

Digital Blood Pressure Monitor

Model UA-1200BLE

Instruction Manual

Original

English

Manuel d'instructions

Traduction

Français

Manual de Instrucciones

Traducción

Español

Manuale di Istruzioni

Traduzione

Italiano

Bedienungsanleitung

Übersetzung

Deutsch

使用手册

翻譯

中文

دليل الإر شادات الترجمة

العربية

1WMPD4003740B

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Dear Customers

Thank you for purchasing a state-of-the-art A&D blood pressure monitor, one of the most advanced monitors available today. Designed for ease of use and accuracy, this monitor will facilitate your daily blood pressure regimen.

We recommend that you read through this manual carefully before using the device for the first time.

The *Bluetooth*® word mark and logos are registered trademarks owned by Bluetooth SIG, Inc. and any use of such marks by A&D is under license. Other trademarks and trade names are those of their respective owners.

Preliminary Remarks

 Hereby, A&D Company, Limited declares that the radio equuA-1200BLE is in compliance with Directive 2014/53/EU. The EU declaration is available at the following internet addreshttp://www.aandd.jp/products/manual/manual_medical.html The device is designed for use 13 years old and older, not infants. Environment for use. The device is for use to operate by your in the home healthcare environment. 	or Medical mity. (0123:
infants. □ Environment for use. The device is for use to operate by you	hė full text of
	newborns or
	rself
This device is designed to measure blood pressure and pulse r for diagnosis.	ate of people

Precautions

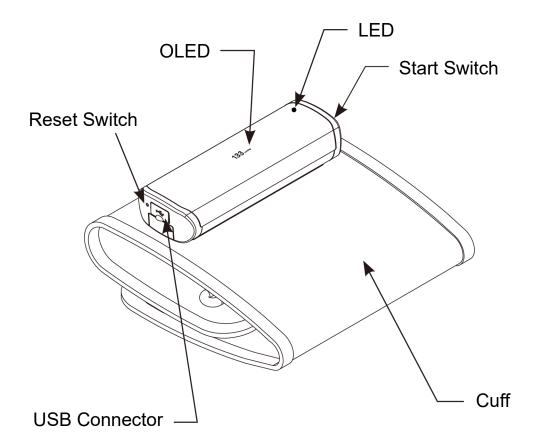
Precision components are used in the construction of this device. Extremes in temperature, humidity, direct sunlight, shock or dust should be avoided.
Clean the device and cuff with a dry, soft cloth or a cloth dampened with water and a neutral detergent. Never use alcohol, benzene, thinner or other harsh chemicals to clean the device or cuff.
The device and cuff are not water resistant. Prevent rain, sweat and water from soiling the device and cuff.
Measurements may be distorted if the device is used close to televisions, microwave ovens, cellular telephones, X-ray or other devices with strong electrical fields.
When reusing the device, confirm that it is clean.
Used equipment, parts and batteries are not treated as ordinary household waste, and must be disposed of according to the applicable local regulations.
Do not modify the device. It may cause accidents or damage to the device.
To measure blood pressure, the upper arm must be squeezed by the cuff hard enough to temporarily stop blood flow through the artery. This may cause pain, numbness or a temporary red mark to the upper arm. This condition will appear especially when measurement is repeated successively. Any pain, numbness, or red marks will disappear with time.
If you feel strong pain during the measurement, please remove the cuff.
Measuring blood pressure too frequently may cause harm due to blood flow interference.
Avoid tightly folding the cuff for long periods, as such action may shorten the life of the components.
When the AC adapter is used, make sure that it can be readily removed from the electrical outlet when necessary.

Sometimes the temperature of the cuff can reach 44 °C in an ambient temperature of 40 °C. If you feel the cuff is too hot, please remove the cuff immediately.
Please do not simultaneous use HF surgical equipment.
Clinical testing has not been conducted on newborn infants and pregnant women. Do not use on newborn infants or pregnant women.
If you have had a mastectomy, please consult a doctor before using the device.
Do not let children use the device by themselves and do not use the device in a place within the reach of infants. It may cause accidents or damage.
There are small parts that may cause a choking hazard if swallowed by mistake by infants.
Do not touch the batteries and the patient at the same time. That may result in electrical shock.
Wireless communication devices, such as home networking devices, mobile phones, cordless phones and their base stations, walkie-talkies can affect this blood pressure monitor. Therefore, a minimum distance of 30 cm should be kept from such devices.
Unplug the AC adapter when not in use during the measurement.
Use of accessories not detailed in this manual may compromise safety.
Should the battery short-circuit, it may become hot and potentially cause burn.
Allow the device to adapt to the surrounding environment before use (about one hour).
Do not inflate without wrapping the cuff around the upper arm.
The automatic blood pressure monitor's performance may be afficted by excessive temperature or humidity, or altitude.

