Advanced Blood Pressure Monitor
+ HealthManager App
User Manual
# Contents

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Introduction</td>
<td>1</td>
</tr>
<tr>
<td>Important information</td>
<td>2-5</td>
</tr>
<tr>
<td>Parts</td>
<td>6</td>
</tr>
<tr>
<td>Information on the display</td>
<td>7</td>
</tr>
<tr>
<td>USB Interface</td>
<td>8</td>
</tr>
<tr>
<td>Setting up your blood pressure monitor</td>
<td>9-10</td>
</tr>
<tr>
<td>Using your blood pressure monitor</td>
<td>11-14</td>
</tr>
<tr>
<td>Evaluating your Results</td>
<td>15-17</td>
</tr>
<tr>
<td>Displaying and deleting measurements</td>
<td>18-19</td>
</tr>
<tr>
<td>Transferring measurements</td>
<td>20</td>
</tr>
<tr>
<td>Cleaning your blood pressure monitor</td>
<td>21</td>
</tr>
<tr>
<td>Rectifying faults</td>
<td>21</td>
</tr>
<tr>
<td>Specifications</td>
<td>22-23</td>
</tr>
<tr>
<td>Electromagnetic compatibility information</td>
<td>24-27</td>
</tr>
</tbody>
</table>
Introduction

Thank you for purchasing the LloydsPharmacy Advanced Blood Pressure Monitor.

Please read these instructions for use carefully and keep them for later use, be sure to make them accessible to other users.

The upper arm blood pressure monitor is used for non-invasive measurement and monitoring of adults arterial blood pressure. You can use it to measure your blood pressure quickly and easily, storing the results and displaying the progression of readings together with the average reading.

- This symbol is displayed for anyone suffering from cardiac arrhythmia.

- The values determined are classified and graphically evaluated according to the World Health Organisation (WHO) guidelines.

This blood pressure monitor also has a haemodynamic stability display, which is referred to as a resting indicator throughout these instructions for use. This shows whether you, and consequently your circulatory system, are sufficiently at rest when the blood pressure measurement is being taken and is therefore a more precise indicator of your resting blood pressure. Read more about this on page 16-17.
Important information

⚠️ Signs and symbols
The following symbols are used in these instructions

<table>
<thead>
<tr>
<th>Symbol</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>⚠️</td>
<td>Caution</td>
</tr>
<tr>
<td>📝</td>
<td>Note</td>
</tr>
<tr>
<td>📝</td>
<td>Note on important information</td>
</tr>
<tr>
<td>🕵️‍♂️</td>
<td>Follow instructions for use</td>
</tr>
<tr>
<td>🚫</td>
<td>Direct current</td>
</tr>
<tr>
<td>🚫</td>
<td>Disposal in accordance with EC Directive WEEE (Waste Electrical and Electronic Equipment).</td>
</tr>
<tr>
<td>📅</td>
<td>Batch code</td>
</tr>
<tr>
<td>📅</td>
<td>Date of manufacture</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Symbol</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>📚</td>
<td>The name and address of the manufacturer</td>
</tr>
<tr>
<td>🌆</td>
<td>Permissible transport and storage temperature. Permissible transport and storage humidity.</td>
</tr>
<tr>
<td>🌾</td>
<td>Permissible operating temperature and humidity</td>
</tr>
<tr>
<td>🎨</td>
<td>Protected against foreign objects equal to or greater than 12.5 mm in diameter and against vertically falling drops of water</td>
</tr>
<tr>
<td>🧑‍🔧</td>
<td>Serial number</td>
</tr>
<tr>
<td>🌈</td>
<td>The CE labelling certifies that the product complies with the essential requirements of Directive 93/42/EEC on medical products.</td>
</tr>
<tr>
<td>🎗️</td>
<td>Model number</td>
</tr>
</tbody>
</table>
Advice on use

• In order to ensure comparable values, always measure your blood pressure at the same time of day.
• Before every measurement, relax for about five minutes.
• If you want to perform several measurements on the same person, wait five minutes between each measurement.
• Do not take a measurement within 30 minutes after eating, drinking, smoking or exercising.
• Repeat the measurement if you are unsure of the measured value.
• The measurements taken by you are for your information only – they are not a 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. We recommend consulting a doctor before using the blood pressure monitor during pregnancy.
• Cardiovascular diseases may lead to incorrect measurements or have a detrimental effect on measurement accuracy. The same also applies to very low blood pressure, diabetes, circulatory disorders and arrhythmias as well as chills or shaking.
• The blood pressure monitor must not be used in connection with a high-frequency surgical unit.
• Only use the device on people who have the specified upper arm measurement for the device.
• Please note that when inflating, the functions of the limb in question may be impaired.
• During the blood pressure measurement, blood circulation must not be stopped for an unnecessarily long time. If the device malfunctions, remove the cuff from the arm.
• Avoid any mechanical restriction, compression or bending of the cuff tube.
Important information

