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**PLAYOUNG BSX525**

# PLAYOUNG Digital Blood Pressure Monitor

Model: BSX525

## Introduction

The PLAYOUNG Digital Blood Pressure Monitor (Model BSX525) is designed for accurate and convenient blood pressure measurement at home. This device utilizes advanced technology to provide fast and reliable readings of systolic pressure, diastolic pressure, and pulse rate. It features a large, easy-to-read LED display with a 3-color hypertension indicator, making it suitable for users of all ages. The adjustable large cuff ensures a comfortable and accurate fit for various arm sizes.




Image: The PLAYOUNG Digital Blood Pressure Monitor, showing the main unit with its large display and the accompanying upper arm cuff.

## Product Features

- **Accurate Measurement:** Equipped with high-tech chips for fast and accurate results within 45 seconds.
- **Two-User Memory:** Stores 99 sets of data for two individual users, allowing for easy tracking of blood pressure trends over time.
- **Large LED Backlit Display:** Clear, large LCD screen with 3-color backlight (Green for Normal, Yellow for Mid, Red for High hypertension) for easy reading in any lighting condition.
- **Adjustable Large Cuff:** Comes with an upper arm cuff (8.66~16.53 inches / 22-42 cm) designed for a comfortable and accurate fit for various arm sizes. Features 360-degree pressurization for consistent results.
- **Dual Power Supply:** Can be powered via USB cable (included) or 4*AA batteries (included).
- **Automatic Shut-off:** Conserves battery life by automatically turning off after a period of inactivity.
- **Low Battery Indicator:** Alerts the user when batteries need to be replaced.




Image: The monitor's intelligent indicator showing optimal, normal, and normal-high blood pressure ranges with corresponding green, yellow, and red colors.




Image: Illustration of the dual power supply options: USB cable and 4 AA batteries, along with icons for auto shut-down and low battery indicator.

## Setup

1. **Power Source:** Insert 4 AA batteries into the battery compartment on the back of the unit, ensuring correct polarity. Alternatively, connect the provided USB cable to the monitor and a compatible USB power adapter (not included) or computer USB port.
2. **Connect Cuff:** Firmly insert the air tube connector from the cuff into the air jack on the side of the main unit.
3. **Set User and Time:** Press the "SET" button to enter settings mode. Use the "MEM" button to adjust values (e.g., year, month, day, hour, minute, user 1 or user 2) and "SET" to confirm and move to the next setting.




Image: A man demonstrating correct posture for blood pressure measurement, with a list of do's and don'ts for accurate readings.

## Operating Instructions

### Before Measurement:

- Sit for at least 5 minutes before measurement.
- Wait at least 1-1.5 minutes between measurements if taking multiple readings.
- Measure before going to bed at night.
- Measure before taking breakfast.
- Measure before taking medication in the morning.
- Measure until at least 30 minutes after physical activity.
- Avoid drinking coffee or alcohol before measurement.
- Do not compress or restrict the air hose or the cuff during measurement.

### Measuring Your Blood Pressure:

1. **Wrap the Cuff:** Wrap the cuff around your upper left arm, ensuring the bottom edge is about 0.8-1.2 inches (2-3 cm) above the elbow. The air tube should run down the center of your arm.
2. **Check Fit:** You should be able to fit one finger comfortably between your arm and the cuff. The center of the cuff should remain at heart level.
3. **Start Measurement:** Remain calm and still. Press the "START/STOP" button. The cuff will inflate, and the measurement will begin automatically.
4. **Read Results:** The results (systolic, diastolic, and pulse rate) will be displayed on the screen within approximately 45 seconds. The screen color will indicate your hypertension level (Green, Yellow, or Red).

