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› Alcedo Blood Pressure Monitor for Home Use, Automatic Digital BP Machine with Large Cuff for Upper Arm, LCD Screen, 2x120 Memory, Talking Function Large Screen

Alcedo B21

Alcedo Blood Pressure Monitor User Manual

Model: B21 | Brand: Alcedo

1. INTRODUCTION

This manual provides comprehensive instructions for the safe and effective use of your Alcedo Automatic Upper Arm Blood Pressure Monitor. This device is designed for home use to measure systolic and diastolic blood pressure, as well as pulse rate. Regular monitoring can provide valuable information for managing your health in consultation with a healthcare professional.



Figure 1: Alcedo Automatic Upper Arm Blood Pressure Monitor and Cuff.

2. PACKAGE CONTENTS

Upon opening the package, please verify that all components are present and undamaged:

- Alcedo Blood Pressure Monitor Unit
- Large Upper Arm Cuff (fits arms 8.7 to 15.7 inches in circumference)
- Instruction Manual
- Quick Start Guide
- 4 AAA Batteries
- Micro USB Cable
- Storage Bag



Figure 2: All components included in the Alcedo Blood Pressure Monitor package.

3. SAFETY INFORMATION

For accurate and safe operation, please adhere to the following guidelines:

- Ensure the cuff is placed on the upper arm according to the instructions provided. Improper placement of the cuff or positioning of the arm can lead to inaccurate readings.
- This device is intended for adult use only. It is not suitable for children.
- Consult your physician before using this device if you have any medical conditions or concerns.
- 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.

4. SETUP

4.1. Battery Installation

The Alcedo Blood Pressure Monitor requires 4 AAA batteries (included). To install:

1. Open the battery compartment located on the back of the monitor.

2. Insert the 4 AAA batteries, ensuring correct polarity (+/-) as indicated inside the compartment.
3. Close the battery compartment securely.

4.2. Power Options

The monitor can be powered by either the installed batteries or via the Micro USB cable (included). To use the Micro USB cable, simply plug it into the side port of the monitor and connect the other end to a compatible USB power source (e.g., wall adapter, computer USB port).



Figure 3: The monitor offers two power options: batteries or Micro USB.

4.3. Cuff Connection

Connect the air tube from the cuff to the air jack on the side of the monitor. Ensure the connection is secure.

5. OPERATION

5.1. Applying the Cuff

The durable wide range cuff fits arms 8.7 inches to 15.7 inches in circumference. The ergonomically designed comfortable cuff makes it easy to wrap it around your arm. Ensure the cuff is not twisted or

damaged. The cuff should be clean and properly connected to the main unit.

1. Place the cuff directly on the bare skin of your upper left arm, with the bottom edge of the cuff 2-3 cm above the elbow.
2. Position the cuff so the artery mark aligns with your brachial artery.
3. Secure the cuff snugly but not too tightly.



Figure 4: Step-by-step guide for applying the cuff and taking a measurement.

5.2. Taking a Measurement

The one-push button design makes getting accurate readings fast. The device automatically averages 3 values for a more precise measurement.

1. Sit quietly with feet flat on the floor and rest for 15 minutes before taking a measurement.
2. Place your arm with the cuff at the same level as your heart.
3. Press the **START/STOP** button to begin the measurement. Keep your arm in a relaxed position.
4. The cuff will inflate, and the measurement will begin. Remain still and do not talk during the measurement.
5. Read the result on the LCD screen once the device finishes measuring.

Large LCD Display

Clear and Supersized number for easy reading.



Figure 5: The large LCD display provides clear number values for easy reading of systolic, diastolic, and pulse measurements.



5.3. Memory Function (Two User Mode)

The monitor features a two-user mode, allowing two individuals to monitor, track, and store their readings separately on the same device. Enhanced memory provides 120 readings for each user. Press the **MEM** button to review past measurements.

5.4. Talking Function

The live-voice broadcast of blood pressure levels with adjustable volume settings provides a simple option for testing by users with different needs. This feature can be enabled or disabled through the settings.

Hear Your Results

 Your blood pressure Systolic value is 120..... Pulse is 74 per minute 



 Your blood pressure is normal 



Figure 6: The monitor can audibly announce your blood pressure results.

5.5. Movement Error Detection & Cuff Wearing Detection

The monitor includes self-checking cuff positioning and movement detection features. These provide visual symbols on the device to help ensure accurate measurements by preventing excessive movement and verifying proper cuff placement.

Movement Error Detection

Helps to prevent excessive movement and ensure accurate readings.



Cuff Wearing Detection

Verifies proper cuff placement for accurate readings.

Figure 7: Icons on the display indicate proper cuff placement and detect excessive movement during measurement.

