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› Berrcom FC-BP120 Upper Arm Blood Pressure Monitor User Manual

Berrcom FC-BP120

Berrcom FC-BP120 Upper Arm Blood Pressure Monitor User Manual

MODEL: FC-BP120

1. Introduction

This manual provides detailed instructions for the safe and effective use of your Berrcom FC-BP120 Upper Arm Blood Pressure Monitor. Please read this manual thoroughly before using the device and keep it for future reference. This monitor is designed for home use to measure systolic and diastolic blood pressure and pulse rate.

2. What's in the Box

Upon opening the package, please verify that all the following components are included:

- 1 x Berrcom Blood Pressure Monitor
- 1 x Adjustable Arm Cuff (8.66"-16.53" / 22-42cm)
- 1 x User Manual
- 1 x Type-C Charging Cable
- 4 x AAA Batteries
- 1 x Storage Bag

AMERICAN ACCENT VOICE BROADCASTING



Professional grade chip and optimized algorithm helps to lock the most reliable readings for you

Image: All components included in the Berrcom Blood Pressure Monitor package.

3. Product Overview

The Berrcom FC-BP120 is an automatic digital blood pressure monitor designed for accurate and convenient home use. Key features include:

- **Accurate & Easy-to-Use:** Provides precise readings with a simple one-touch operation.
- **Dual-User Mode with 198 Memory Storage:** Supports two users, each with 99 reading memory, allowing for effective tracking of blood pressure trends.
- **Large LED Backlit Display with Color Indicators:** Ensures clear visibility in various lighting conditions. The display uses a three-color system (Green, Yellow, Red) to instantly categorize blood pressure levels.
- **Adjustable Large Cuff:** The cuff (8.66"-16.53" / 22-42cm) is designed for comfort and a secure fit across a wide range of arm sizes.
- **Dual Power Options:** Can be powered by 4 AAA batteries or via the included Type-C charging cable.



Image: Berrcom FC-BP120 Blood Pressure Monitor.

4. Setup

4.1. Powering the Device

Your monitor can be powered by batteries or the Type-C cable.

- **Battery Installation:** Open the battery compartment cover on the back of the monitor. Insert 4 AAA batteries, ensuring correct polarity (+/-). Close the cover securely.
- **Type-C Cable:** Alternatively, connect the provided Type-C cable to the monitor's port and a compatible USB power source.

TWO POWER OPTIONS

Easy to use at home and on the go



4*AAA
Batteries included



Included
Type-C Port

Image: Two power options for the Berrcom Blood Pressure Monitor.

4.2. Connecting the Cuff

Insert the air tube connector from the cuff firmly into the air jack on the side of the monitor.

Video: Official Berrcom product video demonstrating battery installation and cuff connection.

5. Operating Instructions

5.1. Wearing the Arm Cuff

1. Spread the armband and wear it on your left upper arm.
2. Ensure the cuff is positioned approximately 1-2 fingers above your elbow.
3. The cuff should fit snugly, allowing one finger to fit comfortably between your arm and the cuff.

5.2. Taking a Measurement

Once the cuff is correctly positioned, press the 'START/STOP' button to begin the measurement. The cuff will inflate, and the monitor will automatically measure your blood pressure and pulse rate. Remain still and silent during

the measurement.

EASY TO USE

Large LED Display with 3 Colors



1
Spread the armband and wear it on the left arm



2
Make sure the cuff is about one finger above the elbow



3
Be able to fit one finger between your arm and the cuff



4
Press the power button to start measurement

Image: Step-by-step guide for wearing the cuff and starting a measurement.

5.3. Voice Guidance

The monitor features an English voice broadcast for convenience. To adjust the voice setting:

- Press the 'SET' button.
- Press 'SET' again until the 'SP ON' or 'SP OFF' icon appears and flashes.
- Press the 'MEM' button to toggle the voice sound on or off.

