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› Aofesel Wrist Blood Pressure Monitor Model XUE-0F24DA User Manual

Aofesel XUE-0F24DA

Aofesel Wrist Blood Pressure Monitor Model XUE-0F24DA User Manual

Your guide to accurate and convenient blood pressure monitoring.

1. INTRODUCTION

Thank you for choosing the Aofesel Wrist Blood Pressure Monitor. This device is designed for convenient and accurate measurement of your blood pressure and pulse rate. Please read this manual thoroughly before use to ensure proper operation and to obtain the most accurate readings.

2. SAFETY PRECAUTIONS AND IMPORTANT INFORMATION

Adhering to these guidelines is crucial for accurate measurements and your safety:

- Avoid intense exercise, smoking, or consuming stimulants/sedatives (e.g., coffee or alcohol) for at least 30 minutes before measuring your blood pressure.
- Rest in a comfortable and stable environment for at least five minutes before taking a measurement.
- Measurements should normally be taken in a seated position.
- Keep the hand fixed during measurement. For the first measurement, both hands should be fixed.
- Measure blood pressure at least twice, with at least five minutes between readings. A longer period may be necessary depending on your health condition.
- Individuals with cardiac arrhythmia and atherosclerosis should consult healthcare professionals for a professional diagnosis.
- Remove sleeves and jewelry before taking measurements.
- Wear the blood pressure monitor correctly on your wrist, ensuring the indicator is on the right side.
- Take a deep breath before measuring blood pressure, then relax.
- Gently stretch your arm on a table, keeping your palm facing upwards and fingers relaxed.
- Place a towel between your elbows and the blood pressure monitor to stabilize your arm.
- Ensure correct posture. Maintain the blood pressure monitor at direct heart level.
- Do not clench your fist.
- Do not place the blood pressure monitor on the back of your hand.
- Remain still and quiet during the measurement.

Important: Incorrect posture can affect the measured blood pressure value. Blood pressure values change based

on posture, time, and other factors. It is recommended to measure blood pressure daily at the same time and in the same body position for consistent results.

3. PACKAGE CONTENTS

Verify that all items are present in the package:

- 1 x Aofesel Wrist Blood Pressure Monitor
- 1 x Wrist Cuff (integrated)
- 1 x Type-C Charging Cable
- 1 x User Manual
- 1 x Storage Bag

BLOOD PRESSURE MONITORS WRIST



Storage box



Blood Pressure Monitor



Package box



Specification



USB cable

Image: Contents of the Aofesel Wrist Blood Pressure Monitor package, showing the monitor, storage box, instruction manual, and USB cable.

4. PRODUCT OVERVIEW

Familiarize yourself with the components of your blood pressure monitor:

PRODUCT PARAMETER LARGE DISPLAY



Image: Detailed diagram of the Aofesel Wrist Blood Pressure Monitor, labeling the display elements (Systolic, Diastolic, Heart Rate, Classification Bar, Heartbeat Symbol, Record Groups, Low Power Symbol, Voice, Average Sign, Arrhythmia) and physical components (Touch Button, Charging Port, Wristband, ON/OFF switch).

- **Display:** Shows Systolic Pressure (SYS), Diastolic Pressure (DIA), Pulse Rate (PUL), Blood Pressure Classification Bar, Heartbeat Symbol, Number of Record Groups, Low Power Symbol, Average Sign, and Arrhythmia indicator.
- **Touch Button:** For operation and control.
- **Charging Port:** Type-C port for recharging the device.
- **Wristband:** Adjustable cuff for wrist placement.
- **ON/OFF Switch:** Located on the side/bottom of the device.

5. SETUP

5.1 Charging the Device

The monitor is equipped with a high-performance lithium battery. Before first use, or when the low power symbol

appears, charge the device using the provided Type-C cable.

CHARGE ONCE SET ASIDE FOR 30 DAYS

Long battery life



Image: Charging options for the Aofesel Wrist Blood Pressure Monitor, demonstrating compatibility with wall chargers, car chargers, PC chargers, and power banks via the Type-C cable.

- Connect the Type-C cable to the charging port on the monitor.
- Connect the other end to a compatible USB power source (e.g., wall adapter, computer USB port, power bank).
- A full charge takes approximately 2 hours and provides power for up to 200 measurements.

