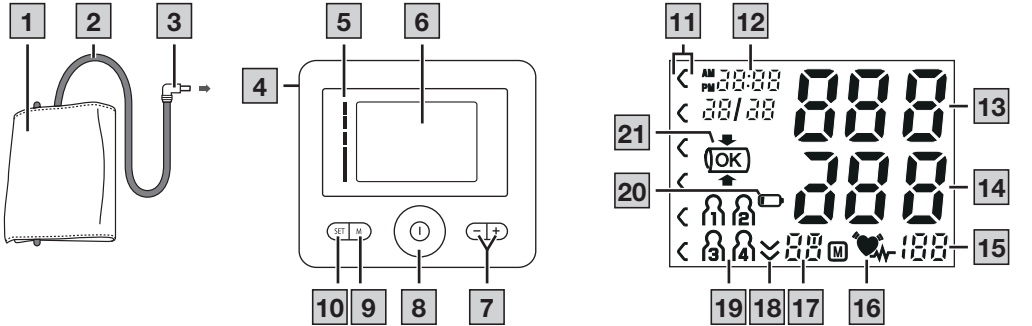
beurer

BM 27



EN Upper arm blood pressure monitor
Instructions for use

CE 0483


1
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9
10
SET
M
11
12
13
14
15
16
17
18
19
20
21
OK
AM
PM
A
4 x 1,5V AA (LR6)
B
C
D

ENGLISH

Read these instructions for use carefully. Observe the warnings and safety notes. Keep these instructions for use for future reference. Make the instructions for use accessible to other users. If the device is passed on, provide the next user with these instructions for use.

1. INCLUDED IN DELIVERY

Check that the exterior of the cardboard delivery packaging is intact and make sure that all contents are included in the delivery. Before use, ensure that there is no visible damage to the device and the supplied components and that all packaging material has been removed. If you have any doubts, do not use the device and contact your retailer or the specified Customer Service address.

- Upper arm blood pressure monitor
- Upper arm cuff (22 – 42 cm)
- Batteries, see chapter “Technical specifications”
- Storage bag

2. SIGNS AND SYMBOLS

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

⚠ DANGER

Indicates an imminent danger. If it is not avoided, death or serious injury will occur.

⚠ WARNING

Indicates a potentially impending danger. If it is not avoided, death or serious injury will occur.

⚠ CAUTION

Indicates a potentially impending danger. If it is not avoided, slight or minor injuries may occur.

NOTICE

Indicates a potentially harmful situation. If it is not avoided, the system or something in its vicinity may be damaged.

Product information
Note on important information

Observe the instructions
Read the instructions before starting work and/or operating devices or machines

	The electronic device must not be disposed of with household waste
	Do not dispose of batteries containing harmful substances with household waste
	Manufacturer
	Date of manufacture
CE	**CE labelling** This product satisfies the requirements of the applicable European and national directives.
	Marking to identify the packaging material. A = material abbreviation, B = material number: 1–7 = plastics, 20–22 = paper and cardboard
	Separate the product and packaging elements and dispose of them in accordance with local regulations.
IP21	Protected against solid foreign objects 12.5 mm in diameter and larger, and against vertically falling drops of water
⎓	Direct current
	Battery

UDI	Unique device identifier (UDI) Identifier for unique product identification
REF	Item number
SN	Serial number
CH REP	Swiss authorised representative
MD	Medical device
#	Type number
	Type BF applied part
	Temperature range
	Humidity range
	Atmospheric pressure limitation
	Importer
	Manufacturer in accordance with the Packaging Regulation (PPWR)

3. INTENDED PURPOSE

Intended Use

The blood pressure monitor (hereinafter, device) is intended for the fully automatic, non-invasive measurement of arterial blood pressure and pulse values on the upper arm.
It is designed for self-measurement by adults in a domestic environment.

Intended Users

The blood pressure measurement is suitable for adult users whose upper arm circumference is within the range printed on the cuff.

Clinical benefits

The user can record their blood pressure and pulse values quickly and easily using the device. The recorded values are classified according to internationally applicable guidelines and evaluated graphically. Furthermore, the device can detect any irregular heart beats that occur during measurement and inform the user via a symbol in the display. The device saves the recorded measurements and can also output average values of previous measurements. The recorded data can provide healthcare service providers with support during the diagnosis and treatment of blood pressure problems, and therefore it plays a part in the long-term monitoring of the user's health.

