

Automatic Blood Pressure Monitor

# **BP170 / BP170B**

**User's Manual**

**Please note the important information below before reading this manual.**

 **Warning**

Failure to observe these precautions can result in personal injury or equipment damage.

 **Caution**

Failure to comply with safety precautions can damage the equipment.

 **Note**

Referring to notes can help improve equipment use.

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Automatic Blood Pressure Monitor

# BP170 / BP170B

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## Warranty

# 1. Introduction for BP170(B)

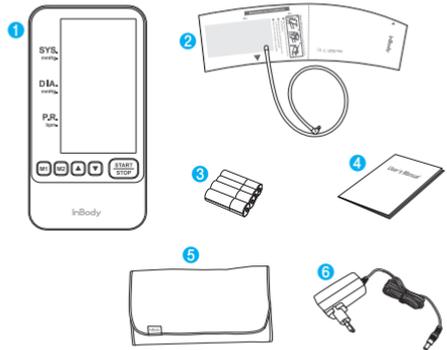
InBody BP170(B) is a compact and easy-to-use automatic blood pressure monitor.

BP170(B) uses an oscillometric method and adopts downward exhaust type, which measures blood pressure by exhausting air from the pressurized cuff.

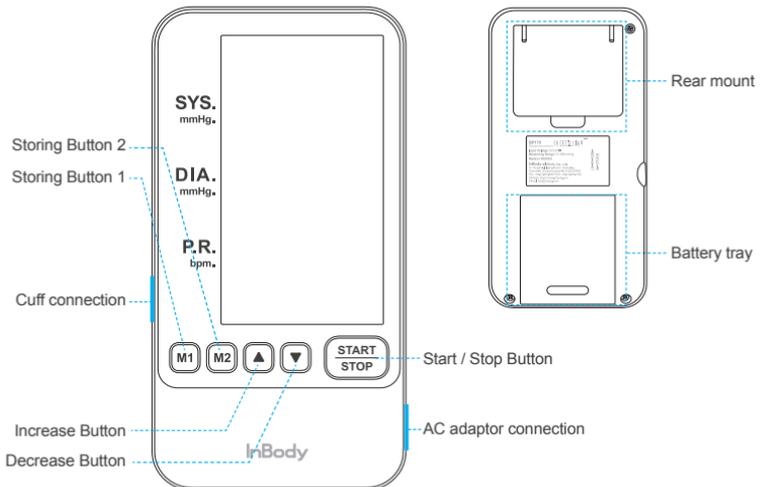
Main users are ordinary people who need regular blood pressure management.

## \* Product Components

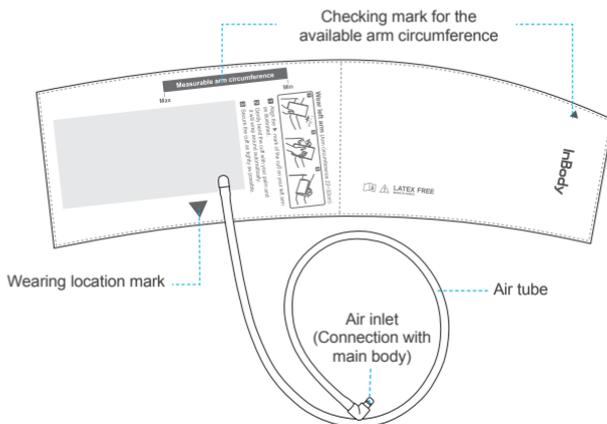
- 1 Main Body (1EA)
- 2 Cuff (1EA)
- 3 AA Size Alkaline Batteries (4EA)
- 4 User's Manual (1EA)
- 5 Storage Pouch (1EA)
- 6 Dedicated AC Adaptor (Optional)



