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› Checkme Rechargeable Blood Pressure Monitor User Manual

Checkme BP2A Nexus

Checkme Rechargeable Blood Pressure Monitor User Manual

Model: BP2A Nexus (TMB-2296-BT)

Your guide to accurate and convenient blood pressure monitoring.

1. INTRODUCTION

The Checkme Rechargeable Blood Pressure Monitor is an advanced device designed for accurate and fast blood pressure readings. Featuring smart inflation technology, a large screen with voice guidance, and dual-user memory, it provides a comfortable and reliable monitoring experience. With Bluetooth connectivity, you can easily track trends and share reports via the ViHealth App on iOS and Android devices. Its compact and rechargeable design makes it ideal for both home use and travel.



The Checkme Blood Pressure Monitor, featuring a large digital display and an accompanying smartphone app for data tracking.

2. SAFETY INFORMATION

The device can be used independently without connecting to the ViHealth App. This device is intended for non-invasive measurement and monitoring of arterial blood pressure. It is not intended for use in medical emergencies or for continuous monitoring. Consult your physician for interpretation of blood pressure measurements.

3. PACKAGE CONTENTS

- Checkme Arm Blood Pressure Monitor
- Adjustable Wide-Range Cuff (pre-attached)

- Type-C USB Charging Cable
- User Manual (this document)

4. PRODUCT OVERVIEW

The Checkme Blood Pressure Monitor consists of a main unit with a large LCD display and an integrated arm cuff. The display shows Systolic (SYS), Diastolic (DIA), and Pulse Rate (PR) readings. Buttons on the device allow for starting/stopping measurements, navigating user profiles, and adjusting voice settings.

Dual User Storage

Each user can store up to 199 measurement results.



The monitor's display clearly indicates user selection (U1/U2) and the number of stored measurements.

5. SETUP

5.1 Charging the Device

The Checkme Blood Pressure Monitor features a built-in rechargeable battery. Before first use, or when the low battery indicator appears, charge the device using the provided Type-C USB cable.

- Connect the Type-C cable to the charging port on the monitor.
- Connect the other end of the cable to a 5V/1A USB power adapter (not included) or a computer USB port.
- The display will indicate charging status. A full charge provides approximately 100 measurements.

Note: Only use a 5V/1A input. Do not use fast chargers, as this may damage the device.



Rechargeable Battery
Always Charged, Always Protecting

1000	100	120
mAh	Times Measurement	Days Lasting

Note: Only 5V/1A input. Do not use fast charger.

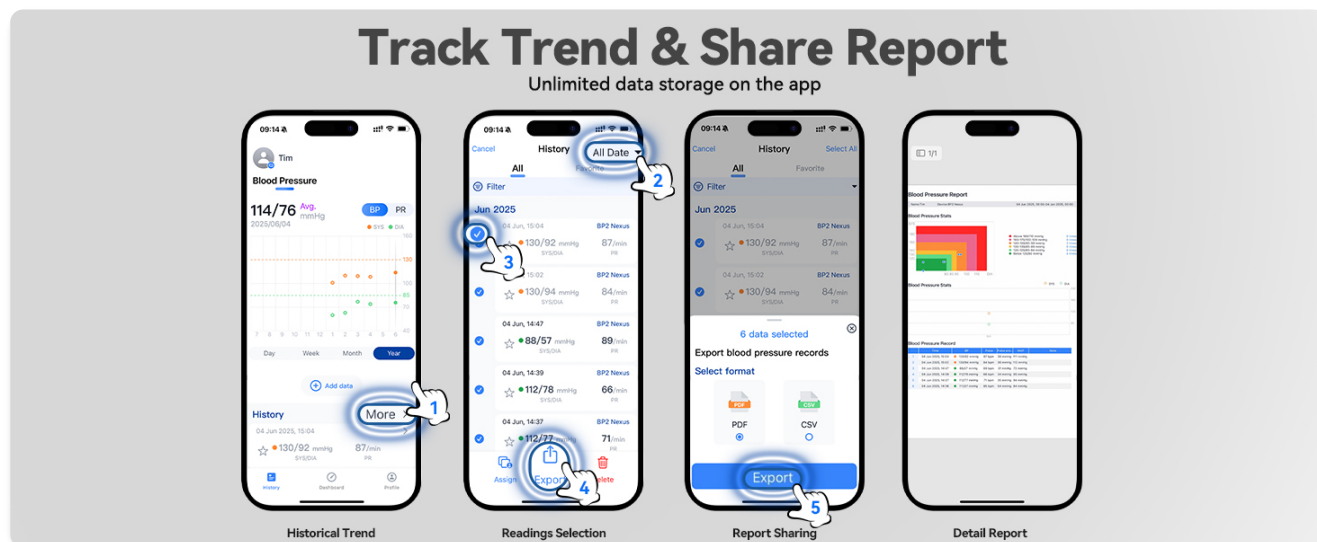
The device can be conveniently charged using a standard USB Type-C cable.

