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Checkme TMB-2285-BK

Checkme Wrist Blood Pressure Monitor User Manual

Model: TMB-2285-BK

1. INTRODUCTION

Thank you for choosing the Checkme Wrist Blood Pressure Monitor. This device is designed for convenient and accurate measurement of your blood pressure and pulse rate at home. It features a large LCD display, voice broadcast, and Bluetooth connectivity for seamless data management via the Vihealth App. Please read this manual thoroughly before use to ensure proper operation and accurate readings.



Figure 1.1: Checkme Wrist Blood Pressure Monitor with included accessories.

2. SAFETY INFORMATION

Please observe the following safety precautions to ensure safe and effective use of your blood pressure monitor:

- This device is intended for adult home use only. Consult your physician for interpretation of blood pressure measurements.
- Do not use this device on infants, young children, or individuals who cannot express their consent.
- Do not use this device for purposes other than measuring blood pressure.
- Avoid taking measurements in a moving vehicle or in an environment with strong electromagnetic interference.
- Keep the device away from water and extreme temperatures.
- Do not attempt to disassemble or repair the device yourself.

3. PACKAGE CONTENTS

Verify that all items are present in your package:

- 1 x Checkme Wrist Blood Pressure Monitor
- 2 x AAA Batteries
- 1 x User Manual (this document)

4. PRODUCT OVERVIEW

Familiarize yourself with the components and display icons of your Checkme Wrist Blood Pressure Monitor.

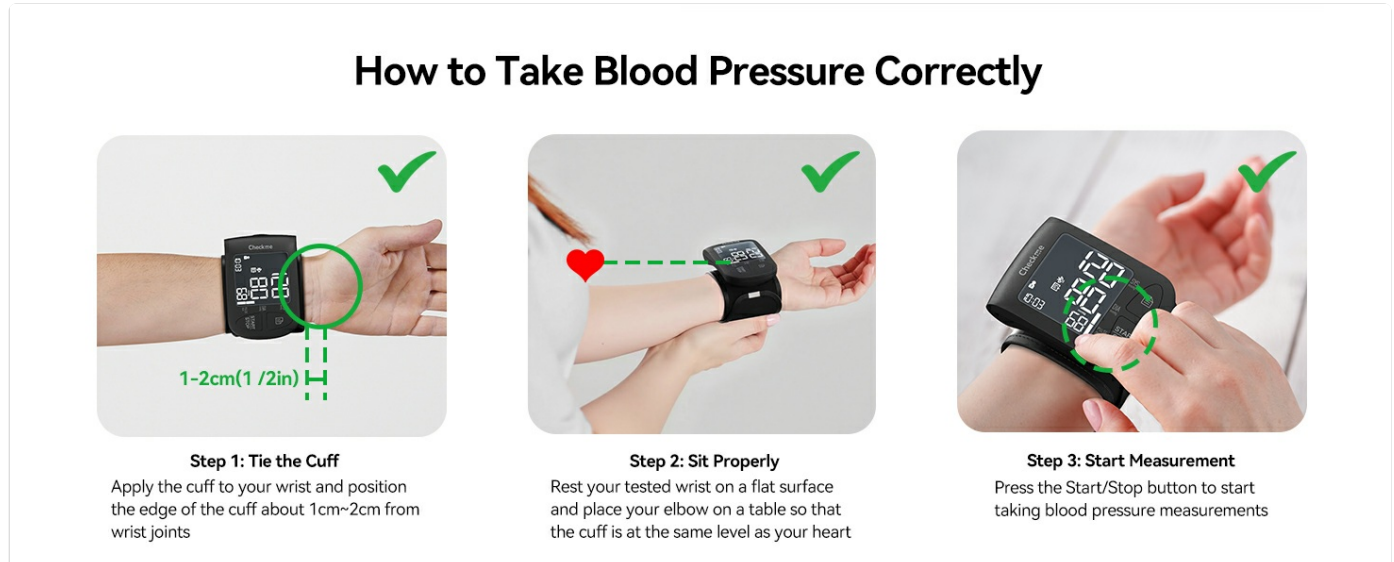


Figure 4.1: Monitor Components and Display Icons.

Display Icons:

- **User ID:** Indicates which user profile is active (User 1, User 2, or Guest).
- **Irregular Pulse Rate:** Appears if an irregular heartbeat is detected during measurement.
- **Excessive Body Motion Detector:** Indicates if excessive movement occurred during measurement, which may affect accuracy.
- **Data Transmitting:** Shows when data is being sent via Bluetooth.
- **Bluetooth Icon:** Indicates Bluetooth connection status.
- **AVG (Average Value):** Displays the average of multiple readings.
- **Memory Display:** Shows the number of stored readings.
- **Voice Broadcast:** Indicates if the voice broadcast feature is active.

