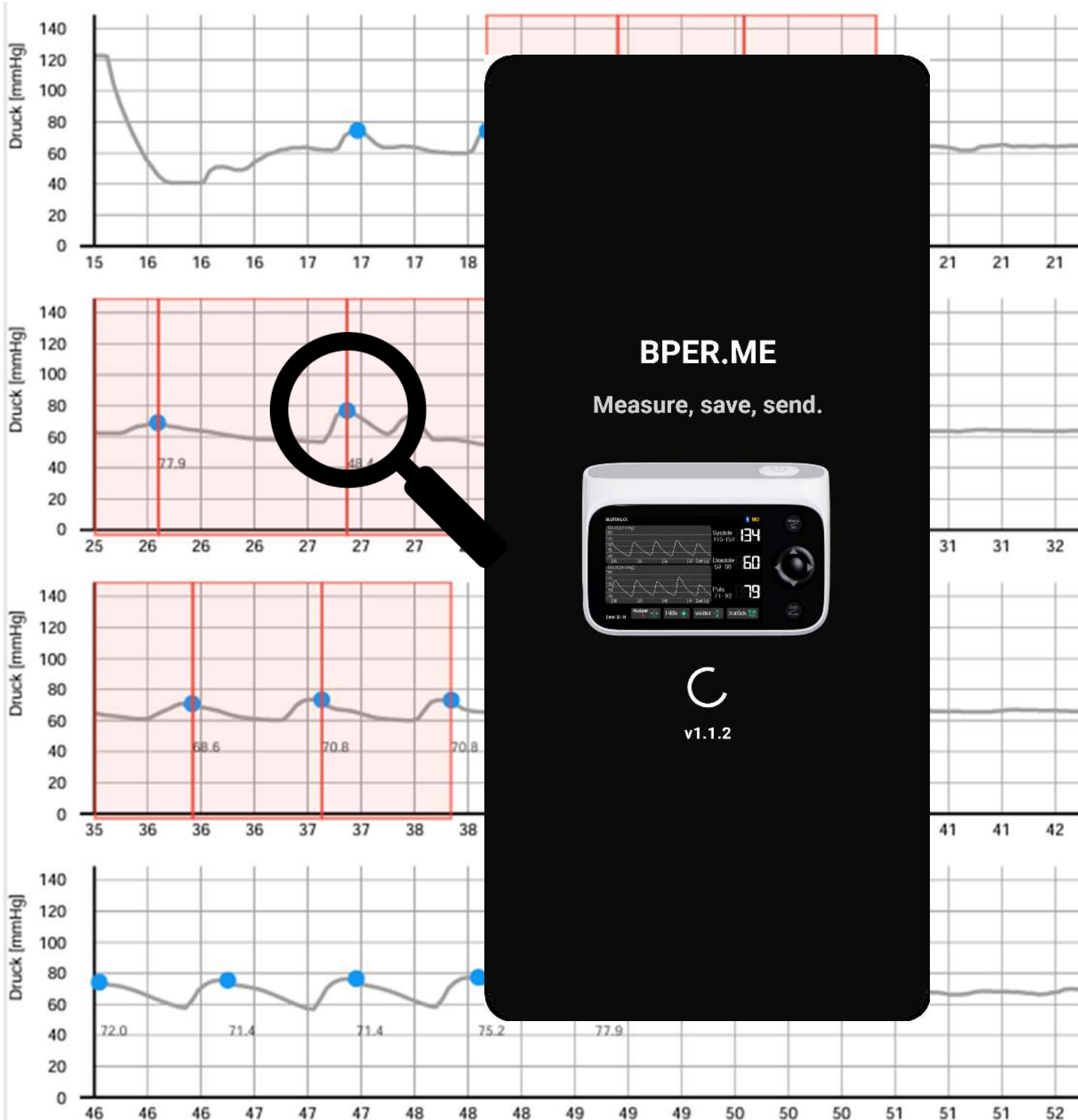


MANUAL

APPBPER.ME



Manual: App Version 1.1.66
for Eventrecorder Version: 1.5.12
Date: 13.04.2026

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Thank you for choosing the BPER.ME app. This app provides reliable support for recording, managing, and sharing your heart rate and blood pressure data (measuring, saving, sending).

Share your personal data with qualified third parties. Heart rate and blood pressure data provide guidance for further action.

Please make sure to always use the latest version to benefit from all features and security updates.

To use this app, you need a smartphone or tablet with Bluetooth enabled.

Questions and suggestions can be sent to info@bper.me and <https://bper.me/>

1 Notes on Using the App

Use of the smartphone app is optional. Measurements and all medical functions are performed solely by the blood pressure monitor, independently of the app. The app neither influences nor controls the measurement, nor does it interpret the readings.

Medical decisions should always be based on the readings displayed on the device and made in consultation with your doctor.

The app is not intended to be a medical device and does not perform any diagnostic or therapeutic functions.

2 Where can I download the app?

The app is available for Android and iOS and can be found in the respective app stores by searching for BPER.ME.

You can access the app directly by using your smartphone's QR scanner to scan the QR code for your platform:

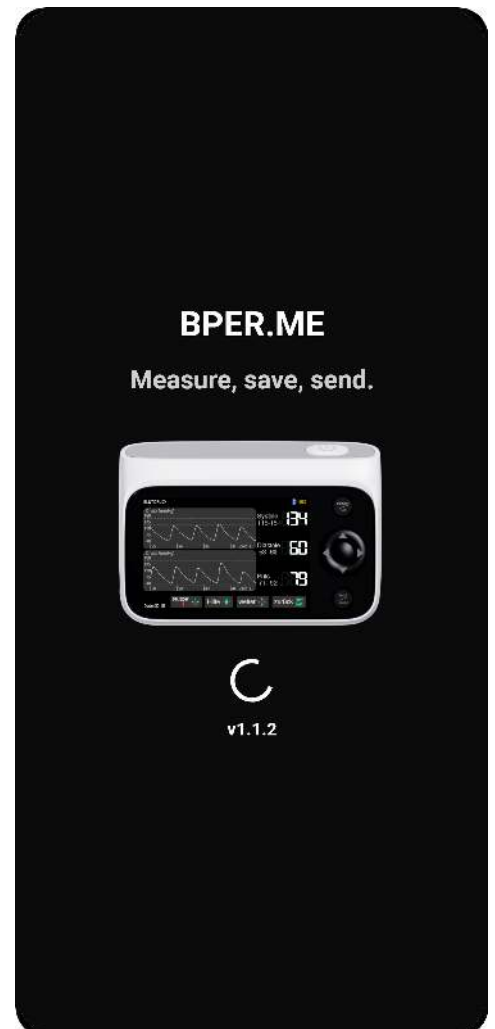


3 Starting of the App

3.1 Start screen

When you open the BPER.ME app, the home screen appears with the logo and the text: **"Measure, save, send"**.

The current version of the app is displayed below that.



3.2 New functions

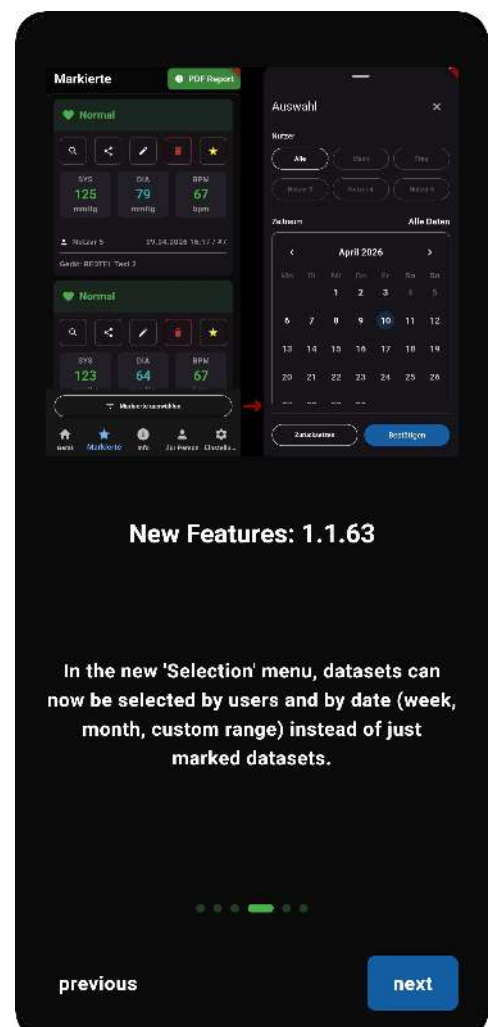
After updating the app, a notification window appears with the heading:

"New Features"

This window informs the user about new features in the app.