Contraindications

The	following are precautions for proper use of the device.
	Do not apply the cuff on upper arm in which another medical device is attached. The device may not function properly.
	People who have a severe circulatory deficit in the upper arm must consult a doctor before using the device, to avoid medical problems.
	Do not self-diagnose the measurement results and start treatment by yourself. Always consult your doctor for evaluation of the results and treatment.
	Do not apply the cuff on upper arm with an unhealed wound.
	Do not apply the cuff on upper arm receiving an intravenous drip or blood transfusion. It may cause injury.
	Do not use the device where flammable gases such as anesthetic gases are present. It may cause an explosion.
	Do not use the device in highly concentrated oxygen environments, such as a high-pressure oxygen chamber or an oxygen tent. It may cause a fire or explosion.

Parts Identification



Contents

- 1 Blood Pressure Monitor
- 1 Instruction Manual
- 1 Charging Cable
- 1 QR code card

Symbols

Symbols that are printed on the device case and cuff

Symbols	Function / Meaning	
Ф	Standby and turn the device on.	
	Direct current	
*	Type BF: Device and cuff are designed to provide special protection against electrical shocks.	
(€ ₀₁₂₃	CE marking	
EC REP	Authorized Representative	
	Manufacturer	
2018	Date of manufacture	
IP	International protection symbol: IP classification indicates t degrees of protection provided by enclosures in accordan with IEC 60529. This device is protected against solid forei objects of 12mm diameter and greater such as a finger. The device is not protected against water.	
Z	WEEE label	
SN	Serial number	
ВТ	Bluetooth address	
③	Refer to instruction manual/booklet	
((<u>°</u>))	To indicate generally elevated, potentially hazardous, levels of non-ionizing radiation, or to indicate equipment or systems e.g. in the medical electrical area that include RF transmitters or that intentionally apply RF electromagnetic energy for diagnosis or treatment.	
₩	Keep dry	
•	Universal Serial Bus	

Symbols Symbols that appear on the display

Symbols	Function / Meaning	Recommended Action
SYS	Systolic blood pressure in mmHg.	
DIA	Diastolic blood pressure in mmHg	
PUL	Pulse per minute	
[The battery power is low.	Charge the device
å	User Select mode	Select the user
* []	Application software is connected with the device.	
€ 1[]	Application software has disconnected from the device.	
•	Appears while measurement is in progress.	Measurement is in progress. Remain as still as possible.
E PUL /min	The pulse is not detected correctly.	Apply the cuff correctly, and take another measurement.
Err 1	Unstable blood pressure due to movement during measurement. The systolic and diastolic values are within 10mmHg from each other.	Take another measurement. Remain still during measurement.
Err 3	The pressure value did not increase during inflation. The cuff is not applied correctly.	Apply the cuff correctly, and take another measurement.
Err 9	Blood pressure monitor internal error.	Press the reset button. After reset, clock data will disappear. If the error still appears, contact A&D Medical.
8	Data is being transferred	
	Airplane mode	Measurements can be taken but device will not transmit data wirelessly.

Symbols

Symbols	Function / Meaning	Recommended Action
\$r	Appears when a body or upper arm movement is detected.	The reading may yield an incorrect value. Take another measurement. Remain still during measurement.
×Ð	Appears during measurement when the cuff is attached loosely.	The reading may yield an incorrect value. Apply the cuff correctly, and take another measurement.
	Updating firmware.	
((<u>\(\)</u>))	Appears when irregular heart beat is detected.	

UA-1200BLE Digital Blood Pressure Monitor features 5 measurement modes.

1. In-App Mode Measurement:

User can take measurements and view their trends in the A&D Medical Connect App.

