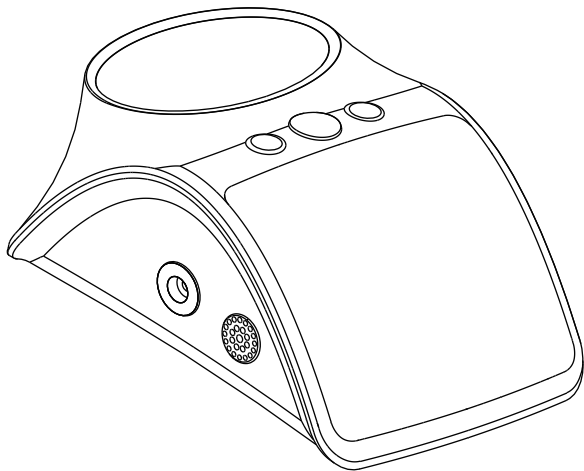


XB-01-01

XB-01-02

ENGLISH

All for Healthcare

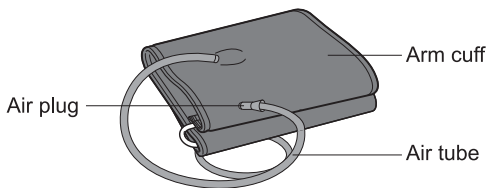
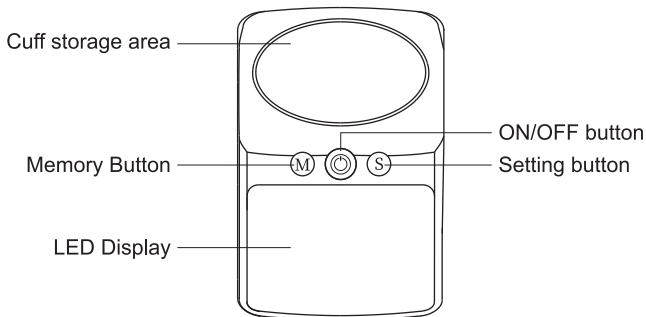


UPPER ARM BLOOD PRESSURE MONITOR

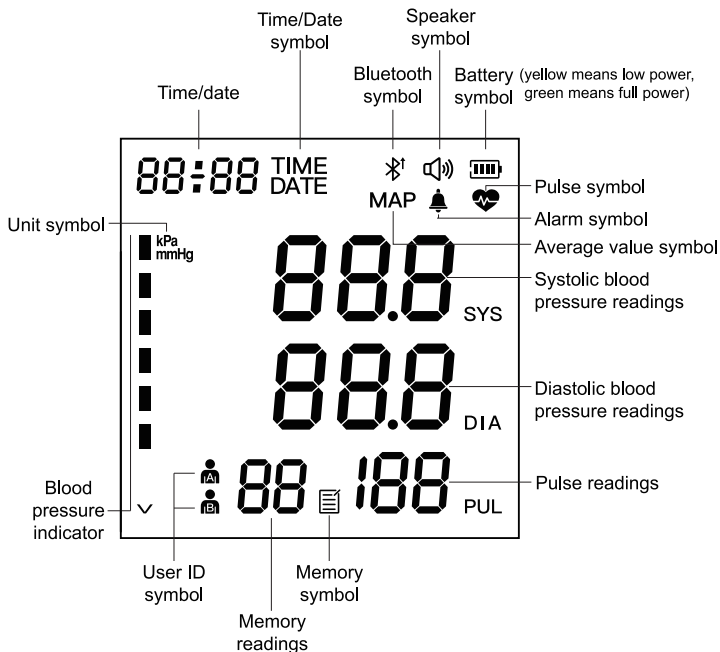
INSTRUCTION MANUAL

1. Names of components

The product consists of a main body + a cuff
(see the diagram below)



2. LED display symbol description



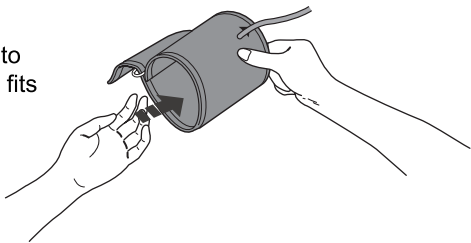
Note:

XB-01-01 model has a Bluetooth module and can be connected to the mobile phone APP: the XB-01-02 mode does not have Bluetooth and cannot be connected to the APP. Other functions are the same.

