

# BRAUN

## ActivScan™ 9



BUA 7200US

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BUA7200US

Upper arm blood pressure monitor

[www.braunhealthcare.com](http://www.braunhealthcare.com)

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## Product description



Printed in China

## Intended use of the Braun ActivScan™ 9

ActivScan™ 9 is a blood pressure monitor that has been developed for accurate, comfortable and intuitive blood pressure measurements from the upper arm.

## What you should know about blood pressure

Blood pressure constantly changes throughout the day. It rises sharply in the early morning and declines during the late morning. Blood pressure rises again in the afternoon and finally drops to a low level at night. It may also vary over a short period of time. Therefore readings from successive measurements may fluctuate.

This device will display your blood pressure reading referring to two values: systolic and diastolic. The systolic blood pressure (the upper number) indicates how much pressure your blood is exerting against your artery walls when the heart beats. The diastolic blood pressure (the lower number) indicates how much pressure your blood is exerting against your artery walls while the heart is resting between beats. The pulse value is also displayed after each measurement.

The AHA (American Heart Association) have set up the following standard blood pressure values when measured with a resting pulse at home:

Blood pressure (mmHg)	Normal	Elevated	High Blood Pressure Stage 1	High Blood Pressure Stage 2	Hypertensive Crisis
SYS = systole (upper value)	Less than 120	120-129	30-139	140 or higher	higher than 180
DIA = diastole (lower value)	Less than 80	Less than 80	80-89	90 or higher	higher than 120

For every measurement displayed on the screen, the associated color (from green to red) will indicate the corresponding blood pressure level. You can use this classification daily to help you understand your blood pressure. If you are really concerned by the classification, you should consult your doctor.

The guidance levels set by the American Heart Association are also available directly on the ActivScan™ 9 blood pressure monitor. If you wish to consult the color-coded chart on your device, select the Information tab .

	SYS (mmHg)	DIA (mmHg)
Green >	< 120	and < 80
Yellow >	120-129	or < 80
Orange >	130 or higher	or 80 or higher
Red >	180+	or 120+

## Safety information and important precautions

To ensure accurate measuring results, read the complete instructions for use carefully.

People suffering from cardiac arrhythmia, vascular constriction, arteriosclerosis in the extremities, diabetes or users of cardiac pacemakers should consult their doctor before measuring their blood pressure themselves. Deviations in blood pressure values may occur in such cases.

If you are under medical treatment or taking any medication, please consult your doctor first. The use of this blood pressure monitor is not intended as a substitute for a consultation with your doctor.

## Key rules for accurate blood pressure measurement

Always take readings at the same time of day, under the same conditions.

Do not take a measurement within 30 minutes of smoking, drinking coffee or tea or any form of exertion. These factors will influence the measurement.

Always measure on the same arm. The left arm is recommended.

Place the cuff in direct contact with the skin. Do not wrap the cuff over a jacket, sweater or shirt.

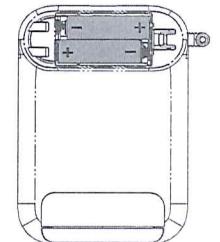
If you want to take multiple measurements, wait approximately 3 minutes before repeating a measurement.

## Product description (see Page 1)

-  Home button (touch-sensitive)
-  Navigation dial
-  Enter button (centre of navigation dial)
-  Heart measurement button (touch-sensitive)
-  Battery compartment cover
-  Air hose
-  Connector
-  Display
-  On/Off button
-  Cuff

## Inserting/replacing batteries

- Remove the battery compartment cover by sliding it horizontally to the left. Insert the four batteries supplied with this product, with polarity as indicated in the battery compartment. When replacing batteries, use alkaline batteries exclusively, type AA/LR6, 1.5V.
- New batteries will provide approximately 350 measurements.
- When replacing batteries, all readings saved in memory are preserved but date and time must be set again.



## The basics

**On/Off button:** located at the top of the device.

**Home button:** When home is available this icon will be lit. Simply touch or tap this button takes you back to the home screen menu.

**Navigation dial:** turn this control to the left or right to go through the different functions of your device and press in the center (Enter button) to select or confirm a choice.