2. Offline Mode Measurement:

Measurement can also be completed without the A&D Medical Connect App.

Data is stored on the monitor. The data will be transferred to the App on where connecting with it.

3. Multiuser Mode Measurement: (In-App):

Up to 6 users (5 accounts and 1 visitor) can use and store data on the App. Each user must have a mobile device paired with the monitor.

4. Guest Mode Measurement: (In-App):

User can take a measurement as Guest, without an account registration in the A&D Medical Connect App. The data is saved on the mobile device memory but not in your account.

5. Visitor Mode Measurement (Offline):

Select "0 Visitor" to take a measurement in visitor mode from the monitor only. Data is not stored in visitor mode.

Charging the Device

Battery may be partially charged but be sure to charge the device completely upon first use after purchase.

1. Remove the USB connector cover.



2. Connect the charging cable.



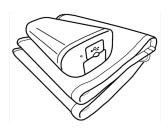
3. During charging, the LED be on.



4. When charging is complete, the LED will be off.



5. Once charging is complete, remove the charging cable.



CAUTION!

- The battery life varies with the ambient temperature and may be shorter at low temperatures.
- Please use the specified charging cable shipped with the device.
- Blood pressure measurement cannot be done during charging.
- When disconnecting the adapter from the electrical outlet, hold and pull the adapter body out the outlet.
- When disconnecting the charging cable from the blood pressure monitor, hold and pull the charging plug out of an outlet.
- Do not connect to device other than those specified.
- Do not change the battery.
- If the battery can not be charged any more, please contact the authorized dealer.
- Overcharging the battery may reduce its lifetime.
- Lithium battery replacement by inadequately trained personnel could result in a hazard such as a fire or explosion.

Wireless Function

- In the unlikely event that this monitor causes radio wave interference to a different wireless station, change the location where this monitor is used or stop using immediately.
- Be sure to use in a location where visibility between the two devices that you want to connect is good. The connection distance is reduced by the structure of buildings or other obstructions. In particular, connection may be impossible when devices are used on either side of reinforced concrete.
- Do not use Bluetooth® connection in the range of a wireless LAN or other wireless devices, near devices that emit radio waves such as microwaves, in locations where there are many obstructions, or in other locations where signal strength is weak. Doing so may result in frequent loss of connection, very slow communication speeds and errors.

- Using close to an IEEE802.11g/b/n wireless LAN device may cause mutual interference to occur, which may result in reduced communication speeds or which may prevent connection.
 - In this case, switch off the power supply to the device that is not being used, or use the monitor in a different location.
- If the monitor does not connect normally when used near a wireless station or broadcast station, use the monitor in a different location.
- A&D Company, Limited cannot accept liability for any damages incurred due to impaired operation or data loss, etc. that occur through the use of this product.
- This product is not guaranteed to connect to all *Bluetooth*® compatible devices.

Bluetooth® Transmission



This product is equipped with a *Bluetooth*® 4.1 wireless function and can connect to the following *Bluetooth*® devices.

Apple iOS v.8.0 or newer iPhone 4s or newer, iPad touch 5th gen; iPad 3,4; iPad Air; iPad mini

Android OS 4.4.4,5.1,6.0, and 7.0 Bluetooth® devices Selected Android phones only.

The latest compatibility list



https://www.aandd.co.jp/products/hhc/hhc-ict_compatibility.html

To connect with your mobile device – download and install the "A&D Medical Connect application" onto your mobile device.





Device Setup (Pairing)

- 1.Ensure the *Bluetooth*® function of the mobile device is ON.
- 2.Launch up A&D Medical CONNECT App.



The icon to the left will blink on the monitor.

3.Accept the pairing request from the pop-up window.





Multiuser Pairing

The monitor can be registered for up to 5 users. Follow the above instructions to pair the mobile device for each user.

New users can be added anytime. The user who has the lowest frequency of measurement times will be cleared once the device has reached the 5 user max.

Note: If new user uses the same mobile device, then re-pairing is not required as this has been completed.

Note: Default is in visitor mode.

