



Health & Wellness

Owner's Manual

BodySense Blood Pressure Monitor



For FAQs and more information, please visit:

www.eufylife.com

Important Safety Instructions

Read this instruction manual thoroughly before using the device and keep for future reference. For specific information regarding your blood pressure, consult a physician.



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

CAUTION: Indicates a potentially hazardous situation which, if not avoided, may cause minor or moderate injury to the user or damage to the equipment or other property.

WARNING:

- DO NOT adjust medication based on measurement results from this blood pressure monitor. Take medication as prescribed by your physician. Only a physician is qualified to diagnose and treat high blood pressure.
- Do not use the device on an injured arm or an arm undergoing medical treatment.
- Do not apply or use the arm cuff when receiving an intravenous drip or blood transfusion.
- Do not simultaneously use the device when using other medical electrical (ME) equipment.
- Do not use this device on infants or persons who cannot express their intentions.
- Always consult your physician. Self-diagnosis of measurement results and self-treatment are dangerous practices.
- Consult your physician before using the device when pregnant, including pre-eclampsia, or if diagnosed with arrhythmia or arteriosclerosis.
- People with severe blood circulation problems or blood disorders should consult a physician before using the device, as the inflation of the arm cuff can cause bruising.
- Consult your physician before using the device on an arm with an arterio-venous (A-V) shunt.
- The Irregular Heartbeat function does not replace a cardiac examination, but it may help to detect potential heart rate irregularities at an early stage. Always consult your physician to determine what is most suitable for you.
- The Irregular Heartbeat function is not designed for diagnosing or treating an arrhythmic disorder. Arrhythmia can only be ascertained by a licensed physician.
- Keep this device out of the reach of infants, children or pets, as the inhalation or swallowing of small parts is dangerous and can be fatal.

CAUTION:

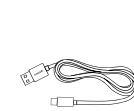
- Do not use the device for any purpose other than measuring blood pressure.
- Do not disassemble the monitor or arm cuff. Doing so may cause inaccurate readings.
- Do not use in a humid environment or a location where water may splash onto the device. Doing so may damage the device.
- Do not operate the device in a moving vehicle e.g. car, airplane, boat.
- Do not excessively crease the arm cuff.
- Do not drop the device or subject it to strong shocks or vibrations.
- Do not service or do any maintenance work while the device is in use.

- If the arm cuff does not deflate after taking a measurement, unwrap the cuff to loosen and remove the monitor.
- Take measurements only when necessary. Taking more measurements than needed may cause bruising due to blood circulation interference.
- Inflate the arm cuff only when it is wrapped around your arm.
- The patient can be the intended operator.
- The device is equipped with a data transmission function that emits electromagnetic energy. Portable Radio Frequency (RF) communications equipment (including peripherals such as antenna cables and external antennas) should not be used within 12 inches of the device, otherwise, performance may be affected.
- This device should not be used when it is adjacent to or stacked on top of another device because it could cause the device to operate improperly. If such use is necessary, this device and the other device should be observed to verify that they are operating normally.
- This device has a built-in lithium-ion battery. Replacement by inadequately trained personnel could result in a hazard.
- Charge the device with a standard USB output voltage (5V).

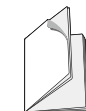
What's In the Box



BodySense Blood Pressure Monitor

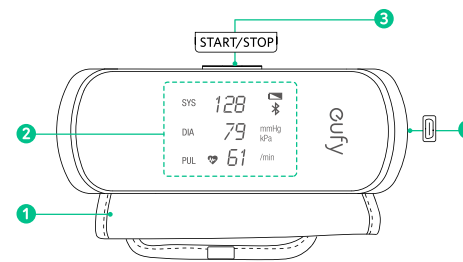


Micro USB Cable



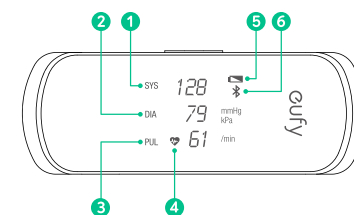
Owner's Manual

At a Glance



- 1 Arm cuff
- 2 LED display
- 3 Start / Stop button
- 4 Micro USB charging port

Display Information



- 1 Systolic blood pressure
- 2 Diastolic blood pressure
- 3 Pulse rate per minute
- 4 Heartbeat symbol
- 5 Battery indicator
- 6 Bluetooth indicator

Charging Your Blood Pressure Monitor

Use the included Micro USB cable to charge the blood pressure monitor. Fully charge the blood pressure monitor before the first use.



