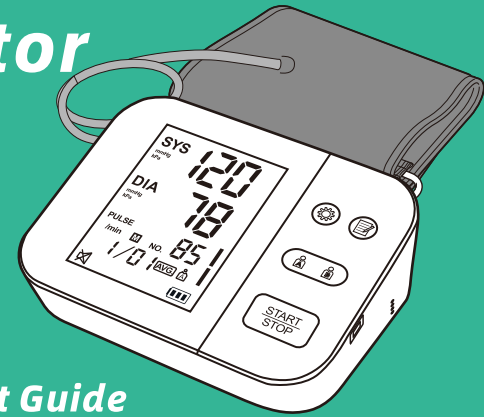


# AILE

## Arm Blood Pressure Monitor

### Quick Start Guide



Dear Customer

Thank you for choosing our products and services.

It is our goal to provide high quality self-health monitoring devices that are easy to use in your daily life. To minimize environmental impact, the AC adapter and AAA batteries are not included. If any of our accessories or products fail to meet your expectations, please contact us immediately. We are always ready to assist you.

- AAA batteries
- Longer USB cable
- USB adapter
- Other size cuff

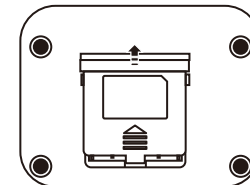
✉ support@4aile.com  
☎ +1 888-875-0846

AILE

### 1 Install Batteries

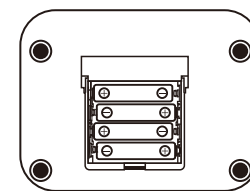
**Tip** For accurate results, avoid eating, drinking, or exercising 30 minutes before measurement and stay calm during the process.

**1** Push down the hook of the battery cover and pull downward.



Battery cover

**2** Insert 4 "AAA" alkaline batteries.



**3** Close the battery cover.

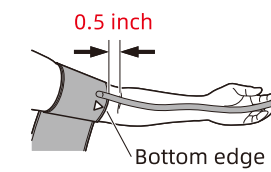
### 2 Apply The Arm Cuff

**1** Plug the arm cuff into the monitor.



**2** Apply the arm cuff onto your left upper arm.

The bottom edge of the arm cuff should be 0.5 inch above the inside elbow. ▼ Downward.

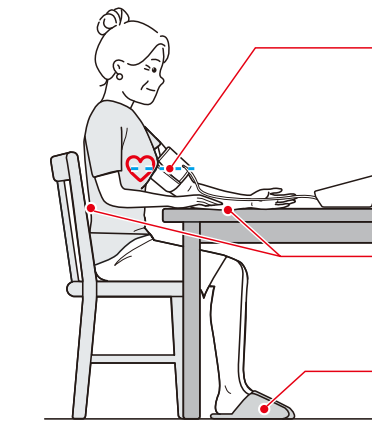


**3** Attach the cuff firmly using the Velcro and keep a gap of at least two fingers between the cuff and your skin.

Make sure that air tube is located on the inside of the arm.



### 3 Sit Correctly



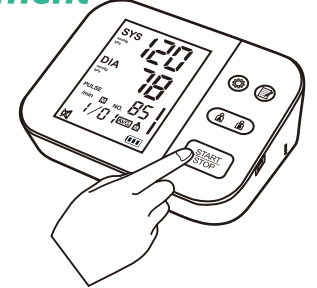
Place the arm cuff at the same level as your heart.

Back and arm should be supported.

Keep feet flat, legs uncrossed.

### 4 Take a Measurement

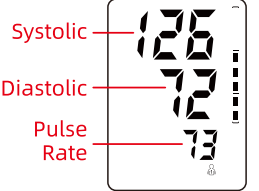
**1** Press the [START/STOP] button.



**2** Remain still until the arm cuff deflates.

**3** After the measurement, your reading is displayed.

To turn off the monitor, press the [START/STOP] button.



Systolic  
Diastolic  
Pulse Rate

### Error Resolution

If the monitor displays an error code, please refer to the troubleshooting table provided. If the issue persists and you are unable to resolve it, please contact us at support@4aile.com, and we will provide you with further solutions.

