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› HoMedics 500 Series Bluetooth Upper Arm Blood Pressure Monitor Instruction Manual

HoMedics BPA-900BT-WT

HoMedics 500 Series Bluetooth Upper Arm Blood Pressure Monitor

Model: BPA-900BT-WT

INTRODUCTION

The HoMedics 500 Series Bluetooth Upper Arm Blood Pressure Monitor is designed for accurate and convenient blood pressure measurement at home. This device features Bluetooth connectivity for syncing readings to the HoMedics Health+ app, irregular heartbeat detection, a voice guide, and Smart Measure Technology for personalized inflation. Regular monitoring of blood pressure can provide valuable insights into your heart health.

IMPORTANT SAFETY INFORMATION

Please read all instructions carefully before using this device. Keep this manual for future reference.

- This device is intended for adult home use only. Consult your physician for interpretation of blood pressure measurements.
- Do not use this device for diagnosis or treatment of any health problem or disease.
- Avoid consuming alcohol, caffeine, or tobacco, and refrain from exercise for at least 30 minutes prior to measurement, as these can affect readings.
- Do not talk or move during measurement.
- If you have any concerns about your blood pressure readings, consult a healthcare professional.

PACKAGE CONTENTS

Verify that all components are present:

- HoMedics 500 Series Blood Pressure Monitor
- One-size-fits-most arm cuff (9"-17")
- Storage bag

- 4 "AAA" batteries
- Instruction manual

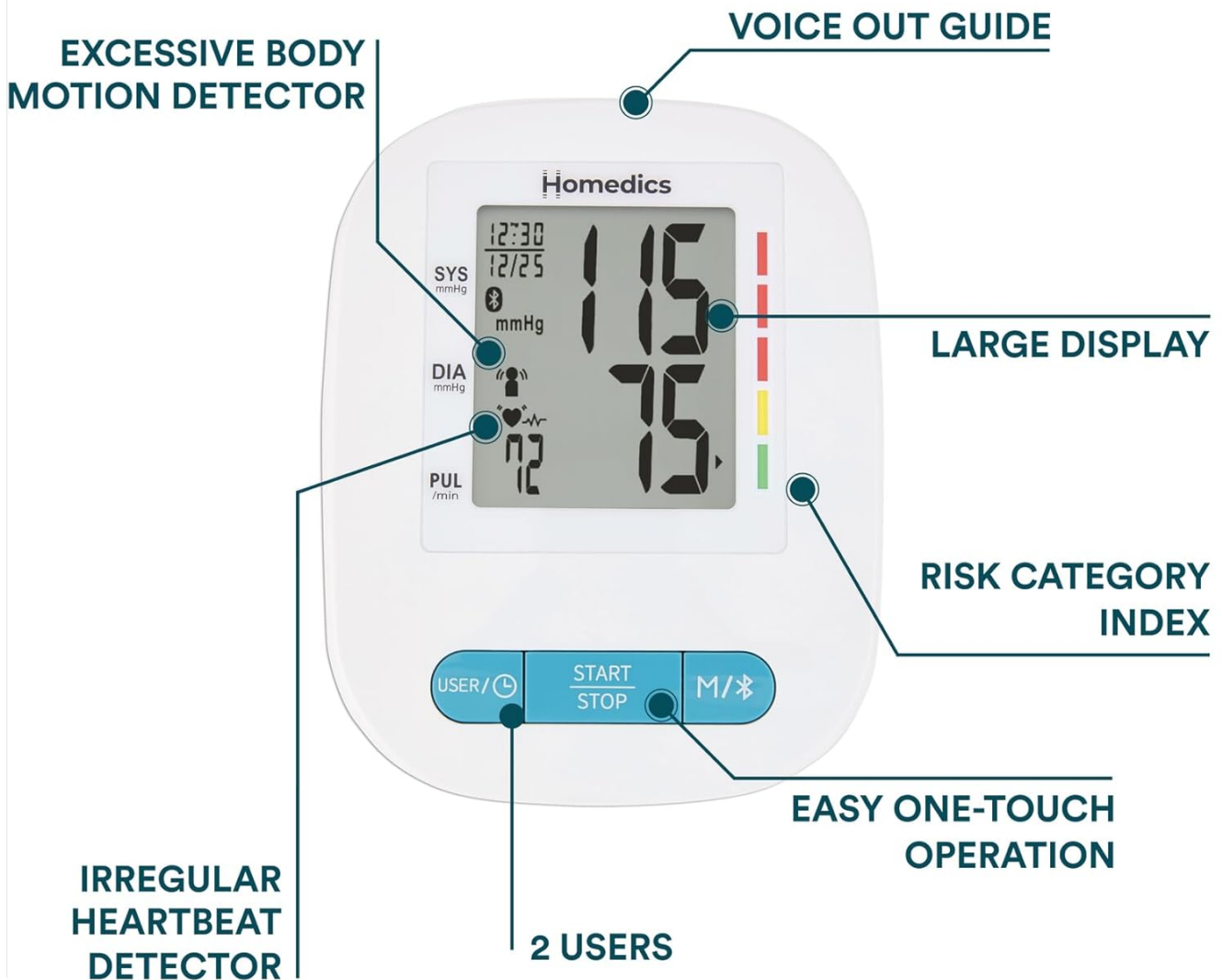
PRODUCT OVERVIEW



The HoMedics 500 Series Blood Pressure Monitor features a large digital display and an attached arm cuff.

easy operation

CONNECTED FOR
EASY TRACKING



Key features of the HoMedics 500 Series monitor, including its large display, voice guidance, irregular heartbeat detection, and simple one-touch operation.

