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Easy@Home Blood Pressure Monitor EBP-095 User Manual

Model: EBP-095

1. PRODUCT OVERVIEW

The Easy@Home EBP-095 Blood Pressure Monitor is an automatic upper arm device designed for home use. It provides accurate measurements of systolic and diastolic blood pressure, as well as pulse rate. The monitor features a large, 3-color backlit display for easy reading and can store measurements for two users.

Key Features:

- **2 Users & 120 Memory:** The monitor can store up to 120 measurements (60 records per user) directly on the device. Unlimited storage is available with the MyHeartPal App.
- **Easy to Use:** Features a large backlit display for clear readings and a simple one-button operation for automatic measurement.
- **Comprehensive Monitoring:** Equipped with an advanced hypertension indicator that color-codes readings (green for normal, orange for prehypertension, red for hypertension) and detects irregular heart rates.
- **Comfortable & Adjustable Cuff:** The large upper arm cuff fits arm circumferences from 22-42 cm (8.66-16.53 inches) for a comfortable and accurate fit.
- **Portable & Convenient:** Battery-powered (4 AA batteries included) and comes with a storage case for easy transport.



Image: Easy@Home Blood Pressure Monitor EBP-095 with cuff and display.

2. SETUP

2.1 Battery Installation

1. Open the battery compartment cover on the back of the monitor.
2. Insert 4 AA batteries (included) according to the polarity indicators (+/-) inside the compartment.
3. Close the battery compartment cover securely.

2.2 Attaching the Arm Cuff

1. Insert the air plug of the arm cuff into the air jack on the left side of the monitor. Ensure it is securely connected.
2. Measure your arm circumference to ensure the cuff fits correctly (8.66-16.53 inches).



The BP cuff size fit an upper arm circumference of

**22-42cm
(8.66~16.53in)**

Before making a purchase, please measure and confirm the size.

Image: A person measuring their arm circumference to ensure proper cuff fit.



For more accurate measurements, we recommend:

- ⌚ Wait at least 3 minutes between measurements to allow your circulation to return to normal.
- 3 For best accuracy, it is recommended to take the average of 3 measurements.
- 🚫 Not for use in pregnant women.
- 🔧 If you get inaccurate readings, please contact the customer service, we will have professional technical personnel to analyze and solve.

Image: Step 1 of cuff application, showing the cuff placed 1-2 cm above the elbow joint on the left arm.

3. OPERATION

3.1 Before Measurement

- Rest for at least 15 minutes before measurement.
- Avoid excitement or exercise immediately prior to measurement.
- Do not drink tea, coffee, or smoke before the measurement.
- Sit comfortably with your back supported, feet flat on the floor, and do not cross your legs.

3.2 Taking a Measurement

1. Apply the cuff to your left upper arm, ensuring the air tube is centered on the inside of your arm and the cuff is 1-2 cm above your elbow joint.
2. Make sure your palm is upturned and the cuff is at the same level as your heart. You should be able to insert 1 or 2 fingers between the cuff and your arm.
3. Press the **START/STOP** button to begin the measurement. The cuff will automatically inflate.
4. Remain still and silent during the measurement. Do not move your body.
5. Once the measurement is complete, your systolic pressure, diastolic pressure, and pulse rate will be displayed on the screen.



Image: A person correctly positioning the cuff and monitor for a blood pressure reading.

How to Use?

STEP 1

Apply the cuff to your left arm and place it at the level of your heart, and the cuff should be placed **1-2cm** above elbow joint.

⚠ Notes

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




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Image: Close-up of the monitor showing the 'START/STOP' button for one-button operation.

3.3 Interpreting Results

The monitor features a 3-color backlit display and a hypertension indicator to help interpret your readings:

- **Green:** Normal blood pressure.
- **Orange:** Prehypertension.
- **Red:** Hypertension.

The monitor also detects irregular heartbeats and will alert users of any abnormalities.



Image: Detailed view of the monitor display, highlighting systolic, diastolic, pulse, irregular heartbeat indicator, and user ID.

3.4 Memory Function

The monitor can store up to 60 measurements for each of two users. To view past readings:

1. When the monitor is off, press the **MEM** button.
2. The average of the latest three records will be displayed first.
3. Press **MEM** repeatedly to scroll through individual past measurements.

