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› Checkme Rechargeable Blood Pressure Monitor (Model: TMB-2296-BT) - Instruction Manual

Checkme TMB-2296-BT

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Instruction Manual

1. INTRODUCTION

1.1 General Description

The Checkme TMB-2296-BT is a rechargeable blood pressure monitor designed for home use. It features smart inflation technology for accurate and fast readings within 30 seconds. The device includes a large, oversized display with voice-assisted readings, making it user-friendly for individuals with visual impairments. It supports dual users, storing up to 199 readings per user, and offers Bluetooth connectivity to the ViHealth App for unlimited data storage and detailed trend reports.

1.2 Intended Use

This device is intended for measuring systolic and diastolic blood pressure and pulse rate in adults. It is designed for self-measurement and monitoring at home. The device can operate independently or connect to the ViHealth app for enhanced data management.

1.3 Safety Information

- Consult your physician before using this device if you have any medical conditions.
- Do not use this device on infants, children, or individuals unable to express consent.
- Avoid taking measurements in overly noisy or distracting environments.
- Ensure the cuff is applied correctly and is not too tight or too loose.
- Do not rely solely on the information presented; always read labels, warnings, and directions before using or consuming a product.

2. PRODUCT OVERVIEW

2.1 Components

- Checkme Blood Pressure Monitor (TMB-2296-BT)
- Adjustable Wide-Range Arm Cuff (8.6–16.5 in / 22–42 cm)
- USB-C Charging Cable
- User Manual

- Quick Guide
- Warranty Card

2.2 Display Symbols

The large LCD screen displays various symbols to indicate device status and measurement results. Refer to the user manual for a complete list of symbols and their meanings. Key symbols include:

- **SYS/DIA:** Systolic/Diastolic blood pressure readings.
- **Pulse:** Pulse rate (beats per minute).
- **Heartbeat Symbol:** Indicates pulse detection during measurement.
- **Irregular Heartbeat Symbol:** Appears if an irregular heartbeat is detected.
- **Bluetooth Symbol:** Indicates Bluetooth connection status.
- **Battery Indicator:** Shows current battery level.
- **User ID:** Displays the selected user (User 1, User 2, or Guest).
- **Memory Symbol:** Indicates data stored in memory.
- **Voice Symbol:** Indicates voice broadcast status.

3. SETUP

3.1 Power Supply and Initial Activation

The device has a built-in rechargeable battery. To charge, connect the provided USB-C cable to the monitor and a compatible USB power adapter (not included). For first-time use, press and hold the **START/STOP** button for 5 seconds to activate the device. After activation, a short press will power it on/off normally.

3.2 App Pairing (ViHealth App)

The Checkme monitor can connect to the ViHealth App for iOS and Android devices via Bluetooth. This allows for multi-user record management, unlimited cloud storage, and detailed blood pressure trend reports.

1. Download the ViHealth App from the App Store (iOS) or Google Play (Android).
2. Ensure Bluetooth is enabled on your smartphone.
3. Turn on the monitor by pressing the **START/STOP** button. The Bluetooth symbol will blink, indicating it's in pairing mode.
4. Open the ViHealth App, go to the 'Profile' section, and select 'Add device'.
5. Tap on the detected 'BP3-C2' device to pair. A pairing request will appear on your phone; confirm to complete the connection.

Your browser does not support the video tag. Please
update your browser.

Video: An unboxing and setup guide for the Checkme BP3-C2 Blood Pressure Monitor, demonstrating initial setup and app pairing.

4. OPERATION

4.1 Applying the Arm Cuff

Proper cuff placement is crucial for accurate readings. The adjustable wide-range cuff fits arm sizes from 8.6 to 16.5 inches (22-42 cm).

1. Roll or push up your sleeve to expose the skin on your upper left arm. Ensure your sleeve is not too tight.
2. Wrap the cuff around your upper left arm, ensuring the air tube is positioned over the main artery on the inside of your arm.
3. The bottom edge of the cuff should be about 0.8-1.2 inches (2-3 cm) above your inner elbow.
4. Secure the cuff snugly, but not too tightly. You should be able to fit one finger between your arm and the cuff.

5. Sit comfortably with your back supported and feet flat on the floor. Rest your arm on a flat surface so the cuff is at heart level.