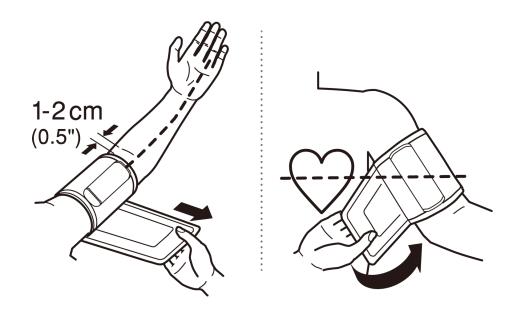
CAUTION!

The communication distance between this device and the mobile device is about 33 feet (10m). This distance may vary depending on the surrounding environment so try to get closer to the receiving device if the data doesn't get transferred.

Applying the Arm Cuff

Wrap the cuff around the upper arm, about 0.5"(1-2cm) above the inside of the elbow, as shown. Sit comfortably to ensure proper fit/orientation on the arm.

Note: White tab should be closer to the artery.



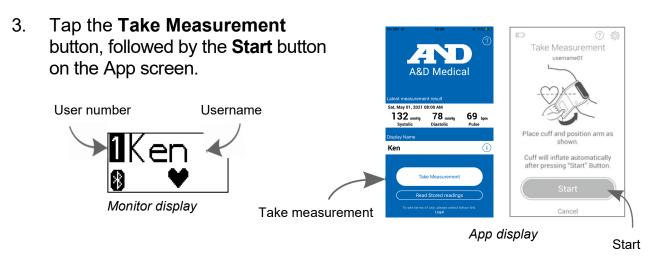
How to Take Accurate Measurements

For the most accurate blood pressure measurement:

- □ Sit comfortably on a chair. Place your arm on the table. Do not cross your legs. Keep your feet on the floor and straighten your back.
- Relax for about five to ten minutes before the measurement.
- □ Place the center of the cuff at the same height as your heart.
- □ Remain still and keep quiet during the measurement.
- □ Do not measure immediately after physical exercise or a bath. Rest for twenty or thirty minutes before taking the measurement.
- □ Try to measure your blood pressure at the same time every day.

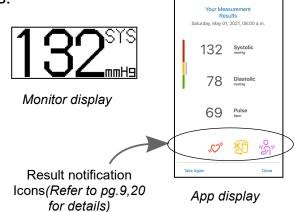
In-App Mode Measurement

- 1. Ensure the *Bluetooth*® function of the mobile device is ON.
- 2. Open the A&D Medical Connect App. The App will automatically detect the presence of the device.



4. The cuff starts to inflate. It is normal for the cuff to get tight. The App displays the pressure value once inflation starts.

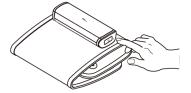
5. When the measurement is complete, the App and the monitor will display results similar to the displays on the right. (Systolic bp diastolic bp and pulse rate will be displayed in order.)



Note: Press the start button again to make the device standby mode. The device is also provided with an automatic power shut-off function. Allow at least one minute between measurements on the same person.

Offline Mode Measurement

1. Press the **Start/Stop** button on the monitor. After the A&D logo appears for 1 second, the User Select screen will be displayed.



2. Press the **Start/Stop** button again to select a user or switch between username from User Select screen.

User name can be changed in the App under Settings. When this is not set, the display name on App will be displayed as the user name.



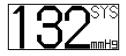
- 3. Measurement starts automatically after 3 seconds.
- 4. Zero(0) is displayed blinking briefly. Then the display changes, as measurement begins.



5. The cuff starts to inflate. It is normal for the cuff to get tight. Monitor displays the pressure value once inflation starts.



6. When the measurement is complete, the monitor will display result similar to the display on the right. (Systolic bp, diastolic bp and pulse rate will be displayed in order.)



Note: Press the start/stop button again to make the monitor standby mode. The device is also provided with an automatic power shut-off function. Allow at least one minute between measurements on the same person.

Upload Stored Measurement

The device can store up to 100 readings and can be transferred to the App on next connection.

To transfer data, open the A&D Medical Connect App and select **Upload Measurement** from the dashboard pop-up window.



Read stored readings

App display

Visitor Mode Measurement

- Press the START button on the monitor.
- 2. Press the **START** button again to switch between username and select "0 Visitor".
- 3. Measurement starts automatically after 3 seconds.
- When the measurement is complete, the monitor will display results similar to the display on the right. (Systolic, diastolic and pulse rate will be displayed in rotation.)