5.2 Applying the Wrist Cuff

Proper cuff placement is essential for accurate readings. The adjustable cuff fits wrists from 13.5 to 19.5 cm (5.3 to 7.6 inches).



Image: The Aofesel Wrist Blood Pressure Monitor positioned correctly on a wrist, with the display visible.

- Ensure your wrist is bare (no clothing or jewelry).
- Slide the monitor onto your wrist, with the display facing upwards and the indicator on the right side of your wrist.
- Tighten the cuff snugly but not too tightly. There should be no gap between your wrist and the cuff.

6. OPERATING INSTRUCTIONS

6.1 Power On/Off

Locate the ON/OFF switch on the device. Slide it to the 'ON' position to power on the monitor. Slide it to 'OFF' to power down.

6.2 Measurement Procedure

The monitor features fully automated operation with a single button for control.

LARGER LED DISPLAY

Convenient accurate and multifunctional



Dual
User Mode



2*99 Sets
of Memory



40s
Fast Reading



High
Accurate



Voice
Broadcast



3-color
Backlit Display

Image: The Aofesel Wrist Blood Pressure Monitor's large LED display showing blood pressure and pulse readings, highlighting features like dual user mode and voice broadcast.

1. Ensure the monitor is powered on and correctly placed on your wrist.
2. Sit comfortably with your arm resting on a table, palm up, and the monitor at heart level.
3. Press the main touch button to start the measurement. The cuff will automatically inflate.
4. Remain still and silent during the measurement.
5. Once the measurement is complete, the cuff will deflate, and your systolic pressure, diastolic pressure, and pulse rate will be displayed on the large LED screen.
6. The device also features a 3-color intuitive display to visualize your blood pressure status (Green for Normal, Yellow for Slightly High, Red for High Pressure).

3 COLOR INTUITIVE DISPLAY

Visualize your blood pressure

🔊 As the measurement begins, do not move or speak

🔊 Your blood pressure is normal (high/low)

🔊 End High voltage 118.....



HIGH PRESSURE
Red display means



SLIGHTLY HIGH
Yellow display means



NORMAL
Green display means

Image: The monitor's display showing blood pressure readings with a color-coded system: green for normal, yellow for slightly high, and red for high pressure, indicating the severity of the reading.

6.3 Voice Broadcast

The monitor includes a voice broadcast feature to announce your readings. Please note that the voice broadcast is in English only.

VOICE BROADCAST

There is a voice prompt during the measurement process Prevent the elderly from losing their ability



Image: The voice broadcast feature of the monitor, which announces blood pressure readings in English.

6.4 Dual User Mode and Memory

The device supports a dual-user mode, allowing it to store 2*99 sets of memory data for two different users (User A and User B).

DUAL USERS MODE

Record 2*99 Sets of Memory Data



User A



User B

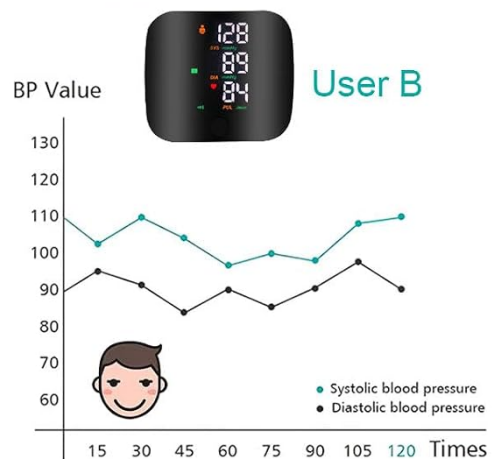
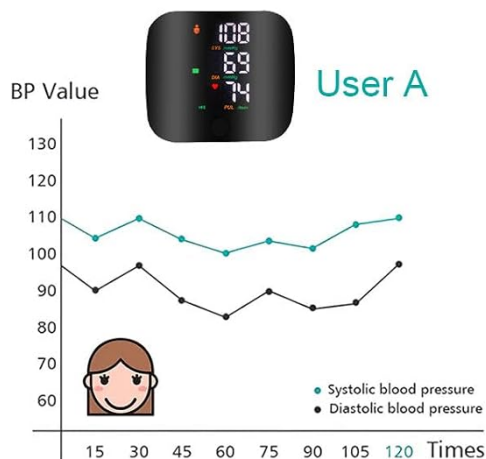


Image: The dual user mode feature, which allows the device to store separate measurement histories for two individuals, User A and User B.

