Digital Blood Pressure Monitor

Model UA-1030

Instruction Manual
Original

Manuel d’instructions
Traduction

Manual de Instrucciones
Traducción

Manuale di Istruzioni
Traduzione

使用手册
翻譯
Dear Customers

Congratulations on 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 device will facilitate your daily blood pressure regimen. We recommend that you read through this manual carefully before using the device for the first time.

Preliminary Remarks

☐ This device conforms to the European Directive 93/42 EEC for Medical Products. This is made evident by the Conformité Européenne (CE) mark of conformity. (0123: The reference number to the involved notified body)

☐ The device is designed for use on adults only, not newborns or infants.

☐ Environment for use: The device is for use in the home healthcare environment.

☐ This device is designed to measure blood pressure and pulse rate of people for diagnosis.
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.
- Avoid tightly folding the cuff or storing the hose tightly twisted for long periods, as such treatment may shorten the life of the components.
- 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.
- Used equipment, parts and batteries are not treated as ordinary household waste, and must be disposed of according to the applicable local regulations.
- When the AC adapter is used, make sure that the AC adapter can be readily removed from the electrical outlet when necessary.
- When reusing the device, confirm that the device is clean.
- Do not modify the device. It may cause accidents or damage to the device.
- To measure blood pressure, the 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 arm. This condition will appear especially when measurement is repeated successively. Any pain, numbness, or red marks will disappear with time.

Contraindications

The following are precautions for proper use of the device.

- Do not apply the cuff to an arm with another medical electrical equipment attached. The equipment may not function properly.
- People who have a severe circulatory deficit in the 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 an arm with an unhealed wound.
- Do not apply the cuff on an arm receiving an intravenous drip or blood transfusion. It may cause injury or accidents.
- 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

Display

- Battery Compartment
- Arm Cuff
- Air Hose
- Air Connector Plug
- Display
- DC Jack
- Speaker
- START Button
- ▲ Button
- ▼ Button
- SET Button
- VOLUME Button
- Battery Cover
- 1.5V Batteries (R6P, LR6 or AA)

Display:

- MEMORY
- Average
- Pressure Settings
- Systolic Pressure
- Diastolic Pressure
- Pulse Rate
- Cuff Fit Error Symbol
- Movement Error Symbol
- TriCheck™ Symbol
- Heart Mark
- WHO Classification Indicator and Pressure Bar Indicator
- Battery Indicator
- AM/PM Mark
- Clock Display
## Symbols

### Symbols that are printed on the device and the AC adapter

<table>
<thead>
<tr>
<th>Symbols</th>
<th>Function / Meaning</th>
<th>Recommended Action</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="power_off.png" alt="Standby" /></td>
<td>Standby and Turn the device on.</td>
<td>——</td>
</tr>
<tr>
<td><img src="battery.png" alt="Battery" /></td>
<td>Battery installation guide</td>
<td>——</td>
</tr>
<tr>
<td><img src="direct_current.png" alt="Direct current" /></td>
<td>Direct current</td>
<td>——</td>
</tr>
<tr>
<td><img src="serial_number.png" alt="Serial number" /></td>
<td>Serial number</td>
<td>——</td>
</tr>
<tr>
<td><img src="date_of_manufacture.png" alt="Date of manufacture" /></td>
<td>Date of manufacture</td>
<td>——</td>
</tr>
<tr>
<td><img src="type_bf.png" alt="Type BF" /></td>
<td>Type BF: Device, cuff and tubing are designed to provide special protection against electrical shocks.</td>
<td>——</td>
</tr>
<tr>
<td><img src="ec_directive.png" alt="EC directive medical device label" /></td>
<td>EC directive medical device label</td>
<td>——</td>
</tr>
<tr>
<td><img src="wEEE_label.png" alt="WEEE label" /></td>
<td>WEEE label</td>
<td>——</td>
</tr>
<tr>
<td><img src="manufacturer.png" alt="Manufacturer" /></td>
<td>Manufacturer</td>
<td>——</td>
</tr>
<tr>
<td><img src="eu_representative.png" alt="EU-representative" /></td>
<td>EU-representative</td>
<td>——</td>
</tr>
<tr>
<td><img src="instruction_manual.png" alt="Refer to instruction manual/booklet" /></td>
<td>Refer to instruction manual/booklet</td>
<td>——</td>
</tr>
<tr>
<td><img src="class_ii_device.png" alt="Class II device" /></td>
<td>Class II device</td>
<td>——</td>
</tr>
<tr>
<td><img src="polarity.png" alt="Polarity of DC jack" /></td>
<td>Polarity of DC jack</td>
<td>——</td>
</tr>
</tbody>
</table>