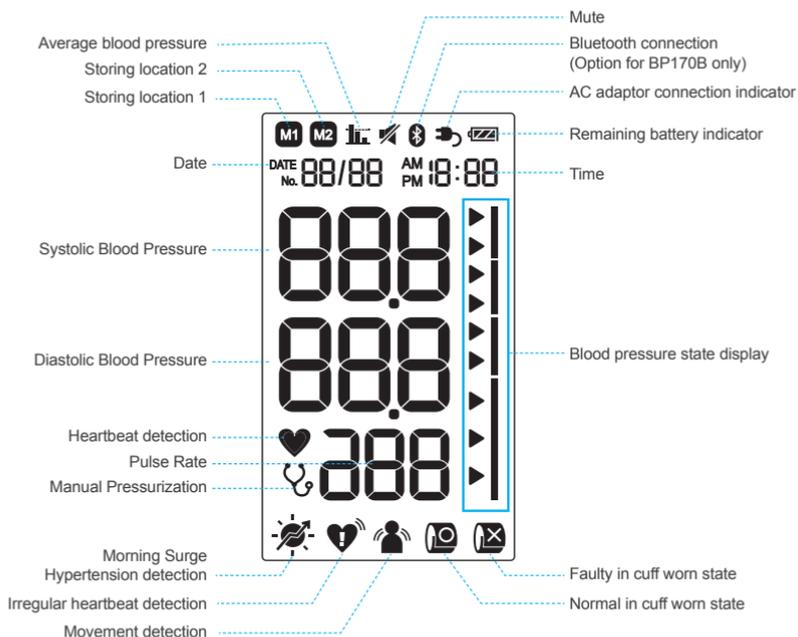
## \* Names of Main Unit Parts



## \* Names of Cuff Parts



## \* Display Screen Parts Name



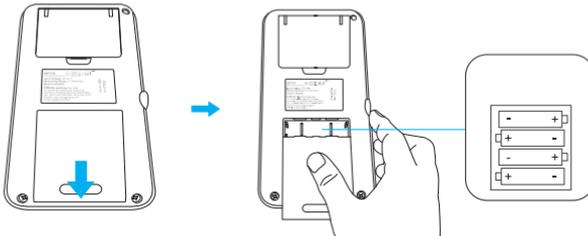
## 2. Operating BP170(B)

### A. Preparation for Measurement

- \* If BP170(B) has been stored in a hot or cold environment, keep it in a room temperature for at least one hour.

#### (1) Inserting / replacing the batteries

- 1 Remove the battery cover.
- 2 Insert four(4) AA size batteries in the correct direction.
- 3 Close the battery cover.



#### ⚠ Cautions

- Be careful with the polarity + and - of the batteries during insertion.
- Dispose the used batteries only in designated location.
- Use 1.5V AA-size alkaline or manganese batteries.
- Use all four(4) batteries of the same company and same model in the time of replacement.

#### (2) Remaining battery indicator

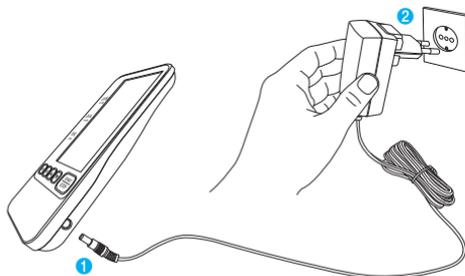
- User may check the remaining battery level in the upper right corner of the screen while BP170(B) is in use.
- Battery level is not displayed when the AC adapter is used. Instead, AC adapter icon (  ) appears.



-  : The capacity of the batteries is sufficient.
-  : The batteries are soon be exhausted.
-  : The batteries have been completely exhausted.  
Please replace with new batteries.

(3) Use of the dedicated AC adaptor (Optional)

- 1 Connect the dedicated AC adapter plug to the main body of BP170(B).
- 2 Connect the dedicated AC adapter to the outlet.

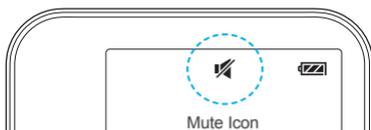


 **Caution**

- When disconnecting the AC adapter, disconnect the AC adapter from the outlet first, and then disconnect the AC adapter from the main body of BP170(B).

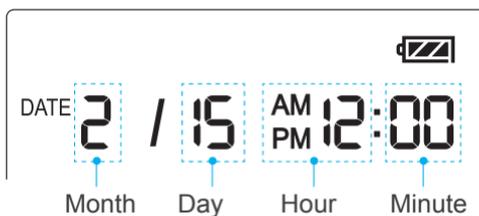
(4) Mute

Press **M1** and **M2** buttons at the same time and hold for 2-3 seconds to turn off the sound.  
BP170(B) should be turned off when doing so.



### (5) Date/Time Setting

- 1 Upon the insertion of four(4) batteries or connection with the dedicated AC adapter, user may set the clock after BP170(B) turns on automatically.
- 2 The order of time and date is year, month, day, hour followed by minute.  
(The number being set flashes.)
- 3 Use the ▲ or ▼ button to select year, and press the Start / Stop button to set the year.
- 4 Repeat step 3 to set month, day and minute.



