



[Manuals.plus](#) /

> [AQESO](#) /

> [AQESO A01-BS Upper Arm Electronic Blood Pressure Monitor User Manual](#)

AQESO A01-BS

AQESO A01-BS Upper Arm Electronic Blood Pressure Monitor User Manual

Model: A01-BS | Brand: AQESO

[Introduction](#) [Safety Information](#) [Product Components](#) [Device](#)
[Overview](#) [Setup](#) [Operation](#) [Maintenance](#) [Troubleshooting](#) [Specifications](#) [Warranty & Support](#)

1. INTRODUCTION

This manual provides essential instructions for the safe and effective use of your AQESO A01-BS Upper Arm Electronic Blood Pressure Monitor. Please read this manual thoroughly before using the device and retain it for future reference. This monitor is designed for home use to measure systolic and diastolic blood pressure and pulse rate in adults.



Image: The AQESO A01-BS Blood Pressure Monitor displaying its main features including multi-user support, automatic operation, clinical accuracy, one-button control, large backlit display, and a medium/large cuff.

2. SAFETY INFORMATION AND PRECAUTIONS

- Consult your physician before using this device if you have any medical conditions.
- Do not use this device on infants, children, or individuals unable to express consent.
- Do not self-diagnose or self-medicate based on measurement results. Always consult a healthcare professional.
- Avoid taking measurements immediately after exercise, bathing, eating, or consuming alcohol/caffeine.
- Ensure the cuff size is appropriate for your arm circumference (9-17 inches). Incorrect cuff size can lead to inaccurate readings.
- Keep the device away from strong electromagnetic fields.
- Use only specified batteries or power adapter.

3. PRODUCT COMPONENTS

The AQESO A01-BS Blood Pressure Monitor package includes the following items:

- 1 x Blood Pressure Monitor Unit
- 1 x Medium/Large Upper Arm Cuff (fits arm circumference 9-17 inches)
- 4 x AAA Batteries
- 1 x USB Type-C Cable
- 1 x User Manual
- 1 x Carrying Bag



ALL IN ONE PACKAGE

- 1 × Blood pressure monitor
- 1 × Medium/Large Upper Arm Cuff
- 4 × AAA battery
- 1 × Manual
- USB Type-C Power Cable

2 POWER SOURCES

Either 4 AAA battery (included) or plugged in with USB Type-C cable(Included).

- Note:
- 5V1A Power Adapter not included.



Image: An illustration showing all included components: the blood pressure monitor, upper arm cuff, AAA batteries, USB Type-C cable, user manual, and carrying bag.

4. DEVICE OVERVIEW

4.1. Monitor Unit

The main unit features a large, backlit LCD display for clear visibility of readings. It includes buttons for operation and memory functions.

- **Display:** Shows Systolic, Diastolic, Pulse Rate, User ID, Date/Time, and WHO classification bar.
- **START/STOP Button:** Powers the device on/off and starts/stops measurement.
- **MEM Button:** Accesses stored measurement records.
- **SET Button:** Used for setting date/time and switching user profiles.



Image: A detailed view of the monitor's large, backlit LCD display, showing clear numerical readings for systolic, diastolic, and pulse rate, along with memory and user indicators.

4.2. Upper Arm Cuff

The adjustable cuff is designed for comfort and accuracy, fitting arm circumferences from 9 to 17 inches.



CORE DATA ANALYSIS ALGORITHM

Image: A visual guide demonstrating the importance of correct cuff size. It shows how a cuff that is too small can lead to falsely high readings, and a cuff that is too large can lead to falsely low readings. The image also highlights the AQESO wide-range cuff solution for various arm sizes.

5. SETUP

5.1. Power Supply

The monitor can be powered by either AAA batteries or a USB Type-C cable.

5.1.1. Battery Installation

1. Open the battery compartment cover on the back of the monitor.
2. Insert 4 AAA batteries, ensuring correct polarity (+/-).
3. Close the battery compartment cover securely.

5.1.2. USB Type-C Power

Connect the provided USB Type-C cable to the monitor's USB port and to a 5V/1A USB power adapter (not included) or a compatible USB power source. **Note:** The device is not rechargeable and requires a continuous power connection when using USB.



Image: A visual guide showing the battery compartment with AAA batteries inserted and the USB Type-C port with the cable connected, demonstrating the dual power options.

5.2. Setting Date and Time

Accurate date and time settings are crucial for tracking your measurements. Refer to the detailed instructions in the included user manual for setting the date and time using the SET button.

6. OPERATING INSTRUCTIONS

6.1. Before Measurement

- Avoid eating, drinking alcohol, smoking, exercising, and bathing for 30 minutes before measurement.
- Rest for at least 5 minutes before taking a measurement.
- Sit in a comfortable position with your back supported and feet flat on the floor.
- Place your arm on a flat surface so the cuff is at heart level.

