

LifeSource™

Your source for a lifetime of health

Mini Manual Inflate

Blood Pressure Monitor

LATEX FREE










A&D
A&D Medical

Instruction Guide – MODEL UA-704

IMPORTANT INFORMATION



Please read this important information before using your monitor.

-  Please remember that only a medical practitioner is qualified to interpret your blood pressure measurements. Use of this device should not replace regular medical examinations.
-  Have your physician review your procedure for using this device. He or she will want to verify blood pressure measurements before prescribing or adjusting medications.
-  Consult your physician if you have any doubt about your readings. Should a mechanical problem occur, contact A&D Medical.
-  Do not attempt to service, calibrate, or repair this device.
-  Because your UA-704 monitor contains delicate, high-precision parts, avoid exposing it to extremes in temperature or humidity or to direct sunlight, shock and dust. A&D Medical guarantees the accuracy of this device only when it is stored and used within the temperature and humidity ranges noted on page E-15.
-  Clean the monitor and cuff with a dry, soft cloth or a cloth dampened with water and a mild detergent. Never use alcohol, benzene, thinner or other harsh chemicals to clean monitor or cuff.
-  Remove and replace battery if monitor is not used for more than six months.

PRECAUTIONS

The UA-704 is designed to be used at home, by those who are eighteen (18) years and older, to monitor blood pressure (systolic and diastolic) and pulse rate. It is not designed for ambulatory use.

LifeSource™

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Congratulations on purchasing a state-of-the-art LifeSource blood pressure monitor—one of the most technologically advanced monitors available today. Designed for ease of use and accuracy, this monitor will facilitate your daily blood pressure regimen.

Physicians agree that daily self-monitoring of blood pressure is an important step individuals can take to maintain cardiovascular health and prevent the serious consequences associated with undetected and untreated hypertension.

A&D Medical has been manufacturing high quality healthcare products for over 20 years. We are committed to providing you and your family with monitoring devices that provide the utmost in accuracy and convenience.

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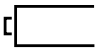

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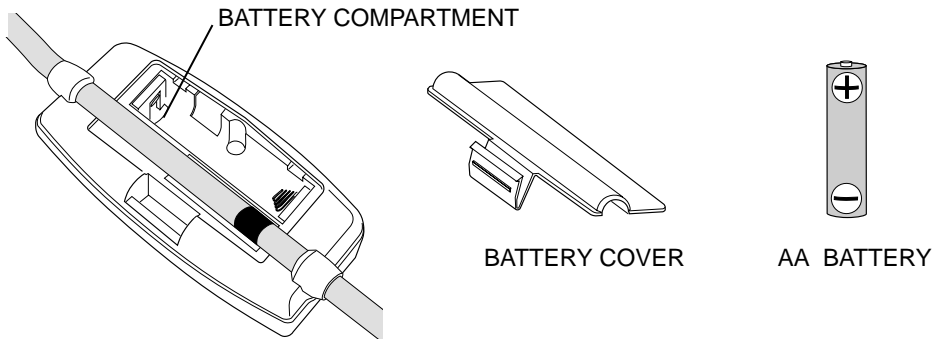
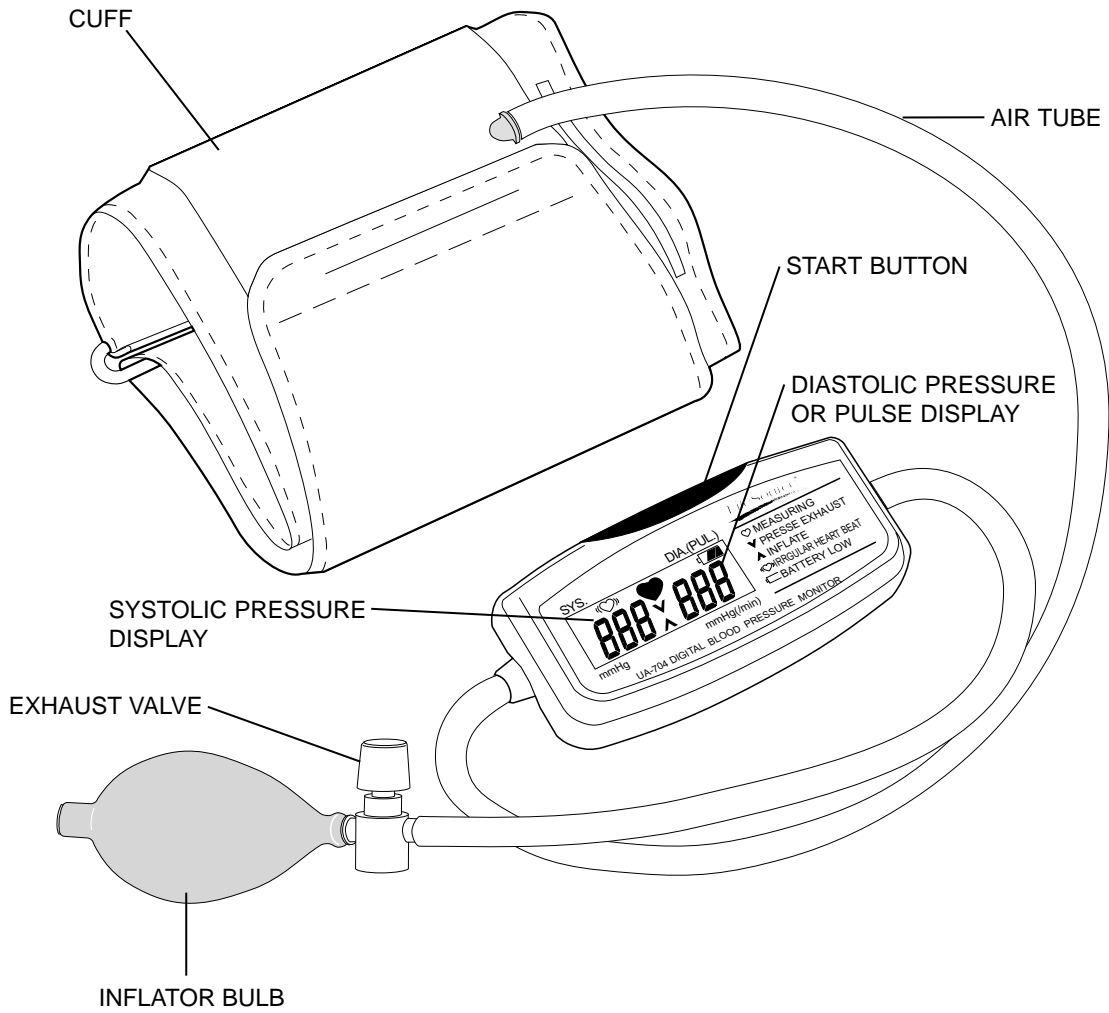


