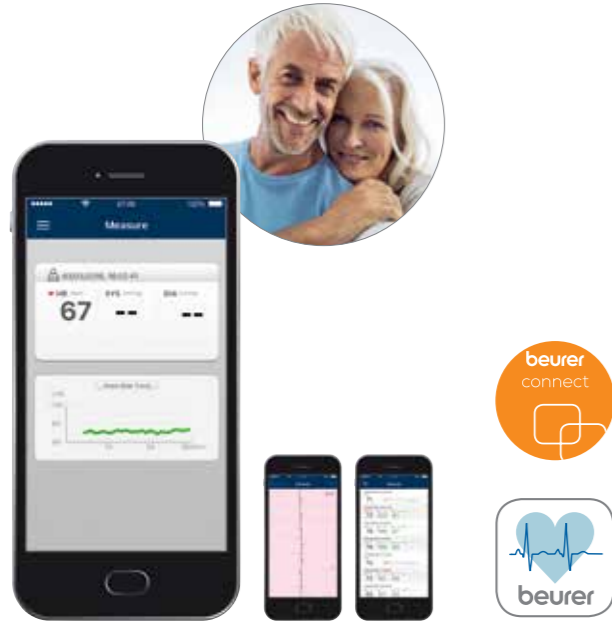


## „beurer CardioExpert“ App

Accurate ECG measurement at home – with our ME 90 and BM 95 products and the free Beurer CardioExpert app you can monitor your vital statistics and share the data with your doctor.



System requirements:  
iOS ≥ 8.0, Android™ ≥ 4.4  
Bluetooth® ≥ 4.0

Convenience at home:  
ECG competence centre



ME 90

BM 95

## BM 95 Bluetooth® Blood pressure monitor with ECG function

- Fully automatic measurement of blood pressure and pulse on the upper arm
- 1-channel ECG for recording heart rhythm
- Optimum monitoring of blood pressure and heart rhythm via app + software
- Bluetooth® for transfer of measurement data to your smartphone
- Advanced arrhythmia detection (including atrial fibrillation and extrasystoles)
- Immediate brief information about heart rhythm after completion of recording
- 2 x 60 memory spaces
- Universal cuff for upper arm circumferences of 22 - 42 cm
- Reliable measurements recognised by the European Society of Hypertension (ESH)



## 2-in-1 Blood pressure monitor with ECG function

Bluetooth® + USB

The easiest way to transfer your data to your PC.

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## ME 90 Bluetooth® Mobile ECG device

- Records the heart rhythm
- Self-monitoring of heart function at home or away
- Bluetooth® for transfer of measurement data to your smartphone
- Duration of recording: 30 seconds
- Immediate information about heart rhythm after completion of recording
- 36 memory spaces



## Keep track of your heart rhythm at any time with the mobile ECG device

PC software and app

Simple and detailed display and evaluation for self-monitoring and for your doctor.



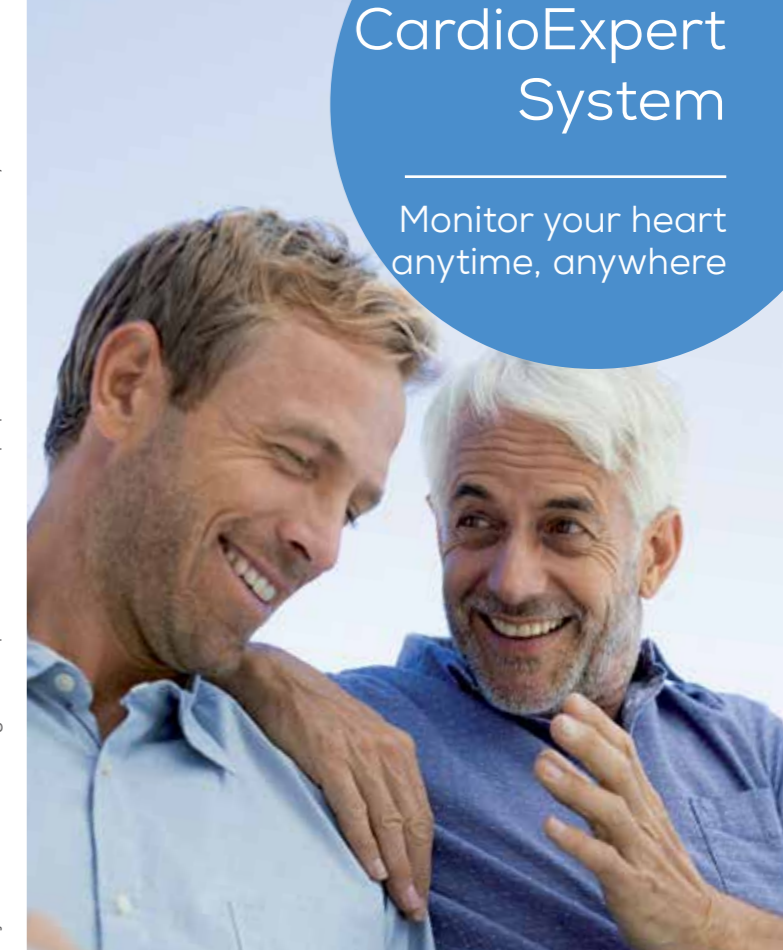
Beurer GmbH, P.O. Box 1427, 89004 Ulm, Germany, Soeflinger Str. 218, 89077 Ulm, Germany  
Tel. +49 731/39 89-0. Fax. +49 731/39 89-139. export@beurer.de www.beurer.com