### Symbols that appear on the display

<table>
<thead>
<tr>
<th>Symbols</th>
<th>Function / Meaning</th>
<th>Recommended Action</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="heart.png" alt="Heart" /></td>
<td>Appears while measurement is in progress. It blinks when the pulse is detected.</td>
<td>Measurement is in progress. Remain as still as possible.</td>
</tr>
<tr>
<td><img src="irregular_heartbeat.png" alt="Irregular Heartbeat" /></td>
<td>Irregular Heartbeat symbol (I.H.B.) Appears when an irregular heartbeat is detected. It may light when a very slight vibration like shivering or shaking is detected.</td>
<td>——</td>
</tr>
<tr>
<td><img src="tri_check.png" alt="TriCheck mode" /></td>
<td>TriCheck mode Takes three consecutive measurements automatically and displays the average values of the three measurements.</td>
<td>——</td>
</tr>
<tr>
<td><img src="body_movement.png" alt="Body or arm movement" /></td>
<td>Appears when a body or arm movement is detected.</td>
<td>The reading may yield an incorrect value. Take another measurement. Remain still during measurement.</td>
</tr>
<tr>
<td>Symbols</td>
<td>Function / Meaning</td>
<td>Recommended Action</td>
</tr>
<tr>
<td>---------</td>
<td>------------------------------------------------------------------------------------</td>
<td>----------------------------------------------------------------------------------</td>
</tr>
<tr>
<td>❌</td>
<td>Appears during measurement when the cuff is applied loosely.</td>
<td>The reading may yield an incorrect value. Apply the cuff correctly, and take another measurement.</td>
</tr>
<tr>
<td>📊</td>
<td>Previous measurements stored in memory.</td>
<td></td>
</tr>
<tr>
<td>📊 AVG.</td>
<td>Average data</td>
<td></td>
</tr>
<tr>
<td>📊</td>
<td>The battery power indicator during measurement.</td>
<td></td>
</tr>
<tr>
<td>📊</td>
<td>The battery power is low when it blinks.</td>
<td>Replace all batteries with new ones when the mark blinks.</td>
</tr>
<tr>
<td>📊</td>
<td>Unstable blood pressure due to movement during measurement.</td>
<td>Take another measurement. Remain still during measurement.</td>
</tr>
<tr>
<td>📊</td>
<td>The systolic and diastolic values are within 10 mmHg of each other.</td>
<td>Apply the cuff correctly, and take another measurement.</td>
</tr>
<tr>
<td>📊</td>
<td>The pressure value did not increase during the inflation.</td>
<td></td>
</tr>
<tr>
<td>📊 CUF</td>
<td>The cuff is not applied correctly.</td>
<td></td>
</tr>
<tr>
<td>📊 PUL DISPLAY ERROR</td>
<td>The pulse is not detected correctly.</td>
<td>Remove the batteries and press the START button, and then install the batteries again. If the error still appears, contact the dealer.</td>
</tr>
<tr>
<td>📊</td>
<td>Blood pressure monitor internal error</td>
<td></td>
</tr>
<tr>
<td>📊 SYS.</td>
<td>Systolic blood pressure in mmHg</td>
<td></td>
</tr>
<tr>
<td>📊 DIA.</td>
<td>Diastolic blood pressure in mmHg</td>
<td></td>
</tr>
<tr>
<td>📊 PUL./min.</td>
<td>Pulse per minute</td>
<td></td>
</tr>
<tr>
<td>📊 AM</td>
<td>Data taken between 4:00 and 9:59</td>
<td></td>
</tr>
<tr>
<td>📊 PM</td>
<td>Data taken between 18:00 and 1:59</td>
<td></td>
</tr>
<tr>
<td>📊 Pressure settings</td>
<td>Indicates the pressure value previously set by the user.</td>
<td></td>
</tr>
</tbody>
</table>
Operation Mode

