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> [Acenis Blood Pressure Monitor AOJ-30F User Manual](#)

Acenis AOJ-30F

Acenis Blood Pressure Monitor AOJ-30F User Manual

Model: AOJ-30F | Brand: Acenis

INTRODUCTION

This manual provides detailed instructions for the safe and effective use of your Acenis Blood Pressure Monitor, model AOJ-30F. 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 and diastolic blood pressure and pulse rate.

IMPORTANT SAFETY INFORMATION

Legal Disclaimer: This blood pressure monitor is intended for self-measurement and monitoring of blood pressure. It is not intended to be a diagnostic device. Always consult with a healthcare professional for diagnosis and treatment of any medical condition.

- Do not self-diagnose or self-medicate based on measurement results. Always consult your doctor.
- If you are taking medication, consult your doctor to determine the most appropriate time to measure your blood pressure.
- Do not use the device on infants or individuals who cannot express their consent.
- Avoid using the device in a moving vehicle or on an airplane.
- Keep the device out of reach of children.

PACKAGE CONTENTS

Verify that all items are present and in good condition upon opening the package:

- Acenis Blood Pressure Monitor (AOJ-30F)
- Adjustable Arm Cuff (suitable for arm circumference 22-42cm)
- USB-C Cable

- Storage Bag
- 4 AAA Batteries
- User Manual (this document)

- Blood Pressure Monitor
- Storage Bag
- USB-C Cable
- Adjustable Arm Cuff

All-in-One Blood Pressure Monitor

Measure Accurately,
Control It, Live Longer



Image: All-in-One Blood Pressure Monitor package contents, showing the monitor, adjustable arm cuff, USB-C cable, and storage bag.

PRODUCT OVERVIEW

Monitor Components



Image: The Acenis Blood Pressure Monitor AOJ-30F device with its adjustable arm cuff.

Display Elements

The large LED display provides clear readings and indicators:

LED

Large Display



The display screen with large, easy-to-read numbers

Image: Explanation of the LED display, showing Systolic (SYS), Diastolic (DIA), Pulse (PUL), Battery Icon, Guest Icon, User 1 & 2 Icon, Keep Still Indication, Cuff Worn Detection, and Blood Pressure Unit (kPa/mmHg).

- **SYS:** Systolic Blood Pressure reading.
- **DIA:** Diastolic Blood Pressure reading.
- **PUL:** Pulse Rate reading.
- **Battery Icon:** Indicates battery level.
- **Guest Icon:** Indicates measurement is taken in Guest Mode.
- **User 1 & 2 Icon:** Indicates which user's memory is active.
- **Keep Still Indication:** Appears if movement is detected during measurement.
- **Cuff Worn Detection:** Indicates if the cuff is applied correctly.
- **kPa/mmHg:** Unit of blood pressure measurement.

Power Options

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

TWO POWER OPTIONS

- ✦ Type-C Charging
- ✦ Dry-Battery Power Supply



4 AAA
BATTERIES
INCLUDED



TYPE-C CABLE
INCLUDED



Image: Two power options for the monitor: 4 AAA batteries (included) and Type-C charging via a USB-C cable (included).

SETUP GUIDE

1. Install Batteries

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.

Alternatively, connect the provided USB-C cable to the monitor and a compatible power source (e.g., USB wall adapter, computer USB port).

2. Connect the Arm Cuff

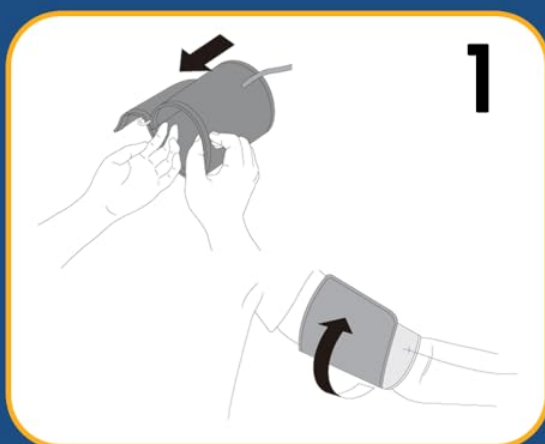
- Insert the air tube connector of the cuff firmly into the air jack on the side of the monitor.

3. Apply the Arm Cuff

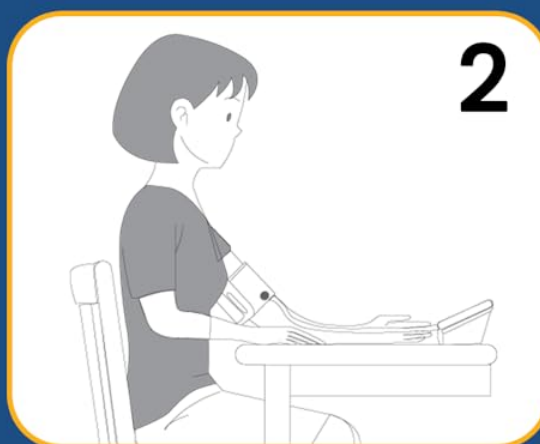
1. Ensure the air tube is on the inside of your arm and aligned with your middle finger.

2. Wrap the cuff around your bare upper arm, approximately 1-2 cm above the elbow joint. The cuff should be snug but not too tight.
3. Position the cuff so that the artery mark (if present) is over your brachial artery.

HOW TO TAKE PROPER MEASUREMENT



The Air tube is on the inside of your arm and aligned with your middle finger



The cuff is placed on your arm at the same level as your heart

Image: Instructions for proper measurement, illustrating how to position the cuff with the air tube aligned with the middle finger and how to sit with the arm at heart level.

