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### Beurer Beurer BC 30 ph

# Beurer BC 30 Blood Pressure Monitor User Manual

Model: Beurer BC 30 ph
Brand: Beurer

## 1. Introduction

The Beurer BC 30 Blood Pressure Monitor is a fully automatic device designed for accurate blood pressure and pulse measurements on the wrist. It features an easy-to-read display that shows readings along with the date and time. The device is equipped with a Velcro strap fastener for secure and efficient use.

This manual provides essential information for the safe and effective operation of your Beurer BC 30 Blood Pressure Monitor. Please read it thoroughly before first use and keep it for future reference.

## 2. Safety Information

Always consult your doctor regarding your blood pressure measurements. Never attempt to self-diagnose or self-treat based on the readings. This device is intended for home use and is not a substitute for professional medical advice or treatment.

- Do not use the device on infants, children, or individuals unable to express consent.
- Do not use the device if you have a serious arrhythmia, diabetes, circulatory problems, or apoplexy.
- Avoid taking measurements in a moving vehicle or during physical activity.
- Keep the device away from strong electromagnetic fields.
- Only use the specified batteries.
- Store the device in a cool, dry place, away from direct sunlight and extreme temperatures.

## 3. Package Contents

Verify that all items are present and undamaged upon unpacking:

- Beurer BC 30 Blood Pressure Monitor
- Wrist Cuff (adjustable, 5.3” – 7.7”)
- 2 x AAA Batteries
- Storage Pouch
- Quick Start Guide

- User Manual (this document)




Image 1: Beurer BC 30 Blood Pressure Monitor and its retail packaging. The monitor is a compact, grey and white device with a digital display and three control buttons. It is attached to a grey wrist cuff. The packaging box is white and blue, displaying the product and key features like "Risk Indicator" and "Irregular Heart Rhythm".

## 4. Product Features

- **Adjustable Soft Cuff:** Easily fits wrists from 5.3 inches to 7.7 inches (13.5 cm to 19.5 cm).
- **Medical Class Accuracy:** German-engineered for precise measurement of systolic and diastolic blood pressure, and heart rate.
- **High Storage Capacity:** Stores up to 60 records for each of two users (120 total records).
- **Irregular Heartbeat Detection:** Identifies and alerts the user to potential heart rhythm disturbances.
- **Color Scale Risk Indicator:** Provides an immediate visual indication of blood pressure classification (e.g., normal, elevated, hypertension).
- **Large Display:** Easy-to-read digital screen showing measurements, date, and time.

# 5. Setup

## 5.1. Battery Installation

1. Locate the battery compartment on the back or side of the device.
2. Open the battery compartment cover.
3. Insert the two AAA batteries, ensuring correct polarity (+ and -).
4. Close the battery compartment cover securely.

## 5.2. Setting Date and Time

After battery installation, the device may prompt you to set the date and time. Refer to the Quick Start Guide for specific button presses to navigate and set these values. Accurate date and time are crucial for tracking historical measurements.

# 6. Operating Instructions

## 6.1. Preparing for Measurement

- Rest for at least 5 minutes before taking a measurement.
- Avoid eating, drinking alcohol, smoking, or exercising for 30 minutes prior.
- Ensure your bladder is empty.
- Sit comfortably with your back supported and feet flat on the floor. Do not cross your legs.

## 6.2. Applying the Wrist Cuff

1. Remove any tight clothing from your wrist.
2. Place the monitor on your left wrist (if right-handed) with the display facing upwards, similar to wearing a watch.
3. Ensure the cuff is positioned approximately 1-2 cm from your palm.
4. Fasten the Velcro strap snugly but not too tightly. There should be enough space to insert one finger between the cuff and your wrist.

## 6.3. Taking a Measurement

1. Position your wrist at heart level. You can support your arm on a table or use your other hand.
2. Press the **Start/Stop** button (often indicated by a power symbol or 'I'). The cuff will automatically inflate.
3. Remain still and silent during the measurement.
4. Once the measurement is complete, the systolic pressure (SYS), diastolic pressure (DIA), and pulse rate (PUL) will be displayed on the screen.
5. The measurement will automatically be stored in the device's memory.
6. Press the **Start/Stop** button again to turn off the device, or it will automatically shut off after a period of inactivity.

