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## A&D Medical UA-611

# A&D Medical UA-611 Blood Pressure Monitor User Manual

Comprehensive instructions for safe and effective use of your A&D Medical UA-611 Upper Arm Blood Pressure Monitor.

## 1. PRODUCT OVERVIEW

The A&D Medical UA-611 is a digital blood pressure monitor designed for home use, featuring simple one-button operation for quick and accurate measurements. It includes advanced inflation and deflation technology for faster and more comfortable readings.



Image: The A&D Medical UA-611 Blood Pressure Monitor with its accompanying wide-range cuff.

**Package Contents:**

# Included in the box

- 1 Blood Pressure Monitor
- 1 Wide Range Cuff  
8.6-16.5" (22-42 cm)
- 1 User Manual
- 1 Quick Start Guide



Image: A visual representation of the items included in the product box.

- 1 x A&D Medical UA-611 Upper Arm Blood Pressure Monitor
- 1 x Wide Range Blood Pressure Cuff (8.6-16.5" / 22-42cm)
- 1 x Instruction Manual
- 1 x Quick Start Guide
- *Note: 4 AA batteries are required and sold separately.*

## 2. SETUP AND CUFF PLACEMENT

### Battery Installation:

Insert four (4) AA batteries into the battery compartment located on the back of the monitor, ensuring correct polarity (+/-) as indicated. Close the battery cover securely.

## Cuff Sizing and Placement:

Accurate cuff sizing and proper placement are crucial for reliable blood pressure readings. The UA-611 comes with a wide-range cuff suitable for most upper arms (8.6-16.5" / 22-42cm). Ensure the cuff fits snugly but not too tightly.

# 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

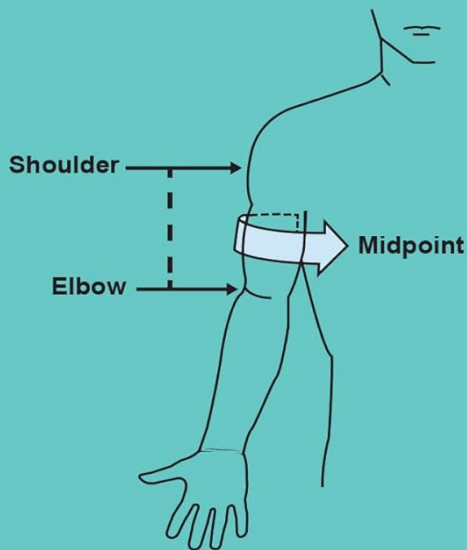


Image: Instructions on how to measure your arm to determine the correct cuff size. Allow your arm to hang at your side, locate the midpoint between your elbow and shoulder, and measure the circumference.



## Cuff Size Matters!

If the cuff you use is too small, your blood pressure reading will be artificially high.

If your cuff is too large, you may get a lower-than-actual reading.

Image: An illustration emphasizing that incorrect cuff size can lead to inaccurate blood pressure readings. A cuff that is too small may result in artificially high readings, while a cuff that is too large may result in lower-than-actual readings.

For detailed visual guidance on cuff placement, please watch the official video below:

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Video: Official A&D Medical Cuff Placement Procedure. This video demonstrates the correct method for positioning the blood pressure cuff on the upper arm to ensure accurate measurements.

### General Cuff Placement Steps:

1. Pass your arm through the cuff hole with your palm facing up.
2. Attach the hose in line with your middle finger.
3. Wrap the cuff around the upper arm, about 0.5-1 inch (1-2 cm) above the inside of the elbow.
4. Ensure the arm protector is flat against the arm and not folded under the cuff.
5. Confirm that the arrow on the cuff points to within the proper fit range.
6. It is preferable to use the left arm when taking blood pressure readings, unless instructed otherwise by your doctor.

### 3. OPERATING INSTRUCTIONS

#### Taking a Measurement:

The UA-611 features simple one-button operation. To begin a measurement:

1. Sit comfortably with your back supported and feet flat on the floor.
2. Rest your arm on a table so the cuff is at heart level.
3. Press the **START** button. The cuff will automatically inflate and then slowly deflate.
4. Your systolic, diastolic, and pulse rate readings will be displayed on the large digital LCD screen.
5. The monitor will automatically store the reading in its memory.