5.2 Connecting to the ViHealth App (Bluetooth)

For advanced data tracking, trend analysis, and report sharing, connect your monitor to the ViHealth App (available for iOS and Android).

1. Download the "ViHealth" App from the App Store (iOS) or Google Play Store (Android).
2. Ensure Bluetooth is enabled on your smartphone.
3. Open the ViHealth App and follow the on-screen instructions to add a new device.

- On the monitor, press the Bluetooth button (if available, or follow app instructions to initiate pairing).
- Select "BP2 Nexus" from the list of available devices in the app to complete pairing.



Step-by-step guide for pairing the monitor with the ViHealth App via Bluetooth.

5.3 Setting Up User Profiles

The monitor supports two users, each with memory for up to 199 readings. This allows families to track their health trends separately.

- To switch between User 01 and User 02, press the User Selection button (often indicated by a person icon or U1/U2 on the display).
- Ensure the correct user profile is selected before taking a measurement to ensure data is stored accurately.



The device supports two distinct user profiles, allowing for individual tracking of blood pressure data.

6. OPERATING INSTRUCTIONS

6.1 Applying the Cuff

Proper cuff placement is crucial for accurate readings. The adjustable wide-range cuff (8.6–16.5 inches) fits most arm sizes.

1. Wrap the cuff around your bare upper left arm, about 1-2 cm (0.4-0.8 inches) above the elbow joint.
2. Ensure the air tube is positioned along the center of your arm, aligned with your middle finger.
3. The cuff should be snug but not too tight; you should be able to fit one finger between your arm and the cuff.

How to Take Blood Pressure Correctly



Visual instructions for correctly positioning the arm cuff for measurement.

6.2 Taking a Measurement

For accurate results, follow these steps:

1. Sit comfortably with your back supported and feet flat on the floor.
2. Rest your arm on a table so the cuff is at heart level.
3. Remain still and quiet during the measurement.
4. Press the **START/STOP** button to begin. The cuff will inflate automatically.
5. The measurement will complete in approximately 30 seconds, and results will be displayed and announced (if voice guidance is enabled).

Watch a quick demonstration of the Checkme BP2A Nexus in use, highlighting its rechargeable nature and voice broadcast feature.

6.3 Voice Guidance

The monitor provides voice-assisted readings in English and French, making it user-friendly, especially for seniors or those with visual impairments.

- To toggle voice on/off, press the Voice button (speaker icon).
- The device will announce instructions and measurement results.

Clear Display & Voice Broadcast



The monitor provides clear voice prompts and result announcements for ease of use.

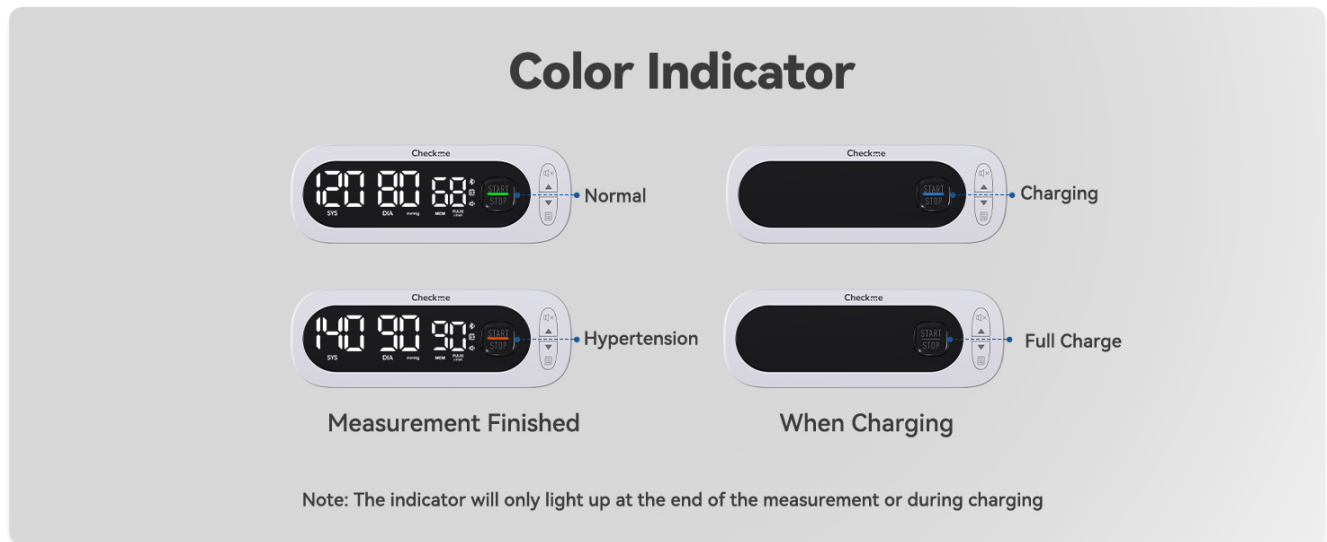
Quick access to Voice On/ Mute



Instructions for quickly enabling or disabling the voice broadcast feature.