5. SETUP

5.1 Battery Installation

Your Checkme Wrist Blood Pressure Monitor requires 2 AAA batteries (included). To install:

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

5.2 Vihealth App Installation

To utilize the data storage and sharing features, download the Vihealth App:

- Search for "Vihealth" on the Apple App Store (for iOS devices) or Google Play Store (for Android devices).
- Download and install the app on your smartphone.

Figure 5.1: Vihealth App Interface for Data Management.

5.3 Bluetooth Connection

Connect your monitor to the Vihealth App via Bluetooth:

1. Ensure Bluetooth is enabled on your smartphone.
2. Open the Vihealth App.
3. On the monitor, long press the START/STOP button to activate Bluetooth pairing mode. The Bluetooth icon on the monitor's display will flash.
4. Follow the in-app instructions to search for and connect to your Checkme device (TMB-2285-BK).
5. Once connected, the Bluetooth icon on the monitor will become solid.



Figure 5.2: Steps to Connect Device to Vihealth App.

6. OPERATING INSTRUCTIONS

6.1 Before Measurement

For accurate readings, follow these recommendations:

- Rest for at least 5 minutes before taking a measurement.
- Avoid taking measurements when stressed, immediately after exercise, bathing, or consuming caffeine/alcohol.
- Take measurements at the same time each day, ideally in the morning.
- Ensure a quiet and relaxed environment.

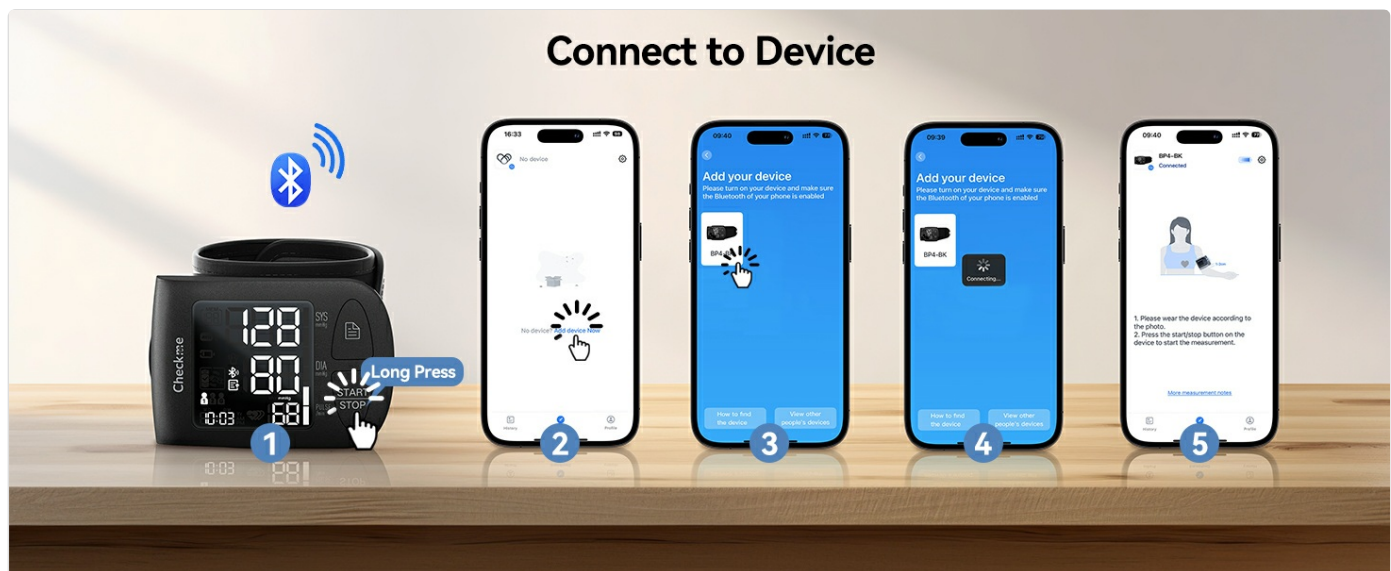


Figure 6.1: Tips for Accurate Measurement.

