

Manuals+

[Q & A](#) | [Deep Search](#) | [Upload](#)

manuals.plus /

› [FNORGT](#) /

› [FNORGT BSX315 Wrist Blood Pressure Monitor User Manual](#)

FNORGT BSX315

FNORGT BSX315 Wrist Blood Pressure Monitor User Manual

Model: BSX315

1. INTRODUCTION

This manual provides essential instructions for the safe and effective operation of your FNORGT BSX315 Wrist Blood Pressure Monitor. Please read this manual thoroughly before using the device and retain it for future reference. This device is designed for home use to measure systolic and diastolic blood pressure and pulse rate on the wrist.



Image 1: FNORGT BSX315 Wrist Blood Pressure Monitor

2. SAFETY INFORMATION

- Consult your physician before using this device if you have any medical conditions, especially if you are pregnant, have an irregular heartbeat, diabetes, kidney disease, or poor circulation.
- Do not use this device on infants, children, or individuals who cannot express their consent.
- Do not use this device for purposes other than measuring blood pressure.
- Avoid taking measurements in a moving vehicle or in an environment with strong electromagnetic interference.
- Do not self-diagnose or self-medicate based on measurement results. Always consult a healthcare professional for interpretation of readings.
- Keep the device out of reach of children and pets.

3. PRODUCT OVERVIEW

3.1 Components

The FNORGT BSX315 Wrist Blood Pressure Monitor package includes the following items:

- 1 x Wrist Blood Pressure Monitor
- 1 x Storage Box
- 2 x AAA Batteries
- 1 x USB Cable (for power, not for data transfer)
- 1 x User Manual



Image 2: What's in the Box

3.2 Device Features

- Automatic digital LCD display for clear readings.
- Adjustable wrist cuff (5.3-7.67 inches / 13.5-19.5 cm).
- Two-user mode with 99 memory sets per user, including date and time stamps.
- Arrhythmia detection.
- Detection for cuff wrapping errors.
- Dual power supply options: 2 AAA batteries or USB cable.



Image 3: Device Features Overview

4. SETUP

4.1 Battery Installation

1. Open the battery compartment cover on the back of the device.
2. Insert the two AAA batteries (included) according to the polarity indicators (+ and -) inside the compartment.
3. Close the battery compartment cover securely.

4.2 Power Supply Options

The monitor can be powered by:

- **2 AAA Batteries:** For portable use.
- **USB Cable:** Connect the provided USB cable to the device and a compatible USB power source (adapter not included).

Two Power Supply Modes

Easy to use at home and on the go



Image 4: Dual Power Supply Modes

5. OPERATING INSTRUCTIONS

5.1 Before Measurement

- Avoid eating, drinking alcohol, smoking, exercising, and bathing for 30 minutes before measurement.
- Rest for at least 5 minutes before taking a measurement.
- Take measurements at the same time each day for consistent results.

5.2 Measurement Method and Proper Posture

1. **Wrist Strap Placement:** Wear the device around your naked left wrist (without clothing or jewelry). The display should be on the front of your wrist.
2. **Positioning:** Ensure the distance between the top of the machine and your hand is approximately 1-2 cm. Keep the device at the same level as your heart.
3. **Body Posture:** Sit upright and relax. Keep your feet flat on the floor, legs uncrossed, and back and arm

supported. Do not talk during the measurement.

4. **Start Measurement:** Press the ON/OFF button to begin the measurement. The cuff will inflate automatically, and the measurement will start.



Adjust the cuff, wrap it around your left wrist and secure.



The distance between the top of the machine and the hand should be about 1-2cm.



Sit up straight and relax, keeping your heart and machine level.



Press the ON/OFF button, ready to start measurement.

Image 5: Correct Measurement Steps

BLOOD PRESSURE MEASUREMENT METHOD

1. wrist strap

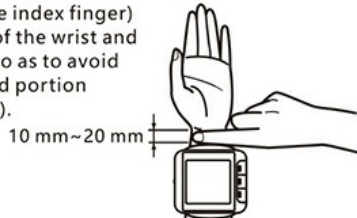
1) Wear the device around the naked wrist with your palm up. (notice: without clothing or jewellery), and the display should be on the front of your wrist.



2) The distance between the device and your palm should be 1-2cm, (As shown in the figure) stick the additional part to the bracelet.

3) Keep the device at the same level as your heart.

※ Leave a distance of 10 mm to 20 mm (about the width of one index finger) between the junction of the wrist and the palm of the hand, so as to avoid covering the ulnar head portion (as shown in the figure).



When the product is not in use, it is recommended to use a storage bag to avoid dust clogging the air outlet.

BLOOD PRESSURE MEASUREMENT METHOD

- User's position in normal use, including

- 1) comfortably seated;
- 2) legs uncrossed;
- 3) feet flat on the floor;
- 4) back and arm supported;
- 5) keep the wristband at the same height as your heart.

- a recommendation that the user relax as much as possible and do not talk during the measurement procedure;
- a recommendation that 5 min should elapse before the first reading is taken;
- a recommendation that measuring at same arm each time.



WRONG MEASUREMENT POSTURE



Do not flip your wrist back



No clenched fists, please.