1. Normal Measurement
Press the START button. Blood pressure is measured and the data is stored in memory. This device can store the last 90 measurements in memory.

2. Recalling the Data
Press the ▲ or ▼ button to recall the data in memory. The average of all measurements is displayed, as indicated in the figure at the right. The device announces the memory data values as they are displayed.

Then, each time the ▼ button is pressed, the memory data is displayed as follows.

- Average of all AM (morning) measurements taken between 4:00 and 9:59.
- Average of all PM (evening) measurements taken between 18:00 and 1:59.
- Most recent data (No.n, in the example, No.35)
- Last data (No.1)

For details on recalling the data, refer to “Recalling the Memory Data”.

3. Deleting all Data Stored in Memory
Press both the ▲ and ▼ buttons. The M mark and the battery indicator appear. Press and hold both the ▲ and ▼ buttons until the illuminated M mark starts blinking to delete all data stored in memory.

4. Measurement with the Desired Systolic Pressure
Refer to page 11 for measurement with the desired systolic pressure.
Using the Monitor

Installing / Changing the Batteries

1. Remove the battery cover.
2. Remove the used batteries and insert new batteries into the battery compartment as shown, taking care that the polarities (+ and -) are correct.
   Use only R6P, LR6 or batteries.
3. Attach the battery cover.

**CAUTION**
- Insert the batteries as shown in the battery compartment. If installed incorrectly, the device will not work.
- When (LOW BATTERY mark) blinks on the display and the device announces that the battery needs to be replaced, replace all batteries with new ones. Do not mix old and new batteries. It may shorten the battery life, or cause the device to malfunction.
- Replace the batteries two seconds or more after the device turns off.
- If (LOW BATTERY mark) appears even after the batteries are replaced, make a blood pressure measurement. The device may then recognize the new batteries.
- (LOW BATTERY mark) does not appear when the batteries are drained.
- The battery life varies with the ambient temperature and may be shorter at low temperatures.
- Use the specified batteries only.
- Remove the batteries if the device is not to be used for a long time. The batteries may leak and cause a malfunction.

Connecting the Air Hose

Insert the air connector plug into the air socket firmly.

Connecting the AC Adapter

Insert the AC adapter plug into the DC jack.
Next, connect the AC adapter to an electrical outlet.
- Use the specified AC adapter.
  (Refer to page 20.)
Using the Monitor

Adjusting the Built-in Clock
Adjust the clock prior to use.

1. Press the SET button until the year starts blinking.

2. Select the year using the ▲ or ▼ button. Press the SET button to set the current year and move to month/day selection. The date can be set anywhere between the years 2010 and 2059.

3. Select the month using the ▲ or ▼ button. Press the SET button to set the current month and move to day selection.

4. Select the day using the ▲ or ▼ button. Press the SET button to set the current day and move to hour/minute selection.

5. Select the hour using the ▲ or ▼ button. Press the SET button to set the current hour and move to minute selection.

6. Select the minute using the ▲ or ▼ button. (Press the SET button to go to the pressure setting mode. For details, refer to page 11.) Press the START button to turn the device off.