\* AM: before noon PM: afternoon

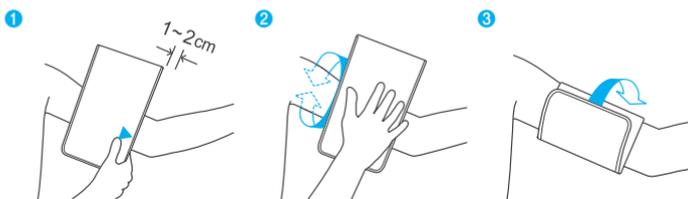
### Cautions

- For a proper management of your blood pressure data, set the date and time prior to operating BP170(B).
- If the time is set wrong, Morning Surge Hypertension function may be inaccurate.
- Clock is formatted upon removal of batteries. To reset the clock, remove all four batteries and insert them again after waiting for 10 seconds.
- For BP170B, clock is automatically set by connecting data through application.  
(However, the time of previously measured data cannot be amended.)

## B. Blood pressure Measurement

### (1) How to wear one-touch cuff

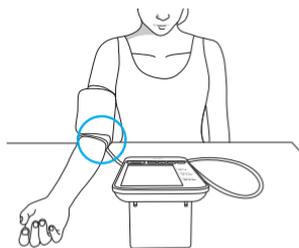
- If the user is dressed in thick clothes, please take off the clothes. (It is recommended to measure at bare skin)
- Please sit down on a chair in front of a desk.
- Connect air inlet of the cuff into the main body of BP170(B).  
The connection piece is located in the left side of the main body of BP170(B).
- Please wear the cuff in the following order.



- ① Place the ▼ mark of the cuff on the left arm as the figure above.
- ② Gently bend the cuff with your palm. The cuff will wrap around your arm automatically.
- ③ Please wind the cuff as tightly as possible.

### ※ Caution for right arm measurement

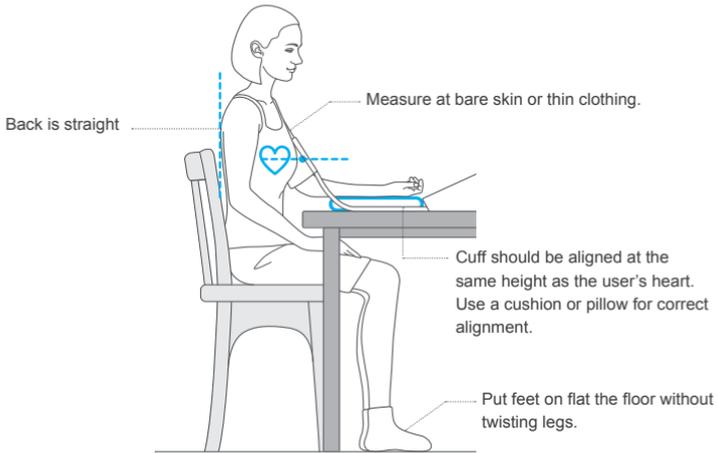
The cuff should be worn in a way that the Air Tube is placed on the inner arm.



### ⚠ Cautions

- For correct measurement, please wear the cuff properly.
- Blood pressure value may not be accurate if the cuff is too loose.
- M-size cuff is recommended for users with arm circumference between 22 to 32cm. If your arm circumference exceeds 32cm, please use L-size cuff(optional equipment).
- Blood pressure may be affected by the measuring environment, posture, prior and/or current physical activity, as well as psychological state of the user. If you feel that your blood pressure is incorrect, please consult with physician.

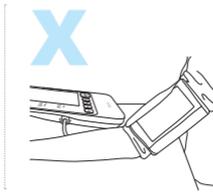
## (2) Proper Measurement Posture



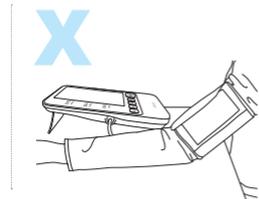
## (3) Improper Measurement Posture



Bending the upper body



Rolling up the sleeve



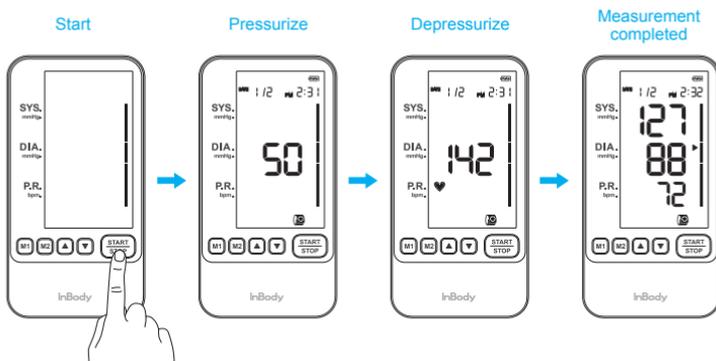
Dressed in thick clothes

### **Caution**

- Measurement posture may affect the blood pressure values.
- Please keep the proper measurement posture for accurate measurement.
- If the arm position is too low, place a towel or cushion under the elbow.
- Be in a resting state for at least 5 minutes prior to measurement in order for your body in a stable state.

