

Press release

## When the Apple Watch warns, Beurer blood pressure monitors provide certainty

**Ulm, 15. Oktober 2025 – Almost one in three Germans suffers from high blood pressure – and thus from the number one risk factor for cardiovascular diseases. The new high blood pressure warning function of the Apple Watch is now attracting attention. However, the watch only provides a notice. It does not replace a classic blood pressure measurement, which determines the specific systolic and diastolic value. Here, Beurer blood pressure monitors can help.**

Blood pressure provides important information about cardiovascular health. This is because persistently elevated values can lead to a heart attack or stroke. Therefore, it is crucial to measure blood pressure regularly.

### Beurer blood pressure monitors provide reliable results

A blood pressure monitor from Beurer is ideal for this – with clinically validated measurement accuracy, it provides precise results you can rely on. A special feature is the resting indicator: It was developed by FIMT Asperg for Beurer and indicates whether the user was in a sufficient state of rest during the measurement.



For mental stress or external disturbances can influence the measurement results. The technology of the resting indicator records the time intervals of the heartbeat and evaluates the course of the pulse wave during the measurement. Thus, the resting indicator contributes to ensuring that the results are accurate without extending the measurement time. Other helpful features: The latest Beurer blood pressure monitors, such as the Upper Arm Blood Pressure Monitor [BM 53](#) and [BM 64](#), also detect cardiac arrhythmias and atrial fibrillation thanks to advanced arrhythmia detection, and devices with multiple user profiles are also available.

### How Apple Watch and Beurer blood pressure monitors complement each other

With its new feature, the Apple Watch now warns of high blood pressure. The watch uses its optical sensor to collect data such as heart rate over extended periods. From this, it derives

trends and possible indications of high blood pressure. Therefore, it does not replace a classic blood pressure measurement, where two important values are determined using a cuff: the systolic (upper) value, which shows the highest pressure in the vessel when the heart is pumping, and the diastolic (lower) value, which indicates the lower pressure when the heart relaxes again.

For this, Beurer blood pressure monitors are in demand. They are easy to use and available specifically for upper arm measurement and wrist measurement. The precise values from Beurer blood pressure monitors can be conveniently transferred to the “beurer HealthManager Pro” app via *Bluetooth*® or Scan & Save. It consolidates the data and allows for easy sharing with the doctor through an export function. Additionally, the values can be transferred to health apps like Apple Health, Samsung Health, or Health Connect. This way, the Apple Watch can be part of health monitoring as an early warning system, combined with the reliable measurements of a Beurer blood pressure monitor.

Further information on the topic and tips for blood pressure measurement are provided by the Beurer Health Guide under [The Apple Watch High Blood Pressure Feature: What You Need to Know](#)

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**Social media****About Beurer**

Beurer was founded in Ulm in 1919 and now leads the way in several product categories. The family business is synonymous with a modern and healthy lifestyle, which is reflected in the claim "healthy. life. style." for the Beurer brand. Originally a manufacturer of heat pads and heated underblankets, Beurer has grown into an expert, full-range supplier offering more than 500 products. Today, the traditional company offers various products for use at home across its product categories of Health, Wellbeing, Beauty, Personal Care, Home, Fitness, Baby and Pet Care. These include medical devices such as blood pressure and blood glucose monitors, clinical thermometers, pulse oximeters, nebulisers, insect bite healers and products for pain therapy. The product range also covers the areas of flexible heating, weight, air, massage and recovery. What's more, Beurer offers various beauty products in the categories of facial care, body care, hair care, hair removal, manicure & pedicure, as well as a men's grooming range and electric toothbrushes in the Personal Care category. Beurer offers a range of fitness products in its "Antelope by beurer" product group. The Baby category contains products adapted to the needs of children, babies and their parents. With "Love Your Pet by beurer", Beurer offers a wide range of products for pets. The "Connect" product group includes a wide range of apps that can be combined with Beurer products and make people's everyday routine easier. Around 1800 employees worldwide and a distribution network spanning more than 100 countries contribute to the company's ever-growing success. You can find more information at [www.beurer.com](http://www.beurer.com).