**Heart measurement button:** When lit, touch or tap this button will start a measurement.

## Menu icons

	Take a measurement	Select this function and press enter to take a measurement. This function is the same as the Heart measurement button (D)
	History	Select this function to view the history and the trend of your blood pressure readings in a colored chart
	Calendar View	Select this function to view your blood pressure readings in a month by month calendar view with colored daily averages
	Reports	Select this function to see your 7/14/30 day blood pressure averages
	Users	Select this function to select, add, edit or delete a user
	Date and time setting	Select this function to set the date and time on your device
	Settings	Select this function to enable/disable the guided animations when taking a reading or enable/disable the user selection when turning on
	Bluetooth® pairing	Select this function to pair your device with the Braun Healthy Heart app
	Information	Select this function to obtain more information about the blood pressure color chart and how to take a blood pressure reading correctly

## Setting the date and time

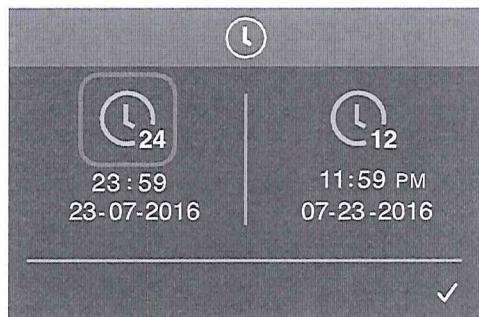
The date and time need to be set before a measurement can be taken.

It is important to set the date and time correctly to ensure that the readings are displayed correctly on this device and in the Braun Healthy Heart app.

This screen will be shown automatically when the device is first used or after inserting a new set of batteries.

If you need to adjust the date and time at a later date (for example when advancing the clock by one hour in the summer), then you can access this screen from the main menu by selecting the date and time icon .

Choose the format (military or standard), then the date and time by turning the navigation dial. Press the Enter button to activate the field. When the field flashes you can adjust the numbers. Press the Enter button to confirm the number entered and the cursor will jump to next field. Repeat the process. When completed, confirm by selecting the 'Save' icon .

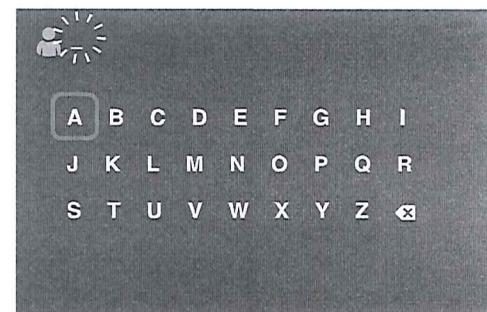


## Setting a user name

From the main menu select User and press Enter. Now select the letters by turning the navigation dial, and confirm each letter by pressing the Enter button. When complete, select the Save icon and press Enter.

Names can be changed at any time by choosing the User icon from the main menu.

The user name will not be lost if the batteries are removed or replaced.



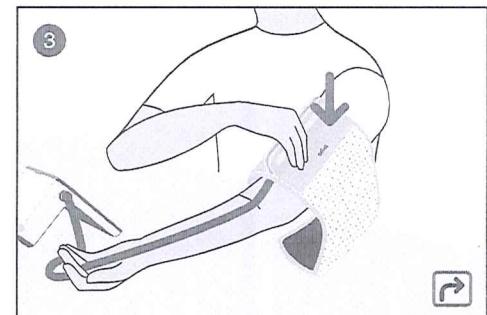
## Correct posture and cuff positioning

Correct posture during measurement is important to obtain accurate readings. For greater accuracy, we recommend using the left arm because it's closer to your heart.

The correct position of the cuff should be .75 - 1.2" above the elbow, with tube outlet facing in the direction of your hand and running along the center of the inside of your elbow, close the cuff with Velcro fastener so it fits tightly but comfortable on your arm. There should not be a space between the cuff and your arm.

The ActivScan™ 9 provides on-screen animations to help you achieve the correct posture and fit the cuff properly. This assisted reading function will be displayed automatically when the device is first used and then can be displayed optionally before each reading by selecting the Settings icon .

The on-screen animation guide can also be viewed at any time by choosing the Information icon .