#### (4) Start Measurement

- 1 Check once again that the cuff is tight and the measurement posture is proper.
- 2 Press the Start / Stop button to start the blood pressure measurement.
- 3 BP170(B) begins to pressurize the cuff, and upon reaching a certain pressure, it slowly depressurizes to measure the blood pressure.
- 4 When the measurement is complete, the blood pressure is displayed on the screen.



#### Note

- The user can adjust the pressure as desired by pressing ▲ or ▼ buttons during pressurization.
- Target pressure value during pressurization is displayed in the pulse rate area.
- If you are aware that your systolic blood pressure is 210mmHg or higher, set the target pressure to be 30-40mmHg higher than your systolic blood pressure.
- If an error number is shown on the screen during measurement (E1 to E7 or Lo) and thus measurement has failed, please refer to page 19.

#### Caution

- Do not pressurize more than necessary.
- Pain may occur if/when cuff is pressurized too much.
- Do not talk or move during measurement.
- If user is in pain or has any problem during the measurement, press the Start / Stop button. If pressing the start / stop button does not lead to automatic rapid exhaust, remove the air tube from the main body of BP170(B) or unwind the cuff on your arm.

(5) Check the measured values

- 1 Check the basic information of the blood pressure and proper cuff status.

The diagram shows a blood pressure monitor screen with the following data and labels:

- Measurement date/time:** DATE 1/2 PM 2:32
- Systolic blood pressure:** 127
- Diastolic blood pressure:** 88
- Pulse rate:** 72

Color-coded status indicators on the right side of the screen:

- Red: Stage 2 hypertension
- Orange: Stage 1 hypertension
- Yellow: Pre-hypertension
- Green: Normal

The standard of classification: National Institutes of Health, NIH

Icons at the bottom of the screen indicate cuff status:

- The cuff was properly worn.
- The cuff was worn too loosely. Please wear properly and measure again. In the case of wearing thick clothes, please take them off before measuring again.

- 2 Check for Morning Surge Hypertension, Irregular heartbeat and Detected Motion.

The user can know the blood pressure values or peculiar items of the measurement through icons in the lower part of the blood pressure monitor screen.

Icons will be shown to inform user



**Morning Surge Hypertension:**  
High blood pressure in the morning.



**Irregular heartbeat detection:**  
Irregular heartbeat was detected. Please measure again. If Irregular Heart Beat Icon shows continuously, check the average blood pressure value of three measurements.



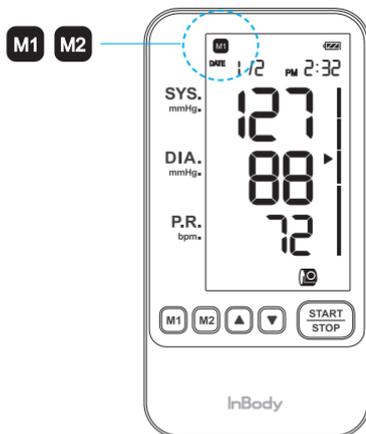
**Motion detection:**  
Motion was detected during the measurement. Please measure again.

**Notes**

- Morning Surge Hypertension is detected when measured between 4a.m. and 10a.m., having systolic blood pressure over 135mmHg and/or diastolic pressure over 85mmHg.
- Irregular heartbeat is detected when there is a difference in the pulse of more than 25% of the reference pulse compared.
- Irregular heartbeat may be detected by physical movement during measurement.

### C. Saving Measurement Results

- (1) When measurement is finished, press **M1** or **M2** button to save the results in the corresponding location. The button pressed will be shown as an icon on the top row of the screen.
- (2) Press the Start / Stop button to save and BP170(B) will be turned off automatically.



#### Notes

- M1 and M2 can each store up to 100 measurement values. Oldest data will be automatically deleted for saving of measured value over 100 times.
- BP170(B) will be turned off automatically if idle for one minute after the last measurement.
- BP170B provides Health Device Profile function. BP170B can save the measured blood pressure values using the compatible application.

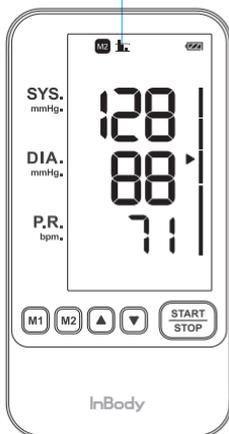
## D. Check the stored blood pressure

- (1) Have BP170(B) turned off and press **M1** or **M2** button to check the blood pressure results stored in the corresponding location.
- (2) The average blood pressure for the last three times is displayed. press **▲** or **▼** button to check the stored results.

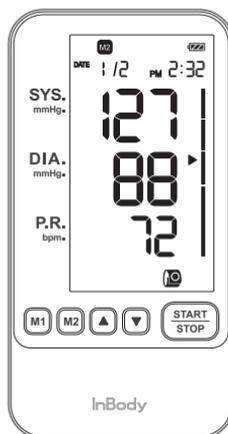
**▲** : Go to past measured values

**▼** : Go to recent measured values

 Average Blood Pressure Icon



Display Average Blood Pressure



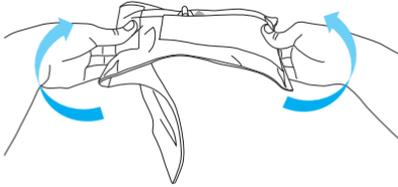
Display Stored Blood Pressure

### Notes

- Deleting blood pressure measurement result from memory.
  - In order to delete the result, press the save button (M1 or M2) and the Start / Stop button at the same time and hold for 3 seconds.
  - All records in the corresponding storage space (M1 or M2) will be deleted.
- The average blood pressure will not be displayed if the number of stored measurement is less than three.

### 3. Storage

- (1) Always maintain BP170(B) in a clean state.
- (2) Use a smooth, lint-free cloth when removing any stain on the main body.
- (3) Unfold the one-touch cuff and put it in a storage pouch with the main body.



#### Note

- Hold both sides of the one-touch cuff and stretch them to the opposite direction of the winding direction.



In order to store or transport BP170(B) safely, the following criteria must be fulfilled.

Temperatures range	- 10 to 70°C
Relative humidity	10 to 90% RH (No Condensation)
Atmospheric pressure range	50 to 106 kPa

#### Cautions

- Do not store the tube with the tube bent or folded severely.
- Do not place any object on BP170(B). Keep away from water, damp environment, direct ray of light, dust, bleach, eroding gas, etc. during storage.
- Do not store in a place subject to vibration or impact.
- Do not use volatile liquids, benzene thinner, etc. when cleaning the main body or cuff.
- Cuffs cannot be washed. Keep cuff away from water.
- Do not bend or press cuff with force. Cuff may be damaged.

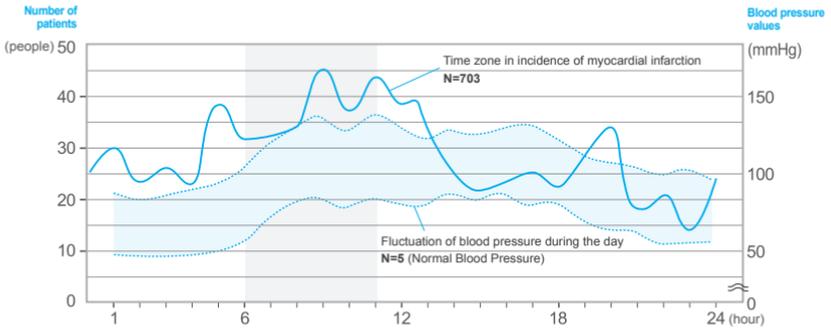
## 4. Frequently Asked Questions (FAQ)

### A. Regarding the Measurement

This section has collected frequently asked questions regarding BP170(B).

Please contact the InBody Customer Center if the user has any questions after checking the information below.

#### Question 1. The blood pressure values are different per every measurement.



Reference: New England journal of medicine Vol. 313.  
No. 21 1315p to 1337p 0028-4793 SCI(E)

**Answer 1.** Blood pressure fluctuates even within a day as shown in the chart above.

For the appropriate blood pressure management, measure at the same time daily.