WHAT DISPLAY SYMBOLS MEAN

Display Symbol	Condition/Cause	Recommended Action
 MEASURING	Appears during measurement; blinks when pulse is detected.	Remain still and refrain from talking; measurement in progress.
 DEFLATE	Appears on display prior to and during measurement. Blinks if there is air in cuff at power up.	Press exhaust button to release air.
 INFLATE	Cuff needs to be inflated for proper measurement.	Inflate cuff 30 to 40 mmHg above your normal systolic pressure.
 IRREGULAR HEARTBEAT	An irregular heartbeat or body movement may have occurred. Refer to page E-9 for more information on irregular heartbeats.	Take measurement again and consult with your physician.
 FULL BATTERY	The monitor is using a fully charged battery.	
 LOW BATTERY	The battery is low when it blinks.	Replace the battery with new one, when the indicator blinks.
 ERROR	Unstable blood pressure due to movement during the measurement.	Try measurement again. Remain very still during the measurement.
	The systolic and diastolic values are within 10 mmHg of each other.	Fasten the cuff correctly, and try the measurement again.
	The pressure value did not increase during inflation.	
<i>Err CUF</i>	The cuff is not fastened correctly.	
<i>Err</i> PUL. DISPLAY ERROR	The pulse is not detected correctly.	Try the measurement again. Remain very still.



MONITOR COMPONENTS





HOW UA-704 WORKS

LifeSource[™] Blood Pressure Monitors are easy to use, accurate and digitally display full measurement readouts. Our technology is based on the “oscillometric method” — a noninvasive blood pressure determination. The term “oscillation” refers to any measure of vibrations caused by the arterial pulse. Our monitor examines the pulsatile pressure generated by the arterial wall as it expands and contracts against the cuff with each heartbeat.

