

BPM Connect

Wi-Fi Smart Blood Pressure Monitor

Installation and Operating Instructions



Table of contents

Minimum requirements	5
Internet access	5
Smartphone or device	5
OS version	5
Health Mate app version	5
BPM Connect description	6
Overview	6
Box contents	6
Product description	7
Setting up BPM Connect	8
Installing the Health Mate app	8
Installing BPM Connect	8
Using BPM Connect	17
Positioning myself before and during the measurement	17
Taking a measurement	18
Understanding my blood pressure measurements	21
Viewing the history of my measurements	23
Getting more insights about my blood pressure (iOS only)	24
Managing my data	27
Sharing my data with my doctor	27
Sharing my data with Apple Health	29
Sharing my data with Google Fit	30
Deleting data	31
Dissociating BPM Connect	32
Cleaning and maintenance	34
Cleaning BPM Connect	34
Recharging BPM Connect	34
Factory resetting BPM Connect	34
User guide copyright	36

Medical device	36
Personal data.....	36
Safety instructions.....	37
Use and storage	37
Safety	37
Service and maintenance	37
Cautions.....	38
Specifications	39
Document release overview	41
Warranty.....	42
Regulatory statements	43

Important notice



By using your BPM Connect you expressly agree to the Withings Services Terms and Conditions available on our [website](#).

Minimum requirements

Internet access

Access to the Internet is required to:

- Download the Health Mate app,
- Set up your BPM Connect,
- Upgrade the firmware.

For more details, refer to ["Specifications" on page 64](#).

Smartphone or device

An iOS device or an Android device (with operational Bluetooth Low Energy and Wi-Fi or 3G/4G) is required to:

- Set up your BPM Connect,
- Retrieve data from your BPM Connect,
- Interact with your BPM Connect,
- Interact with people.

For more details, refer to [""Specifications" on page 64](#).

OS version

You need iOS 10 (or higher) or Android 6 (or higher) on your device to install and run the Health Mate App.

For any device, BLE (Bluetooth Low Energy) compatibility is required to install your BPM Connect.

Health Mate app version

You always need the latest version of the Health Mate app to have all the latest features available..

BPM Connect description

Overview

BPM Connect is a Wi-Fi blood pressure monitor providing medically accurate blood pressure and heart rate measurements with immediate feedback on the device and full data history in the app.

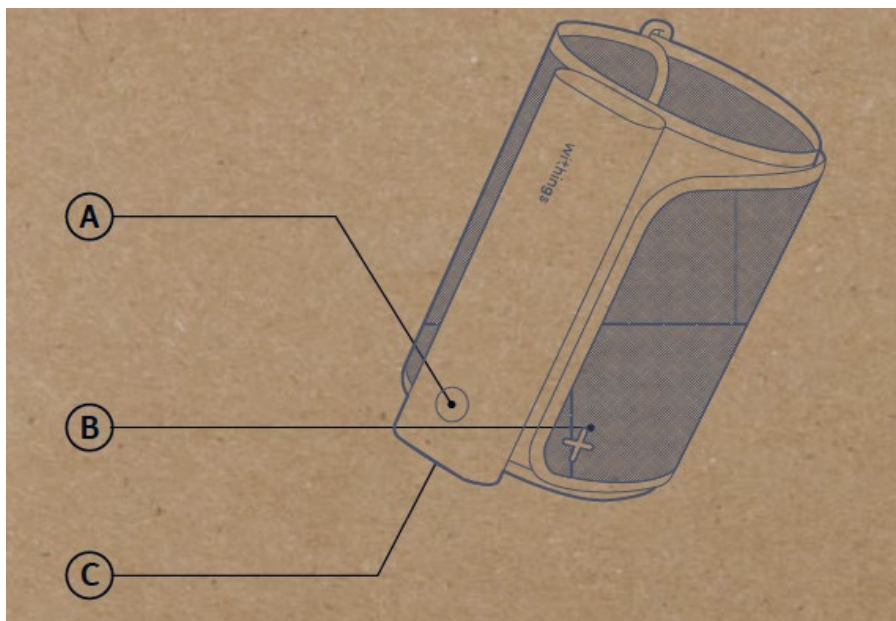
According to the American Heart Association and the European Society of Cardiology, home blood pressure monitoring allows improvement in blood pressure control rates and better prognostic indicators, as well as an effective way to help healthcare providers determine whether treatments are working. Also, it helps to identify white-coat syndrome and masked hypertension.

With BPM Connect, taking your blood pressure at home has never been so convenient. This easy-to-use portable blood pressure monitor features an LED screen so you can instantly view your results with color-coded feedback right on the device. Also, you don't need your smartphone in your pocket to turn on the device, launch the measurement or sync the data: BPM Connect synchronizes seamlessly via Wi-Fi to the free Health Mate app available on iOS and Android. Data can also be synced via Bluetooth. You can also easily share your reports with your doctor. The product features a battery life of up to 2 months and is rechargeable via micro-USB cable.