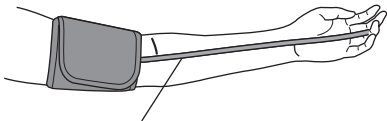
3. How to wear the cuff correctly

Take the cuff connector out of the box and clean it with alcohol. Please take off your coat, sweater and other thick clothes, and expose your upper arms or wear a thin shirt for measurement. Sit on a chair with your feet flat on the floor and your arms on the table. Follow the steps to wear the cuff:

- ❶ Stretch the cuff into a tube shape that fits your arm.

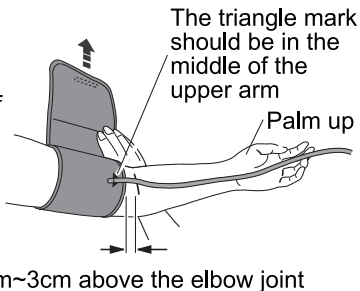


- ❷ Wrap the cuff around your upper arm and place the air tube on your forearm.

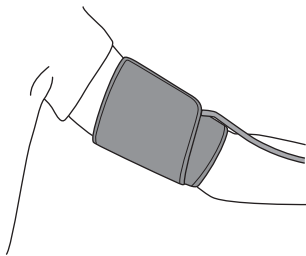


The cuff tube is located on the forearm and in line with the middle finger.

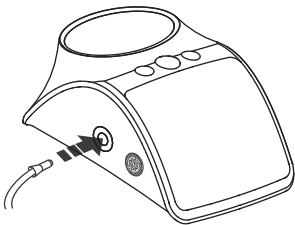
-
- ③ 3.The bottom of the cuff should be 2cm~3cm above the elbow joint.



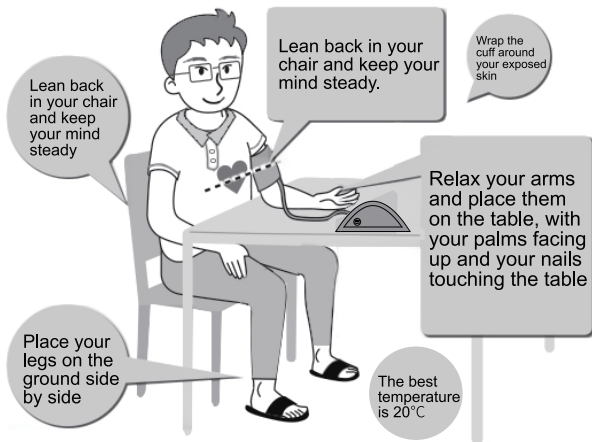
-
- ④ 4 Wrap the cuff tightly and fix it with the cloth buckle.



-
- ⑤ 5 Insert the air tube plug into the air jack on the left of the machine, till the bottom.