Tapping "Next" and "Back" displays additional information.

The last message includes a Done button, which closes the information window.



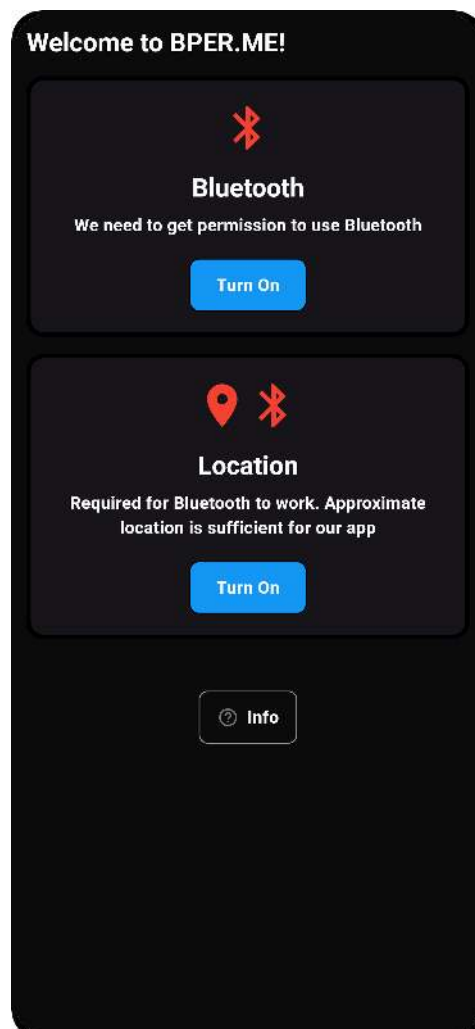
4 Grant permissions

4.1 Enable Bluetooth

When you launch the app for the first time, a prompt regarding Bluetooth permissions will appear. On some versions of Android, location permissions are also required. This is a requirement for using Bluetooth on Android; the app does not track your location or use any location data.

These permissions are necessary for the app to connect to the measuring device.

Please grant permission to use the event recorder.



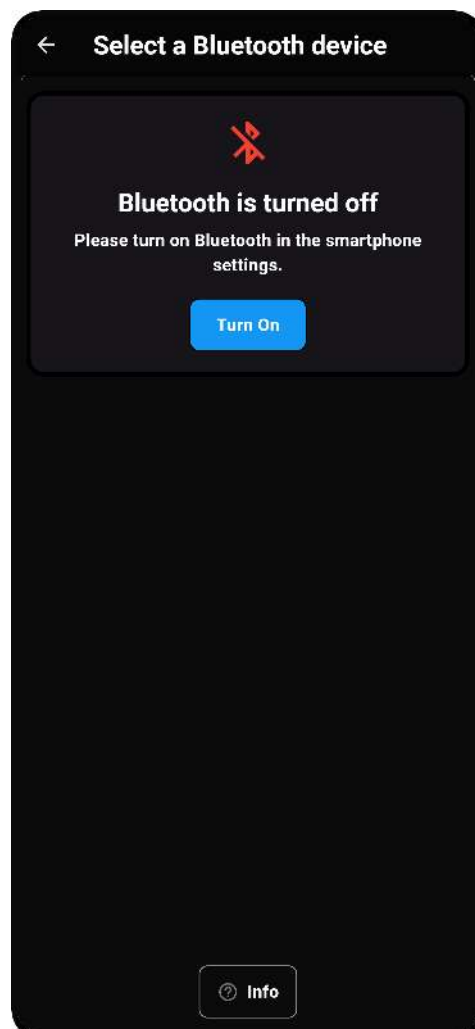
5 Connect to BPER

5.1 Bluetooth is deactivated

If Bluetooth is not enabled when the device search starts, the following message appears:

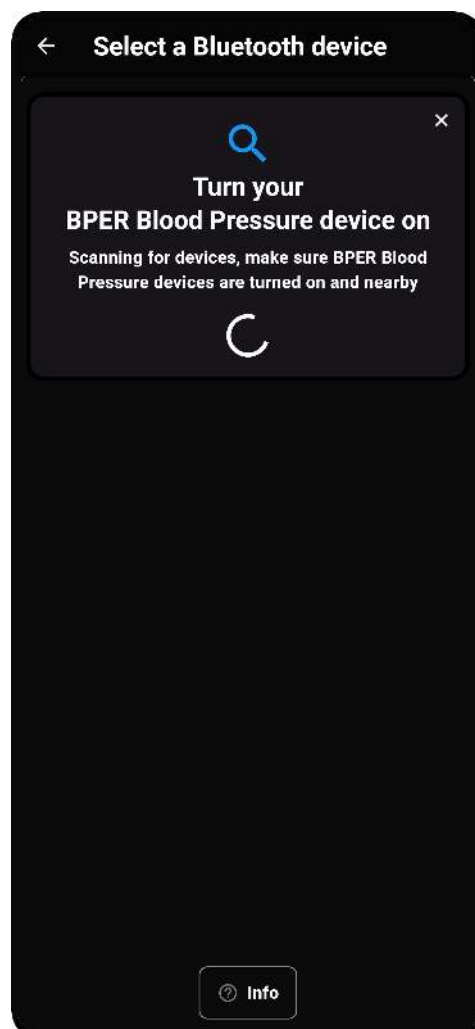
1. "Bluetooth is disabled" Below this, the following instruction appears:
2. "Please enable Bluetooth in your device's settings."

A blue button labeled "Enable" takes you directly to your smartphone's system settings, where you can turn on Bluetooth.



5.2 Device search active

As soon as Bluetooth is enabled, the app automatically begins searching for compatible event recorders. When an event recorder is found, a device entry appears.

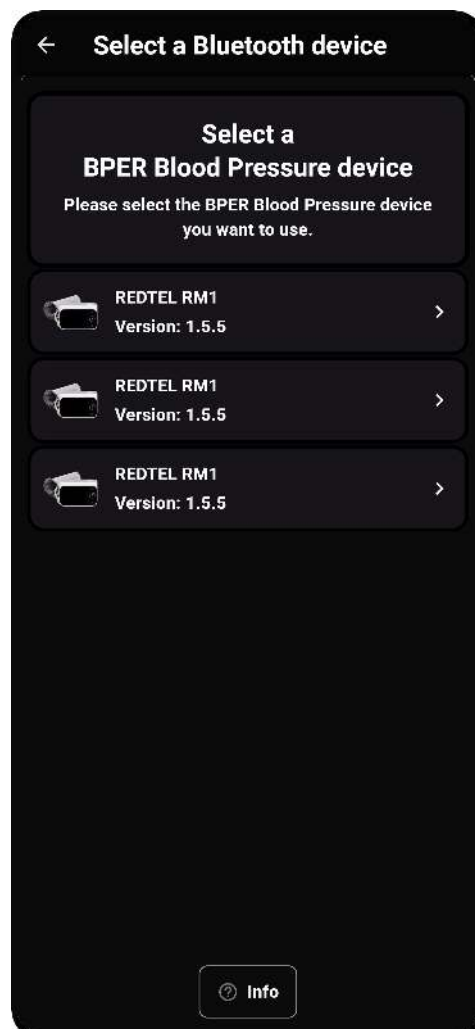


5.3 Choose a device

Once a device has been found, it is displayed in a list along with its name and version.

A new device is named "REDTEL RM1".

In the settings (see section 7.1), you can change the name to distinguish between multiple devices.



