

microlife[®]

Be part of the great movement to
prevent stroke and heart disease

Let's work together
for better health

Microlife WatchBP
Professional Blood Pressure Monitors

www.watchbp.com

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WatchBP

The cardiovascular management solution

Clinical blood pressure measurement has limited accuracy because of:

- ✓ Blood pressure variability
- ✓ White coat effect/hypertension
- ✓ Masked hypertension

Therefore guidelines also recommend:

- ✓ Ambulatory (24-hour) blood pressure measurement
- ✓ Self-measurement of blood pressure at home

Additional cardiovascular screening is recommended for:

- ✓ Peripheral arterial disease
 - ankle brachial index (ABI)
 - inter-arm difference (IAD)
- ✓ Atrial fibrillation (AF)

Microlife WatchBP presents a solution that makes screening for these important cardiovascular risks easy, fast and accurate.

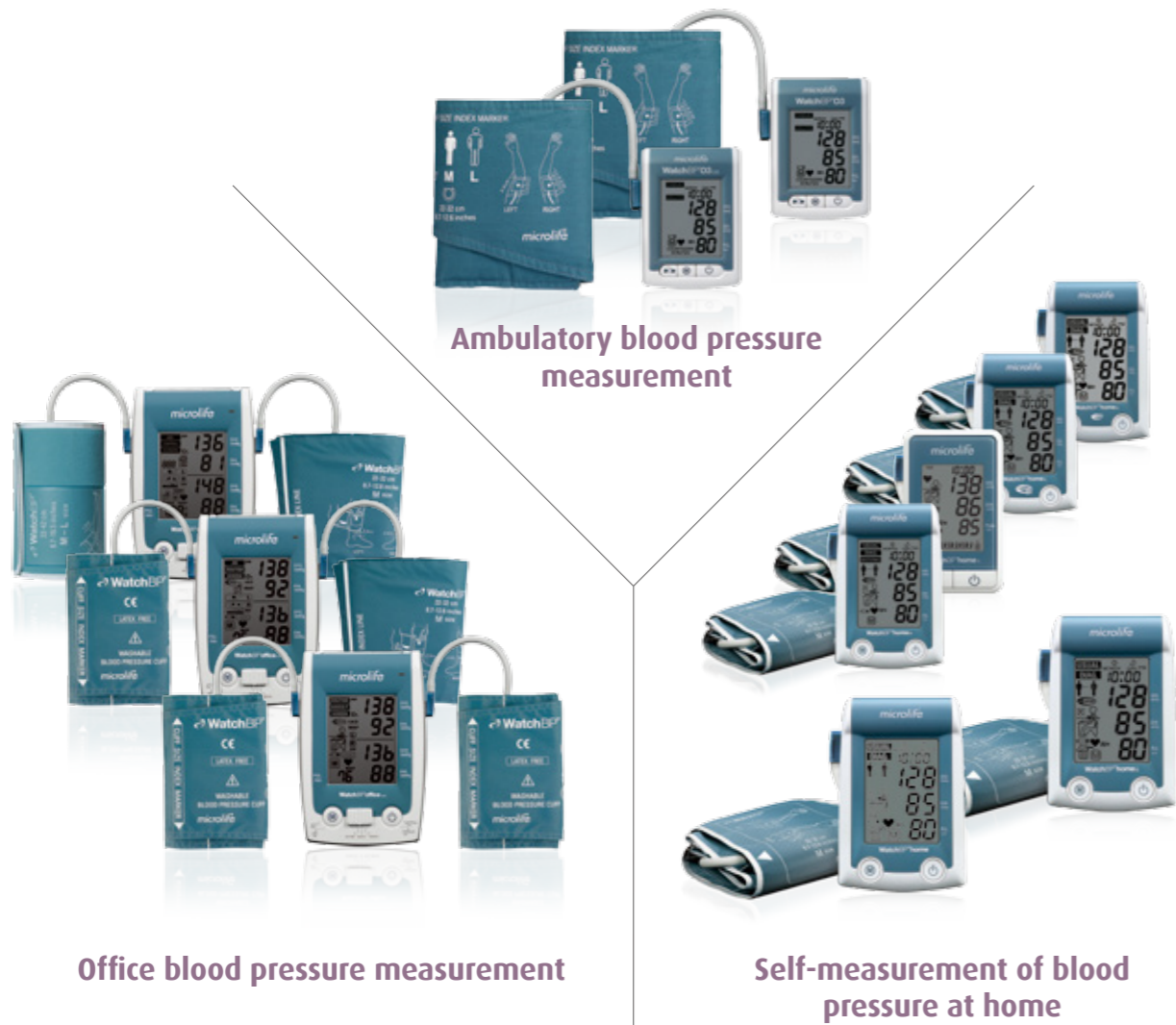


AFIB Detection
(Microlife Technology)



Recommended by NICE
www.nice.org.uk/MTG13

WatchBP Product Overview



Ambulatory blood pressure measurement

Office blood pressure measurement

Self-measurement of blood pressure at home

High Accuracy and Clinically Validated

All Microlife devices have passed BHS & ESH validation protocols

Clinical devices

WatchBP device	Validation protocol		Circumstance
	BHS	ESH	
Office ABI	A/A	Pass	At rest
		Pass	L-XL size cuff
Office AFIB		Pass	WatchBP Office Equivalence
Office Central	A/A	Pass	At rest
		Pass	L-XL size cuff

Ambulatory blood pressure monitoring devices

WatchBP device	Validation protocol		Circumstance
	BHS	ESH	
O3		Pass	At rest
		Pass	L-XL size cuff

Self-measurement devices

WatchBP device	Validation protocol		Circumstance
	BHS	ESH	
Home	A/A	Pass	At rest
	A/A		Pregnancy
	B/A		Pre-eclampsia
	A/A		L-XL Cuff
Home A	A/A	Pass	At rest
		Pass	L-XL size cuff
Home A BT (Bluetooth)	A/A	Pass	At rest
		Pass	L-XL size cuff
Home A NFC	A/A	Pass	At rest
		Pass	L-XL size cuff
Home N		Pass	WatchBP Home Equivalence
Home S		Pass	WatchBP Home Equivalence

* See also References at P33

Accuracy of Blood Pressure Monitors

Over the past 10 years Microlife devices have passed more than 20 validations according to both the BHS and ESH protocols. These include validations for special patient groups such as patients with high blood pressure during pregnancy (pre-eclampsia), end stage renal disease and for those with obesity.



