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> Checkme Bluetooth Blood Pressure Monitor User Manual

## Checkme BP2A

# Checkme Bluetooth Blood Pressure Monitor

MODEL: BP2A - USER MANUAL

## 1. Product Overview

The Checkme BP2A is a versatile Bluetooth-enabled blood pressure monitor designed for convenient home use. It provides accurate blood pressure readings and features an integrated ECG function for comprehensive health monitoring. Data can be stored on the device and synced to a mobile application for long-term tracking and sharing.



Figure 1: Checkme BP2A Blood Pressure Monitor and ViHealth App Interface.

Figure 2: Key components of the Checkme BP2A monitor.

## 2. Setup

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### 2.1 Initial Charging

Before first use, fully charge the device using a DC 5V power adapter. The monitor has a built-in rechargeable battery that provides power for approximately 300 measurements on a full charge.

### 2.2 App Download and Pairing

The Checkme BP2A monitor features built-in Bluetooth wireless connectivity, enabling the export of measurement records to mobile phones and tablets running iOS or Android. Download the ViHealth app from your device's app store.

## 4. Troubleshooting

Problem	Possible Cause	Solution
No power. No display appears on the device.	Battery is depleted	Recharge the battery
Blood pressure readings appear too high or too low	Blood pressure varies constantly. Many factors including stress, time of day, and/or how you apply the arm cuff, may affect your blood pressure.	Hold still for a moment and try again
Error 1 Apply the arm cuff tighter.	Arm cuff is applied too loosely	Tighten the arm cuff and try again.
Error 2 Do not move or talk, remain still.	Moving or talking while taking measurements, and the pressure of the cuff is interfered with.	Remain still and do not talk while taking measurements
Error 3 Remove any clothing interfering with the cuff.	The signal is poor while measuring blood pressure.	Take blood pressure on a bare arm.
Error x (x>4) Contact customer service.	The device has malfunctioned.	Contact customer service.

Figure 3: Quick Guide for app download and pairing.

To enable Bluetooth and start pairing, hold the function button and Start/Stop button simultaneously on the device. Follow the in-app instructions to complete the setup.

Video 1: Official demonstration of the Checkme BP2 BP Monitor with ViHealth APP for iOS & Android, including setup and app features.

## 3. Operating Instructions

### 3.1 Taking a Blood Pressure Measurement

1. **Preparation:** Sit comfortably with your back and arms supported. Ensure your feet are flat on the floor. Avoid moving or talking during the measurement.
2. **Cuff Placement:** Roll up your sleeve and place the cuff on your left upper arm, approximately 1 to 2 cm above the elbow joint. Ensure the device is aligned with your middle finger.
3. **Measurement:** Press the Start/Stop button on the device. The cuff will inflate and then slowly deflate. Remain still and do not talk during this process.
4. **Results:** Your blood pressure reading (Systolic and Diastolic) and pulse rate will be displayed on the LED screen within 30 seconds.

#### Your Easy Access 2-in-1 Health Assistant

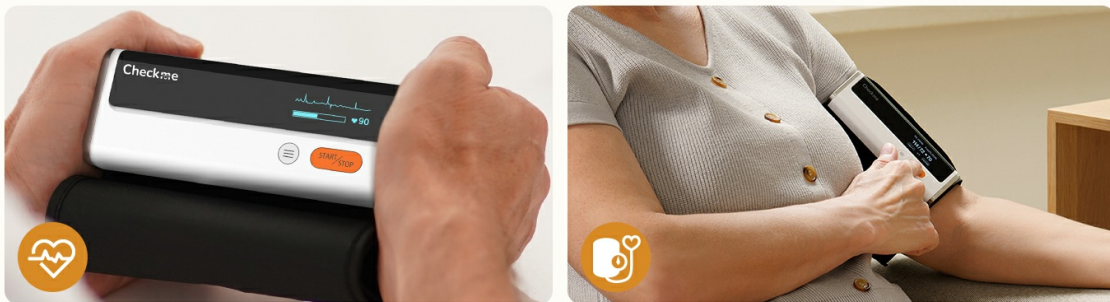


Figure 4: Proper technique for taking a blood pressure measurement.

