Meraw TMB-2084-011

Meraw Blood Pressure Monitor User Manual

Model: TMB-2084-011
Brand: Meraw

Introduction

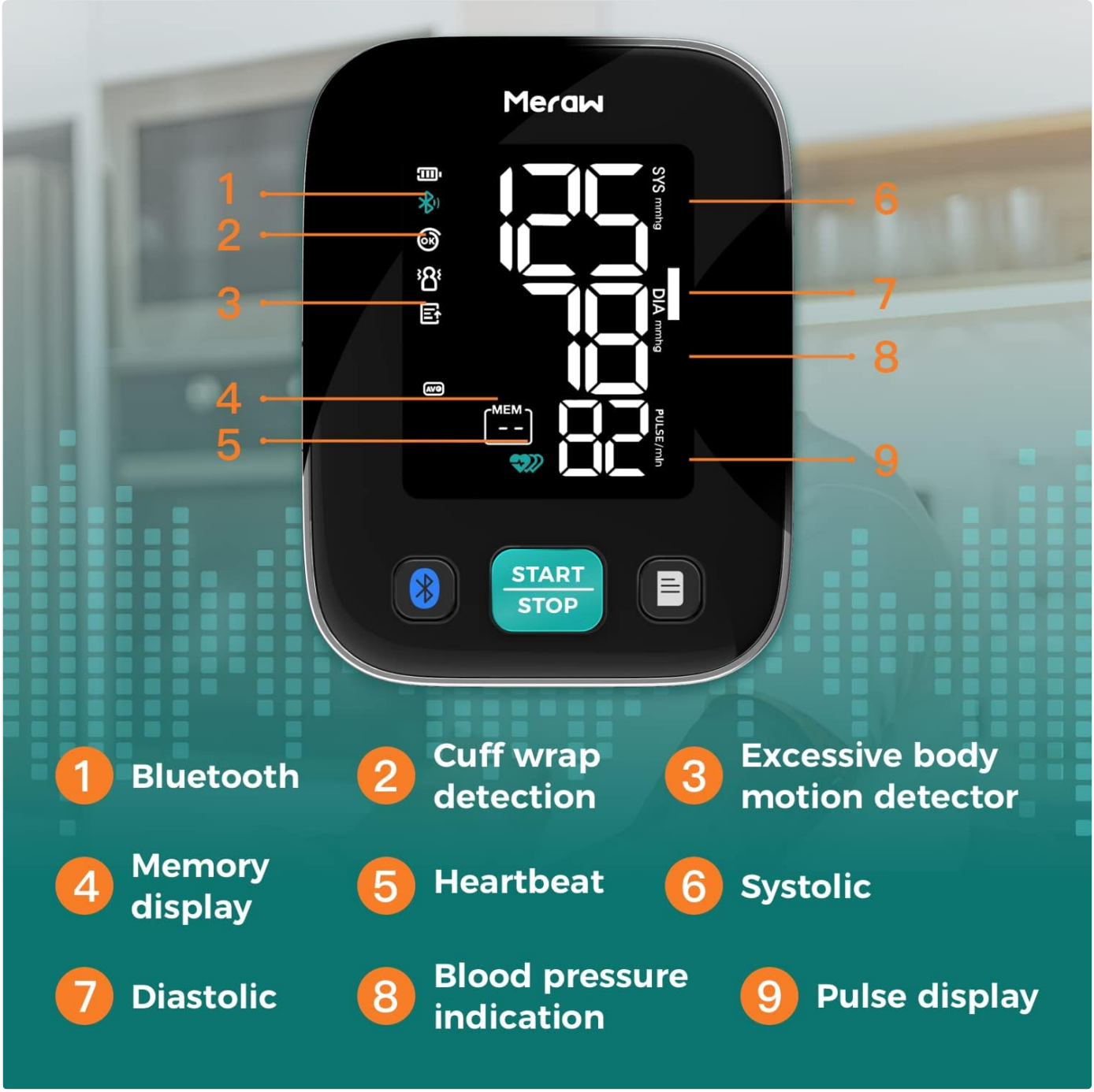
This user manual provides comprehensive instructions for the safe and effective use of your Meraw Blood Pressure Monitor. Please read this manual thoroughly before using the device and retain it for future reference. Regular monitoring of blood pressure is crucial for managing hypertension and maintaining overall cardiovascular health.



The Meraw Blood Pressure Monitor, designed for accurate home use.

Product Overview

Device Components



Numbered diagram of the Meraw Blood Pressure Monitor's display and controls.

1. **Bluetooth Indicator:** Shows Bluetooth connection status.
2. **Cuff Wrap Detection:** Indicates if the cuff is correctly applied.
3. **Excessive Body Motion Detector:** Alerts if movement affects reading accuracy.
4. **Memory Display:** Accesses stored measurement data.
5. **Heartbeat Indicator:** Displays during pulse detection.
6. **Systolic Reading:** Upper blood pressure value.
7. **Diastolic Reading:** Lower blood pressure value.
8. **Blood Pressure Indication:** Categorizes blood pressure level.
9. **Pulse Display:** Shows heart rate in beats per minute.

