

Rossmax X9-BP BT

Rossmax X9 BT PARR PRO Professional Blood Pressure Monitor User Manual

Model: X9-BP BT

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1. PRODUCT OVERVIEW

The Rossmax X9 BT PARR PRO is an advanced automatic blood pressure monitor designed for professional use. It measures blood pressure from the upper arm and incorporates several detection technologies to provide comprehensive health insights. This device features Bluetooth low energy technology for connectivity and offers both automatic and auscultatory measurement methods.



Image: Rossmax X9 BT PARR PRO Blood Pressure Monitor, displaying a blood pressure reading of 128/86 mmHg and a pulse rate of 72 bpm, along with the Bluetooth logo and PARR PRO indicators.

Key Features:

- **Bluetooth Low Energy Technology:** Enables wireless data transfer to compatible devices.
- **PARR Technology:** Includes detection for Arrhythmia (ARR), Atrial Fibrillation (AFib), Premature Contraction (PC), Tachycardia (TACH), and Bradycardia (BRAD).
- **Measurement Methods:** Supports both automatic and auscultatory blood pressure measurement.
- **Movement Detection:** Alerts users to body movement during measurement for improved accuracy.
- **Cuff Detection:** Ensures proper cuff placement for reliable readings.
- **Hypertension Risk Indication:** Provides a visual indicator for potential hypertension.
- **Memory Function:** Stores 90 readings with date and time stamps.
- **Display:** Jumbo size "XL" digit with backlight LCD for easy readability.
- **Power:** Includes a 6V adapter for continuous power.
- **Lifetime Calibration:** Ensures long-term accuracy of the device.

2. WHAT'S IN THE BOX

Upon unpacking your Rossmax X9 BT PARR PRO Blood Pressure Monitor, please ensure all the following components are present:

- Rossmax X9 BT PARR PRO Blood Pressure Monitor Unit
- Upper Arm Cuff
- 6V Power Adapter

- Instruction Manual (this document)



Image: The Rossmax X9 BT PARR PRO monitor unit positioned next to its accompanying upper arm cuff, ready for use.

3. SETUP GUIDE

3.1 Powering the Device

1. Locate the 6V DC power input port on the side of the monitor.
2. Connect the provided 6V power adapter to this port.
3. Plug the adapter into a standard electrical outlet.
4. Alternatively, the device can be powered by batteries (not included). Open the battery compartment on the bottom of the unit and insert four AA batteries, ensuring correct polarity.



Image: A close-up view of the side of the Rossmax X9 BT PARR PRO monitor, showing the 6V DC power input and DATA ports.

3.2 Attaching the Cuff

1. Ensure the cuff tube is securely connected to the air jack on the side of the monitor unit.
2. Wrap the cuff around your bare upper arm, approximately 1-2 cm above the elbow joint.
3. The artery mark on the cuff should align with your brachial artery (inner side of the arm).
4. The bottom edge of the cuff should be positioned above the elbow.
5. Secure the cuff snugly with the Velcro fastener. It should be tight enough so that two fingers can barely fit underneath.



Image: The Rossmax X9 BT PARR PRO monitor alongside its cuff, which displays a size guide (S, M, L) and instructions for proper placement on the left arm, indicating the main artery and cuff range.

3.3 Bluetooth Pairing

The Rossmax X9 BT PARR PRO uses Bluetooth low energy technology to connect with compatible smart devices for data management. Refer to the specific instructions provided with the Rossmax health app for detailed pairing procedures.

4. OPERATING INSTRUCTIONS

4.1 Before Taking a Measurement

- Avoid eating, drinking alcohol, smoking, exercising, and bathing for 30 minutes before measurement.
- Rest for at least 5 minutes before taking a measurement.
- Sit in a comfortable position with your back supported and feet flat on the floor.
- Place your arm on a flat surface so the cuff is at heart level.
- Remain still and silent during the measurement.

4.2 Taking an Automatic Measurement

1. Ensure the cuff is correctly applied to your upper arm.
2. Press the **START/STOP** button (power button) to turn on the device. The cuff will automatically inflate.
3. The display will show your systolic pressure, diastolic pressure, and pulse rate once the measurement is complete.
4. If any irregular heartbeat (ARR, AFib, PC, TACH, BRAD) or movement is detected, the corresponding icon will appear on the display.
5. The measurement will automatically be stored in the device's memory.
6. Press the **START/STOP** button again to turn off the device, or it will automatically power off after a period of inactivity.

4.3 Auscultatory Measurement

The X9 BT PARR PRO also supports auscultatory measurement, which involves using a stethoscope to listen for Korotkoff sounds. This method is typically performed by healthcare professionals. Consult your healthcare provider for guidance on this measurement technique.

