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Checkme BP3-B

Checkme BP3-B Bluetooth Blood Pressure Monitor User Manual

Model: BP3-B (TMB-2275-B)

1. INTRODUCTION

This manual provides instructions for the proper use and care of your Checkme BP3-B Bluetooth Blood Pressure Monitor. This device is designed for home use to measure systolic and diastolic blood pressure, as well as pulse rate, using an upper arm cuff. It features an X3 average function for enhanced accuracy, a large backlit display, and Bluetooth connectivity to the ViHealth app for data management.



Image 1.1: Overview of the Checkme BP3-B Bluetooth Blood Pressure Monitor, highlighting features such as 2x199 local storage, one-button operation, triple measurements, large LCD display, comfortable cuff, and app connectivity.

2. SAFETY INFORMATION

Please read all instructions carefully before using this device. Keep this manual for future reference.

- Consult your physician before using this device if you have any medical conditions.
- Do not use this device for diagnosis or treatment of any health problem or disease.
- Do not adjust medication based on measurement results from this monitor without consulting a healthcare professional.
- Keep the device out of reach of children.
- Do not use the device in a moving vehicle.

- Actual product packaging and materials may contain more and different information than what is shown on our website. We recommend that you do not rely solely on the information presented and that you always read labels, warnings, and directions before using or consuming a product.

3. PACKAGE CONTENTS

Verify that all the following items are included in your package:

- 1 x Checkme Blood Pressure Monitor (BP3-B)
- 1 x Upper Arm Cuff (22-42 cm)
- 4 x AAA Batteries
- 1 x Type-C Cable
- 1 x User Manual
- 1 x Warranty Card



Image 3.1: The package contents include the blood pressure monitor, upper arm cuff, AAA batteries, Type-C cable, user manual, and warranty card.

4. PRODUCT OVERVIEW

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



Image 4.1: Product diagram showing the monitor's display and buttons. Key indicators include: 1. Low Battery, 2. Movement, 3. Cuff Fit, 4. Bluetooth, 5. Data to Update, 6. Average of Last 3 Values, 7. Triplicate Measurements, 8. 2 Users + Guest, 9. Time and Date, 10. Irregular Heartbeat, 11. Pulse Rate, 12. Diastolic Blood Pressure, 13. Systolic Blood Pressure.



Image 4.2: Detailed view of intelligent indicators: 1. Body Motion Indicator (points to body movement that can influence BP result), 2. Cuff Fit Indicator (OK indicates correct cuff wear), 3. Irregular Heartbeat Indicator (suggests consulting a doctor if frequent), 4. BP Level Indicator (easy blood pressure check at a glance).

5. SETUP

5.1 Power Supply

The monitor can be powered by either AAA batteries or a USB-C cable.

- **Battery Installation:** Open the battery compartment on the back of the device. Insert 4 AAA batteries, ensuring correct polarity.
- **USB-C Power:** Connect the provided Type-C cable to the monitor and a compatible USB power adapter (adapter not included).



Image 5.1: The monitor supports dual power supplies: 4x AAA batteries (included) or a Type-C cable (included; adapter not included).

5.2 Cuff Application

Proper cuff placement is crucial for accurate readings.

- Place the cuff directly on bare skin, aligning the artery indicator with the main artery.
- Position the cuff 2-3 cm above the inner elbow.
- Ensure the cuff fits snugly but not too tightly. The cuff is designed for arm sizes 22-42 cm.

Large Flexible Cuff Fits Most Users

Clinical Standards Soft Fabric, Non-Sensitive



Stay still while measuring



Cuff wearing 2-3 cm
above your elbow

Image 5.2: The large flexible cuff fits most adult users (22-42cm). Ensure the cuff is worn 2-3 cm above your elbow and stay still while measuring.

5.3 Date and Time Setting

To set the date and time manually:

1. When the monitor is off, press and hold the 'Setting/Confirm/Skip' button.
2. Use the 'Forward' and 'Backward' buttons to adjust the year, month, day, time format, hour, and minute.
3. Press 'Setting/Confirm/Skip' to confirm each selection.

