

Quick guide

Data transfer

boso medicus system

Premium upper arm blood pressure monitor with app



Download App

Scan QR code with a smartphone camera to
directly access the respective shop



Linking with Apple Health (iOS) and SciTIM

The link is activated in the user data.

The demo user included in the boso app cannot be modified, it cannot be linked with Apple Health or SciTIM to avoid sending demo data.

The measured data is automatically transferred to Apple Health and/or SciTIM after a measurement. If you experience problems with Apple Health, make sure that all health data in the Apple Health app has been activated for reception.



Information on tele-monitoring with SciTIM | boso.de/SciTIM

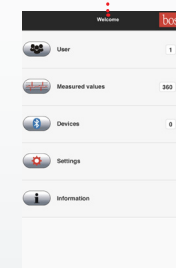
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Main menu



Menu



- Requires interaction with the boso app



- Requires interaction with the boso medicus system

The boso app is compatible with the following devices running iOS 11 / Android 5 and above:

iPhone 6 | iPhone 7 | iPhone 8 | iPhone XR | iPhone XS | iPad Air | iPad Pro
Samsung Galaxy S5 | Samsung Galaxy S5 mini | Samsung Galaxy S5 Neo
Samsung Galaxy S6 | Samsung Galaxy S7 | Samsung Galaxy S8 | Samsung Galaxy S9
Samsung Galaxy S10 | Samsung Galaxy A3 | Samsung Galaxy A5
Samsung Galaxy Grand Prime | Samsung Galaxy Alpha
Samsung Galaxy Tab A | Samsung Galaxy Tab S
Moto Z Play | Motorola Moto e Gen 2 | Sony XPERIA Z3 | Google Nexus 5X
Huawei P9 Lite | Huawei p20 Pro | LG G4 | LG G5 |

The current list is online and can be accessed by QR code:
boso.de/produkte/blutdruckmessgeraete-fuer-die-selbstmessung-oberarmgeraete.html



Setting up and connecting the boso app

To enable data transfer between the blood pressure monitor and your smartphone, the following steps must be followed:



- Make sure to enable Bluetooth on your smartphone (requires Bluetooth 4.0)

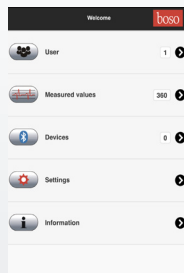
- Download the boso app from the Google/Apple Store.



When installing the app, the operating system (Android/iOS) will ask for permission to access the current location. Answer with „YES“ to avoid errors in the BT connection.

- Start the boso app on your smartphone.
- Create a new user:

1. Select „User“ from the main menu.
2. Select „+ New“ from the lower menu bar.
3. Enter your personal data. Mandatory fields are marked with „*“.
4. Save your entry using the „Save“ button in the lower menu bar.



- Select the desired user by ticking the box for which the measured values are to be saved.
- Use the „Back“ button in the upper menu bar to return to the main menu.
- Open „Devices“ in the main menu.



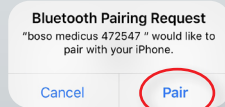
- Press and hold the START button on the blood pressure monitor until „Pr“ appears in the display. The communication indicator is shown on the display for approx. one minute.



- In the „Devices“ menu, select „Add new device“ from the lower menu bar.

With iOS, the pairing request must also be confirmed by „pair“.

- The smartphone automatically synchronizes the date and time.



- After a successful pairing, „End“ appears in the unit's display and the device is shown in the app's device list.



The setup is now complete. Now exit the menu via the „Back“ button in the upper menu bar.

After changing the battery / time

the blood pressure monitor must be reconnected to the smartphone, as the time information is deleted by the battery change. Without renewed pairing, the current system time of the smartphone is saved as the time stamp for the measured values during data transmission. Please proceed as follows:

- Delete blood pressure monitor in the app's device list
- Delete blood pressure monitor from the smartphone's Bluetooth settings
- Perform new pairing as described.