- Do not allow sustained pressure in the cuff or frequent measurements. The resulting restriction of the blood flow may cause injury.
- Ensure that the cuff is not placed on an arm in which the arteries or veins are undergoing medical treatment, e.g. intravascular access or therapy, or an arteriovenous (AV) shunt.
- Do not use the cuff on people who have undergone a mastectomy.
- Do not place the cuff over wounds as this may cause further injury.
- You can either use the blood pressure monitor with batteries or with a mains charger. Please note that data transfer and data storage is only possible when your blood pressure monitor is supplied with power. As soon as the batteries are empty or the mains disconnected from the power supply, the blood pressure monitor loses the date and time.
- To conserve the batteries, the monitor switches off automatically if no buttons are pressed for 3 minutes.
- The device is only intended for the purpose described in these instructions for use. The manufacturer is not liable for damage resulting from improper or careless use.

⚠️ Storage and Care

- The blood pressure monitor is made up of precision electronic components. Accuracy of readings and the instrument’s service life depend on careful handling.
  – You should protect the device from impact, moisture, dirt, major temperature fluctuations and direct exposure to the sun’s rays. – Never drop the device. – Do not use near strong electromagnetic fields, i.e. keep it away from any radiosystems and mobile phones. – Only ever use the cuffs provided with the monitor or original replacement cuffs otherwise erroneous results will be recorded.
- Do not press any buttons until the cuff is in position.
- If the instrument is not to be used for any length of time, we recommend removing the batteries.
Important information

⚠ Advice on batteries
- Please use 4 x AAA batteries supplied
- Remove the batteries if the device is not in use for long periods of time
- Do not mix old and new batteries or different types of batteries
- Warning: If batteries leak and come into contact with skin or eyes, wash immediately with plenty of water
- Batteries must be handled by an adult. Keep batteries out of reach of children
- Only batteries of the same or equivalent type are recommended
- Do not use rechargeable batteries
- Remove exhausted batteries from the unit
- Supply terminals are not to be short circuited
- Dispose of batteries safely according to battery manufacturer’s instructions

ℹ Repair and disposal
Batteries do not belong in domestic refuse. Used batteries should be disposed at collections points provided.
- Never open the instrument. If these instructions are not followed, the warranty will be null and void.
- Never attempt to repair the instrument or adjust it yourself. We can no longer guarantee perfect functioning if you do. Please note there are no servicable parts included in this monitor
- Always check the batteries and replace them if necessary prior to making any complaint.
- The appliance should be disposed of according to EC directive 2012/19/EC WEEE (Waste Electrical and Electronic Equipment). In case of queries, please contact the municipal authorities responsible for waste disposal in your area.
Parts

- Cuff tube
- Cuff connector
- Cuff holder (insert cuff holder into position shown)
- Connection for cuff connector (left-hand side)
- Resting indicator display
- WHO scale (World Health Organization)
- Start/stop button
- Connection for mains charger (optional) and USB interface
- NFC detection zone
- Display
- Memory buttons M1/M2 (Touch screen)

NOTE: USB cable included
Information on the Display

Date / time
Systolic pressure
Diastolic pressure
Pulse value
Pulse symbol
Release air (arrow)
Number of memory space/
memory display average
value (M), morning (Mm),
evening (Mn)

Cardiac arrhythmia symbol
WHO classification
Multi-user memory
Battery replacement symbol
USB Interface

The blood pressure monitor also allows you to transfer your measured values to a PC. To do this, you need a regular USB cable (included) and the HealthManager PC software. The software can be downloaded free of charge from the download area under Service at www.beurer.com

System requirements for the Beurer HealthManager PC software

1. **Supported operating systems:**
   - Windows Vista SP1 or later
   - Windows 7
   - Windows 7 SP1
   - Windows 8

2. **Supported architectures:**
   - x86 (32 bit)
   - x64 (64 bit)

3. **Hardware requirements:**
   - Recommended: At least Pentium 1 GHz or faster with at least 1 GB RAM
   - Free memory on the primary partition of at least:
     - x86 – 600 MB
     - x64 – 1.5 GB
   - Graphic resolution from: 1024 x 768 pixels
   - USB port 1.0 or later
1. Inserting the batteries

- Remove the battery compartment lid on the rear of the device.
- Insert four 1.5V AAA (alkaline type LR03) batteries. Make sure that the batteries are inserted the correct way round observing the correct polarity.
  Do not use rechargeable batteries.
- Close the battery compartment lid again carefully.