Box contents

- BPM Connect
- Charging cable
- Instructions manual

Product description



(A) Button

(B) Cuff

(C) USB plug

Setting up BPM Connect

Installing the Health Mate app

If the Health Mate app is not already installed on your device, perform the following steps:

1. Type go.withings.com in your device's web browser.
2. Tap **Download** on the App Store or on the Play Store.
3. Tap **Get**.
The installation process starts.

When a new version of the Health Mate app is available, you will automatically be prompted to update it.

Installing BPM Connect

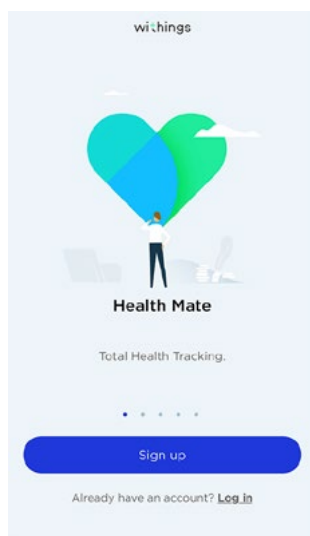
I'm new to Health Mate

If you don't already have a Health Mate account, you have to create one in order to set up and use BPM Connect.

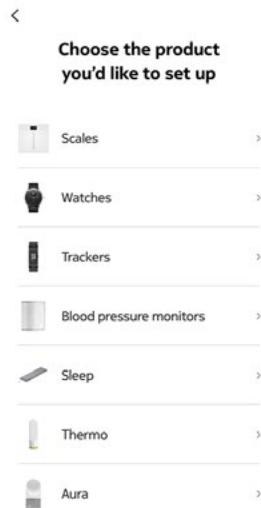
If you already have an account, refer to "[I already have a Health Mate account](#)" on [page 12](#).

To install BPM Connect, perform the following steps:

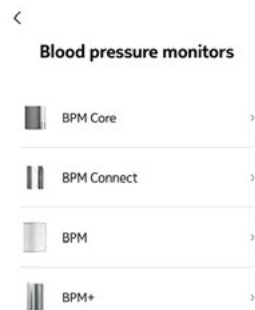
1. Open the Health Mate app.
2. Tap **Sign up**.



3. Tap **Blood Pressure Monitors**.



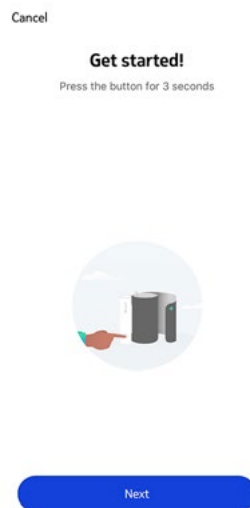
4. Tap **BPM Connect**.



5. Tap **Install**.



6. Press and hold the button of BPM Connect.



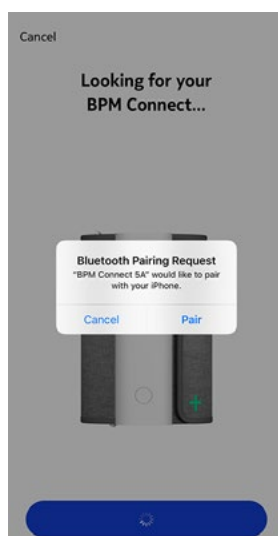
The LED of BPM Connect lights up blue and "**SETUP**" appears on the screen.

7. Tap **Next**.

8. Tap **Pair**.



9. Tap **Pair** again



10. Tap **Next**.



11. Enter your email address, password, and then confirm your password. Tap **Next**.

12. Enter your first name, surname (last name) and birthday. Tap **Next**.

13. Select your gender and enter your current height and weight. Tap **Create**.

14. Enter the password of your Wi-Fi network and tap **Connect** if you want to install BPM Connect in Wi-Fi.

You can also tap **Choose a different network** to use another one.

15. Tap **I don't have Wi-Fi** if you want to install BPM Connect in Bluetooth.



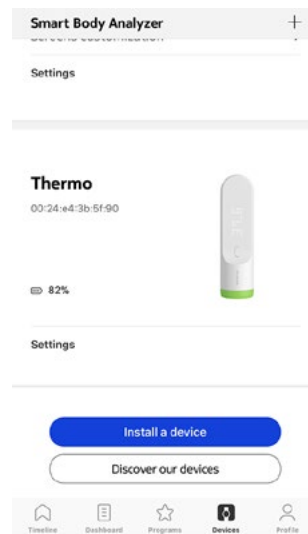
16. Tap **Done**.