Image: Proper application of the adjustable arm cuff.

Your browser does not support the video tag. Please update your browser.

Video: Demonstrates how to accurately check blood pressure, including proper cuff placement and body posture.

4.2 Taking a Measurement

1. Ensure the cuff is correctly applied and you are in a relaxed, seated position.
2. Press the **START/STOP** button to begin the measurement. The cuff will inflate automatically.
3. Remain still and silent during the measurement. Avoid talking or moving.
4. The measurement will complete in approximately 30 seconds, and your systolic, diastolic, and pulse rate will be displayed on the screen and announced via voice guidance.



Image: Man using the blood pressure monitor, highlighting accurate and fast readings.

4.3 Voice Guidance and Language Support

The monitor provides voice announcements for measurement instructions and results. It supports both English and French languages. To adjust voice settings (on/off/volume), long press the 'User/Forward' button (usually the top button) to enter settings, then use the up/down buttons to select your preference, and press **START/STOP** to confirm.

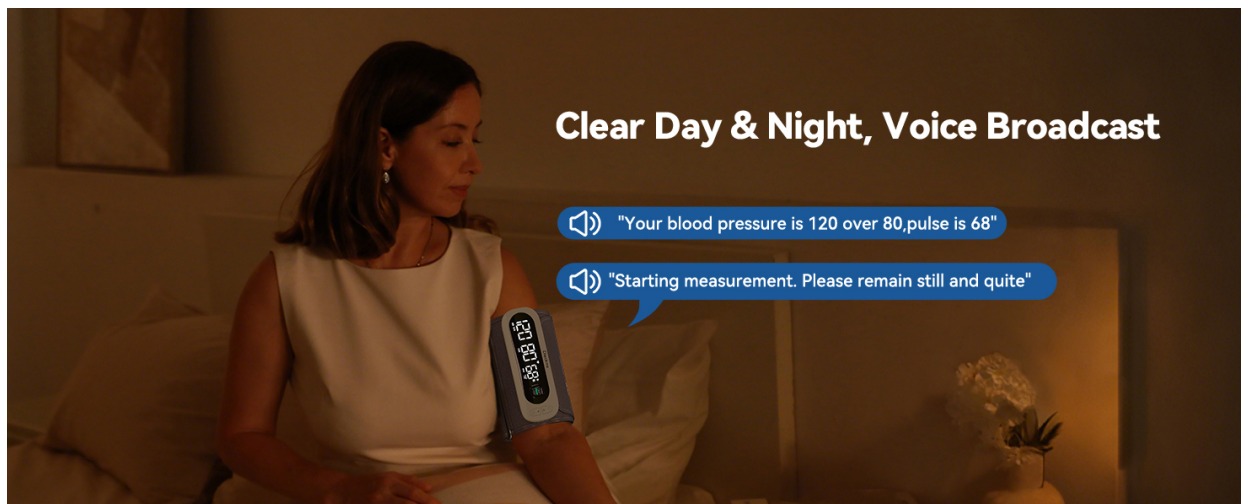


Image: Woman using the blood pressure monitor with clear display and voice broadcast.

4.4 Dual User Mode and Data Management

The monitor supports two users (User 1 and User 2) and a guest mode. Each user can store up to 199 measurement results directly on the device. To switch between users, press the 'User/Forward' button when the monitor is off. To recall records, press the 'Memory/Backward' button (usually the middle button) and use the up/down buttons to navigate through stored readings. You can also delete individual or all records via the memory function.



Image: Dual user storage feature on the blood pressure monitor.