All display elements are briefly displayed, 24 h flashes in the display. Set the date and time as described below.

If the battery replacement symbol \( \square \) is permanently displayed, you can no longer perform any measurements and must replace all batteries. Once the batteries have been removed from the device, the date and time must be set again. Any saved measurements are retained. Used batteries should not be disposed of in normal household waste. Dispose of them via your electronics retailer or your local recycling point. You are legally obligated to do so.

The codes below are printed on batteries containing harmful substances:

- Pb: Battery contains lead,
- Cd: Battery contains cadmium,
- Hg: Battery contains mercury.

Please note that the M1 and M2 memory buttons are sensor touch pads and not actual buttons.
2. Setting the date and time

Setting the hour format, date and time. This menu allows you to set the following functions, one after another.

- **Hour format**
  - Press and hold the Start/stop button for 5 seconds.
  - Choose the desired hour format with the M1/M2 memory buttons and confirm with the Start/stop button.

- **Date**
  - The year flashes on the display.
  - Choose the desired year with the M1/M2 memory buttons and confirm with the Start/stop button.
  - The month flashes on the display.
  - Choose the desired month with the M1/M2 memory buttons and confirm with the Start/stop button.

- **Time**
  - The hour flashes on the display.
  - Choose the desired hour with the M1/M2 memory buttons and confirm with the Start/stop button.
  - The minute flashes on the display.
  - Choose the desired minute with the M1/M2 memory buttons and confirm with the Start/stop button.

It is essential to set the date and time. Otherwise, you will not be able to save your measured values correctly with a date and time and access them again later.

If you press and hold the M1 or M2 memory button, you can set the values more quickly.
How to use your Blood Pressure Monitor

Measuring blood pressure

Your first test
We recommend that for your first test you test both arms. This will determine which arm should be used for future measurements. Take note of your systolic (higher number) reading on both arms. The arm that gives you the higher systolic reading should be used for future testing.

Please ensure the device is at room temperature before measuring.
The measurement can be performed on the left or right arm.

Reading example:  
left arm: 132 (systolic)  
86 (diastolic) 
Right arm: 128 (systolic)  
84 (diastolic)

This example shows that you should use your left arm. (Note: Please ensure you do not have any medical complications which will prevent you from having your blood pressure measured in your arms.

You can also operate this device with a mains charger (not included).

When doing so, there must not be any batteries in the battery compartment. The mains charger can be obtained from specialist retailers, please contact Beurer for details.
• To prevent possible damage to the device, the blood pressure monitor must only be used with the mains part described here.
• Insert the mains charger into the connection provided for this purpose on the right-hand side of the blood pressure monitor. The mains charger must only be connected to the mains voltage that is specified on the type plate.
How to use your Blood Pressure Monitor

- Then insert the mains plug into the mains socket.
- After using the blood pressure monitor, unplug from the mains socket first and then disconnect it from the blood pressure monitor. As soon as you unplug the mains, the blood pressure monitor loses the date and time setting but the saved measurements are retained.

Positioning the cuff

1. Fit the cuff on your arm. Blood circulation in the arm should not be restricted by tight clothing or other objects.

2. The cuff should be placed on the upper arm so that the lower edge is about 2 to 3 cm from the bend of the elbow and above the artery. The tube should be in line with the centre of the palm.

3. Tighten the free end of the cuff, but make sure that it is not too tight around the arm and close to the hook-and-loop fastener. The cuff should be fastened so that two fingers fit under the cuff.

4. Insert the cuff line into the connection for the cuff connector.

- If the measurement is performed on the right upper arm, the line should be located on the inside of your elbow. Ensure that your arm is not pressing on the line.
Using your Blood Pressure Monitor

If the values between the two arms are significantly different, please consult your pharmacist or doctor to determine which arm should be used for the measurement.

**Important:** The unit may only be operated with the original cuff. The cuff is suitable for an arm circumference of 24 to 36 cm. A larger cuff for upper-arm circumferences of 35 to 44 cm can be obtained from www.lloydspharmacy.com

**Correct posture**
- Rest for approx. 5 minutes before each measurement. Otherwise there may be divergences.
- You can perform the measurements either sitting or lying down. Always make sure that the cuff is on a level with your heart.
- To carry out a blood pressure measurement, make sure you are sitting comfortably with your arms and back leaning on something. Do not cross your legs. Place your feet flat on the ground.
- In order not to distort the result, it is important to keep still during the measurement and do not talk.
Using your Blood Pressure Monitor

Measurement

As described on page 13, attach the cuff and adopt the posture in which you want to perform the measurement.

