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› AILE Upper Arm Blood Pressure Monitor X1 User Manual

## AILE X1

# AILE Upper Arm Blood Pressure Monitor X1 User Manual

Model: X1

## INTRODUCTION

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This manual provides essential instructions for the safe and effective use of your AILE Upper Arm Blood Pressure Monitor, Model X1. Please read this guide thoroughly before using the device to ensure accurate measurements and proper operation. This device is designed for home use to measure systolic blood pressure, diastolic blood pressure, and pulse rate.

## WHAT'S INCLUDED

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Verify that all components are present in your package:

- 1 x AILE Blood Pressure Monitor (X1)
- 1 x Upper Arm Blood Pressure Cuff (adjustable, 8.7-16.5 inches)
- 1 x USB Cable (1.2m)
- 1 x User Manual
- 1 x WHO BP Indication Card

# What's Included



1\*Blood Pressure Machine

1\*User Manual

1\*Large Upper Arm BP Cuff

1\*1.2m USB Charging Cable

1\*WHO BP Indication Card

Image: All components included in the AILE Blood Pressure Monitor X1 package, including the monitor, cuff, USB cable, user manual, and WHO BP indication card.

## SAFETY INFORMATION

Before using the blood pressure monitor, carefully read the Measurement Guide. Correct measurement technique is crucial for obtaining accurate blood pressure and heart rate readings. This model X1 blood pressure monitor is suitable for upper arm circumferences ranging from 8.7 to 16.5 inches (22-42 cm). Please measure your arm circumference before use to ensure the cuff fits properly.

## SETUP

## 1. Powering the Device

The AILE X1 blood pressure monitor offers dual power options:

- **Batteries:** Insert 4 AAA alkaline batteries (not included) into the battery compartment located on the bottom of the device. Ensure correct polarity.
- **USB Cable:** Connect the included USB cable to the monitor's USB port and to a compatible USB power source (e.g., wall adapter, computer USB port). The device can operate directly via USB power.

The monitor features a low-battery indication function to alert you when batteries need replacement. It also has a 2-minute auto shut-off feature to conserve power.

# 2 Power Supply Options

Easy to use at home or outside



The image shows the AILE X1 blood pressure monitor in two configurations. The top part shows the monitor with a white USB cable plugged into its side. The bottom part shows the monitor with its battery compartment open, revealing four AAA alkaline batteries. To the right of the monitor, there are two circular icons: a power button icon and a battery icon with a lightning bolt. Below the power icon is the text '1 Minute Auto Shut-off', and below the battery icon is the text 'Low Battery Indication'. At the bottom of the image, there are two blue callout boxes with white text: 'USB Charging Cable( Included)' and '4\*AAA Alkaline Battery(Not included)'. The background is a light blue gradient with a subtle grid pattern.

1 Minute Auto Shut-off

Low Battery Indication

USB Charging Cable( Included)

4\*AAA Alkaline Battery(Not included)

Image: The AILE X1 monitor demonstrating its dual power options: USB cable connection and the battery compartment for 4 AAA batteries.

## 2. Applying the Cuff

The adjustable cuff is designed for upper arm circumferences between 8.7 and 16.5 inches. Ensure the cuff is applied correctly for accurate readings.

1. Slide the cuff onto your left upper arm, ensuring the air tube is positioned towards the inside of your arm and aligned with your main artery.
2. The bottom edge of the cuff should be approximately 0.8 to 1.2 inches (2-3 cm) above your elbow joint.
3. Wrap the cuff snugly around your arm, but not too tightly. You should be able to insert two fingers between the cuff and your arm.
4. Connect the cuff's air tube securely into the port on the side of the blood pressure monitor.

