

Instructions for use

Upper arm

BASIS PLUS BLUETOOTH®

apornorm®

die marke der apotheke



**Data evaluation via app
using your smartphone**

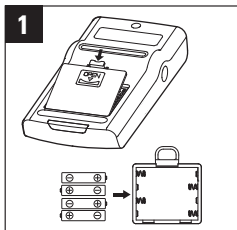


Also suitable for:

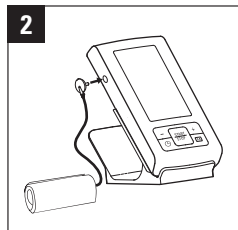


technology by
microlife

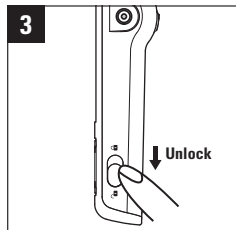
aponorm® Basis Plus Bluetooth® – Brief instructions



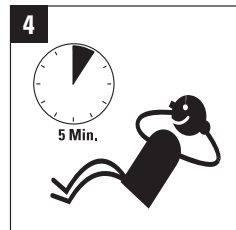
Insert the batteries supplied along with the monitor.



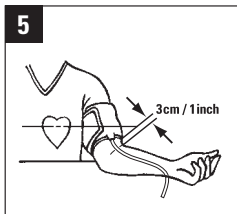
Connect the cuff.



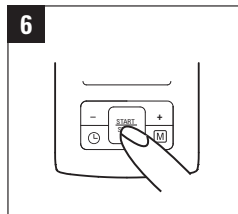
Unlock the monitor by pushing the key lock on the side down.



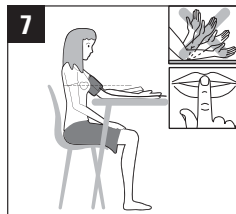
Relax for a few minutes before each measurement.



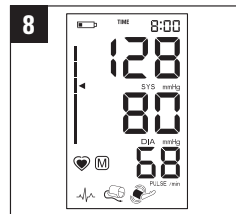
The cuff must come to sit approx. 3 cm above your arm bend. Extend your arm so that the cuff is at the same height as your heart.



Start the measurement by pressing the Start/Stop button.



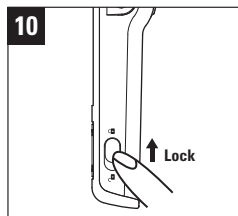
Do not talk, move, eat drink or smoke during the measurement.



The blood pressure values measured appear on the display.

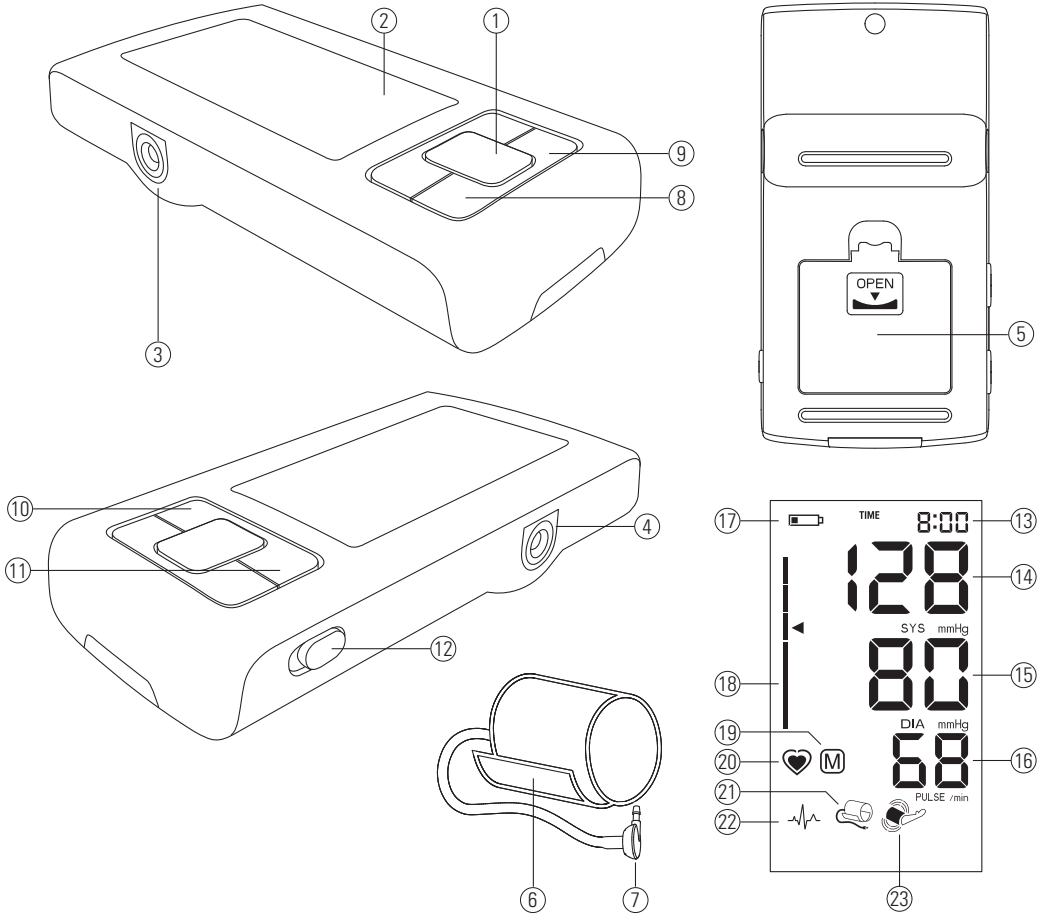


Switch the monitor off. The measurements are stored automatically.



You can lock the monitor by pushing the switch upwards.

aponorm® Basis Plus Bluetooth®



Switches, housing and accessories

- ① Start/Stop button
- ② Display
- ③ Cuff connector
- ④ Mains adapter connector
- ⑤ Battery compartment
- ⑥ Cuff
- ⑦ Cuff connector
- ⑧ Time button
- ⑨ Memory button (M button)
- ⑩ "Back" button
- ⑪ "Forward" button
- ⑫ Lock switch

Display

- ⑬ Date/time
- ⑭ Systolic value
- ⑮ Diastolic value
- ⑯ Pulse rate
- ⑰ Battery indicator
- ⑱ Blood pressure traffic light
- ⑲ Stored value
- ⑳ Pulse rate measurement active
- ㉑ Cuff check indicator
- ㉒ Heart arrhythmia warning symbol (PAD)
- ㉓ Motion alarm



Important! This information must be adhered to in order to prevent damage to the device and error messages being displayed.



Protect from moisture.



Read the instructions carefully before using this monitor.



BF part

aponorm® Basis Plus Bluetooth®

Dear Customer,

Your new **aponorm®** by microlife blood pressure monitor is a reliable medical device for taking blood pressure measurements on the upper arm. It is simple to use, accurate and comes highly recommended for blood pressure monitoring in your home. This device was developed in collaboration with physicians and clinical tests were carried out prove its measurement accuracy to be of a very high standard.*

Please read through these instructions carefully so that you understand all functions and safety information. We want you to be happy with your **aponorm®** by microlife product. If you have any questions, problems or want to order spare parts please contact the **aponorm®** by microlife Customer Service. Your dealer or pharmacy will be able to give you the address of the **aponorm®** by microlife dealer in your country. For more detailed information on our products please refer to www.aponorm.de.

Stay healthy – **aponorm®** by microlife!


** This device uses the same measuring technology as the award winning "BP 3BTO-A" model tested according to the British Hypertension Society (BHS) protocol.*

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1. Important Facts about Blood Pressure and Self-Measurement

- Blood pressure is the pressure of the blood flowing in the arteries generated by the pumping of the heart. Two values, the **systolic** (upper) value and the **diastolic** (lower) value, are always measured.
- The monitor also indicates the **pulse** rate (the number of times the heart beats in a minute).
- **Permanently high blood pressure values can damage your health and must be treated by your doctor!**
- Always discuss your values with your doctor and tell him/her if you have noticed anything unusual or feel unsure. **Never rely on the blood pressure readings alone.**
- **There are several causes** of excessively high blood pressure values. Your doctor will explain them in more detail and offer treatment where appropriate. Besides medication, weight loss and exercise can also lower your blood pressure.
- **Under no circumstances should you alter the dosages of any drugs prescribed by your doctor!**
- Depending on physical exertion and condition, blood pressure is subject to wide fluctuations as the day progresses. **You should therefore take your measurements in the same quiet conditions and when you feel relaxed!**
Take at least two measurements per day (one in the morning and one in the evening).
- It is quite normal for two measurements taken in quick succession to produce significantly **different results**. Therefore we recommend to use the MAM technology.
- **Deviations** between measurements taken by your doctor or in the pharmacy and those taken at home are quite normal, as these situations are completely different.
- **Several measurements** provide much more reliable information about your blood pressure than just one single measurement.
- Leave a **small break** of at least 15 seconds between two measurements.
- If you suffer from an **irregular heartbeat** (arrhythmia, see “Chapter 4.”), measurements taken with this device should be evaluated with your doctor.
- **The pulse display is not suitable for checking the frequency of heart pacemakers!**
- If you are **pregnant**, you should monitor your blood pressure very closely as it can change drastically during this time!

 This blood pressure monitor is specially tested for use in pregnancy and for preeclampsia. When you detect unusual high readings in pregnancy, you should measure again after 4 hours. If the reading is still too high, consult your doctor or gynaecologist.

How do I evaluate my blood pressure?

Table for classifying home blood pressure values in adults in accordance with the international guidelines (ESH, AHA, JSH). Data in mm Hg.

Range	Systolic	Dias-tolic	Recommendation
Blood pressure too low	↓ 100	↓ 60	Consult your doctor!
1. Blood pressure optimum	100 - 130	60 - 80	Self-check
2. Blood pressure elevated	130 - 135	80 - 85	Self-check
3. Blood pressure too high	135 - 160	85 - 100	Seek medical advice
4. Blood pressure far too high	160 ↑	100 ↑	Urgently seek medical advice!

The higher value is the one that determines the evaluation. Example: a blood pressure value of **140/80** mmHg or a value of **130/90** mm Hg says “blood pressure too high”.

2. Using the Device for the First Time

Inserting the batteries

First switch the Lock Switch ⑫ to the “Unlock” position. Then insert the batteries. The battery compartment ⑤ is at the bottom of the device. Insert the batteries (4 x size AAA 1.5 V), observing the indicated polarity (+/-).

Setting of time and date

1. After the new batteries are fitted, the year flashes in the display. Set the year by either pressing “+” ⑪ or “-” ⑩. Press the time button (NR) for confirmation and for changing to the month setting mode.
2. Set the month by either pressing “+” ⑪ or “-” ⑩. Press the time button ⑧ in order to confirm and then set the date.
3. Follow the instructions above to set the date, hour and minutes.
4. Once you have set the minutes and pressed the time button ⑧, the date and time are set, and the time is displayed.

If you want to change the date and time again, press and hold the time button down for approx. 3 seconds until the year starts to flash. Now you can enter the new values as described above.

Selecting the correct cuff

aponorm® by microlife offers different cuff sizes. Select the cuff size to match the circumference of your upper arm (measured close fitting in the centre of the upper arm).

Cuff size	for circumference of upper arm
S	17 - 22 cm
M	22 - 32 cm
M – L	22 - 42 cm
L	32 - 42 cm
L – XL	32 - 52 cm

 Use only **aponorm®** by microlife cuffs!

- ▶ Connect the stuff to the monitor by inserting the cuff to the device by inserting the cuff connector ⑦ into the cuff socket ③ as far as it will go.

3. Taking a Blood Pressure Measurement using this Monitor


Check list for taking a reliable measurement

1. Avoid activity, eating or smoking immediately before the measurement.
2. Sit down for at least 5 minutes before the measurement and relax.
3. Always measure on the same arm (normally left) and when seated. It is recommended that doctors perform double arm measurements on a patient's first visit in order to determine which arm to measure in the future. It is the arm with the higher blood pressure which should always be measured.
4. Remove close-fitting garments from the upper arm. To avoid constriction, shirt sleeves should not be rolled up. Sleeves do not interfere with the cuff if they are laid flat.
5. Always ensure that the correct cuff size is used (marking on the cuff).
 - Fit the cuff closely, but not too tight.
 - Make sure that the cuff is positioned 2 cm above the arm bend.
 - The artery mark located on the cuff (approx. 3 cm long bar) must lie over the artery which runs down the inner side of the arm.

- Support your arm so it is relaxed.
 - Ensure that the cuff is at the same height as your heart.
6. Switch the Lock Switch ⑫ to the “Unlock” position. Press the Start/Stop button ① to start measuring.
 7. The cuff will now pump up automatically. Relax, do not move and do not tense your arm muscles until the measurement result is displayed. Breathe normally and do not talk.
 8. When the correct pressure is reached, the pumping stops and the pressure falls gradually. If the required pressure was not reached, the instrument will automatically pump some more air to the cuff.
 9. During the measurement, the heart icon for pulse measurement ⑳ is flashing.
 10. The result, comprising the systolic ⑭ and the diastolic ⑮ blood pressure and the pulse rate ⑯ is displayed. Note also the explanations on further displays in this booklet.
 11. When the device has finished measuring, remove the cuff.
 12. Switch off the monitor (the display will switch off automatically after approx. 1 minute).

Not storing a reading

Press the Start/Stop button ① while the measuring result is displayed. Keep the button pressed until the M button ⑱ starts flashing. The release the button for a short time and confirm by again shortly pressing the M button. ⑨

 You can stop the measurement at any time by pressing the Start/Stop button ① (e.g. if you feel uneasy or an unpleasant pressure sensation).

4. Heart Arrhythmia Indicator for Early Detection


The appearance of the heart arrhythmia symbol ㉒ indicates that certain pulse irregularities were detected during the measurement. The result may deviate from your normal blood pressure – repeat the measurement. In most cases, this is no cause for concern. However, if the symbol appears on a regular basis (e.g. several times a week with measurements taken daily) we advise you to tell your doctor. Please show your doctor the following explanation:

Information for the doctor on frequent appearance of the arrhythmia indicator

This device is an oscillometric blood pressure monitor that also analyses pulse frequency during measurement. The monitor was subjected to a clinical study.

The arrhythmia symbol is displayed after the measurement, if pulse irregularities occur during measurement. If the symbol appears more frequently (e.g. several times per week on measurements performed daily) we recommend the patient to seek medical advice, to be on the safe side. This device does not replace a cardiac examination, but serves to detect pulse irregularities at an early stage.




5. “Traffic Light” Indicator in the Display



The bars on the left-hand edge of the traffic light display  show you the range within which your blood pressure value lies. Depending on the height of the bar, the readout value is either within the optimum (green), elevated (yellow), too high (orange) or dangerously high (red) range. The classification corresponds to the classification ranges in the table as defined by the international guidelines (ESH, AHA, JSH), as described in “Chapter 1”.

6. Data Memory


This device automatically stores up to 99 measurement values.

Viewing the stored values

Press the M-button  briefly, when the device is switched on. The display shows “M”  and an average value of all values stored, which is indicated by “A” in the top right corner of the display. Clicking on the “-”  will take you to the last stored measured value.

Pressing the “+”  or the “-”  button repeatedly enables you to move from one stored value to another. Press the M-button again to exit the memory mode.