- To start the blood pressure monitor, press the Start/stop button 🔄. All display elements are briefly displayed.

The blood pressure monitor will begin the measurement automatically after 3 seconds.

The cuff automatically inflates.

- Measuring can be cancelled at any time by pressing the start/stop button 🔄.

The cuff’s air pressure will be slowly released. If you already recognise a tendency for high blood pressure, you should reinflate the cuff and increase the cuff's pressure again. As soon as a pulse is found, the pulse symbol 🚪 is displayed.

- Systolic pressure, diastolic pressure and pulse measurements are displayed. The resting indicator display (see page 16-17) illuminates in accordance with the positive or negative classification.

Measurement

- E_/ appears if the measurement could not be performed properly. Observe page 21 on error messages/troubleshooting in these instructions for use and repeat the measurement.

- Now select the desired user memory by pressing the M1 or M2 memory buttons. If you do not select a user memory, the measurement is stored in the most recently used user memory. The relevant symbol 🛑 or 🟢 appears on the display.

- Using the Start/stop button 🔄, switch off the blood pressure monitor. The measurement is then stored in the selected user memory. If you forget to turn off the device, it will switch off automatically after approx. 3 minutes. In this case too, the value is stored in the selected or most recently used user memory.

- Wait at least 5 minutes before taking another measurement.
Evaluating Your Results

Cardiac arrhythmia:
This instrument can identify possible cardiac arrhythmia disorders during measurement and if necessary indicates the measurement with the flashing icon ♥️.
This may be an indicator for arrhythmia. Arrhythmia is a condition where the heart rhythm is abnormal as a result of defects in the bioelectrical system controlling the heart beat. The symptoms (omitted or premature heart beats, slow or excessively fast heart rate) may be caused, among other things, by heart disease, age, physical predisposition, excessive use of stimulants, stress or lack of sleep. Arrhythmia can only be ascertained through examination by your doctor.

Repeat the measurement if the flashing icon ♥️ is displayed after the measurement. Please note that you should rest for 5 minutes between measurements and not talk or move during the measurement. If the icon ♥️ appears often, please contact your doctor. Any self-diagnosis and treatment based on the test results may be dangerous. It is vital to follow your doctor’s instructions.

WHO Classification:
In accordance with the guidelines/definitions of the World Health Organisation and the latest findings, the measurements can be classified and assessed according to the table on page 16.

However, these standard values serve only as a general guideline, as the individual blood pressure varies in different people and different age groups etc.

It is important to 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 values of systole and diastole fall into two different WHO categories (e.g. systole in the ‘High normal’ category and diastole in the ‘Normal’ category), the graphical WHO classification on the unit always shows the higher category.

<table>
<thead>
<tr>
<th>Range of blood pressure values</th>
<th>Systolic (in mmHg)</th>
<th>Diastolic (in mmHg)</th>
<th>Advice on results</th>
</tr>
</thead>
<tbody>
<tr>
<td>Optimal</td>
<td>&lt; 120</td>
<td>&lt; 80</td>
<td>Practice a healthy lifestyle. Consult your doctor only if suffering symptoms of low BP.</td>
</tr>
<tr>
<td>Normal</td>
<td>120 – 129</td>
<td>80 – 84</td>
<td>Practice a healthy lifestyle.</td>
</tr>
<tr>
<td>High-normal</td>
<td>130 – 139</td>
<td>85 – 89</td>
<td>Practice a healthy lifestyle.</td>
</tr>
<tr>
<td>Grade 1: Mild hypertension</td>
<td>140 – 159</td>
<td>90 – 99</td>
<td>Practice a healthy lifestyle. Re-measure BP monthly over the next 3 weeks. If high levels (≥140/90) persist (e.g. 2 high readings on 2 separate occasions) consult your pharmacist or doctor.</td>
</tr>
<tr>
<td>Grade 2: Moderate hypertension</td>
<td>160 – 179</td>
<td>100 – 109</td>
<td>Practice a healthy lifestyle. Re-measure BP monthly over the next 4 weeks. If high levels (≥140/90) persist (e.g. 2 high readings on 2 separate occasions) consult your pharmacist or doctor.</td>
</tr>
<tr>
<td>Grade 3: Severe hypertension</td>
<td>≥ 180</td>
<td>≥ 110</td>
<td>We would recommend that you see your doctor urgently.</td>
</tr>
</tbody>
</table>

