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Microlife 70265

Microlife AFIB Advanced Easy Arm Blood Pressure Monitor Instruction Manual

Model: 70265

1. Introduction

The Microlife AFIB Advanced Easy Arm Blood Pressure Monitor is a clinically validated device designed for accurate blood pressure measurement and early detection of Atrial Fibrillation (AF). This innovative technology allows for simultaneous blood pressure measurement and AF screening, offering accuracy comparable to three consecutive measurements with a single procedure. It is equipped with an extra-large display and one-button operation for ease of use, along with Gentle+ technology for comfortable cuff inflation.



Microlife AFIB Advanced Easy Arm Blood Pressure Monitor with XL display and cuff.

2. Important Safety Information

Warnings: The product packaging may contain different information than what is shown on our website. Please always read the label, warnings, and instructions provided with the product before use or consumption.

- This device is intended for home use for measuring blood pressure and detecting atrial fibrillation. It is not intended for self-diagnosis or self-treatment. Always consult your doctor for diagnosis and treatment.
- Do not use the device on infants, children, or individuals unable to express consent.
- Keep the device out of reach of children and pets.
- Do not use the device in areas with strong electromagnetic fields.
- If you experience discomfort during measurement, press the START/STOP button to immediately deflate the cuff.

3. Package Contents

The Microlife AFIB Advanced Easy Blood Pressure Monitor package typically includes:

- 1 x Microlife AFIB Advanced Easy Blood Pressure Monitor
- 1 x Universal Conical Arm Cuff (22-42 cm)
- 4 x AAA Batteries
- 1 x Storage Bag
- Instruction Manual



Product packaging showing the monitor, cuff, and key features.

4. Setup Guide

4.1. Battery Installation

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

4.2. Attaching the Arm Cuff

1. Connect the cuff tube to the air socket on the left side of the blood pressure monitor.
2. Ensure the cuff is the correct size for your arm (22-42 cm universal conical cuff included).
3. Place the cuff on your bare left upper arm, approximately 2 cm above the elbow. The tube should run down the center of your arm, aligned with your main artery.
4. Fasten the cuff snugly but not too tightly. There should be enough space to insert two fingers between the cuff and your arm.



Proper placement of the universal conical arm cuff.

5. Operating Instructions

5.1. Before Measurement

For accurate readings, follow these guidelines:

- Sit on a chair or armchair with a backrest, ensuring your back is supported.
- Place your feet flat on the floor and do not cross your legs.
- Rest for at least 5 minutes in a relaxed position before taking a measurement.
- Avoid eating, smoking, or exercising for at least 30 minutes prior to measurement.
- Ensure your arm is relaxed and supported at heart level.

5.2. Taking a Measurement

1. Press the **START/STOP** button to turn on the device. The display will show all segments briefly.
2. The cuff will automatically inflate using Gentle+ technology, which ensures a comfortable and optimal inflation level.
3. Remain still and silent during the measurement. Any movement or talking can affect accuracy. The motion indicator will signal if arm movement is detected.
4. The device will automatically deflate the cuff and display your systolic pressure (SYS), diastolic pressure (DIA), and pulse rate (PUL).
5. If the device detects Atrial Fibrillation (AFIB), a specific symbol will appear on the display.



One-button operation for easy measurement.

5.3. MAM Mode (Microlife Average Mode)

For enhanced accuracy, especially for AFIB detection, the device can perform three consecutive measurements and average the results. This is known as MAM mode.

1. To activate MAM mode, ensure the MAM switch (if present, typically on the side or back) is set to the MAM position.
2. Press the **START/STOP** button. The device will automatically take three measurements with short pauses in between.
3. After the third measurement, the device will display the average of the three readings.



AFIB Advanced technology provides accuracy comparable to three measurements.

5.4. Interpreting Results

The device features a colored scale on the left side of the display to help interpret your blood pressure values:

- **GREEN:** Normal blood pressure.
- **YELLOW:** At risk (pre-hypertension).
- **RED:** High risk (hypertension).

If the AFIB symbol appears, it indicates the detection of possible atrial fibrillation. Consult your doctor for further evaluation.



The monitor's display showing blood pressure readings and the AFIB Advanced feature.



Clinically validated for various patient groups, including those with specific health conditions.

6. Maintenance and Storage

6.1. Cleaning

- Clean the device and cuff with a soft, dry cloth.
- Do not use abrasive cleaners, alcohol, or solvents.
- Do not immerse the device or cuff in water.

6.2. Storage

- Store the device in its protective storage bag when not in use.
- Keep the device in a cool, dry place, away from direct sunlight, extreme temperatures, and humidity.
- Remove batteries if the device will not be used for an extended period to prevent leakage.

7. Troubleshooting

If you encounter issues with your blood pressure monitor, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Device does not turn on.	Dead or incorrectly inserted batteries.	Check battery polarity or replace with new AAA batteries.
Error message (e.g., 'ERR').	Cuff not properly applied, movement during measurement, or irregular pulse.	Re-apply cuff correctly, remain still and silent, or consult your doctor if irregular pulse persists.
Inaccurate readings.	Incorrect cuff placement, talking/moving during measurement, or not resting before measurement.	Follow pre-measurement guidelines (Section 5.1) and ensure correct cuff application.
AFIB symbol appears frequently.	Possible atrial fibrillation detected.	Consult your doctor for medical advice and further examination.

If the problem persists after trying these solutions, please contact Microlife customer support.

8. Technical Specifications

Feature	Specification
Model Number	70265
Dimensions (L x W x H)	160L x 80l x 32Gio cm (Product: 15 x 8 x 3 cm)
Weight	150 Grams
Cuff Size	22-42 cm (Universal Conical Cuff)
Power Source	4 x AAA Batteries (included)
Key Features	AFIB Advanced, Atrial Fibrillation Screening, 1-button operation, XL Display, Gentle+ Technology, Memory Function, Irregular Heartbeat Detection
Material Features	Reusable
Age Range (Description)	Adult

9. Warranty and Customer Support

9.1. Warranty Information

The Microlife AFIB Advanced Easy Blood Pressure Monitor comes with a**5-year warranty** from the date of purchase.

Please retain your proof of purchase for warranty claims. The warranty covers manufacturing defects and malfunctions under normal use conditions. It does not cover damage caused by misuse, accidents, or unauthorized repairs.

9.2. Customer Support

For technical assistance, warranty claims, or any questions regarding your Microlife blood pressure monitor, please visit the official Microlife website or contact their customer service department. Contact details can typically be found in the warranty card included with your product or on the Microlife website.
You can visit the Microlife store on Amazon for more information:Microlife Store

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Example: How do I reset this device or fix this error?

Details

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