Memory full

 Please note that the maximum memory capacity is 99 values. **When the 99 value memory is full, the oldest value is automatically overwritten with the 100th value.** Values should be evaluated by a doctor before the memory capacity is reached – otherwise data will be lost.

Clearing all values

If you are sure that you want to permanently remove all stored values, hold down the M button ⑨ until “CL” appears and then release the button. To permanently clear the memory, again press the M button while “CL” is flashing.

☞ Stopping the deletion of values: Press the Start/Stop button ① while “CL” is flashing.

☞ It is not possible to clear individual readings.

7. Battery Indicator and Battery Change

Low battery

When the batteries are approximately $\frac{3}{4}$ empty the battery indicator ⑰ will flash as soon as the device is switched on (partly filled battery displayed). Although the monitor will continue to measure reliably, you should obtain replacement batteries within short.

Flat batteries – battery replacement

When the batteries are flat, the battery indicator ⑰ (flat battery) will flash as soon as the monitor is switched on. You cannot take any further measurements and must replace the batteries.

1. Open the battery compartment ⑤ at the bottom of the monitor.
2. Replace the batteries – ensure correct polarity as shown by the symbols in the compartment.
3. To again set date and time, follow the procedure described in “Chapter 2”.

☞ The memory retains all values although date and time must be reset.

Which batteries and which procedure?

☞ Use 4 new, long-life alkaline, 1.5V, size AAA batteries.

☞ Do not use batteries beyond their date of expiry.




☞ Remove batteries if the device is not going to be used for a prolonged period.

Using rechargeable batteries

You can also operate this device using rechargeable batteries.

☞ Only use “NiMH” type reusable batteries.

☞ Batteries must be removed and recharged when the flat battery symbol appears. They must not remain inside the instrument, as they may become damaged (total discharge as a result of low use of the instrument, even when switched off).

-  Always remove the rechargeable batteries if you do not intend to use the device for a week or more.
-  Batteries CANNOT be charged IN the blood pressure monitor.
-  Recharge batteries in an external charger and observe the information regarding charging, care and durability.

8. Data Transmission via Bluetooth®/ App Application



You can transfer the measured data stored on this device to a mobile device (Android or iPhone) so that you have them accessible at any time or e.g. have them handy for a visit to the doctor's.

The prerequisite to this is the installation of an app to your smartphone.

Please load the most current and detailed app and for data synchronisation with this blood pressure monitor down from the download area of www.aponorm.de.

9. Using a Mains Adapter

You can operate this device using the **aponorm®** by microlife mains adapter (DC 6V, 600mA).

-  Use only the **aponorm®** by microlife mains adapter available as an original accessory appropriate for your supply voltage.
-  Ensure that neither the mains adapter nor the cable are damaged.

1. Plug the adapter cable into the mains connector ④ in the blood pressure monitor.
2. Plug the adapter plug into the wall socket.

When the mains adapter is connected, no battery current is consumed.


10. Error Messages

If an error occurs during the measurement, the measurement is interrupted and an error message, e.g. **“ERR 3”** is displayed.

Error	Designation	Potential cause and remedy
“ERR 1”	Signal too weak	The pulse signals on the cuff are too weak. Reposition the cuff and repeat the measurement.*
“ERR 2” ⑬	Error signal	During the measurement, error signals were detected by the cuff, caused for instance by movement or muscle tension. Repeat the measurement, not moving your arm.
“ERR 3” ⑩	No pressure in the cuff	An adequate pressure cannot be generated in the cuff. A leak may have occurred. Check that the cuff is correctly connected and is not too loose. Replace the batteries if necessary. Repeat the measurement.

Error	Designation	Potential cause and remedy
“ERR 5”	Abnormal result	The measuring signals are inaccurate and no result can therefore be displayed. Read through the check list for performing reliable measurements and then repeat the measurement.*
“HI”	Pulse or cuff pressure too high	The pressure in the cuff is too high (over 300 mmHg) OR the pulse is too high (over 200 beats per minute). Relax for 5 minutes and repeat the measurement.*
“LO”	Pulse too low	The pulse rate is too low (less than 40 beats per minute). Repeat the measurement.*

** Please consult your doctor, if this or any other problem occurs repeatedly.*

 If you think the results are unusual, please read through the information in “Chapter 1” carefully.

