

truMedic®

# UPPER ARM ELECTRONIC BLOOD PRESSURE MONITOR



MODEL TM-BP3000

## INSTRUCTION MANUAL

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# AT A GLANCE

## *Thank you for choosing the truMedic® Electronic Blood Pressure Monitor TM-BP3000*

Your new electronic blood pressure monitor is the ideal product to use to track your physical well-being. Designed for fast, accurate readings at home, the truMedic® TM-BP3000 blood pressure monitor is reliable and easy to use. With your truMedic® blood pressure monitor and this instruction manual, you can start monitoring your blood pressure today.

### **Why Monitor Blood Pressure at Home?**

- Recognize patterns in your own blood pressure,
- Manage conditions that may cause low and high blood pressure,
- Understand your readings for preventive care.

Monitoring blood pressure at home can help you discuss your health with your physicians and develop a comprehensive plan for treatment. The TM-BP3000 is designed to provide the ultimate convenience in the form of a simple-to-use arm monitor.

## INCLUDED IN THE BOX

- Blood pressure monitor
- Arm cuff in handy storage compartment
- AC Wall Adapter
- Instruction manual



### \*NOTE FOR USE:



This device is intended for use as a supplement to traditional medical practice and should not be used to diagnose an illness or replace medical treatment at a health care facility.

# GETTING STARTED

*Help! I don't know anything about measuring blood pressure.*

The truMedic® TM-BP3000 Electronic Blood Pressure Monitor is incredibly easy to use, with clear display readings. This **Instruction Manual** will answer many of your questions while explaining the importance of monitoring blood pressure at-home.

## FEATURES

Your new blood pressure monitor uses the oscillometric method of blood pressure measurement. Basically, that is the use of an electronic pressure sensor in the cuff that analyzes pulse waves collected during the test while the blood flow is constricted and presents the results in a numerical format.



## The truMedic® Electronic Blood Pressure Monitor offers:

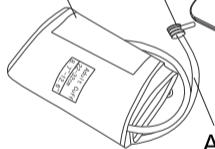
- ✓ Storage for up to 90 measurements,
- ✓ Blood pressure classification level indicators from the World Health Organization (WHO),
- ✓ Easy-to-read LCD display featuring the date and time, systolic and diastolic reading, and your pulse rate per minute,
- ✓ Simple button operation,
- ✓ Automated power-saving shut-off within one minute after use.

LCD Display:  
Date and Time  
Systolic Blood pressure  
Diastolic Blood pressure  
Pulse/min

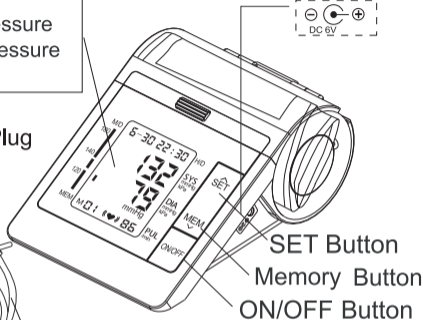
Power input of DC



Air Connector Plug  
Arm Cuff



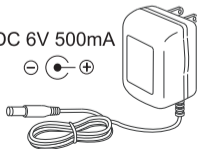
Air Tube



SET Button  
Memory Button  
ON/OFF Button

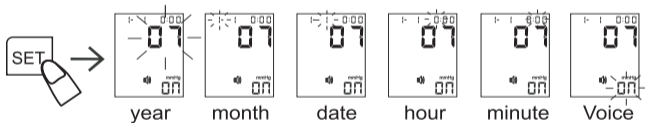
**Accessories:**  
• AC Adapter

DC 6V 500mA



## SYSTEM SETUP: TIME AND VOICE CONTROL

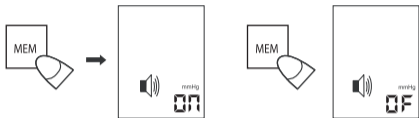
- Remove AC adapter from plastic bag, plug end into the right side of the unit and the other end into an electrical wall outlet, or, install 4 AA batteries (not included) in the battery compartment in the back of the unit. Press the rectangular button to open storage compartment cover, remove arm cuff and plug the tube into the port located inside the compartment.
- Turn system on – Press “SET.”
- Once in setting mode – Hold “SET” until you see the year display flashing on the screen.



