

[Manuals.plus](#) /

› [A&D Medical](#) /

› A&D Medical Essential One Wrist Blood Pressure Monitor - UB-543 User Manual

A&D Medical UB-543

A&D Medical Essential One Wrist Blood Pressure Monitor - UB-543 User Manual

Model: UB-543

INTRODUCTION

The A&D Medical Essential One Wrist Blood Pressure Monitor, Model UB-543, is designed for convenient and accurate blood pressure measurement at home. This device is suitable for two users and stores up to 60 measurements per user, complete with date and time stamps. Its compact design makes it ideal for both home use and travel. The monitor features a Correct Positioning Guide to ensure accurate readings and gentle inflation for user comfort.



Image: A&D Medical Essential One Wrist Blood Pressure Monitor, Model UB-543, showing its display and wrist cuff.

INCLUDED IN THE BOX

Please check the contents of your package to ensure all items are present:

- 1 x A&D Medical Essential One Wrist Blood Pressure Monitor (UB-543)
- 1 x Instruction Manual (this document)
- 1 x Quick Start Guide
- 1 x Carrying Case
- 2 x AAA Batteries

Included in the box

- 1 Blood Pressure Monitor
- 1 User Manual
- 1 Quick Start Guide
- 1 Carrying Case



Image: The A&D Medical UB-543 monitor, its carrying case, and the packaging indicating included items.

SETUP

1. Battery Installation

1. Locate the battery compartment on the back of the monitor.
2. Slide open the battery cover.
3. Insert the 2 AAA batteries, ensuring the correct polarity (+/-) as indicated inside the compartment.
4. Close the battery cover securely.

2. Initial Setup (Date and Time)

Upon first use or after battery replacement, you may need to set the date and time. Refer to the Quick Start Guide for detailed instructions on navigating the settings menu using the device buttons.



Up to 2 Unique User Accounts



2 AAA Batteries Included



Carrying Case Included



Extended 5-Year Device Warranty



120 reading memory (60/user)

Image: The A&D Medical UB-543 monitor alongside its carrying case, illustrating the compact nature and included accessories for setup.

OPERATING INSTRUCTIONS

1. Applying the Wrist Cuff

1. Remove any tight clothing from your wrist.
2. Place the monitor on your left wrist with the display facing up. The cuff should be positioned approximately 1-2 cm (0.4-0.8 inches) from your palm.
3. Secure the cuff snugly around your wrist using the hook-and-loop fastener. Ensure it is not too tight or too loose.

2. Correct Positioning for Measurement

For accurate readings, it is crucial to position your wrist at heart level. The UB-543 features a Correct Positioning Guide to assist you. Sit comfortably with your back supported and feet flat on the floor. Rest your elbow on a table and raise your wrist so the monitor is at the same level as your heart.

Always clinically validated for accuracy



CLINICALLY
VALIDATED



Image: A person demonstrating the correct wrist placement and arm position for taking a blood pressure reading with the UB-543 monitor.

3. Taking a Measurement

1. Once the cuff is correctly applied and your wrist is at heart level, press the **START** button.
2. The cuff will begin to inflate automatically. Remain still and silent during the measurement.
3. The monitor will display your systolic pressure (SYS), diastolic pressure (DIA), and pulse rate (PUL) once the measurement is complete.

Highly Rated Heart Track App – FREE

Manually enter
measurements to
digitally track, trend
and share

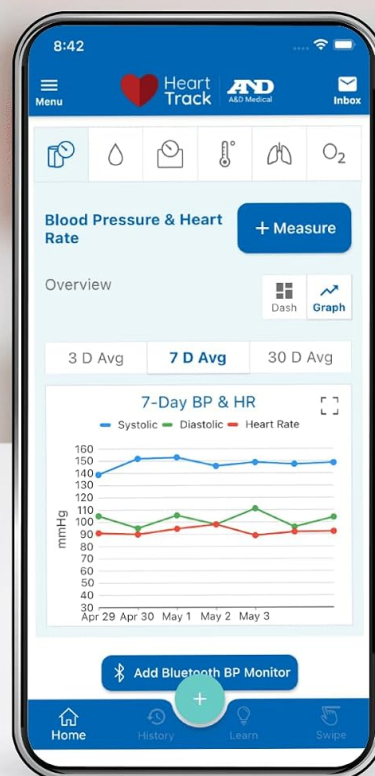


Image: Close-up of the A&D Medical UB-543 monitor's LCD screen displaying systolic, diastolic, and pulse readings.

4. Memory Function

The UB-543 can store up to 60 readings for each of two users. To review past measurements, press the **Memory** button (often indicated by a clock or person icon). Use the arrow buttons to scroll through stored readings. The monitor also provides an average of all measurements.

MAINTENANCE

Cleaning the Monitor and Cuff

- Wipe the monitor and cuff with a soft, dry cloth.
- If necessary, use a cloth lightly dampened with water and a mild soap. Do not use abrasive cleaners or immerse the unit in water.
- Ensure the monitor is completely dry before storage.

Storage

Store the monitor in its provided carrying case in a cool, dry place, away from direct sunlight and extreme temperatures.

Battery Replacement

When the low battery indicator appears on the display, replace both AAA batteries with new ones. Follow the battery installation steps outlined in the Setup section.

TROUBLESHOOTING

Problem	Possible Cause	Solution
No display/Unit does not turn on	Batteries are dead or incorrectly inserted.	Replace batteries or reinsert them with correct polarity.
Inaccurate readings	Incorrect cuff placement, arm not at heart level, movement during measurement, talking during measurement.	Ensure proper cuff application and arm positioning. Remain still and silent. Consult the "Correct Positioning Guide".
"E" or other error code on display	Measurement error, cuff too loose/tight, irregular heartbeat detected.	Re-apply cuff and re-measure. If error persists, consult the full instruction manual or contact customer support.

If you encounter issues not listed here or if problems persist, please refer to the comprehensive instruction manual or contact A&D Medical customer support.

SPECIFICATIONS

- **Model:** UB-543
- **Measurement Method:** Oscillometric
- **Measurement Range:** Pressure: 0-299 mmHg; Pulse: 40-180 beats/minute
- **Accuracy:** Pressure: ± 3 mmHg; Pulse: $\pm 5\%$ of reading
- **Memory:** 60 readings per user (2 users)
- **Cuff Size:** Fits wrists 5.3-8.5 inches (13.5-21.5 cm)
- **Power Source:** 2 x AAA batteries (included)
- **Product Dimensions:** 0.9"L x 2.2"W x 3.5"Th
- **Weight:** Approximately 8.78 ounces (including batteries)
- **Display Type:** LCD

WARRANTY AND SUPPORT

The A&D Medical Essential One Wrist Blood Pressure Monitor (UB-543) comes with an industry-leading extended **5-year warranty** on the monitor and a **2-year warranty** on the cuff.

For any questions, concerns, or technical assistance, please contact our dedicated customer satisfaction team:

Phone: (888) 726-9966

Operating Hours: Please check the A&D Medical website for current support hours.

Additional resources, including the A&D Heart Track App for tracking measurements, are available on the official A&D Medical website.

IMPORTANT INFORMATION

Proposition 65 Warning: This product may contain chemicals known to the State of California to cause cancer and birth defects or other reproductive harm.

Legal Disclaimer: Statements regarding dietary supplements have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition.