

Samsung Health Monitor (三星健康監測) 應用程式 (BP App 「血壓」應用程式)



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請仔細閱讀本使用說明書以正確使用產品




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1. 本使用說明書簡介

1.1 標誌

本使用說明書中所採用的標誌

標誌	涵義	說明
	注意	表示為避免不正確使用三星健康監測應用程式所致的任何問題或測量結果不準確，您必須遵守的內容。
	製造商	表示三星健康監測的製造商
	請查閱使用說明書	表示用戶在使用前應仔細閱讀說明書以正確使用產品
	授權代表	表示歐盟境內的授權代表資料。

三星健康監測中採用的標誌

三星健康監測中所採用的標誌可作變更。

標誌	涵義	說明
	注意	表示為避免不正確使用三星健康監測應用程式所致的任何問題或測量結果不準確，您必須遵守的內容。
	警告	表示為避免不正確使用三星健康監測應用程式所致的任何問題或測量結果不準確，您必須遵守的內容。
	平均心率	表示血壓測量期間的平均心率。

1.2 使用說明書以電子格式提供

《三星健康監測使用說明書》以電子格式提供，在三星健康監測應用程式及其在 [samsung.com](https://www.samsung.com) 內的網站上均可獲取。

若您需要使用說明書的紙質版本，可致電您所在國家的官方三星支援中心索取。

2. 原擬用途

「血壓」應用程式（BP App）為純軟件流動醫療應用程式，配合兼容的三星 Galaxy 手錶及三星手機使用，以建立、記錄、儲存和顯示血壓數據。「血壓」應用程式檢測收縮壓和舒張壓以及脈搏率，在使用上臂袖套式血壓計進行校準後，亦可提供相關數值和歷史記錄表。「血壓」應用程式僅在用戶處於靜止狀態時記錄上述血壓數據。

「血壓」應用程式供 22 歲及以上的成年人士作**非處方 (OTC)** 用途。孕婦的測量結果可能不準確。相關資料可用以在醫療保健專業人士進行定期檢查的間隔期間顯示血壓趨勢。未經諮詢合資格醫療保健專業人士的意見，用戶不應對裝置的輸出結果進行詮釋或基於此等結果採取醫療措施。「血壓」應用程式並不取代傳統高血壓診斷或治療方法。

3. 禁忌

若您未滿 22 歲，請勿使用「血壓」應用程式。

若您懷有身孕，請勿使用「血壓」應用程式。

您若有以下任何情況，請勿使用「血壓」應用程式：

- 心律失常
- 心力衰竭或心臟病發作歷史
- 周邊血管疾病或血液循環不良
- 心瓣膜疾病（與主動脈瓣有關的疾病）
- 心肌病
- 其他已知的心血管疾病
- 末期腎臟疾病（ESRD）
- 糖尿病
- 神經系統疾病（例如顫抖症）
- 凝血障礙或您正在服用處方抗凝血藥
- 佩戴 Galaxy 手錶的手腕上有紋身

4. 注意事項

請遵循以下注意事項，否則，「血壓」應用程式可能無法記錄準確的測量結果。

	「血壓」應用程式無法診斷高血壓或其他疾病，亦無法檢查心臟病發作跡象。「血壓」應用程式並不旨在取代合資格醫療保健專業人士所使用的傳統診斷或治療方法。若您認為有緊急醫療狀況，請立即聯絡當地急診服務求助。
	未經諮詢您的醫生， 請勿 轉換您的藥物或變更您的劑量。
	未經諮詢合資格醫療保健專業人士的意見， 請勿 對「血壓」應用程式的測量結果進行詮釋或基於此等結果採取醫療措施。
	請勿 使用「血壓」應用程式診斷高血壓、心臟相關疾病或其他疾病。
	請勿 使用供他人使用的已校準 Galaxy 手錶進行血壓測量。