Note: After three minutes of non-operation, the device will turn off automatically.

When the clock has not been set, the clock display indicates dashes as shown to the right. Holding down the ▲ or ▼ button will change the value continuously.

Selecting the Correct Cuff Size
Using the correct cuff size is important for an accurate reading. If the cuff is not the proper size, the reading may yield an incorrect blood pressure value.

The arm size is printed on each cuff.
The arm cuff is a consumable. If it becomes worn, purchase a new one.

<table>
<thead>
<tr>
<th>Arm Size</th>
<th>Recommended Cuff Size</th>
<th>Catalog Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>31 cm to 45 cm</td>
<td>Large adult cuff</td>
<td>CUF-F-LA</td>
</tr>
<tr>
<td>17 cm to 32 cm</td>
<td>Adult cuff</td>
<td>CUF-G-A</td>
</tr>
</tbody>
</table>

Arm size: The circumference of the biceps.
Using the Monitor

Applying the Arm Cuff
1. Wrap the cuff around the upper arm, about 1-2 cm above the inside of the elbow, as shown. Place the cuff directly against the skin, as clothing may cause a faint pulse, and result in a measurement error.

2. Constriction of the upper arm, caused by tightly rolling up a shirtsleeve, may prevent accurate readings.

Symbols that are printed on the cuff

<table>
<thead>
<tr>
<th>Symbols</th>
<th>Function/ Meaning</th>
<th>Recommended Action</th>
</tr>
</thead>
<tbody>
<tr>
<td>●</td>
<td>Artery Position Mark</td>
<td>Set the ● mark on the artery of the upper arm or in line with the ring finger on the inside of the arm.</td>
</tr>
<tr>
<td>REF</td>
<td>Catalog Number</td>
<td></td>
</tr>
<tr>
<td>LOT</td>
<td>Lot Number</td>
<td></td>
</tr>
</tbody>
</table>

How to Take Accurate Measurements
- Sit comfortably on a chair. Rest 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 measurement.
- Place the center of the cuff at the same level as your heart.
- Remain still and keep quiet during 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.

Measurement
- During measurement, it is normal for the cuff to feel very tight. (Do not be alarmed).

After Measurement
- After measurement, press the [START] button to turn the device off. After one minute of non-operation, the device will turn off automatically. Remove the cuff and record your data.

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

Before measurement, read “Notes for Accurate Measurement” on page 12.

**Normal Measurement**

1. Place the cuff on the arm (preferably the left arm). Sit quietly during measurement.

2. Press the **START** button.
   All of the display segments are displayed. Zero (0) is displayed blinking briefly. The display changes, as indicated in the figure at the right, as the measurement begins. The cuff starts to inflate. It is normal for the cuff to feel very tight. A pressure bar indicator is displayed, on the left edge of the display, during the inflation.
   Note: If you wish to stop inflation at any time, press the **START** button again.

3. When inflation is complete, deflation starts automatically and \( \text{\( \heartsuit \)} \) (heart mark) blinks, indicating that the measurement is in progress. Once the pulse is detected, the mark blinks with each pulse beat.
   Note: If an appropriate pressure is not obtained, the device starts to inflate again automatically. To avoid re-inflation, see “Measurement with the SET Pressure” on the next page.

4. When the measurement is complete, the systolic and diastolic pressure readings and pulse rate are displayed. The device announces the measurement results. The cuff exhausts the remaining air and deflates completely.

5. Press the **START** button to turn the device off. After one minute of non-operation, the device will turn off automatically.

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

Model UA-1030T is designed to detect the pulse and to inflate the cuff to a systolic pressure level automatically. If re-inflation occurs repeatedly, use the following methods.

Measurement with the SET Pressure
During the blood pressure measurement, re-inflation may occur. A fixed pressure value can be set to avoid re-inflation.

1. At step 6 of the clock adjustment procedure (see page 8), press the **SET** button to go to the pressure setting mode. The current setting blinks.

