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› A&D Medical UA-651SAC Blood Pressure Monitor Instruction Manual

A&D Medical UA-651SAC

A&D Medical UA-651SAC Blood Pressure Monitor

INSTRUCTION MANUAL

Model: UA-651SAC | Brand: A&D Medical

1. Product Overview

The A&D Medical UA-651SAC is a digital upper arm blood pressure monitor designed for accurate and convenient home use. It features simple one-button operation for quick measurements and advanced inflation/deflation technology for comfortable readings. This monitor is equipped with clinical-grade accuracy, ensuring reliable results comparable to those obtained in a medical setting.

Key features include:

- Simple one-button operation
- Advanced inflation and deflation for comfort
- Stores up to 60 readings
- Snapshot Averaging for baseline blood pressure determination
- Large digital LCD screen for clear display
- Irregular Heartbeat (IHB) Detection

2. What's in the Box

Your A&D Medical UA-651SAC package includes the following components:

- 1 x Upper Arm Blood Pressure Monitor (UA-651SAC)
- 1 x Small Blood Pressure Cuff (6.3"-9.4" / 16-24 cm)
- 1 x Instruction Manual
- 1 x Quick Start Guide

- 1 x AC Adapter

Included in the box

1 Upper Arm Blood Pressure Monitor
1 Small Cuff (6.3"-9.4")
1 Instruction Manual

1 Quick Start Guide
1 AC Adapter



5 Year
protection plan



Unlimited local technical support

Image: The contents of the product box, showing the UA-651SAC monitor, a small cuff, an AC adapter, and printed manuals.

3. Cuff Sizing and Placement

Accurate blood pressure readings depend on using the correct cuff size and proper placement. The UA-651SAC comes with a small cuff designed for upper arm circumferences of 6.3"-9.4" (16-24 cm).

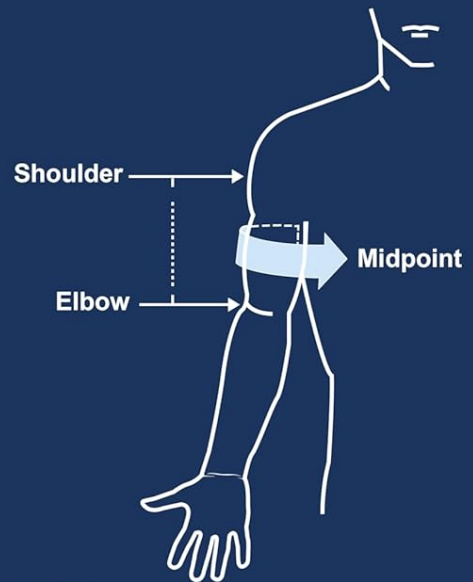
To measure for correct cuff size:

1. Allow your arm to hang at your side.
2. Locate the midpoint between your elbow and shoulder.
3. Measure the circumference of your arm at this midpoint to confirm your fit.

If you require a different size, compatible cuffs (sold separately) include: A&D Medical UA-290A Medium Cuff (9.0-14.6" / 23-37 cm), UA-291A Large Cuff (12.2-17.7" / 31-45cm), and UA-420 Wide Range Cuff (8.6" / 22-

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.



6.3" - 9.4" inches

Image: A diagram illustrating the correct method to measure arm circumference for proper cuff fitting, showing the midpoint between shoulder and elbow.



Small Cuff: 6.3-9.4"



**Includes Small Cuff (UA-289A),
fits arm sizes 6.3-9.4"**

Find Your Best Fit

Additional Supported Sizes (sold separately):

Wide Range Cuff (UA-420A): 8.6-16.5"

Large Cuff (UA-291A): 12.2-17.7"

Medium Cuff (UA-290A): 9.0-14.6"

Image: Three different blood pressure cuffs (small, medium, large) are shown, with the small cuff labeled as 6.3-9.4 inches, indicating the range for the UA-651SAC.

Cuff Placement Procedure Video

Video: This video demonstrates the correct procedure for placing the A&D Medical blood pressure cuff on the upper arm to ensure accurate readings. It covers positioning the arm, aligning the cuff, and securing it properly.

