

beurer
medical



BM 26

ENGLISH

Blood pressure monitor

Instructions for use..... 2

**READ THIS MANUAL COMPLETELY AND CAREFULLY
BEFORE USING THIS PRODUCT**

Keep this manual in a safe location for future reference

**LEA TODO ESTE MANUAL CON ATENCIÓN ANTES DE
USAR ESTE PRODUCTO**

Conserve este manual en un lugar seguro para consultarlo en el futuro

**LISEZ CE MODE D'EMPLOI COMPLÈTEMENT ET
ATTENTIVEMENT AVANT D'UTILISER CE PRODUIT**
Conservez ce manuel en lieu sûr pour y faire référence ultérieure-
ment

Manufactured for / Manufacturado para / Fabriqué pour :
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Questions or comments?
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or contact info@beurer.com

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Dear Customer,

Thank you for choosing one of our products. Our name stands for high-quality, thoroughly tested products for applications in the areas of heat, weight, blood pressure, body temperature, pulse, gentle therapy, massage and air. Please read these instructions for use carefully and keep them for later use, be sure to make them accessible to other users and observe the notes they contain.

With kind regards,
Your Beurer team

1. Introduction

This blood pressure monitor performs non-invasive measurement and monitoring of adult arterial blood pressure. You can use it to measure your blood pressure quickly and easily, store the results, and display stored readings and their average. This device also features an irregular heartbeat indicator, with values classified and graphically evaluated according to Risk Category Indicator guidelines.

This blood pressure monitor also has a „resting indicator“ that shows whether you, and consequently your circulatory system, are sufficiently at rest when the blood pressure measurement is being taken, which helps ensure a more precise indicator of your resting blood pressure.

2. IMPORTANT SAFEGUARDS




Signs and symbols

The following symbols are used in these instructions for use, on the packaging and on the type plate for the device and the accessories:



WARNING

WARNING indicates a hazardous situation which, if not avoided, could result in death or serious injury.

 CAUTION	CAUTION indicates a hazardous situation which, if not avoided, may result in minor or moderate injury.
NOTICE	NOTICE addresses practices not related to personal injury, such as product and/or property damage.

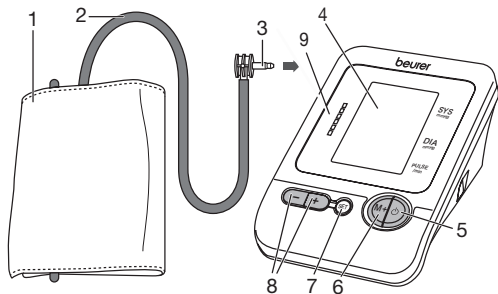
 **Notes on use**

- For consistency, always measure your blood pressure at the same time each day.
- Before each measurement, relax for about five minutes.
- When performing multiple measurements on an individual, wait five minutes between each measurement.
- Do not take a measurement within 30 minutes of eating, drinking, smoking or exercising.
- Repeat the measurement if you are unsure of the results.
- Measurements are for your information only – they are no substitute for a medical examination. Discuss the measurements with your doctor and never base any medical decisions on them (e.g. medicines and their administration).
- Do not use the blood pressure monitor on newborns or patients with pre-eclampsia. Consult your doctor before using the blood pressure monitor during pregnancy.

Battery Handling Safety Precautions:

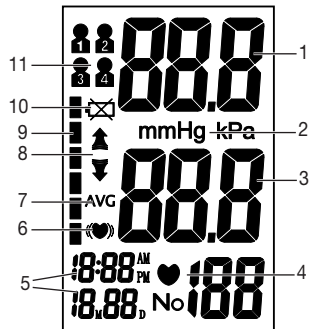
- Use only the size and type of batteries specified.
- Be sure to follow the correct polarity when installing the batteries. Reversed batteries may cause damage to the device.
- Do not mix different types of batteries together (e.g. Alkaline and Carbon-zinc or rechargeable batteries) or old batteries with fresh ones. Always replace batteries as a simultaneous set.
- If the batteries in the device are depleted or the device will not be used for a long period of time, remove the batteries to prevent damage or injury from possible battery leakage.
- Do not try to recharge batteries not intended to be recharged; they can overheat and rupture (follow battery manufacturer's directions.)
- Do not dispose of batteries in fire, batteries may explode or leak.
- Clean the battery contacts and also those of the device prior to battery installation.
- Remove discharged batteries from the product and dispose/recycle in compliance with all applicable laws.
- Keep batteries away from children and pets. Batteries may be harmful if swallowed. Should a child or pet swallow a battery, seek medical assistance immediately.