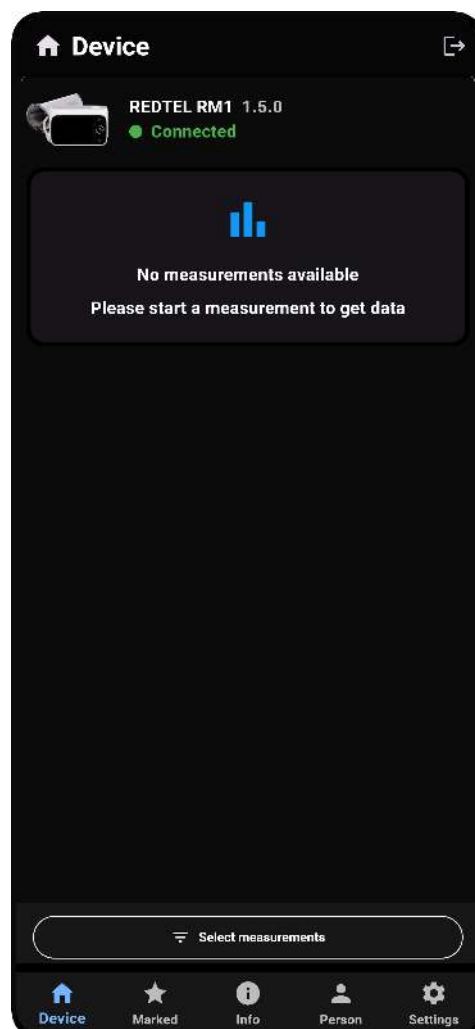
5.4 Device connected

The event recorder is connected (green dot), but no measurements have been taken yet.

The display reads:

"No measurements available. Please start a measurement to obtain data."

This is the default state after the initial connection, before the first blood pressure measurement has been started.

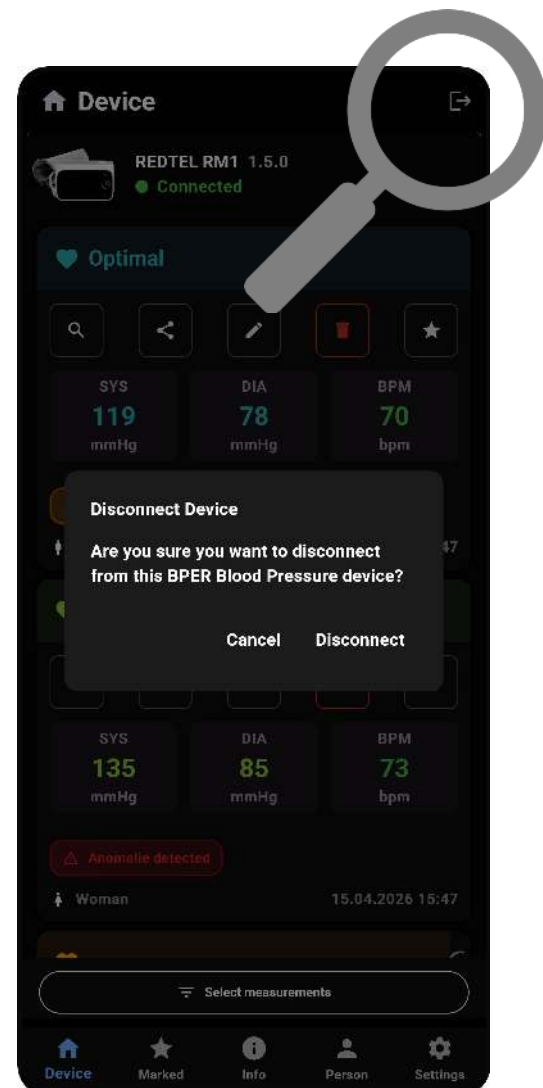


5.5 Change Device

To use a different BPER blood pressure monitor, you can disconnect from the current device by tapping the "Exit"-icon at the top of the screen.

The app will then return to the "Select Device" screen (see section [5.3](#)).

Your saved data will remain intact.



5.6 A measurement is in progress

The event recorder is connected and a measurement has been started.

An analog pressure gauge display showing the current air pressure in the cuff appears.

BPER.ME cannot be used during a measurement so as not to interfere with the measurement process.



6 Manage Records

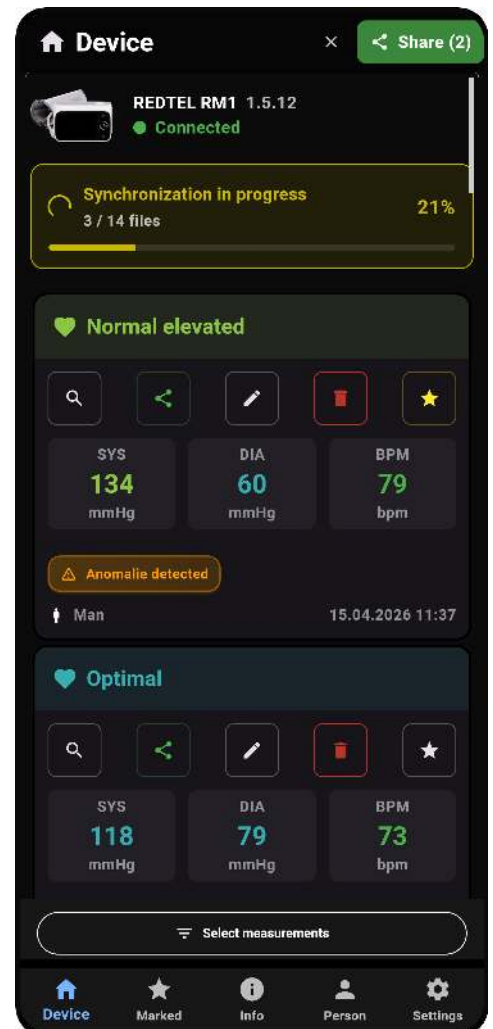
6.1 Transfer Records

After establishing a Bluetooth connection to the BPER, the app automatically performs the following actions:

- Updates the BPER's time
- Transfers the results
- Checks whether the BPER should be updated (see section 9)

The results are transferred automatically once the connection is established.

A progress bar (yellow) appears at the top of the screen while the results are being transferred. Once the data has been transferred, you can view it in detail.

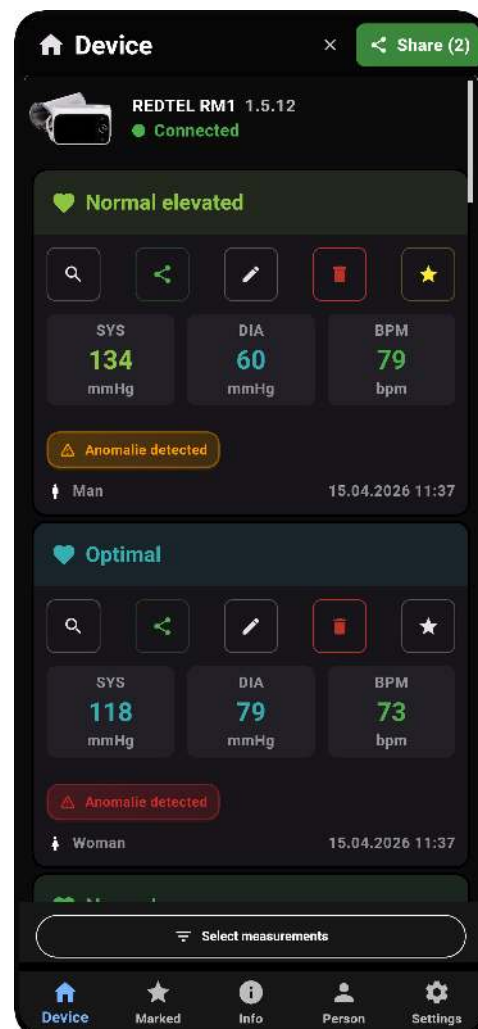


6.2 Records overview

On this screen, you will see a list of your saved blood pressure readings.

Each entry includes:

1. SYS (systolic value)
2. DIA (diastolic value)
3. BPM (pulse rate)
4. Note: "Anomaly detected" (an abnormality was detected during the measurement)
5. Date and time of the measurement



6. User: At the bottom left, an icon and a name indicate which user the data entry is assigned to. The assignment is made directly on the blood pressure cuff during a measurement. Names are assigned in the settings; see section [7.2](#).

The colored icons on the left (heart in red, orange, or green) indicate the classification of the blood pressure reading:

 Optimal

 Normal

 High normal

 Stage 1 hypertension

 Stage 2 hypertension

 Stage 3 hypertension

6.3 Function icons (below each measurement):



1. **Magnifying Glass:** Opens a detailed view of the measurement. Here you can review the values in detail in a PDF preview.



2. **Share:** Allows you to share the measurement directly – for example, via email, WhatsApp, text message, or other installed services. Next to the icon is a number (e.g., "1" or "2") indicating how many data sets are currently selected for sharing. To send, click the "Share PDF" button that appears in the upper-right corner of the screen.



