



**Remain fit and healthy throughout the spring
thanks to medisana's excellent blood pressure monitors**

Neuss, 23.03.2021. When the days start to get longer and the sun is shining more often, we are drawn outside. Springtime reawakens our spirits, providing us with a general boost in vitality. If you want to avoid springtime lethargy, exercise in the fresh air is essential, as it not only keeps you fit but also makes you feel good. However, when increasing your activity levels you should take the time to let your body adjust gradually. When the weather changes from the cold of winter to milder spring temperatures, this can cause our blood vessels to dilate and thus make our blood pressure drop. Under certain circumstances, this can lead to fatigue or circulatory problems, especially in elderly people or those who are sensitive to the weather. It is therefore advisable to pay attention to maintaining a healthy blood pressure and to check your own measurements regularly.

Thanks to medisana's excellent blood pressure monitors, reliable blood pressure measurements can be conveniently integrated into your everyday life. The **medisana BU 535 upper arm blood pressure monitor** was recently awarded the "Good" quality rating (2.4) by *Stiftung Warentest*. This makes it one of the best-rated products in the test, occupying one of the coveted top spots in the ranking. The medisana BU 535 performed particularly well in the "ease of use" category, in which it was awarded the "Very good" rating (1.5). The BU 535 also did well in the blood pressure measurement category, which tested the accuracy and repeatability of measurements. The BU 535 upper arm blood pressure monitor has a large-digit screen which clearly displays your measurement results, and it can also calculate the average of your last three measurements, thus providing you with a reliable overview of your current health.

If portability is of particular importance to you, then the **medisana BU 570 connect upper arm blood pressure monitor** is the ideal solution. It was recently singled out in the categories of high quality, design, ease of use and functionality by the Plus X Award, the world's largest innovation award for technology, sport and lifestyle. The medisana BU 570 connect's flat

design is particularly impressive, because thanks to state-of-the-art micro-components it is no fatter than three smartphones stacked on top of each other. A very practical portable companion which fits in almost every handbag. Despite its handy size, measurement results can be read easily and precisely on the large LCD display with backlighting. It guarantees faster measurement results thanks to the inflating technology which measures your blood pressure while the cuff is still inflating. As with all Connect devices, vital data can be conveniently transmitted via Bluetooth® data transfer to the VitaDock+ app for iOS and Android as well as to VitaDock® Online, thus giving you a clear overview of your results and facilitating analysis.

The medisana Connect range also includes the innovative **medisana BPW 300 connect blood pressure watch** with integrated Bluetooth® 4.0 and VitaDock+ app connection. This provides a modern, mobile solution for blood pressure measurement. Thanks to its compact smartwatch look and high-quality e-ink display, the certified medical product can be worn inconspicuously as a classic wristwatch. Instead of turning blood pressure measurements into a medical event, it integrates them into an everyday part of modern life. The BPW 300 connect is also equipped with integrated inflating technology, thus delivering faster yet reliably precise measurements. You can individually set the time and number of daily measurements, meaning that your blood pressure is measured completely automatically. Once measurement is complete, readings are sent via Bluetooth® to the VitaDock+ app and to VitaDock® Online, where you can store your personal health measurements and evaluate them more precisely.

The medisana BU 535 connect upper arm blood pressure monitor is available in specialist retail stores and at www.medisana.de for the price of € 49.95 RRP. The medisana BU 570 connect upper arm blood pressure monitor is available from the same outlets for the price of € 69.95 RRP, and the medisana BPW 300 connect blood pressure watch for € 349.95 RRP.

medisana is one of the leading specialists in the home healthcare market. For over 35 years, the German company has been committed to the health of people with the motto “Your health in good hands.” medisana is a pioneer in the trend of mobile health management and provides future-oriented products for modern everyday life in an increasingly networked world. In the field of massage, the company based in Neuss is the German market leader. medisana develops, markets, and sells products related to mobile health, health monitoring, wellness, sport, personal care, therapy, and healthy homes to health-conscious consumers around the world.

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