Indications

In the event of hypertension or hypotension, the user can independently monitor their blood pressure and pulse values at home. However, the user does not need to be suffering from hypertension or arrhythmia in order to use the device.

Contraindications

⚠WARNING

- Do not use the device on newborns, children or pets.
- Persons with reduced physical, sensory or mental capabilities should be supervised by a person responsible for their safety and receive instructions from that person on how to use the device.
- Do not use the cuff on people who have undergone a mastectomy or who have had their lymph nodes removed.
- Do not place the cuff over wounds as this may cause further injury.
- Make sure that the cuff is not placed on an arm whose arteries or veins are undergoing medical treatment, e.g. intravascular access or intravascular therapy, or an arteriovenous (AV) shunt.
- Do not use the device on people with allergies or sensitive skin.

Undesirable side effects

- Skin irritation
- Negative influence on blood circulation

4. WARNINGS AND SAFETY NOTES

General warnings

⚠ WARNING

- The measurements you take are for your information only – they are not a substitute for a medical examination! Discuss your measured values with your doctor and never make your own medical decisions based on them.
- Consult your doctor at regular intervals. Only they are able to give you personal target values for controlled blood pressure, particularly if you are receiving medical therapy.
- Always perform the measurement on the arm with the higher blood pressure values.
- 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 incorrect use.
- Using the blood pressure monitor outside your home environment or while on the move can influence the measurement accuracy and cause incorrect measurements.
- Cardiovascular diseases may lead to incorrect measurements or have a detrimental effect on measurement accuracy.
- If you have any of the following conditions, it is essential you consult your doctor before using the device: Cardiac arrhythmia, circulatory disorders, diabetes, pregnancy, pre-eclampsia, hypotension, chills, shivering.
- Consult your doctor if  is displayed frequently. Only they can determine, through an examination, whether there is an abnormality.
- Do not use the device at the same time as other medical electrical devices (ME equipment).
- Do not use the device outside of the specified storage and operating conditions. This could lead to incorrect measurements.
- Only use the cuffs included in delivery or described in these instructions for use with the device , based on your upper arm circumference. Using a different cuff may lead to inaccurate measurements.
- Note that when inflating the cuff, the functions of the limb affected may be impaired.
- Do not perform measurements more frequently than necessary. Due to the restriction of blood flow, some bruising may occur.
- Blood circulation must not be stopped for an unnecessarily long time during the blood pressure measurement. If the device malfunctions, remove the cuff from the arm.
- The circulation of the arm must not be hindered by tight clothing or similar.
- Place the cuff on the upper arm only. Do not place the cuff on other parts of the body.
- The air line poses a risk of strangulation for small children.
- Small parts may present a choking hazard for small children if swallowed. They should therefore always be supervised

- Keep packaging material away from children. There is a risk of suffocation.
- Keep away from children, pets and pests.
- Do not drop, step on or shake the device.
- Do not disassemble the device as this may cause damage, faults and malfunctions.
- Do not open the device except for the battery compartment. Failure to comply will invalidate the warranty.
- Do not repair or modify the device.
- Repairs must only be carried out by Customer Services or authorised retailers.
- Never operate the device during maintenance work. Maintenance work includes maintenance, inspection and repair.
- Do not use any cleaning solutions or solvents.
- Under no circumstances hold the device or cuff under water.

General precautions

⚠ CAUTION

- The accuracy of the measurements and service life of the device depend on its careful handling.
- Protect the device from impacts, humidity, dirt, drastic changes in temperature and direct sunlight.
- Ensure the device is at room temperature before taking a measurement. If the measuring device has been stored close to the maximum or minimum storage and transport temperatures and is placed in an environment with a temperature of 20 °C, it is recommended that you wait approx. 2 hours before using the measuring device.
- If you store the device and cuff, do not place heavy objects on the device and cuff.
- Avoid any mechanical restriction, compression or bending of the cuff line.

Notes on handling batteries

⚠ DANGER

- **Choking hazard!** Keep batteries out of the reach of children. Seek medical attention immediately if swallowed. Swallowing them may cause burns, severe internal injuries, and death.
- Never allow children to replace batteries without adult supervision.