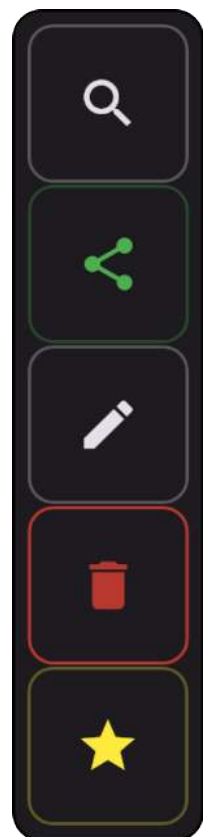
3. **Pen:** Opens the editing dialog. There, you can add a note or take a photo from your gallery or camera and attach it to the measurement.



4. **Trash Can:** Permanently deletes the selected measurement from the app.



5. **Star:** Mark the measurement as a favorite so that you can quickly find it under the "Marked" menu item for the third-party expert.



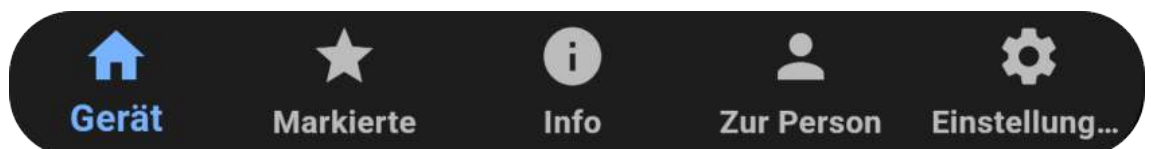
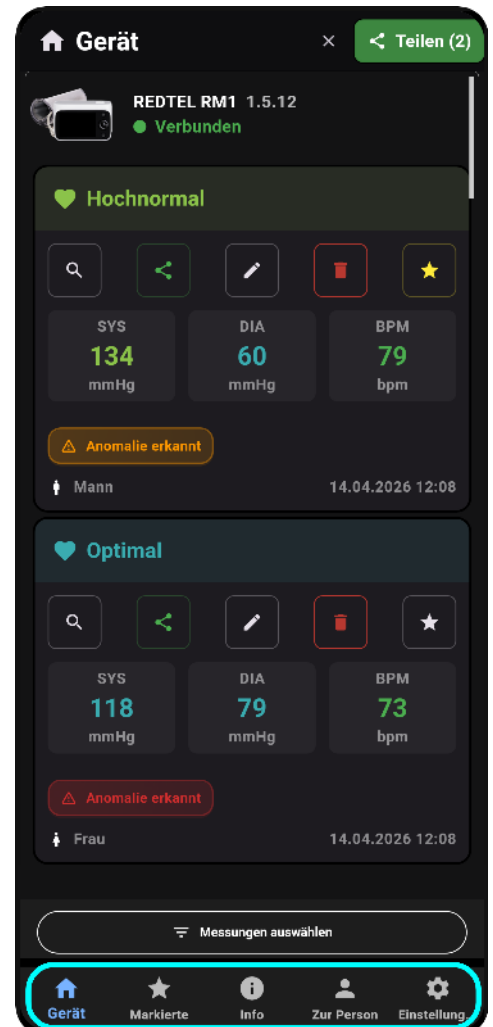
NOTE:

Anomaly detected: Displayed in yellow or red. This means that irregularities in your heart rhythm have been detected. Please discuss this with your doctor at your next visit.

6.4 Navigation Bar

At the bottom of the screen, you will find the app's navigation bar:

- **Device:** Return to the device overview and measurements.
- **Marked:** Quick access to all measurements you have marked with a star.
- **Info:** Information about the app and the device.
- **Person:** Personalize your measurement results.
- **Settings:** Manage app settings.



6.5 Select and filter measurements

In the "Device" menu (section 6.2) and the "Marked" menu, a selection dialog with a filter function can be opened via the "Select Measurements" menu.

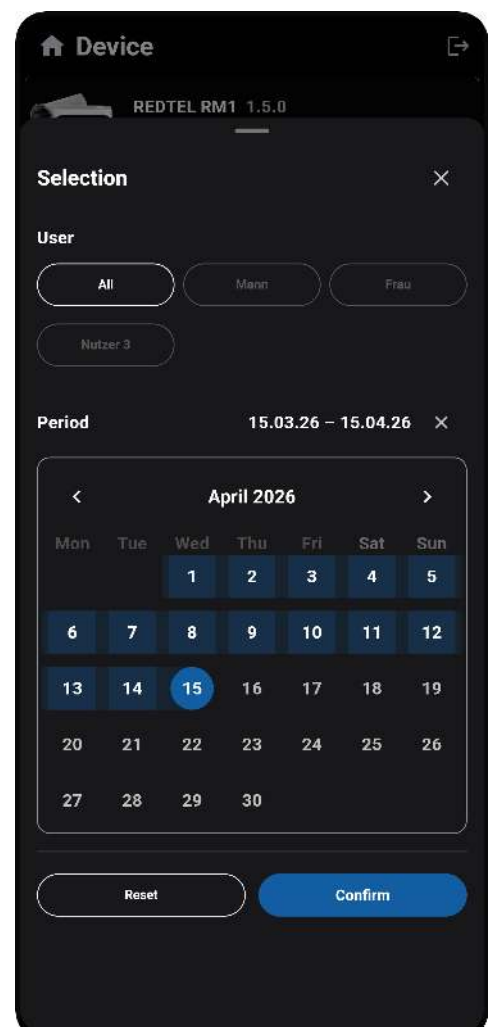
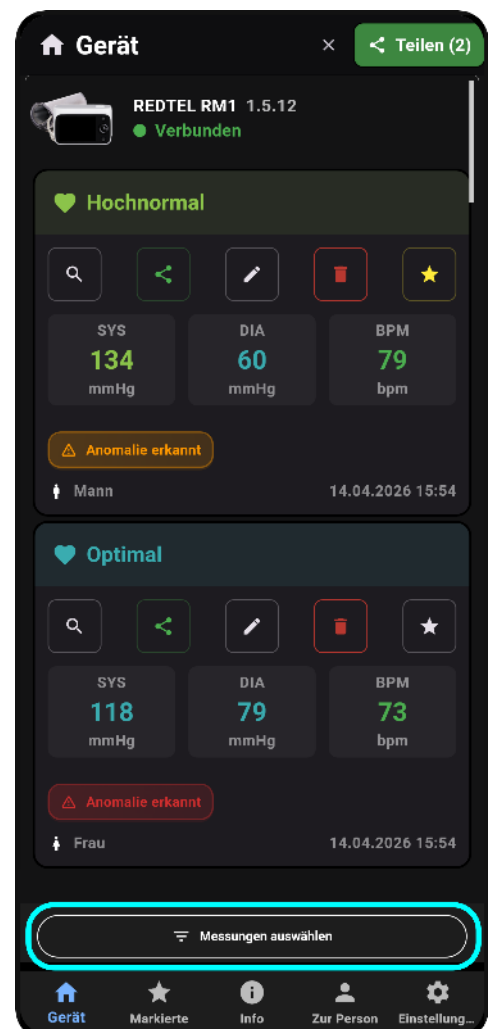


The filter options are: choosing between users, or select all users.

Below that is a calendar to select a day range. In this calendar, you first select a date and then a second date. The range between them is highlighted. The order in which the two dates are selected does not matter.

Click the "Confirm" button to apply the filter; only the selected measurement data will be displayed.

To disable the filter, reopen the dialog box and click the "Reset" button.