How to Use?

STEP 2

Make sure your palm is upturned, cuff and the heart are at the same level. User should be able to **insert 1 or 2 fingers** between the cuff and the arm.

Notes

- Please sit comfortably. Do not cross your legs and keep your feet flat on the ground.
- Don't wrap the cuff too loosely or too tightly.



Image: Illustration showing the monitor's capacity for two users and 120 memories.

3.5 Video Guide: How to Use the Blood Pressure Monitor


Video: Official Easy@Home Medical guide on how to properly use the blood pressure monitor.

4. MYHEARTPAL APP INTEGRATION

The Easy@Home EBP-095 monitor does not support Bluetooth connectivity. However, you can manually record your blood pressure data into the free MyHeartPal App to track your health over time.

4.1 Manual Data Entry

1. Download the MyHeartPal App from the App Store (iOS) or Google Play Store (Android).
2. Register your account within the app.
3. After taking a measurement with your EBP-095 monitor, open the MyHeartPal App.
4. Select the option to manually add a new blood pressure record.
5. Input your systolic, diastolic, and pulse readings from the monitor into the app.
6. Save the record.

With just one **scan**, effortlessly track your blood pressure on the **free**  **MyHeartPal app!**

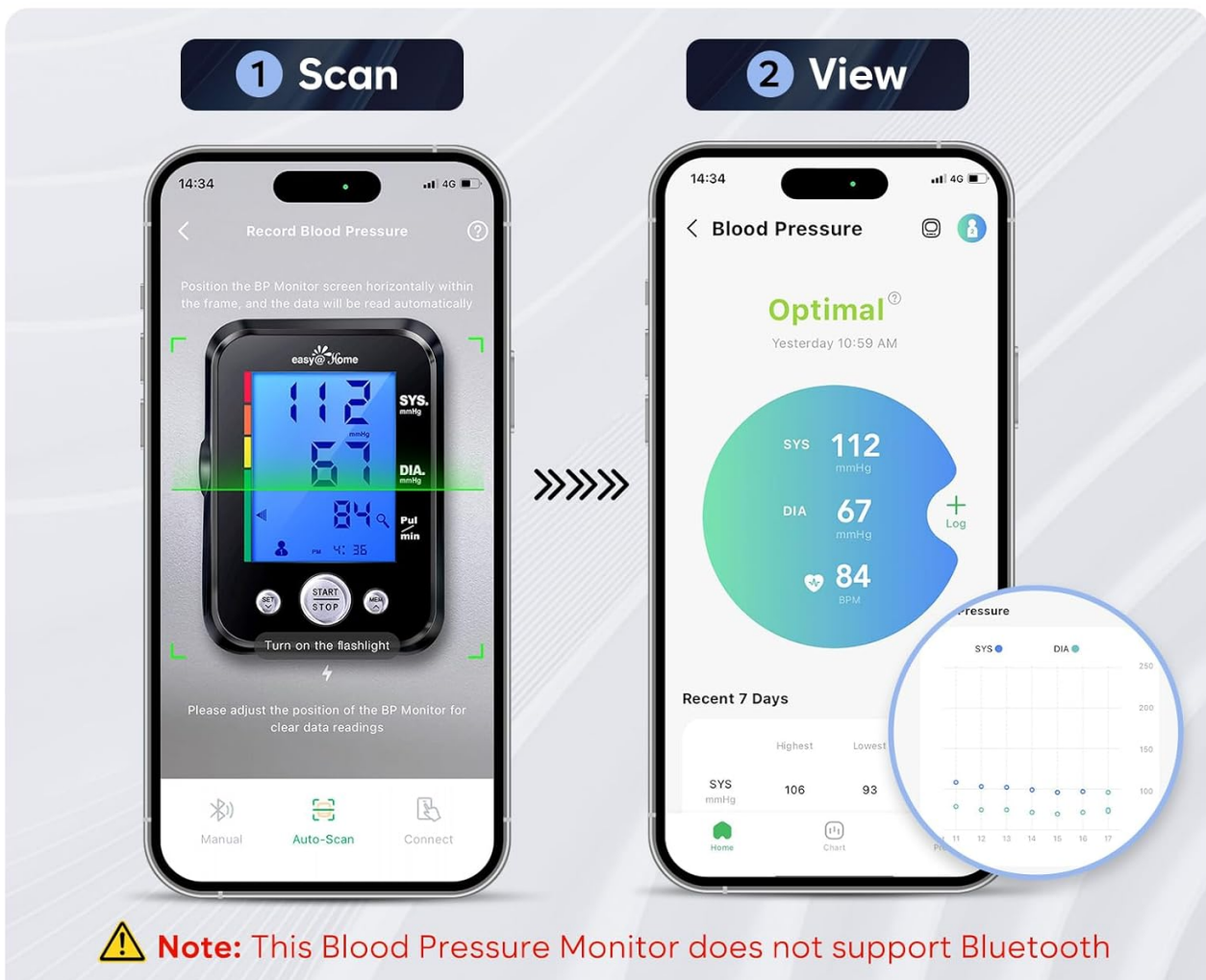


Image: Screenshot of the MyHeartPal app demonstrating manual data entry for blood pressure readings.

4.2 App Features

The MyHeartPal App allows you to:

- Track your blood pressure trends over days, weeks, months, or years.
- View interactive graphs of your readings.
- Export and share your data with healthcare professionals.

4.3 Video Guide: How to Manually Record Data in MyHeartPal

Video: Official Easy@Home guide on how to manually record blood pressure data in the MyHeartPal App.

5. MAINTENANCE

5.1 Cleaning

- Wipe the monitor and cuff with a soft, dry cloth.

- If necessary, use a slightly damp cloth with mild soap, then wipe dry.
- Do not use abrasive cleaners or immerse the device in water.

5.2 Storage

- Store the monitor and cuff in the provided storage case when not in use.
- Keep the device 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.

6. TROUBLESHOOTING

6.1 Inaccurate Readings

If you experience inaccurate readings, consider the following:

- Ensure proper cuff placement and tightness.
- Confirm your arm is at heart level and you are sitting still and relaxed.