## Taking a blood pressure reading

1. Sit down, relax, keep still (especially the arm being used for the measurement), do not move or speak.
2. Fit the cuff 75-1.2" above the elbow, with tube outlet facing in the direction of your hand and running along the center of the inside of your elbow.
3. Touch the heart measurement icon located to the left of the dial to start a measurement or select the heart button in the main menu. The measurement starts after 3 seconds of on-screen countdown animation. It is possible to cancel the measurement at any time by touching the Home button or the Enter button.

## Understanding your reading

When a measurement is complete, the readings are displayed on the screen along with a colored heart logo. The heart logo and the background color will indicate the level of hypertension for the reading. Please refer to the AHA color-coded chart (on Page 2) to understand this interpretation.

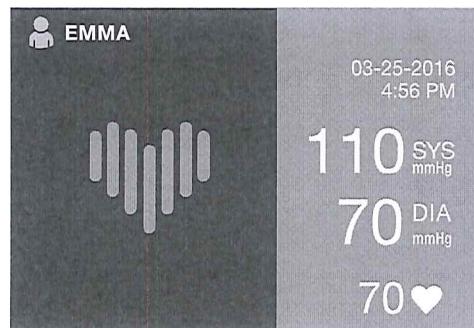
SYS: shows the reading for the systolic blood pressure

DIA: shows the reading for the diastolic blood pressure

Shows the pulse (heart rate)

This icon appears if there is an irregular heartbeat. An irregular heartbeat can be caused by simply talking, moving or shaking during a measurement.

Normally this is not cause for concern. However if the symbol appears frequently, and these guidelines are strictly followed, you should seek medical advice.



## Memory function

Your ActivScan™ 9 stores up to 200 readings for each user. Readings are stored automatically when the measurement is complete. When the 200 readings are reached, the new readings automatically replace the oldest ones. We suggest you regularly transfer your stored readings onto the Braun Healthy Heart app on your Smartphone in order to follow the evolution of your blood pressure easily over a long period of time.

The memory is non-volatile. Stored readings will not be lost when batteries are replaced.

## Consult the average of your readings

Access the averages of your readings as a report by selecting the Report icon in the menu. This function gives the averages for the last 7, 14 or 30 days from the readings taken for the morning (left), evening (middle) and the whole day (right).

The total number of readings taken during the time period is displayed at the bottom and is shown as 14.

Consulting the average of your readings will give you a blood pressure value which is more representative of your overall cardiovascular health.

Make sure you regularly take your blood pressure so the average numbers will more accurately show your overall cardiovascular health.

Refers to measurements taken in the morning, between 04:00 and 09:59

Refers to measurements taken in the evening between 19:00 and 01:59 (on the next day)

Refers to all measurements taken during the day, between 00:00 to 23:59



## Tracking the evolution of your blood pressure

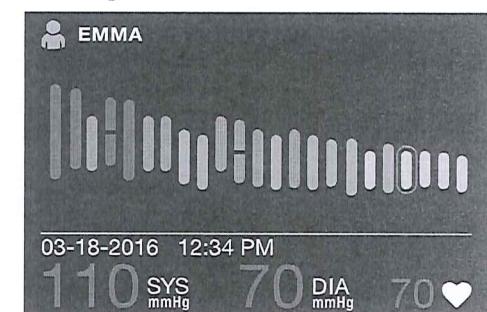
Selecting the History icon in the menu will give you access to an overview of your blood pressure data in the form of a bar chart.

Each colored bar represents a single reading. Select a colored bar by moving the blue highlight box with the navigation dial. The details of the selected reading will be displayed at the bottom of the bar chart. Each bar color follows the AHA guidelines as shown on Page 2.

This icon indicates the pulse reading.

This icon appears if an irregular heartbeat has been detected for this selected reading.

The irregular heartbeat will also be shown on the bar chart for the corresponding reading with an interrupted colored bar .



## Deleting a reading

It is possible to selectively delete a reading from the history view. That reading will also be deleted from all other views and will not be transferred at next connection with your Braun Healthy Heart App.