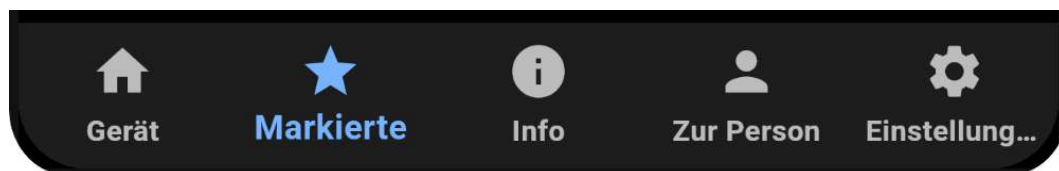
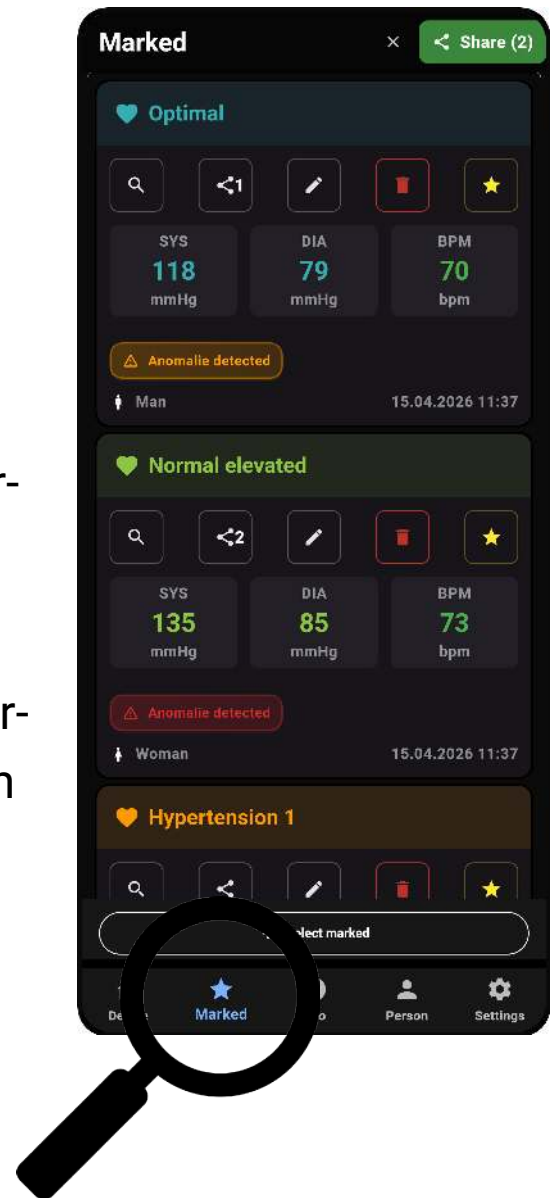


6.6 Marked Measurements in the "Marked" menu

Click the star icon "Marked" in the menu bar to view all marked measurements.

This menu displays all measurements you previously marked in the results overview; see section 6.3 for more information.

Additionally, you can generate a PDF overview using the green "PDF Report" button at the top.



7 Settings

7.1 Change the name of the BPER

To make it easier to distinguish between multiple devices, you can assign a name to a BPER device. Once a connection is established, a text field for entering a name appears in the "Settings" menu. You can enter a name of up to 9 characters.

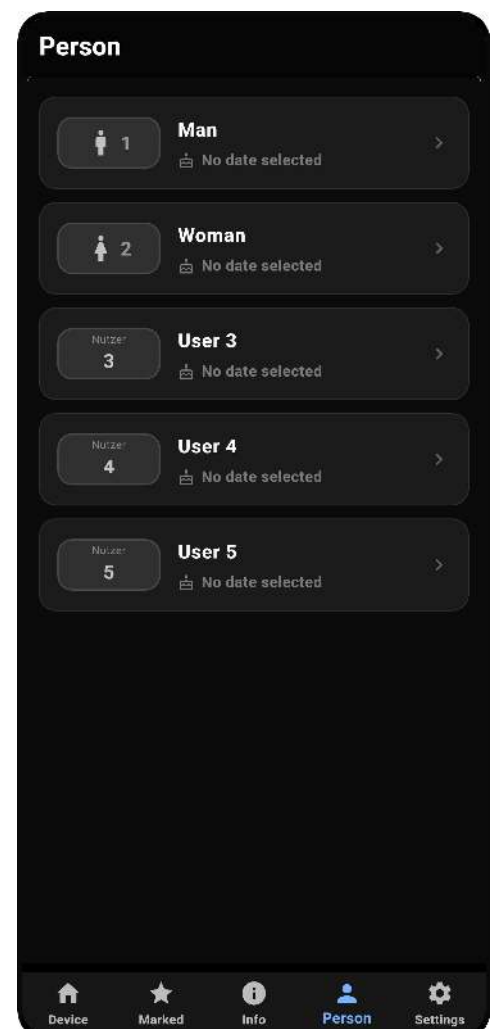


7.2 Set a User name

A BPER blood pressure monitor can be used by up to 5 users.

In the BPER, each measurement is assigned a user ID. To make it easier to identify measurements in the BPER.ME app, you can assign a name and date of birth to these user IDs.

This name is displayed in the results overview and the records views (section 6.2) and on the generated PDFs (section 8).



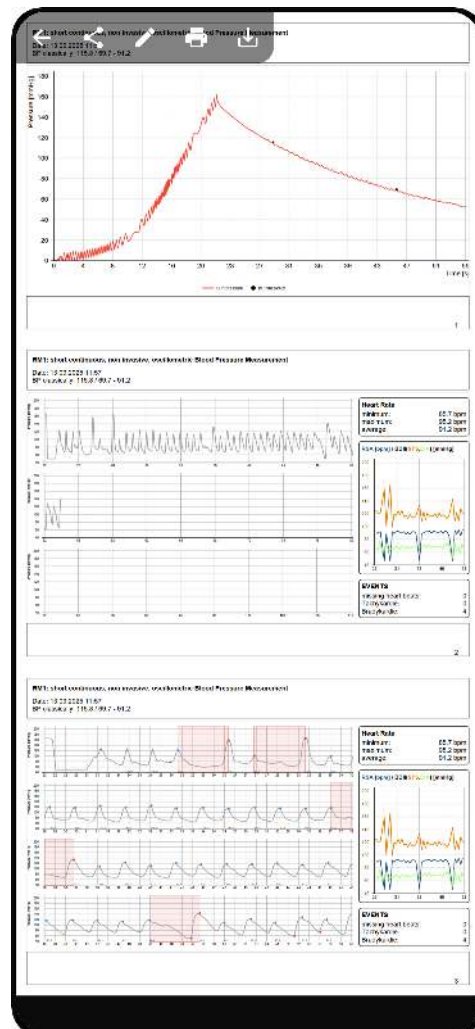
8 Manage PDFs

The BPER.ME app can generate two types of PDFs:

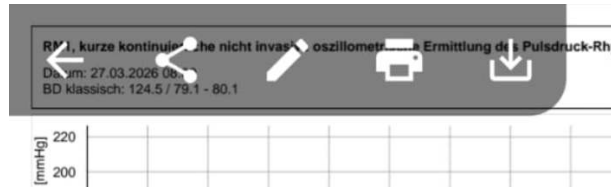
1. Detailed view of a single data record (section 8.1)
2. Overview and history of multiple selected data records as a trend display (section 8.5)

8.1 PDF detail view of a single record

If you tap the magnifying glass icon  in the results overview (see section 6.2), the corresponding measurement will open in PDF format.



The PDF contains a graphical representation of the pulse pressure curve as well as other measurement parameters. In particular, abnormal pulse waveforms are highlighted.



In this view, there is a menu in the upper-left corner that provides access to additional features, which are:

- **Arrow:** Return to the results overview
- **Share icon:** Send this PDF using your smartphone's share function (see section [8.3](#))
- **Pen:** Add notes and a photo (see section [8.2](#))
- **Printer:** If your smartphone is connected to a printer, you can use this option to print the PDF.
- **Download icon:** This feature allows you to save the PDF locally on your smartphone.

NOTE:

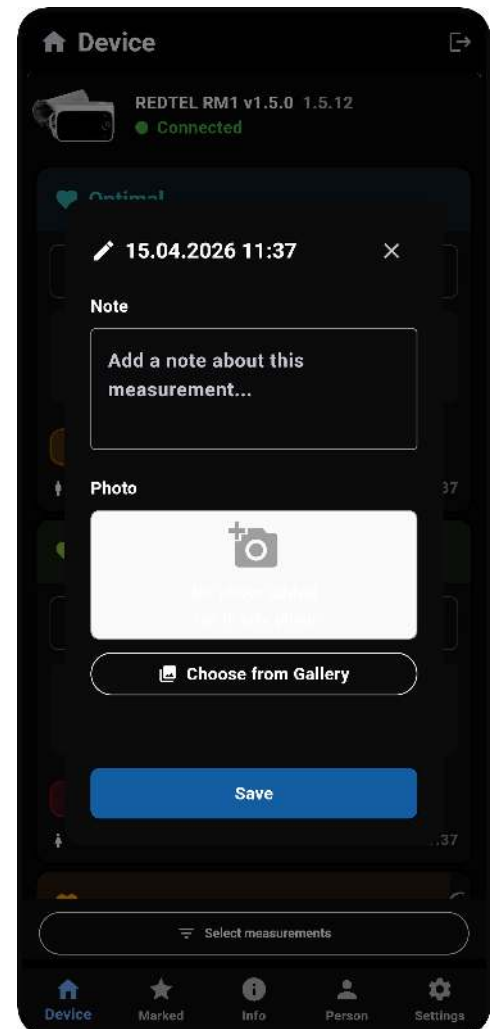
When you use these functions, the data leaves the app and may potentially be viewed by third parties. Therefore, only share the data with people you trust, and delete any locally stored data that is no longer needed as soon as possible; see also section [8.3](#).