4. Operating Instructions

Follow these steps for easy and accurate blood pressure measurement:

1. **Power On:** Plug in the AC adapter or install batteries (4 x AA, not included).
2. **Wrap Cuff:** Wrap the cuff on the bare skin of your left upper arm, 1-2 cm above the elbow, with your palm facing up. Ensure there is enough room to fit two fingers underneath the cuff.
3. **Position Arm:** Sit with your arm at heart level on a flat surface, ensuring your back is supported and feet are flat on the floor.
4. **Start Measurement:** Press the 'START/STOP' button. The cuff will automatically inflate and then slowly

deflate, displaying your systolic, diastolic, and pulse readings.

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



Image: A visual guide showing four steps for using the blood pressure monitor: 1) Plug in AC Adapter / Install Batteries, 2) Wrap Cuff (ability to slide 2 fingers underneath), 3) Ensure Cuff in line with Heart, 4) Take Measurement.

Avoiding Common Cuff Mistakes Video

Video: This video from A&D Medical highlights five common mistakes users make when using a blood pressure cuff and how to avoid them to ensure accurate readings.

5. Important Measurement Tips

For the most accurate readings, observe the following guidelines:

- Avoid eating, drinking alcohol, smoking, bathing, or exercising for 30 minutes prior to taking a measurement.
- Rest for at least 5 minutes before taking a measurement.

- Ensure the cuff is at heart level.
- Sit with your back supported and feet flat on the floor, uncrossed.
- Remain still and silent during the measurement.

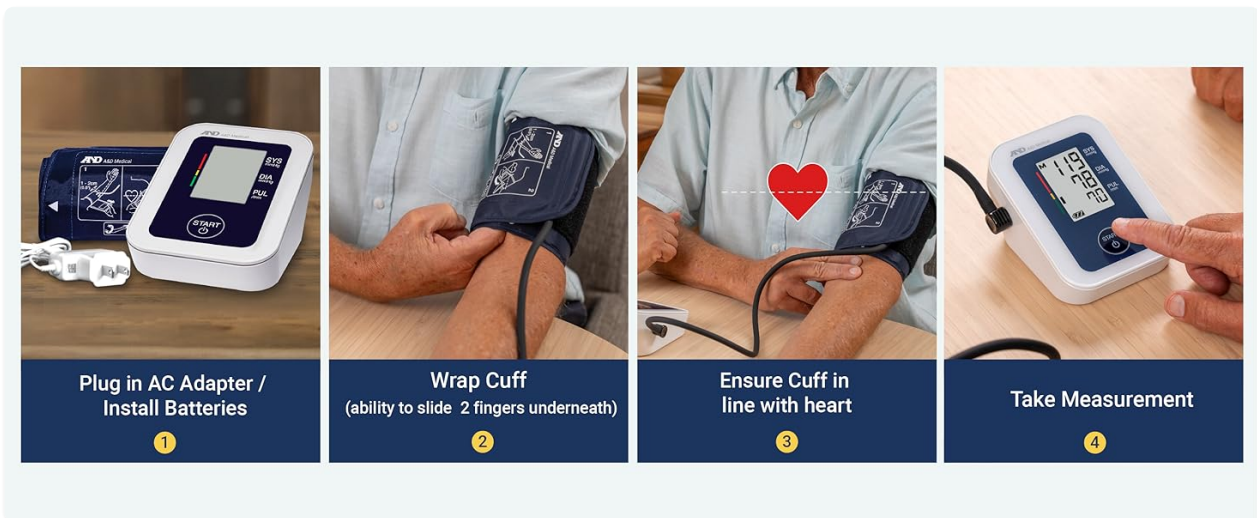


Image: A composite image showing correct measurement posture (cuff at heart level, back supported, feet flat on the floor) and icons indicating activities to avoid 30 minutes prior to measurement (eating, drinking alcohol, smoking, bathing, exercising).