Visitor Mode is only available through the monitor. Data is not stored in visitor mode.

Notes for Accurate Measurement

- Sit down in a comfortable position. Place your arm on a table with your palm facing upward and the cuff at the same level as your heart.
 Relax for about five or ten minutes before taking a measurement. If you are excited or depressed by emotional stress, the measurement will reflect this stress as a higher (or lower) than normal blood pressure reading and the pulse reading will usually be faster than normal.
 An individual's blood pressure varies constantly, depending on what you are doing and what you have enter. What you drink on have a your
- are doing and what you have eaten. What you drink can have a very strong and rapid effect on your blood pressure.
- This device bases its measurements on the heartbeat. If you have a very weak or irregular heartbeat, the device may have difficulty determining your blood pressure.
- □ If the device detect a condition that is abnormal, it will stop the measurement and display an error symbol. See page 8 for the description of the symbols.
- ☐ This blood pressure monitor is intended for use by 13 years and older. Consult with your physician before using this device on a child. A child should not use this device unattended.
- ☐ This automatic blood pressure monitor's performance may be affected by excessive temperature or humidity, or altitude.

What is an The IHB Indicator?

When the monitor detects an irregular rhythm during the measurements, the IHB indicator will appear on the display with the measurement values.

Note: We recommend contacting your physician if you see this (()) IHB indicator frequently.

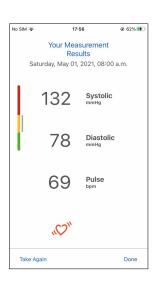
What Is The IHB?

The UA-1200BLE blood pressure monitor provides blood pressure and a pulse rate measurement even when an irregular heartbeat occurs. An irregular heartbeat is defined as a heartbeat that varies from the average of all heartbeats during the blood pressure measurement.

WHO Classification Indicator

This Indicator's by App: Each segment of the bar indicator corresponds to the WHO blood pressure classification described on the next page.





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). One's natural blood pressure is represented by the fundamental pressure, which is measured first thing in the morning while one is still at rest and before eating.

What is Hypertension and How is it Controlled?

Hypertension, an abnormally high arterial blood pressure, if left untreated, may cause many health problems including stroke and heart attack. Hypertension can be controlled by altering lifestyle, avoiding stress, and with medication under a doctor's supervision.

To prevent hypertension or keep it under control:			
□ Do not smoke	Exercise regularly		
□ Reduce salt and fat intake	 Have regular physical checkups 		

□ Maintain proper weight

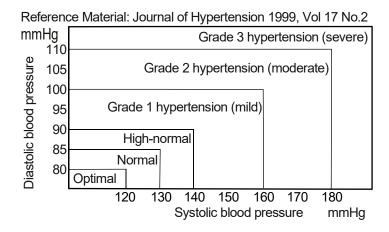
Why Measure Blood Pressure at Home?

Blood pressure measured at a clinic or doctor's office may cause apprehension and may lead to elevate reading by 25 to 30 mmHg higher than that measured at home. Home measurement reduces the effects of outside influences on blood pressure readings, supplements the doctor's readings and provides a more accurate, complete blood pressure history.

About Blood Pressure

WHO Blood Pressure Classification

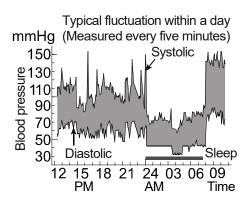
Standards to assess high blood pressure, without regard to age, have been established by the World Health Organization (WHO), as shown in the chart.



Blood Pressure Variations

An individual's blood pressure varies greatly on a daily and seasonal basis. It may vary by 30 to 50 mmHg due to various conditions during the day. In hypertensive individuals, variations are even more pronounced. Normally, the blood pressure rises during at work or play and falls to its lowest levels during sleep. So, do not be overly concerned by the results of one measurement.

Take measurements at the same time every day using the procedure described in this manual to get to know your normal blood pressure. Regular readings give a more comprehensive blood pressure history. Be sure to note the date and time when recording your blood pressure. Consult your doctor to interpret your blood pressure data.