Note: The monitor will automatically sync date and time with your smart device when paired with the ViHealth app.



Image 5.3: Visual guide for setting the year, date format, month/day, time format, and hour/minute using the monitor's buttons.

5.4 Connecting to ViHealth App

The ViHealth app allows you to track trends and share reports. It is optional for monitor operation.

1. Download the ViHealth app from the Apple App Store (iOS 11.0 or later) or Google Play Store (Android 7.0 or later). You can scan the QR code for direct access: <http://qr.hotInk.cn/79855377015>
2. Enable Bluetooth on your smartphone.
3. Open the ViHealth app and follow the on-screen instructions to add your device.
4. The app will guide you through pairing the monitor. Press the 'Start/Stop' button on the monitor to skip Bluetooth connection if you prefer to use it independently.

Tips for Accurate Measurement

- ✓ Take a measurement in a silent room
- ✓ Rest for 5 minutes before a measurement
- ✓ For comparison, try to measure under the same conditions
- ✓ Measure the same arm every time
- ✗ Avoid drinking tea, coffee, and smoking before the measurement
- ✗ Avoid moving and talking during the measurement

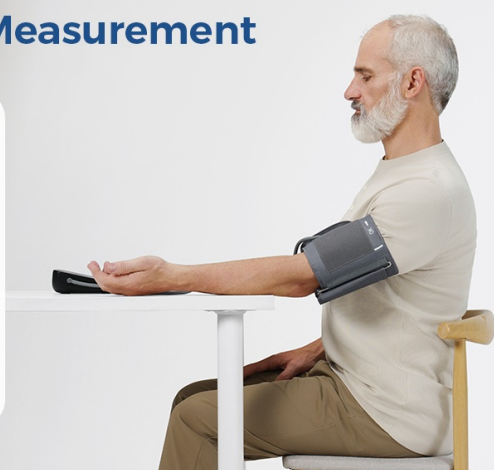


Image 5.4: Instructions for downloading the ViHealth app, compatible with iOS 11.0+ and Android 7.0+.

How to Set the Date and Time



The monitor will sync date and time with the smart device when paired with the ViHealth app.

Image 5.5: Visual steps for connecting the BP monitor to smart devices using the ViHealth app, including adding the device and matching users.

6. OPERATION

6.1 Taking a Blood Pressure Measurement

Follow these steps for an accurate measurement:

1. Sit comfortably with your feet flat on the floor and legs uncrossed. Ensure the cuff is at heart level.
2. Take 5-6 deep breaths to relax.
3. Press the 'Start/Stop' button or the 'Triple Mode' button to begin.
4. The monitor will inflate the cuff and display your systolic, diastolic, and pulse rate values.



Image 6.1: Steps for measuring blood pressure: 1. Place cuff on bare skin, align artery indicator. 2. Position cuff 2-3 cm above inner elbow. 3. Sit comfortably, feet flat, legs uncrossed, cuff at heart level. 4. Take 5-6 deep breaths, then press Start or Triple Mode button.

6.2 Tips for Accurate Measurement

- Take a measurement in a silent room.
- Rest for 5 minutes before a measurement.
- For comparison, try to measure under the same conditions each time.
- Measure on the same arm every time.
- Avoid drinking tea, coffee, and smoking before the measurement.
- Avoid moving and talking during the measurement.



Image 6.2: Important tips for accurate blood pressure measurement, including resting, avoiding stimulants, and maintaining stillness.

6.3 Switching Users

The monitor supports two users (User 1 and User 2) plus a guest mode, each with 199 memory slots.

1. When the monitor is off, press the 'User' button.
2. Press the 'User' button again to cycle through User 1, User 2, and Guest.
3. Press 'Start/Stop' or the 'Triple Mode' button to confirm the selected user and start a measurement.



Image 6.3: Visual guide for switching users: Press 'USER' when off, press 'USER' to select, then 'START/STOP' or 'Triple Mode' to begin.

6.4 Recalling Measurement Records

To view past measurements stored on the device:

1. When the monitor is off, press the 'MEM' button.
2. Press the 'User' or 'MEM' button to select the desired user's records.
3. Press 'Start/Stop' to confirm and view the records. Use the 'Forward' and 'Backward' buttons to navigate.



