

## **Microlife BP3AQ1-1**

# **Microlife Automatic Blood Pressure Monitor User Manual**

Model: BP3AQ1-1



## **INTRODUCTION**

This manual provides essential information for the proper use and maintenance of your Microlife Automatic Blood Pressure Monitor, Model BP3AQ1-1. This device is designed for accurate and convenient blood pressure measurement at home. Please read these instructions thoroughly before use to ensure safe and effective operation.



Image: The product packaging for the Microlife Automatic Blood Pressure Monitor, showing the device and cuff, highlighting features like "One Touch Operation" and "Clinically Accurate."

## SAFETY INFORMATION

- Consult your physician before using this device if you have any medical conditions.
- Do not use this device for purposes other than measuring blood pressure.
- Keep the device out of reach of children.
- Statements regarding dietary supplements have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition.

## SETUP

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### 1. Battery Installation

The Microlife Automatic Blood Pressure Monitor requires 4 AA batteries, which are included. Locate the battery compartment on the back or bottom of the device. Insert the batteries, ensuring correct polarity (+/-) as indicated inside the compartment. Close the battery cover securely.

### 2. Cuff Connection

Connect the air tube from the arm cuff to the air jack on the side of the blood pressure monitor. Ensure the connection is secure to prevent air leakage during measurement.

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## Automatic Blood Pressure Monitor

MAY QUALIFY  
FOR INSURANCE  
COVERAGE



### EASY TO USE

One Touch Operation  
simple and hands free

Recalls last measurement  
to track your progress

Clinically Accurate  
for reliable readings

5 Year Warranty

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MAY QUALIFY FOR INSURANCE COVERAGE

Image: The Microlife Automatic Blood Pressure Monitor unit with its attached arm cuff, ready for use.

## OPERATING INSTRUCTIONS

Taking your blood pressure with the Microlife monitor is a simple, one-touch operation.

- Prepare for Measurement:** Sit comfortably with your back supported and feet flat on the floor. Rest your arm on a table so the cuff is at heart level. Avoid talking or moving during the measurement.
- Apply the Cuff:** Slide the cuff onto your bare upper arm. The bottom edge of the cuff should be approximately 1/2 inch (1-2 cm) above your elbow. The air tube should run down the center of your arm.
- Secure the Cuff:** Tighten the cuff snugly around your arm, but ensure it is not too tight. You should be able to insert two fingers between the cuff and your arm.
- Start Measurement:** Press the **Start** button on the monitor. The cuff will automatically inflate, and the measurement will begin. Remain still and quiet until the measurement is complete.
- Read Results:** Once the measurement is finished, the systolic pressure, diastolic pressure, and pulse rate will be displayed on the large LCD screen.
- Memory Recall:** The device features last memory recall, allowing you to view your most recent measurement.

For consistent readings, it is recommended to take measurements at the same time each day.

## MAINTENANCE

- Cleaning:** Wipe the monitor and cuff with a soft, dry cloth. If necessary, use a slightly damp cloth with mild soap, then wipe dry. Do not use abrasive cleaners or immerse the device in water.
- Storage:** Store the device in a clean, dry place, away from direct sunlight, extreme temperatures, and humidity. Keep it in its included bag for protection.
- Battery Replacement:** Replace batteries when the low battery indicator appears on the display. Remove batteries if the device will not be used for an extended period.
- Cuff Care:** The cuff is designed for durability, but if it shows signs of wear or leakage, contact customer support for a replacement.

## TROUBLESHOOTING

Problem	Possible Cause	Solution
No display when powered on.	Batteries are dead or incorrectly inserted.	Check battery polarity or replace with new AA batteries.
Inaccurate or inconsistent readings.	Incorrect cuff placement, movement during measurement, or improper arm position. Cuff size may be unsuitable.	Ensure cuff is correctly placed and snug. Remain still and quiet. Position arm at heart level. Verify arm circumference against cuff specifications (9.5 - 13.25 inches).
Cuff does not inflate or inflates too slowly.	Air tube not securely connected or cuff leakage.	Check all connections. Inspect cuff for damage.
Error message on display.	Refer to the specific error code in the full manual (if available) or contact support.	Turn off the device, wait a few minutes, and try again. If the error persists, contact Microlife customer support.

## SPECIFICATIONS

**Model Number:** BP3AQ1-1

**Product Dimensions:** 4.5 x 3.75 x 7 inches

**Item Weight:** 12 ounces

**Power Source:** 4 AA batteries (included)

**Cuff Size:** Fits arm circumference 9.5 - 13.25 inches (as per customer review, original packaging states this)

**Display Type:** Digital LCD

**Memory:** Last measurement recall

**Manufacturer:** Microlife

**Date First Available:** October 28, 2009

## WARRANTY INFORMATION

The Microlife Automatic Blood Pressure Monitor comes with a **5-Year Warranty**. Please retain your proof of purchase for warranty claims. For detailed warranty terms and conditions, refer to the documentation included with your product or visit the official Microlife website.

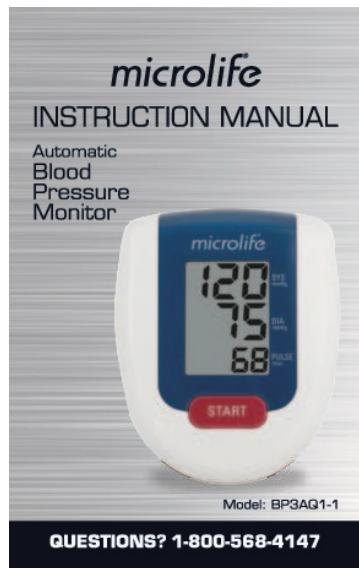
## CUSTOMER SUPPORT

For further assistance, technical support, or inquiries regarding your Microlife Automatic Blood Pressure Monitor, please contact Microlife customer service. Visit the official Microlife website for contact details and additional resources.

You can also visit the Microlife Store on Amazon for more information [Microlife Store](#)

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Documents - Microlife – BP3AQ1-1



[Microlife BP3AQ1-1 Automatic Blood Pressure Monitor Instruction Manual](#)

Comprehensive instruction manual for the Microlife BP3AQ1-1 Automatic Blood Pressure Monitor, detailing features, operation, safety guidelines, and troubleshooting for accurate home health monitoring. Visit Microlife USA for support.

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## INSTRUCTION MANUAL

Automatic  
Blood  
Pressure  
Monitor



QUESTIONS? 1-800-568-4147

### [\[pdf\]](#) User Manual Instructions

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### [\[pdf\]](#) User Manual

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