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› AILE Blood Pressure Monitor User Manual

AILE X5

AILE Blood Pressure Monitor User Manual

Model: X5 | Brand: AILE

1. INTRODUCTION

The AILE Blood Pressure Monitor is designed for accurate and fast measurement of blood pressure and heart rate at home. This manual provides essential information for safe and effective use of your device.



Figure 1: AILE Blood Pressure Monitor (Model X5) with its arm cuff.

2. WHAT'S INCLUDED

Your AILE Blood Pressure Monitor package includes the following components:

- 1 x AILE Blood Pressure Monitor (Host)
- 1 x Adjustable Upper Arm Cuff (8.7"-16.5")
- 1 x USB Power Cord
- 1 x User Manual (this document)
- 1 x Quick Start Guide
- 1 x Blood Pressure Level Reference Card

BLOOD PRESSURE HEART-FACTS

DO YOU HAVE HIGH BLOOD PRESSURE ?

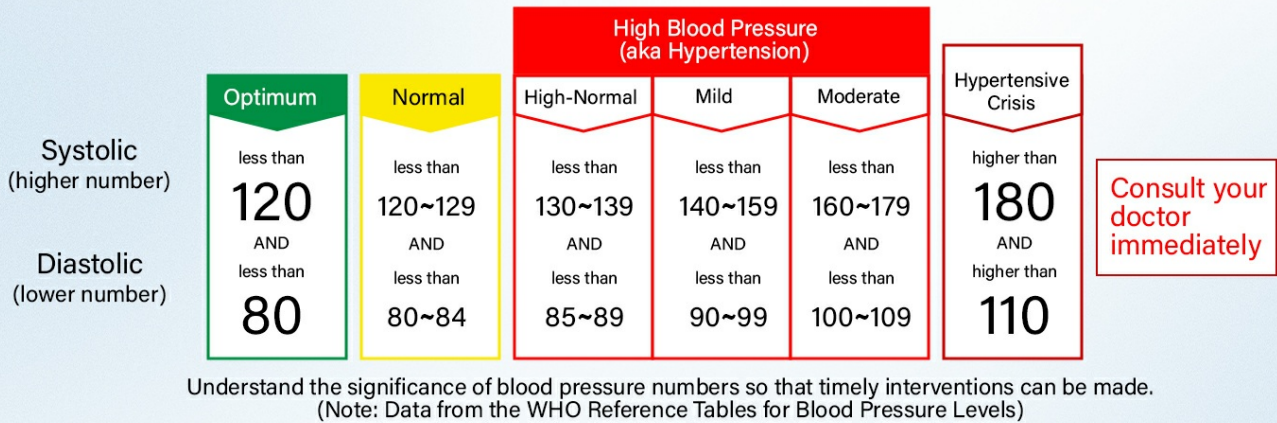


Figure 2: All items included in the AILE Blood Pressure Monitor package.

3. SETUP

3.1 Power Options

The AILE Blood Pressure Monitor can be powered by either 4 AAA batteries (not included) or via the provided USB power cord.

- **Battery Installation:** Open the battery cover on the back of the device. Insert 4 AAA batteries, ensuring correct polarity (+/-). Close the battery cover securely.
- **USB Power:** Connect the small end of the USB power cord to the micro USB port on the side of the monitor. Plug the other end into a compatible USB power source (e.g., wall adapter, computer USB port).

Two Power Options

Use a Micro USB cable or batteries to power your monitor.
Ultra-quiet (<40dB), ideal for night use



Figure 3: Powering the device using either batteries or USB cable.

3.2 Cuff Connection

Connect the air tube from the arm cuff to the designated port on the left side of the main unit. Ensure a secure connection to prevent air leakage during measurement.

4. OPERATING INSTRUCTIONS

4.1 Preparing for Measurement

For accurate readings, follow these guidelines:

- Sit down for at least 5 minutes before measurement.
- Wait at least 1-1.5 minutes between measurements.
- Measure at night before going to bed or in the morning before taking medication.
- Measure before breakfast.
- Measure at least 30 minutes after physical activity.

