

## Microlife 70265

# Microlife AFIB Advanced Easy Blood Pressure Monitor User Manual

Model: 70265

## 1. INTRODUCTION

The Microlife AFIB Advanced Easy Blood Pressure Monitor is designed for accurate blood pressure measurement and early detection of Atrial Fibrillation (AF) at home. AF is a common heart arrhythmia that can lead to serious health complications, including stroke. This device utilizes patented Microlife AFIB Technology to screen for AF during routine blood pressure measurements, offering high sensitivity (97-100%) and specificity (89%) as clinically validated. Regular monitoring can assist in early diagnosis and management of hypertension and AF.

## 2. SAFETY INFORMATION

- Consult your physician before using this device if you have any medical conditions or are pregnant.
- Do not self-diagnose or self-medicate based on measurements. Always follow your doctor's advice.
- This device is intended for home use and is not a substitute for professional medical examination.
- Keep the device out of reach of children and pets.
- Do not use the device in a moving vehicle or on an airplane.
- Avoid strong electromagnetic fields (e.g., mobile phones) near the device during use.

## 3. PACKAGE CONTENTS

Please check that all components are present and undamaged:

- Microlife AFIB Advanced Easy Blood Pressure Monitor unit
- Conical pre-formed cuff (size 22-42 cm)
- Transport bag

- 4 x 1.5V AAA batteries
- User manual (multi-language)

## 4. PRODUCT OVERVIEW

Familiarize yourself with the main components of your blood pressure monitor.



Image 1: The Microlife AFIB Advanced Easy Blood Pressure Monitor unit, conical cuff, and included AAA batteries.



Image 2: Close-up of the conical cuff, showing the Microlife logo, size range (22-42cm), and a diagram for correct arm placement.





Image 3: The black transport bag with the Microlife logo, designed for convenient storage and portability of the monitor and cuff.



Image 4: The transport bag with an overlay indicating its dimensions, approximately 8.3 inches (21 cm) in height.

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## 5. SETUP

### 5.1. Battery Installation

1. Open the battery compartment cover on the back of the monitor.
2. Insert the four 1.5V AAA batteries, ensuring correct polarity (+/-) as indicated inside the compartment.
3. Close the battery compartment cover securely.





Image 5: Four AAA alkaline batteries, typically included with the device for initial use.

## 5.2. Cuff Connection

Connect the air tube from the cuff to the air socket located on the side of the blood pressure monitor unit. Ensure a firm connection.

# 6. OPERATING INSTRUCTIONS

## 6.1. Preparation for Measurement

- Avoid eating, smoking, or exercising for at least 30 minutes before measurement.
- Rest in a calm environment for 5 minutes before taking a measurement.
- Sit comfortably with your back supported, feet flat on the floor, and legs uncrossed.
- Place your arm on a flat surface so that the cuff is at heart level.

## 6.2. Cuff Placement

1. Ensure the cuff is placed directly on bare skin, not over clothing.
2. Wrap the cuff around your upper arm, approximately 2 cm above the elbow.
3. The artery mark on the cuff (usually an arrow) should align with your brachial artery, which runs along the inside of your arm.
4. Tighten the cuff so it is snug but not uncomfortably tight. You should be able to fit two fingers underneath.

### 6.3. Taking a Measurement (MAM Technology)

The Microlife AFIB Advanced Easy monitor features MAM (Microlife Average Mode) technology, which automatically takes three measurements in quick succession and calculates an average for a more reliable result. This mode is recommended for optimal accuracy.

1. Ensure the MAM switch (if present on your model) is set to the 'ON' or 'MAM' position. If no switch is present, the device may automatically operate in MAM mode.
2. Press the **START/STOP** button. The cuff will automatically inflate.
3. Remain still and silent during the entire measurement process. The device will take three consecutive measurements with short pauses in between.
4. After the third measurement, the average blood pressure (systolic and diastolic) and pulse rate will be displayed.

### 6.4. AFIB Detection

During the measurement, the device continuously screens for Atrial Fibrillation. If AF is detected, a specific AFIB symbol (e.g., a heart with irregular waves) will appear on the display after the measurement results. If this symbol appears repeatedly, consult your physician for further evaluation.