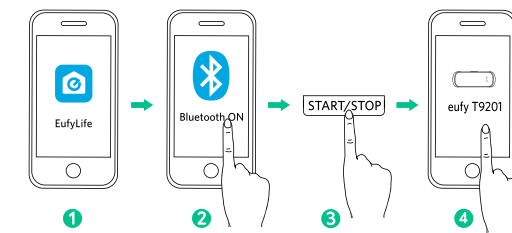
	Flashing	Low power / Charging
	Steady on	Fully charged



If the blood pressure monitor will not be used for an extended period of time, recharge at least once every 3 months to preserve the battery's lifespan.

Installing the App and Pairing

- 1 Download the EufyLife app from the App Store (iOS devices) or Google Play (Android devices).
- 2 Enable Bluetooth on your smartphone or tablet.
- 3 Press the **START/STOP** button to turn on the blood pressure monitor.
- 4 Open the EufyLife app and follow the on-screen instructions to pair the blood pressure monitor with your device.
 - Once paired, the app and blood pressure monitor will automatically connect to each other the next time the app is opened.
- 5 Create and set up a user ID to track measurement data. It is possible to create up to 8 user IDs.



	Flashing	Pairing
	Steady on	Connected



- This blood pressure monitor is compatible with devices running iOS 8.0 and above or Android 4.3 and above.
- Use the EufyLife app to pair the blood pressure monitor with your smartphone. Do not pair using your smartphone's Bluetooth menu.
- To connect automatically, the smartphone and blood pressure monitor must be within 33 feet / 10 m of each other.

Using Your Blood Pressure Monitor

To ensure accuracy, follow the instructions below when you start a measurement.

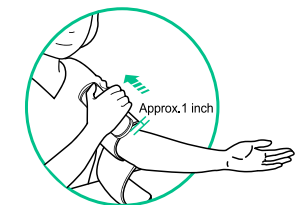
- Avoid bathing, drinking alcohol, consuming caffeinated products, smoking, exercising and eating 30 minutes before taking a measurement.
- Rest for at least 15 minutes before taking a measurement.
- Avoid taking measurements when stressed because stress raises blood pressure.
- Measurements should be taken in a quiet place.
- Remain still and do not talk during a measurement.

To ensure consistent results:

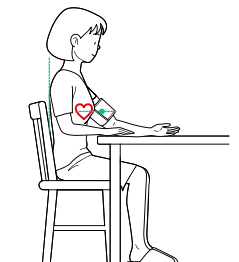
- Measure your blood pressure at the same time of day.
- Measure your blood pressure from the same arm.

Applying the Arm Cuff

- 1 Roll up your sleeve. Make sure it is not rolled too tightly around your arm.
- 2 Put your arm through the arm cuff and tighten the arm cuff.
 - Make sure the "UP" arrow on the arm cuff is facing up.
 - The bottom edge of the arm cuff should be 1 inch above the elbow. Taking a Measurement




- 3 Sit relaxed on a chair with your legs uncrossed and feet flat on the floor. Keep your back straight and rest your arm on a flat surface. The arm cuff should be placed at the same level as your heart.



Taking a Measurement

- 1 Open the EufyLife app and select your user ID.
- 2 Press the **START/STOP** button.
 - The arm cuff will start to inflate automatically. Do not move your arm and remain still during the measurement.
 - The arm cuff will completely deflate when the measurement is complete. All measurement results will appear on the display and be transmitted to the app via Bluetooth automatically.
- 3 Remove the arm cuff.
- 4 Press the **START/STOP** button to turn the blood pressure monitor off.



- If a solid  symbol appears on the display with the final measurement results, it means an irregular heartbeat has been detected. We recommend you to contact your physician if this symbol appears.
- Wait for at least 3 minutes between measurements. This allows your blood circulation to fully recover.

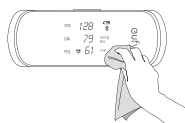
Viewing Measurement Records

You can view and manage measurement records by going to the History page in the EufyLife app.

Maintenance and Storage

To obtain the best performance, please observe the following:

- Regularly clean the device with a dry or slightly dampened soft cloth.



- Do not wash the device with water or immerse it in water.
- Do not use detergents to clean the device.
- Do not shake, strike or drop the device.
- Do not disassemble or attempt to repair the device.
- Do not store the device in locations exposed to extreme temperatures, high humidity, direct sunlight, dust or corrosive vapours such as bleach.
- Store the device and the components in a clean, safe location.

