



The Rossmax Z5 PARR Bluetooth Blood Pressure Monitor (VM-BPMRMZ5) is a clinically validated automatic upper-arm monitor with AFib and premature contraction (PC) detection during every standard measurement. It features a large 69 × 64.4mm LCD, Bluetooth wireless data transfer, 120 memories for two users, 7-day AM/PM averaging, WHO hypertension risk indication, and a rechargeable lithium-ion battery with USB-C charging. Covered by a 5-year warranty with lifetime calibration. ESH protocol validated, BIHS listed.

AFib and Premature Contraction Detection with PARR Technology

The Rossmax Z5 is a full-featured automatic upper-arm blood pressure monitor built around Rossmax's PARR arrhythmia detection technology — simultaneously screening for atrial fibrillation (AFib) and premature contractions (PC) with every standard blood pressure measurement, at no additional effort from the user. Atrial fibrillation is a leading, frequently asymptomatic cause of stroke, and its incidental detection during routine blood pressure checks carries significant clinical

value. The Z5 analyses the oscillometric waveform captured during each measurement and displays an alert symbol if a rhythm pattern consistent with AFib is identified, prompting the user to seek medical review. Premature contraction detection identifies PACs (premature atrial contractions) or PVCs (premature ventricular contractions) — extra heartbeats that become more frequent with age and can impair cardiac function when persistent. The Z5 measures across a range of 0–299 mmHg at an accuracy of ± 3 mmHg, with pulse detection from 30–200 BPM at $\pm 5\%$ accuracy.

Memory, Averaging, and Hypertension Risk Indication

The Z5 stores 120 date- and time-stamped readings across two user profiles — 60 readings per user — making it well suited to couples or household members jointly managing cardiovascular health. A guest mode allows one-off measurements without writing to either user's memory. The 3-reading average provides an immediate post-session average consistent with clinical home blood pressure monitoring guidelines, which recommend averaging multiple consecutive readings. The 7-day AM/PM averaging function calculates separate morning and evening averages over the preceding seven days — the standard format used for home blood pressure monitoring reports reviewed by hypertension specialists. A WHO-classification Hypertension Risk Indicator colour-codes each reading on the large 69 × 64.4mm LCD against normal, elevated, and hypertensive ranges, giving users an immediate reference context for each result.

Bluetooth Connectivity, Power, and Clinical Validation

Bluetooth connectivity enables wireless data transfer to compatible applications for tracking, trend analysis, and sharing with healthcare providers. The Z5 is powered by a built-in rechargeable lithium-ion battery charged via USB-C, removing the recurring cost and inconvenience of replaceable batteries. The included latex-free universal cone cuff fits arm circumferences of 24–40cm. The Z5 has been validated to the European Society of Hypertension (ESH) protocol and is listed by the British and Irish Hypertension Society, confirming clinical accuracy in independent testing. It is backed by a 5-year manufacturer's warranty and Rossmax's lifetime calibration service. CE certified. Available in South Africa from Vital Medical.

TECHNICAL SPECIFICATIONS TABLE

Specification	Detail
Brand	Rossmax
Model	Z5 "PARR"
SKU	VM-BPMRMZ5
Type	Automatic upper-arm Bluetooth blood pressure monitor
Measurement Range	0–299 mmHg
Pulse Range	30–200 BPM
Accuracy	±3 mmHg (BP), ±5% (Pulse)
Arrhythmia Detection	AFib (Atrial Fibrillation), Premature Contraction (PC)
Memory	120 readings (60 per user × 2 users)
Averaging	3-reading average; 7-day AM/PM average
Guest Mode	Yes
Hypertension Risk Indicator	WHO classification
Display	Large LCD, 69 × 64.4mm
Cuff Size (included)	24–40cm (latex-free universal cone cuff)
Connectivity	Bluetooth
Battery	Rechargeable lithium-ion, USB-C
Warranty	5 years + lifetime calibration
Clinical Validation	ESH protocol, BIHS listed
Certification	CE

SKU: VM-BPMRMZ5