SETUP

1. Battery Installation

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

2. Cuff Connection

Connect the air tube from the arm cuff to the air jack on the side of the monitor.

3. App Pairing (Bluetooth)

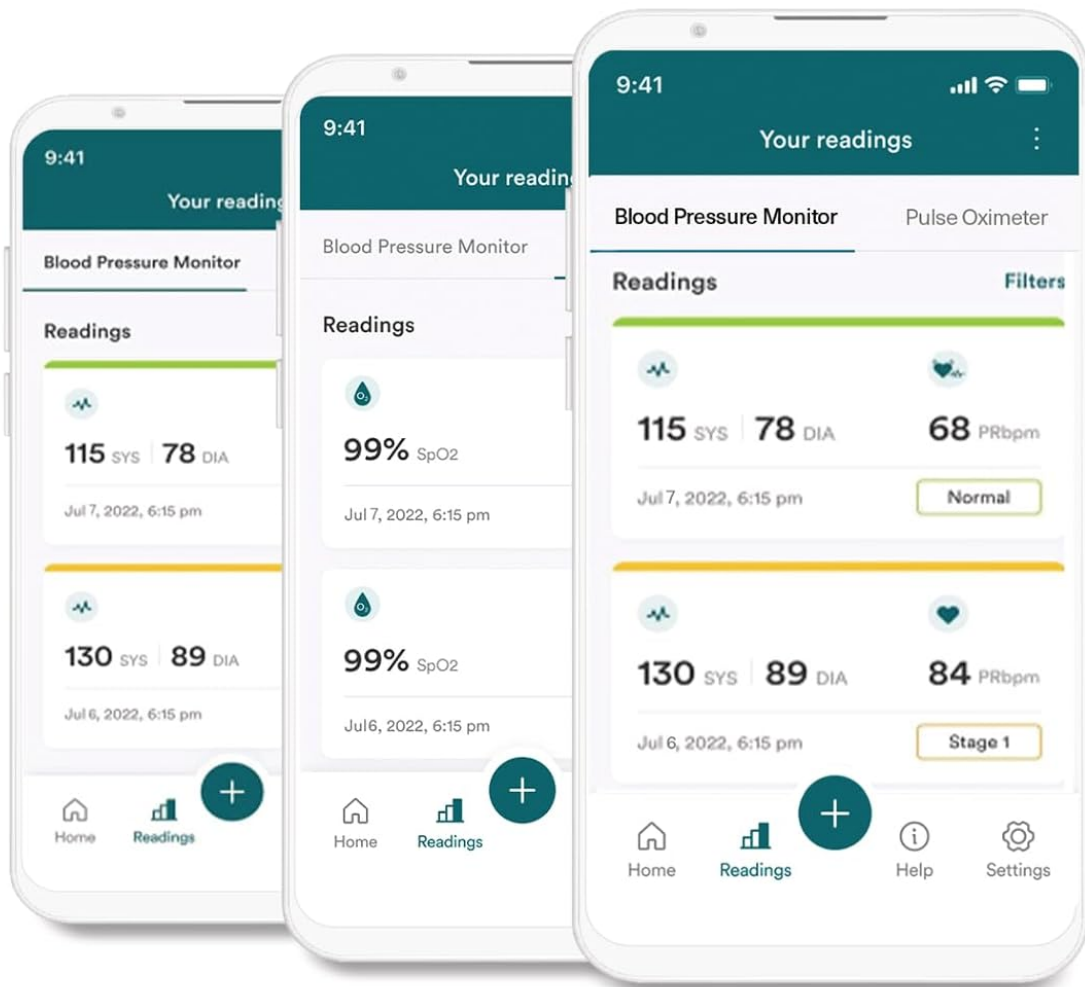
To sync your readings and utilize advanced features, download the HoMedics Health+ app from your device's app store. Follow the in-app instructions to pair your monitor via Bluetooth.



HoMedics Health+

use with our new app

Track Your Trends, Easily Share with Your Doctor, & Set Reminders



The HoMedics Health+ app allows users to track trends, share data with healthcare providers, and set reminders for measurements.