7. UNDERSTANDING YOUR READINGS

7.1 Why Home Readings May Differ from Hospital Readings

Several factors can cause variations between home and hospital blood pressure measurements:

- **Medication:** Individuals taking blood pressure medication may experience different readings if they miss a dose. Always consult a doctor regarding medication.
- **Incorrect Cuff Placement:** If the wrist cuff is dislocated or improperly positioned, the device may not receive an arterial signal correctly, leading to inaccurate or higher readings. Ensure the marking is correctly aligned.
- **Loose Cuff:** A loose cuff can prevent proper pressure on the artery, resulting in a higher measured blood pressure. The cuff should be wrapped firmly without any gap between it and your wrist.
- **Poor Posture:** Leaning, sitting cross-legged, or slouching on a sofa can cause abdominal pressure or position the wrist lower than the heart, increasing blood pressure readings. Always measure in the correct posture.

7.2 Variability in Blood Pressure Readings

Blood pressure naturally fluctuates throughout the day. Each heart contraction changes blood pressure. For example, with a pulse of 70 beats per minute, blood pressure changes 10,800 times daily. Because blood pressure constantly changes, it is difficult to obtain a single 'correct' value. It is recommended to measure two to three times. Often, the first reading might be higher due to nervousness or lack of preparation. Subsequent readings tend to be lower as tension decreases.

Note: Individuals with blood pressure below 100 mmHg (13.3 kPa) are considered hypotensive.

8. TROUBLESHOOTING

If you encounter issues, refer to the following common problems and solutions:

- **Inaccurate or Inconsistent Readings:**
 - Review Section 2 (Safety Precautions) and Section 6.2 (Measurement Procedure) to ensure correct posture and cuff placement.
 - Ensure the cuff is wrapped firmly and there is no gap between the cuff and your wrist.
 - Avoid activities like exercise, smoking, or consuming caffeine/alcohol 30 minutes prior to measurement.
 - Rest for at least 5 minutes before measuring.
 - If blood accumulation occurs due to pressure on the wrist, leading to poor circulation in the fingertips, loosen the cuff. Raise your hand above your head and perform 15 repetitions of clenching and stretching your left and right palms before re-measuring.
- **Voice Broadcast Language:** The voice broadcast feature is exclusively in English. There is no option to change the language.
- **Device Not Powering On:**
 - Ensure the ON/OFF switch is in the 'ON' position.
 - Charge the device fully using the provided Type-C cable.

9. SPECIFICATIONS

Feature	Detail
Item Type	Wrist Blood Pressure Monitor
Material	ABS, Electronic Components, Nylon
Battery Type	Lithium Battery (built-in)
Battery Capacity	300 mAh
Charging Method	Type-C Interface
Cuff Diameter	Approx. 35 cm (adjustable for wrists 13.5 to 19.5 cm)
Display Type	LCD with LED Backlight
Product Dimensions	8L x 8W x 6.7H cm
Weight	190 grams (approx.)

10. MAINTENANCE

To ensure the longevity and accuracy of your Aofesel Wrist Blood Pressure Monitor, follow these maintenance guidelines:

- **Cleaning:** Wipe the device with a soft, dry cloth. Do not use abrasive cleaners or immerse the device in water.
- **Storage:** Store the monitor in the provided storage bag in a cool, dry place, away from direct sunlight, extreme temperatures, and humidity.
- **Battery Care:** Recharge the device regularly, even if not in frequent use, to maintain battery health. Avoid completely draining the battery for extended periods.
- **Avoid Impact:** Protect the device from strong shocks or drops.

11. WARRANTY AND SUPPORT

For any questions, concerns, or support regarding your Aofesel Wrist Blood Pressure Monitor, please contact our customer service. Refer to the packaging or purchase documentation for specific warranty information and contact details.

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

Open the live page

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