Troubleshooting

Error Message


Error Display	Description	Solution
Err 1	Arm cuff is not applied correctly.	Repeat the measurement. <ul style="list-style-type: none"> • Turn off the blood pressure monitor. • Re-apply the arm cuff around the arm.
Err 2	Measurement failure.	Repeat the measurement. <ul style="list-style-type: none"> • Make sure the arm cuff is applied correctly around the arm. • Remain still and do not talk during measurement.
Err 3	Abnormal measurement results.	Repeat the measurement. <ul style="list-style-type: none"> • Make sure the arm cuff is applied correctly around the arm. • Remain still and do not talk during measurement.
Err U	<ul style="list-style-type: none"> • Arm cuff is applied too loosely. • Air is leaking from the arm cuff. 	<ul style="list-style-type: none"> • Tighten the arm cuff around the arm. • Contact Eufy customer service.

Err H	The arm cuff inflated to over 280 mmHg.	Do not move your arm and the blood pressure monitor during the measurement. Refer to the "Taking a Measurement" section.
ERR	Other errors.	Repeat the measurement. <ul style="list-style-type: none"> • Turn off the blood pressure monitor.

Issue	Cause	Solution
Nothing happens when the START/STOP button is pushed.	Battery is low on power.	Fully charge the battery.
The measurement results are too high or too low.	<ul style="list-style-type: none"> • Arm cuff is not applied correctly. 	<ul style="list-style-type: none"> • Make sure the arm cuff is applied correctly around the arm. Refer to the "Applying the Arm Cuff" section.
	<ul style="list-style-type: none"> • Movement or talking during the measurement. • Clothing is interfering with the arm cuff. 	<ul style="list-style-type: none"> • Remain still and do not talk during the measurement. • Avoid wrapping arm cuff around any clothing.

Specifications

+Specifications are subject to change without notice.

Product Model	T9201
Input	5 V  1.0 A
Charging Time	Approx. 2 hours
Measurement Method	Cuff oscillometric method
Measurement range (pressure)	0 - 280 mmHg
Measurement range (pulse rate)	40 - 200 beats / min
Accuracy (pressure)	±5 mmHg of reading value
Accuracy (pulse rate)	±5% of reading value
Working Environment	Temperature: 50 - 104°F (10 - 40°C) Humidity: 15 - 90% RH
Storage Environment	Temperature: -4 - 113°F (-20 - 45 °C) Humidity: 10 - 95% RH
Cuff Circumference	9 - 17 in / 22 - 42 cm
Monitor Dimension	6 × 2.2 × 1.4 in / 152 × 55 × 36 mm
Net Weight	8.7 oz / 247 g

Appendix

About Blood Pressure

Blood pressure is typically recorded as two numbers, written as a ratio like this:

$$\frac{117}{76} \text{ mm Hg}$$

What does the systolic blood pressure number mean?

The systolic reading, or the top number, is the pressure on the blood vessels when your heart beats and pushes blood through your arteries to the rest of your body.

A normal systolic pressure is lower than 120.

A reading of 140 or higher is considered to be high blood pressure (also called hypertension).

What does the diastolic blood pressure number mean?

The diastolic reading, or the bottom number, is the pressure in the arteries when the heart rests between beats. This is the time when the heart fills with blood and gets oxygen.

A normal diastolic blood pressure is lower than 80.

A reading of 90 or higher is considered to be high blood pressure.

How your numbers translate?

This blood pressure chart reflects categories defined by the American Heart Association. It is only a reference for different classifications of blood pressure and not intended to replace a medical diagnosis.

Blood Pressure Category	Systolic mm Hg (upper #)		Diastolic mm Hg (lower #)
Normal	less than 120	and	less than 80
Prehypertension	120 - 139	or	80 - 89
High Blood Pressure (Hypertension) Stage 1	140 - 159	or	90 - 99
High Blood Pressure (Hypertension) Stage 2	160 or higher	or	100 or higher
Hypertensive Crisis (Emergency care needed)	Higher than 180	or	Higher than 110

What's a normal resting heart rate?

A normal resting heart rate for adults ranges from 60 to 100 beats a minute.

Notice



This symbol means the product must not be discarded as household waste, and should be delivered to an appropriate collection facility for recycling. Proper disposal and recycling helps protect natural resources, human health and the environment. For more information on disposal and recycling of this product, contact your local municipality, disposal service, or the shop where you bought this product.



This symbol means "Refer to instruction manual or booklet".

FCC Statement

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Warning: Changes or modifications not expressly approved by the party responsible for compliance 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, pursuant 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: (1) Reorient or relocate the receiving antenna. (2) Increase the separation between the equipment and receiver. (3) Connect the equipment into an outlet on a circuit different from that to which the receiver is connected. (4) Consult the dealer or an experienced radio / TV technician for help.

RF Warning Statement

The device has been evaluated to meet general RF exposure requirements. The device can be used in portable exposure conditions without restriction.

Customer Service



15-month limited warranty



Lifetime technical support



support@eufylife.com



1-800-988-7973 (US) Mon-Fri 9am-5pm (PST)



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