**Answer 2.** Blood pressure may change as following cases

- Within 1 hour after meals
- After drinking alcohol or taking caffeinated beverage such as coffee or black tea.
- After smoking
- After taking a bath
- After exercising
- After urination and defecation
- When talking during the measurement
- When being anxious or not relaxed
- When the place of measurement is different from usual

### **Question 2. Blood pressure is lower than when measured in hospital.**

- Answer 1.** Due to mental and psychological stability, blood pressure may be lower by 20-30 mmHg than measurement taken in hospital. It is important to be aware of the blood pressure when taken at home in a stable state.
- Answer 2.** If the cuff position is higher than the heart during measurement, the measured blood pressure value may be shown to be lowered. In such case, place a pillow or cushion under the measuring arm.

### **Question 3. Blood pressure is higher than when measured in hospital.**

- Answer 1.** If cuff is too loose during measurement, blood pressure may be measured too high because the cuff pressure is not transmitted to the pulse. Tighten the cuff so that there is no gap between the cuff and the measuring arm.
- Answer 2.** If the cuff position is lower than the heart during measurement, blood pressure may be heightened. Check the measurement posture once again.
- Answer 3.** Has user taken antihypertensive drugs (or hypotensive drugs) from hospital? If user has taken antihypertensive drugs, blood pressure may be heightened as the drug effect drops down gradually. Please consult with physician.

### **Question 4. When is a good time to measure blood pressure?**

- Answer 1.** It is recommended to measure blood pressure after waking up and urination but before breakfast. In case of measuring in the evening, it is recommended to measure blood pressure before sleeping.
- Answer 2.** It is recommended to measure blood pressure every day at the same time, for changes in blood pressure may vary from 30 to 50 mmHg throughout the day.

### **Question 5. Blood pressure values are strange.**

- Answer 1.** In case of severe arrhythmia, it is difficult to have accurate measurement values. In case of severe arrhythmia, check the average blood pressure value after measuring at least three times.
- Answer 2.** Measurement results may be inaccurate if the user moves during the measurement. Refrain from moving and measure again in the correct posture.
- Answer 3.** If user is not in a psychologically stable state, the measured values may be inaccurate.

**Question 6. Exhaust is too fast.**

**Answer 1.** When the cuff is too loose, exhaust may be faster. Please wear the cuff properly, and measure again.

**Question 7. No response when button is pressed.**

**Answer 1.** Check the battery insertion polarity.

**Answer 2.** This may be the power consumption problem in batteries.  
If the battery level is not displayed at the top of the screen, replace them with new ones.

**Question 8. Pressurization is lower than systolic blood pressure.**

**Answer 1.** If systolic blood pressure is higher than 210 mmHg, refer to “(3) Start measurement” on page 11 and pressurize manually.

**Question 9. No sound heard from BP170(B).**

**Answer 1.** The buzzer sound of BP170(B) can be turned on or off. Press M1 and M2 buttons long at the same time.

## B. Regarding Error

If a problem happens, **Err** is displayed in the Systolic blood pressure column and a letter or number appears in the Diastolic blood pressure column.

Error Display	Reason	How to cope
<b>Err</b> 1	<p>Failure in pressurization on cuff.</p> <ul style="list-style-type: none"> <li>· Not connected with the cuff.</li> <li>· Wearing the cuff too loosely.</li> <li>· Air leakage of the cuff.</li> </ul>	<ul style="list-style-type: none"> <li>· Check the cuff connection and the cuff worn status.</li> <li>· If the air leaks out from the cuff, replace it a new cuff.</li> </ul>
<b>Err</b> 2	<p>The pressure within the cuff changes rapidly during pressurization.</p> <ul style="list-style-type: none"> <li>· Intense Movement.</li> <li>· The air tube is folded.</li> <li>· The cuff is released.</li> <li>· The air tube falls out.</li> </ul>	<ul style="list-style-type: none"> <li>· After checking the blood pressure monitor connection state and the cuff worn state, measure the blood pressure in a stable state.</li> </ul>
<b>Err</b> 3	<p>The pressure within the cuff changes rapidly during the exhaust.</p> <ul style="list-style-type: none"> <li>· Moving severely.</li> <li>· The air tube is folded.</li> <li>· The cuff is released.</li> <li>· The air tube falls out.</li> </ul>	
<b>Err</b> 4	<p>The signal of a blood pressure is too weak.</p> <ul style="list-style-type: none"> <li>· Measured in thick clothes.</li> <li>· The pulse is weak by nature.</li> </ul>	<ul style="list-style-type: none"> <li>· If it was measured on the clothes, take off the clothes and measure at bare skin.</li> <li>· Check the cuff worn state.</li> </ul>
<b>Err</b> 5	<p>The pressure exceeds 300 mmHg.</p> <ul style="list-style-type: none"> <li>· The user carried out the manual pressurization excessively.</li> <li>· Intense Movement.</li> </ul>	<ul style="list-style-type: none"> <li>· When the user carries out the manual pressurization, perform it properly. (Please pressurize 30 to 40 mmHg higher than expected pressure of the user's blood pressure.)</li> <li>· Measure the blood pressure in a stable state.</li> </ul>
<b>Err</b> 6	<p>Detection of adaptors abnormality.</p>	<ul style="list-style-type: none"> <li>· Disconnect the connected adapter.</li> <li>· Use the dedicated AC adaptor.</li> </ul>
<b>Err</b> 7	<p>It is a disorder due to malfunction.</p>	<ul style="list-style-type: none"> <li>· Please contact to the Customer Service Center.</li> </ul>
<b>Lo</b>	<p>Low battery voltage.</p>	<ul style="list-style-type: none"> <li>· Replace with new batteries.</li> </ul>