⚠ WARNING

- **Risk of explosion! Risk of fire!** Failure to comply with the following points can result in personal injury or cause overheating, leakage, venting, breakage, explosion, or fire on the battery.
- This device contains non-rechargeable batteries which must not be charged.
- Do not throw batteries into a fire.
- Never charge, forcibly discharge, heat, disassemble, open, crush, deform, encapsulate, or modify batteries.
- Never short-circuit batteries or battery compartment contacts.

- Protect the batteries from direct sunlight, rain, heat, and water.
- Exposure of batteries to an environment with extremely high temperatures or an extremely low air pressure may result in explosion or leakage of flammable liquids and gases.
- Dispose of defective and discharged batteries immediately and properly (see chapter on disposal).
- Do not use modified or damaged batteries.
- Always select the correct battery type.
- Insert the batteries, taking polarities (+ / -) into account.
- Never mix batteries from different manufacturers or of differing capacity (new and used), size, age or type within a device.
- If a battery has leaked, put on protective gloves and clean the battery compartment with a dry cloth.
- If fluid from a battery comes into contact with your skin or eyes, wash the affected areas with water and seek medical assistance.

⚠ CAUTION

- Store batteries in a well-ventilated, dry, and cool place in a non-conductive container in which the batteries cannot be short-circuited to each other or by other metal objects.
- Keep batteries clean and dry.
- Keep batteries away from water.
- If the device is not going to be used for a long period of time, remove the batteries from the battery compartment.

NOTICE

- Do not use rechargeable batteries.

Notes on electromagnetic compatibility

⚠ CAUTION

- The device is suitable for use in all environments listed in these instructions for use, including domestic environments.
- The device may not be fully usable in the presence of electromagnetic disturbances. This could result in issues such as error messages or the failure of the display/device.
- Avoid using this device directly next to other devices or stacked on top of other devices, as this could lead to faulty operation. If, however, it is necessary to use the device in the manner stated, this device as well as the other devices must be monitored to ensure they are working properly.
- The use of accessories and/or replacement parts other than those specified or provided by the manufacturer of this device could lead to an increase in electromagnetic emissions or a decrease in the device's electromagnetic immunity; this can result in faulty operation.
- Keep portable RF communication devices (including peripheral equipment, such as antenna cables or external antennas) at least 30 cm away from all device parts, including all cables included in delivery.
- Failure to comply with the above can impair the performance of the device.

- Please note that portable and mobile HF communication systems may interfere with this device.
- Do not use the device in the vicinity of strong electromagnetic fields and keep it away from radio systems or mobile telephones.

5. DEVICE DESCRIPTION

The associated drawings are shown on page 3.

1	Cuff	2	Cuff line
3	Cuff connector	4	Connection for cuff connector
5	Risk indicator	6	Display
7	Function buttons **-/+**	8	START/STOPbutton ⏻
9	Memory button **M**	10	Setting button **SET**

Information on the display

11	Risk indicator	12	Time and date
13	Systolic pressure	14	Diastolic pressure
15	Calculated pulse value	16	Cardiac arrhythmia symbol
17	Memory display M: average value (Ø), morning (Ø AM), evening (Ø PM), memory space number	18	Release air
19	User memory	20	Battery replacement symbol
21	Cuff position control		

6. USAGE

6.1 Initial use

Inserting the batteries

- Remove the battery compartment cover A.
- Insert the batteries, polarity according to the label A.
- Close the battery compartment cover.

After removing the batteries, reset the date and time. Saved measurements are retained.

Adjusting the settings

Ensure the device settings are correct to use all functions. Otherwise, measured values cannot be saved with date and time.
You can access the settings menu in two ways:

- When inserting new batteries (initial use or after replacement), the menu appears automatically.
- If the batteries have already been inserted:

With the device switched off, press and hold the setting button **SET** for approx. 5 seconds.

Set these settings in the order shown below:

Hour format → **Date** → **Time**

Use **-/+** to set the hour format / date (year, month, day) / time. Confirm each setting by pressing **SET**.

When you press and hold the **-/+** button, the numbers are continued automatically.

If the time format is set to the 12-hour format, the order in which the day and month are displayed is reversed.

- The device switches off automatically.