beurer medical

Beurer  
CardioExpert  
System

Monitor your heart  
anytime, anywhere

757.380\_0718 Subject to errors and changes; smartphones, tablets and laptops are not included in delivery



german  
engineering



## Keep track of your heart rhythm at any time with the Beurer ECG devices

Diseases affecting the heart and circulation are very common. In the majority of cases of heart disease, the electrocardiogram (ECG) contains visible changes that the ME 90 and BM 95 devices can detect.

The typical early symptoms of heart disease include cardiac arrhythmia. If present in the ECG, this is reliably detected by the ME 90 and BM 95.



Cardiac arrhythmia may have various medical causes.

### Organic causes

#### Cardiac causes

- Heart muscle diseases
- Non-infectious (expansion/thickening of the heart muscle); infectious: cardiomyositis (virus in the muscle)
- Coronary causes (coronary artery constriction resulting from high blood pressure or high cholesterol)
- Heart valve diseases (aortic stenosis, mitral stenosis)

#### Extracardiac causes

- Arterial high blood pressure
- Fever
- Hyperthyroidism (overactive thyroid)
- Respiratory diseases with resulting oxygen depletion
- Age

### Extraorganic causes

#### Medication

- Antihypertensives (e.g. beta blockers)
- Antidepressants
- Medication for treating asthma and a range of other medication

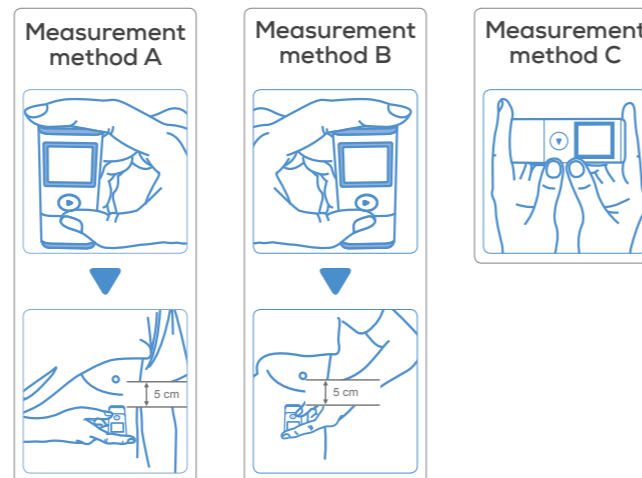
### Lifestyle

- Stress
- Lack of sleep
- Stimulants (alcohol, caffeine)

The stated causes affect a high proportion of the population. The two devices ME 90 and BM 95 can be used to carry out an ECG recording anywhere, at any time. This enables early detection of ECG changes and thus allows preventive measures to be taken in good time, e.g. in the course of a visit to the doctor.

## Can I measure an ECG by myself?

As the ME 90 and BM 95 are easy to use, you can carry out an ECG recording without prior knowledge. The heart rhythm is recorded for 30 seconds. An integrated memory provides space for 36 values in the ME 90 and 2 x 60 values in the BM 95. The measurement is self-explanatory and is processed in the form of a printout for subsequent interpretation by the doctor. Different measurement methods allow you to make adjustments in line with your personal measurement preferences or according to your doctor's instructions.



## As a layperson, how can I evaluate an ECG?

The two devices perform the basic recording and evaluation autonomously. The ME 90 and the BM 95 automatically assess whether the ECG rhythm is too fast, too slow, irregular, linked to pauses or normal. In addition, an easily intelligible symbol is shown on the display immediately following the measurement.



The practical CardioExpert app or PC software allows the recorded results to be presented graphically and printed for your doctor.

This type of professional documentation of the patient findings allows doctors to provide fast, direct, independent and enhanced diagnosis.

The ME 90 and BM 95 mobile ECG measuring devices are the perfect self-monitoring tools when at home or away.