End stage renal disease



Microlife provides validated blood pressure monitors for patients with end stage renal disease

Patients with moderate to severe renal disease have a very high incidence of hypertension, paired with stiff (calcified) arteries. As automated measurements can be influenced by stiff arteries, a special validation is required before blood pressure monitors can be recommended for use among patients with end stage renal disease.



WatchBP 03
WatchBP 03 AFIB



WatchBP Office AFIB
WatchBP Office ABI
WatchBP Office Central



WatchBP Home
WatchBP Home A
WatchBP Home A BT
WatchBP Home A NFC
WatchBP Home N
WatchBP Home S

Pre-eclampsia



Microlife WatchBP Home is accurate for use in pregnancy and Pre-eclampsia

Most oscillometric blood pressure monitors underestimate blood pressure in pre-eclampsia. For this reason, oscillometric blood pressure monitors may only be recommended for use in pregnancy when specifically tested in this special patient group. The WatchBP Home allows pregnant women to measure their blood pressure at home which could reduce the number of hospital visits and may help to make motherhood safer.



WatchBP 03



WatchBP Office AFIB
WatchBP Office ABI
WatchBP Office Central



WatchBP Home

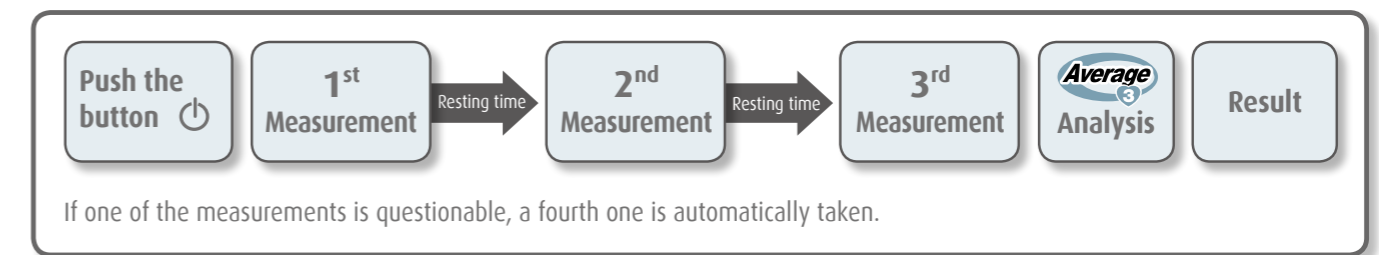
3 consecutive measurements



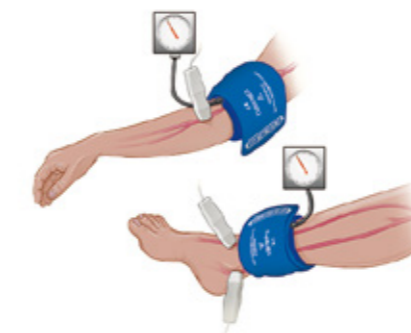
Guidelines recommend taking at least two blood pressure readings each time and average the measurements

The advantages of 3 consecutive measurements

- Superior reliability for blood pressure monitoring.
- Performing three sequential measurements diminishes the influence of an occasional deviating (high) reading.



Peripheral Arterial Disease

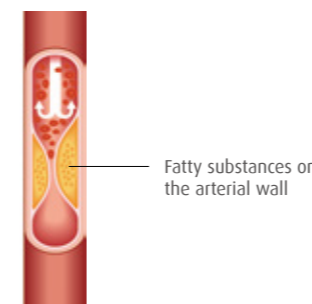


Ankle brachial index is commonly assessed with a Doppler device. This method is time consuming and prone to error.

Peripheral Arterial Disease (PAD)

50% of all patients have no symptoms

Peripheral arterial disease (PAD) is an important, frequently occurring, cardiovascular risk factor that often remains undetected for too long. Patients with PAD have a three-fold higher risk of myocardial infarction, stroke and death. A recommended test for diagnosing PAD is performing ankle-arm measurements to assess the ankle brachial index (ABI). In general clinical practice ABI is often determined with a Doppler device. However, this method is time consuming and requires skills from the observer and therefore is not performed as well and as frequently as it should.

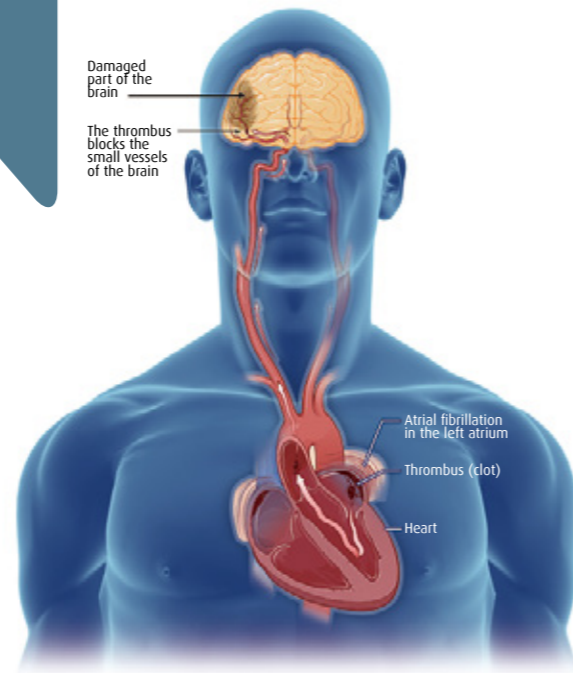


Peripheral arterial disease

WatchBP Office ABI, for easy, fast and accurate ABI assessment



Early detection of atrial fibrillation can reduce the risk of stroke by 68%



Stroke due to atrial fibrillation



AFIB Detection
(Microlife Technology)

Atrial fibrillation (AF)

AF is the most common sustained cardiac arrhythmia occurring in 5% of the population of 65 years and above and in 14% among those older than 85 years. AF leads to a 5-fold higher risk of stroke and is responsible for 20% of all strokes. Many people have no symptoms from AF and therefore remain undiagnosed, whereas early treatment can reduce the risk of stroke by 68%.