6.4 Interpreting Readings (Color Indicator)

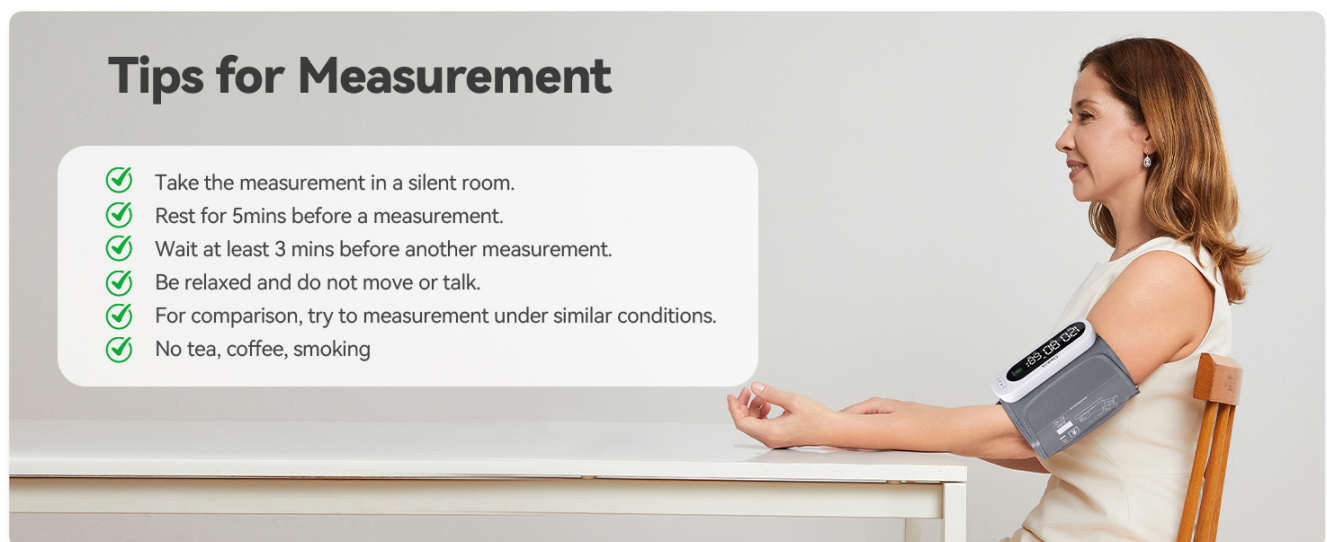
The monitor may feature a color indicator or visual cues to help interpret blood pressure levels according to standard guidelines.



Visual indicators on the display show normal or hypertension ranges, as well as charging status.

6.5 Tips for Accurate Measurement

- Take the measurement in a silent room.
- Rest for 5 minutes before a measurement.
- Wait at least 3 minutes before another measurement.
- Be relaxed and do not move or talk during measurement.
- For comparison, try to measure under similar conditions each time.
- Avoid tea, coffee, or smoking before measurement.



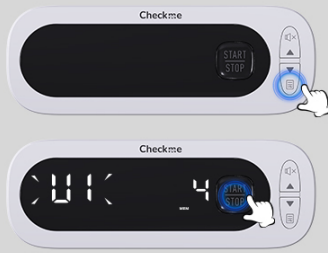
Important tips to ensure the most accurate blood pressure readings.

6.6 Recalling and Deleting Records

You can review past measurements directly on the device or through the ViHealth App.

1. Press the **Memory** button to access stored records.
2. Use the **Up/Down** buttons to scroll through individual readings.
3. To delete a single record, hold the **Down** button. To delete all records, hold both **Up** and **Down** buttons, then confirm with **Start/Stop**.

How to Recall/Delete Records



1. Press "Memory" Button
Select User 01 or 02



2. Press "Up/Down" to check records



3. Hold "Down" to Delete One
Hold "Up+Down" to Delete All
Press "Start/Stop" to confirm

Instructions for managing stored blood pressure records directly on the monitor.