Resting indicator measurement (using HSD diagnostics)
The most frequent error made when measuring blood pressure is taking the measurement when not at rest (haemodynamic stability), which means that both the systolic and the diastolic blood pressures are incorrect in this case. While measuring the blood pressure, the device automatically determines whether you are at rest or not. If there is no indication that the circulatory system is not sufficiently at rest, the symbol (haemodynamic stability) lights up green and the measurement can be recorded as a reliable resting blood pressure value. If the symbol does not light up green, then it could not be determined whether the circulatory system was sufficiently at rest or not.
Evaluating your Results

GREEN: Haemodynamic stability
Measurement of the systolic and diastolic pressure is increased when the circulatory system is sufficiently at rest and is a very reliable indicator of resting blood pressure. However, if there is an indication that the circulatory system is not sufficiently at rest (haemodynamic instability), the symbol lights up red. In this case, the measurement should be repeated after a period of physical and mental rest. The blood pressure measurement must be taken when the patient is physically and mentally rested, as it will be the basis for diagnosing the blood pressure level and regulating the patient’s medical treatment.

RED: Lack of haemodynamic stability
It is very probable that the systolic and diastolic blood pressures have not been measured whilst the patient is at rest and the resting blood pressure measurement has therefore been distorted. Repeat the measurement after a rest and relaxation period of at least five minutes. Go to a sufficiently quiet and comfortable area and remain calm, close your eyes and breathe deeply and evenly and try to relax.

If the next measurement also shows insufficient stability, you can repeat the measurement after another resting period. If the measurements continue to show some instability, identify these blood pressure measurements as having been taken when the circulatory system had not been sufficiently rested. In this case, nervousness or inner anxiety may be the cause and this cannot be cured by brief periods of rest. Existing cardiac arrhythmias may also prevent a stable blood pressure measurement. A lack of resting blood pressure can have various causes, such as physical or mental strain or distraction, speaking or experiencing cardiac arrhythmias during the measurement. In an overwhelming number of cases, the HSD diagnosis will give a very good guide as to whether the circulatory system is rested when taking the measurement. Certain patients suffering from cardiac arrhythmia or chronic mental conditions can remain haemodynamically unstable in the long-term, something which persists even after repeated periods of rest. If the resting indicator symbol does not light up green or red, then it could not be determined whether the circulatory system was sufficiently at rest or not.
Displaying and Deleting Measurements

The accuracy of the resting blood pressure results is reduced in these users. Like any medical measurement method, the precision of the HSD diagnosis is limited and can lead to incorrect results in some cases. The blood pressure measurements taken when the circulatory system was at rest represent particularly reliable results.

- The results of every successful measurement are stored together with the date and time. If there are more than 60 measurements, the oldest measurements are lost.
- To access memory recall mode, the blood pressure monitor must first be started. To do this press the Start/stop button.
- Within 3 seconds of the full-screen display appearing, select the desired user memory (M1 or M2) with the M1 or M2 memory button.

- To view the measurements for user memory M1, press the M1 memory button.
- To view the measurements for user memory M2, press the M2 memory button.

Your last measurement will appear on the display.

- Press the relevant memory button (M1 or M2).

If you have selected user memory 1, the M1 memory button must be pressed. If you have selected user memory 2, the M2 memory button must be pressed.

 flashes on the display. The average value of all saved measured values in this user memory is displayed.

- Press the relevant memory button (M1 or M2).

 flashes on the display. The average value of the morning measurements for the last 7 days is displayed.

- Press the relevant memory button (M1 or M2).

 flashes on the display. The average value of the evening measurements for the last 7 days is displayed.
Displaying and Deleting Measurements

Individual measured values

• When the relevant memory button (M1 or M2) is pressed again, the last individual measurement is displayed (in this example, measurement 03).

• When the relevant memory button (M1 or M2) is pressed again, you can view your individual measurements.

• To switch the device off again, press the Start/stop button or wait 30 sec.

You can exit the menu at any time by pressing the Start/stop button.

Deleting measured values

• To clear the memory of the relevant user memory, you must first select a user memory.

• Start individual measurement access.

• Press and hold the M1/M2 memory buttons for 5 seconds.

All the values in the current user memory are deleted.
Transferring Measurements

USB interface
Connect the blood pressure monitor to your PC using the USB cable.

No data transfer may be launched whilst performing a measurement.