Settings by App

Description
User can overwrite the default monitor
display user name and assign a personal
username (up to 10 characters).
Enables a user to choose how long of an interval
between pressing "Start" button and when the
monitor will start measurement. For multiple user, a
longer interval is useful. For single users, a shorter
interval is useful. Default for single user is set at 1
second and for multiple user is set at 5 seconds.
Allows user to remove himself or herself as a user in
the BP monitor.
Enables users to update the monitor with the most
recent <i>Bluetooth</i> ® software.
Allows user to unpair their mobile device with the
BP monitor. This can also be accomplished via the
Bluetooth® setting in the mobile device.
This function will reset the monitor to factory settings.
All date in the monitor will be deleted.
This will not affect any data stored in the mobile
device.

Setting by Monitor

Monitor Setting

The airplane mode feature can be used in an environment than does not allow to emit radio frequency. Measurement can be done in airplane mode and data will be transferred to the App on next connection.

1. Hold the **Start/Stop** button and the airplane mode select screen will be displayed. Press the **Start/Stop** button to switch between ON and OFF.



2. Select ON and wait 3 seconds to make it airplane mode.



In airplane mode, the airplane icon will be shown at the bottom left corner of the screen.

Troubleshooting

Problem	Possible Cause	Suggestion
	Low battery	Charge the battery.
Power does not	Blood Pressure monitor internal error.	Press the Reset Switch.
turn on.	Battery charging cable is connected.	Take off the charging cable.
The cuff does not inflate.	Low battery	Charge the battery.
The device	Movement is detected.	Make sure to remain still and quiet during measurement.
does not measure.		If you have a very weak or irregular heartbeat, the device may have difficulties in determining your blood
Readings are too high or too low.	The cuff position is not correct.	Sit comfortably and still. Place your arm on a table with your palm facing upward and the upper arm cuff at the same level as your heart.
The value is defferent from that measured at a clinic or doctor's office.	At a clinic or doctor's office apprehension may cause an elevated reading.	Home measurement reduces the effects of outside influences on blood pressure readings, supplementing the doctor's readings.

Note: If the solution described above do not solve the problem, contact the authorized dealer. Do not attempt to open or repair this product, otherwise your warranty may be invalid.

Maintenance

Do not open the device. It uses delicate electrical components and an intricate air unit that could be damaged. If you cannot fix the problem using the troubleshooting instructions, contact the authorized dealer in your area or our customer service department. The A&D customer service will provide technical information, spare parts and units to authorized dealers.

The device is designed and manufactured for a long service life. However it is generally recommended to have the device inspected every 2 years, to ensure proper functioning and accuracy. Please contact the authorized dealer in your area or A&D for maintenance.

Technical Data

Type UA-1200BLE

Measurement range Pressure: 0 - 299 mmHg

Systolic pressure: 60 - 279 mmHg Diastolic pressure: 40 - 200 mmHg

Pulse: 40 - 180 beats / min

Measurement accuracy Pressure: ±3 mmHg

Pulse: ±5 %

Arm circumference 22 cm - 42 cm

Power supply 3.7 V Li-ion 325 mAh

Number of measurements Approx. 100 times

With pressure value 170 mmHg,

room temperature 23 °C.

Classification Internally powered ME equipment

(Supplied by batteries) /

Class II (Supplied by adapter)
Continuous Operation mode

Clinical test According to ISO81060-2

Technical Data

EMD IEC 60601-1-2: 2014

Wireless communication ZY (MURATA Manufacturing Co. Ltd.)

Bluetooth® Ver.4.1 Low Energy

Technology BLP

Frequency band: 2402 MHz to 2480 MHz Maximum RF output power: 2.1 dBm

Modulation: GFSK

Operating conditions +10 °C to +40 °C / 15 %RH to 85 %RH/

800 hPa to 1060 hPa

Transport / Storage conditions -20 °C to +60 °C / 10 %RH to 95 %RH/

700 hPa to 1060 hPa

Dimensions Approx. 44 [W] x 126 [H] x 26 [D] mm

Weight Approx. 205 g

Ingress protection Device: IP20

Applied part Cuff Type BF 🛕

Useful life 5 years (when used six times a day)

Included items UA-1200BLE - 1PC

Instruction Manual - 1PC

Charging cable (KSUSB-2C) - 1PC

QR code card - 1PC

Option AC adapter: AX-TB283

MEMO



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