Image 6.4: Visual guide for recalling records: Press 'MEM' when off, press 'USER' or 'MEM' to select user, then 'START/STOP' to confirm.

6.5 Adjusting Triple Measurement Interval (X3 Function)

The X3 function automatically averages three consecutive readings for improved accuracy. You can adjust the interval time between measurements.

1. Press and hold the 'Triple Mode' button.
2. Use the 'User' or 'MEM' button to select the desired interval time (30s, 60s, or 90s).
3. Press 'Start/Stop' to confirm the setting.



Image 6.5: Visual guide for changing the interval time for triple measurements: Press and hold 'TRIPLE MODE', press 'USER' or 'MEM' to select interval, then 'START/STOP' to confirm.

Triple Measurement by One Click

Interval time: 30s, 60s, 90s



4.3" Backlight
Display



2 Users +
Guest



398 BP
Records



2 Power
Modes



Image 6.6: The monitor's 'Triple Measurement by One Click' feature allows setting interval times of 30s, 60s, or 90s.

6.6 Using the ViHealth App (Data Sync and Reports)

Once connected, the ViHealth app provides advanced data management features:

- **Tracking Trends:** View your blood pressure history over time with graphical representations (Day/Week/Month/Year trend).
- **BP Level:** Understand your blood pressure readings with color-coded level indicators.
- **Export Reports:** Generate and export reports in CSV or PDF format.
- **Share Reports:** Easily share your measurement data and reports with healthcare professionals or family members.



BP Trends

BP Level

PDF/CSV Format

Share Report

Image 6.7: The ViHealth app offers features like BP Trends, BP Level visualization, PDF/CSV format export, and the ability to share reports.



Image 6.8: The ViHealth app functions as an intelligent health assistant, providing expansive storage, BP results with levels, CSV & PDF report options, and report sharing capabilities.



Image 6.9: Steps within the ViHealth app to select and share blood pressure reports with others.

7. MAINTENANCE

7.1 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.

7.2 Storage

- Store the device in a clean, dry place away from direct sunlight, extreme temperatures, and humidity.
- Remove batteries if the device will not be used for an extended period.

8. TROUBLESHOOTING

If you encounter issues with your blood pressure monitor, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
No display/Device won't turn on	Low or dead batteries; Incorrect battery installation; No power from USB-C.	Replace batteries; Reinstall batteries with correct polarity; Check USB-C cable and adapter.
Inaccurate readings	Improper cuff placement; Movement during measurement; Not resting before measurement; Cuff size incorrect.	Ensure cuff is correctly placed and snug; Remain still and silent; Rest for 5 minutes before measuring; Verify arm circumference is within 22-42 cm.
Bluetooth connection failure	Bluetooth off on phone; App not open; Device not in pairing mode; Interference.	Enable Bluetooth on your phone; Open ViHealth app and follow pairing steps; Restart both devices; Move closer to the monitor.
Irregular Heartbeat Indicator (IHB) appears frequently	Actual irregular heartbeat; Movement during measurement.	Consult your doctor if this occurs frequently; Ensure stillness during measurement.

If the problem persists, please contact customer support.

9. SPECIFICATIONS

Feature	Detail
Model Name	BP3-B (TMB-2275-B)
Brand	Checkme
UPC	850063708043
Cuff Size	Upper Arm Cuff: 22-42 cm (Adult Large)
Display	70 x 82 mm Backlit LCD
Memory	2 users x 199 readings each (total 398)
Power Source	4 x AAA batteries (included) or USB-C cable (included, adapter not included)
Product Dimensions	13.5L x 10W x 5Th Centimetres
Manufacturer	GUANGDONG TRANSTEK MEDICAL ELECTRONICS CO., LTD.
Country of Origin	China

10. WARRANTY AND SUPPORT

This product typically comes with a 1-year warranty. Please refer to the included warranty card for specific terms and conditions.

For technical support or service inquiries, please contact Checkme customer service. Contact information can usually be found on the product packaging or the official Checkme website.