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› Medline Bluetooth Blood Pressure Monitor Instruction Manual (Model MDS8001B)

## Medline MDS8001B

# Medline Bluetooth Blood Pressure Monitor Instruction Manual

Model: MDS8001B

## INTRODUCTION

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This manual provides essential instructions for the safe and effective use of your Medline Bluetooth Blood Pressure Monitor, Model MDS8001B. This device is designed for accurate measurement of blood pressure and pulse rate in adults, offering convenient tracking through the Medline Health app.

Please read this manual thoroughly before using the device and retain it for future reference. For any medical concerns, consult your physician.

## IMPORTANT SAFETY INFORMATION

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- This device is intended for adult use only.
- Do not use this device on infants, children, or individuals who cannot express consent.
- Consult your physician before using this monitor if you have any medical conditions, including but not limited to, arrhythmias, diabetes, or poor circulation.
- Blood pressure measurements should be interpreted by a healthcare professional. Self-diagnosis and treatment based on measurements can be dangerous.
- Do not adjust medication based on readings from this monitor without consulting your doctor.
- Avoid taking measurements in a moving vehicle or during physical activity.
- Keep the device and cuff away from water and extreme temperatures.
- Use only authorized accessories and replacement parts.

## PACKAGE CONTENTS

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Verify that all items are present in the package:

- Medline Bluetooth Blood Pressure Monitor (MDS8001B)
- Universal Upper Arm Cuff (fits arm circumference 8.6"–16.5" / 22–42 cm)

- Carrying Case
- 4 AA Batteries
- Instruction Manual

# What's in the box?



**Arm cuff**



**Case**



**Manual**



**4 AA batteries**



**Monitor**

Image: Contents of the Medline Blood Pressure Monitor package. This includes the main monitor unit, a universal upper arm cuff, a grey carrying case, four AA batteries, and the instruction manual.

## DEVICE OVERVIEW

The Medline Bluetooth Blood Pressure Monitor features a clear digital LCD display and intuitive controls for easy operation.

**Detects and notifies  
irregular heartbeat**



**Quick and easy digital readout of  
blood pressure and pulse rate**

Image: The Medline Blood Pressure Monitor's digital display. It shows systolic and diastolic blood pressure readings, pulse rate, a Bluetooth indicator, and an irregular heartbeat detection icon. The display also features a WHO blood pressure classification indicator.

### **Key Components:**

- **Digital LCD Display:** Shows blood pressure (systolic/diastolic), pulse rate, date/time, user ID, and various indicators.
- **START/STOP Button:** Powers the device on/off and initiates/stops a measurement.
- **M1/M2 Buttons:** Selects user 1 or user 2 for storing readings.
- **Bluetooth Indicator:** Lights up when connected to the Medline Health App.
- **Irregular Heartbeat Detector:** Alerts if an irregular heartbeat is detected during measurement.
- **WHO Classification Indicator:** Provides a visual guide to blood pressure levels based on World Health Organization standards.
- **Cuff Port:** Connects the air tube from the arm cuff to the monitor.
- **Battery Compartment:** Located on the back, holds 4 AA batteries.

# SETUP

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## 1. Install Batteries

1. Open the battery compartment cover on the back of the monitor.
2. Insert the 4 AA batteries (included) according to the polarity indicators (+ and -) inside the compartment.
3. Close the battery compartment cover securely.

## 2. Attach the Arm Cuff

- Insert the air plug of the arm cuff firmly into the air jack on the left side of the monitor.
- Ensure the connection is secure to prevent air leakage during measurement.

# OPERATING INSTRUCTIONS

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## 1. Prepare for Measurement

- Sit in a comfortable position with your back supported and feet flat on the floor.
- Rest your arm on a flat surface so the cuff is at heart level.
- Avoid talking or moving during the measurement.
- Ensure you have not consumed caffeine, alcohol, or smoked for at least 30 minutes prior to measurement.

## 2. Apply the Arm Cuff

1. Slide your left arm through the cuff loop. The air tube should run down the inside of your arm.
2. Position the cuff so the bottom edge is approximately 1-2 cm (0.4-0.8 inches) above your elbow joint. The artery mark on the cuff should align with your brachial artery.
3. Wrap the cuff snugly around your upper arm, securing it with the hook-and-loop fastener. Ensure it is not too tight or too loose.



Image: Step 1 - Wrap the cuff around the upper arm, ensuring proper positioning above the elbow.



Image: Step 2 - The cuff inflates automatically to take a measurement.



Image: Step 3 - Record the readout, optionally via the Medline Health App.