2. Press the up or down button to select a pressure value about 30 mmHg or more above your expected systolic pressure from the following.
   - **AUTO**: Automatic pressurization (default value)
   - 180: Pressure value of 180 mmHg (fixed)
   - 210: Pressure value of 210 mmHg (fixed)
   - 240: Pressure value of 240 mmHg (fixed)

3. Press the **SET** button to go to the TriCheck setting mode. Press the **START** button to turn the device off. After three minutes of non-operation, the device will turn off automatically. The next measurement will be performed with the new pressure value.

Measurement with the Desired Systolic Pressure
Use this method when re-inflation occurs repeatedly even if the pressure value is set to 240 in the procedure above or when the results are not displayed even if the pressure decreases to 20 mmHg or less.

1. Place the cuff on the arm (preferably the left arm). At heart level
2. Press and hold the **START** button until a number about 30 to 40 mmHg higher than your expected systolic pressure appears.
3. When the desired number is reached, release the **START** button to start measurement. Continue to measure your blood pressure as described on the previous page.
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 to 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 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.

- Should the device detect a condition that is abnormal, it will stop the measurement and display an error symbol. Refer to page 5 for the description of symbols.

- This blood pressure monitor is intended for use by adults only. Consult with your physician before using this device on a child. A child should not use this device unattended.

**TriCheck Measurement**

The TriCheck mode takes three consecutive measurements automatically and displays the average values of the three measurements.

**Selecting the TriCheck Mode**

1. In the pressure setting mode, press the SET button to enter the TriCheck setting mode. The current setting blinks.

2. Press the ▲ or ▼ button to turn the TriCheck mode ON or OFF.
   - ON: TriCheck mode
   - OFF: Normal measurement mode (default value)

3. Press the START or SET button to turn the device off. After three minutes of non-operation, the device will turn off automatically.

   In the pressure setting mode, press ▼

   - The current setting blinks
   - Change the setting ▲ or ▼

   © or START
Measurement Using the TriCheck Mode

1. Press the [START] button.
   All of the display segments are displayed.
   Zero (0) is displayed blinking briefly and the first measurement starts.

2. When the measurement is complete, the systolic and diastolic pressure readings and pulse rate are displayed, then a one-minute countdown starts for the second measurement.

3. After one minute, the second measurement starts.

4. When the measurement is complete, the average readings of the first and second measurements are displayed, then a one-minute countdown starts for the third measurement.

5. After one minute, the third measurement starts.

6. When the measurement is complete, the average readings of the three measurements are displayed and stored in memory.

Notes:
- During the measurement, the TriCheck symbol is displayed.
- To cancel the measurement, press the [START] button. In this case, no data is stored in memory.
- When the cuff fit error symbol appears during the first measurement, cancel the measurement, reapply the cuff correctly and start a new measurement.
- After measurement, the average data of the three measurements is stored in memory.
  No data will be stored, when canceling the measurements, before completion of the third measurement.
Recalling the Memory Data

Note: This device stores the last 90 measurements in memory. The device announces the memory data values as they are displayed.

1. Press the ▲ or ▼ button. The average of all measurements and the number of data are displayed. (If no data, “0” is displayed. Press the ▲, ▼ or START button to turn the device off.)

2. Each time the ▼ button (or the ▲ button to display the data in the reverse order) is pressed, the memory data is displayed as follows.

   Average of all AM (morning) measurements taken between 4:00 and 9:59. (In the example, 10 measurements. If no data, “--” is displayed.)

   Average of all PM (evening) measurements taken between 18:00 and 1:59. (In the example, 9 measurements. If no data, “--” is displayed.)

   Most recent data (No.n, in the example, No.35)
   Three seconds after the data number display, the measurement data is displayed.

   Last data (No.1)
   Three seconds after the data number display, the measurement data is displayed.