6. TIPS FOR GETTING ACCURATE MEASUREMENT

To ensure the most accurate readings, follow these recommendations:

- Sit quietly with feet flat on the floor and rest for 15 minutes before taking a measurement.
- Wait at least 3 minutes between measurements.
- Measure 1 hour after getting up in the morning and 1 hour before going to bed at night.
- Do not measure within 30 minutes after eating, exercising, smoking, or drinking alcohol.
- Do not compress or restrict the air hose or the cuff when taking measurements.



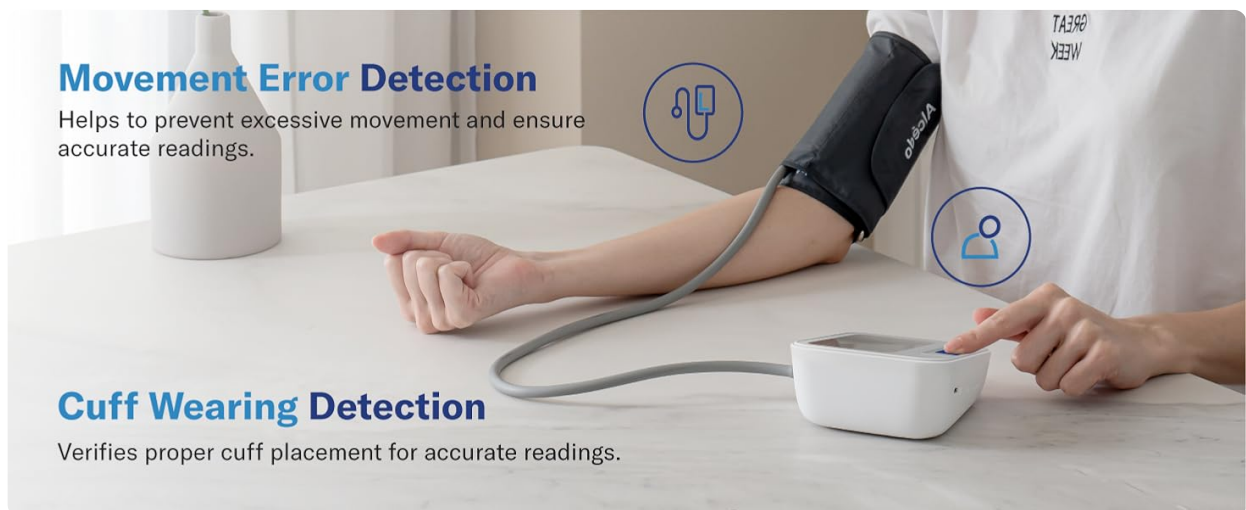
Large and Comfortable Cuff

The soft and durable materials ensure a snug fit, enhancing your overall monitoring experience.

Figure 8: Visual guide for optimal body and cuff positioning during measurement.

7. FACTORS AFFECTING ACCURACY OF BLOOD PRESSURE MEASURE

Various factors can influence blood pressure readings. The table below outlines common factors and their potential impact:



Movement Error Detection

Helps to prevent excessive movement and ensure accurate readings.

Cuff Wearing Detection

Verifies proper cuff placement for accurate readings.

Figure 9: Common factors that can lead to variations in blood pressure readings.

8. CLASSIFICATION OF BLOOD PRESSURE

Understand your blood pressure readings based on standard classifications:

2 Users With 120 Readings Memory



Figure 10: Blood pressure categories based on systolic and diastolic measurements.

9. TROUBLESHOOTING

If you encounter issues with your Alcedo Blood Pressure Monitor, please refer to the following common troubleshooting tips:

- **Inaccurate Readings:** Ensure the cuff is correctly positioned, the arm is at heart level, and you are relaxed and still during measurement. Check for proper cuff size.
- **No Display/Power:** Verify batteries are correctly installed and not depleted. If using the USB cable, ensure the power source is active.
- **Cuff Not Inflating:** Check that the air tube is securely connected to both the cuff and the monitor. Ensure there are no kinks in the tube.
- **Error Codes:** Refer to the detailed User's Manual (included in the package) for specific error code explanations and solutions.

If problems persist, please contact Alcedo customer support for assistance.

10. SPECIFICATIONS

Feature	Detail
Product Dimensions	6.54 x 5.32 x 3.86 inches
Item Weight	10 Ounces
Item Model Number	B21
Batteries	4 AAA batteries (included)
Power Source	Battery Powered
Display Type	LCD
Cuff Size	8.7 - 15.7 inches (circumference)
Memory	2 users x 120 readings each
Manufacturer	Shenzhen Jamr Technology Co., Ltd

11. WARRANTY AND SUPPORT

For warranty information or technical support, please refer to the contact details provided in the full User's Manual included with your product. You may also visit the official Alcedo website for further assistance. Alcedo is committed to providing quality products and customer satisfaction. Our US-based service team is available to assist with any inquiries.