# Alcédo

**Model : ABP-B07**

## Blood Pressure Monitor
## GETTING STARTED

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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
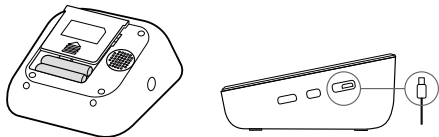
## Support Hours
Monday-Friday 9:00 am-5:00 pm EST

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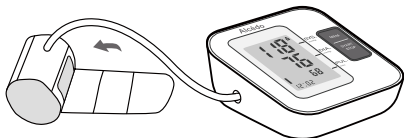**[Alcedo Health]** for instructional video.

## 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

Press the **START/STOP button** and hold it for more than **3 SECONDS**. The User symbol will then flash. Set User, Date and Time.

### A. Setting the User

Press the **MEM button** to select User A or User B. Then press **START/STOP button** to confirm.
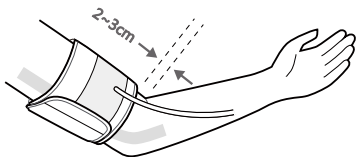
### B. Setting Date and Time

When the year display is flashing, press the **MEM button** to advance to the current year, then press **START/STOP button** to confirm. Change month, date and time 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.
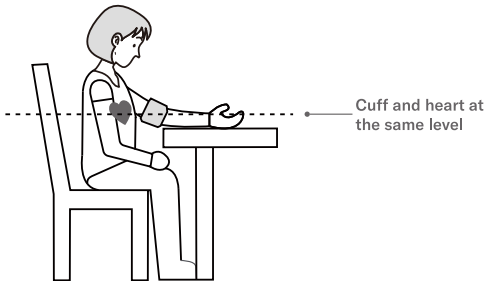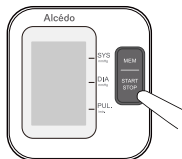
Align cuff so the air tube is centered on the inside of your arm. Wrap cuff snugly.

# STEP 4

Press **START/STOP button** to start measurement.
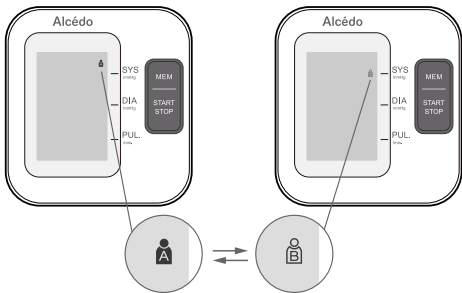
The cuff will inflate automatically. Hold still until the cuff deflates and results are displayed.

Alcédo

SYS
DIA
PUL.

MEM

START STOP

Cuff and heart at the same level

# SWITCH USERS

Press **START/STOP button** and hold it for more than 3 seconds until the User Symbol flash. Press **MEM button** to select user A or B. Then press **START/STOP button** to turn off the device.

# 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.

# 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).

If the monitor says "Lo", please first check if you measure your blood pressure correctly. Place the cuff directly on bare skin of upper left arm, with the bottom of the cuff edge 2-3 cm above elbow. Place the arm cuff at the same level as your heart.

# Have Questions?

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