- Wait at least 3 minutes between measurements to allow circulation to normalize.
- Take the average of 3 measurements for best accuracy.
- Avoid drinking tea, coffee, or smoking before measurements.
- If issues persist, contact customer service for professional technical assistance.

6.2 Common Questions

- **What causes different readings?** Blood pressure varies throughout the day due to factors like diet, stress, cuff placement, and measurement position. Always measure under consistent conditions.
- **Should I apply the cuff to the left or right arm?** Either arm can be used, but for comparison, use the same arm consistently. The left arm may provide more accurate results as it is closer to the heart.
- **What is the best time of day for testing?** Morning or any time you feel relaxed and stress-free. Ensure a comfortable environment and normal body temperature.
- **What is the difference between measuring blood pressure at home or at a professional healthcare clinic?** Home readings often reflect daily life more accurately. Clinic readings can be elevated due to 'White Coat Hypertension' caused by anxiety.

7. SPECIFICATIONS

Feature	Detail
Product Dimensions	7.01 x 3.78 x 5 inches; 1.28 Pounds
Item Model Number	EBP-095
Batteries	4 AA batteries required (included)
Manufacturer	Easy@Home
Included Components	Cuff
Age Range Description	Adult
UPC	810038636269
Unit Count	1 Count
Size	Extra Large
Band Size	8.66-16.53 inch (22-42 cm)
Power Source	Battery Powered
Display Type	LCD
Other Special Features	3 Color Backlit Display
Number of Users	2
Target Use Body Part	Arm

8. IMPORTANT SAFETY INFORMATION

- This device is intended for adult home use only.
- Consult your physician before using this device if you have any medical conditions.
- Do not use this device on infants or individuals who cannot express consent.
- Do not use this device on pregnant women.
- Blood pressure measurements should be interpreted by a healthcare professional. Self-diagnosis and treatment based on measurements are dangerous.
- Keep the device out of reach of children.

9. WARRANTY AND SUPPORT

For warranty information, technical support, or if you encounter any issues with your Easy@Home Blood Pressure Monitor EBP-095, please contact Easy@Home customer service. You can typically find contact details on the product packaging or on the official Easy@Home website.

If you get inaccurate readings, please contact customer service; professional technical personnel will analyze and solve the issue.