	請勿在進行任何體力活動期間進行血壓測量。
	Galaxy 手錶靠近強力電磁場（例如，磁力共振掃描（MRI）或 X 光設備、電磁防盜系統、金屬探測器）時，請勿進行血壓測量。
	為保安起見，請僅在私人（家中）環境中透過藍牙功能進行 Galaxy 手機與 Galaxy 手錶的配對。建議不要在公眾場所進行配對。
	請勿在進行醫療手術（例如外科手術或體外心臟去顫程序）期間進行血壓測量。
	當 Galaxy 手錶並非處於以下運作條件時，請勿進行血壓測量： <ul style="list-style-type: none"> • 溫度：54°F-104°F / 12°C-40°C • 濕度：相對濕度 30 - 90%
	「血壓」應用程式的血壓讀數範圍如下： <ul style="list-style-type: none"> • 校準範圍——收縮壓：80 - 170 mmHg，舒張壓：50 - 110 mmHg • 測量範圍——收縮壓：70 - 180 mmHg，舒張壓：40 - 120 mm Hg

5. 入門須知

血壓應用程式 (簡稱「BP App」) 包含 Galaxy 電話應用程式 (BP-Android) 及 Galaxy Watch 應用程式 (BP-Tizen/Wear OS)。此應用程式可透過 Samsung Health Monitor 應用程式存取。血壓應用程式需為 Tizen 4.0.0.8 或以上版本的 Galaxy Watch Active2 或 Galaxy Watch 3，或為 Galaxy Watch 4 或配備 Wear OS 3.0 的更新手錶型號，且應可配對執行 Android 9 Pie 或更新系統的 Samsung Galaxy。

使用「血壓」應用程式前，您必須：

1. 在您的 Galaxy 手錶上三星健康監測中設定「血壓」應用程式
2. 在您的 Galaxy 手機上安裝三星健康監測應用程式
3. 使用上臂袖套式血壓計校準您的 Galaxy 手錶

5.1 設定「血壓」應用程式

使用「血壓」應用程式測量血壓前，您必須首先設定您的「血壓」應用程式過人檔案並校準您的 Galaxy 手錶。

1. 請確保您的 Galaxy 手錶已透過藍牙與您將用以進行血壓測量的 Galaxy 手機完成配對。
2. 您的 Galaxy 手錶上若已安裝三星健康監測應用程式，請打開三星健康監測應用程式並選擇「血壓」，然後按照螢幕上的設定指示進行操作。

若您的 Galaxy 手機尚未安裝「血壓」應用程式，請從 Galaxy Store 安裝三星健康監測應用程式，然後安裝 Galaxy Wearable 軟件的最新更新。安裝最新更新後，請打開三星健康監測應用程式，並按照螢幕上的設定指示進行操作。

► 在您的 Galaxy 手機上設定「血壓」應用程式個人檔案

1. 從 Google Play 商店或 Galaxy Store 下載三星健康監測應用程式。
2. 完成並確認個人檔案設定，並同意接受《使用條款》及《私隱政策》。
3. 選擇「血壓」選項，並校準您的 Galaxy 手錶。

5.1.1 校準您的 Galaxy 手錶



為確保測量結果更加準確，請確保使用上臂袖套式血壓計校準 Galaxy 手錶。開始校準之前，請閱讀血壓計隨附的說明書，並確保您理解血壓計的使用方法。

註 1: 您僅需在校準 Galaxy 手錶時使用上臂袖套式血壓計。完成 Galaxy 手錶的校準後，在 Galaxy 手錶上使用「血壓」應用程式進行血壓測量時，無需再使用上臂袖套式血壓計。

註 2: Galaxy 手錶上的校準操作專門（並僅）為校準時佩戴已配對的 Galaxy 手錶之人士量身調教「血壓」應用程式。

為確保校準更準確，請遵從以下指示：

- 校準前 30 分鐘，請勿攝入任何酒精或咖啡因，請勿吸煙、運動或沐浴。
- 確保手臂和手腕乾爽，無過多的汗水或潤膚露。
- 請於室內安靜環境進行校準。
- 在一張桌子旁放置一張舒適的椅子。
- 坐在背部有足夠支撐的椅子上，不要交叉雙腿，雙腳平放在地上。
- 將雙手及前臂放於桌面。
- 開始校準前，請保持該姿勢至少 5 分鐘。
- 校準開始後，在袖套式血壓計進行測量時請勿移動或挪動手臂、說話。
- 測量期間，請正常呼吸。請勿嘗試加深或減慢呼吸。

