

Direct Cellular Blood Pressure Monitor

TMB-2092-G-CS (regular cuff) and TMB-2092-G-XL-CS (XL cuff)

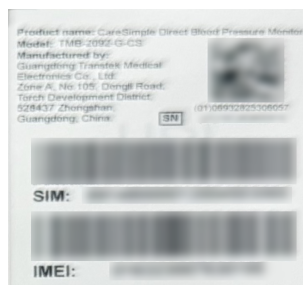
A one-button upper-arm blood pressure monitor with built-in cellular. Each reading goes to the care team automatically. No phone, app, or pairing is needed.



The device



The box it comes in



IMEI and serial label (numbers hidden here)



Quick start guide in the box

Quick start guide: [English](#) · [Español](#) (same guide for the regular and XL cuff) | **Full manual:** ask CareSimple Support.

What You Need

IN THE BOX

- Monitor with cuff attached. Regular model: cuff for arms 8.7 to 17.7 in (22 to 45 cm). XL model: cuff for arms 15.7 to 20.5 in (40 to 52 cm)
- 4 AA batteries (already installed)
- User manual and quick start guide

YOU PROVIDE

- A chair with back support
- A table to rest the arm on
- New AA alkaline batteries when the old ones run out

Before You Begin: Prepare the Patient

- No food, coffee, tea, or smoking for 1 hour before. No bath for 20 minutes before.
- Have the patient use the restroom first.
- Seat the patient with back supported, feet flat, legs uncrossed.
- Have the patient sit quietly for 5 minutes. No talking.
- Use the left arm, same arm every time. Use the right arm only if the doctor says so.
- Never use an arm with an IV or dialysis shunt, or on the same side as a mastectomy.
- First use: pull out the plastic strip and wait a few minutes for the device to connect.

Apply the Cuff Correctly

- Measure the upper arm first. The cuff must match the patient's arm size.
- **Direct (regular cuff):** arms 8.7 to 17.7 in (22 to 45 cm). **Direct XL:** arms 15.7 to 20.5 in (40 to 52 cm).
- The XL cuff is not for pregnancy, diabetes, or pre-eclampsia.
- Check the air tube is pushed fully into the monitor.
- Remove watches and bracelets. Bare the upper arm, or use a thin, loose sleeve.
- Palm up. Cuff bottom edge 1 inch (2 to 3 cm) above the inner elbow, tube over the center of the arm.
- Wrap snugly, not tight. One or two fingers should fit under the cuff.
- Rest the arm on the table so the cuff is level with the heart.

Step by Step: Taking a Reading

- 1 The TRIPLE MODE switch is set to **1** (one reading) by default. Leave it on 1 unless your program asks for 3. On **3**, the monitor takes three readings, 60 seconds apart, and shows the average.
- 2 Press START/STOP once. Tell the patient to stay still and not talk.
- 3 The cuff inflates and deflates by itself. In triple mode, only the final average shows.
- 4 Read the systolic, diastolic, and pulse numbers. Then remove the cuff.
- 5 The monitor sends the reading by itself. A signal icon shows, then **Ok** appears when it is sent. The device turns off.

Troubleshooting

Find what the screen shows, then follow the steps. If it keeps happening, call CareSimple Support.

Screen shows	What it means	What to do
Screen is blank	Dead or wrong batteries, or adapter loose	Replace all 4 AA batteries, + and - correct. Plug in adapter firmly.
 Err dc	Adapter power too high or too low	Use only the approved adapter, or use batteries.
 Replace batteries Low battery	Batteries too low	Replace all 4 AA batteries.
 Cuff icon	Cuff not wrapped or too loose	Wrap and fasten the cuff snugly. Measure again.
 Air plug icon	Air plug not in, or air leak	Push the plug in. Measure again. Still shows: Call CareSimple Support.
 Measure again Motion icon	Patient moved, talked, or shook arm	Relax, then measure again. If an error code shows after 2 tries, Call CareSimple Support.
 Measure again Heart icon	Pulse not found	Relax, check cuff, measure again. If an error code shows after 2 tries, Call CareSimple Support.
 Measure again Out	Reading outside the device range	Relax, measure again. If an error code shows after 2 tries, Call CareSimple Support or the provider.
 Send icon	Reading did not send, or server error	Move near a window and try again. Readings stay saved. Still shows: Call CareSimple Support.
 Weak signal No signal	No cellular coverage	Move near a window or to a stronger signal area. Readings stay saved and send later. Still shows: Call CareSimple Support.

Screen shows	What it means	What to do
 SIM icon	SIM card missing or not working	Call CareSimple Support. Do not touch the SIM.
 Device failure	Hardware error	Measure again. Still shows: Call CareSimple Support.
 Irregular pulse	Irregular pulse found during reading	Reading is still saved. Tell the provider if it shows often.
Reading seems wrong	Cuff too loose, wrong size, or patient moved	Check cuff size and fit, arm at heart level, then repeat.

When to Contact the Care Team

Customize this box for your program.

- An irregular pulse symbol that appears repeatedly
- Readings consistently outside the patient's target range
- Chest pain, severe headache, vision changes, or shortness of breath: call 911
- The device will not connect or transmit after several tries

Device Care and Battery

- Wipe the cuff with a cloth and soapy water, rinse with a damp cloth, then dry. Never machine wash.
- To disinfect the cuff, use a cloth with 70% isopropanol, then air dry.
- Keep the tube from kinking or folding. Take out batteries if unused for a long time.
- Never open or repair the monitor.

Need help? Contact CareSimple Support

We help with device, connection and supply questions. Have the device serial number or IMEI (on the device label) and the patient's program name ready.

PHONE

888-822-8469

EMAIL

help@caresimple.com

HELP CENTER

help.caresimple.com

Contact Support when:

- The monitor won't power on after new batteries
- The device is damaged, lost, or needs to be replaced
- A SIM card, Device failure, or repeat error code shows
- Readings aren't reaching the care platform after several tries
- The patient needs a different cuff size