Select one reading in the bar chart, and then press on the Enter button: this will show a screen with the details of the reading and a small icon at the bottom for deleting that reading.

To delete the reading, select the dustbin symbol then press on Enter button. To abort, select the back symbol and press on Enter button.



## Calendar view

Selecting the Calendar icon  in the menu will show your daily average month by month. Month and year are shown at the top of the screen.

The week starts with Monday to the left; Saturday and Sunday are to the right of the grey line.

Days with readings are highlighted in the color of the daily average (refer to the AHA chart on Page 2) and details of a particular day's average reading are shown on the right hand side.

Navigate through the days of the month using the navigation dial. You can quickly navigate through the months by going to the first (last) day of the month, and then you will jump to the previous (next) month and so on.

On top of the screen, the small heart icon followed by a number  2 refers to the number of readings that were taken on the selected day.

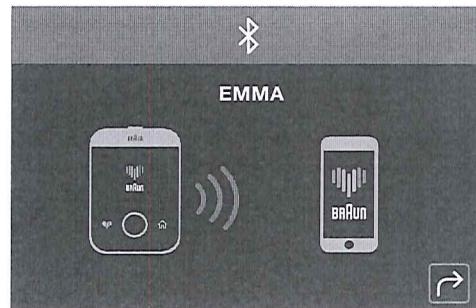
You can see all measurements for a selected day by clicking on the Enter button. The small heart icon at the top will indicate the measurement numbers  1/2 . Clicking on the Enter button will move to the next measurement.



## Bluetooth pairing

ActivScan™ 9 is Compatible with the Braun Healthy Heart app.

Make sure the Braun Healthy Heart app has been downloaded onto your Smartphone and your app is open.



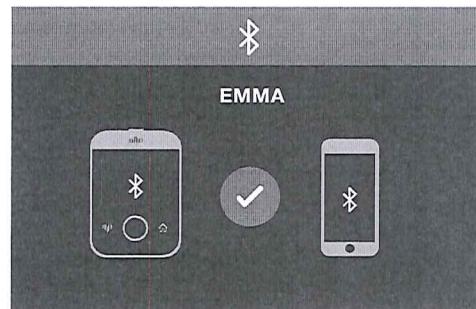
On iPhones, your app will sync with Apple Health.

To pair your device with the Braun Healthy Heart app on your Smartphone, select the Bluetooth icon  in the menu of your ActivScan™ 9.

Switch on the Bluetooth function on your phone. At first time use of the Braun Healthy Heart app, follow the on-screen instructions to pair your device. Both app and device will show that the connection is in progress.

When your ActivScan™ 9 is successfully paired, the screen will display a green tick mark .

If you want to pair another device with your smartphone, go to the 'Connect device' section of the app and follow the instructions.



## Adding, editing and deleting users

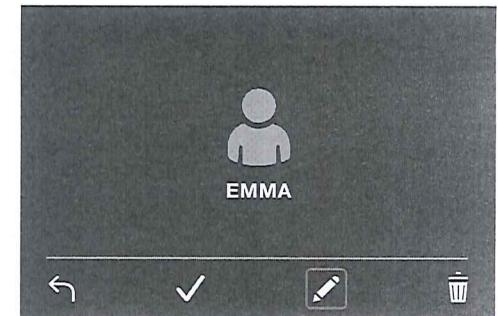
Adding a second user is necessary if you want to share this blood pressure monitor with another person. Each user will have his/her own saved memories and averages.

To add a second user, select the Users icon  in the menu and then select the Add User icon .

If two users are already created, select a user by choosing the corresponding orange or blue icon; the user's name is displayed below the icon.

Once selected, confirm the user with check mark. You can edit the user's name  or delete that user , using the small icons at the bottom of the screen.

**Warning:** deleting a user deletes all blood pressure readings and averages for that user as well as deleting the user name.



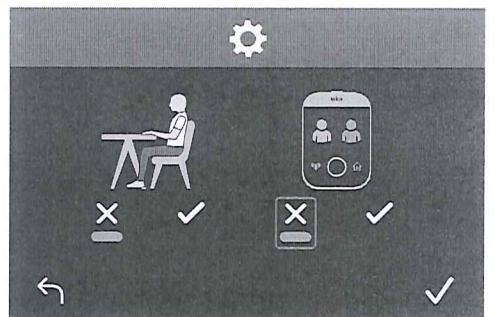
## Settings

Your ActiveScan™ 9 can be customized to your preferences. The first option enables or disables the animated instructions which are shown before taking a blood pressure measurement.