### 3. Take a Measurement

1. Press the **START/STOP** button to turn on the monitor.
2. Select your user ID (M1 or M2) by pressing the corresponding button.
3. The cuff will automatically inflate and then slowly deflate. The monitor uses measure-during-deflating technology for fast results.
4. Once the measurement is complete, your systolic pressure, diastolic pressure, and pulse rate will be displayed on the screen.
5. The reading will be automatically stored in the selected user's memory. The device stores up to 120 measurements for each of two users.
6. Press the **START/STOP** button again to turn off the monitor, or it will automatically shut off after a period of inactivity.

### Understanding Your Readings:

- **Systolic Pressure (SYS):** The top number, indicating the pressure in your arteries when your heart beats.
- **Diastolic Pressure (DIA):** The bottom number, indicating the pressure in your arteries between beats.
- **Pulse Rate (PUL/min):** Your heart rate, or the number of times your heart beats per minute.
- **WHO Indicator:** The monitor includes a color-coded scale based on World Health Organization guidelines to help you understand your blood pressure category.
- **Irregular Heartbeat Detector:** If an irregular heartbeat is detected, a symbol will appear on the display. Consult your physician if this occurs frequently.

## MEDLINE HEALTH APP INTEGRATION

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The Medline Bluetooth Blood Pressure Monitor can connect to the Medline Health App for enhanced tracking and data management.

### 1. Download the App

- Download the "Medline Health" app from your smartphone's app store (iOS or Android).