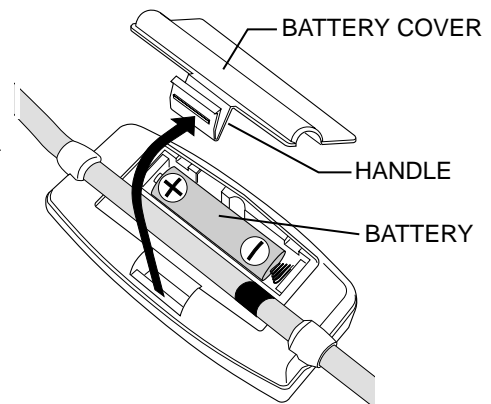
The cuff is inflated until the artery is fully blocked. The inflation speed is maximized and the pressure level is optimized by the device. The monitor takes measurements while the cuff is both inflating and deflating. This results in a faster measurement providing greater comfort to the user.

BEFORE YOU START



You must install 1 type AA (1.5 volt) battery and attach the cuff to the monitor before using it. To install battery (or replace it if the “Low Battery” symbol appears on display), proceed as follows:

1. Remove battery cover by gently pushing down on handle and pulling cover off monitor.
2. Place the battery in compartment with positive (+) and negative (–) terminals matching those indicated in the compartment. Be sure battery makes contact with compartment terminals.
3. Replace cover by sliding it into the compartment and gently pressing into place.



NOTE: Do not pull or remove air tubes from monitor.



SELECTING THE CORRECT CUFF



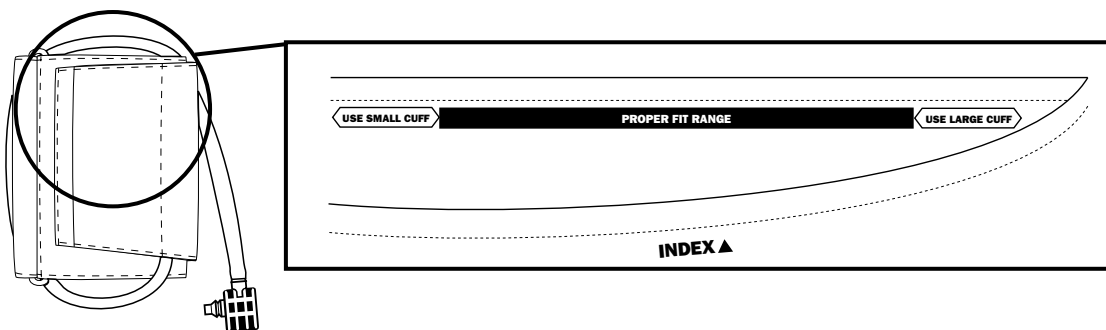
Using the correct cuff size is important for an accurate reading. A cuff that is too large will produce a reading that is lower than the correct blood pressure; a cuff that is too small yields a measurement that is higher. With your arm hanging at the side of your body, measure the circumference of your upper arm at the midpoint between shoulder and elbow.

ARM SIZE	RECOMMENDED CUFF SIZE	REPLACEMENT CUFF MODEL#
7.5" - 12.2" (19-31cm)	Medium	UA-280
7.5" - 14.2" (19-36 cm)	Medium <i>EasyCuff™</i> Feature	UA-380
11.8" - 17.7" (30-45cm)	Large	UA-281

NOTE: The *LifeSource* small cuff is not compatible with the UA-704 monitor.

■ Cuff Size Indicator On The Cuff

Our cuff has an indicator which tells you whether you are using the correct cuff size or not. Place the cuff on your arm (see Page E-6 to learn how to put the cuff on correctly) and if the Index Mark ▲ points within the Proper Fit Range, you are using the correct cuff size. If the Index points outside of the Proper Fit Range, contact A&D Medical at 1-888-726-9966 (in Canada - 1-800-463-5414) for a cuff replacement at an additional cost.





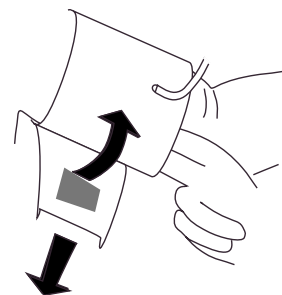
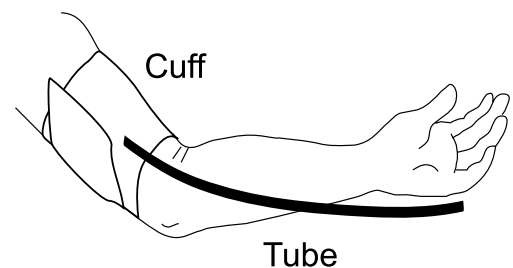
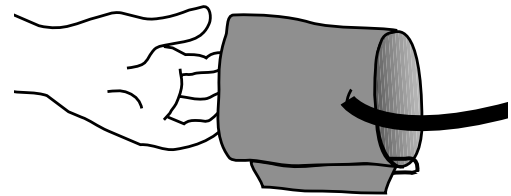
TAKING YOUR BLOOD PRESSURE

Tips for Blood Pressure Monitoring:

- ☞ Relax for about 5 to 10 minutes before measurement.
- ☞ Remove constricting clothing and place cuff on bare arm.
- ☞ Unless your physician recommends otherwise, use left arm to measure pressure.

Now you are ready. Follow these simple steps:

- 1.** Sit comfortably with your left arm resting on a flat surface so that the center of your upper arm is at the same height as your heart.
- 2.** Lay left arm on the table, palm up and thread cuff end through metal loop, smooth side against arm. Then position the tube off-center toward the inner side of arm in line with the little finger.
- 3.** Pull the end of the cuff to tighten it, fold back the extra material, and fasten securely. The cuff should be snug but not too tight. You should be able to insert two fingers between the cuff and your arm.

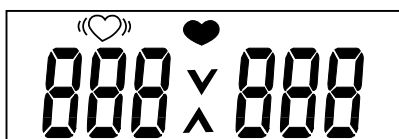


TAKING YOUR BLOOD PRESSURE



 **IMPORTANT:** Measure pressure at the same time each day.

4. Press the START button
5. Watch for all display symbols to appear briefly, followed by a flashing “0”, indicating that monitor is ready for measurement.



6. If the ▼ mark is displayed, the cuff has some air trapped in it. Press the exhaust valve button until the ▲ mark is displayed. You may have to press on the cuff while holding the exhaust valve to release all the air in the cuff.
7. When ▲ mark is displayed, begin cuff inflation by squeezing the inflator bulb repeatedly.
8. Stop squeezing the inflator bulb when ▲ mark disappears or until cuff pressure reaches about 30 mmHg to 40 mmHg above expected systolic pressure. If inflating to a level above your expected systolic pressure, we recommend using the chart shown below to determine your inflation level.

Usual Systolic	Inflate to
Up to 130	160
131-170	200
171-210	240
211-250	280



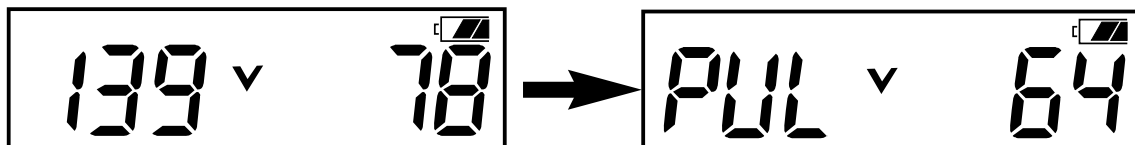
TAKING YOUR BLOOD PRESSURE

- When the correct pressurization has been reached, the automatic exhaust mechanism will gradually reduce the pressure in the cuff. Sit quietly during measurement. The ♥ symbol will blink with your pulse beat.



NOTE: Exhaust rate cannot be adjusted during measurement. If you wish to stop inflation at any time, press the exhaust valve to release the pressure in the cuff.

- When ▼ is flashing, indicating that the measurement is complete, your systolic pressure will appear on the left and your diastolic pressure on the right of the display screen, alternating with pulse rate reading.



- Press the exhaust valve to release the excess air from the cuff. The monitor shuts off automatically in about 30 seconds. You can also press START button to shut off the monitor.



TAKING YOUR BLOOD PRESSURE



12. Remove cuff and make a note of your blood pressure and pulse rate on the chart (see page E-13), indicating date and time of measurement. Additional logbook charts can be downloaded and printed for free at www.lifesourceonline.com or www.autocontrol.com.

We advise that you record the date and time after each measurement because an accurate blood pressure history relies not on single or sporadic readings but on a pattern over time.

NOTE: Allow at least three minutes between measurements on the same person.

WHAT IS AN IRREGULAR HEARTBEAT?



The UA-704 Blood Pressure Monitor provides a blood pressure and pulse rate measurement even when an irregular heartbeat occurs. An irregular heartbeat is defined as a heartbeat that varies by 25% from the average of all heartbeat intervals during the blood pressure measurement. It is important that you relax, remain still and refrain from talking during measurements.

NOTE: We recommend contacting your physician if you see this ((♥)) symbol frequently.



ABOUT BLOOD PRESSURE

■ What Is Blood Pressure?