校準您的 Galaxy 手錶：

1. 將血壓袖套戴於上臂。
2. 將三星 Galaxy 手錶佩戴在另一隻手的手腕上。確保 Galaxy 手錶錶帶緊貼手腕，但不應過緊。
3. 將您的 Galaxy 手機放於桌上觸手可及的位置。
4. 在您的 Galaxy 手機上，打開三星健康監測應用程式，然後按「血壓」選項，並按照螢幕上的指示進行以下操作：
 - a. 在袖套式血壓計上開始血壓測量。
 - b. Galaxy 手錶上的測量將自動啟動。
 - c. 在手機「血壓」應用程式中輸入袖套式血壓計上的讀數。
 - d. 再重複步驟 a.- c. 兩次（總共進行三次測量），完成 Galaxy 手錶校準。

註：請確保在完成首次校準測量後 30 分鐘內完成校準所需的所有測量。為使 Galaxy 手錶正確校準，您必須按照「血壓」應用程式的指示每 28 天進行一次校準。您亦可在未滿 28 天之前隨時透過「血壓歷史記錄」螢幕上的功能表中選擇**重新校準**來校準 Galaxy 手錶。

5.2 使用 Galaxy 手錶測量血壓

使用上臂袖套式血壓計校準 Galaxy 手錶後，您即可以使用 Galaxy 手錶上的「血壓」應用程式來測量血壓。在 28 天後進行下一次校準之前，您無需再次使用該袖套式血壓計。

註：完成 Galaxy 手錶校準後，在 Galaxy 手錶上使用「血壓」應用程式測量血壓時，無需再使用袖套式血壓計。

為確保血壓測量結果更加準確，請遵從以下指示：

- 確保將 Galaxy 手錶佩戴於校準時佩戴的同一邊手腕，並確保 Galaxy 手錶錶帶緊貼手腕，但不應過緊。
- 測量前 30 分鐘，請勿攝入任何酒精或咖啡因，請勿吸煙、運動或沐浴。
- 確保手臂和手腕乾爽，無過多的汗水或潤膚露。
- 在室內安靜的地方進行測量。
- 在一張桌子旁放置一把舒適的椅子。
- 坐在背部有足夠支撐的椅子上，不要交叉雙腿，雙腳平放在地上。
- 將雙手及前臂放於桌面。
- 開始測量前，請保持該姿勢至少 5 分鐘。
- 測量開始後，在 Galaxy 手錶進行測量時請勿移動或挪動手臂、說話。
- 測量期間，請正常呼吸。請勿嘗試加深或減慢呼吸。

► 測量血壓

1. 在 Galaxy 手錶上按**測量**按鈕。
2. 若測量成功，則 Galaxy 手錶錶面上會出現血壓測量結果（包括收縮壓和舒張壓讀數）。請參閱下文的「查閱您的血壓測量結果」部分。
若測量失敗（例如，由於您移動或訊號過弱導致測量失敗），Galaxy 手錶將有錯誤訊息提示。

6. 查閱您的血壓測量結果

您可以在您的 Galaxy 手錶和 Galaxy 手機上查閱血壓測量結果。

6.1 在您的 Galaxy 手錶上

Galaxy 手錶上的「血壓」應用程式成功測量您的血壓後，Galaxy 手錶會顯示以下結果：

- 收縮壓
- 舒張壓
- 脈搏率（心率）



注意

切勿基於「血壓」應用程式所提供的數據轉換您的藥物或變更您的劑量。不論何種情況，請務必先行諮詢醫生的意見。

6.2 在您的 Galaxy 手機上

您的 Galaxy 手錶與您用於校準 Galaxy 手錶的 Galaxy 手機之間建立藍牙連接後，測量結果即會同步至 Galaxy 手機上的三星健康監測應用程式。您可與您的醫生分享相關資料，供其檢查或診症之用。

► 在您的手機上查看血壓測量結果

打開三星健康監測應用程式，選擇「血壓卡」查看歷史記錄表。

註：您的 Galaxy 手機上可儲存的測量結果數量，取決於您的 Galaxy 手機有多少儲存空間。

7. 安全及效能

三星「血壓」應用程式經過驗證，可在校準完成後 30 分鐘進行血壓測量。相關臨床試驗針對 85 名受試者進行，並對照了兩名醫療保健專業人士以袖套式測量方法得出的參考測量結果，其表現如下：