The second option enables or disables the user selection at power-on. Note that this option has only an effect when two users are active on the device.

Select the check mark  to enable the option; select the cross  to disable the option and validate option with Enter button.

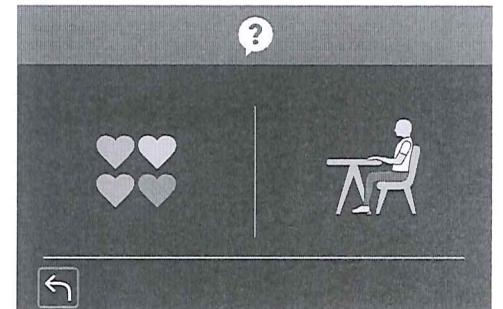
Save you settings by selecting the big checkmark sign  and press Enter button.



## Information

Get information about the color coding used for displaying measurement results. This color coding follows the American Heart Association guidelines.

You can also see here the animated instructions on how to take accurate blood pressure measurement.



## Battery life indicator



### Batteries are low

When the batteries are approximately 80% discharged, the low battery symbol will show at power-up for about 6 seconds. A small low battery symbol will then show on the upper right corner of the screen. Your ActivScan® 9 device will continue to measure reliably, but new batteries should be obtained.



### Batteries are empty — replacements required

When the batteries are fully discharged, the empty battery symbol will show at power-up for about 6 seconds and then device will automatically shut off. You cannot take any readings and must replace the batteries.

## Storage and cleaning

- Do not place/leave the item in direct sunlight, at high temperatures or in damp and dusty places.
- Do not store at extremely low (less than -4 °F) or high (more than 131 °F) temperatures.
- Use a damp cloth or a mild cleansing agent to clean the case and then use a dry cloth to wipe it dry.
- Do not use any strong cleansers to clean it.
- When the unit is not going to be used for a long time, remove the batteries. (Batteries may leak or cause damage).
- Do not modify the device. NEVER open the device! This will void the manufacturers warranty.

## Calibration

This device was calibrated at the time of manufacture. If used according to the instructions for use, periodic recalibration is not required.

## Guarantee

Please read all instructions before attempting to use this device. Please retain the receipt as proof of and date of purchase. The receipt must be presented when making any claim within the relevant guarantee period. Any claim under the guarantee will not be valid without a proof of purchase.

Your device is guaranteed for Two Years (2 Years) from date of purchase.

This guarantee covers defects in materials or workmanship that occur under normal use; defective devices meeting these criteria will be replaced free of charge.

The guarantee DOES NOT cover defects or damage resulting from abuse or failure to follow the user instructions. The guarantee becomes void if the device is opened, tampered with, or used with non-Braun branded parts or accessories, or if repairs are undertaken by unauthorized persons.

Accessories and consumables are excluded from any warranty.

For support requests, please visit [www.hot-europe.com/support](http://www.hot-europe.com/support) or find service contact information at the end of this owner's manual.

This Guarantee is applicable to US only.

The LOT and SN of your device are printed on the rating label on the back of the product.