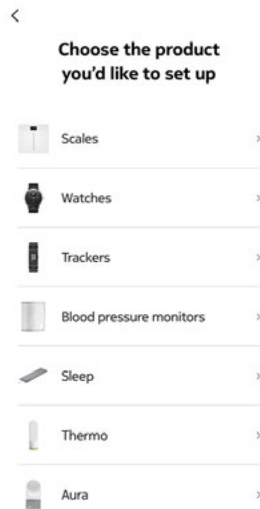
I already have a Health Mate account

If you already have a Health Mate account, you can get started on the installation process. To do so, perform the following steps:

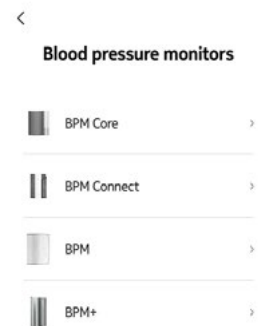
1. Open the Health Mate app.
2. Log in to your account, if you already have one, or create one.
3. Tap **Devices**.
4. Tap **+**.



5. Tap **Blood Pressure Monitors**.



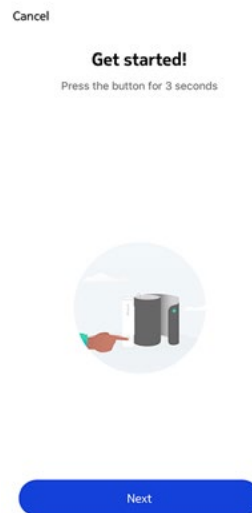
6. Tap **BPM Connect**.



7. Tap **Install**.



8. Press and hold the button of BPM Connect.



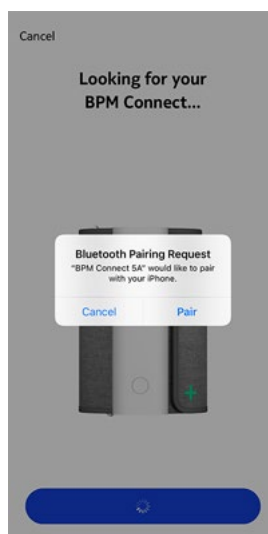
The LED of BPM Connect lights up blue and "SETUP" appears on the screen.

9. Tap **Next**.

10. Tap **Pair**.



11. Tap **Pair** again.



12. Tap **Next**.



13. Enter the password of your Wi-Fi network and tap **Connect** if you want to install BPM Connect in Wi-Fi.

You can also tap **Choose a different network** to use another one.

14. Tap **I don't have Wi-Fi** if you want to install BPM Connect in Bluetooth.



15. Tap **Done**.

Your BPM Connect is ready!

We will now guide you through your first blood pressure measurement.



Done

Positioning myself before and during the measurement

Make sure you follow these guidelines when taking a measurement. Failing to do so may lead to inaccurate results or cause the measurements to fail.

1. Use BPM Connect on the left upper arm
2. Rest 5 minutes before the measurement.
3. Sit down in a comfortable position, legs uncrossed, feet flat or on the floor, arm and back supported.



4. Do not speak or move during the measurement.
5. You can wear one layer of clothes but it should not cover your left arm. The electrodes should be in contact with the skin.
6. Take the measurement in a calm and quiet area.

Taking a measurement

To take a measurement, perform the following steps:

1. Unroll cuff and place your arm inside it.
For more information on how to position BPM Connect, refer to "[Positioning myself before and during the measurement](#)" on page 17.



2. Tighten the cuff around your arm. The tube should be positioned against your inner arm.



3. Place your arm on a table and level with your heart.



4. Press the button to start BPM Connect.
The screen displays "BP".

Note: You can select a simple measurement ("BP") or triple measurement ("BP x3") with a long press on the button.

5. Press the button again to start the measurement.



6. At the end of the measurement, results are displayed on the screen of BPM Connect. Press the button to validate the measurement.
7. Press the button again to select the user and attribute the measurement.
If you have several users, press and hold the button until the correct user name appears on the screen. Press the button again to attribute the measurement.

Results are sent via Wi-Fi or Bluetooth in the Health Mate app.



Understanding my blood pressure measurements

US and Canada

Compare your results to the table below to understand them better.

CATEGORY	SYSTOLIC (mmHg)	DIASTOLIC (mmHg)
Normal	< 120	< 80
Elevated	120 - 129	< 80
High blood pressure (Hypertension) Stage 1	130 - 139	80 - 89
High blood pressure (Hypertension) Stage 2	140 - 179	90 - 119
Hypertensive crisis (emergency care needed)	≥ 180	≥ 120

This classification is taken from the 2017 guidelines of the American Heart Association.

This classification is based on the values of seated blood pressure measured in a doctor's office or hospital by a healthcare professional.

International guidelines suggest that the following blood pressure readings obtained by self-measurement (measurement taken at home) indicate high blood pressure:

- Systolic blood pressure ≥ 130 mmHg
- Diastolic blood pressure ≥ 80 mmHg

European Union and other countries

Compare your results to the table below to understand them better.