- 平均收縮壓誤差為-0.11 mmHg（標準差為 7.46 mmHg）；及
- 平均舒張壓誤差為-0.28 mmHg（標準差為 5.85 mmHg）。

上述研究乃根據經修改的 ISO 81060-2 血壓標準方案進行，使用了適當的性別比例、臂圍、膚色和血壓範圍。三星「血壓」應用程式的測量結果證明，其表現足以滿足裝置非診斷性血壓測量的原擬用途，惟用戶不應在未經諮詢合資格醫療保健專業人士意見及透過標準測量方法驗證測量結果的情況下，對「血壓」應用程式的測量結果進行詮釋或採取醫療措施。

註：根據某機構於 2019 年 7 月至 2019 年 10 月期間進行的研究。相關臨床試驗基地負責確定血壓測量結果的準確性。本研究對象不包括 22 歲以下患者。

8. 故障排除

若您在使用「血壓」應用程式時遇到任何問題，請查看下表尋找可能的解決方法。

問題：我在 Galaxy 手錶上找不到「血壓」應用程式。

解決方法：

- 查看您的 Galaxy Watch 是否與血壓應用程式相容。血壓應用程式亦需要執行 Android 9 Pie 或更新系統的 Galaxy 手機。請查看 <https://www.samsung.com/sec/apps/samsung-health-monitor> 以取得相容的手錶型號及可使用服務的國家/地區。
- 若您的 Galaxy 手錶兼容，請使用 Galaxy Wearable 應用程式將其升級至最新的維護版本（MR）。成功完成 MR 升級后，「血壓」應用程式應可在 Galaxy 手錶上裝載。

問題：我無法在我的手機上啓用三星健康監測。

解決方法：

- 確保您的手機是於「血壓」應用程式已獲監管批准的國家 / 地區購買。
- 確保您於「血壓」應用程式已獲監管批准的國家 / 地區安裝並啓動三星健康監測（即建立個人檔案並接受《使用條款》及《私隱政策》）。
- 確保您在安裝並啓動三星健康監測的「血壓」應用程式時，手機有效連接至流動網絡。

問題：我找不到測量血壓選項。

解決方法：

- 確保您在已配對的手機三星健康監測應用程式上建立了個人檔案。請參閱「5.1 設定「血壓」應用程式」中的「在您的 Galaxy 手機上設定「血壓」應用程式個人檔案」部分。
- 確保您已使用上臂袖套式血壓計成功校準 Galaxy 手錶。請參閱「5.1.1 校準您的 Galaxy 手錶」部分。
- 若您已經完成校準 Galaxy 手錶，請確保校準狀態為最新。Galaxy 手錶必須每 28 天重新校準一次。請檢查 Galaxy 手錶或 Galaxy 手機上的「血壓」應用程式螢幕查看校準狀態。

問題：我無法成功獲取血壓讀數。

解決方法：

- 確保 Galaxy 手錶緊貼手腕（不過鬆或過緊）。Galaxy 手錶背面應接觸皮膚，但不應令您感到任何不適。
- 進行血壓測量時，請確保您處於靜止坐立及放鬆的狀態，並且雙腳平放在地上。
- 進行血壓測量時，請勿挪動手臂或說話。
- 進行血壓測量時，請將佩戴 Galaxy 手錶之手臂放於桌上。
- 確保手臂及手腕乾爽，無過多的汗水或潤膚露。
- 若您的雙手及手臂冰冷，請脫下 Galaxy 手錶並輕輕摩擦手腕使皮膚變暖。重新戴上 Galaxy 手錶，然後再次嘗試進行測量。
- 「血壓」應用程式需要使用從 Galaxy 手錶上的感應器收集的光纖訊號，並且需要高質素的訊號方可計算血壓。訊號的質素會受到多種因素影響，例如，手錶感應器的清潔度或被測量區域的光學特性。

問題：我的血壓測量結果異常高或異常低。

解決方法：

- 若您有異常病徵或認為有緊急醫療狀況，請立即聯絡您的醫生或當地急診服務求助。
- 若您認為您的病情並不緊急，請遵照以下指示再進行至少兩次血壓測量：
 - 開始測量前 30 分鐘請勿攝入咖啡因或酒精。
 - 開始測量前 30 分鐘請勿吸煙、運動或沐浴。
 - 開始測量前請安靜地休息至少 5 分鐘。
 - 確保測量過程中您並未感到過大壓力或焦慮情緒。
- 若您的血壓測量結果依然異常，請立即聯絡您的醫生或當地急診服務求助。