6.2 Before the blood pressure measurement

General rules when measuring your own blood pressure

- To rule out a difference between sides, the measurement should initially be taken on both arms.
- Always perform the measurement when you are sufficiently physically rested.
- Do not take a measurement within 30 minutes of eating, drinking, smoking or exercising.
- Before the initial blood pressure measurement, make sure always to rest for about 5 minutes.
- Repeat the measurement if you have doubts about the measured value.

Attaching the cuff

You can measure your blood pressure on either arm.

- Always measure your blood pressure on the same arm.
- Before taking the measurement, check the fit using the index mark described below.
- Expose your upper arm.
- The cuff must be placed on the upper arm so that the bottom edge is positioned 2-3 cm above the elbow and over the artery. The line should point to the centre of the palm here **B**. The cuff should be fastened so that two fingers fit under the cuff when it is closed **C**.
- Now insert the cuff line into the connection for the cuff connector.
- The cuff is suitable for you if the index mark ▼ is within the OK range after fitting the cuff.

Adopting the correct posture

- Sit in a comfortable upright position. Lean back so that your back is supported.
- Place your arm on a surface **D**.
- Place your feet flat on the ground next to one another.
- The cuff must be level with your heart.
- Ensure that you do not speak or move during the measurement.

Selecting the user

This device can have up to 4 users with 30 memory spaces each, allowing you to separately save measurements from 4 different people.
If multiple people are using the device, make sure that the correct user has been selected before each measurement:

- Use **M** to select the desired user. The device switches off automatically.

6.3 Taking a blood pressure measurement

Measurement

1. Press ⏻. All display elements are briefly displayed. The cuff inflates itself automatically. The measurement process starts. ♥ is displayed as soon as a pulse is detected.

   To cancel the measurement, press ⏻.
2. The systolic pressure, diastolic pressure and pulse measurements are displayed.

   E_ is displayed if the measurement could not be performed properly. In this case, please refer to the “Troubleshooting” section.
   The device switches off automatically after approx. 30 seconds. The value is saved to the selected or most recently used user.

6.4 Evaluating the results

Cardiac arrhythmia

The device can identify heart rhythm abnormalities during the blood pressure measurement. If  is displayed after the measurement, this indicates that an irregularity has been detected in your pulse.
Repeat the measurement if is displayed.
When assessing your blood pressure, only use the results that have been recorded without any irregularities in your pulse.

Risk indicator (for general guidance only)

Measured blood pressure value range		**Classification**	**Risk indicator colour**
Systolic (in mmHg)	**Diastolic** (in mmHg)		
≥ 180	≥ 110	Stage 3 high blood pressure (severe)$_1$	Red
160 – 179	100 – 109	Stage 2 high blood pressure (moderate)$_1$	Orange
140 – 159	90 – 99	Stage 1 high blood pressure (mild)$_1$	Yellow
130 – 139	85 – 89	High normal$_1$	Green
120 – 129	80 – 84	Normal$_1$	Green
< 120	< 80	Optimal$_1$	Green
< 90	< 60	Low blood pressure$_2$	Orange

[1]Source: WHO, 1999 (World Health Organization)
[2]Source: National Health Service, 2023

The risk indicator 5 / 12 indicates which category the recorded blood pressure values fall into. If the measured values are in two different categories, the risk indicator always indicates the higher range.

Low blood pressure

⚠ WARNING

Low blood pressure (hypotension) can be a health hazard and cause dizziness or fainting. Blood pressure is considered low if systolic and diastolic pressure are below 90/60 mmHg (source: National Health Service, 2023).
Seek medical attention if you suddenly suffer from low blood pressure.

6.5 Displaying and deleting measured values

User

If there are more than 30 saved measurements, the oldest measurement records are deleted.
Press the memory button **M**. Select the desired user memory (1 ... 4) by pressing the memory button **M** again.

Average value

A Average of all stored measurements.
AM Morning average of the last 7 days (5:00–9:00).
PM Evening average of the last 7 days (18:00–20:00).
Press **+** to scroll through.

Individual measured values

1. Press **+** again, the last individual measurement is displayed.
2. Press **+** again, to view the individual measured values.
3. Press ⏻ to switch the device off again.

Deleting measured values

1. If you want to delete the whole memory for the respective user, press the memory button **M**.
2. Now press and hold the memory button **M** and the setting button **SET** simultaneously for 5 seconds.

7. CLEANING AND MAINTENANCE

Clean the device and cuff using only a slightly damp cloth.