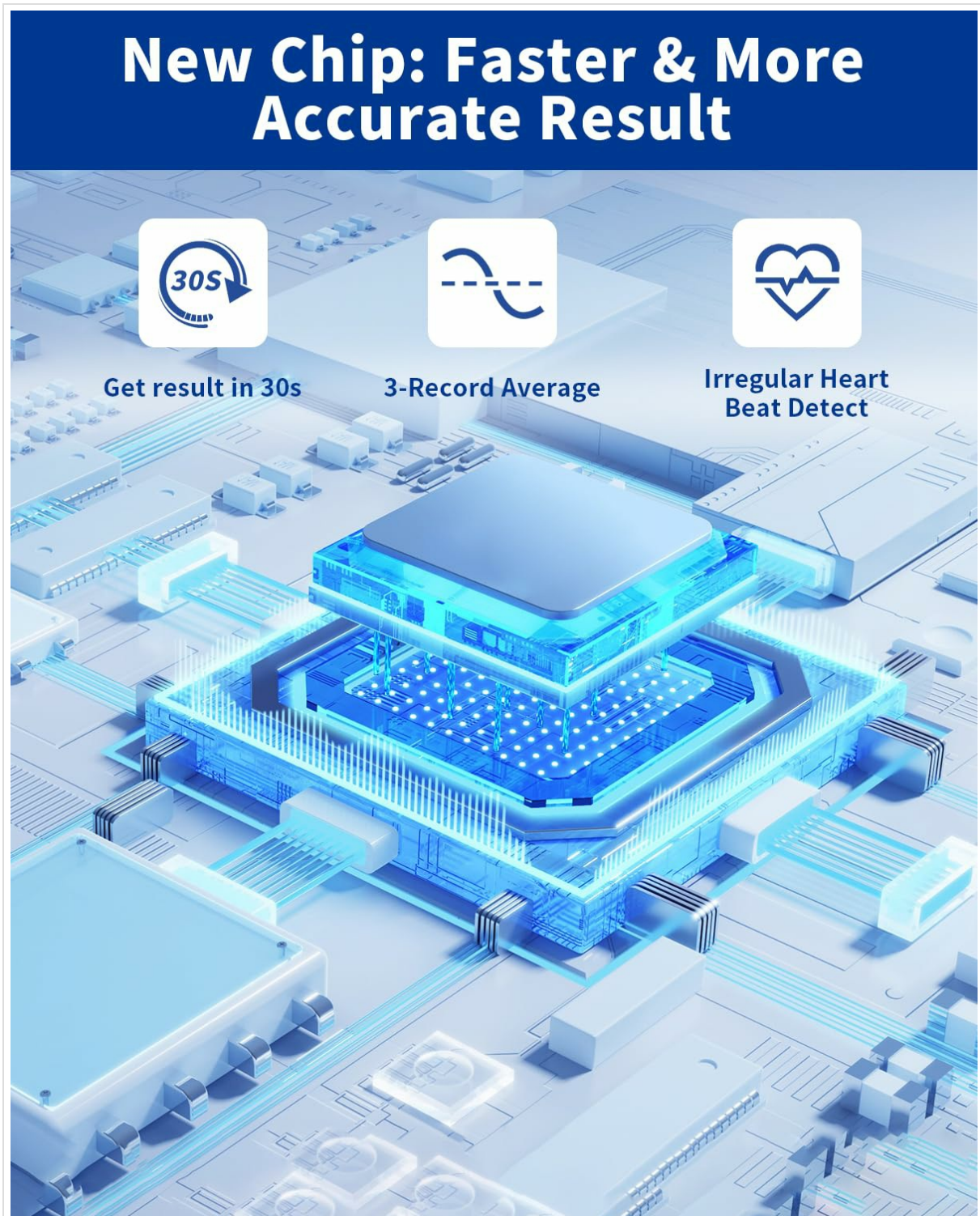


Image: A user correctly positioning the adjustable upper arm cuff for a blood pressure measurement.

# OPERATING INSTRUCTIONS

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## 1. Taking a Measurement

The AILE X1 monitor features a simple one-button operation:

1. Ensure the cuff is correctly applied and you are in a relaxed, seated position (refer to Measurement Guidelines below).
2. Press the **START/STOP** button. The cuff will automatically inflate, and the measurement will begin.
3. Remain still and silent during the measurement.
4. 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 LCD screen.
5. The device will automatically store the reading in the selected user's memory.

# One-Button Operation & Easy to Read

Monitoring your blood pressure in 30s easily,  
suitable for parents' daily use



Image: The AILE X1 monitor highlighting the START/STOP button for easy, one-button measurement initiation.

## 2. Viewing Stored Readings

To access historical data:

- Press the **MEM** button. The monitor will display the most recent reading.
- Press the **MEM** button repeatedly to scroll through previous readings. Each reading is time-stamped.

## MEASUREMENT GUIDELINES FOR ACCURACY

Follow these guidelines to ensure accurate blood pressure readings:

1. Sit straight and relax your body.

2. Keep the cuff and your heart at the same level.
3. Relax your hand and keep the palm facing upwards.
4. Ensure the air tube is not twisted or bent.
5. Do not move or talk while measuring.
6. Avoid measuring within 30 minutes after eating, exercising, smoking, or drinking alcohol.