CATEGORY	SYSTOLIC (mmHg)	DIASTOLIC (mmHg)
Optimal	< 120	< 80
Normal	120 - 129	80 - 84
High Normal	130 - 139	85 - 89
Grade 1 Hypertension	140 - 159	90 - 99
Grade 2 Hypertension	160 - 179	100 - 109
Grade 3 Hypertension	≥ 180	≥ 110
Isolated systolic hypertension	≥ 140	< 90

This classification is taken from the 2018 guidelines of the European Society of Hypertension.

This classification is based on the values of seated blood pressure measured in the office or hospital by a healthcare professional.

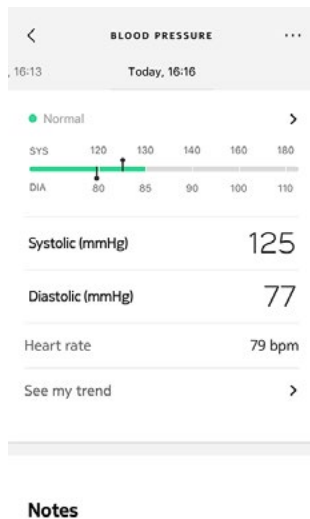
International guidelines suggest that the following blood pressure readings obtained by self-measurement (measurement taken at home) indicate high blood pressure:

- Systolic blood pressure \geq 130 mmHg
- Diastolic blood pressure \geq 85 mmHg

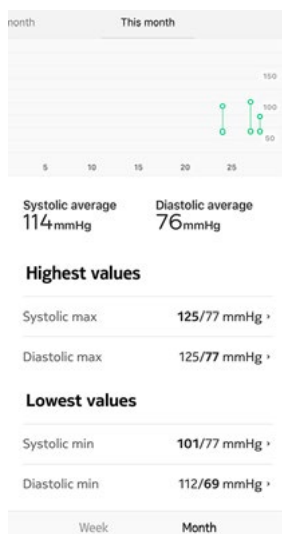
Viewing the history of my measurements

As soon as you take your blood pressure and your heart rate, your measurements are sent to the Health Mate app.

To see detailed about your measurements, and see your full history, you have to check your data on the Health Mate app.



You can access your data by tapping **See my trend** in any blood pressure measurement in your Timeline. To access your heart rate measurement data, tap any item in your Timeline.



Getting more insights about my blood pressure (iOS only)

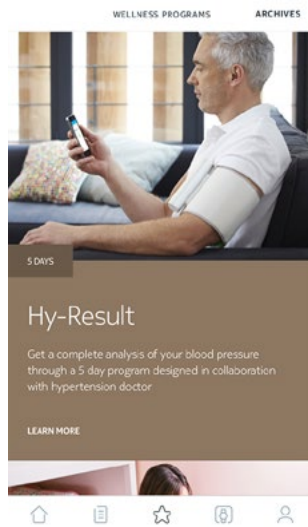
Hy-Result is a medically validated protocol that allows you to test your hypertension from home and share the results with your doctor. It also gives you a complete and precise diagnostic about your blood pressure.

While it is a chargeable option, you can use it as many times as you'd like after the purchase.

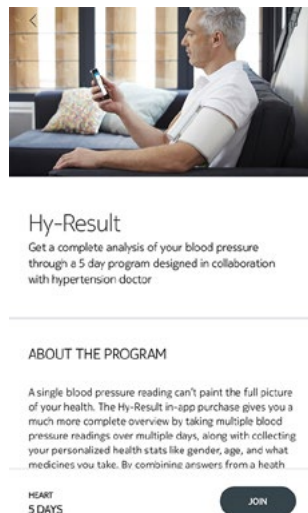
Purchasing Hy-Result

To get the Hy-Result function, perform the following steps:

1. Open the Health Mate app.
2. Tap **Wellness Programs**.
3. Tap **Hy-Result**.



4. Tap **Join**.



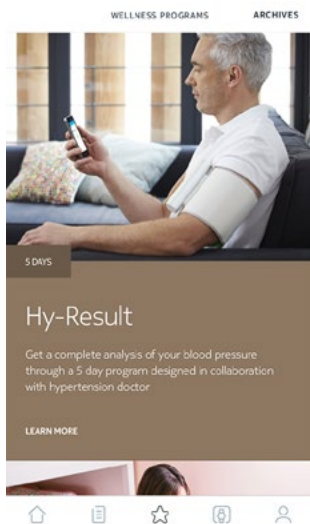
You'll have to enter your Apple ID and password to validate the purchase.