- Set the year – Press “MEM” repeatedly to find the right year. Press “SET” to make your selection and move to the next setting.
- Set additional information – Press “MEM” to find the month, date, hour, minute, and voice selections. \*Note – non-talking models won’t display a voice-setting selection.

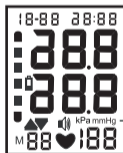


- Alternative voice setup – When the system is off, you may also press and hold “MEM” to set voice functionality. Press “MEM” again to choose “ON” or “OFF.” Press “ON/OFF” to complete the setup and exit the screen.



## CHANGE UNIT DISPLAY (MMHG/KPA)

Your electronic blood pressure monitor is capable of displaying blood pressure in mmHg (millimeter of mercury) and in kPa (kilopascals). Press the “ON/OFF” key for more than five seconds. The appropriate unit will be chosen after the normal boot unit values are shown. You can also change the units for stored readings at this time.



kPa mmHg

**Now your blood pressure monitor is ready for use.**

# GENERAL BLOOD PRESSURE BASICS

Blood pressure is the force at which your blood flows in your arteries. Blood pressure is evaluated by two measurements – systolic pressure and diastolic pressure, read as systolic mmHg/diastolic mmHg. Systolic pressure (the top reading) represents the force of blood flow when the heart contracts. Diastolic pressure (the bottom reading) represents blood flow when the heart relaxes and expands.

## *High Blood Pressure (Hypertension)*

High blood pressure is known as the “silent killer.” Individuals with regularly elevated blood pressure readings face an increased risk of heart conditions, stroke, peripheral artery conditions, and other potentially deadly problems. Readings above 120/80 mmHg may indicate pre-hypertension or high blood pressure.

## *Low Blood Pressure (Hypotension)*

Illness, medication, and ongoing conditions may cause low blood pressure. Pressure readings that are significantly lower than 120/80 mmHg in unhealthy individuals may indicate a lack of blood flow to vital organs. Low blood pressure can cause dizziness and fainting.

## BLOOD PRESSURE RANGES

Your truMedic® Electronic Blood Pressure Monitor uses World Health Organization (WHO) standard ranges to classify your readings:

- **Optimal** – Around 120/80 mmHg
- **Normal** – Around 130/85 mmHg
- **Pre-hypertension (High-normal)** – Around 140/90 mmHg
- **Mild hypertension (grade 1)** – Around 160/100 mmHg
- **Moderate hypertension (grade 2)** – Around 180/110 mmHg
- **Severe hypertension (grade 3)** – Around 200/120 mmHg

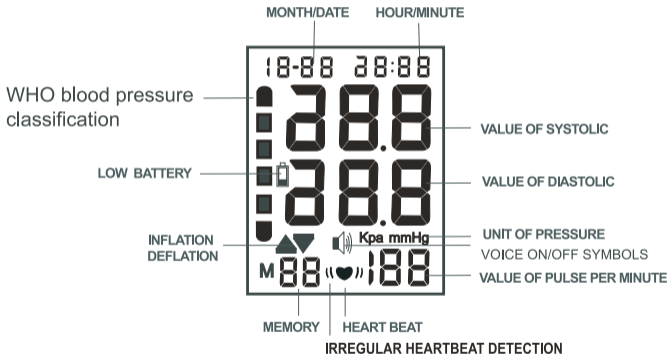
**\*NOTE OF CAUTION:** These readings do not take age and other considerations into account. If you have unexpectedly low blood pressure or any concerns regarding your readings, please consult your doctor or medical professional.

## VARIATIONS IN READINGS

Slight changes in your readings from day-to-day or at different times of the year are considered normal. Your blood pressure may change by 30 to 50 mmHg depending on the time of day, your health, your mood, and the season. If you have been diagnosed with hypertension, your readings may vary more.

Although most health care facilities routinely check blood pressure, they may not catch a pattern of elevation. At-home readings can help you notice if your daily blood pressure stays elevated or if it only spikes at certain times. Talk to your doctor about any changes you see. Personal monitoring helps you see changes in your health, and can also help doctors diagnose cases of pre-hypertension or hypertension.