## Troubleshooting

Problem	Reason	Solution
	Low battery warning	Batteries are low. Be ready to replace batteries with new ones soon.
	Empty battery warning	Indicates that batteries are completely discharged. Insert new batteries or check that batteries are correctly inserted.
Device does not turn on, screen is black	Problem with batteries	Change batteries for new ones and make sure to insert them correctly. If problem persists, contact consumer support
ERROR BLUETOOTH	Cannot connect to Smartphone	Stay away from radio interference like microwave ovens, WiFi routers, laptop computers, etc... Make sure Bluetooth is enabled on your Smartphone before starting the pairing sequence. Follow the instructions for Bluetooth pairing in the Braun APP and re-initiate the Bluetooth pairing sequence using the Braun APP.
ERROR 0	Measuring error	The pulse signals on the cuff are too weak. Re-position the cuff and repeat the measurement.
ERROR 1	Pumping error	The cuff is not fastened properly. Re-position the cuff and repeat the measurement.
ERROR 2	Out of Range Results Error	Relax for a while and repeat the measurement. Make sure the cuff is correctly positioned on your arm.
ERROR 3	Pump time error	The cuff is not fastened properly. Re-fit the cuff, and take a measurement again.
ERROR 254	Device internal error	Remove and then reinsert the batteries. If the problem persists, contact customer support.
ERROR 255	Calibration error	Remove and then reinsert the batteries. If the problem persists, contact customer support.
ERROR FIRMWARE	An error occurred during the Bluetooth Firmware update	Device will automatically restart using the original Bluetooth firmware. Re-initiate the firmware download process or follow the on-screen instruction from Braun APP.

## Specifications

Model number	BUA7200US
Method of measurement	Oscillometric
Blood pressure measurement range	40 ~ 255 mmHg
Pulse measurement range	40 ~ 199 beats/minute
Calibration accuracy	Blood pressure: +/- 3 mmHg Pulse rate: 4% of reading
Inflation/Deflation	Automatic
Display	Color TFT dot matrix display
Sets of memory	Up to 200 readings per user
Cuff size	Universal cuff: 9-17 inches min/max arm circumference
Operating temperature	+50 °F ~ +104 °F, less than 85 % R.H. non-condensing
Storage temperature	-4 °F ~ +131 °F, less than 85 % R.H. non-condensing
Unit weight	610g (excluding batteries)
Power source	Alkaline battery: 4 x AA (LR6) 1.5V
Auto power off	Approx. 60 seconds
Service life	5 years
Wireless communication	Bluetooth® Smart Frequency Range: 2.4GHz ISM Band (2400 - 2483.5 MHz) Modulation: GFSK Effective radiated power: <20dBm

## Important



Read the operating instructions.

If the device is not used within the specified temperature, humidity and atmospheric pressure ranges, the technical accuracy of the measurement cannot be guaranteed.

## Classification:



Internally powered equipment  
Type BF applied parts

**IP22**

Protected against solid foreign objects of .4" diameter and larger. Protected against water drops falling vertically when the device is tilted up to 15°.

Not suitable for use in the presence of flammable anaesthetic mixtures with air, oxygen or nitrous oxide.

Continuous operation with short-time loading.

Operating temperature

Storage temperature

85 Storage humidity

Subject to change without notice.

This device conforms to the following standards:

EN 60601-1:2006/A1:2013: - General requirements for basic safety and essential performance  
EN 60601-1-2:2015 - Medical Electrical Equipment - Electromagnetic compatibility - Requirements and tests.  
EN 60601-1-11:2010 - Medical Electrical Equipment - Requirements for medical electrical equipment and medical electrical systems used in the home healthcare environment.  
EN 1060-3:1997 + A2:2009 - Non-invasive sphygmomanometers - Supplementary requirements for electromechanical blood pressure measuring systems.  
EN 1060-4:2004 - Non-invasive sphygmomanometers - Test procedures to determine the overall system accuracy of automated non-invasive sphygmomanometers.



This product conforms to the provisions of the EC Directive 93/42/EEC (Medical Device Directive).

This product carries the CE mark and is manufactured in conformity with the RoHS Directive 2011/65/EU.

MEDICAL ELECTRICAL EQUIPMENT needs special precautions regarding EMC.

For a detailed description of EMC requirements please contact an authorised local Service Centre (see guarantee) or visit [www.braunhealthcare.com](http://www.braunhealthcare.com)

Portable and mobile RF communications equipment can affect medical electrical equipment.



This product contains batteries and recyclable electronic waste. To protect the environment, do not dispose of it in household waste, but take it to appropriate local collection center.



Id: 2ABRGBUA7200

## 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.

### FCC Caution

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:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. End users must follow the specific operating instructions for satisfying RF exposure compliance. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

This equipment has very low levels of RF energy that are deemed to comply without testing of specific absorption ratio (SAR).

## **Support contact numbers**

**US**

 +1 xxx xxx xx xx