3. After the last data is displayed, press the ▼ button to return the average display of all measurements.

4. Press the START button to turn the device off. After one minute of non-operation, the device will turn off automatically.
Adjusting the Speaker Volume

1. Press the [VOLUME] button to enter the volume adjustment mode. Six stages of volume, which are represented by bars, and OFF are available.

2. Press the ▲ button to increase the volume, or press the ▼ button to decrease the volume.

3. Press the [START] button to turn the device off. After three minutes of non-operation, the device will turn off automatically.

Selecting the Language

1. In the volume adjustment mode, press the [VOLUME] button to enter the language selection mode. The current setting appears.

2. Press the ▲ or ▼ button to select a language from the following.
   - L1: English (default value)
   - L2: French
   - L3: Spanish
   - L4: Italian
   - L5: Chinese

3. Press the [START] or [VOLUME] button to turn the device off. After three minutes of non-operation, the device will turn off automatically.
What is an Irregular Heartbeat

The UA-1030T 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 heartbeats during the blood pressure measurement. It is important that you are relaxed, remain still and do not talk during measurements.

Note: We recommend contacting your physician if you see this symbol frequently.

Pressure Bar Indicator

The indicator monitors the progress of pressure during measurement.

WHO Classification Indicator

Each segment of the bar indicator corresponds to the WHO blood pressure classification described on the next page.

Example:

<table>
<thead>
<tr>
<th>WHO Classification</th>
<th>Blood Pressure</th>
</tr>
</thead>
<tbody>
<tr>
<td>Severe hypertension</td>
<td>174/102</td>
</tr>
<tr>
<td>Moderate hypertension</td>
<td>147/98</td>
</tr>
<tr>
<td>Mild hypertension</td>
<td></td>
</tr>
<tr>
<td>High normal</td>
<td></td>
</tr>
<tr>
<td>Normal</td>
<td></td>
</tr>
<tr>
<td>Optimal</td>
<td></td>
</tr>
</tbody>
</table>

The indicator displays a segment, based on the current data, corresponding to the WHO classification.
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 unattended, can 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

Why Measure Blood Pressure at Home?
Blood pressure measured at a clinic or doctor’s office may cause apprehension and can produce an elevated reading, 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.

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 while 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.

### Troubleshooting

<table>
<thead>
<tr>
<th>Problem</th>
<th>Possible Reason</th>
<th>Recommended Action</th>
</tr>
</thead>
<tbody>
<tr>
<td>Batteries are drained.</td>
<td></td>
<td>Replace all batteries with new ones.</td>
</tr>
<tr>
<td>Battery terminals are not in the correct position.</td>
<td></td>
<td>Reinstall the batteries with negative and positive terminals matching those indicated on the battery compartment.</td>
</tr>
<tr>
<td>Battery voltage is too low.</td>
<td>(LOW BATTERY mark) blinks. If the batteries are drained completely, the mark does not appear.</td>
<td>Replace all batteries with new ones.</td>
</tr>
<tr>
<td>The cuff is not applied properly.</td>
<td></td>
<td>Apply the cuff correctly.</td>
</tr>
<tr>
<td>You moved your arm or body during measurement.</td>
<td></td>
<td>Make sure you remain still and quiet during measurement.</td>
</tr>
<tr>
<td>The cuff position is not correct.</td>
<td></td>
<td>Sit comfortably and still. Place your arm on a table with your palm facing upward and the cuff at the same level as your heart.</td>
</tr>
<tr>
<td>The device does not measure.</td>
<td></td>
<td>If you have a very weak or irregular heat beat, the device may have difficulty in determining your blood pressure.</td>
</tr>
<tr>
<td>The value is different from that measured at a clinic or doctor’s office.</td>
<td></td>
<td>Refer to “Why Measure Blood Pressure at Home?”.</td>
</tr>
<tr>
<td>Other</td>
<td></td>
<td>Remove the batteries. Place them back properly and take another measurement.</td>
</tr>
</tbody>
</table>