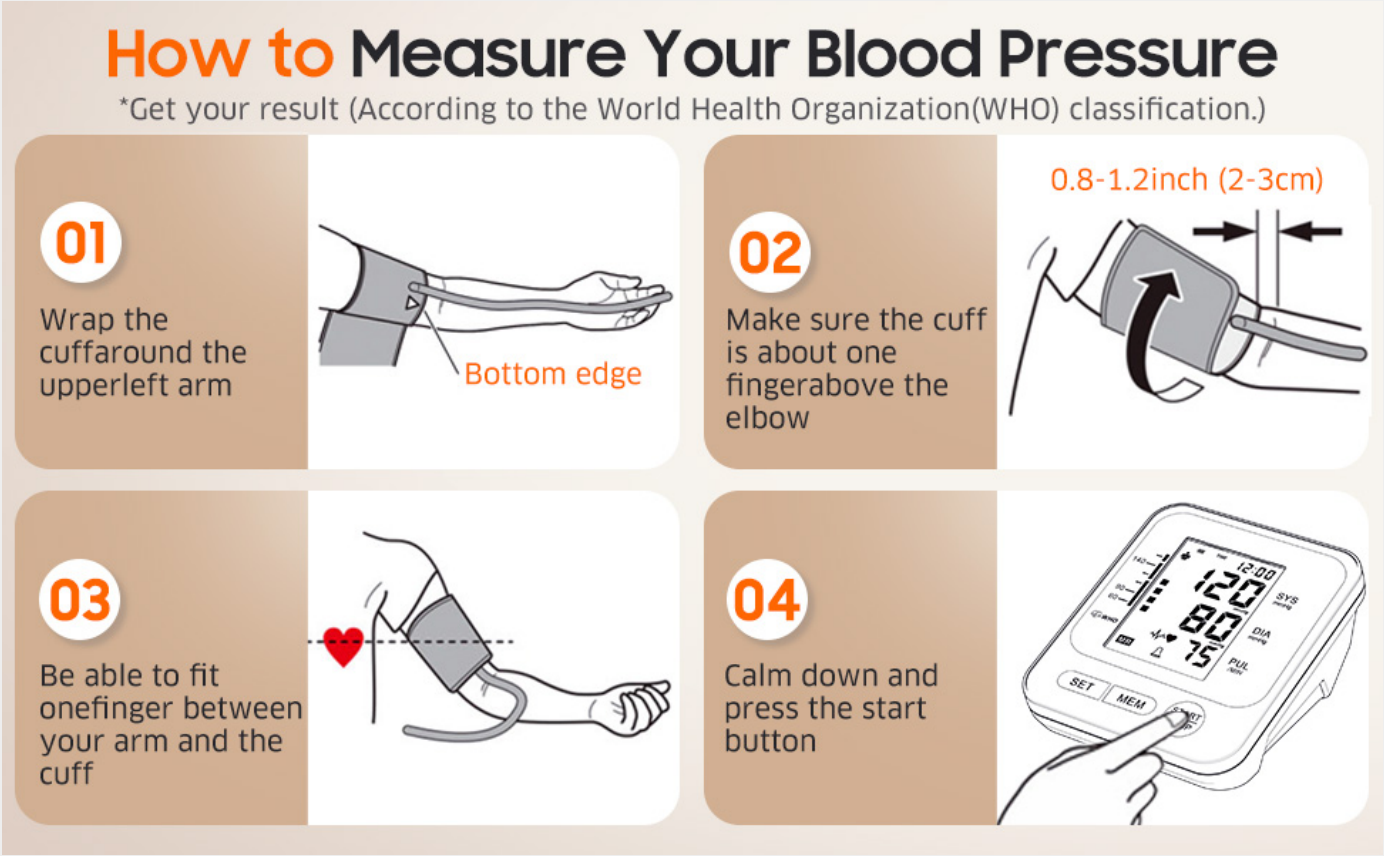



Image: Four-step visual guide on how to properly wrap the cuff, position it above the elbow, check for proper fit, and initiate measurement.

### Viewing Memory Records:

Press the "MEM" button to view previous readings. Each press will cycle through the stored measurements for the currently selected user. To switch between User 1 and User 2, use the "SET" button while in memory mode or during initial setup.




Image: The monitor displaying readings for two different users (Unit A and Unit B), illustrating the 2x99 memory storage feature.

## Maintenance

- **Cleaning:** Wipe the monitor and cuff with a soft, dry cloth. Do not use abrasive cleaners or immerse the unit in water.
- **Storage:** Store the device in a cool, dry place away from direct sunlight and extreme temperatures. Keep it out of reach of children.
- **Battery Replacement:** Replace all batteries when the low battery indicator appears on the display. Remove batteries if the unit will not be used for an extended period.
- **Cuff Care:** Ensure the cuff is not twisted or kinked during storage. Avoid sharp objects that could puncture the cuff.

## Troubleshooting

| Problem | Possible Cause | Solution |
|---|---|---|
| No display when powered on. | Batteries are dead or incorrectly inserted; USB cable not connected. | Check battery polarity, replace batteries, or ensure USB connection is secure. |
| Inaccurate or inconsistent readings. | Improper cuff placement; movement during measurement; talking during measurement; recent physical activity or caffeine intake. | Ensure cuff is correctly positioned and snug. Remain still and silent during measurement. Follow pre-measurement guidelines. Take multiple readings and average them. |
| Cuff does not inflate or inflates too little/much. | Air tube disconnected or kinked; cuff not properly sealed; air leakage. | Check that the air tube is securely connected and not kinked. Ensure the cuff is wrapped tightly. Inspect cuff for damage. |
| Error message on display. | Refer to specific error codes in the full manual (if available). Generally indicates a measurement issue. | Turn off the unit, wait a few minutes, and re-attempt measurement following all instructions carefully. |

## Specifications

- **Model:** BSX525
- **Brand:** PLAYOUNG
- **Product Dimensions:** 4 x 4 x 3 inches; 1.1 Pounds
- **Cuff Size:** 8.66~16.53 inches (22-42 cm)
- **Display Type:** LED, 3-color backlit
- **Memory:** 2 users x 99 sets of data
- **Power Source:** 4*AA Batteries (included) or USB Cable (included)
- **Manufacturer:** Shenzhen BSX Technology Electronics Co., Ltd.
- **Date First Available:** July 3, 2024
- **UPC:** 717352313671

## Important Safety Information

This device is intended for home use to measure blood pressure and pulse rate. It is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always consult with a qualified healthcare professional for any health concerns or before making any decisions related to your health or treatment. Statements regarding dietary supplements have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition.

## Warranty and Support

For warranty information and customer support, please refer to the contact details provided with your product packaging or visit the official PLAYOUNG website. Keep your purchase receipt as proof of purchase for any warranty claims.

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