



Model : AE178

Blood Pressure Monitor **GETTING STARTED**

Questions or Concerns?

info@alcedohealth.com · (833)682-8655

Customer Support

Got questions? We have answers.
Our Customer Support Team is happy to help.

✉ Email: info@alcedohealth.com

☎ Toll-Free: [\(833\)682-8655](tel:(833)682-8655)

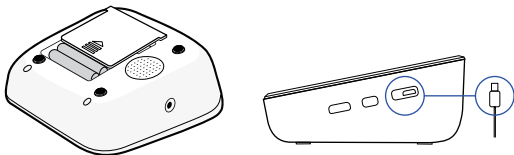
Support Hours

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

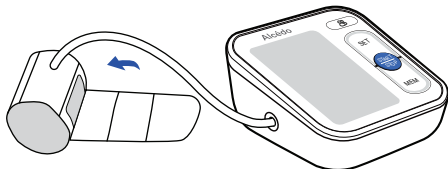
STEP 1

GET STARTED

Peel off the clear film from the screen.
Install 4 AAA batteries or connect Micro USB cable to a 5V powered USB port.



Plug arm cuff into the main device.



STEP 2

SYSTEM SETTING

A. Setting the User

When monitor is off, press **SET** button to show the current user. The blood pressure monitor can store records for 2 users (A and B). Press User Switch button to switch between User A and B.

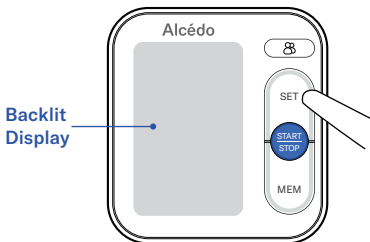
B. Setting Date and Time

Press the **SET** button and hold it for more than 3 seconds. The year display will then flash. Press the **MEM** button to advance to the current year, then press **SET** button to confirm. Change month, date and time following the same steps.

C. Setting Talking Volume

When the SP display is flashing, press **MEM** button to select talking volume 1 (Low), volume 2 (Medium), volume 3 (High) or OFF. Press **SET** button to confirm.

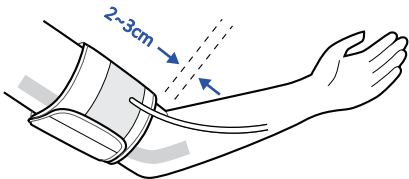
After finish setting for one user, set up the other user following the same steps.



STEP 3

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

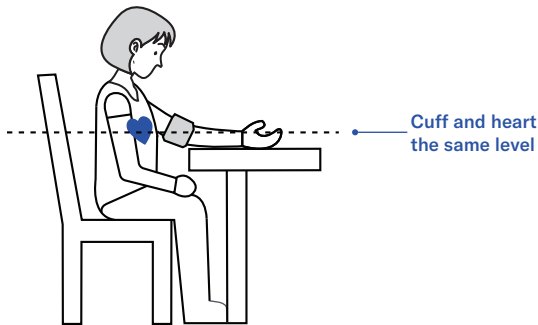
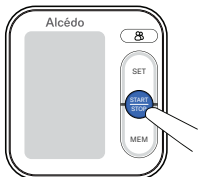
Align cuff so the air tube is centered on the inside of your arm. Wrap cuff snugly.



STEP 4

Press **START/STOP** button to start measurement.

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



SWITCH USERS

You can choose the desired user by pressing User Switch button when:

- Setting up your device.
- Viewing the stored values.
- Press **START/STOP** button to start taking measurement (when pump start working, user cannot be changed).



VIEW THE MEASUREMENT VALUES IN MEMORY

Select User ID (A or B)

Follow instructions on SWITCH USERS section.

Press MEM Button

The first reading that appears is the Average value for last 3 readings. Press **MEM button** to view the values stored in memory.

MUTE/UNMUTE

Step 1

When the monitor is **OFF**, press the **SET** button. The time and user symbol will display.

Step 2

Press **SET** button to turn on the mute.

Step 3

Press the **SET** button again to turn off the mute.



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 show 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 (A or B).

Have Questions?

DO NOT RETURN THIS PRODUCT

Contact our Customer Support for assistance with your Alcedo product.

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