6. Advanced Features

The UA-651SAC is designed with advanced technology to enhance your monitoring experience:

- **Memory Function:** Stores up to 60 readings, allowing you to track your blood pressure over time.
- **Snapshot Averaging:** Automatically calculates the average of all stored readings to provide a reliable baseline blood pressure.
- **Irregular Heartbeat (IHB) Detection:** Alerts you to the presence of an irregular heartbeat during measurement.
- **Pressure Rating Indicator:** Provides a visual classification of your blood pressure reading according to WHO guidelines.

Clinical Grade Accuracy Medical Precision At Home



**One Button
Operation**



**60 Readings
on Device**



**Irregular Heartbeat
(IHB) Detection**



**Pressure Rating
Indicator**



1 User Profile

Image: The A&D Medical UA-651SAC monitor is shown with icons representing its features: One Button Operation, 60 Readings on Device, Irregular Heartbeat (IHB) Detection, Pressure Rating Indicator, and 1 User Profile.

7. A&D Heart Track App

Manually log and track unlimited measurements with the highly-rated A&D Heart Track App. This companion app is available for free on both iOS and Android devices (requires iOS 12.0 or later & Android 5.0 or above).

The app allows you to:

- Track and trend your blood pressure readings.
- Store unlimited measurements.
- Add notes and set reminders.
- Share records via email.

A&D Heart Track App

Highly Rated, Designed by Clinical Experts
Download for FREE



Manually Log and Track Measurements using the App



Sharing



Track and Trend
Blood Pressure



Unlimited
Storage
in the App



Take Notes
and Set Reminders



Email Records

Image: The A&D Heart Track App is displayed on a smartphone next to the UA-651SAC monitor, highlighting features like sharing, tracking blood pressure trends, unlimited storage, note-taking, and email records.

8. Specifications

Feature	Detail
Product Dimensions	5.1"L x 3.8"W x 2.7"Th
Item Model Number	UA-651SAC
Item Weight	0.5 Pounds
Power Source	Corded Electric (AC Adapter included)
Display Type	LCD

Cuff Size	Small (6.3"-9.4" / 16-24 cm)
Memory	60 readings
Age Range	Adult

9. Maintenance

To ensure the longevity and accuracy of your A&D Medical UA-651SAC Blood Pressure Monitor, follow these maintenance guidelines:

- **Cleaning:** Wipe the monitor and cuff with a soft, dry cloth. Do not use abrasive cleaners or immerse the unit in water.
- **Storage:** Store the device in a cool, dry place, away from direct sunlight, extreme temperatures, and humidity. Keep it in its original packaging or a protective case when not in use.
- **Battery Replacement:** Replace all batteries with new ones when the low battery indicator appears on the display. Do not mix old and new batteries.
- **Cuff Care:** Ensure the cuff is clean and free from debris. Avoid folding the cuff too tightly or exposing it to sharp objects.
- **Calibration:** Regular calibration checks are recommended to maintain accuracy. Consult A&D Medical customer service for information on calibration services.

10. Troubleshooting

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

- **No Power:** Check if the AC adapter is securely plugged in or if the batteries are correctly inserted and not depleted. Replace batteries if necessary.
- **Inaccurate Readings:** Ensure proper cuff placement and size. Verify that you are following all measurement tips (e.g., resting before measurement, arm at heart level, no movement). Avoid taking measurements immediately after physical activity or consuming stimulants.
- **Cuff Not Inflating/Deflating:** Check that the air plug is securely inserted into the monitor. Inspect the air tube for any kinks or damage.
- **Error Messages:** Consult the detailed instruction manual for specific error codes and their corresponding solutions. Common errors often relate to cuff fit, movement during measurement, or irregular heartbeat detection.
- **Memory Issues:** If readings are not saving, ensure the device has sufficient power. If the memory is full, older readings may be overwritten or require manual deletion (refer to the full manual).

If problems persist, contact A&D Medical customer service for further assistance.

11. Warranty and Support

The A&D Medical UA-651SAC Blood Pressure Monitor is backed by an industry-leading extended 5-year warranty on the monitor and a 2-year warranty on the cuff. This warranty covers defects in materials and workmanship under normal use.

For customer service, technical support, or warranty claims, please contact A&D Medical directly. Local customer service support is available to assist you with any questions or concerns.

Manufacturer: A&D Company

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.