6.2 Taking a Measurement

Follow these steps for a proper blood pressure measurement:

1. **Tie the Cuff:** Apply the cuff to your left wrist, ensuring the display is on the inside of your wrist. Position the edge of the cuff approximately 1-2 cm (0.4-0.8 inches) from your wrist joints. The cuff is adjustable and fits wrists from 5.3-8.5 inches (13.5-21.5 cm).
2. **Sit Properly:** Sit upright with your back supported. Rest your tested arm on a flat surface (e.g., a table) so that the cuff is at the same level as your heart. Keep your feet flat on the floor and do not cross your legs.
3. **Start Measurement:** Press the **START/STOP** button. The cuff will begin to inflate automatically. Remain still and silent during the measurement.
4. **Read Results:** Once the measurement is complete, your systolic (SYS), diastolic (DIA), and pulse rate will be displayed on the LCD screen. The device will also provide a voice broadcast of the results (if enabled).

Tips for Use

- 1 Rest for 5 minutes before measuring
- 2 Stress raises blood pressure. Avoid taking measurements when stressed
- 3 Take and record several results over a period of time
- 4 Try to measure under similar conditions



Figure 6.2: Correct Measurement Procedure.

Accurate Measurement

Wrist guide for accurate BP readings



Figure 6.3: Wrist Positioning Guide for Accuracy.

6.3 Voice Broadcast

The monitor features bilingual voice announcements (English/French) for your readings. To turn the voice broadcast on or off, refer to the device settings or consult the full user manual for specific button combinations.

Smart Voice, Healthier Choices

Friendly to seniors and poor vision people

your blood pressure is normal

your systolic pressure is 120

your diastolic pressure is 80

your pulse is 75.....

Figure 6.4: Voice Broadcast Feature.

6.4 User Profiles and Data Storage

The device supports two user profiles, each capable of storing up to 199 records. There is also a guest mode that does not store data. To switch between users, press the **MEM** button repeatedly until the desired user ID (1 or 2) or Guest icon is displayed.

2 Users * 199 Readings

Switch between User 1 and 2, you and your family's data are not mixed up



Figure 6.5: Dual User Mode and Memory.

6.5 Data Sharing

With the Vihealth App, you can review historical measurement data, track blood pressure trends, and share reports with family or healthcare professionals. Simply open the app and navigate to the history or report section to export data in various formats (e.g., PDF, CSV).

7. MAINTENANCE

7.1 Cleaning

Clean the monitor and cuff regularly with a soft, dry cloth. If necessary, use a cloth lightly dampened with water or a mild detergent. Do not use abrasive cleaners, alcohol, or organic solvents.

7.2 Storage

Store the device in a cool, dry place, away from direct sunlight, extreme temperatures, and humidity. If the device will not be used for an extended period, remove the batteries to prevent leakage.

8. TROUBLESHOOTING

If you encounter issues with your Checkme Wrist Blood Pressure Monitor, refer to the table below for common problems and solutions.

Problem	Possible Cause	Solution
Device does not power on.	Batteries are dead or incorrectly inserted.	Replace batteries with new ones, ensuring correct polarity.
Inaccurate readings.	Incorrect cuff positioning, movement during measurement, or not resting before measurement.	Ensure cuff is correctly placed, remain still, and rest for 5 minutes before measuring. Refer to Section 6.2.
Bluetooth connection fails.	Bluetooth is off on phone, app not open, or device not in pairing mode.	Ensure phone Bluetooth is on, open Vihealth App, and put monitor in pairing mode (long press START/STOP). Refer to Section 5.3.
Voice broadcast not working.	Voice feature is turned off or volume is too low.	Check device settings to enable voice broadcast and adjust volume.

If the problem persists, please contact Checkme customer support.

9. SPECIFICATIONS

Feature	Detail
Model Name	TMB-2285-BK
Display Type	LCD
Measurement Location	Wrist
Cuff Circumference	5.3-8.5 inches (13.5-21.5 cm)
Power Source	Battery Powered (2 x AAA batteries)
Memory Storage	2 users x 199 records each
Connectivity	Bluetooth
Voice Broadcast	Yes (English/French)
Item Weight	106 Grams
Product Dimensions	8.6L x 6.1W x 2.5Th Centimetres
Manufacturer	Guangdong Transtek Medical Electronics Co., Ltd.
Country of Origin	China

10. WARRANTY AND SUPPORT

10.1 Warranty Information

Please refer to the warranty card included with your product for detailed warranty terms and conditions. Typically, Checkme products come with a limited warranty covering manufacturing defects from the date of purchase.

10.2 Customer Support

For technical assistance, troubleshooting, or warranty claims, please contact Checkme customer support through the following channels:

- Visit the official Checkme website for support resources and contact information.
- Refer to the contact details provided on your product packaging or warranty card.