4. Measurement posture



When the cuff cannot maintain the same height as the heart



5. Precautions before measuring

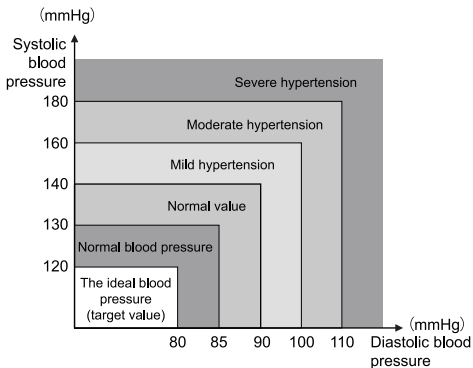
1. Product application scope: Applicable to measuring systolic blood pressure, diastolic blood pressure and pulse rate of adults by oscillometric method. The values are for self-monitoring and diagnosis reference only, and cannot be used for other purposes. Please follow the doctor's advice. Self-diagnosis is very dangerous.
2. Users with upper limb defects should consult a doctor and use it only after permission.
3. Before wearing the product on the arm, do not press the power button to start measuring.
4. This product is not suitable for people under 12 years old, and special groups such as subjects with mental disorders over 12 years old, diabetic subjects, and renal failure subjects.
5. The interval between two measurements is at least 2-3 minutes. The waiting time between two measurements is mainly to allow the artery to return to the state before measuring blood pressure. When measuring repeatedly, the correct blood pressure value may not be measured because the blood flow in the arm may not be smooth. Please measure after the blood flow is smooth.
6. When [Err] appears on the display, the measurement cannot be performed correctly. Please refer to the product troubleshooting on the next page.
7. When the person being measured has an irregular heartbeat, the measured values of blood pressure and pulse rate may not be accurate enough. Patients with irregular heartbeat are advised to consult a doctor for professional diagnosis.
8. If the armband is too loose or too tight, it will affect the accuracy of the measured value; during the measurement process, the armband is over-inflated for a long time, and the excessive pressure may make the person being measured feel uncomfortable. If the feeling is strong, please press the [⏏] key to release the pressure or pull out the tracheal plug in time to take off the armband.

9. The measurement posture and physical condition will affect the measurement results. Please understand the blood pressure knowledge and eliminate various interfering factors.
10. The service life of the armband is 10,000 times. If you need to replace it, please choose the armband provided by the manufacturer. If you replace the original armband with one not provided by the manufacturer, it may cause measurement errors.
11. Please do not use it with electrical appliances that emit electromagnetic interference, which may affect the accuracy.
12. Do not disassemble, repair, replace parts or modify the blood pressure monitor without permission. If there are any quality problems, please contact the dealer.
13. Do not wipe the surface of the product with corrosive liquids.
14. Please be sure to use the standard accessories dedicated to this product correctly, such as the cuff.
15. Please use the standard charging adapter, USB socket, output DC5V1A.
16. The pictures in this manual are for display only. Please refer to the actual product. If there are any changes, we will not notify you separately.

6. Common knowledge about blood pressure

Guidelines for the assessment of hypertension in adults

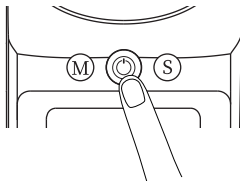
The International Society of Hypertension (ISH) of the World Health Organization (WHO) has developed a blood pressure classification as the picture below. This table is based on the upper arm blood pressure measured while sitting on a chair in the hospital at different ages. Low blood pressure is generally considered to be low blood pressure if the high blood pressure is less than 100 mmHg (13.3kPa).



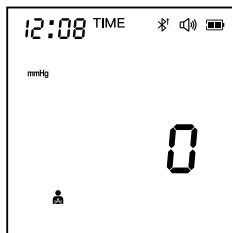
Types of blood pressure	Systolic blood pressure mmHg	Diastolic blood pressure mmHg
The ideal blood pressure(target value)	< 120	< 80
Normal blood pressure	120-129	80-84
Normal value	130-139	85-89
Mild hypertension	140-159	90-99
Moderate hypertension	160-179	100-109
Severe hypertension	≥180	≥110

7. Taking a Measurement

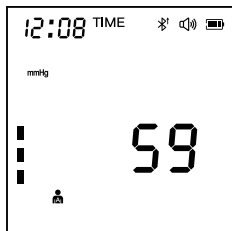
- 1 In off state, press the [⏻] button to turn it on. It will start automatically measuring and the cuff will automatically inflate.



- 2 Start measuring



Inflating

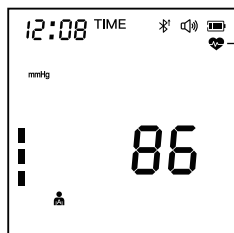


Please keep the cuff is at the same height as your heart and stay calm and relaxed.