## 5. Others

### A. Safety Information

#### Purpose for use

This product is a device for measuring blood pressure or pulse rate at home. Please do not use for other purposes besides measuring blood pressure.



#### Warning

##### General Situation

1. Measured results can only be interpreted by experienced healthcare professionals and can not be used for diagnosis, medication or other treatment performed at the consumer's discretion without a prescription.
2. If the air tube is wrapped around the neck, there is a possibility of death due to injury or suffocation.
3. Do not use it while the user's arm is injured or under medical treatment.
4. Do not measure blood pressure on the arm that is on intravenous injection or on transfusing.
5. Do not use it with other medical devices or electronic devices at the same time except a skilled medical professional.
6. If the user has heart or blood vessel disease, please use it after consulting with a doctor.
7. If the tube connected to the cuff is twisted, the air in the cuff will not be released, which can cause harmful injury to the patient due to blood flow interference.
8. Too frequent measurements can cause injury to the patient due to blood flow interference.
9. Wearing a cuff on the wound site can make the wound worse.
10. Applying pressure by wrapping the cuff around the limb where the blood vessel is invasive and treated may interfere with the blood flow temporarily and may cause injury to the patient.
11. If pressure is applied by wrapping the cuff around the limb where the arterio-venous(A-V) shunt is performed, it may interfere with the blood flow temporarily, which may cause injury to the patient.
12. Do not put pressure on the arm of the side where the mastectomy has been done.
13. When pressure is applied to the cuff, a medical device performing a surveillance function in the same limb may temporarily lose its function.
14. It is necessary to confirm that the operation of the automatic blood pressure monitor does not result in extension of damage to the blood circulation of the patient.

### **Battery Handling**

1. Do not install batteries with wet hands.
2. Make sure that the polarities (+) and (-) are correct.

### **AC Adaptor Handling (Optional Equipment)**

1. Do not plug in or pull out the AC adaptor with wet hands.
2. If the AC adaptor wires are wound around the neck, there is a possibility of death due to injury or suffocation.
3. If the AC adaptor cord is damaged, do not use it.
4. Do not use it for other purpose except this blood pressure monitor.



## Warning

### General Situation

1. Consult a trained healthcare professional for the measured results.
2. Temporary internal bleeding (bruising) may happen due to the cuff compression during excessive repeat measurements.
3. Measure the blood pressure in a stable state. Do not measure while moving, standing up or riding a vehicle.
4. Do not disassemble or modify the equipment arbitrarily.
5. Only use the dedicated cuff for accurate measurements.
6. Keep the blood pressure monitor out of the reach of infants and children.
7. If the user feels any pain or abnormality during the measurement, stop the measurement immediately.
8. Do not use BP170(B) where a physical shock may happen.
9. BP170(B) performance can be affected by extreme temperatures, humidity, latitude. Please use it in the right environment.
10. Please use and keep in an environment without pets.
11. Keep away from the place with water, damp, lint, direct ray of light, dust, heat, steam, bleach, eroding gas, etc. It affects performance and quality.

### AC Adapter handling (Optional Equipment)

1. Plug completely the AC adapter into the wall outlet.
2. When unplugging the AC adaptor, grasp the adaptor body and pull it out.
3. Do not pull on the electric cord.
4. Do not apply excessive force to AC adapter body and plug.
5. Keep the AC adapter jack away from foreign materials.
6. Only use the AC adapter provided by InBody.
7. Unplug the adapter when not using BP170(B) for a long time.

