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BIOS Diagnostics A6PC

BIOS Diagnostics Elite Blood Pressure Monitor

Model: A6PC

INTRODUCTION

The BIOS Diagnostics Elite Blood Pressure Monitor is designed for accurate and reliable blood pressure measurement at home. This device incorporates advanced technology for precise readings and features Atrial Fibrillation (AFIB) screening, which is crucial for detecting irregular heart rhythms linked to stroke risk. It is recommended by Hypertension Canada and licensed by Health Canada, ensuring clinical accuracy with a BHS "AA" rating.



The BIOS Diagnostics Elite Blood Pressure Monitor is recommended by Hypertension Canada.

WHAT'S INCLUDED

Your BIOS Diagnostics Elite Blood Pressure Monitor package includes the following items:

- Blood pressure monitor unit
- Wide range rigid cuff (22 cm – 42 cm / 8.8 in. – 16.5 in.)
- Storage Bag
- AC/DC adapter
- Batteries (4x AAA)
- Instruction manual

What's Included?

- ♥ Wide Rigid Cuff: 22cm–42cm/8.7"–16.5"
- ♥ Blood Pressure Monitor
- ♥ Storage Case
- ♥ AC/DC Adapter
- ♥ 4 x AAA Batteries
- ♥ Instruction Manual

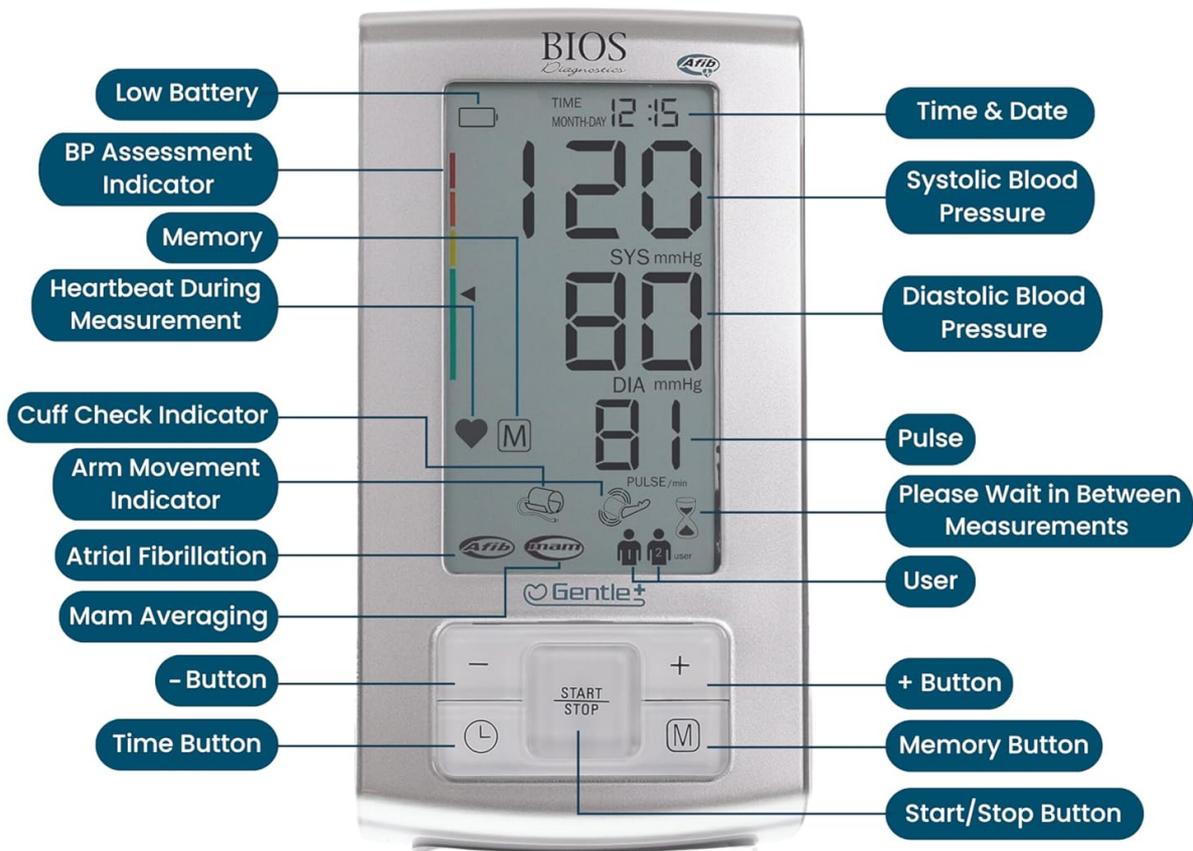


All components included in the BIOS Diagnostics Elite Blood Pressure Monitor package.

