

**BOSCH
+SOHN**

boso

Health is a matter of trust.

blood pressure monitoring is boso.



Test winner

Upper arm blood pressure monitor
Stiftung Warentest 9/2020



boso medicus X

The best upper arm blood pressure monitor
Stiftung Warentest 5/2016, 11/2018 and 9/2020

96% of all German general practitioners, physicians and internists work in practice
with blood pressure instruments from boso (API survey conducted by GfK 01/2016).

boso.de



For your safe measurement at home.

boso blood pressure instruments.

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. Measuring your blood pressure with a blood pressure instrument gives you the foundation for a long, healthy life, and it is a simple procedure that you can do at home.

boso's instruments for measuring blood pressure at home regularly place among the top in studies conducted by the German consumer foundation Stiftung Warentest, for example in the Test 5/2016 and 11/2018.

For upper arm devices, boso is again the test winner in the current test 9/2020.



The high quality is also confirmed by the test results of other independent professional organisations: All digital boso self-measuring devices have passed the criteria of the German Hypertension League or the rigorous test protocol of the European Society of Hypertension (ESH).



Find out which blood pressure instrument suits you in our overview on page 19.

Blood pressure measurement.

On the upper arm or wrist?

There are two kinds of measurement methods for the blood pressure monitoring at home: measurements on the upper arm and wrist. Both methods are equally valid. However, it is recommended that people with vascular constrictions, which may be the case for people aged 50 years and up, use an upper arm monitor.

boso's blood pressure instruments guarantee excellent measurement accuracy and even detect cardiac irregularities (such as arrhythmias, atrial fibrillation, etc.). Depending on the type of device you use, you will also receive other important information about your health status in addition to your exact blood pressure values.

What you should bear in mind when measuring your blood pressure



Sit comfortably during the measurement. Relax for 5 minutes before you begin. Do not move during measurement.



First measure your blood pressure on both arms and then always on the arm with the highest blood pressure value.



Do not talk during measurement.

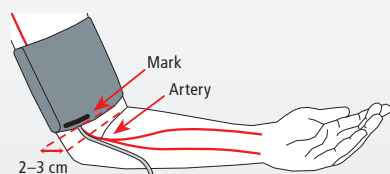


Avoid nicotine and coffee one hour before the measurement.



Measure in 2-minute intervals for successive 2 blood pressure measurements.

Fitting the cuff correctly

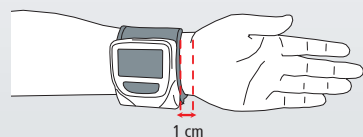


upper arm measurement

Place the cuff on your bare upper arm.

The marking on the cuff should be placed on the artery of the upper arm.

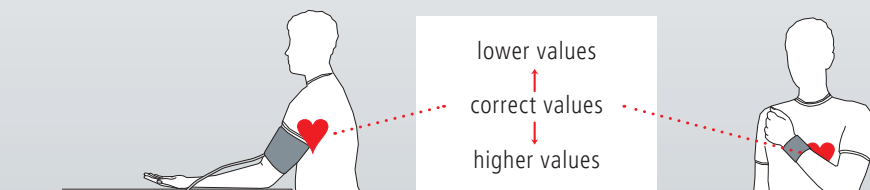
Pull the cuff tight enough to fit one or two fingers between arm and cuff.



wrist measurement

Place the cuff on your bare wrist.

The cuff should be placed firmly around the wrist.



Important – the cuff must be placed in line with your heart

boso medicus X

The test winner in the category for upper arm instruments.

(German consumer foundation Stiftung Warentest 9/2020)

This model has all the important features you need for an accurate blood pressure measurement: memories for 30 values for a reliable evaluation of the blood pressure and detection of arrhythmia. The operation is easy via a single button.



