

Manuals+

[Q & A](#) | [Deep Search](#) | [Upload](#)

Manuals.plus /

- › [AQESO](#) /
- › AQESO U80A Upper Arm Blood Pressure Monitor Instruction Manual

AQESO U80A

AQESO U80A Upper Arm Blood Pressure Monitor Instruction Manual

Model: U80A | Brand: AQESO

1. INTRODUCTION

Thank you for choosing the AQESO U80A Upper Arm Blood Pressure Monitor. This device is designed to provide accurate and fast blood pressure and pulse rate measurements for home use. It features advanced technology, a large backlit LED display, and supports multiple users for convenient health tracking. Please read this manual thoroughly before using the device to ensure safe and correct operation.

2. PACKAGE CONTENTS

- 1 x AQESO U80A Blood Pressure Monitor
- 1 x Medium/Large Cuff (9"-17" / 22-42cm)
- 1 x Extra Large Cuff (13"-21" / 32-52cm)
- 1 x Carrying Case
- 4 x AAA Batteries
- 1 x USB Type-C Cable
- 1 x User Manual (this document)

HEALTH FOR THE WHOLE FAMILY

3 Users, 199 Memories Each



Figure 2.1: All items included in the AQESO U80A Blood Pressure Monitor package.

3. SAFETY INFORMATION

- Consult your physician before using this device if you have any medical conditions.
- Do not use this device for self-diagnosis or self-treatment. Always consult a healthcare professional for interpretation of measurements.
- Keep the device out of reach of children and pets.
- Do not use the device in a moving vehicle.
- Avoid taking measurements after bathing, alcohol consumption, or exercise.

4. SETUP

4.1 Power Supply

The AQESO U80A monitor offers two power options:

- **Batteries:** Insert 4 AAA batteries into the battery compartment located on the bottom of the device. Ensure correct polarity (+/-).
- **USB Type-C Cable:** Connect the provided USB Type-C cable to the monitor's port and to a 5V 1000mAh USB adapter (not included) or a compatible USB power source.



Figure 4.1: Powering the monitor via USB Type-C cable.

4.2 Cuff Selection and Placement

The monitor comes with two cuffs to fit a wide range of arm sizes:

- **Medium/Large Cuff:** Suitable for arm circumferences of 9"-17" (22-42cm).
- **Extra Large Cuff:** Suitable for arm circumferences of 13"-21" (32-52cm).

To select the correct cuff, measure your upper arm circumference at the midpoint between your elbow and shoulder. Choose the cuff that best fits this measurement.

SIZE MATTERS

Cuff Size Wrong Results In Wrong Readings

Cuff Too Small



Falsely High Reading



Cuff Too Large



Falsely Low Reading

AQESO Wide-Range Cuffs Solution

Medium/Standard	Large	Extra Large
		

Figure 4.2: Importance of correct cuff size for accurate readings.

Cuff Placement:

1. Ensure the cuff's air tube is securely plugged into the monitor's port.

2. Wrap the cuff around your bare upper arm, approximately 2-3 cm (1 inch) above the elbow joint.
3. The air tube should run down the center of your arm, aligned with your brachial artery.
4. The cuff should be snug but not too tight; you should be able to insert two fingers between the cuff and your arm.

Your browser does not support the video tag.

Video 4.1: Demonstration of cuff placement and measurement process for the AQESO Blood Pressure Monitor.

5. OPERATING INSTRUCTIONS

5.1 Before Measurement

For accurate readings, follow these guidelines:

- Rest for at least 5 minutes before taking a measurement.
- Avoid smoking, consuming caffeine, or exercising for at least 30 minutes prior.
- Sit in a comfortable position with your back supported and feet flat on the floor. Do not cross your legs.
- Place your arm on a table so the cuff is at heart level.



Figure 5.1: Correct posture for accurate blood pressure measurement.

5.2 Taking a Measurement

1. Press the **START/STOP** button. The cuff will automatically inflate and then slowly deflate.
2. Remain still and silent during the measurement.
3. Once the measurement is complete (approximately 30 seconds), your systolic pressure (SYS), diastolic pressure (DIA), and pulse rate (PUL) will be displayed on the large 5-inch backlit LED screen.

EASY TO USE, EASY TO READ

One-button operation, 5-inch backlit screen, and 30° tilt design for easy reading.



Figure 5.2: Easy-to-read display during measurement.

5.3 3-User Mode and Memory

The AQESO U80A supports 3 individual users, each with up to 199 memory sets.

- **Switching Users:** Before taking a measurement, press the **User Selection** button (icon with 3 figures) to cycle through User 1, User 2, and User 3. The selected user icon will be displayed on the screen.
- **Accessing Memory:** Press the **MEM** button to view past readings for the currently selected user. Repeatedly press **MEM** to scroll through stored measurements.

WHAT'S INSIDE



Figure 5.3: The 3-User Mode allows multiple family members to track their health.

6. UNDERSTANDING YOUR READINGS

Your blood pressure reading consists of two numbers:

- **Systolic Pressure (SYS):** The top number, which indicates the pressure in your arteries when your heart beats.
- **Diastolic Pressure (DIA):** The bottom number, which indicates the pressure in your arteries between beats.
- **Pulse Rate (PUL):** Your heart rate, measured in beats per minute.

The monitor also features a **WHO Hypertension Classification Bar** on the screen, which visually indicates your blood pressure category based on World Health Organization guidelines (Green: Normal, Yellow: Elevated, Orange: High Blood Pressure Stage 1, Red: High Blood Pressure Stage 2).



Figure 6.1: Interpreting the display with SYS, DIA, PUL, and WHO classification.

7. MAINTENANCE

- Clean the monitor and cuff with a soft, dry cloth. Do not use abrasive cleaners or immerse the device in water.
- Store the device in the provided carrying case in a cool, dry place, away from direct sunlight and extreme temperatures.
- Remove batteries if the device will not be used for an extended period.

8. TROUBLESHOOTING

Problem	Possible Cause	Solution
Inaccurate Readings	Incorrect cuff size or placement; improper posture; recent activity/caffeine.	Ensure correct cuff size (measure arm circumference) and placement (2-3cm above elbow, tube centered). Maintain proper posture (back supported, feet flat, arm at heart level). Rest for 5 minutes before measurement; avoid caffeine/smoking/exercise for 30 minutes prior.

Problem	Possible Cause	Solution
Device does not power on	Low or depleted batteries; loose battery connection; USB cable not connected.	Replace batteries with new ones, ensuring correct polarity. Check battery compartment for secure connection. Ensure USB Type-C cable is firmly connected to both the monitor and a power source.
Cuff does not inflate	Air tube not properly connected; cuff leakage.	Check that the air tube is securely inserted into the monitor. Inspect the cuff for any visible damage or leaks.

9. SPECIFICATIONS

Feature	Detail
Model Name	U80A
Product Dimensions	3.94 x 3.94 x 3.94 inches; 10 ounces
Power Supply	4 AAA batteries (included) or USB Type-C (5V 1000mAh adapter not included)
Cuff Sizes	Medium/Large (9"-17"), Extra Large (13"-21")
Display	5-inch Backlit Colorful LED
User Modes	3 users, 199 memory sets each
Measurement Time	Approximately 30 seconds
Manufacturer	Shenzhen Urion Technology Co., Ltd. AQESO

10. WARRANTY AND SUPPORT

The AQESO U80A Blood Pressure Monitor comes with a **12-month warranty** from the date of purchase. For any questions, technical support, or warranty claims, please contact AQESO customer service through the retailer where the product was purchased or visit the official AQESO website for contact information.