Setting Hy-Result

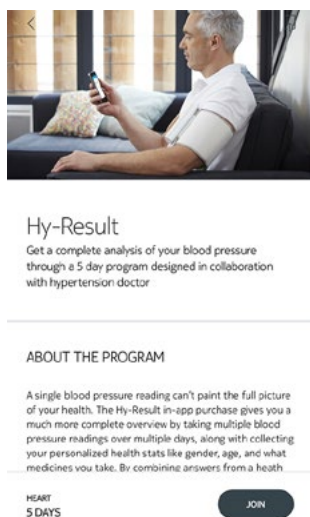
Before starting the protocol, you'll have to fill in a form with various information about your health. Please note that none of this information will be shared with Withings or anyone else. Furthermore, this information will only be accessible locally on your iPhone.

Once the purchase is validated, you can start setting Hy-Result. To do so, perform the following steps:

1. Open the Health Mate app.
2. Tap **Wellness Programs**.
3. Tap **Hy-Result**.



4. Tap **Join**.



5. Set reminders to make sure you don't forget to take your measurements.
6. Fill in the form.
7. Tap **OK**.
8. Tap **Done**.
The protocol will start the next day.

Using Hy-Result

The Hy-Result protocol takes place over five days. During these five days, you'll have to enter three measurements per half-day (ten half-days in total). You can select one of three ways to enter these measurements:

- Enter three measurements manually
- Take three separate measurements using your BPM Connect
- Take an automatic measurement using your BPM Connect

To get the results, you can't miss more than two half-days of measurements. If you miss any more than that, you'll have to start the protocol over from the start.

Make sure you don't log out of the Health Mate app for the entire duration of the Hy-Result protocol. If you do, you'll have to start the protocol over from the start, as your data is only stored locally on your iPhone.

Viewing the results

Once you have completed the Hy-Result protocol, a PDF will be created with results, containing the following information:

- Your average blood pressure with a color code
- An analysis of your hypertension, validated by medical research
- A PDF report that you can share with your doctor

You will have the opportunity to save this PDF, but for privacy reasons, if you do not save the PDF it will be deleted and you will lose your results. Note that the Hy-Result feature may be used as many times as you would like after purchase.

Managing my data

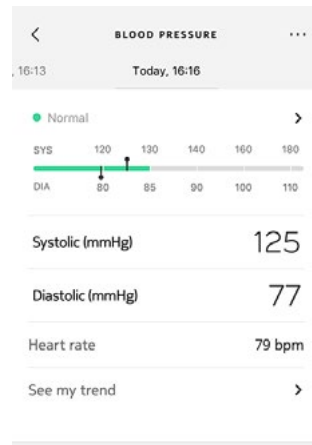
Sharing my data with my doctor

After measuring your blood pressure, you can choose to send your results to your doctor. To do so, perform the following steps:

1. Open the Health Mate app.
2. Select an blood pressure measurement in your **Timeline**.

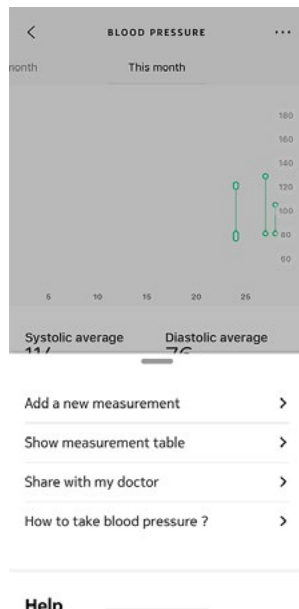


3. Tap **See my trend**.



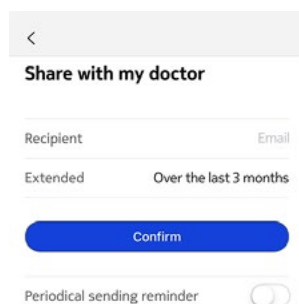
4. Tap the three dots at the top right of the screen.

5. Tap **Share with my doctor**.



6. Enter the email of your doctor.

You can choose to send all your blood pressure measurements or the measurements over the past 3 months/weeks. You can also set a periodical reminder.



7. Tap **Confirm**.

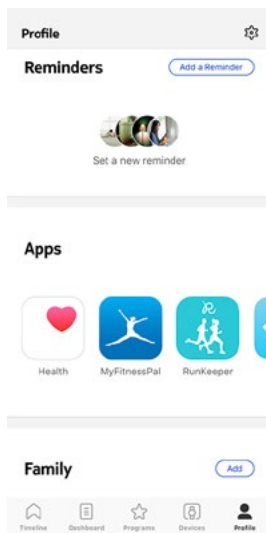
Sharing my data with Apple Health

The Health Mate app can share the following data with Apple Health:

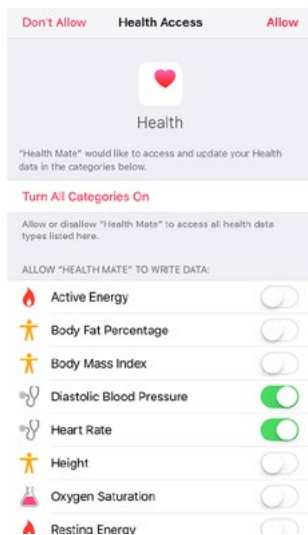
- Diastolic Blood Pressure
- Heart Rate
- Systolic Blood Pressure

To link your accounts, perform the following steps:

1. Open the Health Mate app.
2. Tap **Profile**.
3. Tap **Health**.



4. Select the data you want to share with Apple Health.



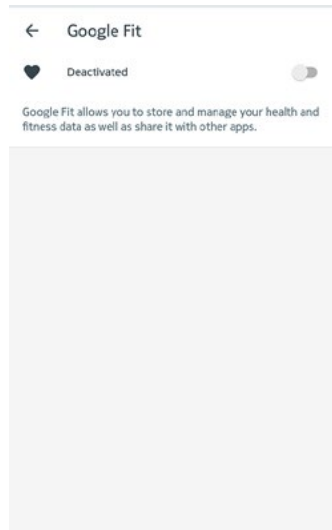
5. Tap **Allow**.
6. Tap **OK** twice.

Sharing my data with Google Fit

The Health Mate app can share the heart rate measurements with Google Fit.

To link your accounts, perform the following steps:

1. Open the Health Mate app.
2. Tap **Profile**.
3. Tap **Google Fit**.
4. Tap the toggle to activate the Google Fit integration.

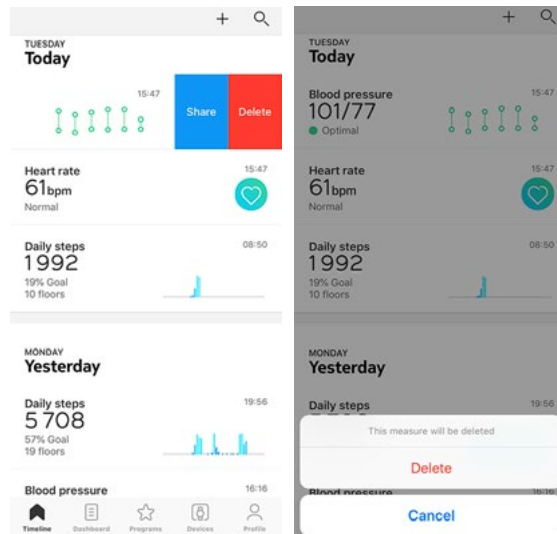


5. Select the Google account you want to link your Withings Account to.
6. Tap **OK** twice.

Deleting data

You have the possibility to delete your heart rate and blood pressure measurements from the Health Mate app. To do so, perform the following steps:

1. Open the Health Mate app.
2. Swipe the value which you want to delete measurement.



Dissociating BPM Connect

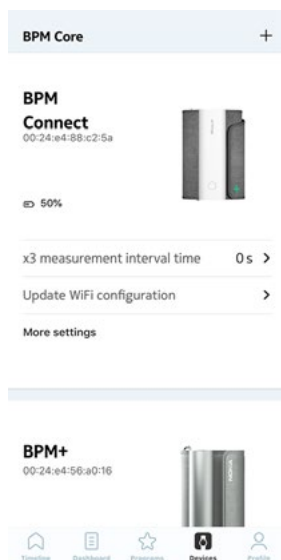
If you want to stop using BPM Connect, you have to dissociate it from your account first.



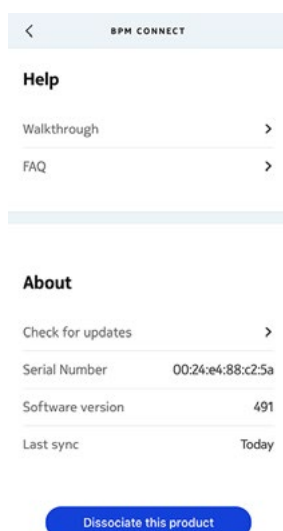
Dissociating BPM Connect will not remove any of the data that was synced from the Health Mate app.

To dissociate BPM Connect, perform the following steps:

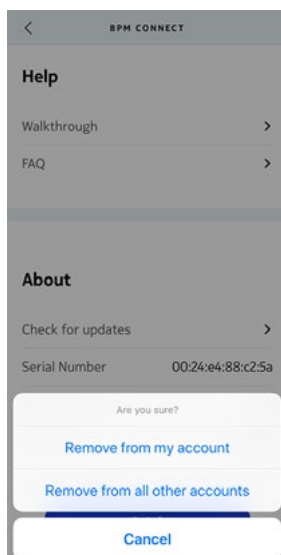
1. Open the Health Mate app.
2. Go to **Devices**.
3. Tap **BPM Connect**.