Track Trends & Share Reports

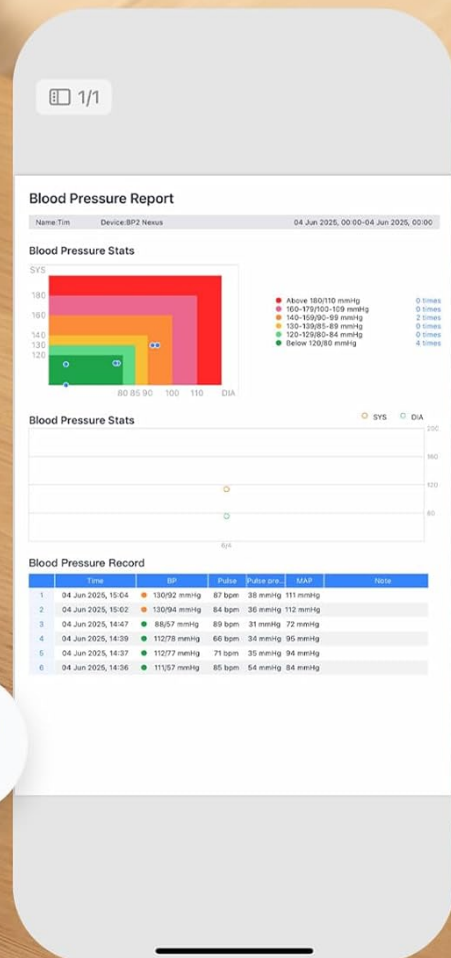
Measurement data is automatically synchronized to the Vihealth APP via Bluetooth.



PDF



CSV



The ViHealth App allows for tracking trends, selecting records, and sharing detailed reports in PDF or CSV format.

7. MAINTENANCE

- **Cleaning:** Wipe the monitor and cuff with a soft, dry cloth. If necessary, use a slightly damp cloth with mild soap, then wipe dry. Do not use abrasive cleaners or immerse the device in water.
- **Storage:** Store the device in a cool, dry place, away from direct sunlight, extreme temperatures, and humidity. Keep it out of reach of children.
- **Battery Care:** Recharge the battery regularly, even if not in frequent use, to maintain its lifespan.

8. TROUBLESHOOTING

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

Problem	Symptom
No power	Display can not light up.
Low Battery	Bat Lo shows
	E 1 shows
	E 2 or shows
	E 3 shows

Problem	Symptom
Error message	E E4 shows
	EEx shows
Warning message	out shows



NOTE: If the product still does not work, contact Customer Service. Under no circumstance should you disassemble or attempt to repair the unit by yourself.

9. SPECIFICATIONS

Detailed technical specifications for the Checkme Blood Pressure Monitor.

Feature	Detail
Power supply	3.6V 1000mAh Built-in rechargeable li-polymer battery, 5V === 1A AC input

Display mode Feature	Digital LCD VA: 72mm × 22mm Detail
Measurement mode	Oscillographic testing mode
Rated cuff pressure	0mmHg~299mmHg
Measurement pressure	SYS: 60mmHg~230mmHg DIA: 40mmHg~130mmHg Pulse value: 40~199/beat/minute
Accuracy	Static pressure: 3°C~40°C (41°F~104°F) within ±3mmHg Pulse value: ±5% Clinical validation: Mean difference within ±5mmHg Standard: ISO81060-2:2018
Normal working condition	Temperature range of 10°C to 40°C (41°F to 104°F) A relative humidity range of 15% to 90%, non-condensing, but not requiring a water vapour partial pressure greater than 50 hPa. An atmospheric pressure range of 700 hPa to 1060 hPa
Storage & transportation condition	Temperature: -20°C to +60°C (-4°F to 140°F) A relative humidity range of ≤ 93%, non-condensing. at a water vapour pressure up to 50 hPa. An atmospheric pressure range of 500 hPa to 1060 hPa
Measurement perimeter of the upper arm	About 22cm~42cm
Weight	Approx 200g
External dimensions	Approx 123 mm×44 mm×22 mm
Attachment	User manual, Type-C cable
Mode of operation	Continuous operation
Type of protection	Type BF applied part
Protection against Ingress of water	IP22 means the device could be protected against solid foreign objects of 12.5mm Ø and greater, and against vertically falling water drops when enclosure tilted up to 15°
Device Classification	Battery Powered ME Equipment. AC Adapter: Powered Mode: Class II ME Equipment
Software Version	A01
Expected Lifetime	Device (with the cuff): 3 years or 10000 times (may vary based on usage conditions) Battery: About 100 times after fully charged
Types of use/reuse	Multiple patient multiple use
WARNING	No modification of this equipment is allowed.

10. WARRANTY AND SUPPORT

The Checkme Blood Pressure Monitor typically comes with a one-year warranty from the date of purchase, covering manufacturing defects. For warranty claims, technical support, or any questions not covered in this manual, please contact the retailer or the manufacturer's customer service department.

Do not attempt to disassemble or repair the unit yourself, as this will void the warranty and may cause damage or injury.

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ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question