Transferring blood pressure measurements and data

Now put on the cuff and measure the blood pressure as described in the manual.

As long as Bluetooth is active and the app is open, the measured values are automatically transferred to the smartphone.



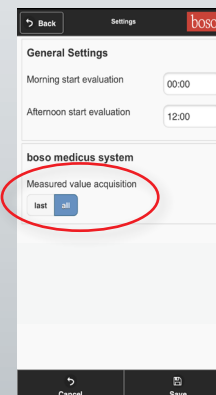
After successful transmission, the measured value is deleted from the memory of the blood pressure monitor.

If the measurement data have not been transferred, carry out the pairing again. When the app or Bluetooth is inactive, up to 30 measured values are automatically stored in the blood pressure monitor. If the memory is full, the oldest measurement is deleted and the current one is stored. The measured values are transmitted after the next measurement once the app is opened.

In order to transfer all stored measured values in the memory of the medicus system to the app, the transfer of all measured values must be activated in the „Settings“ menu (standard setting.) If „last“ is selected here, only the last measured value is transmitted and all stored measured values in the device are deleted.

The times for the morning / afternoon evaluation can also be changed in the „Settings“ menu.

Save your settings using the „Save“ button in the lower menu bar.

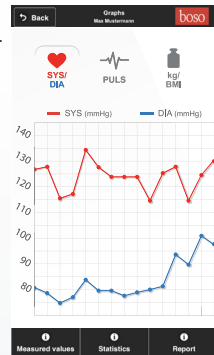


Evaluating measurements

All measurements are listed in the „Measured values“ menu.



The „Graphs“ button in the lower menu bar is used to display the measured values graphically. Select the available graphs „SYS/DIA“, „PULS“ using the buttons in the upper screen area. Tap on the graph to enlarge or reduce it („kg/BMI“ is intended for manually entered weight values).

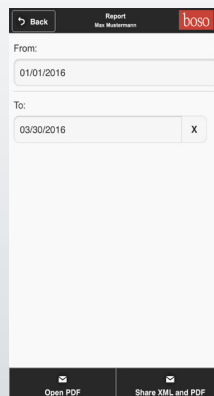


The „Statistics“ button in the lower menu bar provides a statistical summary of the measured values. The time range for the summary (date from/to) can be selected.

Opening and sharing the report

Click the „Report“ button in the lower menu bar to access the menu to create a PDF file and open it in a suitable app. Furthermore, PDF and XML can be shared via suitable apps. Parallel to sharing XML and PDF, Android stores them on its device in the internal memory under the directory „/BOSO_DATA“.

The XML file can be imported into the PC programme „boso profil-manager XD Home“. This programme offers further assessment options and is available online (<http://www.boso.de/download/profilmanagerXDHome/>) for free.



Delete measured values

Individual selected measured values or values older than 1/3/6/12 months can be deleted in the „Measured values“ menu via the „Delete“ button in the lower menu bar. Careful: the data will be deleted irrevocably. Please archive data in good time by creating an XML or PDF file using the „Report“ button.



	SYS	DIA	PUL	Arr	kg	
03/30/2016 18:00:00	-	-	-	-	78.7	✓
03/30/2016 18:00:00	136	86	66	-	-	✓
03/30/2016 08:00:00	-	-	-	-	78.5	✓
03/30/2016 08:00:00	136	85	68	-	-	✓
03/29/2016 18:00:00	-	-	-	-	78.8	✓
03/29/2016 18:00:00	132	83	67	-	-	✓
03/29/2016 08:00:00	-	-	-	-	78.7	✓
03/29/2016 08:00:00	133	81	65	-	-	✓
03/28/2016 18:00:00	-	-	-	-	78.9	✓
03/28/2016 18:00:00	137	81	65	-	-	✓
03/28/2016 08:00:00	-	-	-	-	78.9	✓