## SYMBOLS ON DISPLAY

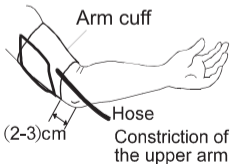


# TAKING YOUR BLOOD PRESSURE

Here is your **step-by-step guide to taking an accurate reading**.  
The arm cuff measures a pressure range from 0 mmHg to 299 mmHg.

## ARM CUFF PLACEMENT

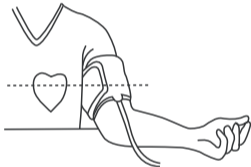
- Unless otherwise directed by a physician, place the arm cuff on the left upper arm.
- Start with a bare arm. Note that any rolled up sleeves should be loose or removed entirely as too much constriction in the upper arm may skew device accuracy.
- Wrap the band around your upper arm. Aim for 2 to 3 cm (about the length from the top of your thumb to the first knuckle) above the elbow.



- Use the attached Velcro strip to secure the cuff snugly around your arm. The cuff should feel secure, but not overly tight. This device is intended for use in arms with a circumference range of 22 to 32 cm (9 - 13 inches).

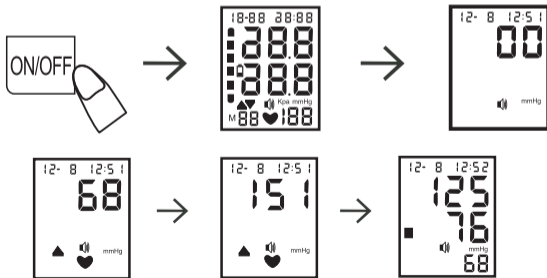
## MEASURING YOUR BLOOD PRESSURE

For accurate results over time, avoid measuring after a hot shower, eating, or engaging in physical activity. Take readings at the same time each day. If you feel uncomfortable at any point during the measurement process, stop the process by pressing "ON/OFF".



- With the arm cuff now attached, sit comfortably near a table or in a chair with arms and keep your arm supported. Uncross your legs and rest your feet flat on the floor.
- Take some time to relax fully. If possible, sit quietly for five to 10 minutes before taking a measurement.

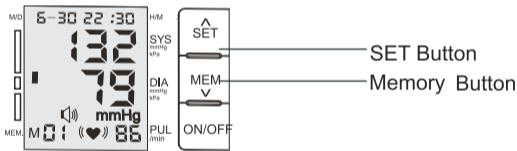
- Leave your arm resting on a level surface for the duration of the measurement. Relax your hand.
- Press "ON/OFF." The device will display all icons before switching to the measurement screen. You should see a "0" displayed or the last recorded measurement.
- Begin the measurement. When the arm cuff inflates, a heart will flash on the screen. Once the cuff starts to deflate again, you should see a final results reading. The last reading taken on the device will automatically store in the device's memory.





## READ AND DELETE RECORDED MEASUREMENTS

- **Read** recorded measurements by pressing “MEM.” Press “MEM” a second time to move back a screen. Press “SET” to see more memory readings.
- **Delete** all recorded measurements by pressing “MEM” for 5 seconds. You will see the LCD screen display “NO” and then delete all recordings..



# SAFETY PRECAUTIONS AND NOTIFICATIONS

USE THE truMedic® TM-BP3000  
BLOOD PRESSURE MONITOR AS DIRECTED  
FOR THE BEST RESULTS.



## **MEDICATION AND HEALTH CONSIDERATIONS:**

- Medications may change measurement results – Consult with a doctor before use if you take medication. Do NOT stop taking a prescription without the approval of your doctor.
- Certain conditions may change measurements results –Diabetes, heart disease, liver disease, and other conditions may change blood pressure results when taken at the wrist instead of the upper arm. Consult your doctor prior to using this unit for the first time.
- Other devices may cause interference – Use the monitor in areas away from devices with electrical fields such as microwaves, televisions, and cellphones.

- Expect lower readings at home – When compared to office or hospital measurements, at-home readings tend to be slightly lower.
- Avoid using simultaneously with other equipment – The use of ME monitoring equipment while measuring blood pressure could cause loss of function.
- Please contact your doctor if you notice abnormal readings – You may also want to look at the troubleshooting section of this guide.