#### Understanding Your Readings:

- **SYS (Systolic Pressure):** The top number, indicating the pressure in your arteries when your heart beats.
- **DIA (Diastolic Pressure):** The bottom number, indicating the pressure in your arteries between beats.
- **PUL (Pulse Rate):** Your heart rate, or the number of times your heart beats per minute.

### 4. MEMORY AND APP INTEGRATION

#### Reading Memory:

The UA-611 can store and recall up to 60 readings in its internal memory. This allows for tracking your blood pressure trends over time. The monitor also features Snapshot Averaging, which automatically calculates the average of all stored readings to help determine your baseline blood pressure.

#### A&D Heart Track App:

Enhance your health tracking with the free A&D Heart Track App. You can manually log and track unlimited measurements, view trends, and share your data directly from your device. The app is available for iOS (version 12.0 or later) and Android (version 5.0 or above) devices.

# Highly Rated Heart Track App – FREE

Manually enter  
measurements to  
digitally track, trend  
and share

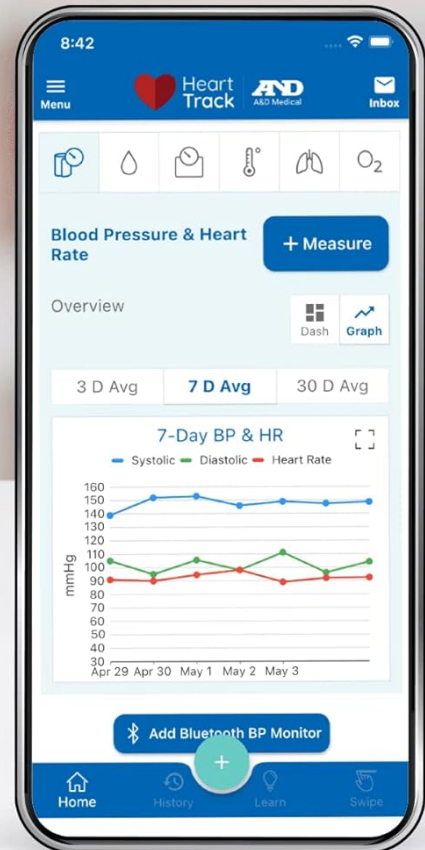


Image: A smartphone displaying the user-friendly interface of the A&D Heart Track App, showing blood pressure and heart rate tracking features.

## 5. 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 slightly damp cloth with mild soap, then wipe dry. Do not use abrasive cleaners or immerse the unit in water.
- **Storage:** Store the monitor and cuff in a clean, dry place away from direct sunlight, extreme temperatures, and humidity. Avoid dropping the unit or subjecting it to strong shocks.
- **Battery Replacement:** Replace batteries when the low battery indicator appears on the display to ensure continued accurate operation.

## 6. TROUBLESHOOTING

If you encounter issues with your blood pressure monitor, refer to the following common solutions:

Problem	Possible Cause	Solution
Monitor does not turn on.	Batteries are dead or incorrectly inserted.	Check battery polarity or replace with new AA batteries.
Inaccurate or inconsistent readings.	Incorrect cuff placement, wrong cuff size, movement during measurement, or talking.	Ensure cuff is correctly placed and sized. Remain still and silent during measurement. Consult the cuff placement video.
Cuff does not inflate or inflates too little/much.	Air hose not securely connected to the monitor or cuff.	Check all connections to ensure they are firmly attached.
Error message displayed.	Specific error codes indicate different issues (e.g., movement, irregular heartbeat).	Refer to the full instruction manual for specific error code meanings. Repeat measurement after resting. If persistent, contact support.

## 7. SPECIFICATIONS

Feature	Detail
Model Number	UA-611
Measurement Method	Oscillometric
Cuff Size	Wide Range Cuff (8.6-16.5" / 22-42cm)
Memory Capacity	60 Readings
Power Source	4 AA Batteries (not included)
Dimensions	7.09 x 5.04 x 3.62 inches
Weight	1.12 Pounds
Manufacturer	A&D Medical

## 8. WARRANTY AND SUPPORT

The A&D Medical UA-611 Blood Pressure Monitor comes with an **Extended 5-Year Device Warranty**, ensuring peace of mind regarding your investment.

For further assistance, detailed troubleshooting, or warranty claims, please refer to the full User Manual PDF available through the product listing or contact A&D Medical customer support directly.

You can also visit the official A&D Medical Store for more information and support resources [A&D Medical Store](#)