## 7. MAINTENANCE AND CARE

- **Cleaning:** Clean the monitor unit and cuff with a soft, dry cloth. Do not use abrasive cleaners, alcohol, or immerse the device in water.
- **Storage:** Store the device in its transport bag in a cool, dry place, away from direct sunlight, extreme temperatures, and high humidity.
- **Batteries:** Remove batteries if the device will not be used for an extended period to prevent leakage. Replace all four batteries simultaneously when the low battery indicator appears.
- **Cuff Care:** The cuff is reusable but not washable. Avoid bending the air tube excessively.

## 8. TROUBLESHOOTING

Problem	Possible Cause	Solution
Device does not turn on	Batteries are depleted or incorrectly inserted.	Check battery polarity; replace all four batteries.
Cuff does not inflate or inflates weakly	Cuff connection is loose; air leakage; cuff damaged.	Ensure cuff tube is securely connected; check cuff for damage.

Problem	Possible Cause	Solution
Inaccurate or inconsistent readings	Incorrect cuff placement; movement or talking during measurement; improper resting before measurement.	Review cuff placement instructions; remain still and silent; rest for 5 minutes before measuring.
AFIB symbol appears frequently	Possible detection of Atrial Fibrillation.	Consult your physician for medical advice and further examination.

## 9. SPECIFICATIONS


- **Model:** 70265
- **Measurement Method:** Oscillometric
- **Measurement Range:**
  - Pressure: 20-280 mmHg
  - Pulse: 30-200 beats/minute
- **Cuff Size:** Conical pre-formed, 22-42 cm (M-L)
- **Dimensions:** Approximately 160 x 80 x 32 mm
- **Weight:** Approximately 298 g (including batteries)
- **Power Source:** 4 x 1.5V AAA batteries (included)
- **Clinical Validation:** ISO, EHS, BHS protocols, suitable for special patient groups (diabetics, elderly, obese, hypotensive, pregnant).
- **Special Features:** AFIB Technology for Atrial Fibrillation detection, MAM Technology for automatic triple measurement.



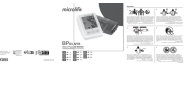


## 10. WARRANTY AND SUPPORT

For detailed warranty information, technical support, or service inquiries, please refer to the warranty card included with your product or visit the official Microlife website. Keep your purchase receipt as proof of purchase.

**Manufacturer:** COLPHARMA SRL

### Related Documents - 70265

	<p><a href="#">Microlife BP A200 AFIB: Accurate Blood Pressure &amp; AFIB Detection</a></p> <p>Explore the Microlife BP A200 AFIB, a state-of-the-art digital blood pressure monitor engineered for precise home health monitoring. It accurately measures systolic and diastolic blood pressure, as well as pulse rate, and features advanced Atrial Fibrillation (AFIB) detection technology.</p>
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	<p><a href="#">Microlife BP A200 AFIB Blood Pressure Monitor User Manual</a></p> <p>Comprehensive user manual for the Microlife BP A200 AFIB blood pressure monitor, detailing features, usage instructions, AFIB detection, and health monitoring.</p>
	<p><a href="#">Microlife BP B3 AFIB Automatic Blood Pressure Monitor User Manual and Guide</a></p> <p>Comprehensive user manual for the Microlife BP B3 AFIB automatic blood pressure monitor, covering preparation, measurement, AFIB detection, data memory, error handling, safety, and technical specifications.</p>
	<p><a href="#">Microlife BP B3 AFIB Blood Pressure Monitor User Manual</a></p> <p>Comprehensive user manual for the Microlife BP B3 AFIB Blood Pressure Monitor, detailing setup, usage, AFIB detection, safety precautions, and technical specifications for accurate home blood pressure monitoring.</p>
	<p><a href="#">Microlife BP A200 AFib Blood Pressure Monitor User Manual and Guide</a></p> <p>Comprehensive user manual for the Microlife BP A200 AFib digital blood pressure monitor. Learn about accurate home blood pressure measurement, AFib detection, device operation, safety, and maintenance.</p>
	<p><a href="#">Microlife BP A7 Touch BT Bluetooth Blood Pressure Monitor User Manual</a></p> <p>Comprehensive user manual for the Microlife BP A7 Touch BT Bluetooth Blood Pressure Monitor, detailing setup, usage, features like AFIB detection, and technical specifications. Learn how to accurately measure blood pressure and monitor heart health.</p>

Documents - Microlife – 70265

no relevant documents