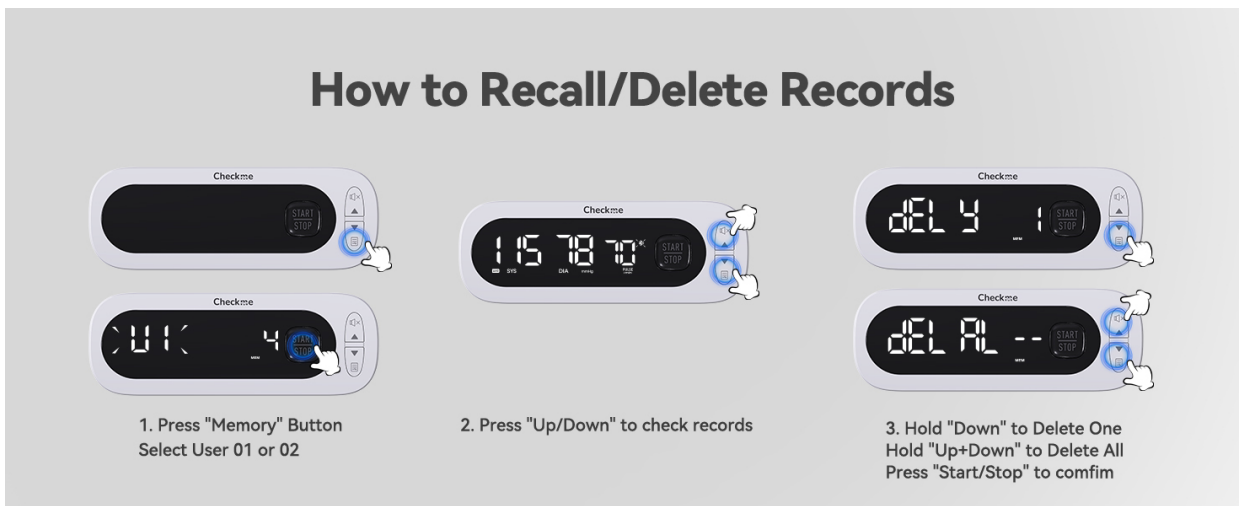


Image: Steps to recall and delete records directly on the device.

Your browser does not support the video tag. Please update your browser.

Video: Demonstrates how to use the Checkme BP3-B Blood Pressure Monitor, including user selection and memory functions.

5. MAINTENANCE

5.1 Cleaning Process

1. Ensure the device is switched off and unplugged before cleaning.
2. Use a soft cloth moistened with soapy water to clean the cuff.
3. Wipe with a clean, soft cloth moistened with clear water to remove any residual soap.
4. Use a dry soft cloth to wipe the cuff. Allow the cuff to air dry in a well-ventilated place.

5.2 Disinfection Process

1. Make sure the device is switched off and unplugged.
2. Use a soft cloth moistened with 70% isopropanol to disinfect the cuff. Allow to air dry for about 10 minutes.
3. Wipe with a clean, dry cloth to remove any residue.

6. TROUBLESHOOTING

If you encounter any issues with your blood pressure monitor, refer to the user manual for detailed troubleshooting steps.

Common issues and solutions include:

- **Inaccurate Readings:** Ensure proper cuff placement, correct body posture, and avoid talking or moving during measurement. Retest after a few minutes of rest.
- **Irregular Heartbeat Detected:** If the irregular heartbeat symbol appears, retest after resting. Consult a physician if it persists.
- **Device Not Powering On:** Check if the battery is charged or if the USB-C cable is properly connected. Ensure initial activation (hold power button 5s) has been performed.
- **Bluetooth Pairing Failure:** Ensure Bluetooth is enabled on your phone and the monitor is in pairing mode (blinking Bluetooth symbol). Try restarting both devices.

7. SPECIFICATIONS

- **Model:** TMB-2296-BT
- **Brand:** Checkme
- **Display Type:** LCD
- **Cuff Size:** 22 - 42 cm (8.6 - 16.5 in)
- **Power Source:** Built-in rechargeable battery (USB-C charging)
- **Memory:** 2 users x 199 sets of readings
- **Connectivity:** Bluetooth
- **App Compatibility:** ViHealth App (iOS & Android)
- **Special Features:** Voice Guided (English/French), Large Screen, Smart Inflation Technology, Auto Power Save
- **Product Dimensions:** 12.3L x 3.3W x 2.2Th Centimetres
- **UPC:** 850074725046

8. WARRANTY & SUPPORT

8.1 Warranty Information

This Checkme Blood Pressure Monitor comes with a 3-year warranty. Please refer to the warranty card included in the packaging for full details on coverage and claims.

8.2 Customer Support

For any questions, technical assistance, or warranty claims, please contact Checkme customer support. Our support experts are trained to assist you and would love to hear from you. Visit www.checkmecare.com or email service@checkmecare.com.