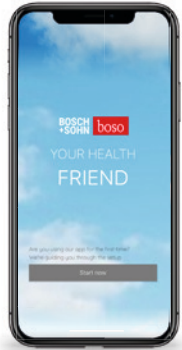


**BOSCH  
+SOHN**

**boso**



## boso medicus system Quick guide to the app



boso app 2.0  
for interactive blood pressure management  
with the Premium upper arm blood pressure monitor  
boso medicus system

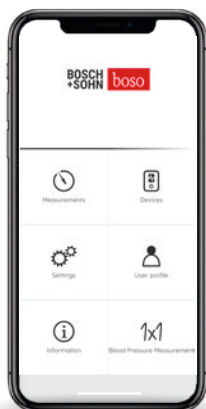
boso.de

# Application



## The boso app 2.0

is compatible with iOS 12.4 or  
Android 5 (or newer) and  
Bluetooth 4.0



## Setting up boso app 2.0

To enable data exchange between the blood pressure monitor and your smartphone, the following steps must be observed:

- Make sure that Bluetooth is activated on your smartphone. (Prerequisite is the availability of Bluetooth 4.0)
- When the app is installed, the operating system (Android) requests permission to access the current location. This query must be answered with "YES" to avoid errors during the Bluetooth connection.
- Start the boso app 2.0 on your smartphone.

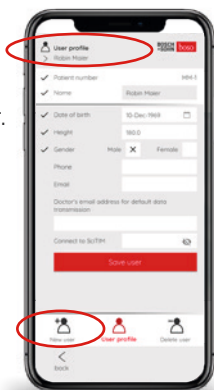
For an update with data transfer from the older version to boso app 2.0, read here ...



## Creating a new user

1. Select "👤 User profile" in the main menu.
2. Select "+👤 User profile" in the lower menu bar.
3. Enter your personal data.  
Mandatory fields are marked with "✓".
4. Save your entry via the button "Save user".

- For multiple users, activate the desired user profile via the upper menu bar in which the measured values are to be saved.
- Use the "back" button (below) to return to the main menu.



## Establishing pairing/connection

Make sure that the (Android) request to access the location has been confirmed with "YES", otherwise pairing is not possible.

- Open "📱 Devices" in the main menu.



- Press and hold the START button on the blood pressure monitor until "Pr" appears in the display. The communication indicator is shown in the display for approx. one minute.

- In the app menu "📱 Devices" select "Add new device" in the bottom menu bar.
- With iOS, the pairing request must also be confirmed.

Date and time are automatically synchronised with the smartphone.



- After successful pairing, "End" appears in the display of your medicus system and the device is displayed in the device list of the app.

The setup is now complete. Now exit the menu via the "back" button (below).

## After a battery change or time change,

the blood pressure monitor must be paired with the smartphone again because the time information is deleted when the battery is changed. *Without re-pairing, the current system time of the smartphone is saved as a time stamp for the measured values during data transmission.* Please proceed as follows:

- Delete the device in the app's device list 📱
- Delete the device from the Bluetooth settings of the smartphone
- Perform new pairing as described.

## Measuring blood pressure and transmitting data



- Now put on the cuff and perform a blood pressure measurement as described in the instructions for use.

As long as Bluetooth is active and the app is open, the values measured at are automatically transmitted to the smartphone.

After successful transmission, the measured value is deleted from the measured value memory of the blood pressure monitor.

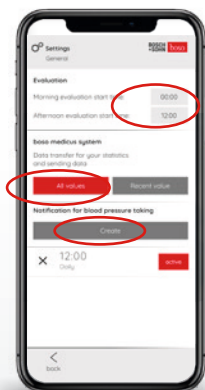
If the measurement data has not been transferred, perform the pairing again. When the app is inactive or Bluetooth is inactive up to 30 readings are automatically stored in the blood pressure monitor.

If the measurement memory is full, the oldest measurement is deleted and the current measurement is saved. The measured values are transferred after the next measurement after activating the app.

To transfer all stored measured values in the measured value memory of the medicus system to the app, the measured value acceptance of "All values" must be activated in the "⚙️ Settings" menu (default setting). If "Recent value" is selected here, only the last measured value is transmitted and all stored measured values in the unit are deleted.

In the menu "⚙️ Settings" the times for the morning/afternoon evaluation can also be changed.

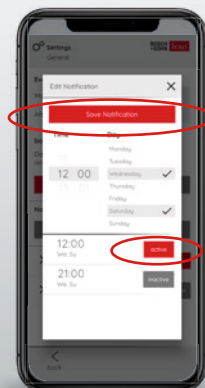
More "⚙️ Settings" for your health management are available here at:



## Notification for blood pressure taking

Use the "Create" button to select the desired time for your reminder to measure blood pressure in the pop-up window. After your day/time selection and "Save Notification", your new function appears as "active" in the menu.