5.4. Dual-User Mode

The monitor supports two users, each with 99 memory slots. To switch between User 1 and User 2:

- When the monitor is powered off, long press the 'SET' button for 5 seconds.
- When the user icon flashes, press the 'MEM' button to switch between User 1 and User 2.

DUAL USERS SUPPORTED

2*99 READING RECORDS ✓

Blood Pressure ✓

Heart Rate ✓

Measuring Time ✓

1 User 1



2 User 2



Image: Dual-user mode display.

6. Understanding Your Readings

The large LED backlit display provides clear readings and uses a color indicator bar to help you interpret your blood pressure levels according to World Health Organization (WHO) standards.

- **Green:** Indicates optimal/normal blood pressure.
- **Yellow:** Indicates normal-high or Hypertension Type 1.
- **Red:** Indicates Hypertension Type 2 or Type 3 (serious high blood pressure).

LARGE LED SCREEN

easy to read



Indicator Bar

- High pressure
- Middle high
- Normal pressure

Image: Large LED screen with color indicator bar.




Image: Blood Pressure Classification Chart (WHO Standards).

7. Tips for Use

For accurate and consistent measurements, please follow these guidelines:

- Sit for at least 5 minutes before measurement.
- Wait at least 3 minutes between measurements.
- Measure at least 30 minutes after eating, bathing, or exercising.
- Do not measure within 30 minutes after eating, exercising, smoking, or drinking alcohol.
- Do not wear thick clothes; it is better to wear short sleeves (thickness < 5mm) during measurement.
- Do not compress or restrict the air hose or the cuff when taking measurements.



TIPS FOR USE

- ✓ Sit for at least 5 mins before measurement.
- ✓ Wait at least 3 minutes between measurements.
- ✓ Measure at least 30 minutes after eating, bathing or exercising.
- ✗ Do not measure within 30 minutes after eating, exercising, smoking, or drinking alcohol.
- ✗ Do not wear thick clothes, better to wear short sleeve (thickness<5mm) during measurement.
- ✗ Do not compress or restrict the air hose or the cuff when taking measurements.

! Read the user manual before using this blood pressure monitor.

Image: Important tips for using your blood pressure monitor.

8. Maintenance

To ensure the longevity and accuracy of your Berrcom Blood Pressure Monitor, follow these maintenance guidelines:

- Clean the monitor and cuff with a soft, dry cloth. Do not use abrasive cleaners or immerse the device in water.
- Store the device in the provided storage bag in a cool, dry place, away from direct sunlight and extreme temperatures.
- Remove batteries if the device will not be used for an extended period to prevent leakage.

9. Troubleshooting

If you encounter any issues with your blood pressure monitor, please refer to the following common troubleshooting steps:

- **No Power/Display:** Check if batteries are inserted correctly and have sufficient charge. If using the Type-C cable, ensure it is properly connected to a power source.
- **Inaccurate Readings:** Ensure the cuff is correctly positioned and snugly fitted. Avoid talking or moving during measurement. Rest for 5 minutes before taking a reading.
- **Error Messages:** Refer to the specific error codes in the full user manual for detailed explanations and solutions. Common errors relate to cuff pressure or movement during measurement.
- **Voice Not Working:** Check the voice setting as described in section 5.3 to ensure it is enabled.

If problems persist, please consult the comprehensive user manual included with your product or contact Berrcom

customer support.

10. Specifications

Feature	Specification
Product Dimensions	3.16 x 2.57 x 0.94 inches
Weight	1.01 Pounds
Power Source	4 AAA batteries (included) or Type-C Cable
Display Type	LED Backlit Display
Cuff Size	Adjustable (8.66"-16.53" / 22-42cm)
Memory Storage	2 users x 99 readings (198 total)
Model Number	FC-BP120
Target Use Body Part	Arm

11. Warranty and Support

For detailed warranty information and customer support, please refer to the full user manual included in your product package. Berrcom is committed to providing reliable products and assistance.