WatchBP monitors with atrial fibrillation (AF) detection system

WatchBP monitors with implemented AF detection system allow patients to be screened for AF during blood pressure measurement. The AF detection system has convincingly proven its accuracy, and showed that it leads to increased detection of new patients with AF when used in general clinical practice.

Early detection of AF followed by adequate treatment can reduce the risk of a stroke by 68%

Wrist palpation



Wrist palpation, although commonly performed, has a low reliability.

Best clinical practice



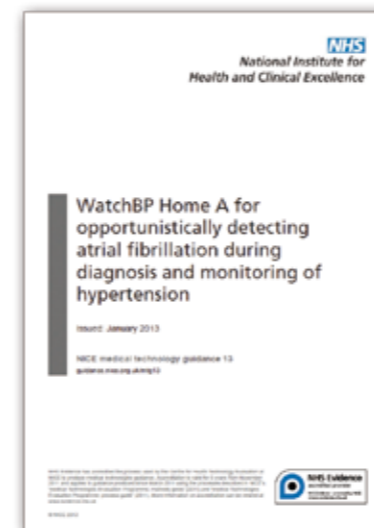
A symbol appears on the LCD screen when AF is detected.

Recommended by NICE

The National Institute for Health and Care Excellence (NICE) officially recommends using the WatchBP Home A during routine blood pressure measurement for all GP's in the United Kingdom.

www.nice.org.uk/MTG13

NICE medical technologies guidance addresses WatchBP Home A "The available evidence suggests that the device reliably detects atrial fibrillation and may increase the rate of detection when used in primary care." "WatchBP Home A should be considered for use in people with suspected hypertension and those being screened or monitored for hypertension, in primary care."



"WatchBP Home A should be used for hypertension monitoring in primary care"

Tested and approved for detecting atrial fibrillation

WatchBP AFIB detects atrial fibrillation with high accuracy (sensitivity 97-100% - specificity 89%) as demonstrated in multiple comparative studies with ECG.

WatchBP Office

Microlife WatchBP Office, guidelines based professional blood pressure monitors



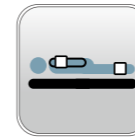
AFIB detection (Microlife Technology)

Screens for atrial fibrillation during blood pressure measurement.



3 consecutive measurements

For accurate blood pressure measurement and better AF detection.



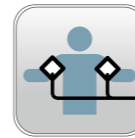
ABI assessment

Fast, easy and reliable simultaneous ankle-arm blood pressure measurement for screening of peripheral arterial disease.



PC link

Transmit all measurement data to PC via USB connection.



Double arm measurement

Unique dual-cuff design for assessing inter-arm blood pressure differences.



Central blood pressure measurement

Non-invasive, reliable method based on brachial pulse volume plethysmography (PVP) waveforms.



Auscultatory mode

For use in e.g. elderly, obese and those with arrhythmia.



WatchBP Office AFIB

WatchBP Office AFIB

Dual-cuff blood pressure monitor with atrial fibrillation detection and auscultatory measurement function.



WatchBP Office ABI

WatchBP Office ABI

Cardiovascular Screening Device, Dual-cuff blood pressure monitor with atrial fibrillation detection and Ankle-Brachial Index function.



WatchBP Office Central

WatchBP Office Central

Cardiovascular Screening Solution, Dual-cuff blood pressure monitor with atrial fibrillation detection, Ankle-Brachial Index assessment and central blood pressure measurement function.



WatchBP Office AFIB

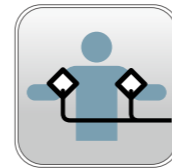
- AFIB detection (Microlife Technology)
- 3 consecutive measurements
- For use in End stage renal disease
- For use in Pregnancy
- Double arm measurement
- Auscultatory mode
- PC link

- ✓ Atrial fibrillation (AF) detection.
- ✓ Dual-cuff design for simultaneous measurement on both arms to assess the Inter-Arm Difference (IAD).
- ✓ Auscultatory mode, for use in e.g. elderly, obese and those with arrhythmia.
- ✓ Software CD included, and can also be downloaded from the website: www.watchbp.com



Atrial fibrillation detection

WatchBP AFIB detects atrial fibrillation with high accuracy (sensitivity 97-100% - specificity 89%) as demonstrated in multiple comparative studies with ECG.



The most reliable tool for determining inter-arm blood pressure differences

Inter-arm difference (IAD) in blood pressure is an important cardiovascular risk predictor. Therefore, blood pressure must be measured in both arms at the first clinical visit.

IAD Threshold	
Diastolic $\geq 10\text{mmHg}$	Systolic $\geq 20\text{mmHg}$



Operation Mode:

Mode	Measurements	Interval time	AFIB detection	Double arm measurement	PC link
Routine	3	15" default 30"/45"/60" selectable	●	-	●
Auscult	1	-	-	-	-
Screen	3	15" default 30"/45"/60" selectable	●	●	●





WatchBP Office ABI

Cardiovascular Screening Device

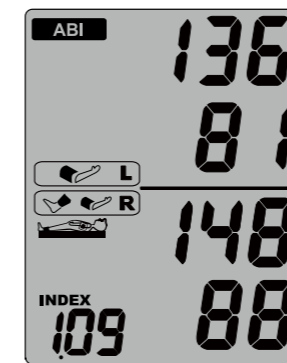
- AFIB detection
(Microlife Technology)
- 3 consecutive
measurements
- For use in End stage
renal disease
- For use in
Pregnancy
- Double arm
measurement
- ABI
assessment
- PC link