8. ACCESSORIES AND/OR REPLACEMENT PARTS

Accessories and/or replacement parts are available at www.beurer.com, under “Service”.

Designation	Item number
Universal cuff (22-42 cm)	110.031

9. TROUBLESHOOTING

In the event of errors, the error message E_ appears on the display. Error messages may appear if:

- It was not possible to correctly record the pulse: E 1;
- The measured blood pressure is outside the measurement range: E2;
- The cuff is fastened too tightly or loosely: E3;
- Errors occur during the measurement: E4;
- The inflation pressure is higher than 300 mmHg: E5;
- There is a system error. If this error message appears, please contact Customer Services: E6;
- The batteries are almost empty: .

In such cases, repeat the measurement. Ensure that the cuff line is correctly attached and that you do not move or speak during the measurement.
If necessary, reinsert or replace the batteries.

10. DISPOSAL

Before making a complaint, first check the batteries and replace them if necessary.
For environmental reasons, do not dispose of the device in household waste at the end of its service life. Dispose of the device at a suitable local collection or recycling point. Observe the local regulations for material disposal. Dispose of the device in accordance with EC Directive – WEEE (Waste Electrical and Electronic Equipment). If you have any questions, please contact the local authorities responsible for waste disposal. You can obtain the location of collection points for old devices from the local authorities.

Disposal of the batteries

Used, completely discharged batteries must not be disposed of with household waste. Dispose of the batteries in specially designated collection boxes, at recycling points or at electronics retailers. You are legally required to dispose of the batteries correctly. The codes below are printed on batteries containing harmful substances: Pb = battery contains lead, Cd = battery contains cadmium, Hg = battery contains mercury



11. TECHNICAL SPECIFICATIONS

Type	BM 27
Measurement method	Oscillometric, non-invasive blood pressure measurement on the upper arm
Measurement range	Cuff pressure 0 – 300 mmHg, systolic pressure 50 – 280 mmHg, diastolic pressure 30 – 200 mmHg, pulse 40 – 199 beats/minute

Display accuracy	Systolic pressure ± 3 mmHg, diastolic pressure ± 3 mmHg, pulse ± 5% of the displayed value
Measurement uncertainty	Max. permissible standard deviation according to clinical testing: systolic pressure 8 mmHg, diastolic pressure 8 mmHg
Memory	4 x 30 memory spaces
Dimensions	L 112 mm x W 110 mm x H 53 mm
Weight	Approx. 344.3 g (without batteries, with cuff)
Cuff size	22 to 42 cm upper arm circumference
Operating conditions	+10 °C to +40 °C, <90% relative humidity, 800 –1050 hPa ambient pressure
Storage and transport conditions	-20 °C to +55 °C, <90% relative humidity (non-condensing)
Power supply	4 x 1.5V ⎓ LR6 AA batteries
Battery life	For approx. 700 measurements, depending on blood pressure and inflation pressure levels
Product life cycle to be expected	Information on the life cycle of the product can be found at beurer.com
Classification	Internal power supply, IP21, no AP or APG, continuous operation Application part, type BF

The serial number is located on the device or in the battery compartment.
We reserve the right to make technical changes to improve and develop the product.

- The device conforms with the respective national regulations and European standard EN 60601-1-2 (Group 1, Class B, in accordance with CISPR-11, IEC 61000-3-2, IEC 61000-3-3, IEC 61000-4-2, IEC 61000-4-3, IEC 61000-4-4, IEC 61000-4-5, IEC 61000-4-6, IEC 61000-4-8, IEC 61000-4-11, IEC 61000-4-39) and is subject to particular precautions with regard to electromagnetic compatibility.
- The device has been clinically tested in accordance with the requirements of ISO 81060-2.
- The accuracy of this device has been carefully checked and it has been developed with a long service life in mind. If the device is used for commercial medical purposes, the applicable national regulations determine whether it must be tested for accuracy by appropriate means.

12. GUARANTEE/SERVICE

Further information on the guarantee and guarantee conditions can be found in the guarantee leaflet supplied.

Notification of incidents

For users/patients in the European Union and identical regulation systems, the following applies: If a major incident occurs during or through use of the product, notify the manufacturer and/or their representative of this as well as the respective national authority of the member state in which the user/patient is located.

Subject to errors and changes

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