問題：我無法將我的血壓數據從 Galaxy 手錶同步至 Galaxy 手機的血壓卡中。

解決方法：

- 確保您已透過藍牙運用 Galaxy Wearable 應用程式將 Galaxy 手錶與 Galaxy 手機配對。
- 確保您使用的是您設定個人檔案並校準 Galaxy 手錶時使用的同一部 Galaxy 手機。
- 確保您的 Galaxy 手機至少還有 100 MB 的可用儲存空間。

Samsung Health Monitor Application (Blood Pressure App)



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Please read these Instructions for Use carefully to use the product properly.







eIFU indicator

2023-06 (v 4.1)

1. About these Instructions for Use




1.1 Symbols

Symbols used in these Instructions for Use

Symbol	Name	Description
	Cautions	Indicate content that you must follow to avoid any problem or inaccurate measurement resulting from misuse of the Samsung Health Monitor application.
	Manufacturer	Indicate manufacturer of the Samsung Health Monitor.
	Consult Instructions for Use	Indicate that user shall read Instruction for Use carefully to use the product properly before use.
	Authorised representative	Indicate information of authorised representative for EU.

Symbols Used in the Samsung Health Monitor

The symbols used in the Samsung Health Monitor can be changed.

Symbol	Name	Description
	Cautions	Indicate content that you must follow to avoid any problem or inaccurate measurement resulting from misuse of the Samsung Health Monitor application.
	Cautions	Indicate content that you must follow to avoid any problem or inaccurate measurement resulting from misuse of the Samsung Health Monitor application.
	Pulse rate	Indicate current heart rate (Pulse rate) during blood pressure measurement.

1.2 Instructions for Use provided in Electronic form

The Instructions for Use of the Samsung Health Monitor are provided in electronic form and are available in the Samsung Health Monitor application and on its web site within samsung.com.

If you need Instructions for Use in paper form, you can request it by calling at the Official Samsung Support center in your country.

2. Intended Purpose

The Blood Pressure App (BP App) is a software-only, mobile medical application intended for use with a compatible Samsung Galaxy Watch and Phone to create, record, store and display blood pressure information. The BP App determines the systolic and diastolic blood pressure, as well as pulse rate, and

provides values and history charts following calibration with an upper-arm, cuff-based blood pressure monitor. These data are only captured when the user is at rest.

The BP App is intended for **over-the-counter (OTC)** use by adults 22 years and older. It may not provide accurate results for pregnant women. This information can be used as an indication for trends in blood pressure between regular checks by a healthcare professional. The user is not intended to interpret or take clinical action based on the device output without consultation with a qualified healthcare professional and validation with a standard measurement method. The BP App is not intended to replace traditional methods for diagnosis or treatment of hypertension.

3. Contraindications

DO NOT use the BP App if you are younger than 22 years old.






DO NOT use the BP App if you are pregnant.







DO NOT use the BP App if you have any of the following:

- Arrhythmia
- Prior heart failure or heart attack
- Peripheral vascular disease or compromised circulation
- Valvular disease (diseases concerning the aortic valve)
- Cardiomyopathy
- Other known cardiovascular disease
- End-stage Renal Disease (ESRD)
- Diabetes
- Neurological disorder (for example, tremors)
- Clotting disorder or you are taking prescribed blood thinners
- Tattoo(s) on the wrist where you will wear the Galaxy Watch

4. Cautions

Please follow the Cautions listed below. If you do not follow them, the BP App may not be able to record accurate measurements.

	The BP App cannot diagnose hypertension, other conditions, or check for signs of a heart attack. The BP App is not meant to replace traditional methods of diagnosis or treatment by a qualified healthcare professional. If you think you are having a medical emergency, contact your local emergency services immediately.
	DO NOT change your medications or dosage without first consulting your doctor.
	DO NOT interpret or take clinical action based on the BP App measurements without first consulting with a qualified healthcare professional.
	DO NOT use the BP App to diagnose hypertension, heart-related, or other medical conditions.
	DO NOT use a Galaxy Watch for Blood Pressure measurements if the Galaxy Watch has been calibrated for use by another person.

