



Manuals.plus /

› AILE /

› AILE Upper Arm Blood Pressure Monitor User Manual

AILE X7

AILE Upper Arm Blood Pressure Monitor

Model: X7

1. INTRODUCTION

This manual provides detailed instructions for the safe and effective use of your AILE Upper Arm Blood Pressure Monitor. Please read this manual thoroughly before using the device and retain it for future reference. This device is designed for home use to measure systolic blood pressure, diastolic blood pressure, and pulse rate.

2. SAFETY INFORMATION

Legal Disclaimer: Statements regarding dietary supplements have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition. This blood pressure monitor is a medical device and should be used in accordance with the instructions provided. Consult with a healthcare professional for interpretation of blood pressure readings.

- Do not self-diagnose or self-medicate based on measurement results. Always consult a healthcare professional.
- Keep the device out of reach of children.
- Do not use the device on infants or individuals who cannot express consent.
- Avoid using the device in strong electromagnetic fields.
- Do not disassemble or attempt to repair the device.

3. PACKAGE CONTENTS

Verify that all items listed below are included in your package:

- 1 x AILE Blood Pressure Monitor (Model X7)
- 1 x Large Blood Pressure Cuff (8.7"-16.5" / 22-42 cm)
- 1 x Carrying Case
- 1 x Instruction Manual
- 1 x Quick Start Guide
- 1 x Bluetooth Connection Guide

- 1 x Blood Pressure Indicator Card
- 1 x Type C USB Cable
- 4 x AAA Batteries

Contains all you need



- Blood pressure monitor
- Upgraded cuff (8.7"-16.5")
- Carrying case
- Type C cable
- Instruction manual
- Quick start guide
- Bluetooth connection guide
- 4*AAA batteries
- 5 years technical support
- Blood pressure indicator card

Image: All components included in the AILE Blood Pressure Monitor kit.

4. PRODUCT OVERVIEW

The AILE Blood Pressure Monitor features a large backlit LCD display, voice broadcast function, and Bluetooth connectivity for data management via a smartphone application. It supports two users with 99 memory sets each.



Image: Front view of the AILE Blood Pressure Monitor, showing the main unit, cuff, and companion app on a smartphone.

5. SETUP

5.1 Powering the Device

The monitor can be powered by either 4 AAA batteries or a USB Type-C cable.

- Battery Installation:** Open the battery compartment on the back of the device. Insert 4 AAA batteries, ensuring correct polarity (+/-). Close the compartment.
- USB Power:** Connect the provided Type-C USB cable to the monitor's USB port and the other end to a compatible USB power source (e.g., a computer USB port or a USB wall adapter, not included).

Dual Power Supply

Powered by batteries or USB,
Convenient for home and travel



4*AAA batteries (Included)



Type C available (No AC adapter)

Image: The blood pressure monitor demonstrating dual power supply options: USB cable connection and AAA battery installation.

5.2 Cuff Placement

Proper cuff placement is crucial for accurate readings.

1. Ensure the cuff is suitable for your upper arm size (8.7 to 16.5 inches).
2. Sit in a comfortable position with your feet flat on the floor and your arm resting on a table, palm facing up.
3. Wrap the cuff around your bare upper arm, approximately 1-2 cm (0.4-0.8 inches) above the elbow joint. The air

tube should run down the center of your arm in line with your middle finger.

4. The cuff should be snug but not too tight. You should be able to insert two fingers between the cuff and your arm.



Image: Illustration of how to correctly apply the blood pressure cuff to the upper arm.

6. OPERATING INSTRUCTIONS

6.1 Taking a Measurement

Follow these steps for an accurate blood pressure reading:

1. Sit quietly for 5 minutes before taking a measurement.
2. Ensure the cuff is correctly placed on your upper arm.
3. Position your arm so the cuff is at the same level as your heart.
4. Press the large **ON/OFF** button. The monitor will automatically inflate the cuff and begin the measurement.
5. Remain still and silent during the measurement.
6. Once the measurement is complete (approximately 40 seconds), the systolic pressure, diastolic pressure, and pulse rate will be displayed on the screen and announced via voice broadcast (if enabled).




