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> Dr. Senst BPM30D Blood Pressure Monitor User Manual

## Dr. Senst BPM30D

# Dr. Senst BPM30D Blood Pressure Monitor User Manual

Model: BPM30D | Brand: Dr. Senst

## INTRODUCTION

The Dr. Senst BPM30D arm blood pressure monitor is designed for accurate blood pressure measurements at home. It combines advanced technology with user-friendly operation to provide reliable readings. This manual provides essential information for the safe and effective use of your device.



Image: The Dr. Senst BPM30D Blood Pressure Monitor unit, showing the large digital display and control buttons.

## IMPORTANT SAFETY INFORMATION

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

- This device is intended for adult use only.
- Do not use this device for self-diagnosis or self-treatment. Always consult a healthcare professional for interpretation of measurements and treatment decisions.
- Keep the device out of reach of children and pets.
- Do not use the device in a moving vehicle.
- Avoid eating, drinking alcohol, smoking, exercising, and bathing for 30 minutes before measurement.
- Rest for at least 5 minutes before taking a measurement.
- Do not disassemble or attempt to repair the device yourself.

## WHAT'S IN THE BOX

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Carefully unpack the contents and ensure all items are present:

- Dr. Senst BPM30D Blood Pressure Monitor Unit
- Arm Cuff
- Carrying Bag
- User Manual (this document)

## PRODUCT FEATURES

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The Dr. Senst BPM30D offers a range of features designed for convenience and accuracy:

- **Large Digital Display:** Features large, easy-to-read digits with a 4-color backlight for quick interpretation of results based on WHO classification.
- **Voice Function:** Integrated voice broadcast of measurement results for enhanced accessibility.
- **Fast Measurement:** Utilizes a powerful chip for precise blood pressure and pulse measurement in approximately one minute.
- **Arrhythmia Detection:** Automatically detects irregular heartbeats during measurement.
- **Memory Function:** Stores up to 2 x 99 readings for two individual users, ideal for long-term tracking.
- **Adjustable Cuff with Seat Control:** Ensures proper cuff placement for accurate readings.
- **Intelligent Inflation Technology:** Provides maximum comfort during inflation by adjusting to your arm size.
- **Automatic Shut-off:** Device powers off automatically after 60 seconds of inactivity to conserve battery life.
- **Portable Design:** Compact and foldable design, suitable for home and travel.

# Features



**One Touch  
Bedienung**



**Speicherfunktion  
2 x 99 Messungen**



**Grosser  
Bildschirm**



**Automatische  
Abschaltung**



**+ Dr. Senst**

*Image: Visual representation of key features including one-touch operation, 2x99 memory, large display, and automatic shut-off.*

# 4-farbiges Display WHO Indikator



## Schnelle Beurteilung der Messergebnisse

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*Image: The 4-color backlit display indicating different blood pressure ranges according to WHO guidelines (white for standby, green for normal, yellow for mild high, red for high blood pressure).*

# Faltbares Design Ideal für unterwegs



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*Image: The blood pressure monitor demonstrating its foldable design, making it compact and ideal for travel.*

## SETUP

- 1. Install Batteries:** Open the battery compartment on the back of the device. Insert 4 "AAA" batteries (not included) according to the polarity indicators (+/-). Close the compartment securely.
- 2. Connect the Cuff:** Insert the air plug of the arm cuff firmly into the air jack on the side of the main unit.
- 3. Set Date and Time:**
  - With the device off, press and hold the 'SET' button (usually indicated by a gear icon or 'M' button) for a few seconds until the year starts flashing.
  - Use the 'MEM' button (or arrow buttons) to adjust the value. Press 'SET' to confirm and move to the next setting (month, day, hour, minute).
  - Once all settings are confirmed, the device will exit setup mode.

## OPERATING INSTRUCTIONS

## Before Measurement:

- Avoid caffeine, alcohol, and smoking for 30 minutes prior.
- Rest in a quiet environment for at least 5 minutes.
- Sit upright with your back supported, feet flat on the floor, and legs uncrossed.
- Place your arm on a flat surface so the cuff is at heart level.

## Applying the Arm Cuff:

1. Ensure the cuff is placed directly on your bare skin. Roll up sleeves if necessary.
2. Position the cuff on your upper left arm, approximately 1-2 cm above the elbow joint. The air tube should run down the center of your arm.
3. Wrap the cuff snugly around your arm, ensuring it is not too tight or too loose. The "cuff seat control" indicator on the display will help confirm correct placement.

## Taking a Measurement:

1. Press the 'START/STOP' button (often indicated by a power symbol) to turn on the device and begin measurement.
2. The cuff will automatically inflate. Remain still and silent during the measurement.
3. Once the measurement is complete, the cuff will deflate, and your systolic (SYS), diastolic (DIA) blood pressure, and pulse rate (PUL) will be displayed. The voice function will announce the results.
4. The display's backlight color will indicate your blood pressure category according to WHO guidelines.
5. The measurement will automatically be stored in the selected user's memory.
6. Press 'START/STOP' again to turn off the device, or it will automatically shut off after 60 seconds of inactivity.

## Recalling Memory Readings:

1. With the device off, press the 'MEM' button (often indicated by a book or 'M' symbol).
2. The most recent measurement will be displayed first.
3. Press 'MEM' repeatedly to scroll through previous readings.
4. To switch between User 1 and User 2 memory, look for a dedicated user switch or button, or consult the on-screen prompts.

## MAINTENANCE AND CARE

- **Cleaning:** Wipe the device and cuff gently 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 and cuff in the provided carrying bag in a cool, dry place, away from direct sunlight, extreme temperatures, and dust.
- **Battery Replacement:** When the low battery indicator appears on the display, replace all four batteries with new "AAA" alkaline batteries. Do not mix old and new batteries or different types of batteries.
- **Cuff Care:** Avoid bending or creasing the cuff tube excessively. Do not wash the cuff in a washing machine.

## TROUBLESHOOTING

Problem	Possible Cause	Solution
Device does not turn on.	Batteries are dead or incorrectly inserted.	Replace batteries or check polarity.

Problem	Possible Cause	Solution
"E" or "Error" message on display.	Cuff not applied correctly, movement during measurement, or air leakage.	Reapply cuff, remain still, check cuff connection. Repeat measurement.
Inaccurate readings.	Incorrect cuff placement, improper body position, or recent activity.	Ensure correct cuff placement and body posture. Rest for 5 minutes before re-measuring.
No voice broadcast.	Voice function is turned off or volume is too low.	Check device settings to enable voice function and adjust volume.

If problems persist, please contact customer support.

## SPECIFICATIONS

<b>Model:</b>	BPM30D
<b>Product Dimensions:</b>	12.7 x 9.3 x 7.3 cm
<b>Weight:</b>	600 grams
<b>Power Source:</b>	4 x "AAA" Batteries (not included)
<b>Display Type:</b>	Digital with large, 4-color backlit display
<b>Memory:</b>	2 users, 99 readings each
<b>Measurement Method:</b>	Oscillometric
<b>Cuff Size:</b>	Adjustable arm cuff (specific range not provided, assuming standard adult size)

## WARRANTY AND SUPPORT

For warranty information or technical support, please refer to the warranty card included with your product or contact the manufacturer directly. Keep your purchase receipt as proof of purchase.

Manufacturer: Dr. Senst