



Blood Pressure Monitor



ABP-2088-T

Quick Start Guide



Scan for
online copy

Questions or Concerns?

info@alcedohealth.com · (833)682-8655

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Customer Support

Got questions? DO NOT return this product.
Our Customer Support Team is happy to help.

✉ Email: info@alcedohealth.com

☎ Toll-Free: (833)682-8655

Support Hours

Monday-Friday 9:00 am-5:00 pm EST

Please scan code to visit our YouTube channel
[Alcedo Health] for instructional video.



Download the App

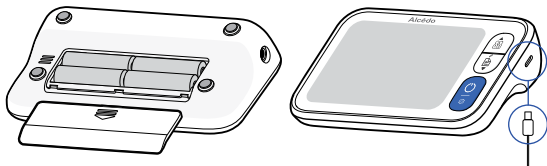


Scan the code below with your smart device camera or search “**MedM Health**” in your app store to download the app.

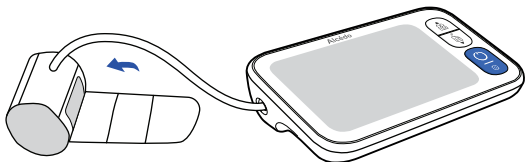


Install Batteries


- Install 4 AA batteries or connect Type-C cable to a 5V powered USB port.

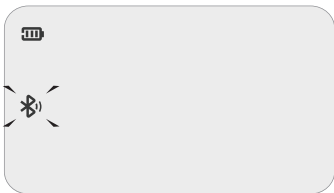


- Plug arm cuff into the main device.



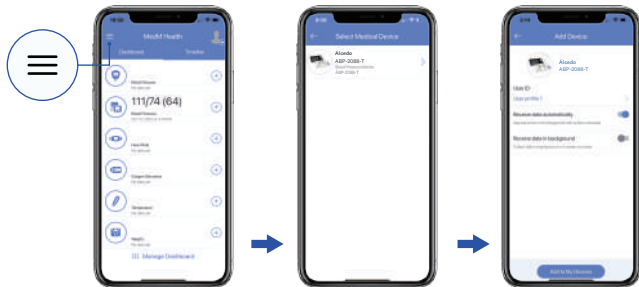
Pair Your Smart Device

- Make sure that your monitor is off.
- Enable Bluetooth on your smart device.
- Press and hold the  button to start pair, the Bluetooth symbol  will flash.



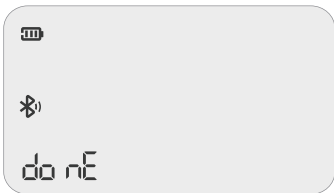
Note: Please scan QR code for complete usage instruction of MedM App and more features.





- Open the app and select menu ☰ , then select “My Devices”.
- Tap “Add New” and select “Blood Pressure Monitor”, then select “Alcedo ABP_2088_T”.
- Select User ID profile 1 or profile 2, then tap “Add to My Devices” to start pairing.

- The app will display successful pair when pairing process is completed. Bluetooth symbol on monitor display will stop flashing and display “done”.

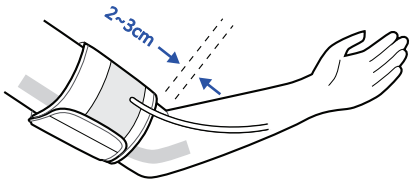


Note: The date and time will automatically be set when your monitor is paired with the app. To set the date and time manually, refer to Page 9 of the instruction manual.

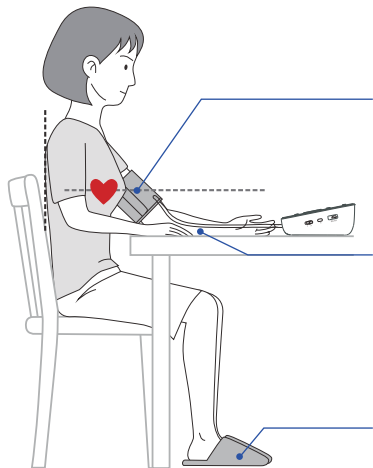
Apply the Arm Cuff

Place cuff directly on bare skin of upper left arm, with the bottom of the cuff edge **2-3 CM** above elbow.

Align cuff so the air tube is centered on the inside of your arm. Wrap cuff snugly.



Sit Correctly









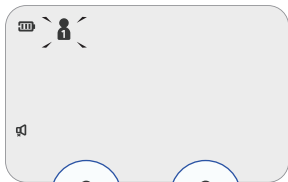
Place the arm cuff at the same level as your heart.

Back and arm should be supported.

Keep feet flat, legs uncrossed.




Take A Measurement

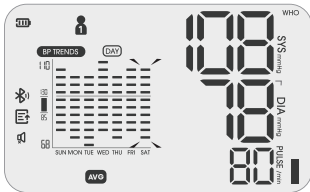
- When the monitor is off, press the  button, the current user ID will flash.
- Press the  button to switch the user  or  or . Press the  button to confirm the selected user ID.




- Then the cuff will inflate automatically. Hold still until the cuff deflates and results are displayed.




Check Your Readings

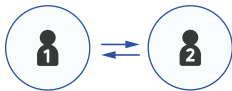
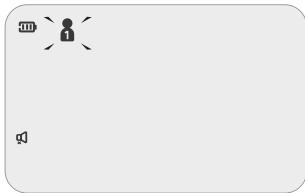
- When the monitor is off, press the  button, the current user ID will flash, then press  button to select desired user, then press the  button to confirm.
- The first reading that appears is the Average Value of all measurements for last 7 days with the BP Trend figure.






- Press  or  button to view the values stored in memory.

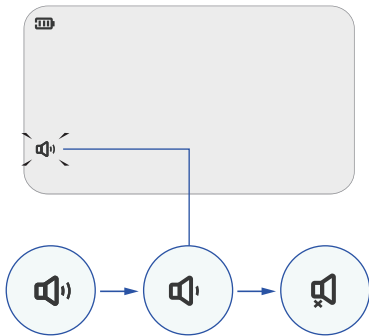
Switch User

- When the monitor is off, press the  button to display the current user ID. Press the  button to select the desired user ID.
- Press the  button to confirm the selected user ID, the monitor will display the user ID and “do nE”



Mute/Unmute

When the monitor is off, press and hold  button to enter the voice setting mode. Press the  or  button to turn off or adjust the voice volume.



FREQUENTLY ASKED QUESTIONS

Q. Why are my blood pressure readings sometimes different?

A. People's blood pressure could change constantly throughout the day and night, or in different conditions when you measure your blood pressure. Many factors, such as activity level, food/drink intake, stress can affect a person's blood pressure. Because of this, the readings may fluctuate. That's why it is important to use averages over time to compare readings and review the overall results with your doctor.

Q. Why could my doctor's readings be different than my readings taken at home?

A. Blood pressure readings measured by a healthcare professional in a doctor's office are usually somewhat higher than that you measure it yourself in a relaxed atmosphere at home. We call this "doctor's surgery" or "white coat" hypertension. Because these readings can vary considerably, you should take your blood pressure on a regular basis at home and share your results with your healthcare provider.

OTHER IMPORTANT TIPS

To obtain more accurate readings, sit quietly with feet flat on the floor and rest for 15 minutes before taking a measurement. Do not measure within 30 minutes after eating, exercising, bathing, smoking or drinking alcohol.

The Blood Pressure Indicator shows how your reading compares to the internationally recognized guidelines for normal home blood pressure levels.

This monitor allows 2 users to monitor and track their readings separately in the stored memory. To review readings for multiple users, select your USER ID (1 or 2).