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Beurer BM72

Beurer Auto 400 Upper Arm Blood Pressure Monitor User Manual

Model: BM72

1. Introduction

The Beurer Auto 400 Upper Arm Blood Pressure Monitor (Model BM72) is designed for adults to measure blood pressure and pulse rate. This device provides accurate readings and includes features such as a risk indicator, cuff position indicator, and irregular heartbeat detection. The universal cuff is suitable for a wide range of arm sizes. This manual provides essential information for the safe and effective use of your blood pressure monitor.

2. Safety Information

Please read this instruction manual completely before using the device for the first time. Retain this manual for future reference.

- This device is intended for measuring human arterial blood pressure and pulse rate on the upper arm.
- Do not use the device for self-diagnosis or self-treatment without consulting a medical professional.
- Consult your doctor before using the device if you have any medical conditions, especially if you have a pacemaker or other implanted devices.
- 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.
- Keep the device out of reach of children.

3. Package Contents

Verify that all items are present and undamaged upon unpacking:

- Beurer Auto 400 Blood Pressure Monitor (Main Unit)
- Universal Upper Arm Cuff
- 4 x AAA Batteries
- Storage Case

- Instruction Manual

4. Device Overview

Familiarize yourself with the components of your Beurer Auto 400 Blood Pressure Monitor.



The Beurer Auto 400 Blood Pressure Monitor features a large digital display and an attached upper arm cuff. The display shows time, date, systolic, diastolic, and pulse readings, along with a color-coded risk indicator on the left side.

Display Elements:

- **Systolic Pressure (SYS):** Upper blood pressure value.
- **Diastolic Pressure (DIA):** Lower blood pressure value.
- **Pulse Rate (PUL):** Heart rate in beats per minute.
- **Risk Indicator:** Color-coded bar indicating blood pressure classification.
- **Irregular Heartbeat Symbol:** Appears if an irregular heart rhythm is detected.
- **Cuff Position Indicator:** Confirms correct cuff placement.
- **Battery Indicator:** Shows remaining battery life.

- **User Memory:** Indicates the selected user profile (if applicable).

Buttons:

- **Start/Stop Button:** Powers the device on/off and starts a measurement.
- **Memory Button:** Accesses stored measurement values.
- **User Selection/Scroll Buttons:** Navigates through menus or user profiles.

5. Setup

5.1 Inserting Batteries

1. Open the battery compartment cover on the back of the device.
2. Insert the 4 AAA batteries provided, ensuring correct polarity (+/-).
3. Close the battery compartment cover securely.

5.2 Attaching the Cuff

1. Connect the air tube from the cuff to the air socket on the side of the main unit. Ensure a secure connection.
2. The universal cuff is designed to fit most adult upper arms.

6. Operating the Device

6.1 Preparing for Measurement

- Avoid eating, drinking alcohol, smoking, or exercising for at least 30 minutes before measurement.
- Rest for 5 minutes in a calm environment before taking a measurement.
- Sit comfortably with your back supported and feet flat on the floor.
- Place your arm on a table so the cuff is at heart level.

6.2 Applying the Cuff

1. Slide the cuff onto your bare upper arm, approximately 2-3 cm above the elbow joint.
2. Ensure the air tube runs along the inside of your arm.
3. Tighten the cuff so it is snug but not uncomfortably tight. You should be able to fit two fingers underneath.
4. The **Cuff Position Indicator** on the display will help confirm correct placement.

6.3 Taking a Measurement



The Beurer Auto 400 utilizes inflation technology for fast and gentle measurements, ensuring comfort during the blood pressure reading process.