Note: If the actions described above do not solve the problem, contact the dealer. Do not attempt to open or repair this product, as any attempt to do so will make your warranty 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 was 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**

<table>
<thead>
<tr>
<th>Type</th>
<th>UA-1030T</th>
</tr>
</thead>
<tbody>
<tr>
<td>Measurement method</td>
<td>Oscillometric measurement</td>
</tr>
</tbody>
</table>
| Measurement range | Pressure: 0 - 299 mmHg  
Systolic pressure: 60 - 279 mmHg  
Diastolic pressure: 40 - 200 mmHg  
Pulse: 40 - 180 beats / minute |
| Measurement accuracy | Pressure: ±3 mmHg  
Pulse: ±5% |
| Power supply | 4 x 1.5V batteries (R6P, LR6 or AA) or AC adapter (TB-233) (Not included) |
| Number of measurements | Approx. 200 measurements, when AA manganese batteries are used, with pressure value of 180 mmHg at room temperature of 23°C |
| Classification | Internally powered ME equipment (Supplied by batteries) /  
Class II (Supplied by adapter)  
Continuous operation mode |
| Clinical test | According to ANSI / AAMI SP-10 1992 |
| EMC | IEC 60601-1-2: 2007 |
| Memory | Last 90 measurements |
| Operating conditions | +10°C to +40°C / 15-39%-RH to 85%RH  
800 hPa to 1060 hPa |
| Transport / Storage conditions | -20°C to +60°C / 10%RH to 95%RH |
| Dimensions | Approx. 140 [W] x 60 [H] x 105 [D] mm |
Weight  
Approx. 300 g, excluding the batteries

Applied part  
Cuff  Type BF

Useful life  
Device: 5 years (when used six times a day)  
Cuff: 2 years (when used six times a day)

Accessory AC adapter  
The adapter is to connect the blood pressure monitor to a power source at home.

TB-233  
Please contact your local A&D dealer for purchasing.  
The AC adapter is required to be inspected or replaced periodically.

TB-233C  
Input: 100-240V  
Output: 6V  500mA

TB-233BF  
Input: 240V  
Output: 6V  500mA

Accessories sold separately

Cuff

<table>
<thead>
<tr>
<th>Catalog Number</th>
<th>Cuff Size</th>
<th>Arm Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>CUF-F-LA</td>
<td>Large adult cuff</td>
<td>31 cm to 45 cm</td>
</tr>
<tr>
<td>CUF-G-A</td>
<td>Adult cuff</td>
<td>17 cm to 32 cm</td>
</tr>
</tbody>
</table>

AC adapter

<table>
<thead>
<tr>
<th>Catalog Number</th>
<th>Plug</th>
</tr>
</thead>
<tbody>
<tr>
<td>TB-233C</td>
<td>Type C</td>
</tr>
<tr>
<td>TB-233BF</td>
<td>Type BF</td>
</tr>
</tbody>
</table>

Note: Specifications are subject to change without prior notice.

EMC table information is listed on our website:
A&D Company, Limited
Asahi 1-243, Kitamoto-shi, Saitama 364-8585, JAPAN
Telephone: [81] (48) 593-1111 Fax: [81] (48) 593-1119

A&D INSTRUMENTS LIMITED
Unit 24/26 Blacklands Way, Abingdon Business Park, Abingdon, Oxfordshire OX14 1DY United Kingdom
Telephone: [44] (1235) 550420 Fax: [44] (1235) 550485

A&D ENGINEERING, INC.
1756 Automation Parkway, San Jose, California 95131, U.S.A.
Telephone: [1] (408) 263-5333 Fax: [1] (408) 263-0119

A&D AUSTRALASIA PTY LTD
32 Dew Street, Thebarton, South Australia 5031, AUSTRALIA
Telephone: [61] (8) 8301-8100 Fax: [61] (8) 8352-7409