When the cuff starts to inflate, the blood pressure monitor will automatically start working. During this process, the blood pressure monitor is also detecting your pulse rate. So please do not move your arm and keep still. During the entire process, your arm will feel squeezed by the cuff, which is a normal phenomenon. This test process will take you about 30-50s.

If there is an error prompt, please refer to the "Product Troubleshooting" on the next page to troubleshoot the error.

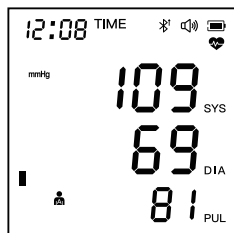
↓
Measuring



The pulse symbol flashe

It will automatically stop after fully inflated, and start to detect your pulse rate.

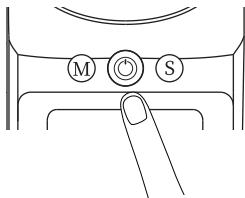
③ Measurement completed



After the measurement completed, the monitor will display your blood pressure reading and pulse reading. During the measurement, please maintain the correct posture, do not move your body, and keep quiet.

If you want to terminate the measurement, press the [⏻] button to stop and the cuff will automatically exhaust the air.

④ After measuring

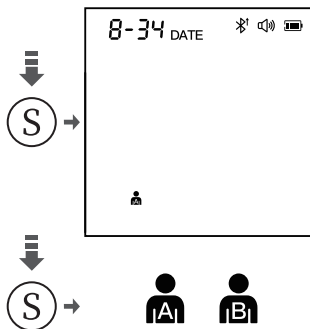


After measuring, remove the cuff and press the [⏻] button to turn off the monitor. It will automatically shut down within 60s without any operation.

8. Parameter settings

1.Choose User

- In the off state, short press the [S] button to enter the time mode, which displays the unit symbol, user symbol, and time symbol. The time and date are switched every 3 seconds.
- In time mode, short press the [S] button again to choose users, press the [⏻] key to save the settings or it will automatically shut down after 60 seconds without any operation.



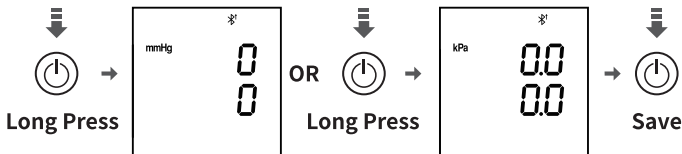
2.Set date and time

Button	Operation	Setting
[S]	In OFF state Long press	1. In the year state, press [M] button to set the year
	Press	2. When the month flashes, press [M] to set the month
		3. When the date flashes, press [M] to set the date
		4. When the hour flashes, press [M] to set the hour
		5. When the minute flashes, press [M] to set the minute

Button	Operation	Setting	
[S]	Press	6. When [SP ON/OFF] flashes, press [M] to set the speaker on/off	
		7. When [A1 ON/OFF] flashes, press [M] to set an alarm for user 1	
		Alarm for user 1 (In ON state)	Hour flashes, press [M] to adjust the hour
			Minute flashes, press [M] to adjust the minute
		In A1 off state, it will exit directly	
		8. When [A2 ON/OFF] flashes, press [M] to set an alarm for user 2	
		Alarm for user 2 (In ON state)	Hour flashes, press [M] to adjust the hour
			Minute flashes, press [M] to adjust the minute
		In A2 off state, it will exit directly	
		9. Shut down to save the settings	

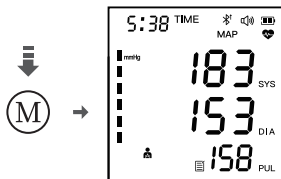
3. Choose measurement unit

- In the off state, long press the [⏻] button for 15s, you can choose the unit mmHg (millimeters of mercury) or kPa (kilopascals). Press the [⏻] button to shut down and save the setting.

