

boso

BOSCH + SOHN  
GERMANY

"I use equipment of BOSCH + SOHN  
to measure blood pressure.

Do you?

If you self-test, trust  
the brand that 77% of all  
German doctors use.



Premium quality for health care

## INFORMATION

Not many people know that around 25% of the adult population, and about half of people over sixty, suffer from high blood pressure. You can have high blood pressure for many years without developing any symptoms.

But it can lead to serious conditions such as heart attack, stroke or dementia, as organs such as the heart, brain, blood vessels and kidneys suffer long-term damage.

### OUR TIP

Go to [www.boso.de/en](http://www.boso.de/en) to find out basic information about blood pressure measurement and download the blood pressure record card.

## IMPORTANT for a long, healthy life: measuring your blood pressure every day!

Blood pressure provides important information about your health. Measuring it regularly is therefore one of the simplest and most effective ways of looking after your health. Using a blood pressure instrument gives you the basis of a long, healthy life, and is a simple procedure that you can do at home.

Trust the precision and quality of boso – the brand which 77% of German doctors use, according to a study carried out among doctors by the German consumer research organisation GfK and published in January 2010.

The high quality is also confirmed by the test results from independent specialist organizations: All digital boso self-testing instruments fulfill the criteria of the Deutsches Hochdruckliga (German Hypertension Society) and the stringent test protocol of the European Society of Hypertension (ESH).



This makes it easy for you: confirmed accuracy of boso instruments. Just select the device that suits your personal needs best.

Premium blood pressure instruments  
of boso: very easy to use  
and extremely accurate.



## Blood pressure instruments for upper-arm measurement. Premium quality for health.

Both upper-arm and wrist instruments are available for blood pressure self-testing. Both methods are equally valid. However, people with narrowed blood vessels, a condition that is particularly common in elderly people, are advised to use an upper-arm instrument.

boso's blood pressure instruments offer guaranteed outstanding accuracy and can even pick up abnormal heart rhythms (such as extra systoles, atrial fibrillation, etc.). Depending on the type of instrument you use, you will also receive other important information about your health in addition to your exact blood pressure results.



### boso medicus exclusive

The premium blood pressure instrument for health.

The most sophisticated blood pressure instrument – as unique as your health: this device can be tailored more closely than any other boso product to your personal requirements, and produces many types of statistics to optimise blood pressure assessment. See for yourself: the elegant design, high-quality finish and comprehensive range of functions make this the top of the range. And it is as easy to use as you would expect from boso: the large display and speech output function make it easy for elderly and visually-impaired people in particular to measure their blood pressure.

Power pack available as an optional extra for battery-free operation



### boso medicus family 4

The blood pressure instrument for couples and families.

This model is four devices in one: the whole family can monitor their blood pressure thanks to four separate memories each capable of storing 60 measurements. The instrument also comes with a universal cuff fitting arms between 22 and 42 cm circumference. As normal with boso upper arm blood pressure instruments, measurements are taken by intelligent automatic pump action, with no additional pumping needed. This is particularly useful as it allows different users to measure their blood pressure quickly and smoothly.



### boso medicus vital

The blood pressure instrument with memory and assessment functions.

For those who want more information about your blood pressure status, this model is the first choice. Visual indicators show arrhythmias including their prevalence. The instrument also comes with a universal cuff fitting arms between 22 and 42 cm circumference and movement errors during the measurement are displayed. The instrument stores up to 60 readings for a substantial evaluation.



### boso medicus X

The blood pressure instrument with all basic functions.

This model has all the important features you need for accurate blood pressure measurement: detection of arrhythmia and memory for 30 values for a reliable evaluation of the blood pressure.

Blood pressure instruments for upper-arm measurement.  
Premium quality for health.



NEU: 2016

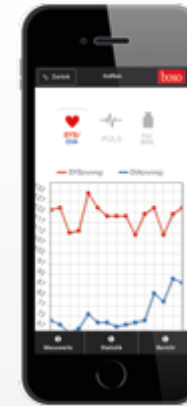
### boso medicus system

The wireless blood pressure measuring instrument with app.