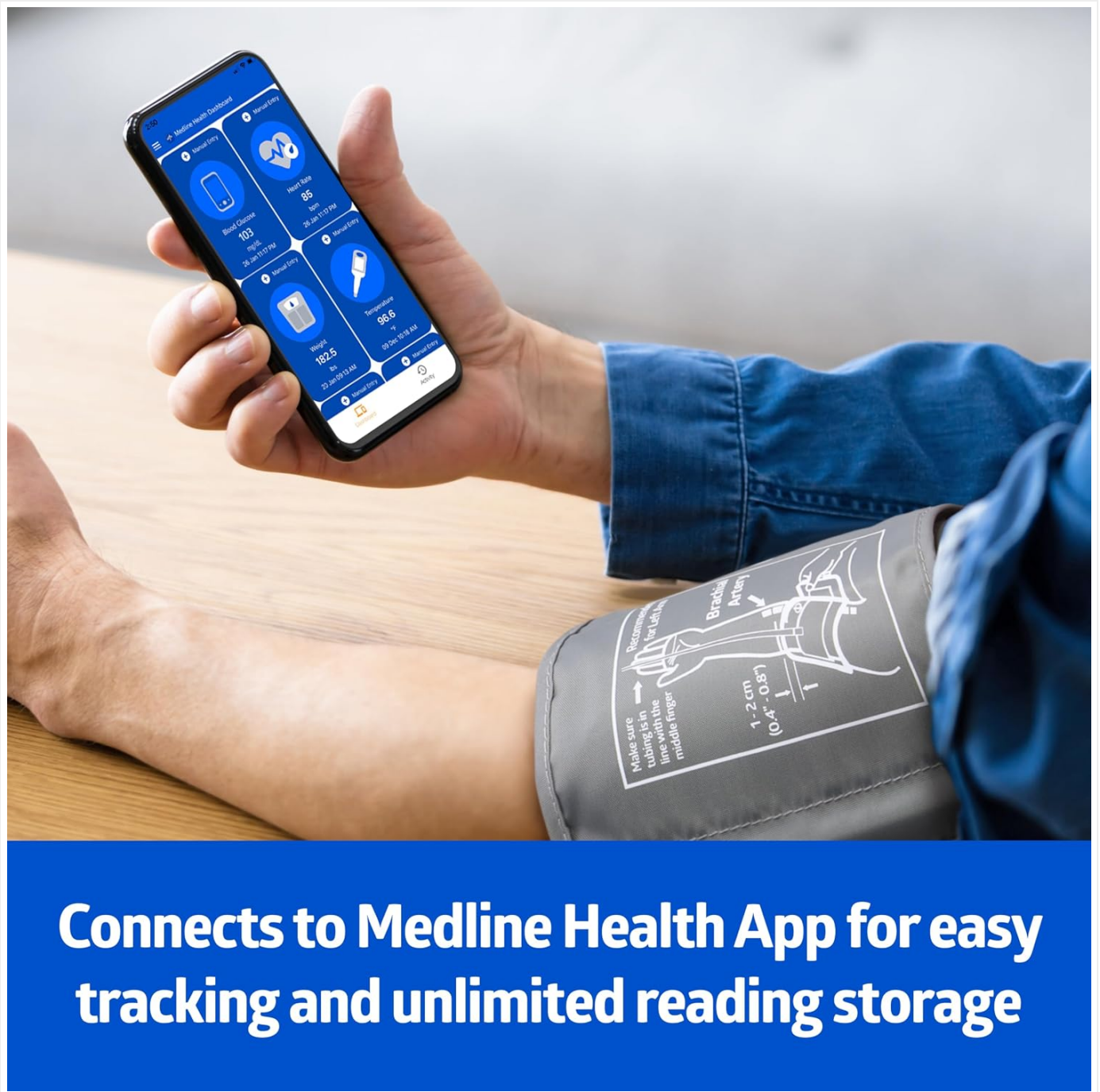
### 2. Pair Your Device

1. Ensure Bluetooth is enabled on your smartphone.
2. Open the Medline Health App and follow the on-screen instructions to add a new device.
3. Turn on your blood pressure monitor. The Bluetooth icon on the monitor's display will flash, indicating it's ready for pairing.

4. Once paired, the Bluetooth icon on the monitor will remain steady.

### 3. Sync Readings

- After taking a measurement, the reading will automatically sync to the Medline Health App if your device is paired and the app is open or running in the background.
- The app provides unlimited storage for your readings, allowing for long-term health monitoring and easy sharing with your physician.



**Connects to Medline Health App for easy tracking and unlimited reading storage**

Image: The Medline Blood Pressure Monitor connected to the Medline Health App on a smartphone, showing health data tracking.

### **Official Product Video: Medline Arm Bluetooth Blood Pressure Monitor**

Your browser does not support the video tag.

Video: This video demonstrates the features and connectivity of the Medline Arm Bluetooth Blood Pressure Monitor, including its integration with the Medline Health App for tracking and storing measurements.

## MAINTENANCE AND CARE

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### Cleaning the Monitor and Cuff:

- 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, solvents, or immerse the device or cuff in water.

### Storage:

- Store the monitor and cuff in the provided carrying case when not in use.
- Keep the device in a cool, dry place, away from direct sunlight and extreme temperatures.
- If the device will not be used for an extended period, remove the batteries to prevent leakage.



**Included carrying case keeps your monitor safe wherever you bring it**

Image: The Medline Blood Pressure Monitor and cuff being stored in its protective carrying case, highlighting portability and safe storage.

## TROUBLESHOOTING

Problem	Possible Cause	Solution
Monitor does not power on.	Batteries are dead or incorrectly inserted.	Check battery polarity. Replace with new AA batteries.
Cuff does not inflate or inflates improperly.	Cuff not connected securely, air leakage, or cuff is damaged.	Ensure the air plug is fully inserted into the monitor. Check cuff for damage. Re-apply cuff snugly.
Error message on display.	Movement during measurement, improper cuff placement, or internal error.	Remain still during measurement. Re-apply cuff correctly. If error persists, consult customer support.
Bluetooth connection issues.	Bluetooth off on phone, app not open, or device not paired.	Ensure phone Bluetooth is on. Open Medline Health App. Re-pair device if necessary.
Inconsistent readings.	Improper measurement technique, external factors (caffeine, stress), or medical condition.	Review "Prepare for Measurement" and "Apply the Arm Cuff" sections. Take multiple readings at different times. Consult your physician.

## SPECIFICATIONS

<b>Model Number</b>	MDS8001B
<b>Measurement Method</b>	Oscillometric, measure-during-deflating
<b>Cuff Size</b>	Universal Upper Arm Cuff, 8.6"–16.5" (22–42 cm)
<b>Memory</b>	120 readings for 2 users (unlimited with Medline Health App)
<b>Power Source</b>	4 AA Batteries (included)
<b>Display Type</b>	Digital LCD
<b>Connectivity</b>	Bluetooth
<b>Product Dimensions</b>	4.5"L x 7"W x 3.5"Th
<b>Item Weight</b>	1.32 Pounds

## WARRANTY AND SUPPORT

### Warranty Information:

The Medline Bluetooth Blood Pressure Monitor comes with a 1-year warranty from the date of purchase. This warranty covers manufacturing defects under normal use. Please retain your proof of purchase for warranty claims.

### Customer Support:

For technical assistance, troubleshooting beyond this manual, or warranty inquiries, please contact Medline customer support. Refer to the contact information provided on the product packaging or the official Medline website.



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