4. Tap **Dissociate this product**.



5. Tap **Remove from my account**.



Cleaning and maintenance

Cleaning BPM Connect

- Do not use an alcoholic-base or solvent agent to clean BPM Connect.
- Clean BPM Connect with a soft and dry cloth.
- The dirt on the cuff can be cleaned by a moisten cloth and soap.
- Do not flush BPM Connect and cuff with much water.
- Do not dismantle BPM Connect or disconnect the cuff or try to repair by yourself. If any problem happens, refer to the distributor.
- Do not operate BPM Connect under severe environment of extreme temperature or humidity, or direct sunshine.
- Do not shake BPM Connect violently.
- Do not submerge BPM Connect or any of the components in water.
- Do not let BPM Connect under strong shocks, such as dropping the device on the floor.

Recharging BPM Connect

You can easily charge your BPM Connect using the charging cable provided with the blood pressure monitor. To do so, connect the USB end of the charging cable to a power source.

Factory resetting BPM Connect

Performing a factory reset allows you to delete all of the data stored on it.

Important:

- Factory resetting BPM Connect. will not remove any of the data that was synced from the Health Mate app.
- All data that wasn't synced before resetting BPM Connect will be lost permanently.

To do this, first dissociate BPM Connect from your Health Mate account. Please refer to "[Dissociating BPM Connect](#)" on page 32 for more information.

Then, 'forget' or 'unpair' BPM Connect. from your mobile device's list of Bluetooth devices.

On iOS:

1. Go to **Settings** and select Bluetooth.
2. Select the **i** icon next to BPM Connect.
3. Select **Forget Device** to confirm.

On Android:

1. Go to **Settings** and select **Bluetooth**.
2. Select the gear icon next to BPM Connect.
3. Select **Forget** or **Remove**.

BPM Connect can now be reset to factory settings. To reset BPM Connect, perform the following steps:

1. Press and hold the monitor's button for 6 seconds until **System** is displayed on the screen.
2. Press the button until **Reset** is displayed on the screen.
3. Press and hold the monitor's button for 2 seconds.
4. Press the button 5 times as the display counts down from **5**.
BPM Connect has now been reset.

Once the factory reset is complete, you can reconfigure BPM Connect. Please refer to "[Setting up](#)" on [page 8](#) for more information.

User guide copyright

This user guide is protected by Intellectual Property laws and copyright. Any reproduction, modification, representation and/or publication, without Withings prior approval is strictly prohibited. You may print this user guide for your personal use exclusively.

For any question please contact Withings at : <https://support.withings.com/hc/en-us/requests/new>.

Legal notice



By using BPM Connect you expressly agree to the Withings Services Terms and Conditions available on our [website](#).

Medical device

- BPM Connect is a medical device and has been validated by competent authorities.
- The Health Mate app is not a medical device. Any advice or insight given by the app cannot replace medical attention.
- Consult your physician before using this monitor if you have had a mastectomy.

Personal data

- Make sure you have read our privacy policy, which you can find on our [website](#).
- Make sure your Withings account password is secure enough to restrict access to your account. It should be at least eight-character long, have mixed case, and use a combination of alphanumeric and special characters.
- We recommend that you protect access to the Health Mate app with an additional passcode and/or Touch ID. You can do so from the app by going to Settings in the app and activating **Touch ID** and **Passcode** (only for iOS).
- We recommend that you export your data on a regular basis to local storage on your home computer. You can do so from the Health Mate [web interface](#) by clicking your **Profile picture** > **Settings** > **User Preference** > **Download my data**.

Safety instructions

Use and storage

- Use the product at temperatures between 10°C and 40°C (50°F and 104°F).
- Product may be stored in a clean, dry location between -25°C and 55°C (-13°F and 131°F) when not in use.
- Remove the batteries if you do not plan to use your BPM Connect for an extended period of time.
- BPM Connect is a digital monitor intended for use in measuring blood pressure and heart rate.
- BPM Connect is intended to be used in a human adult population with an arm circumference between 9 inches to 17 inches (22 cm to 42 cm).
- BPM Connect is a medical device.
- Contact your physician if hypertensive values are indicated.
- Store the device and the components in a clean and safe location. If storage conditions are different from the usage conditions indicated in this document, please wait 30 minutes before taking a measurement.

Safety

- Make sure you consult a doctor should the symptoms be persistent or worrying in any way.
- Do not forcibly bend the arm cuff.
- Do not inflate the arm cuff when it is not wrapped around your arm.
- Do not apply strong shocks and vibrations to the blood pressure monitor or drop it.
- Do not take measurement after bathing, drinking alcohol, smoking, exercising or eating.
- Do not immerse the arm cuff in water.
- Do not use with a pacemaker, a defibrillator or other electric implant.
- Use on adults only.
- Do not use on children or pets.