Do not bend your wrist.

※ Keep your wrist and fingers still.

Image 6: Detailed Measurement Method

Important Notes for Accurate Measurement:

- Ensure your wrist and fingers remain still during the measurement.
- Avoid flipping your wrist back or bending it.
- Do not clench your fists.

6. MEMORY FUNCTIONS

The FNORGT BSX315 monitor features a 2-user mode, allowing separate data storage for two individuals. Each user can store up to 99 sets of measurement results, complete with date and time stamps.

- **Selecting User:** Use the 'SET' button to switch between User 1 and User 2 before taking a measurement.
- **Viewing Memory:** Press the 'MEM' button to review past readings. Repeated presses will cycle through the stored data.



USER 1



USER 2

SEPARATE STORAGE OF HISTORY FOR DUAL USERS



99 Groups of Memory

20-17	PM 19:31	PM 19:31	PM 19:31	PM 13:34	PM 15:33	PM 15:39	PM 15:39	PM 19:31	PM 19:34	PM 19:31
126	123	126	123	126	125	127	128	125	128	
76	76	80	73	78	75	79	78	75	78	
99	78	75	75	78	79	79	79	75	78	76



99 Groups of Memory

20-17	PM 15:39	PM 13:34	PM 19:34	PM 19:31	PM 19:31	PM 19:31	PM 15:39	PM 19:31	PM 15:33	PM 19:31
125	123	125	126	126	128	127	123	126	128	
75	73	75	80	76	78	79	76	78	78	
99	79	78	78	75	78	76	79	75	79	75

Image 7: Separate Storage for Dual Users

7. BLOOD PRESSURE CLASSIFICATION

The following table provides a general classification of blood pressure values according to the World Health Organization (WHO) guidelines. This information is for reference only. Always consult a healthcare professional for diagnosis and treatment.

Blood Pressure Classification	Systolic mmHg (upper#)		Diastolic mmHg (lower#)
Normal	Less than 120	and	Less than 80
Elevated	120-129	and	Less than 80
High Blood Pressure (Hypertension) Stage 1	130-139	or	80-89
High Blood Pressure (Hypertension) Stage 2	140 or higher	or	90 or higher
Hypertensive Crisis (Consult your doctor immediately)	Higher than 180	and / or	Higher than 120

Which values are normal?

Blood Pressure Classification	Systolic mmHg(upper#)		Diastolic mmHg(lower#)
Normal	Less than 120	and	Less than 80
Elevated	120-129	and	Less than 80
High Blood Pressure (Hypertension) Stage 1	130-139	or	80-89
High Blood Pressure (Hypertension) Stage 2	High Blood Pressure (Hypertension) Stage 2	or	90 or higher
Hypertensive Crisis (Consult your doctor immediately)	Hypertensive Crisis (Consult your doctor immediately)	and / or	Higher than 120

Making the right health decisions.

If dizziness, headaches, or heart palpitations occur, this may be a sign of irregular blood pressure levels.



Image 8: Blood Pressure Classification Table

8. MAINTENANCE AND CARE

- **Cleaning:** Wipe the device and cuff with a soft, dry cloth. Do not use abrasive cleaners or immerse the device in water.
- **Storage:** Store the monitor in its provided carrying case when not in use to protect it from dust, moisture, and damage. Keep it in a cool, dry place.
- **Battery Replacement:** Replace batteries when the low battery indicator appears on the display. Remove batteries if the device will not be used for an extended period.



Image 9: Storing the Monitor in its Case

9. TROUBLESHOOTING

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

- **No Power/Display Not On:** Check battery installation and polarity. Ensure batteries are not depleted. If using USB power, verify the cable connection and power source.
- **Inaccurate Readings:** Ensure correct cuff placement and body posture as described in Section 5. Avoid movement or talking during measurement. Ensure the cuff size is appropriate for your wrist.
- **Error Message Displayed:** Refer to the specific error code in the full user manual (if available) for detailed explanations. Common errors relate to cuff inflation, movement during measurement, or irregular pulse. Re-take the measurement after resting.
- **Cuff Does Not Inflate:** Check that the cuff is securely wrapped and the air tube (if detachable) is properly connected.

If problems persist, contact customer support.

10. SPECIFICATIONS

- **Model:** BSX315
- **Brand:** FNORGT
- **Measurement Method:** Oscillometric
- **Display:** Digital LCD
- **Wrist Cuff Range:** 5.3-7.67 inches (13.5-19.5 cm)
- **Memory:** 2 users, 99 sets per user with date/time
- **Power Source:** 2 x AAA batteries or USB cable (DC 5V)
- **Product Dimensions:** 8 x 5 x 5 cm
- **Item Weight:** 0.25 Kilograms
- **Manufacturer:** Shenzhen Honglihang Electronics Co., LTD
- **UPC:** 777192320987

11. WARRANTY AND SUPPORT

Warranty information for the FNORGT BSX315 Wrist Blood Pressure Monitor is typically provided in the full user manual included with your product or can be found on the manufacturer's official website. For technical support, troubleshooting assistance, or warranty claims, please refer to the contact information provided in your product packaging or on the FNORGT brand website.

