

Overview

The Paramed B22S is an automatic upper arm blood pressure monitor designed for home use. It features a large LCD display, adjustable cuff, memory storage for two users, and a voice broadcast function.



Features and Specifications

Key Features

- **Large LCD Display:** Easy-to-read screen with oversized numbers.

- **Adjustable Universal Cuff:** Fits arm circumferences from 8.7 to 16.5 inches (22-42 cm). Includes a self-check feature to ensure correct placement.
- **Dual-User Memory:** Stores up to 120 total readings across two separate user profiles.
- **Voice Broadcast:** Announces measurement results. This function can be turned on or off.
- **Arrhythmia Detection:** Displays a symbol on the screen if an irregular heartbeat is detected during measurement.
- **Date and Time Display:** Shows the date and time of readings.
- **Low Battery Indicator:** Alerts you when battery power is low.

Technical Specifications

- **Model:** B22S
- **Power Source:** 4 x AA batteries (included) or optional AC adapter (adapter not included). Do not use batteries and AC adapter simultaneously.
- **Display:** LCD
- **Cuff Pressure:** 0 to 299 mmHg
- **Pulse Measurement Range:** 40 to 180 beats per minute
- **Memory:** 120 readings (60 per user)
- **Included Components:** Blood pressure monitor, adjustable arm cuff, 4 AA batteries, carrying case.
- **Item Weight:** 550 grams

Use Guide

Before First Use

1. Insert the 4 provided AA batteries into the compartment on the side of the monitor.
2. Set the date and time using the **SET** button. Refer to the device's quick-start guide for specific button sequences.
3. Ensure the air tube is securely connected to the monitor.



Taking a Measurement

1. **Prepare:** Remain seated in a quiet environment. Rest for 5 minutes before measuring. Avoid talking or moving during the measurement.
2. **Apply the Cuff:**
 - Place your arm through the cuff loop. The bottom edge of the cuff should be about 1-2 cm above your elbow.
 - Secure the cuff snugly around your bare upper arm using the fabric closure. The air tube should run down the center of your inner arm.
 - The monitor's self-check feature will indicate if the cuff is applied correctly.
3. **Position Yourself:** Sit with your back straight, feet flat on the floor. Rest your arm on a table so the cuff is at the same level as your heart.
4. **Start Measurement:** Press the **START/STOP** button. The cuff will inflate automatically.
5. **Read Results:** Remain still. The cuff will deflate, and your systolic pressure, diastolic pressure, and pulse rate will be displayed. The result will be stored in memory automatically.

Understanding the Display

The LCD screen shows the following information:

- Systolic blood pressure (larger number)

- Diastolic blood pressure (smaller number)
- Pulse rate (heart icon)
- User indicator (User 1 or User 2)
- Date and time of the reading
- Arrhythmia symbol (if detected)
- Low battery symbol
- Voice icon (indicating voice broadcast status)

Memory Recall

Press the **M** (Memory) button to cycle through stored readings for the selected user. Use the **USER** button to switch between User 1 and User 2 profiles.

Turning Voice Broadcast On/Off

The voice function can be enabled or disabled. Consult the included quick-start guide for the specific button combination to toggle this setting.

Maintenance and Care

- Do not immerse the monitor or cuff in water. Clean with a slightly damp cloth and mild detergent.
- Store the device and cuff in the provided carrying case.
- Remove batteries if the monitor will not be used for an extended period.
- Do not disassemble or attempt to repair the unit.
- Use only the approved AC adapter (sold separately) if operating via power cord. Do not use batteries and AC adapter at the same time.

Troubleshooting

- **No Display:** Check battery orientation and charge. Replace batteries if necessary.
- **Error Code or Flashing Display:** Ensure the cuff is connected properly and applied correctly. Restart the measurement.
- **Inconsistent Readings:** Ensure you are seated correctly, relaxed, and the cuff is at heart level. Wait several minutes between readings.
- **Arrhythmia Symbol Appears:** This indicates the device detected an irregular heartbeat. Remain calm and still during measurement. If the symbol appears frequently over a week, consult a healthcare professional.

- **Cuff Does Not Inflate:** Check for leaks or kinks in the air tube. Ensure the connection to the monitor is secure.

Important Safety Information

WARNING: This product can expose you to chemicals including di(2-ethylhexyl)phthalate (DEHP), which is known to the State of California to cause cancer and birth defects or other reproductive harm. For more information, go to www.P65Warnings.ca.gov.

This device is intended for home use to monitor and track blood pressure trends. It is not a diagnostic device. Always consult a healthcare professional for medical diagnosis and treatment.

Statements regarding dietary supplements have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition.

Compliance and Manufacturer Information

- **Manufacturer:** Shenzhen Jamr Technology Co., Ltd.
- **Model Number:** B22S
- **ASIN:** B07JN1DF1D
- **UPC:** 651402473208

Warning

This content is compiled from multiple sources and is provided for reference purposes only. It may not be complete or fully applicable to all situations. If you are unable to resolve your issue, please contact the product manufacturer or an authorized service provider for official support.