- ✓ Fast, easy and accurate Ankle Brachial Index (ABI) assessment.
- ✓ Atrial fibrillation (AF) detection.
- ✓ Dual-cuff design for simultaneous measurement on both arms to assess the Inter-Arm-Difference (IAD).
- ✓ Software CD included, and can also be downloaded from the website:
www.watchbp.com

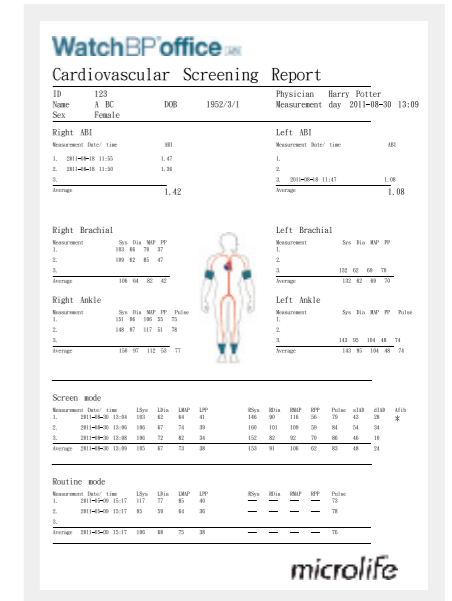
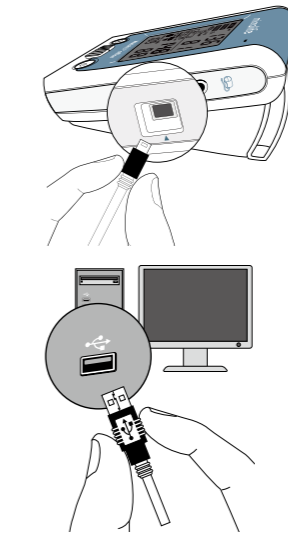
Ankle brachial index assessment : screening for peripheral arterial disease

Presentation of the measurement results

On the device

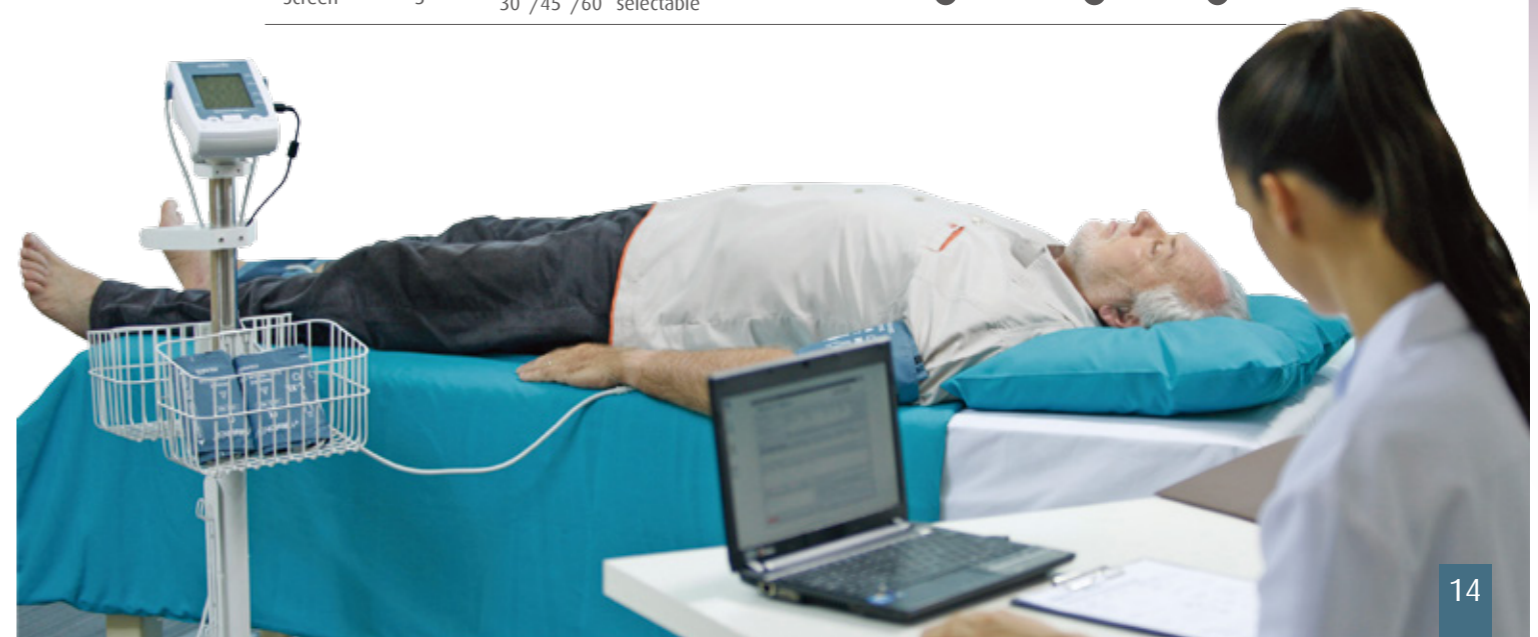


On the PC



Operation Mode:

Mode	Measurements	Interval time	ABI assessment	AFIB detection	Double arm measurement	PC link
ABI	1	-	●	-	-	●
Routine	3	15" default 30"/45"/60" selectable	-	●	-	●
Screen	3	15" default 30"/45"/60" selectable	-	●	●	●





WatchBP Office Central

Cardiovascular Screening Solution

- 
AFIB detection
(Microlife Technology)
- 
3 consecutive
measurements
- 
For use in End stage
renal disease
- 
For use in
Pregnancy
- 
Double arm
measurement
- 
ABI
assessment
- 
PC link
- 
Central
Blood pressure
measurement

- √ Non-invasive central blood pressure measurement.
- √ Fast, easy and accurate Ankle Brachial Index (ABI) assessment.
- √ Atrial fibrillation (AF) detection.
- √ Dual-cuff design for simultaneous measurement on both arms to assess the Inter-Arm-Difference(IAD).