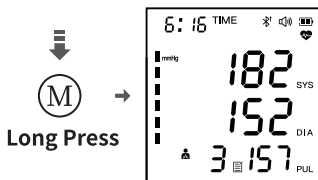
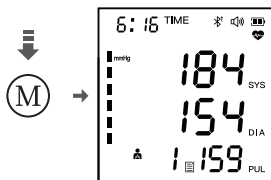


4.View the Memory

- In the off state, press the [M] button for the first time, the “MAP” and “” light up and the average value of the previous three times is displayed (when the record it is not less than 3 groups).

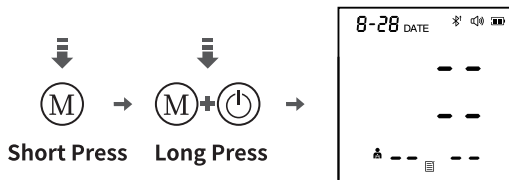


- Press the [M] button for the second time, “” will light up and the last memory is displayed. Long press the [M] button to quickly view the memories.



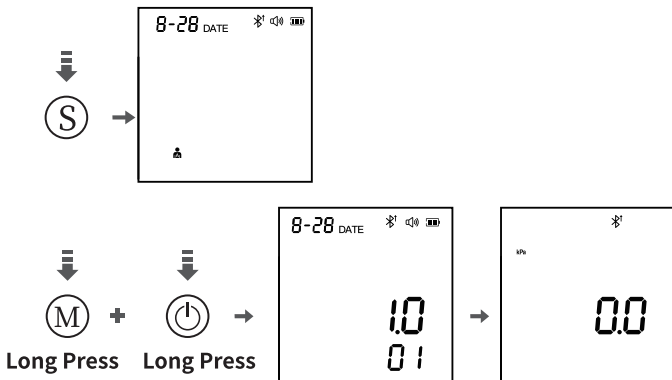
5. Delete the Memory

- When viewing the memory, first short press the [M] button, then long press the [M] and [⏻] buttons for 2s. When the screen displays all "--", the memories are deleted.
All memories of one user will be deleted at one time.



6. Static pressure measurement method

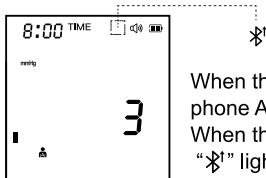
- Short press the [S] button, then long press the [S] and [M] buttons at the same time for 1s. When "1.0 0.1" appears, release the buttons, and "0" appears. Now it's in the static pressure measurement state.



- In the static pressure measurement state, short press the [⏻] button to exit this measurement mode and return to the time mode.

7. Connect Bluetooth (Applicable to XB-01-01)

- Before the first using, please scan the QR code on the "Instruction Card" with your mobile phone, download and install AILink. Open the APP to register as a new user. Enter your mobile phone number and password, and agree to authorize to login.
- Turn on the blood pressure monitor. Turn on Bluetooth, network, and location on your phone, and search for this device.
- After the Bluetooth connection is successful, you can take a measurement and the data will be uploaded to the APP. The measurement results are presented in a visual chart. Please refer to the instruction manual, and refer to the actual APP page.



When the Bluetooth is not connected to the mobile phone APP, “” flashes.

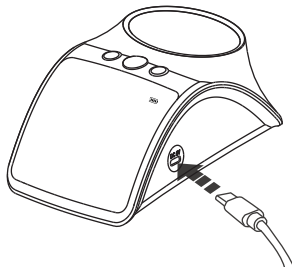
When the Bluetooth is connected successfully, “” lights on.

9. Charging instructions

- When “” appears and flashes, lights up yellow, and A voice sounded reminding you to charge, please charge the device in time. Otherwise, the it will automatically shut down.
- The adapter is not provided. You can purchase it as needed. Please choose a product with a certification mark: input AC100~240V50/60Hz, output DC5V/1A. This product does not support fast charging.

Note:

This product has a built-in lithium battery, which can be charged and discharged 300 times with normal use. The power performance will gradually weaken in the later period. This is a normal characteristic of lithium batteries and is not a quality problem of the product.



“” Flashes when charging

“” Lights on when fully charged

Insert the type-c charging cable

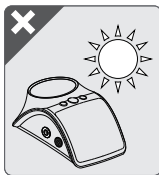
11. Troubleshooting and solution

Display	Possible Cause	Solution
Err 1	Abnormal sensor signal	Re-measure with the correct posture
Err 2	No result detected	Re-measure with the correct posture
Err 3	Abnormal measurement result	Re-measure with the correct posture
Err 4	The cuff is too loose or leaking	Re-tie the cuff to measure or replace the cuff
Err 5	The cuff is too tight or the air is blocked	Re-tie the cuff to measure or repair
Err 6	Serious pressure interference during measurement	Remove interference and re-measure
Err 7	The pressure value exceeds 290mmHg (38.66kPa)	Re-measure with the correct posture
APP cannot be updated (applicable to XB-01-01)	Bluetooth connection error	Reconnect Bluetooth

If the problem can not be solved, please contact your dealer or our customer service department for further help.

12. Maintenance, repair and calibration

1. Please store the device and accessories in a safe place to prevent strong impact or vibration.
 2. Please charge the device once every half month without use for a long time.
 3. Please observe the following tips to protect it from damage. Improper use will result in loss of warranty service.
- Do not place it in an environment with high temperature, humidity, full of water vapor or direct sunlight. Otherwise, it may not meet the claimed specifications. Please refer to the specification table for details.
 - Please use the cuff with caution and do not fold, pull or twist the airbag.
 - Do not disassemble or repair it without authorization, and do not replace parts without authorization.
 - Do not subject it to strong impact or vibration (for example, drop it on the ground).



- Do not use volatile solvents to wipe and clean the blood pressure monitor. Clean the body with a soft, dry, dust-free cloth at least once a month.
- Do not wash or wet the armband with water. If necessary, wipe it gently with cotton wool dipped in 75% medical alcohol before use for disinfection. Clean and disinfect at least once a year.

4. Calibration

The sphygmomanometer is a precision measuring instrument and should be calibrated once a year. It can be returned to the manufacturer or at a local metrology agency.

Product List

1. Host (including armband) *1
2. USB charging cable *1
3. User Manual*1

13. Electromagnetic compatibility warning and statement

The production date is detailed on the main body. The service life is 5 years. Please do not directly discard it in the trash can for the built-in battery, to avoid damaging the environment.

Please dispose of it according to the regulations.

Attention

Users should install and use the this product according to the electromagnetic compatibility information provided in the accompanying documents.

Portable and mobile RF communication equipment may affect its performance. Avoid strong electromagnetic interference when using it, such as near mobile phones, microwave ovens, etc.

Warning

Do not used close to or stacked with other devices. If it must be used close to or stacked, please make sure it can work well o in the configuration.

Please use accessories and cables provided by the manufacturer. Other accessories and cables may cause to increased emission or reduce immunity.

It may cause to inaccurate measurement results, if operate the product at a value lower than the minimum amplitude or minimum value above.

No.	Name	Cable length (m)	Shielded or not
1	USB charging cable	0.8	NO

Recommended separation distances between portable and mobile RF communications equipment and this device

This device is intended for use in an electromagnetic environment in which RF radiated disturbances are controlled . The purchaser or user may recommend the following methods to maintain the performance of portable and mobile RF communication equipment, based on the maximum rated output power of the communication equipment: Minimum distance between the device (transmitter) and this unit to prevent electromagnetic interference.

