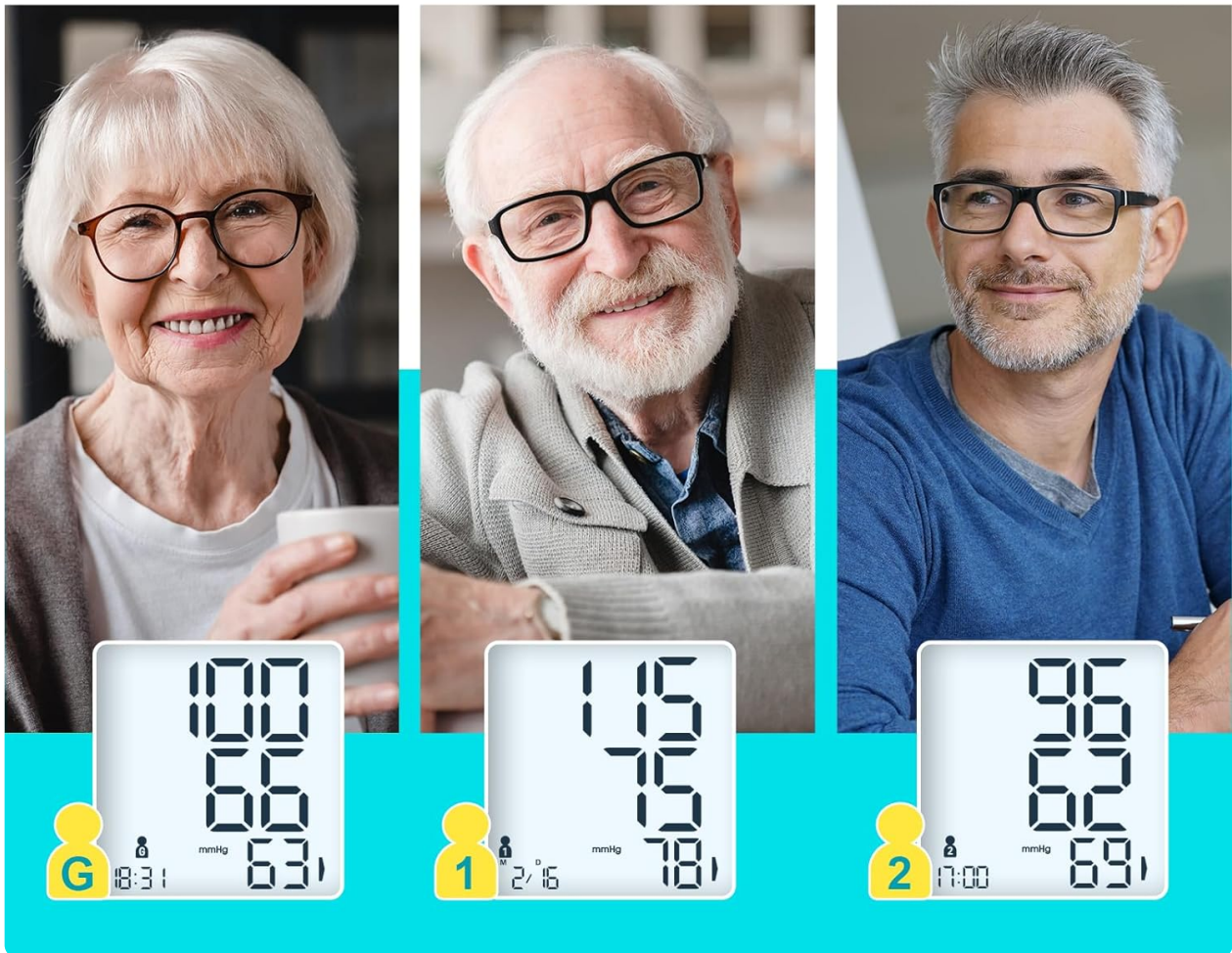


Image 4.3: Multi-user functionality of the EBP08B monitor.

5. MAINTENANCE

5.1 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.

5.2 Storage

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

5.3 Battery Replacement

When the battery indicator appears on the display, replace all four AAA batteries with new ones. Ensure correct polarity during installation.

6. TROUBLESHOOTING

Problem	Possible Cause	Solution
Error message / No reading	Cuff not applied correctly.	Readjust the cuff according to section 4.2 until 'OK' appears on the screen.
Inaccurate readings	Movement during measurement.	Remain still and silent during the measurement. The device will prompt you if movement is detected.
Inaccurate readings	Measurement taken too soon after activity or consuming stimulants.	Follow the 'Important Notes Before Measurement' in section 4.1.
Device does not power on	Low batteries or incorrect battery installation.	Replace batteries with new AAA batteries, ensuring correct polarity. Alternatively, use the USB power cable.
Bluetooth pairing issues	Bluetooth not enabled on phone, app not open, or incorrect pairing steps.	Ensure phone Bluetooth is on, MyHeartPal app is open, and follow pairing steps in section 3.3.

7. SPECIFICATIONS

- **Model:** EBP08B
- **Product Dimensions:** 3.94"L x 5.12"W x 1.57"Th (10 x 13 x 4 cm)
- **Weight:** 1.15 Pounds (approx. 0.52 kg)
- **Cuff Size:** Large, adjustable for arm circumferences 8.6" ~ 16.5" (22 ~ 42 cm)
- **Power Source:** 4 AAA batteries (included) or Micro USB cable (for power, not charging)
- **Display Type:** LCD
- **Memory:** 500 records (250 for User 1, 250 for User 2), unlimited in MyHeartPal app
- **Manufacturer:** Easy@Home
- **UPC:** 810038634647

8. WARRANTY AND SUPPORT

8.1 Warranty Information

For specific warranty details, please refer to the warranty card included with your product or contact Easy@Home customer service. Warranty terms may vary by region and retailer.

8.2 Customer Support

If you encounter any issues or have questions regarding your Easy@Home EBP08B Blood Pressure Monitor, please contact Easy@Home customer support. You can also find additional resources and FAQs within the MyHeartPal app or on the official Easy@Home website.