Test winner

Upper arm blood pressure monitor
Stiftung Warentest 9/2020



- one-button operation
- 30 memories
- evaluation of blood pressure
- standard cuff (22 – 32 cm)



- very large display
- 90 memories
- evaluation of blood pressure, Tri Check option
- optional speech output in 5 languages
- date and time
- universal cuff (22-42 cm)

bosco medicus exclusive

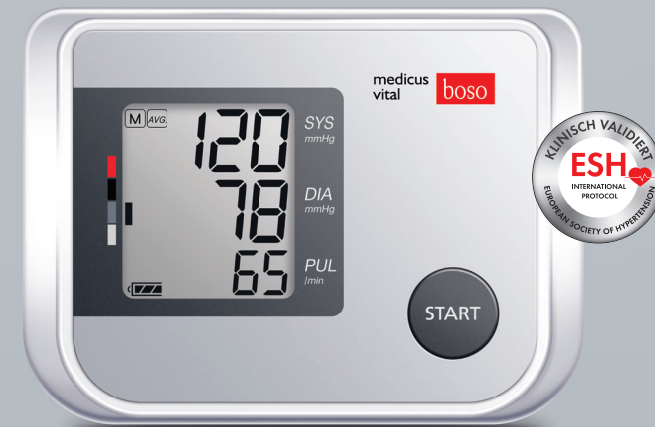
The premium blood pressure instrument - individually adjustable.

Blood pressure measurement as individual as your health: this device can be tailored more precisely than any other bosco product to your personal requirements and provide numerous statistical functions for an optimal assessment of blood pressure. As easy and user friendly, as you would expect from a bosco product. The measurement is performed intelligently and without additional pumping, including a motion sensor.

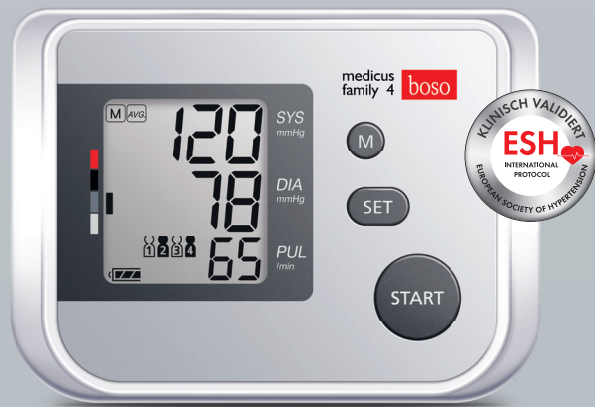
bosco medicus vital

The device with extended detection of a risk of stroke.

Besides the usual storage and evaluation functions of blood pressure, this device, as usual with bosco, recognizes possible heart rhythm disorders (such as arrhythmias, atrial fibrillation, etc.) - and thanks to an innovative function, also their frequency. In this way you obtain detailed information for an even better identification of a risk of stroke. The measurement is performed intelligently and without additional pumping, including a motion sensor.



- one-button operation
- 60 memories
- evaluation of blood pressure
- universal cuff (22-42 cm)



- 4 x 60 memories
- date and time
- evaluation of blood pressure
- universal cuff (22-42 cm)

boso medicus family 4

The blood pressure instrument for couples and families.

This model combines four devices in one: the whole family can monitor their blood pressure thanks to four separate memories, each capable of storing 60 measurements. The measurement is carried out intelligently and without additional pumping, including a motion sensor.

boso medicus uno

The popular classic operated by a single button.

This model is particularly popular because of its easy use. The last measurement is automatically saved and displayed when you turn on the device.



- one-button operation
- standard cuff (22-32 cm)



- blood pressure monitor with app
- transfer of the measured values via Bluetooth
 - no registration
 - no cloud
- optional data transfer
 - to the Apple Health App
 - to your family doctor via SciTIM
- universal cuff (22 to 42 cm)

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

- 1 You start the app and create your user accounts – without a lengthy registration or other formalities. Connect the blood pressure measuring instrument via Bluetooth® once and you can start right away.
- 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.

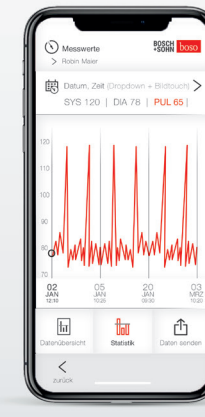
boso medicus system

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.



Blood pressure*



Pulse*



Data overview*



* The figure shows the BETA version of the new boso app, subject to change.



- two separate memories with 30 measurements each
- evaluation of blood pressure
- universal cuff (22-42 cm)

bosomedicus family

The blood pressure instrument with distinction for partners.