Transmitter rating Maximum output power/W	Isolation distance corresponding to different transmitter frequencies/m		
	150 kHz~80 MHz $d = 1.2 \sqrt{P}$	80 MHz~800 MHz $d = 1.2 \sqrt{P}$	800 MHz~2.5 GHz $d = 2.3 \sqrt{P}$
0.01	/	0.12	0.23
0.1	/	0.38	0.73
1	/	1.2	2.3
10	/	3.8	7.3
100	/	12	23

For transmitters with a maximum rated output power not listed in the table above, the recommended isolation distance d , in meters (m) , can be determined using the formula in the corresponding transmitter frequency column, where P is provided by the transmitter manufacturer. The maximum output power rating of the transmitter in watts (W).

Note 1: At 80MHz and 800MHz, the formula for the higher frequency band is used.

Note 2: These guidelines may not be applicable in all situations. Electromagnetic propagation is affected by structures , objects and people. The influence of absorption and reflection.

14. Product technical specifications and parameters

Item	Parameters
Name	Upper arm electronic blood pressure monitor
Display	LED
Bluetooth	Applicable to XB-01-01 only
Measurement mode	Oscillometric measurement method
Measurement range	Static pressure: (0~290) mmHg (0~38.66) kPa Pulse rate: (40~180) times/minute
Measurement accuracy	Static pressure: ± 3 mmHg (± 0.4 kPa) Pulse rate: accuracy is $\pm 5\%$
Circumference of the upper arm	About 22 cm~32 cm
Product life	5 years
Working environment	Temperature: (+5~+40)°C, humidity: (15~80)% RH
Storage/transportation environment	Temperature: (-20~+55)°C, humidity: <93% RH
Operation atmospheric pressure	(80~105) kPa
Transportation and storage atmospheric pressure	(50~105) kPa
Automatic shutdown	Automatically shut down after about 60s without operation
Type of electric shock protection	Internal power supply equipment
Degree of electric shock protection	BF type application part
Level of protection against liquid ingress	P22
Safety level for use in an environment with flammable anesthetic gas	Non-AP and APG type equipment
By disinfection and sterilization method	Surface disinfection
By operation mode	Continuous operation
Pressurization method	Intelligent control air pump automatic pressurization
Quick exhaust method	Intelligent control automatic rapid deflation
Pressure detection	Resistive pressure sensor
Pulse detection	Resistive pressure sensor
Power supply	Built-in lithium battery DC3.7V750mah

The above specifications are subject to change without prior notice due to performance improvements.

Explanation for symbol

Symbol	Content
	Indicates that personal injury or property damage may occur if used incorrectly
	Product batch number
	Product serial number
	Expiration date
	Gas pressure drop and rise indicator bar
	Heart symbol
	BF type application part
	Recycling icon for waste electrical and electronic products
	Reference instructions for use
AP/APG	Equipment that cannot be used in the presence of flammable anesthetic gas mixed with air or flammable anesthetic gas mixed with oxygen or nitrous oxide
	Indicates that the transport package should be transported vertically upward
	Indicates that the transport package contains fragile items and should be handled with care
	Indicates the maximum number of layers of the same transport package that can be stacked
	Indicates the temperature range that the transport package should maintain
	Indicates that the transport package is afraid of rain

15. Network security description (Applicable to XB-01-01)

1. Operating environment

1.1 Hardware configuration

Processor: Snapdragon 200 or above, Unisoc T510 or above.

Memory: 2G or above running memory.

1.2 Software environment

Software environment: Android 4.3 or above, IOS 8.0 or above.

1.3 Network conditions

Network type: 4g/5g network, WiFi network.

2. Security software

2.1 Antivirus software

Antivirus software that runs normally on your phone, such as (Mobile Security Manager, Tencent Security Manager).

2.2 Firewall

The protection monitoring in the mobile manager can be turned on normally.

3. Data and device (system) interface

Data interface: Bluetooth communication.

Transmission protocol: BLE5.0 standard protocol.

4. User access control mechanism

(1) User identity authentication method: Register user account and password.

(2) User type and authority: The software has only ordinary user authority, and users can log in to the account and use the APP through mobile phone connection.

5. Security software update

Updated normally with mobile phone antivirus software.