# 7. Understanding Your Readings

The display shows three main values:

- **SYS (Systolic Pressure):** The pressure when your heart beats, pumping blood.
- **DIA (Diastolic Pressure):** The pressure when your heart rests between beats.
- **PUL (Pulse Rate):** Your heart rate, measured in beats per minute.

## 7.1. Risk Indicator (Color Scale)

The device features a color scale on the side of the display, providing a quick visual assessment of your blood pressure classification according to WHO (World Health Organization) guidelines. Consult your doctor for interpretation of these classifications.

- **Green:** Optimal/Normal Blood Pressure
- **Yellow:** High Normal Blood Pressure
- **Orange:** Mild Hypertension
- **Red:** Moderate to Severe Hypertension

### 7.2. Irregular Heartbeat Detector

If the device detects an irregular heartbeat during measurement, a specific symbol (often a heart icon with waves) will appear on the display. If this symbol appears frequently, consult your doctor for further evaluation.

## 8. Memory Function

The Beurer BC 30 can store up to 60 measurements for each of two users (User 1 and User 2). This allows for long-term tracking of your blood pressure trends.

### 8.1. Accessing Stored Readings

1. Ensure the device is off.
2. Press the **Memory** button (often labeled 'M' or with a memory icon).
3. Use the **+/M** button to toggle between User 1 and User 2 memory.
4. Press the **Memory** button repeatedly to scroll through the stored measurements, from most recent to oldest.
5. To exit memory mode, press the **Start/Stop** button or wait for automatic shut-off.

### 8.2. Clearing Memory

Refer to the Quick Start Guide or full manual for instructions on how to clear the stored memory, if desired. This action is usually performed by holding down a specific button combination while in memory mode.

## 9. Maintenance

### 9.1. Cleaning the Device

- Wipe the device and cuff gently with a soft, slightly damp cloth.
- Do not use abrasive cleaners or immerse the device in water.
- Ensure no liquid enters the device casing.

### 9.2. Storage

- Store the device in its original storage pouch when not in use.
- Keep it in a cool, dry place, away from direct sunlight, dust, and moisture.
- If the device will not be used for an extended period, remove the batteries to prevent leakage.

## 10. Troubleshooting

| Problem | Possible Cause | Solution |
|---|---|---|

| Problem | Possible Cause | Solution |
|---|---|---|
| Device does not turn on. | Batteries are dead or incorrectly inserted. | Check battery polarity; replace batteries. |
| Error message (e.g., "E1", "E2"). | Cuff not applied correctly; movement during measurement; irregular pulse. | Re-apply cuff; remain still; consult doctor if irregular heartbeat symbol appears frequently. |
| Readings are inconsistent. | Improper measurement technique; external factors (stress, caffeine). | Review "Preparing for Measurement" section; ensure proper cuff placement and arm position. |

If problems persist, contact Beurer customer support.

## 11. Specifications

| Feature | Detail |
|---|---|
| Model Number | Beurer BC 30 ph |
| Product Dimensions | 72 x 7 x 27 cm |
| Item Weight | 199 g |
| Cuff Size | 5.3” – 7.7” (13.5 cm – 19.5 cm) |
| Memory Capacity | 2 x 60 measurements |
| Power Source | 2 x AAA Batteries |
| Country of Origin | Germany |
| Manufacturer | Beurer GmbH Soflinger Str. 218, 89077 Ulm, Germany |

## 12. Warranty and Support

Beurer products are manufactured to the highest quality standards. For warranty information and customer support, please refer to the warranty card included with your product or visit the official Beurer website.

For inquiries in India, you may contact the importer:

Beurer India Pvt. Ltd.
523-524, JMD Megapolis, Sohna Road, Sector- 48, Gurugram- 122018 India

General contact for Beurer GmbH: info@beurer.com, +49 (731) 3989-0

You can also visit the Beurer store on Amazon for more information:Beurer Amazon Store

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