8.2 Note-taking and photo features for measurements

You can add additional information to a measurement by clicking the pencil icon



- In the "Note" field, you can enter comments or additional information.
- Under "Photo," you can either take a picture directly or select an existing image from your gallery. For example, this could be your current medication schedule or a medical report.



Example of the note-taking feature in PDF view:



RM1, kurze kontinuierliche nicht invasive oszillometrische Ermittlung des Pulsdruck-Rhythmus

Datum: 27.03.2026 08:09
BD klassisch: 124.5 / 79.1 - 80.1

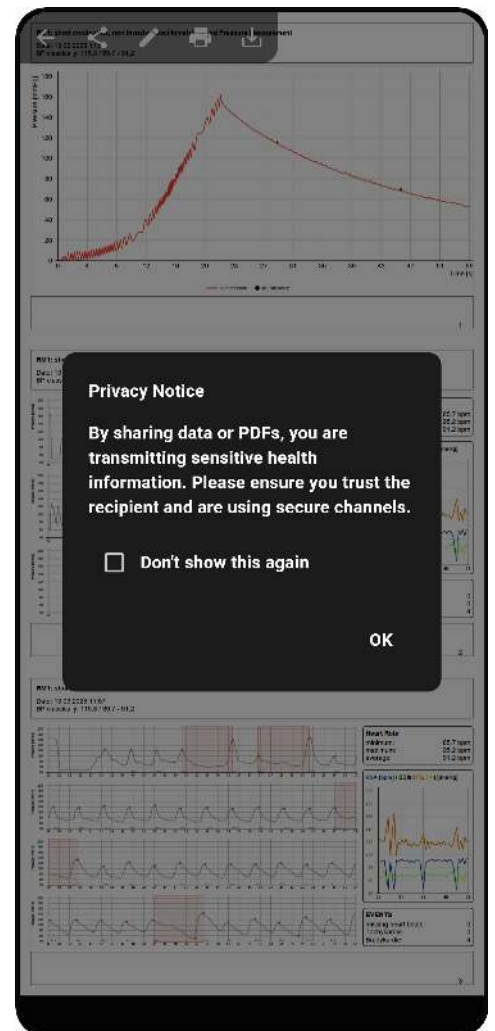


Kommentar:
Ihre Notizen

8.3 Privacy Notice for Sharing PDFs

Before sharing a measurement as a PDF, a privacy notice appears. It informs you that sending PDF files involves the transmission of sensitive health information.

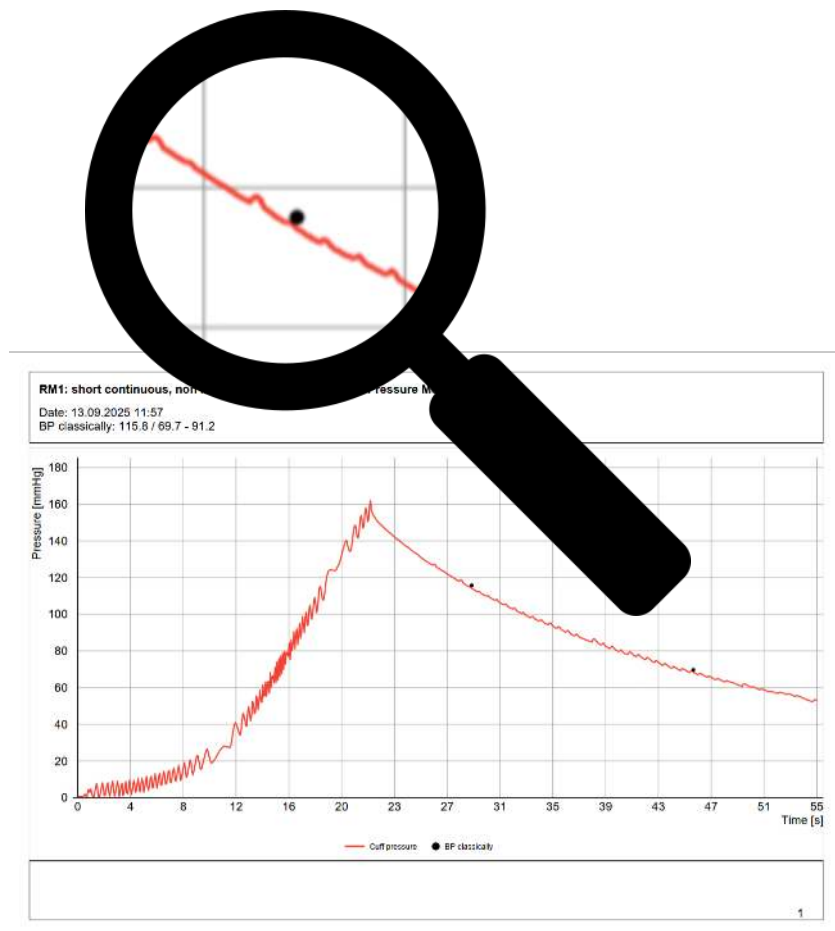
- Therefore, make sure you trust the recipient and use only secure transmission channels.
- You can use the "Do not show again" option to suppress this notice in the future.
- Click "OK" to acknowledge the notice and continue sharing



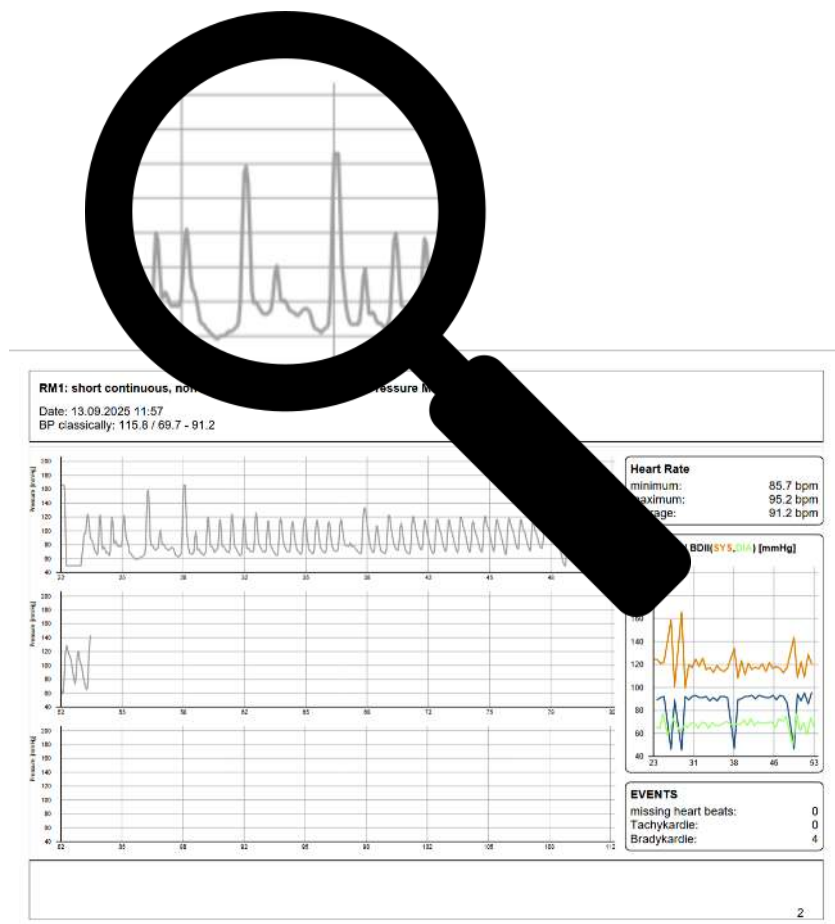
8.4 PDF-Content

When you select the magnifying glass icon  in the app, the PDF view of the measurement will open. This view contains various representations of the collected data, which allow for a detailed analysis of the pulse pressure curve.

1. The first graph shows the pressure curve during the measurement in the cuff. Two black markers indicate the measured values for systole and diastole.