Service and maintenance

- Do not attempt to repair or modify your BPM Connect on your own.
- If you can't fix the problems using the troubleshooting instructions, request service from your dealer.
- Manufacturer will make available on requested circuit diagrams, component part lists, descriptions, calibration instructions, or other information that will assist manufacturer's staff or authorized representative for repair.
- Do not use the device while doing maintenance steps.
- If you have any issue, feel free to contact our Customer Service at: <https://support.withings.com/hc/en-us/requests/new>.

Cautions

- Always consult your doctor.
- Self-diagnosis of measurement results and self treatment are dangerous.
- People with severe blood flow problems, or blood disorders, should consult a doctor before using the BPM Connect.
- Cuff inflation can cause internal bleeding.
- Operational factors such as common arrhythmias, ventricular premature beats, arterial sclerosis, poor perfusion, diabetes, age, pregnancy, pre-eclampsia or renal disease can affect the performance of the automated sphygmomanometer and/or its blood pressure reading.
- BPM Connect is a precision measuring equipment liable to be understood by lay user but it still should be handled with care.
- A long exposure of the device to lint, dust or sunlight might reduce its life time or damage it.
- Damaged cuff or sensor might lead to incorrect measurements.
- Parts in contact with the skin: cuff and electrodes.
- Measurements can be affected by extreme temperatures, humidity & altitude.
- Do not leave the BPM Connect unattended with infants or persons who cannot express their consent.
- Do not use the BPM Connect for any purpose other than measuring blood pressure.
- Do not disassemble the BPM Connect.
- Do not operate the BPM Connect in a moving vehicle (car, airplane).
- Do not use a cellular phone near the BPM Connect.
- Do not use the device with the USB cable plugged.
- Improper continuous pressure of cuff or too frequent measurements may interfere blood flow and result harmful injury to the users. Check if the use of the BPM Connect does not result in prolonged impairment of your blood circulation.
- Do not apply the cuff over the users' arm bearing a wound or medical treatment and so on, as this can cause further injury.
- Cuff should be used on the arm on the side of a mastectomy.
- Use of the BPM Connect can temporarily cause loss of function of simultaneously used equipment on the same limb.

Specifications

BPM Connect

- Length: 50 mm (1.9 in.)
- Width: 65 mm (2.5 in.)
- Height: 155 mm (unfolded) (6.1 in.)
- Weight: 250 g (0.551 lb)
- Cuff circumference: fits arm circumferences from 22 to 42 cm (9 to 17 in)

Materials and sensors

- PC plastic
- Fabric
- Metal loop
- Display: LED matrix screen
- Pressure and heart rate sensor

Connectivity

- Bluetooth and Wi-Fi

Storage and memory

- Free and unlimited storage on Withings cloud
- Up to 6 measurements can be stored on the BPM Connect without synchronization in Bluetooth or Wi-Fi

Technology

- Cuff oscillo metric method
- Measurement range: 0 to 285 mmHg
- Accuracy: ± 3 mmHg or 2% of reading
- Inflation: automatic inflation
- Controlled release

Certifications

- FDA and Medical EC approved
- ANSI/AAMI SP10: 2002/A1 2003(R) 2008
- FCC part B 15B: 2013

International standards

- European Society of Hypertension (ESH) for all countries except USA and Canada
- American Heart Association (AHA) for USA and Canada

Metrics

- Systolic and diastolic blood pressure measurement
- Heart rate
- Heart rate measurement range: from 40 to 180 beats per minute

Battery life

- Up to 2 months (rechargeable) via micro-USB cable

Compatible devices

- iPhone (4S or higher)
- Apple Watch
- iPod Touch (5th generation or higher)
- iPad (3rd generation or higher)

Compatible OS

- iOS 10 or higher
- Android 6.0 or higher

Document release overview

Release date		Modifications
July 2019	v1.0	First release



The screenshots in this manual are used for explanatory purposes. Your actual screens may differ from the screenshots in this manual.

Warranty

Withings One (1) Year Limited Warranty - BPM Connect

Withings warrants the Withings branded hardware product (“BPM Connect”) against defects in materials and workmanship when used normally in accordance with Withings’ published guidelines for a period of ONE (1) YEAR from the date of original retail purchase by the end-user purchaser (“Warranty Period”). Withings published guidelines include but are not limited to information contained in technical specifications, safety instructions or quick start guide. Withings does not warrant that the operation of the BPM Connect will be uninterrupted or error-free. Withings is not responsible for damage arising from failure to follow instructions relating to the BPM Connect’s use.

Regulatory statements

Federal Communications Commission (FCC) Statement

FCC ID: XNAWPM05

This device complies with Part 15 of the FCC Rules. 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 operated in conjunction with any other antenna or transmitter.

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.

This device complies with the R&TTE Directive 1999/5/CE.

A copy of the EU Declaration of Conformity is available online at <https://www.withings.com/fr/en/compliance>