



Wrist Digital Blood Pressure Monitor

Model UB-525



Instruction Manual Original

Manuel d'instructions Traduction

Manual de Instrucciones Traducción

Manuale di Istruzioni Traduzione

Manual de instruções Tradução

Instructiehandleiding Vertaling

Betjeningsvejledning Oversættelse

Bruksanvisning Översättning

Bruksanvisning Oversettelse

Ohjekirja Käännös

Talimat Kılavuzu Çeviri

ترجمه دليل الإستعمال

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Dear Customers

Thank you for purchasing a state-of-the-art A&D blood pressure monitor. 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 Medical Device Regulations (EU 2017/745) and UKCA Medical Device Regulations 2002 for Medical Products.
This is made evident by the CE2797 and UKCA0086 mark of conformity.
(2797 and 0086: The reference numbers to the involved notified body.)
- ☐ The device is designed for use by people 13 years and older, not newborns or infants.
- ☐ This device fulfils the following provisions.

 **Medical Device Regulations (EU 2017/745)**

 **UKCA Medical Devices Regulations 2002**

Intended Purpose

The UB-525 Digital Blood Pressure Monitor is intended to be used by patients to measure systolic and diastolic blood pressure and pulse rate in the home environment. The UB-525 provides the patient with an indication of an irregular heartbeat allowing further medical attention to be sort.

Clinical Benefit

Successful assessment of blood pressure reading in accordance with the device's intended purpose.

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 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.
- ☐ Avoid tightly folding the cuff for long periods, as such treatment may shorten the life of the components.
- ☐ The device is not water resistant. Prevent rain, sweat and water from damaging the device.
- ☐ 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 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 wrist 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 wrist. This condition will appear especially when measurement is repeated successively. Any pain, numbness, or red marks will disappear with time.
- ☐ Wireless communication devices, such as home networking devices, mobile phones, cordless phones and their base stations, and walkie-talkies can affect this blood pressure monitor. Therefore, a minimum distance of 30 cm should be kept from such devices.
- ☐ Measuring blood pressure too frequently may cause harm due to blood flow interference. Check that the operation of the device does not result in prolonged impairment of blood circulation, when using the device repeatedly.
- ☐ 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 or lymph node clearance, 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. This 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.
- ☐ In the case of single components failure enclosure of near cuff may become hot and potentially cause malfunction. (Maximum 46°C)
- ☐ Use of accessories not detailed in this manual may compromise safety.