Er 1	Sensor abnormal	1. Don't talk or shake your arm before measuring; 2. Check if the pump is working or not.
Er 2	Blood pressure can't be measured	Check the wearing position of the cuff and remeasure according to the required posture.
Er 3	Blood pressure is abnormal	Check the wearing position of the cuff and remeasure according to the required posture.
Er 4	Blood pressure arm cuff cannot be pressurized	1. Check whether the air path is open; 2. Check whether the arm cuff is too loose.
Er 5	Arm cuff is pressurized too fast	1. Check whether any blockage in the air path; 2. Check whether the arm cuff is too tight.
Er 6	Excessive pressure in interference	Measure the posture according to the requirements. DO NOT move your body in the measurement.
Er 7	The pressure exceeds the limit	Measure the posture according to the requirements. DO NOT move your body in the measurement.

### Set the Time:

**1** With the device powered off, press and hold the SET button for over 5 seconds until the numbers start flashing.

**Note:** Hold the SET button down before turning on the screen.

**2** Use the MEM button to adjust the year, then press SET to move on to adjusting the month, date, hour, and minute.

**3** Once you finish adjusting everything, press SET again to confirm.

**4** After setting the time, SP flashes. Press MEM to turn the speaker on or off. Press SET to confirm. (When the screen is off, you can double click SET button to open or close speaker quickly.)

**Note** Every time you replace batteries, the time will reset to zero. If you make a mistake during setup, reinstall the battery and start over.

### To Switch Users:

**1** To select a user profile when the blood pressure monitor is powered on. Press the User button to toggle between User A and User B.

**2** When a user profile is selected, the current user's name will be displayed on the screen. For example, if User A is selected, "User A" will appear.

### To View Historical Data:

**1** When the blood pressure monitor is off and the "START" button has not been pressed, press the "MEM" button to view recent historical data.

**2** Pressing the "MEM" button again will display the second-to-last set of data, and so on for previous sets of data.

### FAQ 1 Why are my blood pressure readings sometimes different?

Your blood pressure changes constantly based on your daily activities and time of day. Because of this, some fluctuations can be expected. That's why it is important to use averages over time to compare readings. Because each person is different, it is important to consult with your physician about what your numbers mean to you.

### FAQ 2 Why could my physician's reading be different than my readings taken at home?

Having your blood pressure measured by a healthcare professional in a physician's office can cause nervousness and may result in an elevated reading. 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.

### FAQ 3 Why was my blood pressure high when I was measured?

There are a variety of factors that can lead to high blood pressure values. Common ones include taking a measurement right after drinking coffee, taking a shower or some physical activity. Being too nervous, moving or talking during the measurement, and not having your arm at the level of your heart can lead to biased measurements. It is recommended that you stay relaxed and sit quietly at the table while measuring. For other questions you can read the instructions first. If the value of multiple measurements are different, you need to measure two to three times and take the average value. If you have any questions, you can tell us. (We provide 7\*24H consultation for AILE Blood Pressure monitor)

### Common reasons for inaccurate measurements.

1. The cuff is too tight or too loose. When measuring blood pressure, the cuff should be tightened appropriately. Too tight or too loose will have a greater effect on the blood pressure value (it is best to keep 2 fingers free between the cuff and the arm) The cuff is tied 0.5inch above the elbow joint of the arm.

2. Incorrect position of the blood pressure measurement. When measuring blood pressure, the arm should be positioned correctly and the height of the sphygmomanometer, the cuff and the heart should be the same, otherwise the results will be affected.

3. Inadequate self-preparation: being in an emotionally unstable state when measuring blood pressure, or not resting after strenuous exercise, talking while taking blood pressure, etc. will usually result in a high measured blood pressure value; (no food, water or exercise for 30 minutes before the measurement and emotional stability)



This product comes with a 5-year extended warranty. Please contact us without hesitation if you require any assistance. We are always pleased to offer help whenever possible.

✉ support@4aile.com  
☎ +1 888-875-0846  
🌐 https://4aile.com