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› [MICROLIFE BP A3 PLUS Electronic Arm Blood Pressure Monitor User Manual](#)

## Microlife BPA3-P

# MICROLIFE BP A3 PLUS Electronic Arm Blood Pressure Monitor User Manual

Model: BPA3-P

## INTRODUCTION

The MICROLIFE BP A3 PLUS is an advanced electronic arm blood pressure monitor designed for accurate and reliable home blood pressure measurement. It incorporates innovative technologies such as PAD (Pulse Arrhythmia Detection), MAM (Microlife Average Mode), and GENTLE+ for enhanced user comfort and measurement precision. This manual provides essential information for the proper setup, operation, and maintenance of your device.



Image: The Microlife BP A3 PLUS blood pressure monitor, including the main unit, arm cuff, four AA batteries, and the instruction manual, all neatly arranged.

## SETUP

### 1. Battery Installation

Your MICROLIFE BP A3 PLUS monitor requires four AA batteries (included). To install:

1. Open the battery compartment cover located on the bottom of the device.
2. Insert the four AA batteries, ensuring correct polarity (+ and -) as indicated inside the compartment.
3. Close the battery compartment cover securely.

## 2. Cuff Attachment

The device comes with a universal conical cuff (22-42cm) designed for comfort and accuracy.

1. Connect the air tube from the cuff firmly into the air jack on the side of the blood pressure monitor.
2. Ensure the cuff is properly wrapped around your upper arm, approximately 2-3 cm above the elbow joint, with the artery mark aligned with your brachial artery. The tube should run down the inside of your arm.



Image: The Microlife BP A3 PLUS monitor connected to its arm cuff, demonstrating how the cuff tube attaches to the device.

## 3. PC Connection (Optional)

The BP A3 PLUS supports PC connectivity for data transfer, though the necessary cable is not included. Refer to the separate software manual for detailed instructions on connecting your device to a computer.



Image: Side view of the Microlife BP A3 PLUS monitor, highlighting the air tube port and the user selection switch (for user 1 or user 2).

## OPERATING INSTRUCTIONS

### General Measurement Guidelines

For accurate blood pressure readings, follow these 11 golden rules:

1. Always take your blood pressure at the same time each day.
2. Do not smoke or consume coffee within one hour prior to measurement.
3. Take your blood pressure after 2 to 3 minutes of rest in a seated and relaxed position.
4. Do not take your blood pressure if you have a strong urge to urinate.
5. Read the instruction manual carefully before performing a measurement.
6. Keep the cuff at heart level during measurement.
7. Do not move during measurement.
8. Do not speak during measurement.
9. Wait at least 1 minute between 2 consecutive measurements.
10. Record the results in a measurement logbook.
11. Take your blood pressure regularly.

### Key Technologies

- **PAD Technology (Pulse Arrhythmia Detection):** This patented Microlife technology alerts you and your doctor to the presence of cardiac rhythm disturbances. The arrhythmia symbol appears after the measurement if an irregular pulse has been detected during the reading. This device does not replace a cardiology examination but contributes to the early detection of heart rate irregularities.
- **MAM Technology (Microlife Average Mode):** This unique technology, developed and patented by Microlife, automatically takes 3 consecutive reliable measurements and provides their weighted average. This technology allows for very precise determination of your blood pressure values. MAM technology is the only technology that allows for strict and simple adherence to the 3-measurement rule established by the French Committee for the Fight Against Hypertension (CFLHTA): 3 measurements in the morning upon waking, 3 measurements in the evening before bed, for 3 consecutive days.

- **GENTLE+ Technology:** This is an integrated system for optimal pressure control within the cuff, designed to limit arm constriction and ensure comfort and accuracy of blood pressure measurements.

## Additional Features

- **Arm Movement Indicator:** Ensures proper measurement by detecting arm movement.
- **Date and Time Display:** Records the time and date of each measurement.
- **WHO Color-Coded Scale:** Provides an immediate visual indication of your blood pressure level according to World Health Organization guidelines.
- **Battery Charge Indicator:** Alerts you when batteries are low and need replacement.



Image: Close-up of the Microlife BP A3 PLUS monitor's digital display, showing time, systolic, diastolic, and pulse readings, along with the MAM and Gentle+ indicators.

