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› A&D Medical UA-651BLE Blood Pressure Monitor User Manual

A&D Medical UA-651BLE

A&D Medical Bluetooth Blood Pressure Monitor

Model: UA-651BLE

User Manual

INTRODUCTION

The A&D Medical UA-651BLE is a digital Bluetooth blood pressure monitor designed for accurate and comfortable home use. It features simple one-button operation and advanced inflation/deflation technology for faster readings. This manual provides comprehensive instructions for setting up, operating, and maintaining your device, ensuring you get the most accurate measurements for effective health tracking.

INCLUDED IN THE BOX

Upon opening your A&D Medical UA-651BLE package, you should find the following components:

- 1 x Upper Arm Blood Pressure Monitor (UA-651BLE)
- 1 x Wide Range Blood Pressure Cuff (8.6-16.5" / 22-42cm)
- 1 x Instruction Manual (this document)
- 1 x Quick Start Guide
- 1 x Carrying Case
- 4 x AA Batteries

Bluetooth Health Companion App

Log, Track and Share Measurements



Figure 1: All items included in the A&D Medical UA-651BLE Blood Pressure Monitor package. This image displays the main monitor unit, the wide-range arm cuff, the instruction manual, a quick start guide, a grey carrying bag, and four AA batteries.

SETUP

1. Battery Installation

The UA-651BLE operates on 4 AA batteries, which are included. Locate the battery compartment on the back of the monitor. Insert the batteries, ensuring correct polarity (+/-) as indicated inside the compartment. Close the battery cover securely.

2. App Pairing (A&D Heart Track App)

To utilize the Bluetooth features and track unlimited measurements, download the free A&D Heart Track App from the iOS App Store (requires iOS 12.0 or later) or Google Play Store (requires Android 5.0 or above). Follow the in-app instructions to create an account and pair your UA-651BLE monitor. The app allows for seamless data synchronization and health tracking.

Easy to Use



Plug in AC Adapter/ Install Batteries

1



Pair device with App

2



Wrap Cuff

(ability to slide 2 fingers underneath)

3



Take Measurement

4

*4 AA Batteries (included)

Figure 2: Visual guide for initial setup and measurement. This image illustrates the process from installing batteries to pairing the device with the A&D Heart Track App, correctly wrapping the cuff, and finally taking a blood pressure measurement.

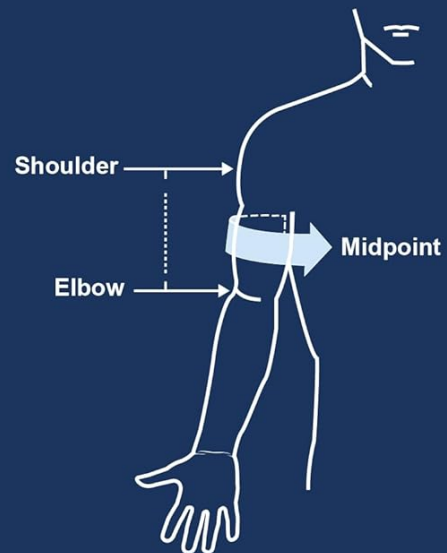
MEASURING CUFF SIZE

Using the correct cuff size is crucial for accurate blood pressure readings. An ill-fitting cuff can lead to inaccurate results. Follow these steps to determine your appropriate cuff size:

1. **Find Your Midpoint:** Allow your arm to hang naturally at your side. Locate the bony part of your shoulder (acromion process) and the bony part of your elbow (olecranon process). Measure the distance between these two points and divide by two to find the midpoint of your upper arm.
2. **Measure Your Arm Circumference:** At the midpoint you just identified, measure the circumference of your arm using a tape measure.
3. **Choose the Correct Cuff Size:** Refer to the table below to select the recommended cuff size based on your arm circumference. The UA-651BLE comes with a Standard Wide Range Adult cuff (8.6-16.5" / 22-42cm). If your arm circumference falls outside this range, you may need to purchase an alternative cuff (Small, Medium, or Large) separately.