The test winner from the study by the German consumer foundation Stiftung Warentest in 2008. An ideal partner device with two separate memories and an additional guest mode. In addition, the evaluation of the blood pressure enables an accurate analysis of the measured values. This device is suitable for various users as it is equipped with a universal cuff for arm circumferences ranging from 22 to 42 cm.

bosomedicus smart

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

This instrument operates semi-automatically, using memomatics for optimized pumping. Due to its small size, this model is ideal when you are away from home or as a spare, so that you can still count on reliable upper arm measurements.

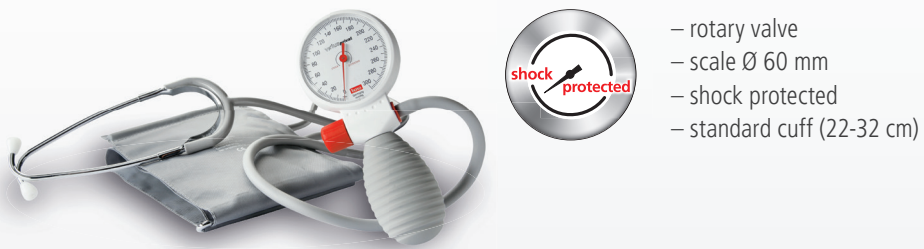


- semi-automatic measurement
- optimized pumping
- standard cuff (22-32 cm)

boso varius privat

Classic blood pressure measurement - with an ergonomic design.

This classic device allows you the same measuring method as often used by doctors. The rotary valve and the entire device is very ergonomically designed for easy operation. The stethoscope is integrated in the cuff and the large scale is easy to read.



boso egotest

Classic blood pressure measurement - with a push-button valve.

With this device you determine your blood pressure using the conventional method, still commonly used by physicians. The stethoscope is firmly integrated in the cuff and the operation of the valve is simple due to the push-button. The large scale is very easy to read.



boso medistar+

The device with top position in the study by the German consumer foundation Stiftung Warentest.

(Test 5/2016 and 9/2020)

This wrist model is the perfect solution for 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. On top of that, the device has a large display and elegant design.



Things you need to know.

About boso's blood pressure instruments.

Arrhythmia detection





All digital boso self-measuring devices are equipped with this important feature. Any heart rhythm disorder (such as arrhythmias, atrial fibrillation, etc.) is quickly detected. This function is essential: despite good blood pressure values, an arrhythmia can be present and therefore increase the risk of a heart attack and stroke.

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.

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

Tri-Check function (optional)








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.



Cuff It is important to use the correct cuff size for reliable results. Therefore, boso offers different cuff sizes for upper arm devices, if required. As a standard, the devices are equipped with standard or universal cuffs - you will find more information with which device you can use a smaller or larger cuff (from 16 cm to a maximum of 48 cm) in our overview on page 19.

Overview.

Which instrument suits you?

Page	Arrhythmia detection	Memory	Guest mode	Average value display	WHO display	Movement error indication	Cuff	Additional cuffs attachable (cm)
								

Upper arm

medicus X fully automatic	7	•	30		•	•		22–32	XL 32–48
medicus exclusive* fully automatic	8	•	90	•	•	•	•	22–42	XS 16–22 XL 32–48
medicus vital fully automatic	9	• <i>incl. frequency</i>	60		•	•	•	22–42	XL 32–48
medicus family 4 fully automatic	10	• <i>incl. frequency</i>	4 x 60	•	•	•	•	22–42	XL 32–48
medicus uno fully automatic	11	•	1					22–32	XL 32–48
medicus system** fully automatic	12/13	•	30					22–42	XL 32–48
medicus family fully automatic	14	•	2 x 30	•	•	•		22–42	XL 32–48
medicus smart semi-automatic	15	•						22–32	XL 32–48

Conventional with integrated stethoscope

egotest classic	16							22–32	XL 33–41
varius privat classic	16							22–32	XL 33–41

Wrist

medistar+ fully automatic	17	•	90	•	•	•		13,5–21,5	
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All digital upper arm blood measurement instruments are provided with a power cord connection (except for boso medicus smart).

* available with Tri-Check function and speech output. | ** available with smartphone connection.



Health is a matter of trust.
blood pressure monitoring
is boso.

boso products are exclusively available through medical equipment suppliers, such as pharmacies and medical supply stores.

You get a 3-year quality warranty on all boso blood pressure measurement devices.

Our advice: [download the blood pressure measurement 1x1 and blood pressure diary from boso.de](#)

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