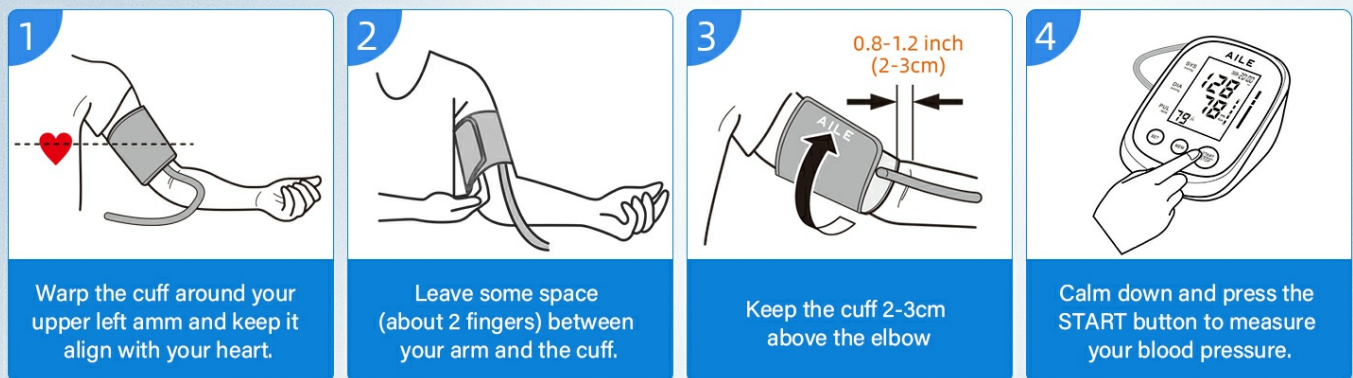


Figure 4: Important tips for preparing to take a blood pressure measurement.

4.2 Taking a Measurement

1. Wrap the cuff around your upper left arm, keeping it aligned with your heart.
2. Leave some space (about 2 fingers) between your arm and the cuff.
3. Keep the cuff 0.8-1.2 inches (2-3 cm) above the elbow.
4. Calm down and press the START/STOP button to measure your blood pressure.

Use Your Monitor Right

Tips for Accurate Blood Pressure Monitoring



1 Wrap the cuff around upper left arm



2 Make sure the cuff lies about 2 fingers



3 Be able to fit 2 fingers between your



4 Calm down and press the start/stop button

Figure 5: Step-by-step guide for proper cuff placement and measurement.

Your browser does not support the video tag.

Video 1: Official guide on how to use the AILE blood pressure monitor, demonstrating cuff placement and measurement process.

4.3 Understanding Your Readings

The large LED electronic screen displays your systolic and diastolic pressures, as well as your heart rate. The device also features a 3-color indicator bar to help you interpret your blood pressure level according to WHO&AHA guidelines.

Why Inaccurate Readings?

Timely detection of incorrect use

- ★ The cuff is too tight or too loose.
- ★ Incorrect position for blood pressure measurement.
- ★ Emotional instability during blood pressure measurement, not resting after strenuous exercise, talking while measuring blood pressure, etc.
- ★ Do not squeeze any blood vessels on the body during measurement.
- ★ When the electronic blood pressure monitor has insufficient power (replace the battery or use the USB cable)



Figure 6: Example readings and the visual interpretation of blood pressure levels.

Standard Visual Interpretation of 3-color Indicator Bars

Referring to the blood pressure standards formulated by the WHO&AHA guidelines, it is easier to see accurate results.