How to measure for correct cuff size

- Allow your arm to hang at your side
- Locate the midpoint between your elbow and shoulder
- Measure the circumference to confirm your fit.



8.6" - 16.5" inches

Figure 3: Instructions for measuring arm circumference. This diagram illustrates how to find the midpoint between the shoulder and elbow, and then measure the arm's circumference at that point to ensure proper cuff fit.

Recommended Cuff Sizes for A&D BP Monitor

Arm Circumference (cm)	Arm Circumference (in)	Category
16-24	6.3-9.4	Small Adult
22-42	8.6-16.5	Standard Wide Range Adult
23-37	9.0-14.6	Medium Adult
31-45	12.2-17.7	Large Adult



Find Your Best Fit

A Cuff for Every Arm

If your cuff is too small or large, it may result in inaccurate readings.

Supported Sizes:

Small Cuff :	6.3" - 9.4"
Medium Cuff :	9.0" - 14.6"
Large Cuff :	12.2" - 17.7"
Wide Range Cuff :	8.6" - 16.5"

Figure 4: Visual representation of various cuff sizes available. This image emphasizes the importance of finding the best fit for accurate readings, showing different cuff sizes (S, M, L) alongside the standard wide-range cuff.

Your browser does not support the video tag.

Video 1: "A&D Medical 5 Blood Pressure Cuff Mistakes to Avoid". This video provides essential guidance on how to correctly measure your arm for proper cuff sizing, how to correctly place the cuff, and other common mistakes to avoid for accurate blood pressure readings. It highlights the importance of correct cuff fit and position.

OPERATING INSTRUCTIONS

1. Proper Cuff Placement

Correct cuff placement is vital for accurate readings. Ensure the cuff is placed on the bare skin of your left arm, approximately 1-2 cm (0.5 inches) above the elbow. The palm of your hand should be facing upwards. The cuff should be snug enough that you can just about fit two fingers underneath it. If it's too loose or too tight, it will affect accuracy. The tube should run down your arm, aligned with your middle finger, and connect to the monitor.

Why Choose A&D Medical For Home Health Monitoring?

- ✓ Accurate Results You Can Trust
- ✓ Easy to Use, Right Out of the Box
- ✓ Stay Connected to Your Health
- ✓ Designed for Everyday Life



Figure 5: Step-by-step guide for proper cuff placement. This visual aid shows how to wrap the cuff on bare skin, ensure it's secured with enough room for two fingers, and position your arm correctly at heart level before taking a measurement.

2. Taking a Measurement

Once the cuff is correctly positioned, sit comfortably with your back supported and feet flat on the floor. Your arm should be resting on a flat surface, with the cuff at heart level. Press the START button on the monitor. The cuff will automatically inflate and then slowly deflate, displaying your systolic, diastolic, and pulse rate readings on the large digital LCD screen.

3. Important Considerations for Accurate Readings

For the most accurate blood pressure measurements, observe the following guidelines:

- Avoid caffeine, alcohol, smoking, and strenuous exercise for at least 30 minutes prior to measurement.
- Rest quietly for 5 minutes before taking a reading.
- Ensure your arm is relaxed and supported at heart level.
- Do not talk or move during the measurement.

- Take multiple readings (e.g., two or three) with a short break in between and average them for a more reliable result.



Figure 6: The A&D Medical UA-651BLE monitor, its wide-range cuff, and the companion A&D Heart Track App interface. The monitor displays blood pressure and pulse readings, while the app shows historical data and trends.