	DO NOT take Blood Pressure measurements during any physical activity.
	DO NOT take Blood Pressure measurements when the Galaxy Watch is close to strong electromagnetic fields (for example, magnetic resonance imaging (MRI) or X-Ray equipment, electromagnetic anti-theft systems, and metal detectors).
	For security reasons, always pair the Galaxy phone and Galaxy watch via Bluetooth in a private (home-based) setting. It is NOT recommended that pairing be done in a public space.
	DO NOT take Blood Pressure measurements during a medical procedure (for example, surgery or external defibrillation procedures).
	DO NOT take Blood Pressure measurements when the Galaxy Watch is outside of the following operating conditions: <ul style="list-style-type: none"> • Temperature: 54 °F - 104 °F / 12 °C - 40 °C • Humidity: 30% – 90% relative humidity
	The BP App's range for blood-pressure readings is as follows: <ul style="list-style-type: none"> • Calibration Range - Systolic: 80–170 mmHg, Diastolic: 50–110 mmHg • Measurement Range - Systolic: 70–180 mmHg, Diastolic: 40–120 mm Hg

5. Getting Started

The Blood Pressure App (“BP App”) consists of the Galaxy phone app (BP-Android) and the Galaxy Watch app (BP-Tizen/Wear OS). The app can be accessed via the Samsung Health Monitor application. The BP App requires a Galaxy Watch Active2 or Galaxy Watch 3 with Tizen version 4.0.0.8 or later, or Galaxy Watch 4 or later model with Wear OS 3.0 that is paired with a Samsung Galaxy phone running Android 9 Pie or later.

Before you can use the BP App, you must do the following:

1. Set-up the BP App in Samsung Health Monitor on your Galaxy Watch
2. Install the Samsung Health Monitor application on your Galaxy phone
3. Calibrate your Galaxy Watch with an upper-arm, cuff-based blood pressure monitor

5.1 Setting Up the BP App

Before you can start measuring your blood pressure using the BP App, you must set up your BP App profile and calibrate your Galaxy Watch.

1. Ensure that your Galaxy Watch is paired via Bluetooth with the Galaxy phone that you will use for your blood pressure measurements.
2. If the Samsung Health Monitor application is installed on your Galaxy Watch, open the Samsung Health Monitor app and select the Blood Pressure and follow the onscreen set-up instructions.

If the BP App is not already installed on your Galaxy phone, install the Samsung Health Monitor application from the Galaxy Store and then install the latest update of the Galaxy Wearable software. After you have installed the update, open the Samsung Health Monitor App and follow the onscreen set-up instructions.

► To set up the BP App Profile on Your Galaxy Phone

1. Download the Samsung Health Monitor App from the Google Play Store or the Galaxy Store.
2. Complete and confirm the profile set-up and agree to the terms of use and privacy policy.
3. Select the Blood Pressure option and calibrate your Galaxy Watch.

5.1.1 Calibrating Your Galaxy Watch



To ensure more accurate measurements, be sure to calibrate your Galaxy Watch with an upper-arm, cuff-based blood pressure monitor. Before you start the calibration, read the instructions that accompany the blood pressure monitor and make sure you know how to use it.

Note 1: You use the upper-arm, cuff-based blood pressure monitor only to calibrate your Galaxy Watch. After you calibrate your Galaxy Watch, you do not need to use the cuff-based blood pressure monitor when you use the BP App on your Galaxy Watch to take your blood pressure.

Note 2: Calibration on the Galaxy Watch customizes the BP App specifically—and only—for the person wearing the paired Galaxy Watch during calibration.

To ensure more accurate calibration, do the following:

- 30 minutes before doing the calibration, do not have any alcohol or caffeine, and do not smoke, exercise, or bathe.
- Make sure your arm and wrist are dry and free of excessive perspiration or skin lotion.
- Do the calibration indoors in a quiet place.
- Put a comfortable chair next to a table.
- Sit in the chair with your back well-supported, your legs uncrossed, and your feet flat on the ground.
- Let your hands and forearms rest on the table.
- Rest in this position for at least 5 minutes before starting the calibration.
- When you start the calibration, stay still and do not move your arm or talk while the cuff-based blood pressure monitor performs the measurement.
- During the measurement, breathe normally. Do not try to deepen or slow down your breath.