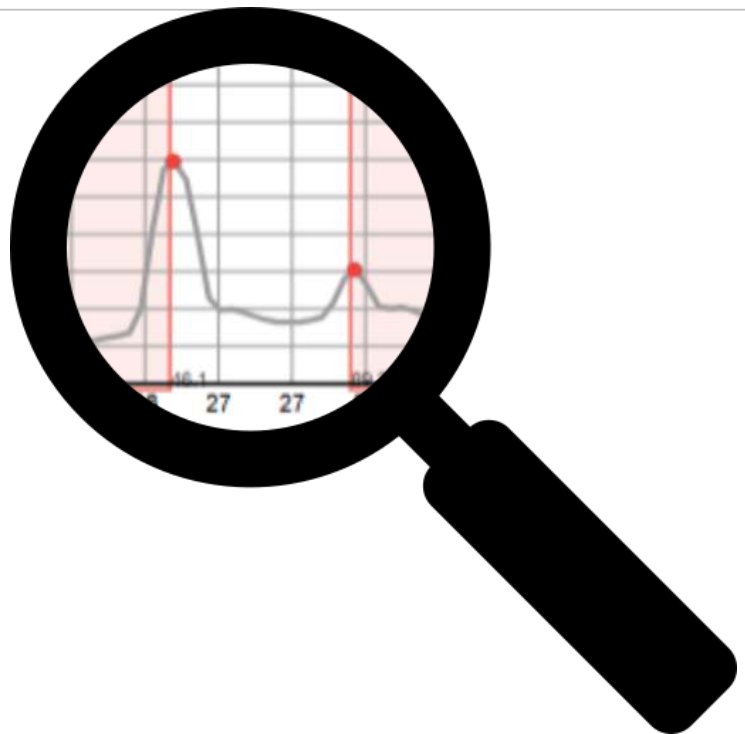
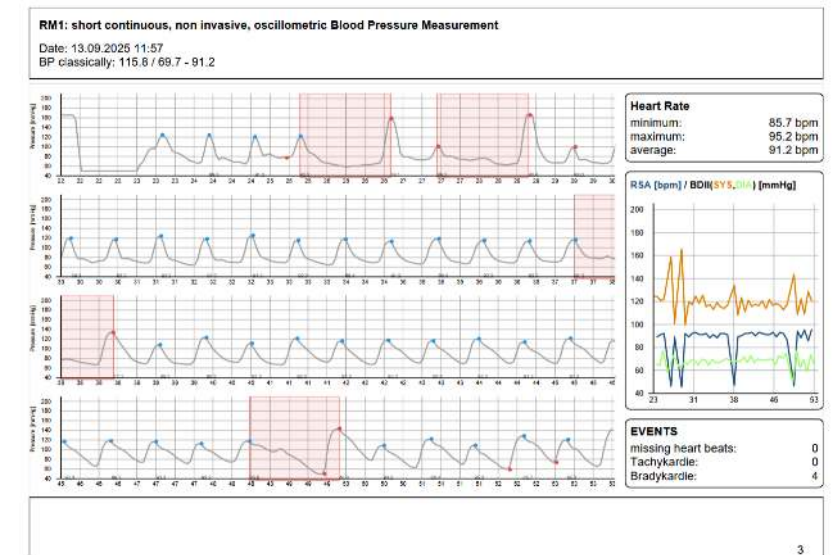


2. The second page displays the measured pulse pressure rhythm. The data is presented in 30-second segments, allowing for detailed tracking of pulse pressure over time.



3. View of the measured pulse pressure rhythm with markings indicating notable pulse irregularities.

A summary of calculated pulse metrics (top), a graph (middle) showing the calculated trends for systole (orange), diastole (green), and pulse (blue), and a summary of any potential pulse pressure anomalies (bottom) are displayed on the right-hand side.



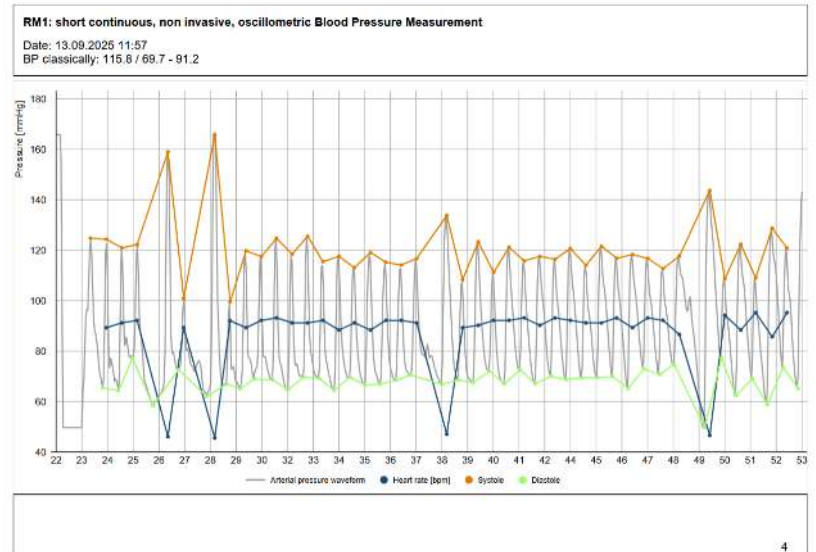
NOTE:

Heart rate irregularities can have several causes. For example, movement, including involuntary movements you may not notice, can lead to such irregularities. Only your doctor can diagnose medical conditions. If irregular heartbeats are regularly detected in your measurements, even though you performed the measurement without moving, please consult your doctor.

4. The third measurement results page of the PDF shows a different view of the measured pulse pressure rhythm (gray curve).

The colored curves help the eye track changes in systolic (orange curve) and diastolic (green curve) blood pressure values for each pulse.

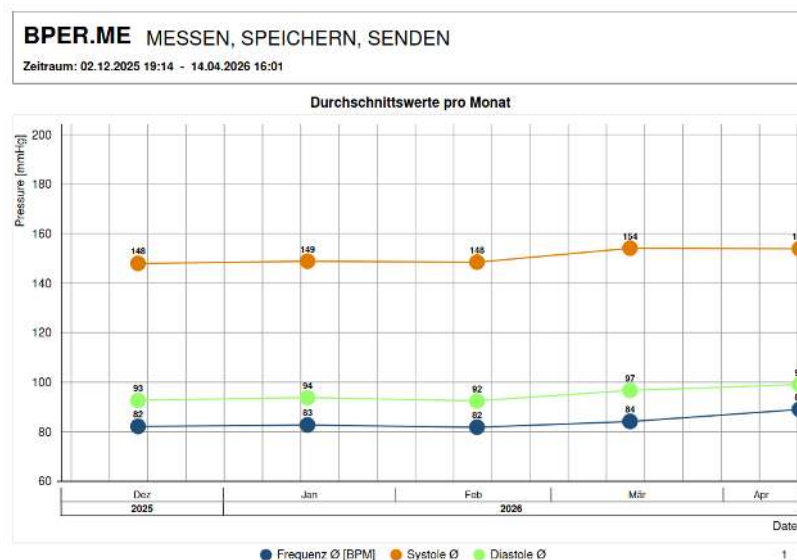
In addition, the heart rate (blue curve) in BPM (beats per minute) is displayed for each pulse.



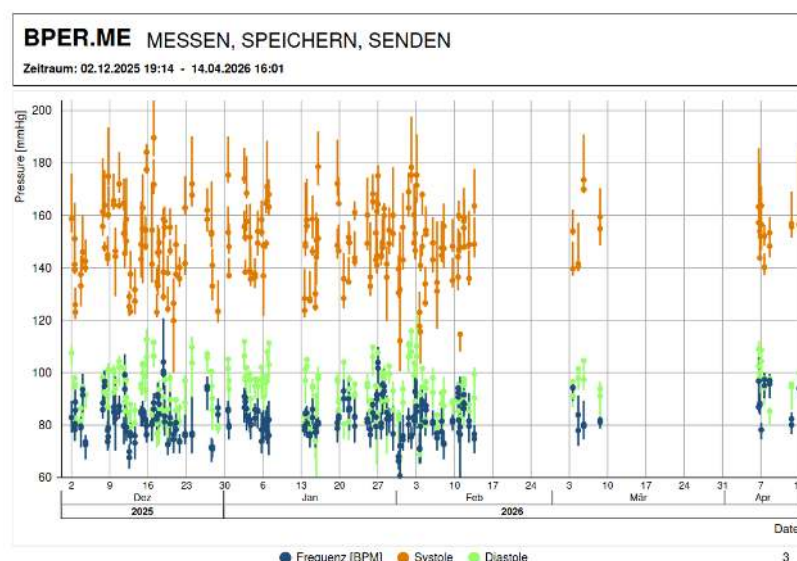
8.5 Trend Display

By selecting records in the results overview (see Section 6.5) or in the "Selected" menu (see Section 6.6), you can display summary trend displays and trends across multiple records.