11. Safety, Care, Accuracy Test and Disposal

Safety and protection

- This monitor may not be used for purposes other than those described in these instructions. The manufacturer cannot be held liable for damage caused by incorrect application.
- This blood pressure monitor contains sensitive components and must be handled carefully. Observe the storage and operating conditions described in the “Technical Data” chapter!
- Protect the monitor from:
 - ▶ water and moisture
 - ▶ extreme temperatures
 - ▶ impact and falls
 - ▶ dirt and dust
 - ▶ direct sunlight
 - ▶ heat and cold
- The cuff is rather delicate and must be handled carefully.
- Do not use any other type of cuff or cuff connector for measuring with this device.
- Inflate the cuff only when fitted to your arm.
- The function of this monitor can be impaired by strong electromagnetic fields as emitted by mobile telephones or radio installations. We

recommend observing a minimum distance of 3.3 metres. If you cannot maintain the minimum distance please check the proper function of the device before use.

- Do not use the monitor if you think it is damaged or notice anything unusual.
- Never open the monitor.
- If the device is not going to be used for a prolonged period the batteries should be removed.
- Please observe the additional safety information in the different chapters of these instructions.



Do not let unsupervised children use the monitor. Some of the components are so small that children can swallow them or choke on them. Beware of the risk of strangulations in case this monitor is fitted with cables or tubes.

Device care

Only clean the monitor with a soft and dry cloth.

Cleaning the cuff

Carefully remove spots on the cuff with a damp cloth and soapsuds.



WARNING: Do not wash the cuff in a washing machine or dishwasher!

Accuracy test

We recommend this device is tested for accuracy every 2 years or after mechanical impact (e.g. being dropped). Please contact the **aponorm®** by microlife service (see foreword).

Disposal



Batteries and electronic devices must be disposed of in accordance with the locally applicable regulations, not with domestic waste.

12. Warranty

We are convinced of the high quality of our aponorm® blood pressure monitors. Therefore we, WEPA Apothekenbedarf GmbH & Co. KG, grant end customers who are consumers, a voluntary 5 year warranty for all aponorm® blood pressure monitors purchased in Germany, subject to the proviso below:

1. Subject matter and scope of the warranty

The warranty applies to any aponorm® blood pressure monitor which the customer purchased in Germany as a consumer. WEPA Apothekenbedarf GmbH & Co. KG warrants the customer that the product is free of material and manufacturing defects. If despite proper handling of the product a defect occurs within the 5 year warranty period,

WEPA Apothekenbedarf GmbH & Co. KG will repair the product free of charge (with the exception of the transport cost for returning the monitor) or will replace it at WEPA's discretion.

2. Exclusion of warranty

No claims under this warranty can be raised in the event of damage caused by customer's own fault or third-party fault, e.g. fall, accident or improper handling. The same applies to defects resulting from leaking batteries or failure to observe the instructions. Warranty by WEPA Apothekenbedarf GmbH & Co. KG is also excluded if a defect/damage is due to improper repair or other interference by a third party.

The warranty does not cover wear parts, accessories (e.g. pouches, cables, etc.), batteries and the cuff coming with the monitor.

We grant a function warranty (air tightness of the bladder) of 2 years.

3. Warranty period

The warranty applies for a period of five years from the date of purchase (warranty period). The decisive date is the date of the sales receipt or of the warranty card filled in by the dealer indicating the date of purchase.

The warranty period is not extended due to services provided under this warranty, in particular not in the event of repair or exchange of the product. In these cases, the warranty does not start anew, either.

4. Assertion of claims

The customer can assert the rights under this warranty by presenting the defective product and the sales receipt or the warranty card filled in by the dealer within the warranty period directly to WEPA Apothekenbedarf GmbH & Co. KG or to the dealer where they purchased the product.

