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› Equate UA-4000WM 4000 Series Upper Arm Blood Pressure Monitor User Manual

Equate UA-4000WM

Learn how to easily set up, get an accurate reading, and track results with the Equate UA-4000WM blood pressure monitor. This quick start guide covers battery installation, cuff connection, proper positioning, viewing results, and important health notes.

Equate UA-4000WM 4000 Series Upper Arm Blood Pressure Monitor User Manual

IMPORTANT SAFETY INFORMATION

Please read this manual thoroughly before using the Equate UA-4000WM Blood Pressure Monitor. Keep this manual for future reference.

- This device is intended for adult use only.
- Do not self-diagnose or self-treat based on measurement results. Always consult your physician for interpretation of blood pressure readings.
- If you experience discomfort during measurement, press the START/STOP button to stop the inflation immediately.
- Keep the device out of reach of infants and children.
- Do not use this device on an injured arm or an arm under medical treatment.

PRODUCT OVERVIEW

The Equate UA-4000WM 4000 Series Upper Arm Blood Pressure Monitor is designed for easy and accurate measurement of blood pressure and pulse rate at home. It features a large digital display, memory storage, and irregular heartbeat detection.



Image: Equate UA-4000WM 4000 Series Upper Arm Blood Pressure Monitor. The image shows the white monitor unit with a large digital display, three control buttons (arrow, clock, power/start-stop), and a black upper arm cuff connected via a tube.

Components

- Main Monitor Unit
- Upper Arm Cuff (Universal Size)
- Instruction Manual
- Batteries (typically 4 x AA, not always included)

SETUP

Battery Installation

1. Open the battery cover on the back of the monitor unit.
2. Insert four (4) AA batteries according to the polarity indicators (+ and -) inside the compartment.
3. Close the battery cover securely.

Cuff Attachment

1. Insert the air plug of the cuff firmly into the air jack on the side of the monitor unit.
2. Ensure the cuff is properly connected before taking a measurement.

OPERATING INSTRUCTIONS

Taking a Measurement

1. Sit comfortably with your back supported and feet flat on the floor. Relax for 5 minutes before measuring.
2. Place the cuff on your bare upper arm, approximately 1-2 cm above the elbow joint. The air tube should run down the center of your arm.
3. Ensure the cuff is snug but not too tight; you should be able to insert two fingers between the cuff and your arm.
4. Rest your arm on a table so the cuff is at heart level.
5. Press the **START/STOP** button. The cuff will automatically inflate.
6. Remain still and silent during the measurement.
7. Once the measurement is complete, the systolic, diastolic, and pulse readings will be displayed on the screen. The monitor will automatically store the reading and then power off after a short period.

Memory Functions

The monitor can store up to 120 measurements. To review past readings:

- With the monitor off, press the **Memory (clock icon)** button. The most recent reading will be displayed.
- Press the **Memory** button repeatedly to scroll through previous readings.
- To clear all memory, press and hold the **Memory** button for approximately 5 seconds until 'CLR' appears.

MAINTENANCE AND CARE

- Clean the monitor unit and cuff with a soft, dry cloth. Do not use abrasive cleaners or immerse the unit in water.
- Store the device in a cool, dry place, away from direct sunlight, extreme temperatures, and humidity.
- Remove batteries if the unit will not be used for an extended period to prevent leakage.
- Do not disassemble or attempt to repair the monitor yourself. Contact customer support for assistance.

TROUBLESHOOTING

Problem	Possible Cause	Solution
No display when powered on	Batteries are dead or incorrectly inserted.	Replace batteries or reinsert them correctly.
Error message (e.g., 'E1')	Cuff not properly applied or air leakage.	Re-apply cuff correctly and ensure air plug is secure.
Inaccurate readings	Movement during measurement, incorrect cuff placement, or talking.	Remain still and silent. Ensure cuff is at heart level and correctly positioned.

Problem	Possible Cause	Solution
Irregular Heartbeat Indicator (heart icon)	Detected an irregular pulse during measurement.	This is an indicator, not a diagnosis. Consult your physician if this appears frequently.

SPECIFICATIONS

Feature	Detail
Model	UA-4000WM
Measurement Method	Oscillometric
Measurement Range	Pressure: 0-299 mmHg; Pulse: 40-199 beats/minute
Accuracy	Pressure: ±3 mmHg; Pulse: ±5% of reading
Memory	120 measurements
Power Source	4 x AA Batteries
Cuff Size	Universal (fits most adult arm circumferences)
Display Type	Digital LCD

WARRANTY AND SUPPORT

For warranty information or technical support, please refer to the contact details provided on the product packaging or visit the official Equate website. Keep your purchase receipt as proof of purchase.

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page’s manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question

Answered questions about this manual

How do I read the heart rate and irregular heartbeat features on the Equate UA-4000WM blood pressure monitor?

On the Equate UA-4000WM, the heart rate (pulse) and irregular heartbeat features are displayed as follows:
Pulse Reading: After a measurement is complete, your pulse rate is shown on the digital screen alongside your systolic...

[Read full answer](#)

How do I reset the Equate UA-4000WM blood pressure monitor if the readings are consistently higher than those at the doctor's office?

To reset the memory on your Equate UA-4000WM, follow these steps:
Ensure the monitor is powered off.
Press and hold the Memory button (the clock icon) for approximately 5 seconds.
Release the button when 'CLR' appears on...

[Read full answer](#)