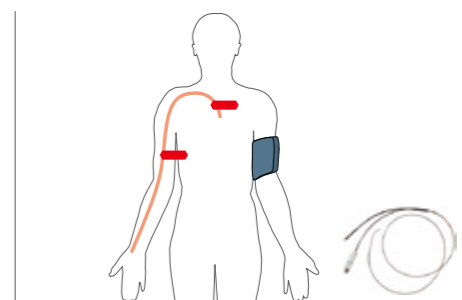
Central blood pressure

Central blood pressure is the pressure in the aorta, the largest artery that originates from the heart. Central blood pressure measurement may better correlate with cardiovascular risk than upper arm blood pressure measurement because the aorta is more close to the heart and brain, the most vital organs of the body.

The WatchBP Office Central has surpassed all requirements of the international standards



The aorta distributes oxygenated blood to all parts of the body.



The WatchBP Office Central has been validated against intra-arterial blood pressure measurement.



Operation Mode:

Mode	Measurements	Interval time	Central BP measurement	AFIB detection	Double arm measurement	PC link	ABI assessment
ABI	1	-	-	-	-	●	●
Central	2	15" default 30"/45"/60" selectable	●	●	-	●	-
Screen	3	15" default 30"/45"/60" selectable	-	●	●	●	-



WatchBP 03

Ambulatory blood pressure measurement



WatchBP 03 Ambulatory

Professional 24-hour blood pressure monitor

- ✓ Highly affordable.
- ✓ Fully-programmable.
- ✓ Lightweight and compact.
- ✓ Pill intake recording button.
- ✓ PC connectivity via USB.
- ✓ Software CD included, and can also be downloaded from the website: www.watchbp.co.uk
- ✓ Reports provided in PDF, Excel(or Open Office) with automated comment.
- ✓ Atrial fibrillation detection (optionally).

Available Models:

Model	24-hour ambulatory blood pressure monitor	AFIB detection	PC link	Night-time measurement	Pill-button	For use in End stage renal disease	For use in pregnancy
WatchBP 03	●	-	●	●	●	●	●
WatchBP 03 AFIB	●	●	●	●	●	●	-

WatchBP 03 Ambulatory blood pressure monitor

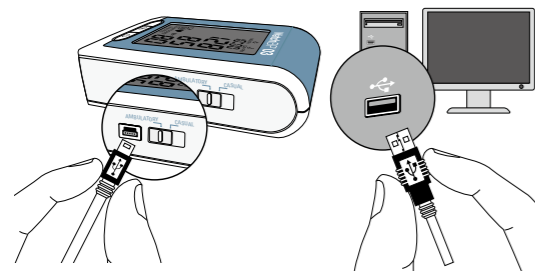
Advanced and user-friendly features



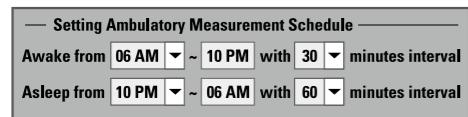
Clinically validated
ESH validated for high accuracy



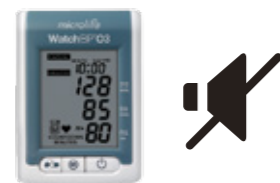
Lightweight and compact
Easy and convenient to carry



PC connectivity
Transmit BP measurement data to PC via USB connectivity



Easy set-up
User friendly software

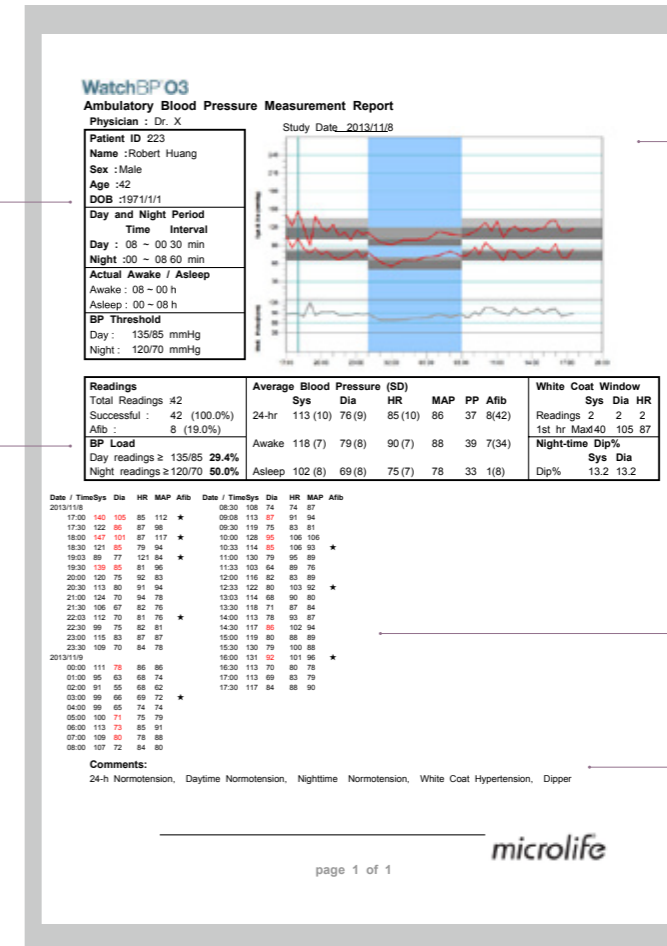


Silent mode option
For quiet measurements



Pill-button
for recording medication intake

Professional and easy to read one page PDF report



Patient information and measurement schedule

Blood pressure chart with day and night time data

Advanced blood pressure analysis

Detailed blood pressure readings

Automated comment



WatchBP Home

For the best self-measurement of blood pressure at home



AFIB detection (Microlife Technology)
Screens for atrial fibrillation during blood pressure measurement.



3 consecutive measurements
For accurate blood pressure measurement and better AF detection.