To calibrate your Galaxy Watch:

1. Place the blood pressure cuff on an upper arm.
2. Wear the Samsung Galaxy Watch on the wrist of **the other** arm. Make sure the Galaxy Watch strap is snug around your wrist, but not too tight.
3. Place your Galaxy phone on the table, within easy reach.
4. On your Galaxy phone, open the Samsung Health Monitor app and press the Blood Pressure and follow the onscreen instructions to do the following:
 1. Start the blood pressure measurement on the cuff-based blood pressure monitor.
 2. Measurement on the Galaxy Watch will begin automatically.
 3. Enter the cuff-based blood pressure monitor reading in the phone BP App.
 4. Repeat Steps a.-c. two more times (for a total of three measurements) to finish the Galaxy Watch calibration.

Note: Make sure that you finish all measurements required for calibration within 30 minutes of completing the first calibration measurement. To keep your Galaxy Watch properly calibrated, you must calibrate it every 28 days, as directed by the BP App. You may also calibrate your Galaxy Watch any time before then by selecting **Recalibrate** from the menu on the Blood Pressure History screen.

5.2 Measuring Your Blood Pressure Using Your Galaxy Watch

After you have calibrated your Galaxy Watch with the upper-arm, cuff-based blood pressure monitor, you are ready to use the BP App on your Galaxy Watch to measure your blood pressure. You will not need to use the cuff-based monitor again until the next calibration in 28 days.

Note: After you calibrate your Galaxy Watch, you do not need to use the cuff-based monitor when you use the BP App on your Galaxy Watch to take your blood pressure.

To ensure a more accurate BP measurement, do the following:

- Wear your Galaxy Watch on the same wrist as during the calibration and make sure the Galaxy Watch strap is snug around your wrist, but not too tight.
- 30 minutes before doing the measurement, do not have any alcohol or caffeine, and do not smoke, exercise, or bathe.
- Make sure your arm and wrist are dry and free of excessive perspiration or skin lotion.
- Do the measurement indoors in a quiet place.
- Put a comfortable chair next to a table.
- Sit in the chair with your back well-supported, your legs uncrossed, and your feet flat on the ground.
- Let your hands and forearms rest on the table.
- Rest in this position for at least 5 minutes before starting the measurement.
- When you start the measurement, stay still and do not move your arm or talk while the Galaxy Watch takes the measurement.
- During the measurement, breathe normally. Do not try to deepen or slow down your breath.

► To measure your blood pressure

1. Press the **Measure** button on the Galaxy Watch.
2. If the measurement is successful, BP measurements including systolic and diastolic readings appear on the Galaxy Watch face. See “Reviewing Your Blood Pressure Measurements” below.
If the measurement is unsuccessful (for example, because you moved or because the signal was not strong enough), the Galaxy Watch displays an error message.

6. Reviewing Your Blood Pressure Measurements

You can review your blood pressure measurements on your Galaxy Watch and on your Galaxy phone.

6.1 On Your Galaxy Watch

After the BP App on the Galaxy Watch successfully measures your blood pressure, the Galaxy Watch displays the following results:

- Systolic blood pressure (BP)
- Diastolic blood pressure (BP)
- Pulse Rate (heart rate)



CAUTION

Do not change your medications or dosage based on the numbers provided by the BP App. Always talk to your doctor first.

6.2 On Your Galaxy Phone

When a Bluetooth connection is established between your Galaxy Watch and the Galaxy phone you used to calibrate the Galaxy Watch, your measurement results are synced to the Samsung Health Monitor App on the Galaxy phone. You can share this information with your doctor for review or consultation.

- ▶ To view your blood pressure measurements on your phone

Open the Samsung Health Monitor App and select the Blood Pressure Card to see the history chart

Note: How many results you can store on your Galaxy phone depends on the amount of storage memory your Galaxy phone has.

7. Safety and Performance

The Samsung BP App was validated to measure blood pressure 30 minutes after calibration in a clinical trial of 85 subjects against reference blood pressure cuff measurements taken by two medical professionals, with a performance of

- mean systolic BP error of -0.11 mmHg (standard deviation of 7.46 mmHg) and
- mean diastolic error of -0.28 mmHg (standard deviation of 5.85 mmHg).