PC is shown on the display. Begin the data transfer in the “HealthManager” PC software. During the data transfer, an animation is shown on the display. A successful data transfer is displayed as in figure 1. If the data transfer is unsuccessful, an error message appears as in figure 2. In this case, interrupt the PC connection and start the data transfer again.

After 30 seconds of not being in use or if communication with the PC is interrupted, the blood pressure monitor switches itself off automatically.

NFC
It is also possible to transfer the measured values saved on the device onto your smartphone via NFC (Near Field Communication). You will need the “Beurer HealthManager” app for this. The app can be installed from the Google Play Store. To transfer the values, unlock your smartphone screen and hold the back of your phone up to the NFC detection zone of the blood pressure monitor. If your smartphone has a protective cover, remove this to ensure that there is no interference during the transfer. Begin the data transfer in the “Beurer HealthManager” app.
Cleaning your Blood Pressure Monitor

- Clean your device and cuff carefully only with a slightly moistened cloth.
- The frequency of cleaning depends on the contamination level of the device.
- Clean the blood pressure device and cuff as soon as any dirt appears on the device.
- DO NOT use detergents or solvents.
- On no account must you immerse the monitor in water, otherwise liquid can enter it and cause damage.

Rectifying Faults

Error messages can occur when:
- measurement error (EE appears in the display),
- you move or talk during the measurement (EE appears in the display),
- the cuff tube is not properly inserted (E 1 appears in the display),
- inflation takes longer than 15 seconds (E 1 appears in the display),
- the inflation pressure is higher than 300 mmHg (E2 appears in the display),
- an error occurs when storing the measured values (E3 appears in the display),
- exceeding measurement range (Er appears in the display),
- the data could not be sent to the PC (PE Er appears in the display).

In the above cases, you must repeat the measurement. Make sure that the cuff tube is properly inserted and that you do not move or talk. Put the batteries back in if necessary, or else replace them.
# Specifications

<table>
<thead>
<tr>
<th>Model no.</th>
<th>BM 75</th>
</tr>
</thead>
<tbody>
<tr>
<td>Measurement method</td>
<td>Oscillometric, non-invasive blood pressure measurement on the upper arm</td>
</tr>
<tr>
<td>Measurement range</td>
<td>Cuff pressure 0 – 300 mmHg, systolic 30 – 260 mmHg, diastolic 30 – 260 mmHg, Pulse 40 – 199 beats/minute</td>
</tr>
<tr>
<td>Display accuracy</td>
<td>Systolic ± 3 mmHg, diastolic ± 3 mmHg, pulse ± 5% of the value shown</td>
</tr>
<tr>
<td>Measurement inaccuracy</td>
<td>Max. permissible standard deviation according to clinical testing: systolic 8 mmHg/diastolic 8 mmHg</td>
</tr>
<tr>
<td>Memory</td>
<td>2 x 60 memory spaces</td>
</tr>
<tr>
<td>Dimensions</td>
<td>L 175 mm x W 117 mm x H 50 mm</td>
</tr>
<tr>
<td>Weight</td>
<td>Approx. 529 g (without batteries)</td>
</tr>
</tbody>
</table>

| Permissible operating conditions               | +10°C to +40°C, 15% – 85% relative air humidity (non-condensing) |
| Permissible storage and transport conditions   | -10°C to +60°C, 10% – 90% relative air humidity, 700 – 1060 hPa ambient pressure |
| Power supply | 4 x 1.5 V AAA batteries |
| Battery life | For approx. 120 measurements, depending on the blood pressure level and/or pump pressure |
| Accessories | Cuff, cuff holder, instructions for use, 4 x 1.5V AAA batteries, USB cable, storage pouch |
| Classification | Internal supply, IP21, no AP or APG, continuous operation, application part type BF |
Specifications

Technical information is subject to change without notification to allow for updates.

- This device is compatible with the NFC model in accordance with ISO 15693 and ISO 18000-3.
- This unit is in line with European Standard EN 60601-1-2 and is subject to particular precautions with regard to electromagnetic compatibility (EMC). Please note that portable and mobile HF communication systems may interfere with this unit. More details can be requested from the stated Customer Service address or found at the end of the instructions for use.
- This device is in line with the EU Medical Devices Directive 93/42/EC, the “Medizinproduktegesetz” (German Medical Devices Act) and the standards EN 1060-1 (non-invasive sphygmomanometers, Part 1: General requirements), EN 1060-3 (non-invasive sphygmomanometers, Part 3: Supplementary requirements for electro-mechanical blood pressure measuring systems) and IEC 80601-2-30 (Medical electrical equipment – Part 2–30: Particular requirements for the safety and essential performance of automated non-invasive blood pressure monitors).
- The accuracy of this blood pressure monitor has been carefully checked and developed with regard to a long useful life. Precise instructions for checking accuracy may be requested from the service address.
- If using the device for commercial medical purposes, it must be regularly tested for accuracy by appropriate means.
- For mains use please use mains charger (not included) with:
  