Bluetooth connectivity
Results are transferred to smartphone, PC, Hub by bluetooth.



NFC connectivity
Results are transferred to smartphone by NFC.



Night-time measurement
For measuring blood pressure during sleep.



Pill-button
For recording medication intake.



PC link
Transmits measurement data to PC via USB connection.



ESH/AHA/BHS guidelines embedded
Helps patients to perform 7-day self-measurement according to ESH/AHA/BHS guidelines.



WatchBP Home

WatchBP Home

Monitoring hypertension and suitable for use in pregnancy and pre-eclampsia.



WatchBP Home A

WatchBP Home A

Monitoring hypertension and atrial fibrillation.



WatchBP Home A BT

WatchBP Home A BT (Bluetooth)

Bluetooth-enabled blood pressure monitor for detecting a major stroke risk factor.



WatchBP Home A NFC

WatchBP Home A NFC

NFC-enabled blood pressure monitor for detecting a major stroke risk factor.



WatchBP Home N

WatchBP Home N

Helps to collect accurate day and night blood pressure measurements for a good overview of the daily blood pressure pattern.



WatchBP Home S

WatchBP Home S

Simultaneously screening for hypertension and atrial fibrillation at home. Animated reminder to warn for risk factors.



WatchBP Home

- ESH/AHA/BHS guidelines embedded
- PC link
- For use in End stage renal disease
- For use in Pregnancy



WatchBP Home A

- AFIB detection (Microlife technology)
- ESH/AHA/BHS guidelines embedded
- 3 consecutive measurements
- PC link
- For use in End stage renal disease
- Recommended by NICE (UK)



DIAG. Diagnostic mode

7-day self-measurement program that strictly follows ESH/AHA/BHS guidelines.

7 Working days at home

	1	2	3	4	5	6	7
Morning 06:00-09:00	X	✓	✓	✓	✓	✓	✓
Night 18:00-21:00	X	✓	✓	✓	✓	✓	✓

1 measurement = 2 readings



USUAL Usual mode

For single measurement at any time (250 memory).

Microlife WatchBP Home, also accurate for use in pregnancy and pre-eclampsia



USUAL Usual mode (with AFIB detection)

3 consecutive measurements for screening for AF (250 memory).



DIAG. Diagnostic mode (with AFIB detection)

7-day self-measurement program that strictly follows ESH/AHA/BHS guidelines.

WatchBP Analyzer Home A



WatchBP Home A BT (Bluetooth)



WatchBP Home A NFC

- Bluetooth connectivity
- AFIB detection (Microlife technology)
- ESH/AHA/BHS guidelines embedded
- 3 consecutive measurements
- PC link
- For use in End stage renal disease
- Recommended by NICE (UK)

- NFC connectivity
- AFIB detection (Microlife technology)
- ESH/AHA/BHS guidelines embedded
- 3 consecutive measurements
- PC link
- For use in End stage renal disease
- Recommended by NICE (UK)



Usual mode (with AFIB detection)
3 consecutive measurements for screening for AF (250 memory).

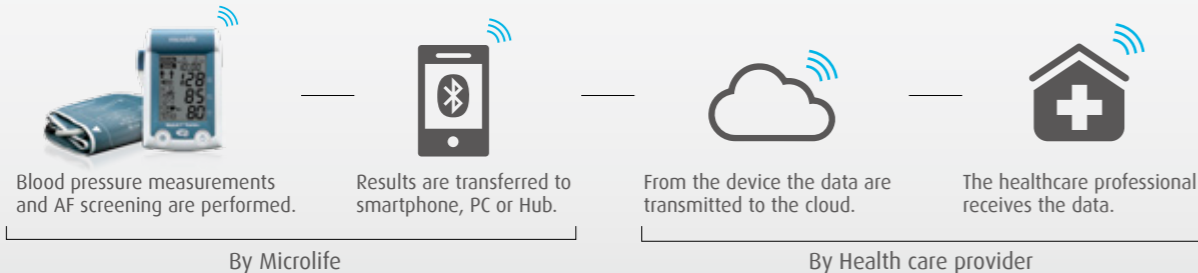


Diagnostic mode (with AFIB detection)
7-day self-measurement program that strictly follows ESH/AHA/BHS guidelines.

WatchBP Analyzer Home A BT

Time	Sys	Dia	Pulse	Time	Sys	Dia	Pulse
15:00:00	128	85	80	15:00:00	128	85	80
15:00:00	128	85	80	15:00:00	128	85	80
15:00:00	128	85	80	15:00:00	128	85	80

How does a connected health solution work?



Usual mode (with AFIB detection)
3 consecutive measurements for screening for AF (250 memory).

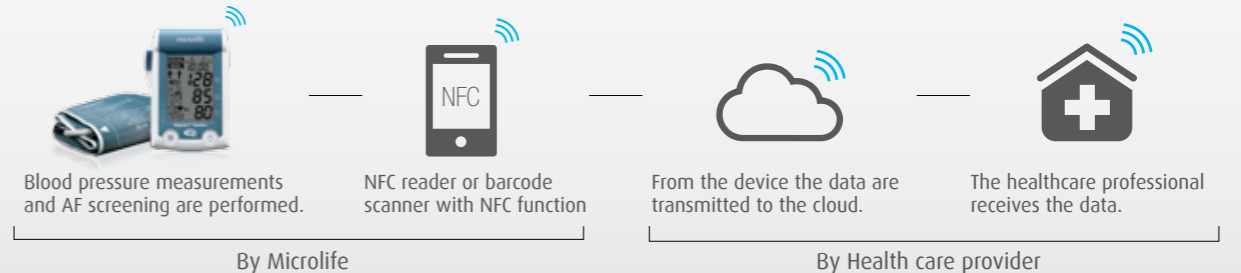


Diagnostic mode (with AFIB detection)
7-day self-measurement program that strictly follows ESH/AHA/BHS guidelines.