Maintain a comfortable height difference between the table and the chair, ideally 20-30 cm.



Image: A visual guide demonstrating the proper body and arm positioning for taking an accurate blood pressure reading.

## UNDERSTANDING YOUR READINGS

The large LCD screen displays your systolic (SYS), diastolic (DIA), and pulse (PUL) readings. A color-coded indicator on the side of the screen provides a quick reference to the World Health Organization (WHO) blood pressure classification standards.

### WHO Blood Pressure Classification

| Blood Pressure Classification              | Systolic mmHg   |        | Diastolic mmHg  |
|--|-----------------|--------|-----------------|
| Normal                                     | Less than 120   | and    | Less than 80    |
| Elevated                                   | 120-129         | and    | Less than 80    |
| High Blood Pressure (Hypertension) Stage 1 | 130-139         | or     | 80-89           |
| High Blood Pressure (Hypertension) Stage 2 | 140 or higher   | or     | 90 or higher    |
| Hypertensive Crisis                        | Higher than 180 | and/or | Higher than 120 |

Consult your doctor immediately if your readings fall into the Hypertensive Crisis category.

## 2 Power Supply Choices

- 4AAA Alkaline Battery(Not included)
- USB Cable(Included)



1-min  
Auto Power Off



Low Battery  
Indication



Image: World Health Organization (WHO) blood pressure classification chart for interpreting readings.

## DUAL USER MEMORY

The AILE X1 blood pressure monitor supports two users, each with up to 99 memory slots. This allows individuals to track their blood pressure trends independently.

### Switching Users

To switch between User 1 and User 2, press the **SET** button when the device is off. The display will show 'User 1' or 'User 2'. Select the desired user before taking a measurement or viewing history.

# DUAL Users Mode (2\*99 Memory)

Easy to track for your family's blood pressure trends with independent database

Each record has its own time stamp



Image: The AILE X1 monitor displaying its dual user mode capability, showing separate historical records for two different users.

## MAINTENANCE

- **Cleaning:** Wipe the monitor and cuff with a soft, dry cloth. If necessary, use a slightly damp cloth with mild soap, then dry thoroughly. Do not use abrasive cleaners or immerse the device in water.
- **Storage:** Store the device in a cool, dry place, away from direct sunlight, extreme temperatures, and humidity. Keep it out of reach of children.
- **Battery Replacement:** Replace all batteries when the low-battery indicator appears on the display. Remove batteries if the device will not be used for an extended period.

## TROUBLESHOOTING

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If you encounter issues with your AILE X1 blood pressure monitor, consider the following:

- **No Power:** Check battery installation or ensure the USB cable is securely connected to a power source. Replace batteries if needed.
- **Inaccurate Readings:** Review the "Measurement Guidelines for Accuracy" section. Ensure the cuff is correctly applied, you are relaxed, and not moving or talking during measurement.
- **Cuff Not Inflating/Deflating:** Check that the air tube is securely connected to both the cuff and the monitor. Ensure there are no kinks in the air tube.
- **Error Messages:** Refer to the specific error codes in the full user manual for detailed explanations and solutions.

If problems persist, contact customer support for assistance.

## SPECIFICATIONS

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| Feature               | Specification  |
|-----------------------|--|
| Model Name            | X1   |
| Product Dimensions    | 5.5"L x 3.8"W x 2.7"Th (14 x 9.7 x 6.9 cm)               |
| Item Weight           | 380 Grams (13.4 ounces)                                  |
| Cuff Size (Band Size) | 8.7" - 16.5" (22-42 cm)                                  |
| Display Type          | LCD  |
| Power Source          | 4 x AAA Batteries (not included) or USB Cable (included) |
| Memory                | 2 Users x 99 Readings                                    |
| Measurement Time      | Approximately 30 seconds                                 |
| Auto Shut-off         | 2 minutes of inactivity                                  |
| Manufacturer          | Jiangxi AICARE Medical Technology Co., Ltd               |

## WARRANTY AND SUPPORT

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The AILE X1 Blood Pressure Monitor comes with a 5-year warranty. For warranty claims, technical support, or any questions regarding the product, please refer to the contact information provided in the full user manual or visit the official AILE website. Ensure you retain your proof of purchase for warranty purposes.