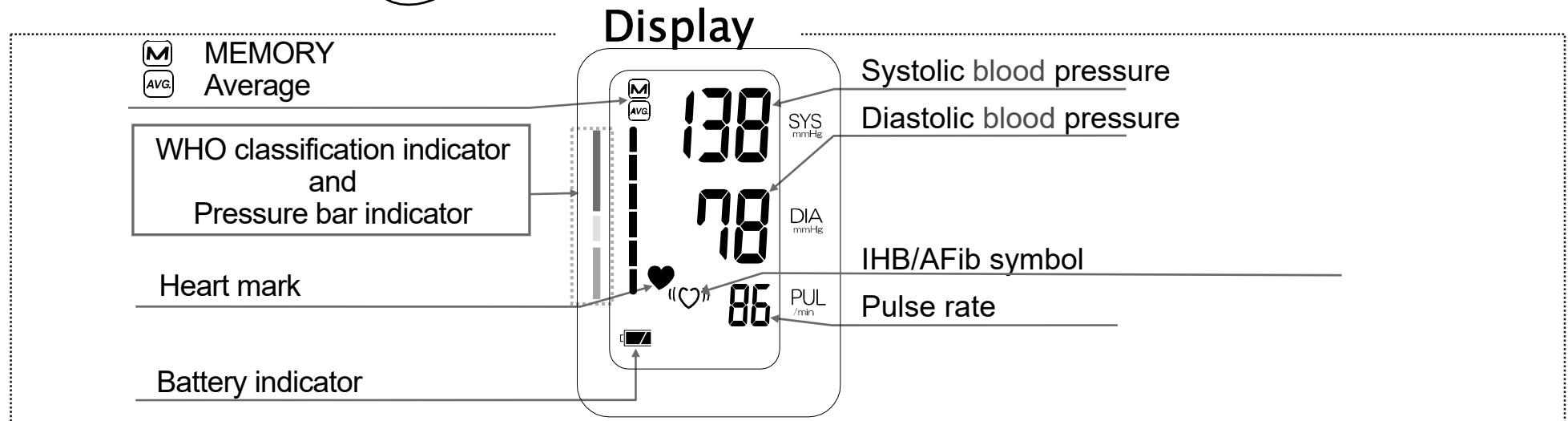
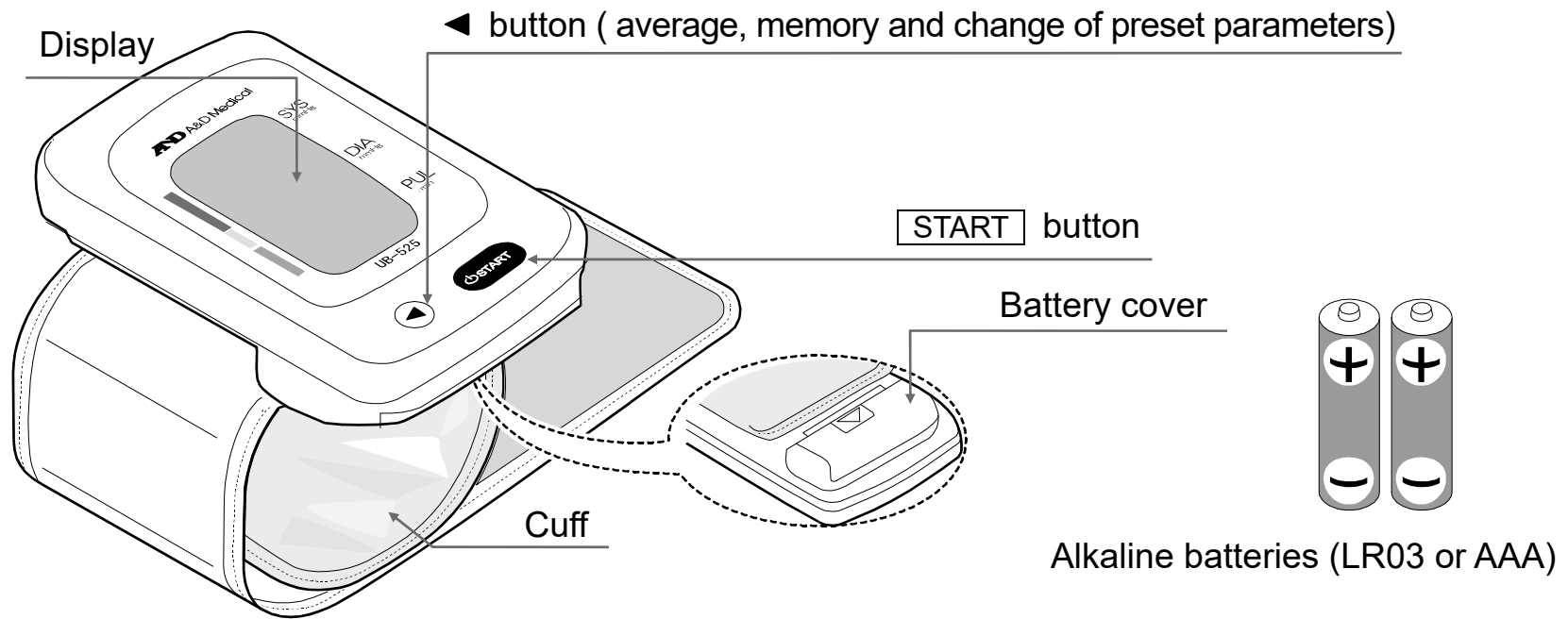
- ❑ Should the battery short-circuit, it may become hot and potentially cause burns.
- ❑ Allow the device to adapt to the surrounding environment before use (about one hour).
- ❑ Do not inflate without wrapping the cuff around your wrist.
- ❑ This is a medical device for use by layperson. Please consult your healthcare provider with any questions or concerns you may have regarding your condition.
- ❑ When any serious incident occurs in relation to this device, report to its manufacturer and the competent authority in your country.
- ❑ Confirm for proper operation before use, if the packaging is damaged, unintentionally opened and exposed to environmental conditions outside of those specified.
- ❑ This device is not intended to diagnose heart arrhythmias. If the Irregular Heart Beat indicator illuminates frequently and is unrelated to patient movement during blood pressure measurement, further medical attention must be sort.

Contraindications

The following are precautions for proper use of the device.

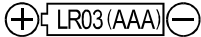
- ❑ Do not apply the device to a wrist with other medical electrical equipment attached. The equipment may not function properly.
- ❑ People who have a severe circulatory deficit in the arm must consult a doctor before using the device to avoid medical problems.
- ❑ Do not self-diagnose the measurement results and start treatment by yourself. Always consult your doctor for evaluation of the results and treatment.
- ❑ Do not apply the device on a wrist with an unhealed wound.
- ❑ Do not apply the device 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.
- ❑ Do not provide any servicing and perform maintenance while the medical device is in use.

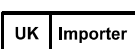
Parts Identification



Symbols

The symbols that are printed on the device and the packaging.

