

AE 169

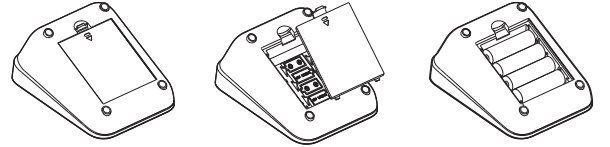
Blood Pressure Monitor

GETTING STARTED

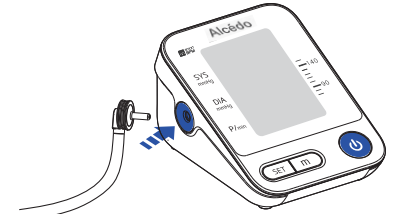
STEP 1

GET STARTED

Install 4 AA batteries into bottom of device.



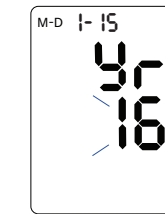
Plug arm cuff into the main device.



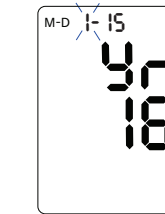
STEP 2

A. Setting Date and Time

Press the “SET” and hold it for more than 3 seconds. The Year symbol will then flash. Use “m” to advance to the current year, then press “SET” to confirm. The screen will then show the month and day. Change month, date and time following the same steps.



Year character blink



Month character blink

B. Setting mmHg/kPa

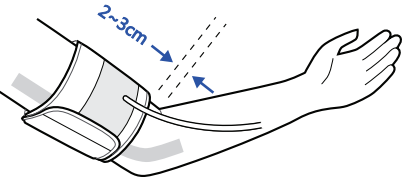
After finishing the Time and Date setting, the mmHg/kPa symbol will then flash. Press “m” to select mmHg or kPa unit (commonly measured in mmHg). Then press “SET” to finish setting.

After unit setting, press “power” to shut down device.

STEP 3

Place cuff directly on bare skin of upper left arm, with the bottom of the cuff edge 2-3 cm above elbow.

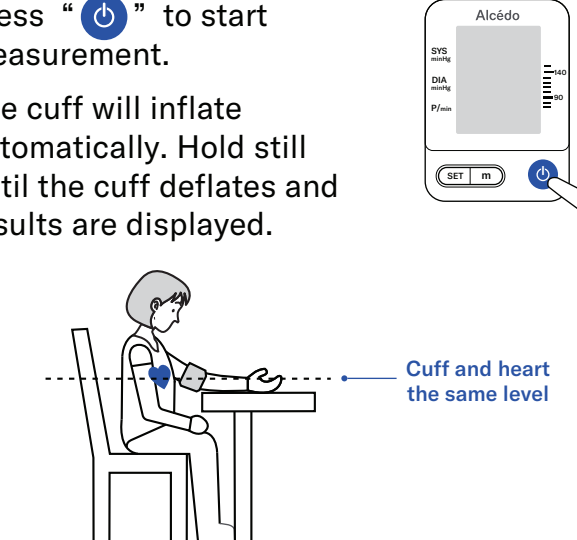
Align cuff so the air tube is centered on the inside of your arm. Wrap cuff snugly.



STEP 4

Press “power” to start measurement.


The cuff will inflate automatically. Hold still until the cuff deflates and results are displayed.




VIEW THE MEASUREMENT VALUES IN MEMORY

Press “m”

The first reading that appears is the average value for last 3 readings. Repress “m” to view the values stored in memory.



The average value



The 1st group of memory

FREQUENTLY ASKED QUESTIONS

Q. Why are my blood pressure readings sometimes different?

A. People’s blood pressure could change constantly throughout the day and night, or in different conditions when you measure your blood pressure. Many factors, such as activity level, food/drink intake, stress can affect a person’s blood pressure. Because of this, the readings may fluctuate. That’s why it is important to use averages over time to compare readings and review the overall results with your doctor.

Q. Why could my doctor’s readings be different than my readings taken at home?

A. Blood pressure readings measured by a healthcare professional in a doctor’s office are usually somewhat higher than that you measure it yourself in a relaxed atmosphere at home. We call this “doctor’s surgery” or “white coat” hypertension. Because these readings can vary considerably, you should take your blood pressure on a regular basis at home and share your results with your healthcare provider.

OTHER IMPORTANT TIPS

To obtain more accurate readings, sit quietly with feet flat on the floor and rest for 15 minutes before taking a measurement. Do not measure within 30 minutes after eating, exercising, bathing, smoking or drinking alcohol.

The Blood Pressure Indicator show how your reading compares to the internationally recognized guidelines for normal home blood pressure levels.

EXTENDED WARRANTY

Go to www.AlcedoHealth.com to register your product and receive an extended warranty.

Please read the instruction manual for complete product information.

Have questions?

DO NOT RETURN THIS PRODUCT.

Call our Toll-Free Consumer Help Line at 833-682-8655 for assistance with your Alcedo product.