Key Features

- Advanced tool for precise and efficient hypertension management.

- Compatible with Meraw Health App for effortless data tracking and trend monitoring.
- Proprietary Intelligent Pressurization System for optimal measurement accuracy.
- Adjustable cuff (8.7 to 16.5 inches) fits most adult upper arms.
- Large, backlit LCD screen with 25-degree tilt angle for easy reading.
- Simple one-button operation for user convenience.
- Meets strict ESH 2022 performance standards for home use.
- Includes 8 AAA batteries and USB charging cable for flexible power options.
- Irregular Heartbeat Monitoring.

Setup

Unboxing and Initial Setup

Upon opening the package, you will find the Meraw Blood Pressure Monitor, an arm cuff, 8 AAA batteries, a USB charging cable, and this instruction manual. The device can be powered by batteries or via the USB cable.

Video demonstrating the unboxing and initial setup, including battery installation and connecting the cuff.

Battery Installation

Locate the battery compartment on the back of the device. Insert 4 AAA batteries, ensuring correct polarity. The device uses 4 batteries at a time, and 8 are provided for convenience.

Cuff Placement

Proper cuff placement is essential for accurate readings. The cuff is designed to fit adult arms with a circumference of 8.7 to 16.5 inches. Ensure your sleeve is pulled up so the cuff is directly on your skin and not too tight. You should be able to fit about two fingers comfortably between the cuff and your arm.



Image illustrating correct cuff placement and measurement tips.

- Keep calm during the measurement.
- Avoid eating and exercising before measurement.
- Support arm at heart level.

Operating Instructions

Taking a Measurement

Before taking a measurement, ensure you are sitting comfortably in a chair with your feet flat on the ground. Your arm should be supported at heart level. Avoid talking or moving during the measurement process.

Video demonstrating how to properly take a blood pressure reading.

1. Wrap the cuff around your upper arm, ensuring the blue line on the cuff aligns with your main artery (typically on the

inside of your arm).

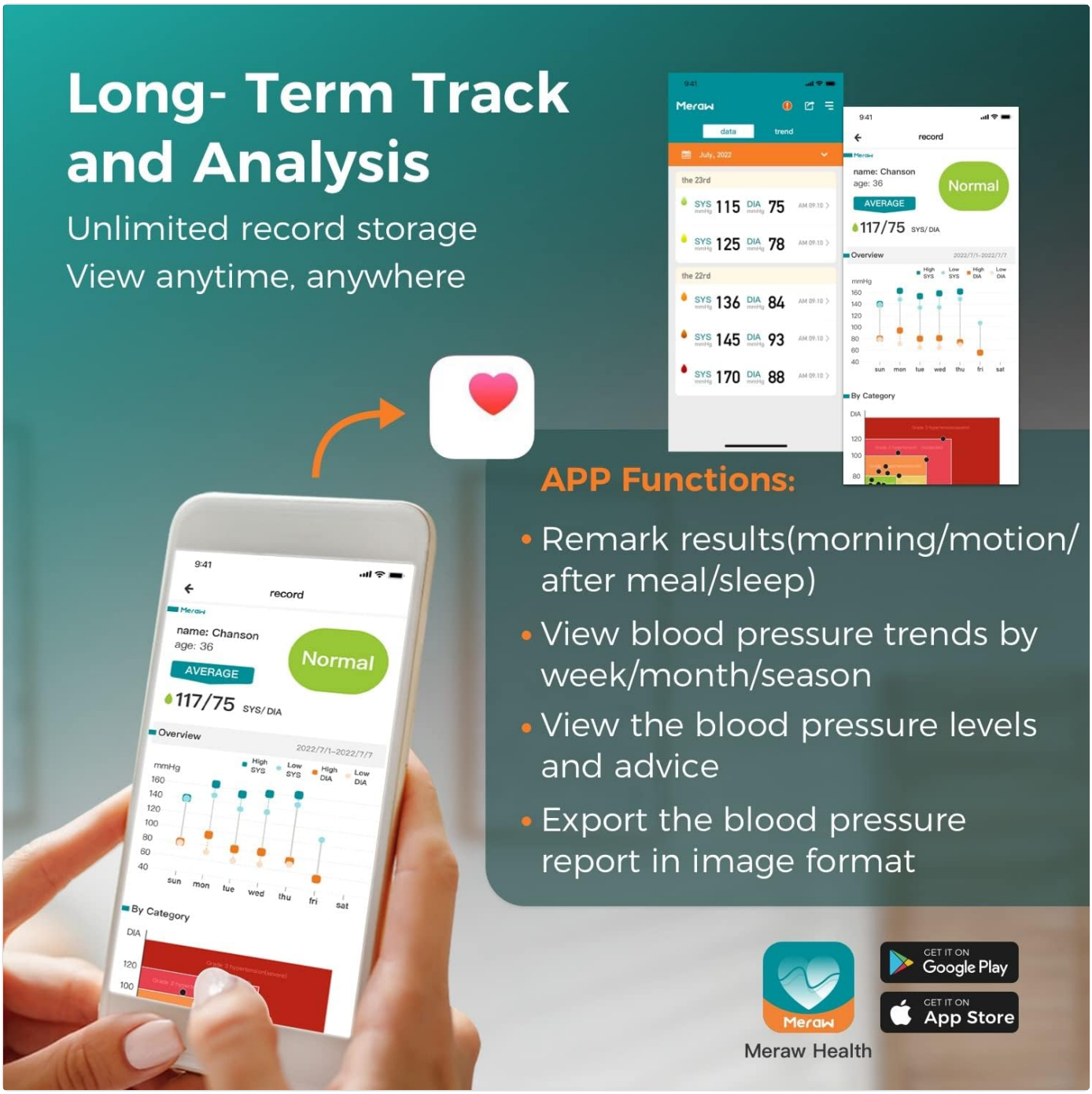
2. Press the 'START/STOP' button. The cuff will automatically inflate and then slowly deflate, taking your reading.
3. Your systolic, diastolic, and pulse readings will be displayed on the large LCD screen.