Symbols	Function / Meaning
	Press  to turn on the device. Press  during measurement to enter standby.
SYS	Systolic blood pressure in mmHg
DIA	Diastolic blood pressure in mmHg
PUL	Pulse per minute
	Battery installation guide
	Direct current
	Serial Number
	Unique Device Identifier
	Date of manufacture
	Type BF applied part
	CE marking
	European Authorized Representative
	UK Conformity Assessed marking
	UK Responsible Person
IP	International protection symbol

Symbols	Function / Meaning
	WEEE label
	Manufacturer
	Refer to instruction manual / booklet *1
	Keep dry
	Medical Device
	Temperature limit
	Humidity limitation
	Atmospheric pressure limitation
	EU Importer
	UK Importer

*1 The symbol color: Blue

Symbols that appear on the display

Symbols	Function / Meaning	Recommended Action
	Appears while measurement is in progress. It blinks when the pulse is detected. Remain as still as possible.	_____
«♥»	IHB/AFib symbol appears when an irregular heartbeat is detected. It may light when a very slight vibration like shivering or shaking is detected.	Apply the cuff correctly, then take another measurement. If the «♥» symbol continues to appear, we recommend you to consult with your physician.
	Displayed when the data in memory is displayed.	_____
	Average data	_____
	FULL BATTERY The battery power indicator during the measurement	_____
	LOW BATTERY The battery is low when it blinks	Replace all batteries with new ones when the indicator blinks.
E_1 or E_2	Unstable blood pressure due to movement during the measurement The systolic and diastolic values are within 10 mmHg from each other.	Take another measurement. Remain still during the measurement.
E_3	The pressure value did not increase during inflation. The cuff is not applied correctly.	Apply the cuff correctly, and take another measurement.
E	PUL.DISPLAY ERROR The pulse is not detected correctly.	
E_4	Blood pressure monitor internal error	Remove the batteries and press the  button, and then install the batteries again. If the error still appears, contact the dealer.
E_5		

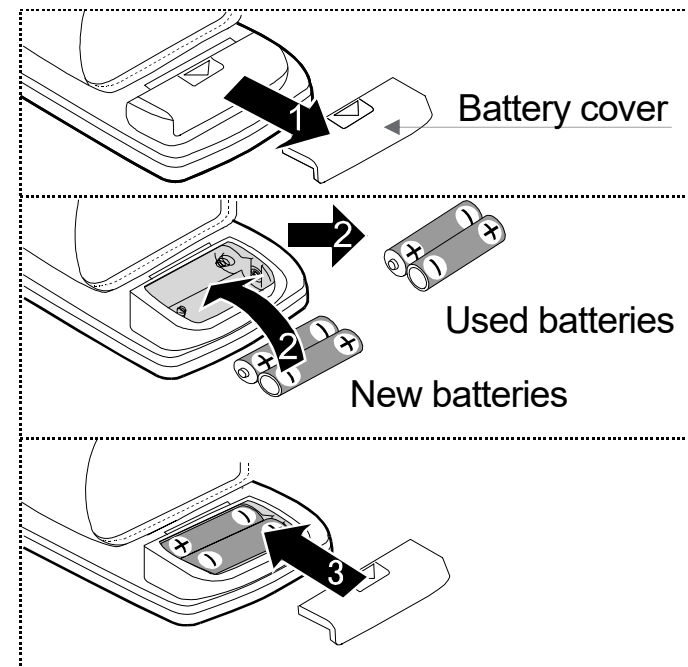
Using the Monitor

1. Inserting / Changing the Batteries

1. Remove the battery cover.
2. Remove the used batteries and insert new batteries into the battery compartment as shown, making sure that the polarities (+ and -) are correct. Use only LR03 or AAA batteries.
3. Putting on the battery cover.

⚠CAUTIONS

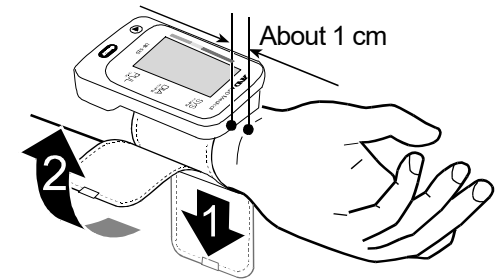
- ❑ Insert the batteries as shown in the battery compartment. If inserted incorrectly, the device will not work.
- ❑ When  (LOW BATTERY mark) blinks on the display, replace all batteries with new ones. Do not mix old and new batteries. It may shorten the battery life, or cause the device to malfunction.
- ❑  (LOW BATTERY mark) does not appear when the batteries are drained.
- ❑ The battery life varies with the ambient temperature and may become shorter at low temperatures. Generally, two new LR03/AAA batteries will last approximately for four months when used twice for measurement each day.
- ❑ Use the specified batteries only. The batteries provided with the device are for testing and may have a limited life.
- ❑ Remove the batteries if the device is not to be used for a long period of time. The batteries may cause leakage and operational issues.