### 3.2 Using the ECG Function

The device can also record ECG data. To initiate an ECG recording, switch to the heart function on the device (if not already selected) and press the Start/Stop button. Touch the metal electrodes on the device with your fingers or place the device on your chest as instructed in the app. Remain still and calm during the 30-second recording.

Video 2: Official demonstration of the Checkme BP2 Upper Arm Bluetooth BP Monitor, including ECG function usage.

### 3.3 Data Storage and App Sync

The device can store up to 50 blood pressure readings and 10 ECG records directly. For unlimited data storage, connect the device to the ViHealth app via Bluetooth. The app allows for multi-user record management, easy access, review, and sharing of records and reports (PDF & CSV formats).



Figure 5: Tracking trends and sharing reports via the ViHealth app.

## 4. Maintenance

### 4.1 Charging

To ensure optimal performance and protect your monitor, always use a DC 5V power adapter for charging. A full charge provides power for approximately 300 measurements.

### 4.2 Care and Cleaning

Wipe the device and cuff with a soft, dry cloth. Do not use abrasive cleaners or immerse the device in water. Store the device in a cool, dry place away from direct sunlight and extreme temperatures.

## 5. Troubleshooting

If you encounter any issues with your Checkme BP2A monitor, refer to the table below for common problems and their solutions.

The troubleshooting guide covers the following key areas:

- Work with Vihealth App:** Instructions for downloading and installing the app from the App Store or Google Play.
- Pair the monitor with the App:** Steps to enable Bluetooth on the smartphone and connect it to the monitor.
- Power On/Off:** How to turn the device on and off using the [START/STOP] button.
- Take a Blood Pressure Measurement:** Detailed instructions on how to apply the cuff to the left upper arm, ensuring it is aligned with the middle finger and the heart level.
- Sit in a chair comfortably and keep relaxed:** Guidelines for proper posture, including sitting back, supporting both arms, and keeping feet flat and legs uncrossed.
- Press the [START/STOP] button:** How to initiate a measurement by pressing the button.
- Wait until the result is displayed on the screen and then remove the cuff:** Instructions on when to stop the measurement and how to safely remove the cuff.

A sample reading from the device is shown as follows:

SYS	DIA	HR
121	88	68
mmHg	mmHg	/min

Figure 6: Troubleshooting guide for common issues.

- **No power/No display:** Battery is depleted. Recharge the battery.
- **Blood pressure readings appear too high or too low:** Blood pressure varies constantly. Many factors including stress, time of day, and how you apply the arm cuff may affect your blood pressure. Hold still for a moment and try again.

- **Error 1 (Apply the arm cuff tighter):** Arm cuff is applied too loosely. Tighten the arm cuff and try again.
- **Error 2 (Do not move or talk, remain still):** Moving or talking while taking measurements, and the pressure of the cuff is interfered with. Remain still and do not talk while taking measurements.
- **Error 3 (Remove any clothing interfering with the cuff):** The signal is poor while measuring blood pressure. Take blood pressure on a bare arm.
- **Error x (x>4) (Contact customer service):** The device has malfunctioned. Contact customer service.

## 6. Specifications

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- **Product Dimensions:** 5.9 x 1.9 x 1.1 inches
- **Item Model Number:** BP2A
- **Batteries:** 1 Lithium Ion battery required (included)
- **Manufacturer:** Shenzhen Viatom Technology Co., Ltd
- **Item Weight:** 1 Pound
- **Band Size:** 16.5 inch (fits 22-42cm upper arm)
- **Power Source:** Battery Powered
- **Display Type:** LED
- **Data Storage:** Up to 50 BP readings on device, unlimited in app
- **Connectivity:** Bluetooth (iOS & Android compatible)

## 7. Warranty and Support

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For warranty information and customer support, please refer to the documentation included with your product or contact the manufacturer, Shenzhen Viatom Technology Co., Ltd. Protection plans are also available for purchase separately.

For app-related support or to download the ViHealth app, visit: <http://app.appurl.me/79816540314>