  **Model no:** FW7575M/UK/6/06  **Input:** 100-240V 50-60Hz  
  **Output:** 6V DC 600mA, only in connection with LloydsPharmacy blood pressure monitor.  
  **Supplier:** Friwo Gerätebau GmbH

  **Protection:** This device is double insulated and protected against short circuit and overload by a primary thermal fuse. Make sure to take the batteries out of the compartment before using the main part.

  : Polarity of the DC voltage connection.  
  : Double insulated/equipment Class 2

  **Enclosures and Protective covers:** Equipment enclosed to protect against contact with live parts, and parts which can become live (finger, pin, hook test). The operator shall not contact the patient and the output plug of AC mains part simultaneously.

  For more information please visit www.beurer.com
### Electromagnetic Compatibility Information

Table 1
For all ME EQUIPMENT and ME SYSTEMS

#### Guidance and manufacturers declaration – electromagnetic emissions

The BM75 is intended for use in the electromagnetic environment specified below. The customer or the user of the BM75 should assure that it is used in such an environment.

<table>
<thead>
<tr>
<th>Emissions test</th>
<th>Compliance</th>
<th>Electromagnetic environment – guidance</th>
</tr>
</thead>
<tbody>
<tr>
<td>RF emissions CISPR 11</td>
<td>Group 1</td>
<td>The BM75 uses RF energy only for its internal function. Therefore, its RF emissions are very low and are not likely to cause any interference in nearby electronic equipment.</td>
</tr>
<tr>
<td>RF emissions CISPR 11</td>
<td>Class B</td>
<td>The BM75 is suitable for use in all establishments, including domestic establishments and those directly connected to the public low-voltage power supply network that supplies buildings used for domestic purposes.</td>
</tr>
<tr>
<td>Harmonic emissions IEC 61000-3-2</td>
<td>Class A</td>
<td></td>
</tr>
<tr>
<td>Voltage fluctuations/flicker emissions IEC 61000-3-3</td>
<td>Complies</td>
<td></td>
</tr>
</tbody>
</table>
Table 2
Guidance and manufacturer’s declaration – electromagnetic immunity

The BM75 is intended for use in the electromagnetic environment specified below. The customer or the user of the BM75 should assure that it is used in such an environment.

<table>
<thead>
<tr>
<th>Immunity test</th>
<th>IEC 60601 test level</th>
<th>Compliance level</th>
<th>Electromagnetic environment – guidance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Electrostatic discharge (ESD) IEC 61000-4-2</td>
<td>± 6 kV contact ± 8 kV air</td>
<td>± 6 kV contact ± 8 kV air</td>
<td>Floors should be wood, concrete or ceramic tile. If floors are covered with synthetic material, the relative humidity should be at least 30%.</td>
</tr>
<tr>
<td>Electrical fast transient/burst IEC 61000-4-4</td>
<td>± 2 kV for power supply lines ± 1 kV for input/output lines</td>
<td>± 2 kV for power supply lines N/A</td>
<td>Mains power quality should be that of a typical commercial or hospital environment.</td>
</tr>
<tr>
<td>Surge IEC 61000-4-5</td>
<td>± 1 kV line(s) to line(s) ± 2 kV line(s) to earth</td>
<td>± 1 kV differential mode N/A</td>
<td>Mains power quality should be that of a typical commercial or hospital environment.</td>
</tr>
<tr>
<td>Voltage dips, short interruptions and voltage variations on power supply input lines IEC 61000-4-11</td>
<td>&lt;5 % ( U_T ) (&gt;95 % dip in ( U_T )) for 0.5 cycle 40 % ( U_T ) (60 % dip in ( U_T )) for 5 cycles 70 % ( U_T ) (30 % dip in ( U_T )) for 25 cycles &lt;5 % ( U_T ) (&gt;95 % dip in ( U_T )) for 5 s</td>
<td>&lt;5 % ( U_T ) (&gt;95 % dip in ( U_T )) for 0.5 cycle 40 % ( U_T ) (60 % dip in ( U_T )) for 5 cycles 70 % ( U_T ) (30 % dip in ( U_T )) for 25 cycles &lt;5 % ( U_T ) (&gt;95 % dip in ( U_T )) for 5 s</td>
<td>Mains power quality should be that of a typical commercial or hospital environment. If the user of the BM75 requires continued operation during power mains interruptions, it is recommended that the BM75 be powered from an uninterruptible power supply or a battery.</td>
</tr>
<tr>
<td>Power frequency (50/60 Hz) magnetic field IEC 61000-4-8</td>
<td>3 A/m</td>
<td>3 A/m</td>
<td>Power frequency magnetic fields should be at levels characteristic of a typical location in a typical commercial or hospital environment.</td>
</tr>
</tbody>
</table>