These studies were done following a modified ISO 81060-2 blood pressure standard protocol with proper representation of gender, arm circumference, skin pigmentation, and blood pressure ranges. The Samsung BP App measurements demonstrated performance sufficient for the device's intended use of non-diagnostic BP measurements with which the user is not intended to interpret or take clinical action on without consultation with a qualified healthcare professional and validation with a standard measurement method.

Note: Based on a study conducted at one clinical study facility between July 2019 and October 2019. The clinical site was responsible for determining the accuracy of blood pressure measurement. Patient age under 22 was excluded from this study.

8. Troubleshooting

If you have problems using your BP App, check the list below for possible solutions.

Problem: I cannot find the BP App on my Galaxy Watch.

Solution:

- Check that your Galaxy Watch is compatible with the BP App. The BP App also needs a Galaxy phone running Android 9 Pie or later. Check <https://www.samsung.com/sec/apps/samsung-health-monitor> for compatible watch models and country/region where service is available.
- If your Galaxy Watch is compatible, upgrade it to the latest Maintenance Release (MR) using the Galaxy Wearable application. A successful MR upgrade should load the BP App on the Galaxy Watch.

Problem: I can't enable Samsung Health Monitor on my phone.

Solution:

- Make sure that your phone was purchased in a country where the BP App has received regulatory approval.
- Make sure that you install and activate Samsung Health Monitor (by creating a profile and accepting the Terms of Use and Privacy Policy) in a country where the BP App has received regulatory approval.
- Make sure you have an active cellular connection when you install and activate the BP App of Samsung Health Monitor.

Problem: I don't see an option to measure my blood pressure.

Solution:

- Make sure that you set up your profile on the paired phone Samsung Health Monitor App. See "To set up the BP App Profile on Your Galaxy Phone" in "5.1 Setting Up the BP App".
- Make sure that you successfully have calibrated the Galaxy Watch with an upper-arm, cuff-based BP monitor. See "5.1.1 Calibrating your Galaxy Watch".
- If you have calibrated your Galaxy Watch, make sure that the calibration is up to date. The Galaxy Watch must be recalibrated every 28 days. Check the BP App screen on either the Galaxy Watch or Galaxy phone to see the calibration status.

Problem: I cannot get a successful blood pressure reading.

Solution:

- Make sure the Galaxy Watch is worn snugly on your wrist (not loose or too tight). The bottom surface of the Galaxy Watch should touch the skin but should not be uncomfortable.
- Make sure you sit still and relaxed, with both feet flat on the ground, during the blood pressure measurement.
- Make sure you do not move your arm or talk during the blood pressure measurement.
- Rest the arm with the Galaxy Watch on a table while you take the measurement.
- Make sure your arm and wrist are dry and free of excessive perspiration or skin lotion.
- If your hands and arms are cold, remove the Galaxy Watch and rub the wrist gently to warm up the skin. Put the Galaxy Watch back on and try again to take a measurement.
- The BP App uses optical signals collected from a sensor on the Galaxy Watch and needs a good-quality signal in order to calculate blood pressure. The quality of the signal can be affected by various factors, such as the watch sensor's cleanness or the measured area's optical properties.

Problem: I am getting an abnormally high or low BP reading.

Solution:

- If you have unusual symptoms or think you are having a medical emergency, contact your doctor or local emergency services immediately.
- If you do not think you are having a medical emergency, take at least two more blood pressure measurements and follow the guidance below before you take the measurements:
 - Do not have caffeine or alcohol 30 minutes before you start the measurement.
 - Do not smoke, exercise, or bathe 30 minutes before you start the measurement.
 - Rest quietly for at least 5 minutes before you start the measurement.
 - Make sure you are not experiencing excessive stress or anxiety during the measurement.
- If you are still getting abnormal readings, contact your doctor or local emergency services immediately for guidance.

Problem: I cannot sync my BP data from the Galaxy Watch to the Galaxy phone Blood pressure card.

Solution:

- Make sure your Galaxy Watch is paired, using Bluetooth, with the Galaxy phone via the Galaxy

Wearable application.

- Make sure you are using the same Galaxy phone that you used to set up your profile and calibrate the Galaxy Watch.
- Make sure you have at least 100 MBs of storage available on the Galaxy phone.