OPERATING INSTRUCTIONS

Before Measurement

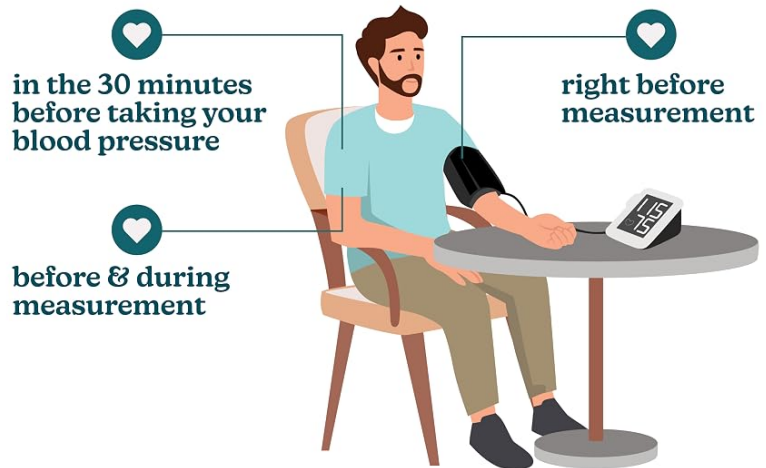
For accurate readings, prepare as follows:

- Sit quietly and rest for at least 5 minutes before taking a measurement.
- Ensure your back is supported, and your feet are flat on the floor. Do not cross your legs or ankles.
- Roll up your sleeve so the cuff can be placed directly on your bare upper arm, just above your elbow.

- Position the cuff at the same height as your heart, with your arm relaxed and palm facing up.

how to measure blood pressure

To ensure accuracy, sit quietly and rest for 5 minutes before taking measurement



Proper posture is crucial for accurate blood pressure readings. Sit quietly with your back supported, feet flat on the floor, and your arm resting at heart level.

Taking a Measurement

1. Select your user profile (User 1 or User 2) if applicable.
2. Press the **START/STOP** button. The cuff will begin to inflate using Smart Measure Technology, which personalizes inflation for comfort and accuracy.
3. The Voice Out Guide will provide step-by-step verbal instructions and announce your measurement readouts.
4. Remain still and do not talk during the measurement.
5. Once the measurement is complete, your systolic, diastolic, and pulse readings will be displayed and announced.



Voice Out Guide

Gives verbal instructions on how to use, relays measurement readout, and lets you know where your results land



Initiating a blood pressure measurement using the one-touch start button. Readings can be synced to the HoMedics Health+ app on a smartphone.



Smart Measure® Inflation Technology

Offers a personalized, comfortable,
and accurate measurement;
compatible with XL Arm Cuff

The Smart Measure Inflation Technology ensures a personalized and comfortable measurement by automatically adjusting inflation levels.

Irregular Heartbeat and Motion Detection

The monitor is equipped with features to detect irregular heartbeats and excessive body movement during measurement, ensuring greater accuracy.

- **Irregular Heartbeat Detector:** If an irregular heartbeat is detected, a specific icon will appear on the display.
- **Motion Detection:** If excessive body movement occurs, a motion detection icon will appear, indicating a potentially inaccurate reading.



Irregular Heartbeat Detector

The appearance of this icon indicates a pulse irregularity consistent with an irregular heartbeat was detected during measurement

The irregular heartbeat detector icon on the display indicates a pulse irregularity detected during measurement.

Video Guide: How to Measure Blood Pressure

This video provides a comprehensive guide on how to correctly measure blood pressure at home, covering preparation, proper positioning, and device usage for accurate readings.

UNDERSTANDING YOUR READINGS

The HoMedics 500 Series monitor compares your readings to the American Heart Association (AHA) 2017 blood pressure guidelines, providing a Risk Category Index on the display.

- **Memory Features:** The monitor stores 120 readings for each of two users, allowing for long-term tracking. It also calculates a 3-reading average for better health insights.
- **Consult Your Doctor:** It is important to share your readings with your healthcare provider, especially if they are consistently too high or too low.

MAINTENANCE AND STORAGE

Cleaning

Wipe the monitor and cuff with a soft, dry cloth. Do not use abrasive cleaners or immerse the unit in water.

Storage

Store the monitor and cuff in the provided storage bag in a cool, dry place, away from direct sunlight and extreme temperatures.

TROUBLESHOOTING

Problem	Possible Cause	Solution
No power / Display blank	Batteries are low or incorrectly inserted.	Replace batteries or check polarity.
Inaccurate readings	Improper cuff placement, movement during measurement, or recent consumption of alcohol/caffeine.	Ensure correct cuff placement, remain still, and avoid interfering substances before measurement.
Bluetooth pairing issues	Bluetooth is off on device, app not open, or monitor too far from device.	Ensure Bluetooth is enabled, open the HoMedics Health+ app, and keep devices close.

SPECIFICATIONS

Feature	Detail
Product Dimensions	5.51"L x 2.22"W x 4.33"Th
Item Model Number	BPA-900BT-WT
Batteries	4 AAA batteries (included)
Manufacturer	HoMedics
Power Source	Battery Powered
Display Type	Digital
Cuff Size	One-size-fits-most (9"-17"), XL cuff compatible (17"-22", sold separately)
UPC	031262106650

WARRANTY AND CUSTOMER SUPPORT

Warranty Information

This HoMedics Blood Pressure Monitor comes with a 5-year limited warranty. Please refer to the warranty section in the included instruction manual for full details on coverage and terms.

Customer Support

For technical assistance, troubleshooting, or warranty claims, please contact HoMedics Customer Service. Contact information can be found on the HoMedics official website or in the original product packaging.