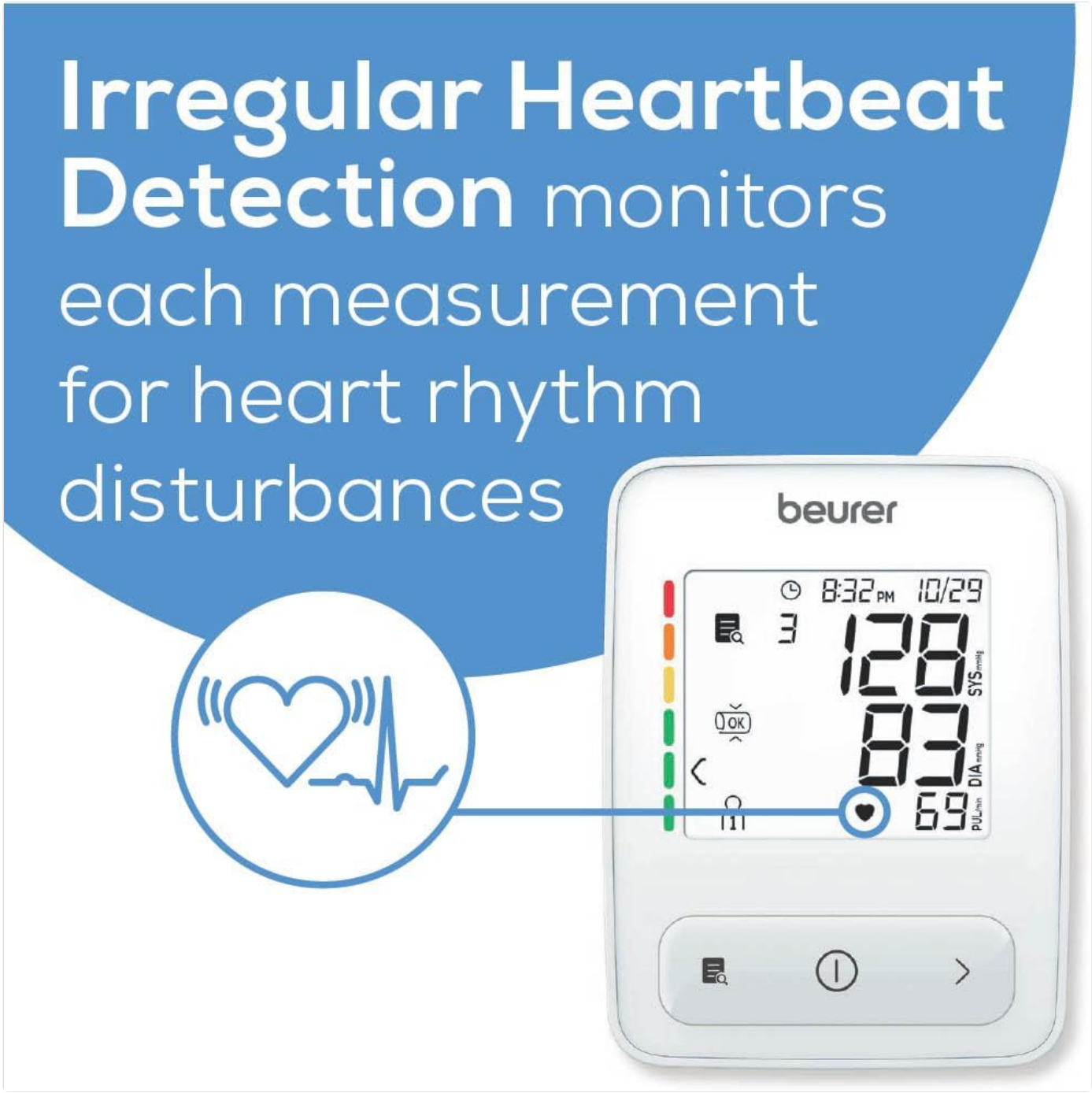
1. Press the **Start/Stop** button to turn on the device.
2. The cuff will automatically inflate using **Inflation Technology**, which measures your blood pressure while inflating for a faster and more comfortable experience.
3. Remain still and silent during the measurement.
4. Once the measurement is complete, the systolic, diastolic, and pulse readings will be displayed.
5. The device will automatically store the reading in its memory.

6.4 Interpreting Results



The monitor includes a color-coded risk indicator on the left side of the display, classifying blood pressure readings according to World Health Organization guidelines for easy interpretation.

- **Color-Coded Results:** The risk indicator on the left side of the display classifies your blood pressure based on World Health Organization (WHO) guidelines.
- **Green:** Optimal blood pressure.
- **Yellow/Orange:** Elevated blood pressure, consult a doctor.
- **Red:** High blood pressure, seek immediate medical advice.
- **Irregular Heartbeat Detection:** If a disturbance or irregular heart rhythm is detected, an alert symbol (heart icon with squiggly line) will appear on the digital display after a reading. Consult your doctor if this symbol appears frequently.



This monitor features irregular heartbeat detection, alerting the user if any heart rhythm disturbances are identified during a measurement.

6.5 Memory Function



The Beurer Auto 400 Blood Pressure Monitor offers 60 memory spaces for one user, allowing for tracking of blood pressure trends over time.

The Beurer Auto 400 stores up to 60 measurement values for one user. To access stored readings:

1. With the device off, press the **Memory** button.
2. The most recent measurement will be displayed first.
3. Use the **Scroll** buttons to navigate through previous readings.

7. Maintenance

7.1 Cleaning the Device

- Clean the main unit and cuff with a soft, dry cloth.
- Do not use abrasive cleaners or immerse the device in water.

- If necessary, lightly dampen the cloth with a mild soap solution, then wipe dry.

7.2 Storage

- Store the device and cuff in the provided storage case when not in use.
- Keep the device 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.

8. Troubleshooting

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

- **Device does not turn on:** Check if batteries are inserted correctly and have sufficient charge. Replace batteries if necessary.
- **Error message on display:** Refer to the specific error code in the full manual (if available) or try re-applying the cuff and taking another measurement. Common errors include incorrect cuff placement or movement during measurement.
- **Inaccurate readings:** Ensure proper preparation (rest, no caffeine/smoking), correct cuff placement, and arm position at heart level. Take multiple readings and consult your doctor if readings remain inconsistent or unexpectedly high/low.
- **Cuff not inflating:** Check that the air tube is securely connected to the main unit and the cuff.

9. Specifications

- **Model:** BM72 (Auto 400)
- **Manufacturer:** Beurer
- **Product Dimensions:** 3.75"L x 5"W x 1.75"Th
- **Item Weight:** 0.45 Pounds (7.2 ounces)
- **Power Source:** 4 x AAA Batteries (included)
- **Display Type:** LCD
- **Memory:** 60 memory spaces for 1 user
- **Cuff Type:** Universal Upper Arm Cuff

10. Warranty and Support

For warranty information and customer support, please refer to the documentation included with your product or visit the official Beurer website. Keep your purchase receipt as proof of purchase.

11. Official Product Videos

No official product videos from the seller were found to be relevant for embedding in this manual.

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Question

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