WatchBP Analyzer Home A NFC

Time	Sys	Dia	Pulse	Time	Sys	Dia	Pulse
15:00:00	128	85	80	15:00:00	128	85	80
15:00:00	128	85	80	15:00:00	128	85	80
15:00:00	128	85	80	15:00:00	128	85	80

How does a connected health solution work?





WatchBP Home N



Night-time Measurement



AFIB detection (Microlife technology)



3 consecutive measurements



Pill-button



ESH/AHA/BHS guidelines embedded



PC link



For use in End stage renal disease



WatchBP Home S



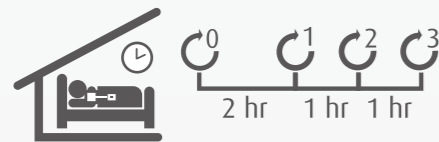
AFIB detection (Microlife technology)



3 consecutive measurements



For use in End stage renal disease



For monitoring blood pressure during sleep.



USUAL

Usual mode (with AFIB detection)

3 consecutive measurements for screening for AF (250 memory).

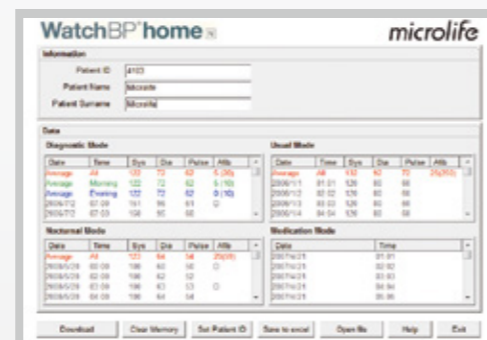


DIAG.

Diagnostic mode (with AFIB detection)

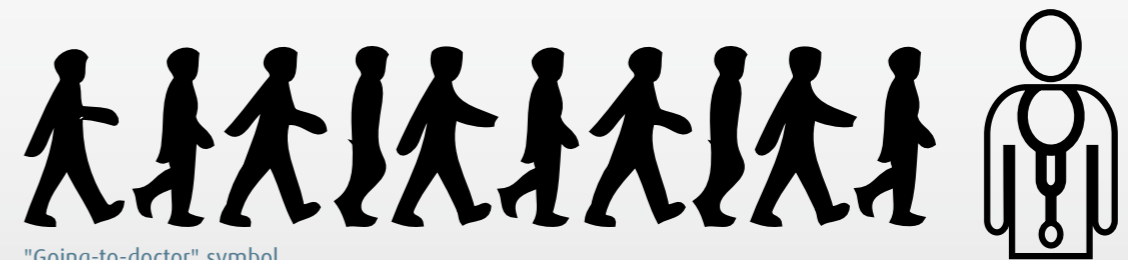
7-day self-measurement program that strictly follows ESH/AHA/BHS guidelines.

WatchBP Analyzer Home N



Home blood pressure monitor with atrial fibrillation detection function

- ✓ Measuring blood pressure and screening for atrial fibrillation at the same time.
- ✓ Easy, reliable and affordable automated blood pressure measurement device.
- ✓ With "Going-to-doctor" alert to inform a doctor's visit is required because of atrial fibrillation or persistent high blood pressure values.



"Going-to-doctor" symbol

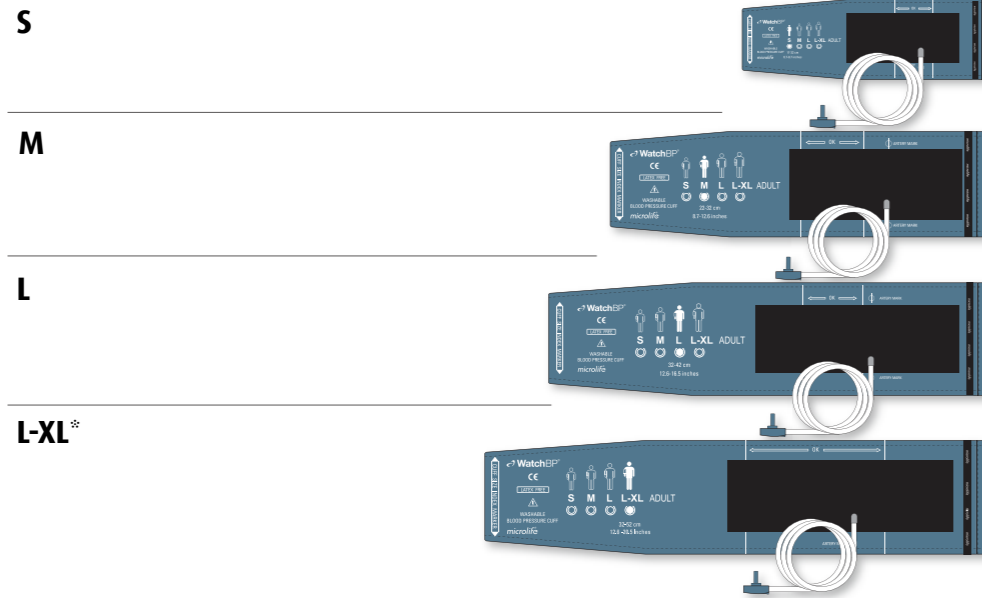
Cuffs, as important as the blood pressure monitor

Using the wrong size cuff is a major cause for erroneous blood pressure measurement

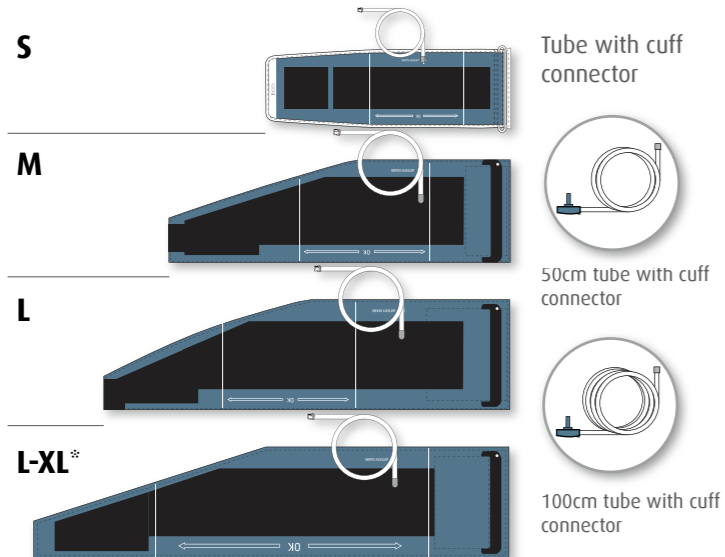
All cuff bladders are both latex and PVC free

