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Checkme BP2

Checkme WiFi Blood Pressure Monitor User Manual

Model: BP2

Brand: Checkme

1. INTRODUCTION

The Checkme BP2 is a versatile 2-in-1 health monitor designed for home use, offering both blood pressure and ECG measurement capabilities. It features Bluetooth and WiFi connectivity for seamless data synchronization with a free app available for iOS and Android devices. The device is portable, USB rechargeable, and incorporates X3 Accuracy Function for reliable readings.



Figure 1.1: Checkme BP2 Blood Pressure Monitor with accompanying smartphone application.

2. SETUP

2.1 Unpacking and Initial Charge

Upon unpacking, ensure all components are present: the main monitor unit with integrated arm cuff, and the USB charging cable. Before first use, fully charge the device using the provided USB-C cable. The charging indicator on the device will confirm charging status.

Product Details



Figure 2.1: Product details including charging port and OLED display.

2.2 Applying the Arm Cuff

The adjustable arm cuff fits upper arm sizes ranging from 22 to 42 cm. Ensure the cuff is placed on your left upper arm, allowing 1-2 fingers of space above the elbow. The device should be positioned with the display facing you and aligned with the center of your arm.

Your 2-in-1 Health Monitor



Figure 2.2: Proper placement of the arm cuff for measurement.

Adjustable Arm Cuff

Fit upper arm size ranging from 22 to 42 cm.



High-elastic LYCRA fabric



Intelligent pressurization

Figure 2.3: Features of the adjustable arm cuff.

2.3 App Connection (Optional)

To store unlimited data and access advanced features, download the free ViHealth app from your device's app store (iOS & Android). Ensure Bluetooth is enabled on your smartphone. The device can automatically sync data via WiFi, even if your smartphone is not nearby during measurement.

- Download and install the ViHealth app.
- Open the app and follow the on-screen instructions to add your device.
- Ensure the BP2 monitor is powered on. The app will guide you through the pairing process.
- For WiFi synchronization, configure your WiFi network within the app settings.

3. OPERATING INSTRUCTIONS

3.1 Blood Pressure Measurement

For accurate blood pressure readings, sit comfortably with your feet flat on the ground and remain relaxed. Avoid talking or moving during the measurement.

1. Ensure the cuff is correctly applied to your upper arm.
2. Press the **START/STOP** button on the device. The cuff will begin to inflate.
3. Remain still and quiet until the measurement is complete. The results will be displayed on the OLED screen.



Figure 3.1: Clear OLED display screen for easy reading of results.

3.2 X3 Accuracy Function (Triple Measurement)

The X3 Accuracy Function automatically takes three consecutive blood pressure readings and averages the results for a more precise value, minimizing impact from breaths and movements.

- Activate this function via the ViHealth app settings under your device preferences.
- Once activated, each measurement initiated from the device will automatically perform three readings.

Triple Measurement for Accuracy

Automatically takes three readings and averages the results.



Figure 3.2: Triple measurement feature for enhanced accuracy.

3.3 ECG Recording

The device can also record an Electrocardiogram (ECG) within 30 seconds. Ensure the metal electrodes on the device are in direct contact with your skin.

1. From the main screen, press the **MODE** button (three horizontal lines) to select ECG mode.
2. Hold the device with both hands, ensuring your thumbs are on the metal electrodes. Alternatively, you can place the electrodes on your chest or leg as instructed by the app.
3. Remain still and quiet for 30 seconds while the ECG is recorded.

4. DATA MANAGEMENT

4.1 Built-in Storage and History Review

The device stores up to 50 blood pressure readings and 10 ECG records directly on the unit. You can review these historical readings directly on the device's OLED screen.



Figure 4.1: Built-in storage for quick review of recent measurements.

4.2 App Synchronization and Reporting

All measurements automatically sync to the ViHealth app via WiFi or Bluetooth. The app allows for unlimited data storage, trend tracking, and advanced AI analysis of your health data.

- View detailed historical data and trends within the app.
- Utilize the AI analysis feature for comprehensive reports on your ECG waveforms, helping to detect a wide range of arrhythmias.
- Easily share PDF and CSV reports with healthcare professionals or family members directly from the app.

Advanced AI Analysis

Generating easy-to-understand reports



Figure 4.2: Advanced AI analysis and reporting features in the ViHealth app.

5. MAINTENANCE

5.1 Charging and Battery Life

The Checkme BP2 is equipped with a rechargeable Lithium Ion battery. A single full charge provides approximately 500 measurements. The device features automatic power-off to conserve battery life.

Compact and Rechargeable




500 Times
Measurement

Figure 5.1: USB-C charging for convenience and portability.

5.2 Cleaning and Storage

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

6. TROUBLESHOOTING

If you encounter issues with your Checkme BP2 monitor, please refer to the following common problems and solutions:

Problem	Possible Cause	Solution
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Problem	Possible Cause	Solution
Inaccurate readings	Incorrect cuff placement, movement during measurement, talking during measurement.	Ensure proper cuff placement (1-2 fingers above elbow), remain still and quiet during measurement. Use X3 Accuracy Function.
Device not powering on	Low battery.	Charge the device fully using the USB-C cable.
App not syncing data	Bluetooth/WiFi off, device not paired, network issues.	Ensure Bluetooth is on and device is paired. Check WiFi connection in app settings.
"Poor signal" (ECG)	Insufficient skin contact with electrodes.	Ensure firm and direct skin contact with both metal electrodes.

7. SPECIFICATIONS

Feature	Detail
Product Dimensions	5.9 x 1.9 x 1.18 inches
Item Weight	1 Pound
Batteries	1 Lithium Ion battery (included)
Power Source	Battery Powered
Included Components	Cuff
Band Size	22-42 cm (8.6-16.5 inches)
Display	OLED Screen
Connectivity	WiFi, Bluetooth
Manufacturer	Shenzhen Viatom Technology Co., Ltd
UPC	850048347151

8. WARRANTY AND SUPPORT

Checkme offers protection plans for your device. For detailed information on warranty coverage and to purchase extended protection plans, please refer to the product's official sales page or contact Checkme customer support.

- **2-Year Protection Plan:** Available for extended coverage.
- **3-Year Protection Plan:** Available for extended coverage.
- **Complete Protect:** A monthly plan covering eligible past and future purchases.

For technical support or inquiries, please visit the official Checkme website or refer to the contact information provided in your product packaging.

9. IMPORTANT SAFETY INFORMATION

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. This device is intended for general wellness and health monitoring purposes only and should not be used as a substitute for professional medical advice, diagnosis, or treatment.