3. Parts and Controls



1. Arm Cuff
2. Air Tube
3. Air Tube Connector
4. LCD Display
5. Power Button
6. Memory (**M+**) Button
7. SET Button
9. Risk Category Indicator Classification Scale

LCD Display Information:



1. Systolic Pressure
2. Unit of Measure (mmHg)
3. Diastolic Pressure
4. Pulse Symbol  and Pulse Rate
5. Time and Date
6. Irregular Heartbeat Indicator ()
7. Average Indicator: Indicates that the LCD Display is showing an average of the last three measurements
8. Inflation/Deflation Indicators
9. Risk Category Indicator Classification Indicator
10. Battery Level Indicator 
11. User Number (1-4)

4. Preparing for Measurement

If the device beeps four times and displays the Low Battery Icon (⊗), the batteries are depleted and must be changed.

Inserting/Changing Batteries:

1. Remove the Battery Compartment Cover from the rear of the device.
2. Insert four „AAA“ alkaline batteries (included) according to the polarity markings inside the compartment.
NOTE: Do not use rechargeable batteries.
3. Reattach the Battery Compartment Cover.

Set the date and time as described below. Any saved measurements will be retained.

Setting the Date and Time:

If date and time are not set, stored measurements will not have a valid timestamp associated with them.

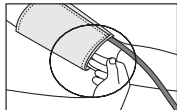
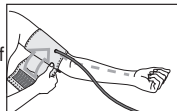
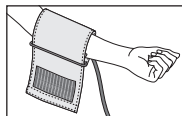
1. Press the SET Button twice.
2. The month flashes on the LCD Display. Use the + and - Buttons to set the correct month and then press the SET Button to confirm and switch to the day.
3. Continue to set day, hour and minute fields.
4. Press the Power Button to exit. The LCD Display will go blank.

5. Measuring Blood Pressure

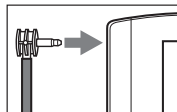
The blood pressure monitor needs to be at room temperature when measuring. Measurements can be performed on either arm.

Positioning the Cuff:

1. Place the cuff round your bare left upper arm 1“–1.5“ above the bend of the elbow and above the artery, with the Air Tube in line with the center of the palm. Ensure blood circulation is not restricted by tight clothing or other objects.
2. Fasten the cuff, making sure it is not too tight around your arm. You should be able to fit two fingers under the cuff after it is in place.



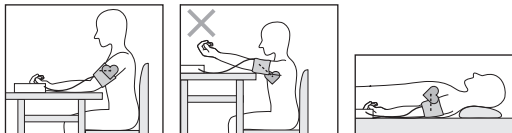
3. Insert the Air Tube Connector into the Air Tube Port.



Blood pressure can vary between the right and left arm, which may mean that the measured blood pressure values are different. Always perform the measurement on the same arm. If the values between the two arms are significantly different, please consult your doctor to determine which arm should be used for the measurement.

CAUTION: Only use genuine Beurer cuffs with this device. The included cuff is suitable for an arm circumference of 22 to 35 cm. For arm circumferences from 30 to 42 cm, contact customer service to order a larger cuff (item number 162.973).

Correct Posture:



- Rest for at least five minutes before each measurement.
- Perform the measurement either sitting or lying down. Always make sure that the cuff is level with your heart.
- To perform a measurement, sit comfortably with your arms and back supported. Do not cross your legs and place your feet flat on the floor.
- Keep still during the measurement and do not talk.

User Memory Selection:

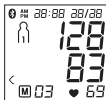
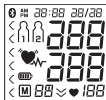
Press the SET Button. Press the + and - Buttons to select a user number from 1-4. Each user number can store 30 measurements. Press the Power Button to confirm and exit.

Performing a Blood Pressure Measurement:

Measurement

With the cuff attached properly and in a correct posture, press the Start/Stop Button. All LCD Display elements will briefly display and measurement will begin after about three seconds. To cancel a measurement at any time, press the Start/Stop Button.