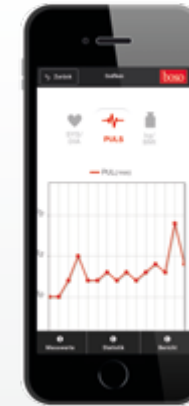
This upper-arm instrument turns your smartphone into a blood pressure coach for everyday use: With the app download, your precise measurements are immediately stored directly on your smartphone and are automatically analyzed for you. You can therefore keep your eye on your vital parameters such as blood pressure readings, pulse or any arrhythmia (irregular heart rhythms) everywhere and at all times. This makes professional evaluation with long-term profiles very simple, without you needing to be a professional yourself. Or just send a report directly to your family physician. The boso system has everything under control for you.

Suitable in combination with the app for ideal health care: The bosogramm precision scales system also monitors your weight with BMI.

boso medicus system – The most important vital parameters under control everywhere and at all times:



Blood pressure



Pulse



Weight/BMI

It couldn't be simpler:

- 1 You start the app and create your user accounts – without lengthy registration etc. Connect the blood pressure measuring instrument and/or the precision scales via Bluetooth® **once** and you can already start.
- 2 After measurement, the data are automatically displayed via Bluetooth in the app – No WLAN is required. You thus have all important parameters with dates and times in your own overview everywhere and at all times, also as a **graphic in the long-term profile.**

Download App



## Blood pressure instruments for upper-arm measurement. Premium quality for health.



### boso medicus family

The prize-winning blood pressure instrument for couples.

This model is very popular, coming out top of a test organised by the German consumer association Stiftung Warentest in 2008. It has two separate memories, each capable of storing 30 measurements, making it an ideal device for couples. It also has a guest mode. The blood pressure evaluation function allows results to be accurately assessed. This instrument is suitable for different users as it is supplied with a universal cuff fitting arm circumferences ranging from 22 to 42 cm.



### boso medicus control

Storage and assessment of blood pressure measurements.

The same features as the boso medicus family model, but for one person (memory capable of storing 30 measurements).



### boso medicus uno

The easy-to-use blood pressure instrument operated by a single button.

This model is very popular because it is so easy to use. More than a million have already been sold. The last measurement is automatically stored and displayed when you switch it on.

Power pack available as an optional extra for battery-free operation



### boso medicus prestige

The blood pressure instrument for all cuff sizes.

This device is supplied with a standard cuff, but any cuff size can be attached. Consequently, this instrument is suitable for children and for adults with very slender or very large upper arms.



### boso medicus smart

Ideal when you are away from home or as a spare.

This instrument operates semi-automatically, using memo-matics for optimum pumping. Its small size makes this model ideal when you are away from home or as a spare, so that you can still count on reliable upper-arm measurements.



## Blood pressure instruments for wrist measurement. Premium quality for health.

These devices are ideal for people who measure their blood pressure occasionally or as part of general health care. bosco devices provide fast, accurate results and can even pick up abnormal heart rhythms. Wrist measurement (wrist circumference range: 13.5 to 21.5 cm) is very convenient, but upper arm measurement is recommended for elderly people for medical reasons.



### bosco medistar+

A plus for your health.

This wrist model is the perfect solution for all those who want to get more information about their blood pressure status. The memory can store 90 measurements and is the basis for assessing blood pressure. And the device has a large display and elegant design.



### bosco medilife S

Very fast and smooth measurement – with a PC option too.

This very handy device measures your blood pressure even while it is pumping, making the process particularly fast and smooth. A 30-measurement device allows you to assess the results.

#### PC version

With a 280-measurement memory, showing dates and times for your long-term profile, XD Home profile-manager software and USB cable.



## The classics with a stethoscope. Premium quality made in Germany.

These blood pressure instruments measure blood pressure by the conventional method, still commonly used by physicians. Even in the electronic age this type of instrument still has its value, particularly for cardiac dysrhythmia. The instruments have an integrated stethoscope and large, easy-to-read scale.

### bosco egotest

The model with a push-button valve.



### bosco varius privat

The entry-level model with a rotary valve.

# What you need to know about boso blood pressure instruments.

## 💓 Dysrhythmia detection

For more than ten years almost all boso self-measuring instruments are equipped with this important function. Cardiac arrhythmias (such as extra systoles, atrial fibrillation, etc.) are identified quickly and easily. This feature is very essential: despite of good blood pressure values the risk of heart attack and stroke may be increased because of arrhythmia.

## Memory and average value display



Devices with memory function show the latest measurements. In addition, these individual measurements are used to work out the average value, giving even more useful information about your blood pressure.