PRODUCT OVERVIEW

Familiarize yourself with the components and display indicators of your blood pressure monitor for optimal use.

Elite



Detailed diagram of the monitor's display and buttons.

SETUP

1. Install Batteries or Connect AC Adapter

- Open the battery compartment on the back of the monitor.
- Insert 4 AAA batteries, ensuring correct polarity.
- Alternatively, connect the AC/DC adapter to the monitor and a power outlet.

2. Attach the Cuff

- Insert the air plug of the cuff firmly into the air jack on the side of the monitor.

MEASURING YOUR BLOOD PRESSURE

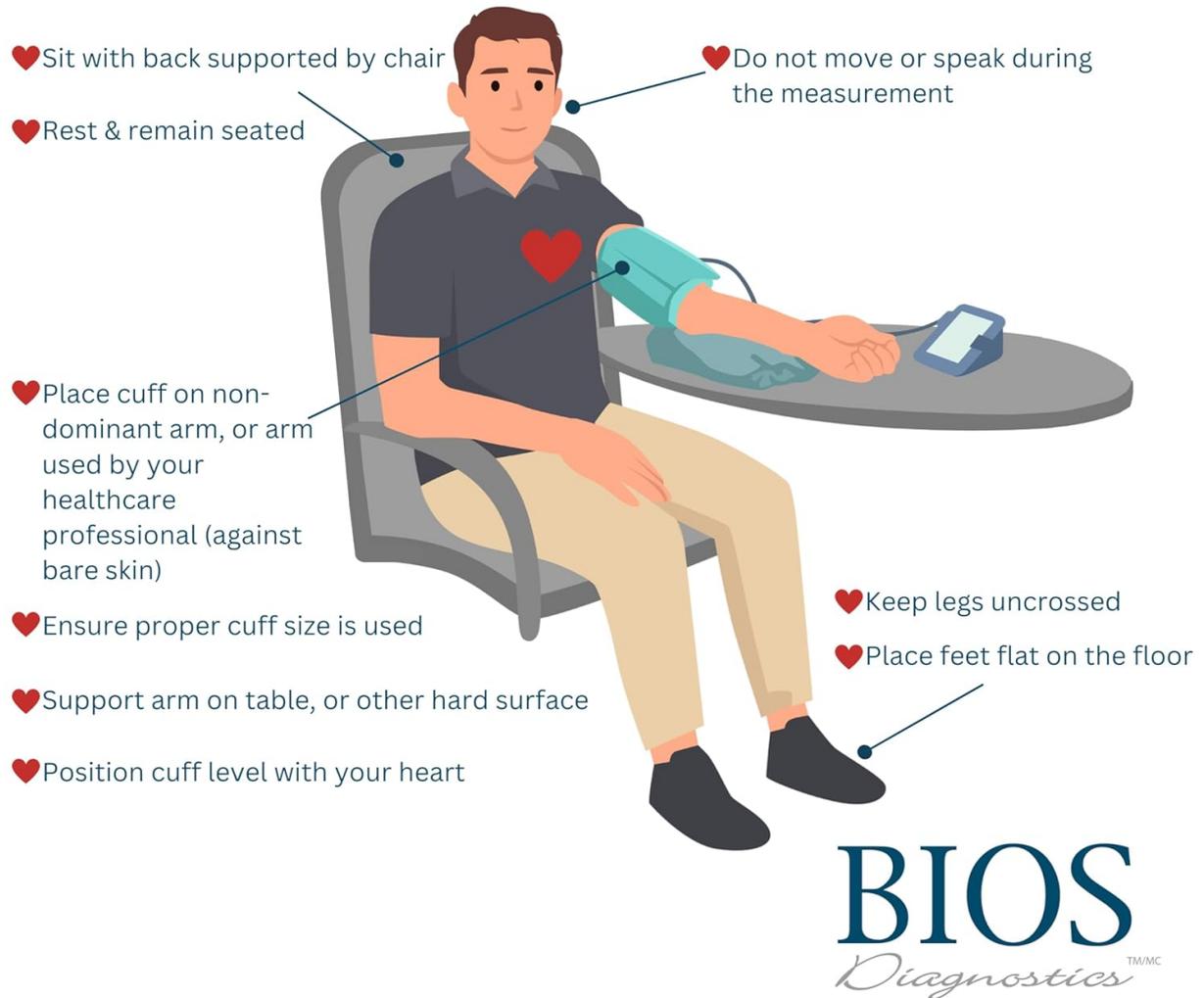
Follow these steps for accurate blood pressure readings:

1. **Preparation:** Rest quietly for at least 5 minutes in a comfortable room. Avoid caffeine, alcohol, or exercise for 30 minutes prior to measurement. Ensure your bladder is empty.
2. **Positioning:** Sit with your back supported by a chair and feet flat on the floor. Do not cross your legs.
3. **Cuff Placement:** Place the cuff on your non-dominant arm, directly on bare skin, approximately 2-3 cm (0.8-1.2 in) above your elbow. Ensure the cuff is snug but not too tight (you should be able to insert

two fingers).

4. **Arm Position:** Support your arm on a table or other hard surface, positioning the cuff level with your heart.
5. **Measurement:** Press the START/STOP button. Remain still and do not speak during the measurement.
6. **Review Results:** The monitor will display your systolic, diastolic, and pulse readings.

Measuring Your Blood Pressure



Correct posture and arm placement are essential for accurate blood pressure readings.

OPERATING MODES AND FEATURES

- **AFIB (Atrial Fibrillation) Screening:** The monitor can detect signs of Atrial Fibrillation, an irregular heartbeat that can increase stroke risk. Consult your physician if AFIB is frequently detected.
- **Patented Average Mode (MAM Technology):** This feature automatically takes three consecutive measurements and displays the average, providing a more reliable reading.
- **2 Users x 99 Memories:** The device supports two users, each with 99 memory slots to store readings with time and date, allowing for long-term tracking.
- **Large Display:** The monitor features a large, easy-to-read digital display for clear visibility of results.



	2 Users x 99 Memories		Systolic, Diastolic and Pulse Readings
	Screens for Atrial Fibrillation		Patented Averaging Mode (MAM technology)
	Time and Date		Wide Range Rigid Cuff: 22cm–42cm (8.7"–16.5")
	Clinical Accuracy – BHS “AA” rating		

Overview of key features including AFIB detection and MAM technology.

IMPORTANT TIPS FOR ACCURATE READINGS

- Measure your blood pressure at the same time each day, preferably in the morning before breakfast and medication, and in the evening.
- If taking multiple readings, wait at least 1 minute between each measurement.
- Blood pressure naturally fluctuates throughout the day and can be affected by stress, activity, and food intake.
- Avoid mental stress during measurement.

MAINTENANCE AND CARE

- Clean the monitor and cuff with a soft, dry cloth. Do not use abrasive cleaners or immerse the unit in water.
- Store the device in its storage bag in a cool, dry place away from direct sunlight.
- Replace batteries when the low battery indicator appears on the display.

TROUBLESHOOTING

If you encounter issues with your monitor, refer to the full instruction manual for detailed troubleshooting steps. Common issues may include:

- **Error messages:** Check cuff placement, arm movement, or speak during measurement.
- **Inaccurate readings:** Ensure proper posture, cuff size, and relaxation before measurement.
- **No power:** Check battery installation or AC adapter connection.

SPECIFICATIONS

Brand	BIOS Diagnostics
Model Number	A6PC
Display Type	Digital; Large Display
Power Source	Battery Powered & Corded Electric
Cuff Size	22 cm – 42 cm (8.8 in. – 16.5 in.)
Memory	2 users x 99 memories
Product Dimensions	15.6L x 6.1W x 3.5Th Centimetres
Item Weight	0.26 Kilograms

WARRANTY AND SUPPORT

For warranty information or technical support, please refer to the contact details provided in your product packaging or visit the official BIOS Diagnostics website. Always consult a healthcare professional for interpretation of your blood pressure readings.