Blood pressure is the force exerted by blood against the walls of the arteries. Systolic pressure occurs when the heart contracts; diastolic pressure occurs when the heart expands. Blood pressure is measured in millimeters of mercury (mmHg).

■ What Affects Blood Pressure?

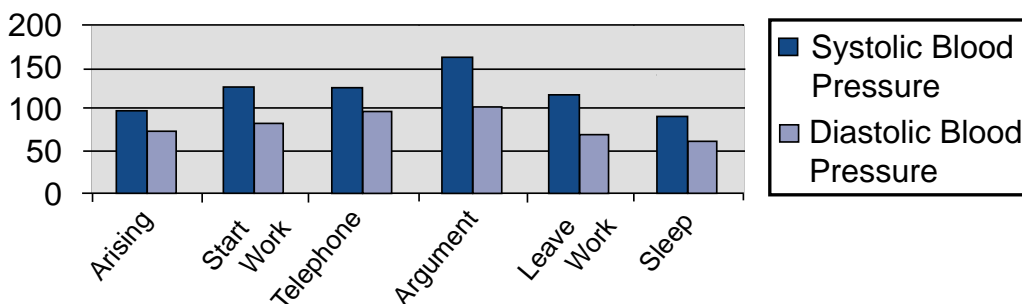
Blood pressure is affected by many factors: age, weight, time of day, activity level, climate, altitude and season. Certain activities can significantly alter blood pressure. Walking can raise systolic pressure by 12 mmHg and diastolic pressure by 5.5 mmHg. Sleeping can decrease systolic blood pressure by as much as 10 mmHg. Taking your blood pressure repeatedly without waiting an interval of at least 3 minutes between readings can also affect it.

In addition to these factors, beverages containing caffeine or alcohol, certain medications, emotional stress and even tight-fitting clothes can make a difference in the readings.

■ What Causes Variations In Blood Pressure?

An individual's blood pressure varies greatly from day to day and season to season. In hypersensitive individuals, these variations are even more pronounced. Normally, blood pressure rises during work or play and falls to its lowest levels during sleep.

Fluctuation within a day (case: 35 year old male)



ABOUT BLOOD PRESSURE



■ Assessing High Blood Pressure

The following standards for assessing high blood pressure (without regard to age) have been established as a guideline.

BP Classification	Systolic (mmHg)		Diastolic (mmHg)
Normal	<120	and	<80
Prehypertension	120-139	or	80-89
Stage 1 Hypertension	140-159	or	90-99
Stage 2 Hypertension	≥160	or	≥100

SOURCE: The Seventh Report of the Joint National Committee on Prevention, Evaluation and Treatment of High Blood Pressure. National Heart, Lung and Blood Institute - May 2003.

■ What Is Hypertension?

Hypertension (high blood pressure) is the diagnosis given when readings consistently rise above normal. It is well known that hypertension can lead to stroke, heart attack or other illness if left untreated. Referred to as a “silent killer” because it does not always produce symptoms that alert you to the problem, hypertension is treatable when diagnosed early. Those who fall within the Prehypertensive range are more likely to develop hypertension in the future.

■ Can Hypertension Be Controlled?

In many individuals, hypertension can be controlled by altering lifestyle and minimizing stress, and by appropriate medication prescribed and monitored by your doctor. The American Heart Association recommends the following lifestyle suggestions to prevent or control hypertension:

- Don't smoke.
- Reduce salt and fat intake.
- Maintain proper weight.
- Exercise routinely.
- Have regular physical checkups.
- Monitor your blood pressure at periodic intervals.



ABOUT BLOOD PRESSURE

■ Why Measure Blood Pressure at Home?

It is now well known that, for many individuals, blood pressure readings taken in a doctor's office or hospital setting might be elevated as a result of apprehension and anxiety. This response is commonly called "white coat hypertension." One way to determine whether this is the case for you is to take your home monitor to the doctor's office and, before the doctor or nurse takes your pressure, do it yourself on your home monitor and compare it to your record of home readings.

In any case, self-measurement at home supplements your doctor's readings and provides a more accurate, complete blood pressure history. In addition, clinical studies have shown that the detection and treatment of hypertension is improved when patients both consult their physicians and monitor their own blood pressure at home.

■ Keys to Successful Monitoring:

Blood pressure fluctuates throughout the day. We recommend that you are consistent in your daily measurement routine:

- Measure at the same time every day.
- Sit in the same chair/position.
- Relax for 5 minutes before measurement.
- Sit still during measurement – no talking, eating or sudden movements.
- Record your measurement in a logbook.