4. Proper Measurement Posture

- Sit comfortably with your back supported and feet flat on the floor.
- Rest your arm on a table so that the cuff is at the same level as your heart.
- Remain still and avoid talking during the measurement.

OPERATING INSTRUCTIONS

Taking a Measurement (One-Button Operation)

1. Ensure the cuff is correctly applied and you are in the proper measurement posture.
2. Press the **START/STOP** button. The cuff will automatically inflate and then slowly deflate.
3. Once the measurement is complete, your systolic pressure, diastolic pressure, and pulse rate will be displayed on the screen.
4. The monitor will automatically store the reading in the selected user's memory.
5. Press the **START/STOP** button again to turn off the device, or it will automatically power off after 60 seconds of inactivity.



ONE-BUTTON OPERATION

EASY TO USE WITH
ONE-BUTTON
OPERATION

Image: Illustration of the simple one-button operation to start a blood pressure measurement.

Dual User Mode and Memory Function

The Acenis AOJ-30F monitor supports two users, each with 199 memory sets, plus a guest mode.

DUAL USER MODE



Image: Dual User Mode in action, indicating separate memory storage for User 1 and User 2, with 199 sets of memories and a guest mode available for each user.

1. To switch between User 1, User 2, or Guest Mode, press the user selection button (typically indicated by a person icon) before starting a measurement.
2. Each user's readings are stored separately, allowing for individual tracking of blood pressure trends.
3. In Guest Mode, readings are taken but not stored in memory.
4. To review past measurements, press the memory button (typically indicated by a book or list icon). Use the user selection button to navigate through stored readings.

Automatic Power Off

The device features an automatic power-off function to conserve battery life. If no operation is performed for approximately 60 seconds, the monitor will automatically shut down.

AUTO POWER OFF FUNCTION



**ENERGY
EFFICIENT**
Auto Power
Off in 60
Seconds

Image: The monitor's energy-efficient auto power off function, which activates after 60 seconds of inactivity.

MAINTENANCE AND CARE

- **Cleaning:** Wipe the monitor 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 or immerse the device in water.
- **Storage:** Store the device in its storage bag in a clean, dry place, away from direct sunlight, extreme temperatures, and humidity.
- **Batteries:** Remove batteries if the device will not be used for an extended period to prevent leakage.
- **Cuff Care:** The cuff is designed for durability, but avoid sharp objects or excessive bending of the air tube.

TROUBLESHOOTING

Problem	Possible Cause	Solution
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Problem	Possible Cause	Solution
No display when powered on	Batteries are dead or incorrectly inserted; USB-C cable not connected properly.	Replace batteries with new ones, ensuring correct polarity. Check USB-C cable connection.
Error message on display (e.g., "E1", "E2")	Cuff not applied correctly; movement during measurement; irregular pulse detected.	Re-apply the cuff correctly. Remain still and silent during measurement. If error persists, consult a healthcare professional.
Inconsistent readings	Improper measurement technique; external factors (stress, caffeine); device malfunction.	Ensure proper cuff placement and posture. Avoid caffeine, alcohol, and exercise before measurement. Take multiple readings at different times. If readings remain inconsistent, contact customer support.
Cuff does not inflate or inflates too little/much	Air tube disconnected or kinked; cuff size incorrect; pump malfunction.	Check air tube connection and ensure it is not kinked. Verify cuff size is appropriate for your arm. Contact customer support if the issue persists.

SPECIFICATIONS

- **Model:** AOJ-30F
- **Product Dimensions:** 5"L x 2.87"W x 3.66"Th (130mm x 100mm x 49mm)
- **Display:** Large LED Digital Display (67x68 mm screen)
- **Power Source:** 4 AAA batteries (included) or DC 5V via Type-C USB Cable (included)
- **Cuff Size:** Adjustable, suitable for arm circumference 22-42 cm
- **Memory:** 2 users x 199 sets of memories, plus Guest Mode
- **Measurement Method:** Oscillometric
- **Measurement Range:** Blood Pressure: 0-299 mmHg; Pulse: 40-199 beats/minute
- **Accuracy:** Pressure: ± 3 mmHg; Pulse: $\pm 5\%$ of reading
- **Automatic Power Off:** Approximately 60 seconds of inactivity
- **Manufacturer:** Shenzhen AOJ Medical Technology Co., Ltd
- **UPC:** 734690001381

AOJ-30F

- ✦ Medical Grade Accuracy
- ✦ Intelligent inflation technology, more comfortable
- ✦ Big Screen Display, Easy to Read

Dimension : 130 x 100 x 49mm
Screen : 67x68 mm
Power Source : 4xAAA or DC5V
Type-C USB Cable
Cuff Size : 22-32/22-42cm



2 User * 199 sets
+ Guest Mode



Type-C Charging
and Dry-Battery
Power Supply



Cuff Fit
Indicator



Keep Still
Indicator



One Button
Operation

Image: Key specifications and features of the AOJ-30F monitor, including dimensions, power source, cuff size, and intelligent inflation technology.

WARRANTY AND SUPPORT

The Acenis Blood Pressure Monitor AOJ-30F comes with a 2-year warranty from the date of purchase, covering manufacturing defects. For warranty claims, technical support, or any inquiries regarding your device, please contact Acenis customer service through the retailer where the product was purchased or visit the official Acenis website.

Please retain your proof of purchase for warranty validation.