## **OPERATING AND USE CONSIDERATIONS:**

- Wash your hands before using the monitor.
- Check connection and tubing before using to avoid injury. The tubing should not be bent or knotted.
- Do NOT take a reading more than three times in a row. Wait five minutes between each reading. Avoid measuring your blood pressure more than six times a day.
- Do NOT allow children under the age of 12 to use the device. Use in children aged 12 to 18 should be under the supervision of an adult.

- Do NOT place the cuff over any wound.
- Do NOT place the cuff on the arm that is located on the same side as a mastectomy.
- Note the air pressure value on the display during each measurement.
- Do NOT use force when manipulating the device.
- Do NOT use this device for anything other than its intended purpose.
- Do NOT attempt to disassemble, repair, or modify this device on your own.
- Press "ON/OFF" if you see any numbers exceeding 299 mmHg during a reading.
- ONLY use parts and accessories described in this manual. Using other parts could cause injury for which the manufacturer isn't liable.
- Contact truMedic® for more information regarding parts and service information.

**This monitor is designed for use at home or by medical professionals.**

# MAINTENANCE AND CARE

KEEP YOUR ELECTRONIC BLOOD PRESSURE MONITOR OPERATIONAL AND PROTECTED FROM DAMAGE BY FOLLOWING THESE DIRECTIONS WHEN THE MONITOR IS NOT BEING USED.

## STORAGE

- Always return the arm cuff to its storage compartment. Store in a dry, safe, and clean location.
- Remove batteries if the device won't be used for three months or longer. Replace all batteries at the same time.
- Avoid storing or subjecting the device to extreme temperatures, humidity, or direct sun.



## BATTERY PLACEMENT AND REPLACEMENT

After removing the battery cover:

- Battery replacement type: 4 AA batteries
- Remove old batteries and replace all batteries when you see the “LOW BATTERY” indicator on the screen. Only use batteries specified for the device. Avoid mixing manufacturing brands as well as old and new batteries.
- Insert new batteries matching the polarity visual cues (+ and -) between the device and the batteries.

# TROUBLESHOOTING

IF YOU NOTICE ANY UNUSUAL DEVICE READINGS OR FUNCTIONALITY, PLEASE CHECK THIS SECTION OF YOUR MANUAL FIRST.

## Why won't my device turn on? Why is the battery icon flashing?

- **Battery problem**
- Insert new batteries if none are present.
- Replace existing batteries with new set.
- Check batteries for proper polarities.

## Why is my cuff not increasing pressure normally for readings?

- **There may be a leak in cuff** – Look for air leaks in cuff; replace cuff if necessary.



## Why do I start shaking when I use the blood pressure monitor?

- **You may not be operating the device properly** – Rest for a moment and correct your posture before measuring again.

## Why am I seeing the battery icon?

- **Indication of low battery** – Replace batteries and start measurement process over.

## Why are pressure values (systolic/diastolic) too high?

- **Indication that measurement positioning incorrect** – Review cuff placement/arm placement and begin process again using proper measurement procedures.

## Why are pressure values (systolic/diastolic) too low?

- **Indication that measurement positioning incorrect** – Review cuff placement/arm placement and begin process again using proper measurement procedures.

# FREE WARRANTY UPGRADE



## FREE WARRANTY UPGRADE

GO TO <http://www.RegisterTruMedic.com>

**YOU MUST REGISTER YOUR PRODUCT WITHIN 10 DAYS TO QUALIFY FOR A **FREE UPGRADE** TO YOUR WARRANTY FROM 6 MONTHS TO ONE FULL YEAR AT **NO COST!****

WHEN YOU REGISTER, YOU BECOME A VIP MEMBER AND GET THESE EXCLUSIVE BENEFITS:

- ✓ **FREE** Extended Warranty from 6 Months to One Full Year at **NO CHARGE!**
- ✓ Discount on new product releases.
- ✓ By agreeing to become a VIP member, you are authorizing truMedic® to contact you with special offers and new product release information and discounts. You will be contacted **occasionally by truMedic® via email.**

**HAVE QUESTIONS? Give us a call on our toll-free hotline: 888-264-1766.**

*Thank You! We look forward to welcoming you into the VIP User's Group Today!*  
Team truMedic®



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