■ How Do I Record My Blood Pressure?

Blood pressure readings are typically recorded with the systolic pressure written first, followed by a slash mark and the diastolic pressure. For example, 120 mmHg systolic and 80 mmHg diastolic measurements are written as 120/80. Pulse is simply written with the letter "P" followed by the pulse rate—P 72, for example. Please see Page E-13 for the blood pressure record.

B L O O D P R E S S U R E R E C O R D

Name:

Age:

Weight:

DATE	AM	SYS/DIA	PULSE	PM	SYS/DIA	PULSE
<i>1/14</i>	<i>9:30</i>	<i>132/98</i>	<i>P69</i>	<i>6:30</i>	<i>128/87</i>	<i>P63</i>

EXAMPLE



TROUBLESHOOTING

Problem	Probable cause	Corrective action
Display is blank, even when the power is turned on.	Battery is drained.	Replace with a new battery.
	Battery terminals are not in the correct position.	Place the battery with negative and positive terminals matching those indicated in the battery compartment.
The device will not measure. Readings are too high or too low.	The cuff is not fastened properly.	Fasten the cuff correctly.
	You moved your arm or body during the measurement.	Make sure you remain very still and quiet during the measurement.
	The cuff position is not correct.	Adjust the cuff position. Raise your hand so that the cuff is at the same level as your heart.
	You are wearing the wrong cuff size.	See Pg. E-5 “Selecting the Correct Cuff.”
Other	The blood pressure reading is different from that measured at a clinic or doctor’s office.	See Pg. E-12 “Keys to Successful Monitoring.”
		Remove the battery. Place back in correctly, and try the measurement again.
	Cuff will not inflate.	Check air tube connection inside battery cover.

NOTE: If the actions described above do not solve the problem, contact A&D Medical or Auto Control Medical at the numbers listed at the bottom of these pages. Do not attempt to repair the device yourself.

SPECIFICATIONS



Model	UA-704
Type	Oscillometric
Display	Digital, 10-mm character height Pressure/pulse displayed alternately
Measurement range	Pressure: 20 mmHg to 280 mmHg Pulse: 40 pulses to 200 pulses/minute
Accuracy	Pressure: ± 3 mmHg or 2%, whichever is greater Pulse: $\pm 5\%$
Pressurization	Manually by inflator bulb
Depressurization	Constant-air release-valve system
Deflation	Hand-held push button
Power source	1 AA battery (1.5 volt, included)
Battery life	Approximately 2,000 measurements
Operating environment	50°F to 104°F (10°C to 40°C) Less than 85% relative humidity
Storage environment	-4°F to 140°F (-10°C to 60°C) Less than 95% relative humidity
Dimensions	Length: 3.9" (100 mm) Width: 1.2" (31 mm) Height: 2.0" (51 mm)
Weight	2.6 oz. (73 g) without battery

Blood pressure measurements determined by the UA-704 are equivalent to those obtained by a trained observer using the cuff/stethoscope auscultation method within the limits prescribed by the ANSI/AAMI SP-10 standard for electronic or automated sphygmomanometers.



CONTACT INFORMATION

Our products are designed and manufactured using the latest scientific and technological methods, and offer accurate, easy to use, home monitoring and treatment options. Our full product line includes:

- **Aneroid Blood Pressure Kits**
- **Blood Pressure Cuffs**
- **Digital Blood Pressure Monitors**
- **Digital Thermometers**
- **Heart Rate Monitors**
- **Nebulizers**
- **Personal Health Scales**
- **Stethoscopes**

This *LifeSource* blood pressure product is covered by a Lifetime Warranty. See warranty card for details.

**Visit our web site at www.LifeSourceOnline.com
for warranty registration.**

For more information regarding use, care or servicing of your blood pressure monitor, contact:

A&D Medical

A division of A&D Engineering, Inc.

1555 McCandless Drive

Milpitas, CA 95035

LifeSource Health Line (Toll-Free): 1-888-726-9966

www.LifeSourceOnline.com

For Canada Residents, please contact:

Auto Control Medical

6695 Millcreek Drive, Unit 5

Mississauga, Ontario

L5N 5R8 Canada

Auto Control (Toll-Free): 1-800-463-5414

www.autocontrol.com

IMPORTANT!

If You Need Assistance with the Set-Up or Operation

We Can Help!

Please call us FIRST before contacting your retailer at

LifeSource Health Line

1-888-726-9966 - Toll Free

1-800-463-5414 - In Canada

A specially trained representative will assist you



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