In the event of a warranty case, WEPA Apothekenbedarf GmbH & Co. KG will repair the product free of charge (with the exception of the transport cost for returning the monitor) or fully replace it at WEPA's discretion.

If the check yields that the damage does not come under the warranty, the product can be repaired by WEPA Apothekenbedarf GmbH & Co. KG at customer's expense. In this case WEPA Apothekenbedarf GmbH & Co. KG informs the customer of the estimated cost in a quotation before even starting the repair. In this case the customer is free to order the repair of the product at customer's expense or request the return of the damaged/unrepaired product.

5. Further rights of customer

WEPA Apothekenbedarf GmbH & Co. KG grants the warranty subject to the conditions stipulated. The customer may, in addition, have further legal rights. This warranty does not affect the customer's contractual and legal rights, in particular the legal warranty rights vis-à-vis the seller of the product.

The law of the Federal Republic of Germany applies to this warranty. Date: 07/2016

13. Technical Data

Operating conditions:	10 - 40 °C / 50 - 104 °F 15 to 95% relative maximum air humidity
Storage conditions:	-20 to +55 °C / -4 to +131 °F 15 to 95% relative maximum air humidity
Weight:	354 g (including batteries)
Dimensions:	160 x 82 x 32 mm
Measuring method:	oscillometric, validated by the Korotkoff method: phase I systolic, phase V diastolic

Measuring range: 20 - 280 mmHg – blood pressure
40 - 200 beats per minute – pulse

Display range cuff pressure: 0 - 299 mmHg

Measuring resolution: 1 mmHg

Static accuracy: pressure within ± 3 mmHg

Pulse accuracy: ± 5 % of the readout value

Voltage source:

- 4 x 1.5 V alkaline batteries, size AAA
- Mains adapter 6V DC, 600 mA (optional)

Battery life: approx. 400 measurements (with new batteries)

IP class: IP 20

Reference to Standards: EN 1060-1 /-3 /-4;
IEC 60601-1-2; (EMC);
IEC 60601-1-11

Average life: Monitor: 5 years or 10,000 measurements
Accessories: 2 years

This device complies with the requirements of the Medical Device Directive 93/42/EEC.

Technical alterations reserved.

The Bluetooth name mark description are registered trademarks in the property of Bluetooth SIG, Inc. and any use of these marks owned by Microlife Corp. and subject to a licence. Any other trademarks and trade names are the property of their owners.

aponorm® Basis Plus Bluetooth® – Warranty Card

Customer name

Serial number
of monitor (SN)

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Date of purchase

Pharmacy stamp and signature

Warranty pass

To be on the safe side: our aponorm® by microlife warranty.

Your new blood pressure monitor is a top-class precision medical device.

We are convinced of its high quality and therefore, from the date of purchase, we grant a



Please refer to page 14 of the instructions for the terms of warranty in detail.

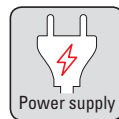
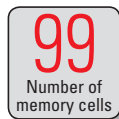
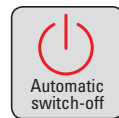
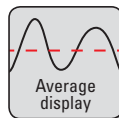
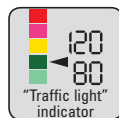
Tip:

In case you lost the instructions for use with the terms of warranty during your period of use of the device, you can at any time download them at www.aponorm.de.

apornorm[®]

die marke der apotheke

Overview of the device functions:



WEPA

DIE APOTHEKENMARKE

Sold by:

WEPA Apothekenbedarf

GmbH & Co KG

Am Fichtenstrauch 6 - 10

D-56204 Hillscheid

www.apornorm.de

www.wepa-dieapothekenmarke.de

microlife[®]

Manufactured by:

Microlife AG

Espenstrasse 139

CH-9443 Widnau

www.microlife.ch

Order No. 047282



PZN -12393714

CE0044