NOTE: \( U_T \) is the a.c. mains voltage prior to application of the test level.
Table 3
Guidance and manufacturer’s declaration – electromagnetic immunity

The BM75 is intended for use in the electromagnetic environment specified below. The customer or the user of the BM75 should assure that it is used in such an environment.

<table>
<thead>
<tr>
<th>Immunity test</th>
<th>IEC 60601 test level</th>
<th>Compliance level</th>
<th>Electromagnetic environment – guidance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Conducted RF</td>
<td>IEC 61000-4-6</td>
<td></td>
<td>Portable and mobile RF communications equipment should be used no closer to any part of the BM75, including cables, than the recommended separation distance calculated from the equation applicable to the frequency of the transmitter.</td>
</tr>
<tr>
<td></td>
<td>3V rms</td>
<td>3V rms</td>
<td>d = 1.2 \sqrt{P}</td>
</tr>
<tr>
<td></td>
<td>150 kHz to 80 MHz</td>
<td></td>
<td>80 MHz to 800 MHz</td>
</tr>
<tr>
<td></td>
<td>3V/m</td>
<td>3V/m</td>
<td>d = 2.3 \sqrt{P}</td>
</tr>
<tr>
<td></td>
<td>80 MHz to 2.5 GHz</td>
<td></td>
<td>800 MHz to 2.5 GHz</td>
</tr>
<tr>
<td>Radiated RF</td>
<td>IEC 61000-4-3</td>
<td></td>
<td>Field strengths from fixed RF transmitters, as determined by an electromagnetic site survey, should be less than the compliance level in each frequency range.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Interference may occur in the vicinity of equipment marked with the following symbol: ![symbol]</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>NOTE 1 At 80 MHz and 800 MHz, the higher frequency range applies.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>NOTE 2 These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from structures, objects and people.</td>
</tr>
</tbody>
</table>

---

\( a \) Field strengths from fixed transmitters, such as base stations for radio (cellular/cordless) telephones and land mobile radios, amateur radio, AM and FM radio broadcast and TV broadcast cannot be predicted theoretically with accuracy. To assess the electromagnetic environment due to fixed RF transmitters, an electromagnetic site survey should be considered. If the measured field strength in the location in which the BM75 is used exceeds the applicable RF compliance level above, the BM75 should be observed to verify normal operation. If abnormal performance is observed, additional measures may be necessary, such as re-orienting or relocating the BM75.

\( b \) Over the frequency range 150 kHz to 80 MHz, field strengths should be less than 3 V/m.
### Table 4
**Recommended separation distances between portable and mobile RF communications equipment and the BM75**

The BM75 is intended for use in an electromagnetic environment in which radiated RF disturbances are controlled. The customer or the user of the BM75 can help prevent electromagnetic interference by maintaining a minimum distance between portable and mobile RF communications equipment (transmitters) and the BM75 as recommended below, according to the maximum output power of the communications equipment.

<table>
<thead>
<tr>
<th>Rated maximum output power of transmitter (W)</th>
<th>Separation distance according to frequency of transmitter (m)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>150 kHz to 80 MHz</td>
</tr>
<tr>
<td>0.01</td>
<td>$d = 1.2 \sqrt{P}$</td>
</tr>
<tr>
<td>0.1</td>
<td>0.12</td>
</tr>
<tr>
<td>1</td>
<td>0.38</td>
</tr>
<tr>
<td>10</td>
<td>1.2</td>
</tr>
<tr>
<td>100</td>
<td>3.8</td>
</tr>
<tr>
<td>12</td>
<td>12</td>
</tr>
</tbody>
</table>

For transmitters rated at a maximum output power not listed above, the recommended separation distance $d$ in meters (m) can be determined using the equation applicable to the frequency of the transmitter, where $P$ is the maximum output power rating of the transmitter in watts (W) according to the transmitter manufacturer.

**NOTE 1** At 80 MHz and 800 MHz, the separation distance for the higher frequency range applies.

**NOTE 2** These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from structures, objects and people.