6.2. Applying the Arm Cuff

1. Ensure the air tube is connected securely to the monitor unit.
2. Slide your left arm through the cuff loop. The bottom edge of the cuff should be approximately 1-2 cm above your elbow joint.
3. Position the air tube over the center of your inner arm.
4. Wrap the cuff snugly around your upper arm, securing it with the Velcro fastener. It should be tight enough that you can barely insert two fingers between the cuff and your arm.

AQESO



EASY TO USE, CLEAR TO READ

Elderly-Friendly Design

- One-button start/stop
- Large backlit display, Large numbers



Image: A person demonstrating the correct placement of the upper arm cuff, ensuring it is positioned properly above the elbow for accurate measurement.

6.3. Taking a Measurement

1. Select your user profile (User 1, 2, or 3) using the SET button if applicable.
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 complete, the monitor will display your systolic pressure, diastolic pressure, and pulse rate. The results will be automatically stored.
5. Press **START/STOP** again to turn off the device, or it will automatically shut off after 1 minute of inactivity.



Image: A close-up of a finger pressing the START/STOP button, indicating the one-touch operation for initiating a blood pressure measurement.

6.4. Understanding Your Readings (WHO Classification)

The monitor includes a World Health Organization (WHO) classification indicator bar on the display, which visually categorizes your blood pressure readings.



Image: The blood pressure monitor's screen displaying a reading with a colored bar on the side, indicating the WHO classification for blood pressure levels (e.g., Normal, High-Normal, Serious Pressure).

6.5. Multi-User Support and Memory Recall

The device supports up to 3 users, each with 199 memory slots. This allows multiple individuals to track their readings independently.

6.5.1. Switching Users

Before taking a measurement, press the **SET** button to cycle through User 1, User 2, and User 3. Ensure the correct user profile is selected.

6.5.2. Recalling Memories

Press the **MEM** button to view stored readings. Each press will cycle through the records for the currently selected user, displaying the measurement value, date, and time. The monitor can also display the average of the last three readings.

SIZE MATTERS

Cuff Size Wrong Results in Wrong Readings

7-9 Inches

Small Cuff

9-13 Inches

Standard Cuff ✓

13-17 Inches

Large Cuff ✓

17-21 Inches

XL Cuff

Cuff Too Small



Falsely High Reading



Cuff Too Large



Falsely Low Reading

AQESO WIDE-RANGE CUFFS SOLUTION



Medium/Standard



Large



X-Large

Image: A family portrait symbolizing the monitor's capability to support three users, each with 199 memory slots, allowing families to track their health over time.



Image: The monitor's display indicating the average of the last three blood pressure readings, a useful feature for consistent tracking.

7. MAINTENANCE

7.1. Cleaning

- Wipe the monitor unit and cuff with a soft, dry cloth.
- If necessary, use a cloth lightly dampened with water or a mild detergent, then wipe dry.

- Do not use abrasive cleaners, solvents, or immerse the device in water.

7.2. Storage

- Store the device in its carrying bag in a clean, dry place.
- Avoid extreme temperatures, humidity, and direct sunlight.
- Remove batteries if the device will not be used for an extended period.

8. TROUBLESHOOTING

Problem	Possible Cause	Solution
Device does not power on.	Batteries are depleted or incorrectly installed. USB cable not connected or faulty.	Replace batteries with new ones, ensuring correct polarity. Check USB Type-C cable connection and power source.
Inaccurate or inconsistent readings.	Incorrect cuff placement, wrong cuff size, movement during measurement, talking during measurement, not resting before measurement.	Review "Applying the Arm Cuff" and "Before Measurement" sections. Ensure proper cuff fit and technique. Take multiple measurements with a few minutes in between.
Cuff does not inflate or inflates too little/much.	Air tube not securely connected, cuff leakage, or internal error.	Check all connections. Ensure cuff is not damaged. If problem persists, contact customer support.
Error message on display.	Specific error code (e.g., "E1", "E2") indicates a particular issue.	Refer to the full user manual for specific error code explanations. Generally, re-apply cuff and re-measure. If persistent, contact support.

9. SPECIFICATIONS

- **Model:** A01-BS
- **Measurement Method:** Oscillometric
- **Cuff Size:** 9-17 inches (Medium to Large)
- **Power Source:** 4 x AAA batteries (included) or USB Type-C (5V/1A adapter not included)
- **Memory:** 3 users, 199 memories each
- **Product Dimensions:** 4.5 x 3.5 x 2 inches
- **Weight:** 1.04 Pounds (approx.)
- **Manufacturer:** ShenZhen GoodlyMed Technology Co., Ltd.
- **UPC:** 717211695535

10. WARRANTY AND CUSTOMER SUPPORT

AQESO products are manufactured with high-quality standards. For warranty information, please refer to the warranty card included in your product packaging or contact AQESO customer support.

If you encounter any issues or have questions regarding your AQESO A01-BS Blood Pressure Monitor,

please contact our customer support team. Contact details can typically be found in the included user manual or on the official AQESO website.