Image: Step-by-step visual guide for taking a blood pressure measurement.

6.2 Voice Broadcast Function

The monitor can broadcast your readings aloud, which is beneficial for users with impaired vision.

1. To turn the voice function **ON** or **OFF**, locate the small switch on the side of the monitor.
2. Slide the switch to the desired position.

Vocie Broadcast, Hear Your Result



Your diastolic blood pressure value is ...



Your blood pressure is normal



Image: The blood pressure monitor displaying readings with an illustration of the voice broadcast feature and its on/off switch.

6.3 Memory Function (Dual Users)

The device supports two users, each with 99 memory sets, allowing for long-term tracking of blood pressure trends.

1. To switch between User 1 and User 2, press the **MEMORY** button.
2. To view past readings, repeatedly press the **MEMORY** button to scroll through the stored data for the selected user.

Dual-users Memory Mode

2*99 memory function, enjoy good health with your family



Image: The monitor's dual-user memory mode, illustrating how two individuals can store and track their readings separately.

7. APP CONNECTIVITY (BLUETOOTH)

The AILE Blood Pressure Monitor can connect to your smartphone via Bluetooth to synchronize measurement data, track trends, and share records.

7.1 Pairing with the App

1. Download the AILE companion app from your device's app store (compatible with iOS and Android).
2. Ensure Bluetooth is enabled on your smartphone.
3. Open the AILE app and follow the on-screen instructions to add a new device.
4. The app will search for nearby devices. Select your AILE Blood Pressure Monitor (Model X7) from the list to pair.
5. Once paired, measurement data will automatically synchronize to the app.

Smart Bluetooth Connectivity

Track and share blood pressure records effortlessly in App



Image: The blood pressure monitor connected via Bluetooth to a smartphone, showing data synchronization.

Image: Step-by-step guide on how to connect the blood pressure monitor to the app via Bluetooth.

7.2 Data Management on App

The app allows you to:

- View all historical data and observe blood pressure trends over time.
- Add manual readings.
- Share your records with family members or healthcare providers.

8. MAINTENANCE AND CARE

- 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 its 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 to prevent leakage.
- Handle the cuff and air tube carefully to avoid damage.

9. TROUBLESHOOTING

Problem	Possible Cause	Solution
No display/Device won't turn on	Low or dead batteries; Incorrect battery polarity; No power from USB.	Replace batteries; Check battery polarity; Ensure USB cable is properly connected and power source is active.
Inaccurate readings	Improper cuff placement; Movement or talking during measurement; Arm not at heart level; Cuff size incorrect.	Re-position cuff correctly; Remain still and silent; Ensure arm is at heart level; Verify cuff size is appropriate for your arm.
Bluetooth connection failure	Bluetooth off on phone; App not open; Device too far from phone; Interference.	Enable Bluetooth on phone; Open AILE app; Move device closer to phone; Restart both devices.
Cuff does not inflate or inflates too little/much	Air tube disconnected; Air leakage; Cuff damaged.	Check air tube connection; Inspect cuff for damage; Contact support if issue persists.

10. SPECIFICATIONS

Feature	Detail
Model Number	X7
Product Dimensions	5.3"L x 3.9"W x 2.6"Th (13.5 x 9.9 x 6.6 cm)
Weight	1.41 Pounds (0.64 kg)
Cuff Size	8.7" - 16.5" (22 cm - 42 cm)
Power Source	4 x AAA batteries (included) or USB Type-C cable
Display Type	Large Backlit LCD Display
Memory Capacity	2 users x 99 sets of readings each
Connectivity	Bluetooth (iOS and Android compatible)
Manufacturer	Jiangxi AICARE Medical Technology Co., Ltd
UPC	792936204989

11. WARRANTY AND SUPPORT

AILE provides 5 years of technical support for this product. For any questions, concerns, or technical assistance, please contact AILE customer support through the official AILE Store on Amazon or refer to the contact information provided in your Quick Start Guide.

Visit the Official AILE Store on Amazon