You also have the option here to save several reminders and, if required, to set them "active" or "inactive".



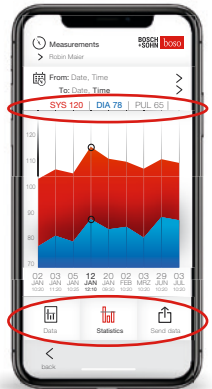
## Evaluating measurements

In the menu "🕒 Measurements" all the measured values displayed.

Via the "Statistics" button in the lower menu bar you can access the graphic display of the measured values.

Select the display of "SYS/DIA" or "PULSE" in the upper part of the screen. The time range for the summary (date from / to) can be selected.

Use the "Data" button in the bottom menu bar to access the summary of the measured values in figures.



## Opening and sharing the report

Use the "Send data" button in the lower menu bar to access the menu to generate/view a measured value report in the selected time window as a PDF file. Furthermore, PDF and XML can be shared via suitable apps or sent by email. In parallel to sharing XML and PDF, Android stores them on your device in the internal memory under the directory "/BOSO\_DATA".

The XML file can be read in the PC program "boso profil-manager XD Home". This program offers further evaluation options and is available as a download free of charge.

[www.boso.de/download/profilmanagerXDHome/](http://www.boso.de/download/profilmanagerXDHome/)

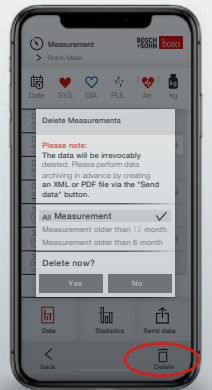


## Deleting measured values

In the data overview of "🕒 Measurements", individual measured values can be deleted by "swiping" to the left.

Several measured values that are older than 1/3/6/12 months can be deleted via the button "🗑 Delete" (below).

Attention, the data will be irrevocably deleted. Please carry out data archiving in due time by clicking on the button "Send data" to create an XML or PDF file.

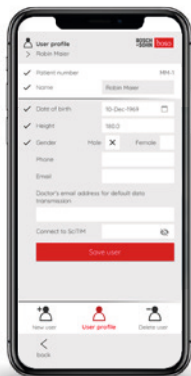


## Personal measurement note

In the menu "🕒 Measurements" in the "Data" overview you have the option to store a note for each measurement. This is not forwarded to your doctor when the data is transferred and is purely for personal overview, e.g. in case of measurement deviations after the sports activity. For an entry, tap on the respective measurement and enter your memo text in the field that appears.

## SciTIM® data transfer to your doctor

The integrated interface to SciTIM® allows the measured values to be transferred to your doctor to the practice software. Convenient and secure via encrypted and anonymised data exchange. You must expressly agree to this data transfer with your doctor beforehand. If your doctor uses SciTIM®, you can simply have this function activated in the practice.



## Pairing with SciTIM®

Pairing is activated in the "👤 User profile". The measurement data is thus automatically transferred to SciTIM® after a measurement.



Info on telemonitoring with SciTIM® | [scitim.de](https://scitim.de)



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UPDATE to boso app 2.0  
with data transfer



boso app 2.0  
is compatible with iOS 12.4 or Android 5  
(or newer) and Bluetooth 4.0

## Update boso app to 2.0

- Download the new boso app 2.0 from the Google/Apple Store.



This version is compatible with iOS 12.4 resp. Android 5 (or newer) as well as Bluetooth 4.0.

When installing the app, the operating system (Android) asks for permission to access the current location. This query must be answered with "YES" to avoid errors in the Bluetooth connection.

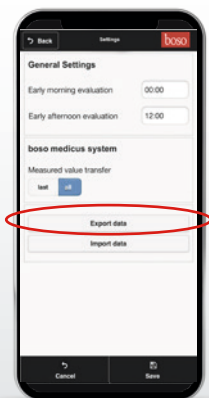
## Data transfer from boso app 1.3.3 to boso app 2.0

- Start the previous boso app (1.3.3) with the most the latest version on your smartphone.



*Older versions must be updated via the app store!*

- From the main menu, select the option "General Settings".
- Start here using the "Export data" button to start the process of your data.
- You then assign the data export via a selection window. Select the new boso app 2.0 here:



Your user data, measured values and the device assignments will now be transferred to the new boso app 2.0.

You can now access the transferred data immediately.





You have further questions about  
the boso medicus system  
with boso app 2.0?



Answers and general information about blood  
pressure and measurement can be found online:

> [boso.de/faq](https://www.boso.de/faq)