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Beurer BM 48

Beurer BM 48 Upper Arm Blood Pressure Monitor Instruction Manual

Model: BM 48

Introduction

The Beurer BM 48 upper arm blood pressure monitor is designed for simple and comfortable blood pressure measurement. It features a large display for clear reading of measured values and offers smart connectivity via the free 'beurer HealthManager Pro' app for easy monitoring and tracking of your health data.

Key Features

- **Easy One-Button Operation:** Simplifies daily blood pressure and pulse measurement.
- **App Connectivity:** Seamless data transfer to the 'beurer HealthManager Pro' app via Bluetooth for comprehensive health management.
- **Arrhythmia Detection:** Identifies and warns of irregular heart rhythms.
- **Fast and Gentle Measurement:** Measurement occurs during cuff inflation for increased comfort and speed.
- **Precise Results:** Integrated cuff fit control and patented rest indicator ensure accurate and reliable readings.

Setup

1. Power Supply

The BM 48 can be powered by 4 AAA batteries (included) or via a USB-C cable (not included). For battery installation, open the battery compartment on the back of the device, insert the batteries according to the polarity markings, and close the compartment securely.
For USB-C power, connect a compatible USB-C cable to the device's port and to a power source. This option allows for continuous operation without relying on batteries.



Image: Close-up of the Beurer BM 48 blood pressure monitor showing the USB-C port, indicating integrated USB-C connection.

2. Cuff Attachment

Attach the cuff to your upper arm. Ensure the cuff is positioned correctly, approximately 2-3 cm above the elbow joint, with the air tube running down the inside of your arm. The cuff is designed for arm circumferences between 22 and 42 cm.



Image: A person demonstrating how to properly attach the blood pressure cuff to their upper arm, highlighting simple one-button operation.

3. App Connection (Optional)

To utilize the smart features, download the free 'beurer HealthManager Pro' app from your smartphone's app store. Follow the in-app instructions to pair your BM 48 device via Bluetooth. This allows for seamless transfer and tracking of your measurement data.



Image: A person using the Beurer BM 48 blood pressure monitor while simultaneously viewing the Beurer HealthManager Pro app on a smartphone, illustrating smartphone management and Bluetooth data transfer.

Operating Instructions

1. Taking a Measurement

1. Ensure you are in a relaxed state, seated comfortably with your arm resting on a flat surface.
2. Press the large power button on the front of the device. The cuff will begin to inflate, and the measurement will be taken during this inflation process for a faster and more comfortable experience.
3. Remain still and do not talk during the measurement. The patented rest indicator will help ensure optimal conditions.
4. Once the measurement is complete, the cuff will deflate, and your systolic (SYS), diastolic (DIA), and pulse (PUL) values will be displayed on the large screen.



Image: The Beurer BM 48 blood pressure monitor with its cuff, showing the large digital display with blood pressure readings and pulse rate, alongside a smartphone displaying the companion app, illustrating the product and its app connectivity.

2. Interpreting Results

The large display shows your systolic (SYS) and diastolic (DIA) blood pressure values, along with your pulse rate (PUL). The device also features:

- **Arrhythmia Detection:** If an irregular heartbeat is detected, a corresponding symbol will appear on the display, warning of potential cardiac arrhythmias.
- **Cuff Fit Control:** An indicator on the display verifies that the cuff is correctly positioned on your arm, ensuring accurate readings.
- **Rest Indicator:** This patented feature confirms that optimal resting conditions were maintained during the measurement, contributing to reliable results.
- **Colored Risk Indicator:** A color-coded scale on the side of the display helps you classify your blood pressure

values according to WHO (World Health Organization) guidelines.



Image: Close-up of the Beurer BM 48 blood pressure monitor's display, showing blood pressure readings, pulse, and various icons including a cuff fit indicator and a rest indicator, emphasizing precise measurements and German engineering.



Image: A person relaxing in a hammock, with an icon indicating arrhythmia detection, suggesting the device recognizes irregular heartbeats.

Maintenance

1. Cleaning

Clean the device and cuff with a slightly damp cloth. Do not use abrasive cleaners or immerse the device in water. Ensure the device is dry before storage.

2. Storage

Store the blood pressure monitor in a cool, dry place, away from direct sunlight and extreme temperatures. Keep it out of reach of children.

3. Battery Replacement

When the battery indicator appears on the display, replace all four AAA batteries simultaneously. Dispose of used

batteries according to local regulations.

Troubleshooting

Problem	Possible Cause	Solution
Device does not turn on.	Batteries are dead or incorrectly inserted.	Replace batteries or check polarity. Ensure USB-C cable is properly connected if using external power.
Inaccurate readings.	Cuff not positioned correctly; user moved or talked during measurement; not rested before measurement.	Re-position cuff using the cuff fit control indicator. Remain still and quiet. Rest for 5 minutes before measuring.
App connection issues.	Bluetooth is off; device not paired; app outdated.	Ensure Bluetooth is enabled on your smartphone. Follow app pairing instructions. Update 'beurer HealthManager Pro' app.
Arrhythmia symbol appears frequently.	Irregular heart rhythm detected.	Consult a medical professional if this occurs frequently or causes concern.

Specifications

- **Model:** BM 48
- **Measurement Method:** Oscillometric, non-invasive blood pressure measurement on the upper arm
- **Cuff Circumference:** 22 – 42 cm
- **Power Supply:** 4 x 1.5V AAA batteries (included) or USB-C power
- **Connectivity:** Bluetooth for 'beurer HealthManager Pro' app
- **Dimensions (L x W x H):** Approximately 16.4 cm x 8.2 cm x 12.1 cm
- **Weight:** Approximately 540 grams (including cuff and batteries)
- **Features:** Arrhythmia detection, cuff fit control, rest indicator, colored risk indicator, extra-large display
- **Manufacturer:** Beurer GmbH
- **Country of Origin:** Hungary

Warranty and Support

The Beurer BM 48 Blood Pressure Monitor comes with a**3-year guarantee**. For warranty claims, technical support, or any questions regarding your device, please contact Beurer customer service. Contact details can typically be found on the official Beurer website or within the product packaging.
You can also visit the official Beurer store on Amazon for more information:Beurer Amazon Store

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