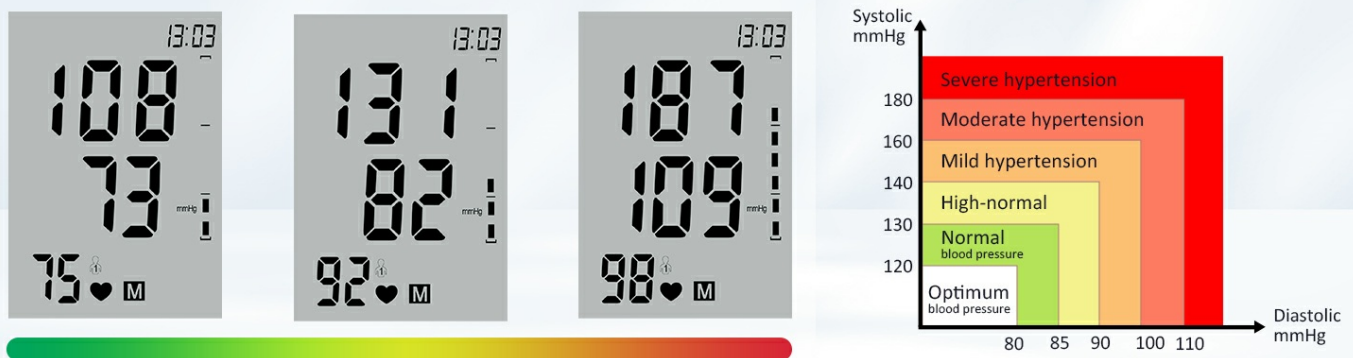


Figure 7: Detailed WHO Reference Table for Blood Pressure Levels.

4.4 Memory Function & Dual User Mode

The monitor can automatically store 99 measurement values for each of two users (total of 198 readings). Each reading is timestamped, allowing you to track historical data and monitor changes over time. Use the 'MEM' button to review past readings.

Dual User Mode

2*99 Memory

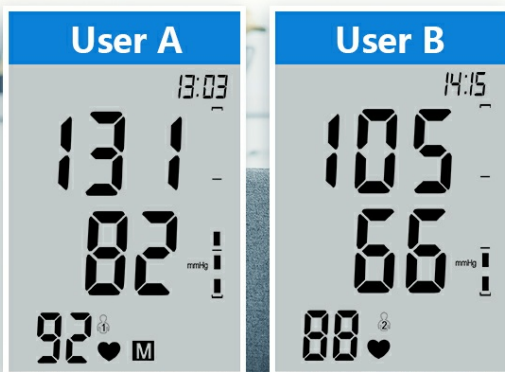


Figure 8: The device supports two users, each with separate memory storage.

Automatically records data with time stamps

Easily track and review historical entries



Figure 9: Historical data can be easily tracked and reviewed with timestamps.

5. MAINTENANCE

5.1 Cleaning

The blood pressure cuff is made of high-quality dust-resistant material, finely crafted, comfortable on the skin, and easy to clean. Wipe the main unit and cuff with a soft, dry cloth. Do not use abrasive cleaners or immerse the device in water.

5.2 Storage

Store the device in a cool, dry place away from direct sunlight and extreme temperatures. Ensure the cuff is properly folded and the air tube is not kinked.

6. TROUBLESHOOTING: WHY INACCURATE READINGS?

If you experience inconsistent or inaccurate readings, consider the following common issues:

- The cuff is too tight or too loose.
- Incorrect position for blood pressure measurement (e.g., arm not at heart level).
- Emotional instability during blood pressure measurement, not resting after strenuous exercise, talking while measuring blood pressure, etc.
- Do not squeeze any blood vessels on the body during measurement.
- When the electronic blood pressure monitor has insufficient power (replace the battery or use the USB cable).

Blood Pressure Monitor Tips

- ✓ Sit down for at least 5 minutes before measurement.
- ✓ Wait at least 1-1.5 minutes between measurements.
- ✓ Measure at night before going to bed.
- ✓ Measure before breakfast.
- ✓ Measure in the morning before taking medication.
- ✓ Measure at least 30 minutes after physical activity.





Figure 10: Common factors that can lead to inaccurate blood pressure measurements.

7. SPECIFICATIONS

Feature	Detail
Model Name	X5 blood pressure machine white
Product Dimensions	5.5 x 3.8 x 2.7 inches
Item Weight	13.4 Ounces
Cuff Size	Adjustable Large Cuff (8.7"-16.5")
Display Type	LCD
Power Source	Battery Powered (4 AAA) or USB
Memory	2 users x 99 readings (total 198)
Measurement Accuracy	Blood pressure within 3 mmHg, pulse within 5%
Features	Irregular Heartbeat Detection, One-touch Operation, Large LED Screen

8. WARRANTY & SUPPORT

AILE X5 White blood pressure machine comes with a 5-year after-sales support. If you have any questions or require assistance, please feel free to contact our blood pressure machine after-sales department.

For further assistance, you may also refer to the official Instructions for Use (IFU) PDF document [AILE Blood Pressure Monitor IFU](#)

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ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page’s manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question