Soft Upper Arm

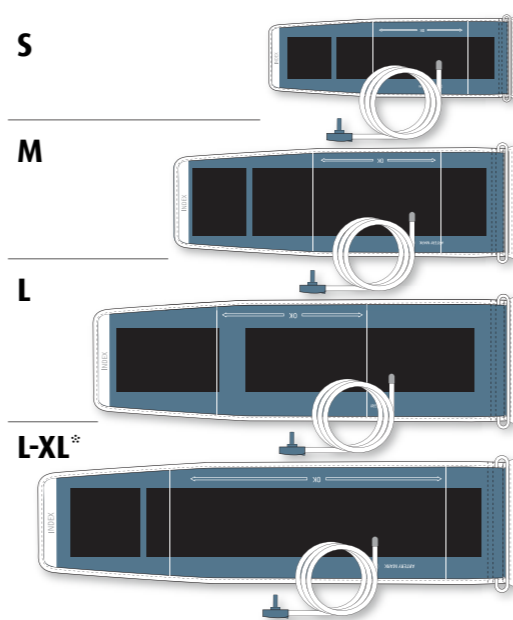
WatchBP Office (Washable cuffs available in both nylon and cotton)



WatchBP 03 Ambulatory (Washable cuffs available in both nylon and cotton)



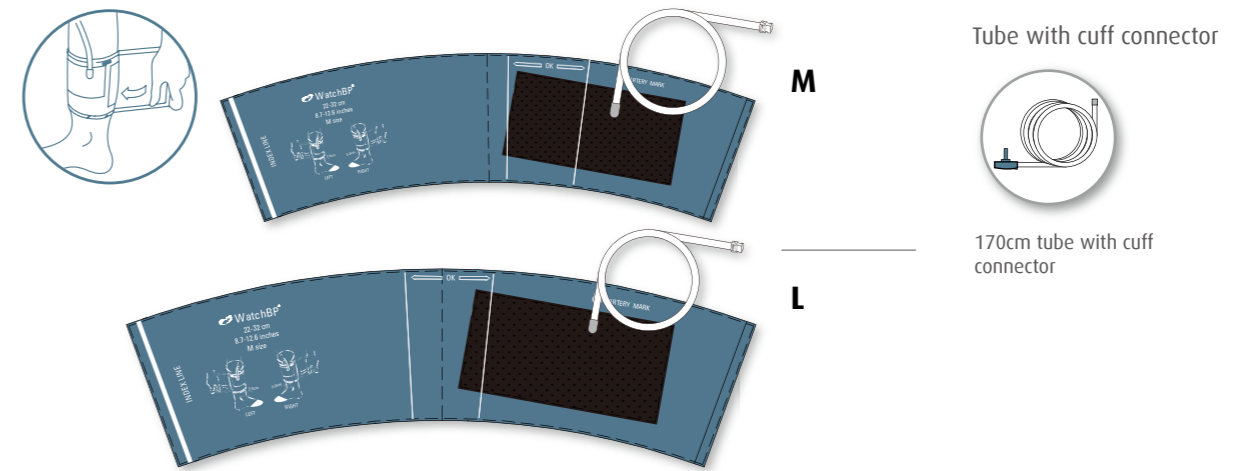
WatchBP Home



* the L-XL cuff has been validated for use among patients with large arms

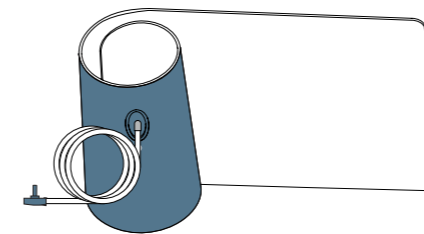
Soft Ankle

WatchBP Office ABI/ Central



Upper Arm - Rigid

WatchBP Office



M-L

- With air tube 130cm
for Office AFIB, Office ABI, Office Central

Cuff	Upper arm cuff					Ankle cuff	
	S	M	M-L	L	L-XL	M	L
Measures (cm)	17-22	22-32	22-42	32-42	32-52	22-32	32-42
Measures (Inches)	6.7-8.7	8.7-12.6	8.7-16.5	12.6-16.5	12.6-20.5	8.7-12.6	12.6-16.5

WatchBP features overview

WatchBP Office

Device	3 consecutive measurements	Double arm measurement	Auscultatory mode	AFIB detection	ABI assessment	PC link	Central BP measurement	For use in End stage renal disease	For use in pregnancy
WatchBP Office AFIB	●	●	●	●		●		●	●
WatchBP Office ABI	●	●		●	●	●		●	●
WatchBP Office Central	●	●		●	●	●	●	●	●

WatchBP 03

Device	24-hour ambulatory BP monitoring	AFIB detection	PC link	Night-time measurement	Pill-button	For use in End stage renal disease	For use in pregnancy
WatchBP 03	●		●	●	●	●	●
WatchBP 03 AFIB	●	●	●	●	●	●	

WatchBP Home

Device	Single measurement	3 consecutive measurements	ESH/AHA/BHS guidelines embedded	AFIB detection	PC link	Night-time measurement	Pill-button	For use in End stage renal disease	For use in pregnancy
WatchBP Home	●		●		●			●	●
WatchBP Home A		●	●	●	●			●	
WatchBP Home A BT		●	●	●	●			●	
WatchBP Home A NFC		●	●	●	●			●	
WatchBP Home N		●	●	●	●	●	●	●	
WatchBP Home S		●		●				●	

References

Blood pressure monitors

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