Understanding Readings

The monitor displays two main numbers: Systolic (the top number) and Diastolic (the bottom number). These represent the pressure in your arteries when your heart beats and when it rests between beats, respectively. The third number is your pulse rate (heartbeats per minute). Consult your healthcare provider for interpretation of your readings and personalized advice.

Meraw Health App Integration

The Meraw Blood Pressure Monitor can connect to the free Meraw Health App via Bluetooth, allowing you to effortlessly track your blood pressure data, monitor trends, and share reports with your doctors and family.



The Meraw Health App provides long-term tracking and analysis of your blood pressure data.

Connecting to the App

1. Download the 'Meraw Health' app from the App Store or Google Play.
2. Enable Bluetooth on your smartphone.
3. Open the Meraw Health app and follow the on-screen instructions to pair your device.

Tracking and Sharing Data

Once connected, your measurement data will automatically sync to the app. You can view your historical data, monitor trends (weekly, monthly, quarterly), and add remarks to your readings (e.g., morning, after meal). The app also allows you to export your blood pressure report in image or CSV format, making it easy to share with your healthcare provider.



Easily export and share your blood pressure data with your doctor or family.

Maintenance and Care

- Clean the device and cuff with a soft, dry cloth. Do not use abrasive cleaners or immerse in water.
- Store the monitor and cuff in a cool, dry place, away from direct sunlight and extreme temperatures.
- Remove batteries if the device will not be used for an extended period to prevent leakage.
- Handle the cuff and tubing carefully to avoid damage.

Troubleshooting

Problem	Possible Cause	Solution
Device does not power on	Low or dead batteries; incorrect battery installation; no USB power.	Replace batteries; ensure correct polarity; connect USB cable.
Inaccurate readings	Improper cuff placement; movement during measurement; talking during measurement; incorrect arm position.	Re-position cuff correctly; remain still and silent; ensure arm is at heart level.
Cuff does not inflate/deflate properly	Air tube disconnected; cuff leakage; cuff too loose.	Check air tube connection; inspect cuff for damage; re-wrap cuff snugly.
Bluetooth connection issues	Bluetooth off on phone; app not open; device not in pairing mode.	Ensure phone Bluetooth is on; open Meraw Health app; restart device and try pairing again.

Specifications

- **Product Dimensions:** 5"L x 5"W x 2"Th
- **Item Model Number:** TMB-2084-011
- **Manufacturer:** Meraw
- **ASIN:** B0BRKQJQY5
- **Included Components:** Cuff
- **Power Source:** Battery Powered (8 AAA batteries included) / USB Charging Cable
- **Use for:** Arm
- **Display Type:** LCD
- **Age Range (Description):** Adult
- **Model Name:** Cedar
- **Band Size:** 8.7 to 16.5 inches (22-42cm) circumference

Warranty and Support

Your Meraw Blood Pressure Monitor is backed by a **12-month warranty** for added peace of mind. For any support inquiries, technical assistance, or warranty claims, please contact Meraw Labs directly through their official channels or the Meraw Health App's customer support section.
This product is also HSA and FSA eligible, allowing for convenient purchase with health savings accounts.

Legal Disclaimer

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.

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

Answered questions about this manual

Where can I purchase a smaller cuff for the Meraw TMB-2084-011 Blood Pressure Monitor, and how can I change it without damaging the device?

The standard cuff included with the Meraw TMB-2084-011 is designed for arm circumferences between 8.7 to 16.5 inches (22-42cm). If this size is too large, you will need a "Small" or "Pediatric" sized cuff...

Read full answer