4.4 Understanding Display Indicators

- **SYS/DIA:** Systolic and Diastolic blood pressure readings in mmHg.
- **PULSE:** Heart rate in beats per minute (bpm).
- **ARR (Arrhythmia):** Indicates an irregular heartbeat.
- **AFib (Atrial Fibrillation):** Indicates potential atrial fibrillation.
- **PC (Premature Contraction):** Indicates premature heartbeats.
- **TACH (Tachycardia):** Indicates a faster than normal heart rate.
- **BRAD (Bradycardia):** Indicates a slower than normal heart rate.
- **Movement Detection Icon:** Appears if excessive movement occurred during measurement.
- **Cuff Detection Icon:** Confirms proper cuff placement.
- **Hypertension Risk Indication:** A color-coded bar on the left side of the display indicates the risk level based on WHO guidelines.
- **Memory Icon (M):** Indicates the current reading is stored in memory.
- **Bluetooth Icon:** Indicates active Bluetooth connection.

4.5 Recalling Memory Readings

Press the **MEMORY/MARKER** button to review previous measurements. Each press will cycle through the 90 stored readings, displaying the date and time for each.

5. MAINTENANCE

5.1 Cleaning the Device

- Wipe the monitor unit 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.
- Ensure no liquid enters the monitor casing.

5.2 Storage

- Store the device in a clean, dry place, away from direct sunlight, extreme temperatures, and humidity.
- Avoid dropping the device or subjecting it to strong impacts.
- If not using the device for an extended period, remove the batteries to prevent leakage.

5.3 Lifetime Calibration

The Rossmax X9 BT PARR PRO is designed with lifetime calibration to maintain accuracy. However, it is recommended to have the device checked by an authorized service center periodically, especially if you suspect any inaccuracies or after significant impact.

6. TROUBLESHOOTING

Problem	Possible Cause	Solution
Device does not power on.	Batteries are depleted or incorrectly inserted. Power adapter is not connected or faulty.	Replace batteries, ensuring correct polarity. Check power adapter connection and try a different outlet.
Cuff does not inflate or inflates improperly.	Cuff tube is not securely connected. Cuff is damaged.	Ensure the cuff tube is firmly inserted into the air jack. Inspect the cuff for leaks or damage; replace if necessary.
Inaccurate or inconsistent readings.	Improper cuff placement. Movement during measurement. Not resting before measurement. Incorrect arm position.	Re-apply cuff correctly. Remain still and silent. Rest for 5 minutes before measuring. Ensure arm is at heart level.
Bluetooth connection issues.	Device not in pairing mode. Bluetooth on smart device is off. App issues.	Refer to the Rossmax health app instructions for pairing. Ensure Bluetooth is enabled on your smart device. Restart both devices.
Error message on display.	Various internal errors or measurement issues.	Consult the full user manual for specific error codes. If the problem persists, contact customer support.

7. PRODUCT SPECIFICATIONS

Feature	Detail
Model Number	X9-BP BT
Measurement Method	Oscillometric (Automatic) & Auscultatory
Target Use Body Part	Arm
Memory Capacity	90 readings with date & time indication
Display	Jumbo size "XL" digit, Backlight LCD
Connectivity	Bluetooth Low Energy Technology
Special Detections	Arrhythmia (ARR), Atrial Fibrillation (AFib), Premature Contraction (PC), Tachycardia (TACH), Bradycardia (BRAD), Movement Detection, Cuff Detection, Hypertension Risk Indication
Power Source	6V Adapter (included), Batteries (not included)
Included Components	Adapter, Cuff
Item Weight	500 g
Product Dimensions	20L x 10W x 20Th Centimeters
Manufacturer	Rossmax International Ltd.

Feature	Detail
Country of Origin	Taiwan

8. WARRANTY AND SUPPORT

8.1 Warranty Information

The Rossmax X9 BT PARR PRO Blood Pressure Monitor comes with a standard manufacturer's warranty. For specific details regarding the warranty period and coverage, please refer to the warranty card included with your product or visit the official Rossmax website. Extended warranty options may also be available from third-party providers, such as the "1 Year Extended Warranty by Onsitego" mentioned during purchase.

8.2 Customer Support

For technical assistance, troubleshooting, or service inquiries, please contact Rossmax International Ltd. directly:

- **Manufacturer:** Rossmax International Ltd.
- **Address:** 12F - 189 Kang Chien Road, Taipei 114, TAIWAN ROC.
- **Email:** info@rossmax.com

When contacting support, please have your product model number (X9-BP BT) and purchase information ready.