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A&D Medical UB-525

A&D Medical UB-525 Wrist Blood Pressure Monitor Instruction Manual

INTRODUCTION

This manual provides essential information for the safe and effective use of your A&D Medical UB-525 Wrist Blood Pressure Monitor. Please read it thoroughly before first use and keep it for future reference. This device is designed for home use by adults to measure blood pressure and pulse rate.



Image: The A&D Medical UB-525 Wrist Blood Pressure Monitor, a compact device with a digital display and an attached wrist cuff.

SETUP

1. Battery Installation

The monitor requires 2 AAA batteries (included). To install, open the battery compartment cover located on the back of the device. Insert the batteries, ensuring correct polarity (+/-). Close the cover securely.

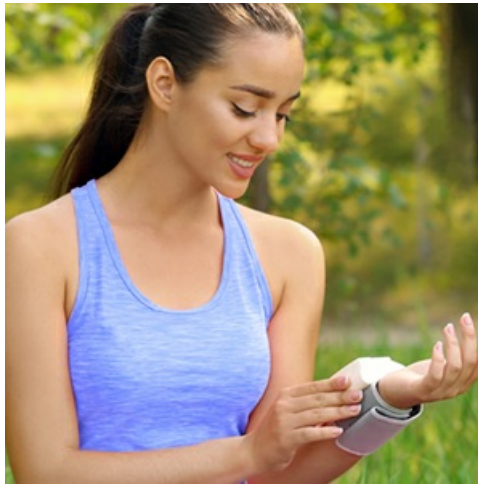


Image: A hand inserting AAA batteries into the battery compartment of the blood pressure monitor.

2. Cuff Application

Wrap the cuff around your left wrist, approximately 1 cm (0.4 inches) above your hand, as shown in the diagram. The cuff should fit snugly but not too tightly, allowing for comfortable inflation. Ensure the monitor's display is facing upwards.



Image: A person's hand applying the wrist cuff of the blood pressure monitor to their wrist.

OPERATING INSTRUCTIONS

1. Taking a Measurement

1. Sit comfortably with your back straight and supported. Place your elbow on a table with your palm facing upward, ensuring the cuff is at the same level as your heart.
2. Relax for 5-10 minutes before measurement. Avoid talking, exercising, or consuming caffeine/alcohol for 30 minutes prior.
3. Press the **START** button. The device will display all segments briefly, then '0' will blink. The cuff will begin to inflate.
4. Remain still and quiet during inflation and measurement. The heart mark will blink on the display.
5. Once complete, the device will display your systolic pressure, diastolic pressure, and pulse rate. The cuff will automatically deflate.

Monitor
today for
a healthier
tomorrow



Image: A person seated, using the A&D Medical UB-525 Wrist Blood Pressure Monitor, with the device positioned at heart level.

2. Memory Functions

The UB-525 monitor stores up to 60 readings in its memory. To recall past measurements, press the **arrow** button when the device is off. Pressing the arrow button repeatedly will cycle through stored data, from most recent to oldest. The device can also display the average of all stored measurements.

3. A&D Heart Track App

For enhanced tracking and data management, the A&D Heart Track App is available for iOS and Android devices. This free app allows manual logging and tracking of unlimited measurements, providing trends and sharing capabilities. Requires iOS 12.0+ or Android 5.0+.

Highly Rated Heart Track App – FREE

Manually enter measurements to digitally track, trend and share

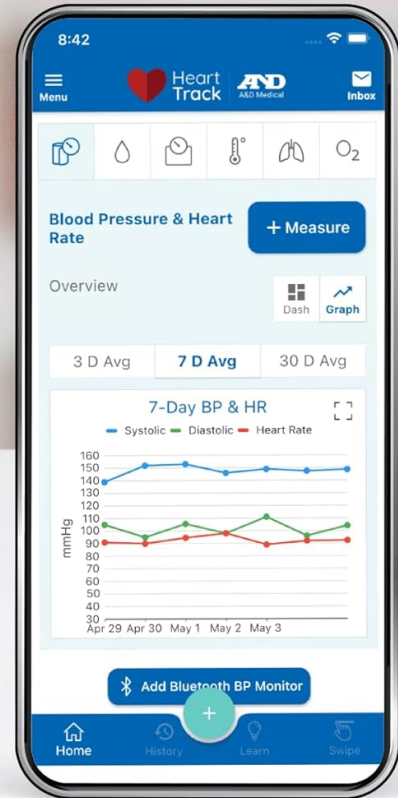


Image: A smartphone displaying the A&D Heart Track App interface, showing blood pressure and heart rate trends.

4. Official Product Video

Video: An official product video demonstrating the features and ease of use of the A&D Medical UB-525 Wrist Blood Pressure Monitor.

5. Blood Pressure Cuff Usage Guide

Video: A guide from A&D Medical on common blood pressure cuff mistakes to avoid, emphasizing correct cuff sizing and placement for accurate readings.

MAINTENANCE

- Clean the device with a dry, soft cloth or a cloth dampened with water and a neutral detergent. Avoid alcohol, benzene, thinner, or other harsh chemicals.
- Do not wash the cuff. Avoid tightly folding the cuff for long periods, as this may shorten its lifespan.
- Store the device in a dry, cool place, away from direct sunlight, dust, and extreme temperatures.
- Remove batteries if the device will not be used for an extended period to prevent leakage.

TROUBLESHOOTING

Problem	Possible Reason	Recommended Action
Nothing appears in the display when turned on.	Batteries are drained or incorrectly installed.	Replace all batteries with new ones, ensuring correct polarity.
The cuff does not inflate.	Cuff not applied properly or battery voltage is too low.	Apply the cuff correctly. Replace batteries if 'Low Battery' mark blinks.
The device does not measure or readings are too high/low.	Movement during measurement, incorrect cuff position, or weak/irregular heartbeat.	Remain still and quiet. Ensure cuff is at heart level. Consult a physician if irregular heartbeat is suspected.

SPECIFICATIONS

- **Model:** UB-525
- **Measurement Method:** Oscillometric measurement
- **Pressure Range:** 0 - 299 mmHg
- **Systolic Pressure:** 60 - 279 mmHg
- **Diastolic Pressure:** 40 - 200 mmHg
- **Pulse Rate:** 40 - 180 beats/minute
- **Pressure Accuracy:** ± 3 mmHg
- **Pulse Accuracy:** $\pm 5\%$
- **Power Supply:** 2 x 1.5V AAA alkaline batteries (LR03)
- **Number of Measurements:** Approx. 250 (with new batteries, pressure 170 mmHg at 23°C)
- **Wrist Circumference:** 13.5 - 21.5 cm (5.3" - 8.5")
- **Memory:** Last 60 measurements
- **Useful Life:** 5 years (when used six times a day)

LIMITED WARRANTY

A&D Medical warrants this product to the first purchaser for 5 years from the date of purchase against defects in material, workmanship, and design under normal use. This warranty is personal to you and is not transferable. For full warranty details and conditions, please refer to the complete instruction manual or contact A&D Medical customer service.

SUPPORT & CONTACT

For customer service, technical support, or warranty claims, please contact A&D Medical:

- **Phone (US):** 1-888-726-9966
- **Phone (Canada):** 1-800-461-0991
- **Website:** andmedical.com