## MAINTENANCE

### Cleaning

To ensure the longevity and hygiene of your device:

- Clean the monitor unit with a soft, dry cloth. If necessary, use a cloth lightly dampened with water or a mild cleaning solution, then wipe dry.
- Do not use abrasive cleaners, thinners, or benzene.
- The cuff can be gently wiped with a damp cloth. Ensure it is completely dry before storage.

### Storage

Store the device and cuff in a cool, dry place, away from direct sunlight, extreme temperatures, and humidity. Keep it out of reach of children.

## TROUBLESHOOTING

If you encounter issues with your MICROLIFE BP A3 PLUS, consider the following:

- **No Display/Device Not Turning On:** Check battery polarity. Replace batteries if they are depleted.
- **Inaccurate Readings:** Ensure the cuff is correctly positioned and tightened. Follow all general measurement guidelines (e.g., rest before measurement, no talking/moving). The device is clinically tested for accuracy, but user error is a common cause of discrepancies.
- **Error Messages:** Consult the full instruction manual for specific error codes and their meanings. Common errors relate to cuff pressure or movement during measurement.

If problems persist, contact Microlife customer support or your retailer for assistance.

## SPECIFICATIONS

Feature	Detail
Model Number	BPA3-P
Dimensions (L x W x H)	14.3 x 8.5 x 5.8 cm
Weight	368 Grams
Power Source	4 AA Batteries (included)
Cuff Size	Universal (22-42 cm)
Display Type	Digital
Memory	2 x 99 memories (ideal for 2 users)



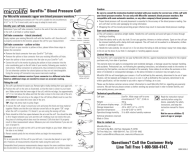




Feature	Detail
Technologies	PAD, MAM, GENTLE+

## WARRANTY AND SUPPORT

For information regarding warranty coverage, please refer to the warranty card included with your product or visit the official Microlife website. For technical support, troubleshooting assistance, or spare parts, please contact Microlife customer service directly or the retailer from whom you purchased the device. Ensure you have your model number (BPA3-P) and purchase details ready when contacting support.

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## Related Documents - BPA3-P

	<p><a href="#">Microlife SureFit+™ Automatic Upper Arm Blood Pressure Cuff - User Guide</a></p> <p>Detailed instructions and specifications for the Microlife SureFit+™ automatic upper arm blood pressure cuff, designed for arm circumferences from 8.7 to 18.1 inches. Learn about cuff fitting, connector types, care, maintenance, and warranty.</p>
	<p><a href="#">Microlife BP MAM Wrist: Accurate Blood Pressure Monitor User Guide</a></p> <p>Learn how to accurately measure your blood pressure at home with the Microlife BP MAM Wrist. This user manual provides detailed instructions, features, and safety information for the advanced blood pressure monitor.</p>
	<p><a href="#">Microlife SureFit Wide Range Blood Pressure Cuff User Manual</a></p> <p>User manual for the Microlife SureFit Wide Range Blood Pressure Cuff (Model WRSC). Provides instructions on use, care, safety information, technical specifications, and warranty for this replacement cuff designed for upper arms measuring 8.7 to 16.5 inches.</p>
	<p><a href="#">Microlife BP B4 BT Blood Pressure Monitor User Manual and Instructions</a></p> <p>Official user manual for the Microlife BP B4 BT digital blood pressure monitor. Learn about setup, operation, Bluetooth connectivity, measurement interpretation, troubleshooting, and specifications for accurate home blood pressure monitoring.</p>
	<p><a href="#">Microlife BP B4 BT Bluetooth Blood Pressure Monitor - User Manual</a></p> <p>Comprehensive user manual for the Microlife BP B4 BT automatic blood pressure monitor with Bluetooth connectivity. Learn about setup, measurement, interpretation, troubleshooting, and specifications.</p>





### [Microlife BP3GY1-2N Bluetooth Blood Pressure Monitor Instruction Manual](#)

This manual provides essential information for operating the Microlife BP3GY1-2N Bluetooth Blood Pressure Monitor. Learn about its features, proper usage, safety guidelines, and troubleshooting tips for accurate blood pressure and pulse monitoring at home.