

BEE ON BP3MS1-4K

Microlife BP3MS1-4K Digital Blood Pressure Monitor User Manual

Model: BP3MS1-4K

1. INTRODUCTION

Thank you for choosing the Microlife BP3MS1-4K Digital Blood Pressure Monitor. This device is designed for accurate and automatic measurement of blood pressure and pulse on the arm. It features advanced technology for detecting Atrial Fibrillation (AFIB) and irregular heartbeats, which are crucial for cardiovascular risk prevention. The monitor also incorporates MAM Technology, which averages three consecutive readings for enhanced accuracy. This manual provides essential information for the safe and effective use of your blood pressure monitor.



Image 1: Microlife BP3MS1-4K Blood Pressure Monitor, cuff, and product box.

2. IMPORTANT SAFETY INFORMATION

- Consult your physician before using this device if you have any medical conditions.
- Do not self-diagnose or self-medicate based on measurements. Always consult a healthcare professional.
- This device is not suitable for use on children.
- Do not use the device in a moving vehicle or on an airplane.
- Keep the device and its components out of reach of children and pets.
- Avoid strong electromagnetic fields, such as those near mobile phones or microwave ovens.
- Only use the cuff provided with the device or a Microlife-approved replacement.

3. INCLUDED COMPONENTS

Your Microlife BP3MS1-4K package includes the following items:

- 1 x Microlife BP3MS1-4K Blood Pressure Monitor
- 1 x Arm Cuff (22-42 cm)
- 1 x Carrying Case
- 1 x Instruction Manual (this document)
- Batteries (included)

4. INITIAL SETUP

4.1. Installing Batteries

1. Open the battery compartment cover on the back of the monitor.
2. Insert the included batteries, ensuring correct polarity (+ and -).
3. Close the battery compartment cover. The low battery indicator will appear on the display when batteries need replacement.

4.2. Attaching the Arm Cuff

1. Insert the air tube connector of the cuff into the air socket on the left side of the monitor.
2. Ensure the connection is secure.



Image 2: Microlife BP3MS1-4K monitor connected to the arm cuff.

5. OPERATING THE DEVICE

5.1. Before Measurement

- Avoid eating, smoking, and exercising for at least 30 minutes before measurement.
- Rest for 5 minutes before taking a reading.
- Sit comfortably with your back supported and feet flat on the floor.
- Place your arm on a table so the cuff is at heart level.

5.2. Applying the Cuff

1. Slide the cuff onto your bare upper arm, ensuring the air tube runs down the center of your arm towards your hand.
2. The bottom edge of the cuff should be approximately 2-3 cm above your elbow.
3. Tighten the cuff firmly but not too tightly. Ensure two fingers can fit underneath.

5.3. Taking a Measurement

1. Press the **ON/OFF** button to start the measurement.
2. The cuff will automatically inflate, and the measurement will begin.
3. Remain still and do not talk during the measurement.
4. The monitor will display your systolic pressure (SYS), diastolic pressure (DIA), and pulse rate (Pulse) once the measurement is complete.
5. The device will automatically store the reading and turn off after a short period of inactivity.

5.4. AFIB and Irregular Heartbeat Detection

This monitor can detect Atrial Fibrillation (AFIB) and irregular heartbeats. If the AFIB symbol (**AFib**) appears on the display after a measurement, it indicates that Atrial Fibrillation may have been detected. If this symbol appears frequently, consult your physician. The irregular heartbeat symbol (a heart icon) indicates an irregular pulse during measurement. If this appears regularly, consult your physician.

5.5. MAM Technology (Microlife Average Mode)

The device can automatically take three consecutive measurements and average them for a more reliable result. To activate MAM mode, refer to the specific instructions in the full manual or press the 'M' button until 'MAM' appears on the screen before starting a measurement.



Image 3: Close-up of the monitor display showing SYS, DIA, and Pulse readings, along with the AFIB indicator.

6. MEMORY FUNCTION

The Microlife BP3MS1-4K monitor stores up to 200 measurements. To access stored readings:

1. With the device off, press the **M** button.
2. The display will show the average of all stored readings.
3. Press the **M** button repeatedly to scroll through individual measurements, from the most recent to the oldest.
4. Each entry will show the date, time, systolic pressure, diastolic pressure, and pulse rate.

7. CARE AND MAINTENANCE

7.1. Cleaning the Monitor

- Clean the monitor casing with a soft, dry cloth.
- Do not use abrasive cleaners or solvents.
- Do not immerse the device in water.

7.2. Cleaning the Cuff

- The cuff is washable. Remove the air bladder before washing.
- Wash the cuff gently by hand with mild soap and water.
- Allow the cuff to air dry completely before reinserting the air bladder and using it.

7.3. Storage

- Store the device and cuff in the provided carrying case when not in use.
- Store in a cool, dry place, away from direct sunlight and extreme temperatures.
- Remove batteries if the device will not be used for an extended period.

8. TROUBLESHOOTING

If you encounter any issues with your monitor, refer to the table below for common problems and solutions:

Problem	Possible Cause	Solution
Device does not turn on	Dead batteries; incorrect battery insertion	Replace batteries; check polarity
Error message (e.g., 'E1', 'E2')	Cuff not applied correctly; movement during measurement; air leakage	Reapply cuff; remain still; check cuff connection
Inaccurate readings	Incorrect cuff size; improper arm position; talking during measurement	Ensure correct cuff size (22-42 cm); position arm at heart level; remain silent
AFIB symbol appears frequently	Possible Atrial Fibrillation	Consult your physician for diagnosis and advice

If the problem persists after attempting these solutions, please contact customer support.

9. TECHNICAL SPECIFICATIONS

- **Model:** BP3MS1-4K
- **Measurement Method:** Oscillometric
- **Measurement Range:** Blood Pressure: 20-280 mmHg; Pulse: 40-200 beats/minute
- **Cuff Size:** 22-42 cm (M-L size)
- **Memory:** 200 measurements
- **Display:** Large LCD Digital
- **Power Source:** Batteries
- **Special Features:** AFIB detection, Irregular Heartbeat detection, MAM Technology, Date and Time function, Low Battery Indicator, Automatic Shut-off, USB connectivity for data transfer (cable not included)
- **Dimensions:** Approximately 28 cm (L) x 16 cm (W) x 18 cm (H)

- **Weight:** Approximately 350 grams (without batteries)
- **Manufacturer:** Microlife

10. WARRANTY AND SUPPORT

10.1. Warranty Information

This Microlife BP3MS1-4K Blood Pressure Monitor comes with a **2-year warranty** provided by UNIMED. Please retain your purchase receipt as proof of purchase for warranty claims. The warranty covers manufacturing defects and malfunctions under normal use conditions.

10.2. Customer Support

For technical assistance, warranty claims, or any questions regarding your device, please contact UNIMED customer service. Contact details can typically be found on your purchase documentation or the UNIMED official website.