### Safety Precautions

1. Do not use or store BP170(B) in an environment where the cuff and air tube can be pressed by heavy materials.
2. Be careful when using or storing the cuff and air tube as they can be damaged by sharp edges.
3. Do not use the blood pressure monitor without winding the cuff on the arm.
4. Dispose of the blood pressure monitor body, the cuff parts, accessories, and optional accessories according to local regulations.

## Battery Handling

1. Use AA-size alkaline or manganese batteries.
2. Do not mix to use with new and used batteries. Replace all four AA batteries at one time when replacing batteries.
3. Remove the batteries from the blood pressure monitor if it will not be used for a long period.
4. Dispose of used batteries in a designated location.

## AC Adapter handling (Optional Equipment)

1. Plug completely the AC adapter into the wall outlet.
2. When unplugging the AC adaptor, grasp the adaptor body and pull it out.
3. Do not pull on the electric cord.
4. Do not apply excessive force to AC adapter body and plug.
5. Keep the AC adapter jack away from foreign materials.
6. Only use the AC adapter provided by InBody.
7. Unplug the adapter when not using BP170(B) for a long time.

## Safety Precautions

1. Do not use or store BP170(B) in an environment where the cuff and air tube can be pressed by heavy materials.
2. Be careful when using or storing the cuff and air tube as they can be damaged by sharp edges.
3. Do not use the blood pressure monitor without winding the cuff on the arm.
4. Dispose of the blood pressure monitor body, the cuff parts, accessories, and optional accessories according to local regulations.

## Protecting the natural environment

1. For biologically hazardous parts and accessories, please dispose of them according to the laws of the authorities.

## B. Optional Equipment

- L-size cuff (only for arm-circumference 32 to 42 cm)
- Dedicated AC adaptor

## C. Safety Information

### Safety Information

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Warning / Caution / Note

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BF-type equipment

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Power adaptor connection terminal

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CLASS II equipment (Dedicated AC adaptor)

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### Other Symbols

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European conformity

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Operating instructions

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Manufacturer

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Authorized representative in the EUROPEAN COMMUNITY

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Serial number

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## D. Classification

- Type of protection against electric shock: Class 2 equipment or Internal power source typed equipment
- Level of protection against flooding: IP21
- Operation mode: Continuous Operation
- Level of protection against electric shock: BF-type equipment

## E. Specifications

Product Name (Model Name)	Automatic electronic blood pressure monitor (BP170/BP170B)
Display Method	Digital display method (Custom segment LCD)
Test Range	Pressure: 0-300 mmHg, Pulse : 30-240 bpm
Degree of Precision	Pressure: $\pm 3$ mmHg, Pulse: Within $\pm 3\%$
Minimum Scale Unit	1mmHg
Measurement Method	Oscillometric method
Measured Values	Systolic blood pressure, Diastolic blood pressure, Pulse rate
Pressurization	Automatic pressurization method
Depressurization	Automatic exhaust method
Exhaust	Automatic rapid exhaust method
Power Supply	AA size 4 batteries or dedicated AC adaptor (DC 6V) input : AC 100-240V, 0.5A, 50/60Hz output : DC 6V 2.0A
Battery life	Approximately 800 measurements
Storage	Two 100 times blood pressure information storage
Cuff	M-size cuff (Only for arm circumference 22-32 cm) Not made of natural rubber latex
Operating Environment	10-40°C, 15-90% RH, 70-106 kPa
Storage Environment	-10-70°C, 10-90% RH, 50-106 kPa (No condensation)
IP classification	IP21
Dimension	Approx. 99 (W) $\times$ 26 (H) $\times$ 191 (L) mm
Equipment Weight	Approx: 379g (Main unit: approx. 257g, Cuff: Approx. 122g)
Package Weight	Approx. 760g

Useful life	Device: 5 years Cuff: 1 years
Manufacturing Country	Republic of Korea
Manufacturing Company	InBody Co., Ltd.

- \* For purposes of improvement, specifications are subject to change without notice.
- \* This product is a 'medical equipment'. Read guide and cautions before using this blood pressure monitor.
- \* Battery life test conditions: using new alkaline batteries, operating temperature 23°C,  
Arm circumference 25cm, max pressure 170mmHg.
- \* IP classification is degrees of protection provided by IEC 60529.
- \* BP170B has a Bluetooth function.







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

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