2. As a measurement concludes, air pressure in the Cuff will release. The pulse rate, systolic and diastolic pressure, and Risk Category Indicator Classification Indicator will display.



Er will display if the measurement was not performed properly. Refer to the «Troubleshooting Guide» section for details about specific error message numbers.



Select a desired user memory by pressing the **M1** or **M2** Button. If you do not select a user memory, the measurement will be stored in the most recently-used user memory. The selected user memory symbol (M1 M2) appears in the LCD Display.

Press the **Start/Stop** Button (I) to shut off the blood pressure monitor. The measurement is now stored in the selected user memory. The device will also shut off automatically after about three minutes.

Wait at least five minutes before taking another measurement.



or lack of sleep. Arrhythmia can only be ascertained through examination by your doctor.


Repeat the measurement if the Irregular Heartbeat Indicator displays after a measurement. Rest for at least five minutes between measurements and do not talk or move during measurement. If the icon appears often, contact your doctor, since self-diagnosis and treatment based solely on the test results may be dangerous. It is vital to follow your doctor's instructions.

Risk Category Indicator Classification

In accordance with guidelines from the Risk Category Indicator, measurements can be classified and assessed by the table below. However, these standard values are only a general guideline, since individual blood pressure varies in different people and different age groups, etc.

6. Evaluating Results

Irregular Heartbeat:

This device can detect irregular heartbeat patterns during measurement and will indicate them by displaying the irregular heartbeat indicator .

This may be an indicator for arrhythmia, which is a condition where the heart rhythm is abnormal. These symptoms (omitted or premature heartbeats, slow or excessively fast heart rate) may be caused, among other things, by heart disease, age, physical predisposition, excessive use of stimulants, stress,

Hypertension Category	Systolic (in mmHg)	Diastolic (in mmHg)	Action
Grade 3: Severe hypertension	≥ 180	≥ 110	Seek medical advice
Grade 2: Moderate hypertension	160 – 179	100 – 109	Seek medical advice
Grade 1: Mild hypertension	140 – 159	90 – 99	Have your doctor check your blood pressure regularly

Hypertension Category	Systolic (in mmHg)	Diastolic (in mmHg)	Action
High Normal	130 – 139	85 – 89	Have your doctor check your blood pressure regularly
Normal	120 – 129	80 – 84	Continue self-monitoring
Optimal	< 120	< 80	Continue self-monitoring

Source: WHO, 1999 (World Health Organization)

Consult your doctor regularly for advice. Your doctor will tell you your individual values for normal blood pressure as well as the value above which your blood pressure is classified as dangerous.

The classification on the display and the scale on the unit show which category the recorded blood pressure values fall into. If the systolic and diastolic values fall into two different Risk Category Indicator categories, the Indicator always shows the higher category.

7. Displaying and Deleting Measurements

User Memory

Every successful measurement is stored along with its date and time. If there are more than 30 measurements, the oldest measurement is deleted.

Press the **Start/Stop** Button **ⓘ** and then press the **+** or **-** Button to select the desired user memory (1-4). Press the Power Button to confirm.

- Press the **M+** Button to display the average of your last three measurements.
- Press the **+** or **-** Buttons to cycle through previous measurements.
- To clear the selected user memory, press and hold the SET Button until the device beeps three times. All data in the selected user memory will be deleted.

8. Care and Maintenance

- Clean the device and cuff with a slightly moistened cloth.
- Do not use detergents or solvents.
- Never immerse the device in water or other liquids.
- When storing the device, make sure no heavy objects are placed on top of it. Remove the batteries. Ensure the Air Tube does not have any sharp kinks.