## Triple check function



Blood pressure does not remain the same, it fluctuates all the time. Consequently, devices with this additional function automatically take three consecutive measurements at one-minute intervals and work out the average, which gives a more accurate picture of your current blood pressure status.

## Blood pressure evaluation scale according to the WHO blood pressure thresholds



The World Health Organization has set guidelines for the assessment of blood pressure that apply to people of any age. The boso devices that have this function automatically assess the average of your results according to the WHO scale:

Value	Systolic	Diastolic
Significantly high	over 140	over 90
Still normal	130–139	85–89
Normal	120–129	80–84
Optimum	up to 119	up to 79



## Cuffs

It is important to use the correct cuff size for reliable results. This is why boso offers additional cuff sizes for upper arm instruments if required.

Arm circumference:

16 – 22 cm = XS cuff | 22 – 32 cm = standard cuff

22 – 42 cm = universal cuff | 32 – 48 cm = XL cuff

You should mind the following issues, when measuring your blood pressure



Take place at a table and rest for about 3-5 minutes before starting the measurement.



Normally the blood pressure on your left arm is higher than on your right arm, therefore take the measurement on your right arm. If the blood pressure on your right arm is higher, take the measurement there.



Do not speak during the measurement.

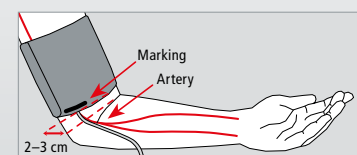


Avoid caffeine or nicotine one hour prior to the measurement.



If you need to take another measurement wait for two minutes before starting a new measurement.

## Fitting the cuff

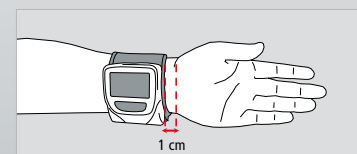


upper-arm measurement

Place the cuff at the upper arm. Thick clothing should be removed.

The red marking should be positioned directly on the artery of the upper arm.

Gently pull the cuff and close the velcro fastening. It does not need to be too tight. Ensure a space of two fingers that can easily go between arm and cuff.



wrist measurement

Place the cuff at the free wrist.

Clothing should be removed.

The cuff should fit snugly around the wrist.

Comprehensive product  
information at a glance.



Page	Dysrhythmia detection	Memory	Guest mode	Average value display	WHO display
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### Upper-arm devices

medicus exclusive vollautomatisch	4	•	90	•	•	•
medicus family 4 vollautomatisch	5	• and prevalence	4 x 60	•	•	•
medicus vital vollautomatisch	5	• and prevalence	60	•	•	•
medicus X vollautomatisch	5	•	30	•	•	•
medicus system vollautomatisch	6/7	•	30			
medicus family vollautomatisch	8	•	2 x 30	•	•	•
medicus control vollautomatisch	8	•	30	•	•	•
medicus uno vollautomatisch	8	•	1			
medicus prestige vollautomatisch	9	•	30	•	•	
medicus smart halbautomatisch	9	•				

### Wrist devices

medistar+ vollautomatisch	10	•	90	•	•	•
medilife S vollautomatisch	10	•	30		•	•
medilife PC 3 vollautomatisch	10	•	280	•		

### Conventional devices

egotest klassisch	11					
varius privat klassisch	11					

Movement error indication	Cuff	Additional cuffs attachable	Power pack	Triple check function	Speech output	Smartphone connection
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•	Universal	Standard XS   XL	•	•	•	
•	Universal	Standard XL	•			
•	Universal	Standard XL	•			
	Standard	XL	•			
	Universal	Standard XL	•			•
	Universal	Standard XL	•			
	Universal	Standard XL	•			
	Standard	XL	•			
	Standard	XL   XS	•			
	Standard	XL				

	13.5–21.5 cm					
	13.5–21.5 cm					
	13.5–21.5 cm					

	Standard	XL				
	Standard	XL				





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Premium quality for health care

Consult your local pharmacist or specialist health care outlet. This ensures that you receive the best advice and service from a local expert, and the certainty that you are getting original boso quality. This is because boso's quality control does not stop when the product is made, but only when you are satisfied.

To find out basic information about blood pressure measurement and download the boso blood pressure record card, go to [www.boso.de/en](http://www.boso.de/en)

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