The first page of this PDF shows the history of systole (orange), diastole (green), and pulse rate (blue) as monthly averages.



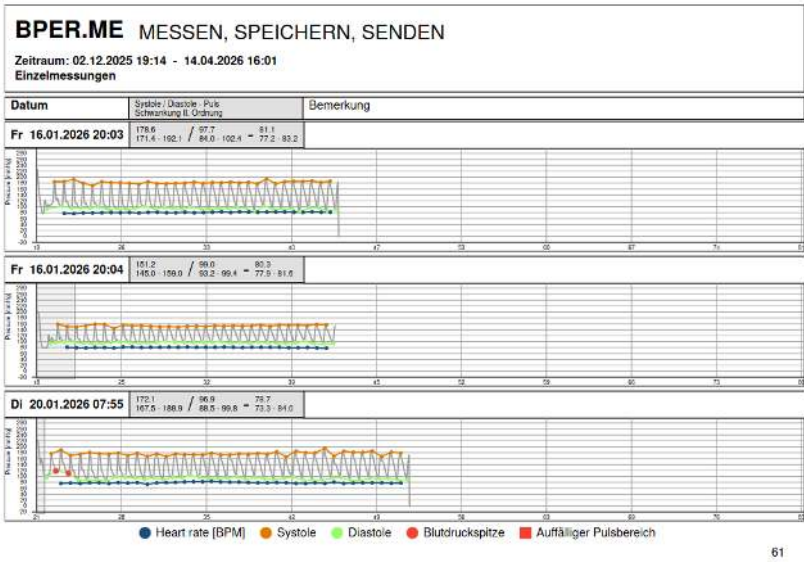
The second page of this PDF shows a graph with each individual measurement value and its variation during the measurement.



This is followed by a tabular overview of all measurements and your notes (see section 8.2), sorted by date and time. Additionally, measurements are color-coded according to blood pressure classification.

BPER.ME MESSEN, SPEICHERN, SENDEN			
Zeitraum: 02.12.2025 19:14 - 14.04.2026 16:01			
Datum	Systole/Diastole - Puls	Bemerkung	
Fr 30.01.2026 12:03	153.0 / 85.9 76.6		
Sa 31.01.2026 12:21	139.5 / 83.9 66.3		
Sa 31.01.2026 12:22	130.5 / 82.3 68.0		
Sa 31.01.2026 18:15	131.7 / 67.4 60.6		
Sa 31.01.2026 18:16	112.1 / 67.8 72.1		
So 01.02.2026 07:11	155.4 / 93.6 75.9		
So 01.02.2026 07:12	143.0 / 88.5 74.4		
Mo 02.02.2026 08:01	162.8 / 110.7 80.2		
Mo 02.02.2026 08:02	169.0 / 106.0 82.8		
Mo 02.02.2026 20:13	178.3 / 115.8 75.9		
Mo 02.02.2026 20:15	175.3 / 108.0 75.5		
Di 03.02.2026 08:07	160.2 / 103.6 83.2		
Di 03.02.2026 08:08	149.5 / 99.1 81.8		
Di 03.02.2026 13:00	153.0 / 88.6 92.9		
Di 03.02.2026 13:01	146.6 / 89.1 92.7		
Di 03.02.2026 19:25	171.5 / 110.2 87.2		
Di 03.02.2026 19:27	175.3 / 106.2 85.1		
Mi 04.02.2026 08:18	123.0 / 80.0 71.1		
Mi 04.02.2026 08:19	117.7 / 68.8 70.8		

The final section of this PDF summary presents the determined pulse pressure rhythms of each individual data set; see section 8.4.



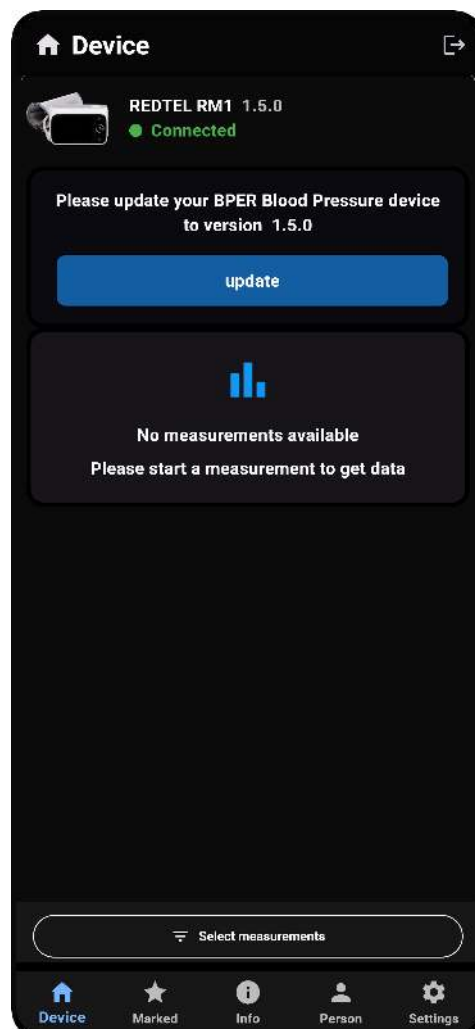
Note: This display is generated from the data sets/measurements you have selected. It is therefore a custom display based on your selection of data.

9 BPER Update

9.1 Updating the BPER Blood Pressure Cuff via the App

The system will notify you when an update is available for the BPER blood pressure cuff. You will be prompted to update your device to the specified version. To do so, please tap "Update".

Please perform the update as soon as possible. You can still take a measurement at any time even without updating.



9.2 Start Update

Before the update begins, a message will appear on the device itself. You must confirm using the device buttons for accepting the update.

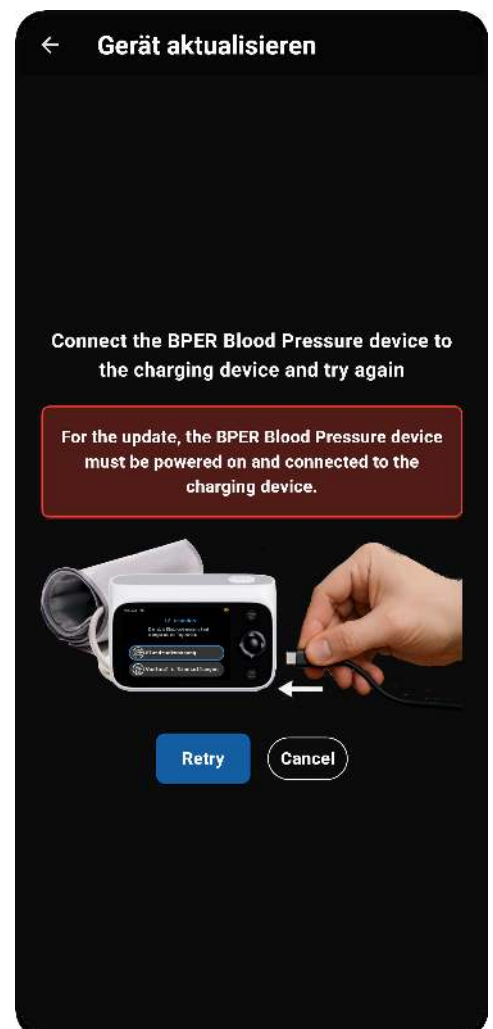
NOTE: Once the update begins, all previous records on the BPER/event recorder will be deleted. The data in the app will not be deleted. Therefore, please make sure that your measurement values have been transferred to the app beforehand.



9.3 Power Required

This message informs you that the update can only be performed if your BPER blood pressure monitor is turned on and connected to the charger.

Please ensure the power supply is connected and restart the process by selecting "Retry" or cancel it by selecting "Cancel".



9.4 Update in Progress

During the update, you will see a progress bar indicating the update's progress.

Please do not turn off the device or disconnect it from the power source during this phase.

After successful installation, the BPER/event recorder will automatically restart and the results overview will be displayed.