9. Troubleshooting Guide

In case of errors, «Er_» will appear in the display. Possible causes are:

- Systolic or diastolic pressure could not be measured
- Systolic or diastolic pressure was outside the measurement range
- The cuff is fastened too tightly or loosely
- User was moving or talking during measurement

10. Specifications

Measurement Method	Oscillometric, non-invasive blood pressure measurement on the upper arm
Measurement Range	Systolic: 60–280 mmHg Diastolic: 30–200 mmHg
Pulse Rate	30 - 180 beats per minute
Accuracy	Pressure: +3 mmHg Pulse: +5%
Memory	4 User Memories with 30 storage slots each
Dimensions	6.1" L x 4.3" W x 2.7" H (155 x 110 x 70 mm)
Weight	13.9 oz (395 g) without batteries
Cuff Size	8.6"–13.8" (22–35 cm)

11. FCC Compliance Information

Changes or modifications to this product not expressly approved by the manufacturer could void the user's authority to operate the equipment.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursu-

ant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help

12. Warranty

Limited Lifetime Warranty For Original Purchaser

Your Beurer blood pressure monitor, Model BM 26, excluding the battery, is warranted to be free from defects in materials and workmanship for the life of the product under normal conditions of intended use and service. This warranty extends only to the original retail purchaser and does not extend to retailers or subsequent owners.

We will, at our option, repair or replace the Beurer blood pressure monitor, Model BM 26, without additional charge, for any part or parts covered by these written warranties. No refunds will be given. Repair or replacement is our only responsibility and your only remedy under this written warranty. If replacement parts for defective materials are not available, Beurer reserves the right to make product substitutions in lieu of repair or replacement.

For warranty service contact our customer service department at **1-800-536-0366** or at **info@beurer.com** to provide a description of the problem. If the problem is deemed to be within the scope of the limited lifetime warranty, you will be asked to mail the product at your costs in its original package with proof of purchase, your name, address and phone number. If the problem is not deemed to be within the scope of the limited lifetime warranty, we will provide a quotation for repair respectively replacement and return shipping fee.

This warranty does not cover damage caused by misuse or abuse; accident; the attachment of unauthorized accessory; alteration to the product; improper installation; misapplication; lack of reasonable care with respect to the product; unauthorized repairs or modifications; improper use of electrical/power supply; old worn batteries; normal wear; loss of power; dropped product; malfunction or damage of an operating part as a result of failure to comply with instructions for use or to provide manufac-

turer's recommended maintenance; transit damage; theft; neglect; vandalism; or environmental conditions; loss of use during the period the product is at a repair facility or otherwise awaiting parts or repair; or any other conditions whatsoever that are beyond the control of Beurer. This warranty is void if the product is ever used in a commercial or business environment. The maximum liability of Beurer under this warranty is limited to the purchase price actually paid by the customer for the product covered by the warranty, as confirmed by proof of purchase, regardless of the amount of any other direct or indirect damage suffered by the customer.

This warranty is effective only if the product is purchased and operated in the country in which the product is purchased. A product that requires modifications or adaptation to enable it to operate in any other country than the country for which it was designed, manufactured, approved and/or authorized, or repair of products damaged by these modifications is not covered under this warranty.

THE WARRANTY PROVIDED HEREIN SHALL BE THE SOLE AND EXCLUSIVE WARRANTY. ANY IMPLIED WARRANTIES, OBLIGATIONS, OR LIABILITIES, INCLUDING BUT NOT LIMITED TO THE IMPLIED WARRANTY OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE, ARE LIMITED IN DURATION TO THE DURATION OF THIS APPLICA-

BLE WRITTEN WARRANTY. Some states do not allow limitations on how long an implied warranty lasts, so the above limitations may not apply to you.

IN NO EVENT SHALL BEURER BE LIABLE FOR ANY SPECIAL, INCIDENTAL, INDIRECT OR CONSEQUENTIAL DAMAGES FOR BREACH OF THIS OR ANY OTHER WARRANTY, EXPRESS, IMPLIED OR ANY OTHER THEORY OF LIABILITY, WHATSOEVER. Some states do not allow the exclusion or limitation of special, incidental, or consequential damages, so the above limitation may not apply to you.

Beurer does not authorize anyone, including, but not limited to, retailers, the subsequent consumer purchaser of the product from a retailer or remote purchaser, to obligate Beurer in any way beyond the terms set forth herein.

This warranty does not extend to the purchase of opened, used, repaired, repackaged and/or resealed products, including but not limited to sale of such products on Internet auction sites and/or products by surplus or bulk resellers. Any and all warranties or guarantees shall immediately cease and terminate in connection with any products or parts thereof which are repaired, replaced, altered, or modified, without the prior explicitly written consent of Beurer.

This warranty gives you specific legal rights, and you may also have other rights which may vary from state to state.

For more information regarding our product line in the USA, please visit: www.beurer.com

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