A&D HEART TRACK APP

The A&D Heart Track App is designed to seamlessly integrate with your UA-651BLE monitor, providing a comprehensive solution for managing your blood pressure data. Key features include:

- **Wireless Sync:** Automatically transfers your blood pressure readings from the monitor to your smartphone via Bluetooth.
- **Unlimited Measurements:** Store and track an unlimited number of readings, allowing for long-term health monitoring.
- **Data Tracking & Trends:** View your blood pressure trends over time with intuitive graphs and charts.
- **Sharing Capabilities:** Easily share your data with healthcare professionals or family members.
- **Notes & Reminders:** Add notes to your readings and set reminders for consistent monitoring.
- **Compatibility:** Available for iOS (version 12.0 or later) and Android (version 5.0 or above) devices.

Clinical Grade Accuracy Medical Precision At Home



One Button
Operation



30 Readings
on Device



Irregular Heartbeat
(IHB) Indicator



Wireless

Figure 7: The A&D Heart Track App in use, displaying blood pressure and heart rate data. This image highlights the app's user-friendly interface for logging, tracking, and sharing health measurements, including overview, daily, and graphical views.

MAINTENANCE

Proper maintenance ensures the longevity and accuracy of your blood pressure monitor:

- **Cleaning:** Wipe the monitor and cuff with a soft, dry cloth. If necessary, use a cloth lightly dampened with water and a mild soap, then wipe dry immediately. Do not use abrasive cleaners or immerse the unit in water.
- **Storage:** Store the device in its carrying case in a cool, dry place, away from direct sunlight, extreme temperatures, and humidity.
- **Battery Replacement:** Replace all four AA batteries when the low battery indicator appears on the display. Do not mix old and new batteries or different types of batteries.
- **Cuff Care:** Avoid excessive bending or creasing of the cuff tubing. Do not pull on the tubing.

TROUBLESHOOTING

If you encounter issues with your A&D Medical UA-651BLE, refer to the following common troubleshooting tips:

- **Inaccurate Readings:**
 - Ensure correct cuff size and placement (refer to "Measuring Cuff Size" and "Proper Cuff Placement" sections).
 - Verify arm position (at heart level, relaxed, supported).
 - Avoid talking or moving during measurement.
 - Ensure you have rested for at least 5 minutes before taking a reading.
 - Check for kinks or blockages in the air tube.
- **No Display/Unit Not Turning On:**
 - Check if batteries are inserted correctly with proper polarity.
 - Replace old or depleted batteries with new ones.
- **Bluetooth Pairing Issues:**
 - Ensure Bluetooth is enabled on your smartphone.
 - Make sure the A&D Heart Track App is open and in the foreground.
 - Restart both the monitor and your smartphone.
 - Ensure your smartphone meets the minimum OS requirements (iOS 12.0+ or Android 5.0+).
 - Try re-pairing the device through the app's settings.
- **Error Messages:**
 - Refer to the Quick Start Guide or the full PDF User Manual (link below) for specific error code explanations and solutions.

SPECIFICATIONS

Feature	Detail
Model Name	UA-651BLE
Brand	A&D Medical
Display Type	Digital LCD
Use For	Upper Arm
Cuff Size	Wide Range (8.6-16.5 inches / 22-42 cm)
Power Source	4 AA Batteries (included)
Memory	Up to 30 readings on device
Connectivity	Bluetooth (iOS & Android compatible)
Item Weight	9.6 ounces
Product Dimensions	5 x 2.75 x 7.5 inches

WARRANTY & SUPPORT

A&D Medical stands behind the quality of its products. The UA-651BLE Blood Pressure Monitor typically comes with a **5-Year Protection Plan**. For detailed warranty information, please refer to the official User Manual PDF available online or contact A&D Medical customer support.

For additional support, including troubleshooting, product inquiries, or technical assistance, A&D Medical offers **unlimited local technical support**. You can also refer to the comprehensive User Manual (PDF) for more in-depth information:

[Download Official User Manual
\(PDF\)](#)

Optional protection plans are also available for purchase, including 2-Year and 3-Year plans, and a Complete Protect plan for broader coverage.