2. Applying the Cuff

1. Wrap the cuff around your wrist about 1 cm above your hand as shown in the figure at the right.
2. Apply the cuff tightly using the Velcro strip.

Note: For accurate measurements, apply the cuff tightly and measure on a bare wrist.



3. How to Take Accurate Measurements

For the most accurate blood pressure measurement:

- ☐ Remain still and keep quiet during the measurement.
- ☐ Sit down in a comfortable position. Place your elbow on a table with your palm facing upward and the cuff is at the same level as your heart.
- ☐ Relax for about five to ten minutes before taking the measurement. If you are excited or depressed by emotional stress, the blood pressure reading may be higher (or lower) than a normal blood pressure reading and the pulse rate will usually be faster than normal.
- ☐ Try to measure your blood pressure at about the same time every day.
- ☐ An individual's blood pressure varies constantly, depending on what you are doing and what you have eaten. What you drink may have a strong and rapid effect on your blood pressure.
- ☐ Do not measure immediately after physical exercise or a bath. Rest for twenty or thirty minutes before taking the measurement.
- ☐ Do not cross your legs. Keep your feet flat on the floor and straighten your back.
- ☐ This device bases its measurements on the heartbeat. If you have a weak or irregular heartbeat, the device may have difficulties determining your blood pressure.
- ☐ If the device detects a condition that is abnormal, it will stop the measurement and the error symbol will be displayed. See page 8 for the description of symbols.
- ☐ This blood pressure monitor is intended for use by people 13 years and older.
- ☐ The automatic blood pressure monitor's performance may be affected by excessive temperature or humidity, or altitude.

4. Measurement

During the measurement, it is normal for users to feel tight.

5. After Measurement

While readings are displayed, if you press the START button to turn the device off, new readings are stored in memory.

While readings are displayed, if you press the ◀ button to turn the device off, new readings are not stored.

Remove the cuff and the readings will be recorded.

Notes: The device is provided with an automatic power shut-off function which stores the current data in the memory and turns the device off automatically one minute after measurement. Allow at least three minutes between measurements on the same person.

Measurements

Note: The UB-525, once used, will provide an inflation appropriate to the user.

1. Wrap the cuff around your wrist. Sit comfortably with the cuff at the same level as your heart and relax.
2. Press the **START** button. All of the display segments are displayed.
3. Zero (0) is displayed blinking briefly. Then the display changes, as measurement begins. The cuff starts to inflate. It is normal for the users to feel tight. The measurement starts automatically when inflation starts, and the ♥ (heart mark) blinks.

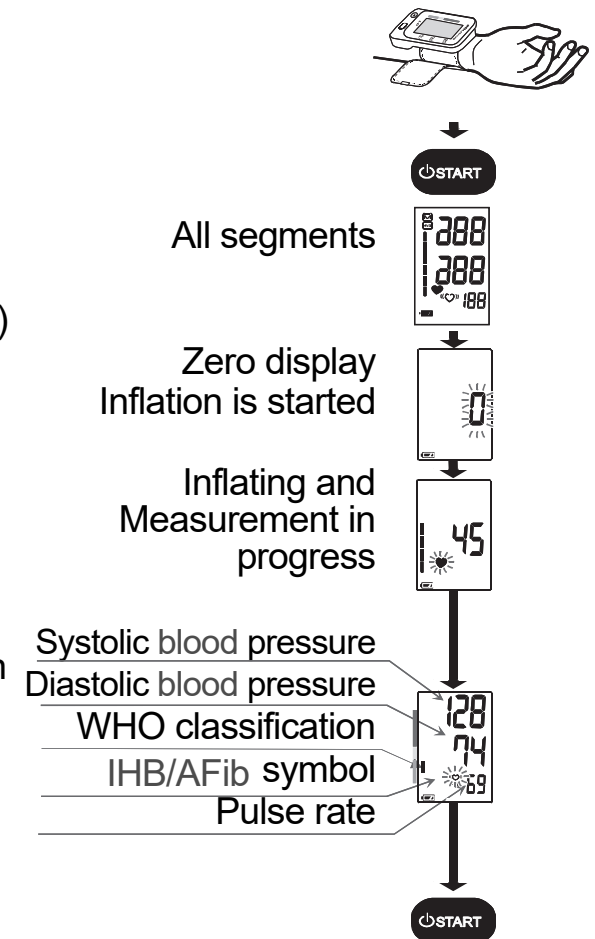
Note: If you want to stop inflation at any time, press the **START** button again.

4. When the measurement is completed, the device displays readings (of the systolic and diastolic blood pressure readings, pulse rate, WHO classification, and IHB symbol). The cuff exhausts the remaining air and completely deflates automatically.

Note: If you do not want to store new readings in memory, press the ◀ button while readings are displayed.

5. Press the **START** button again to turn the device off. Remove the cuff.

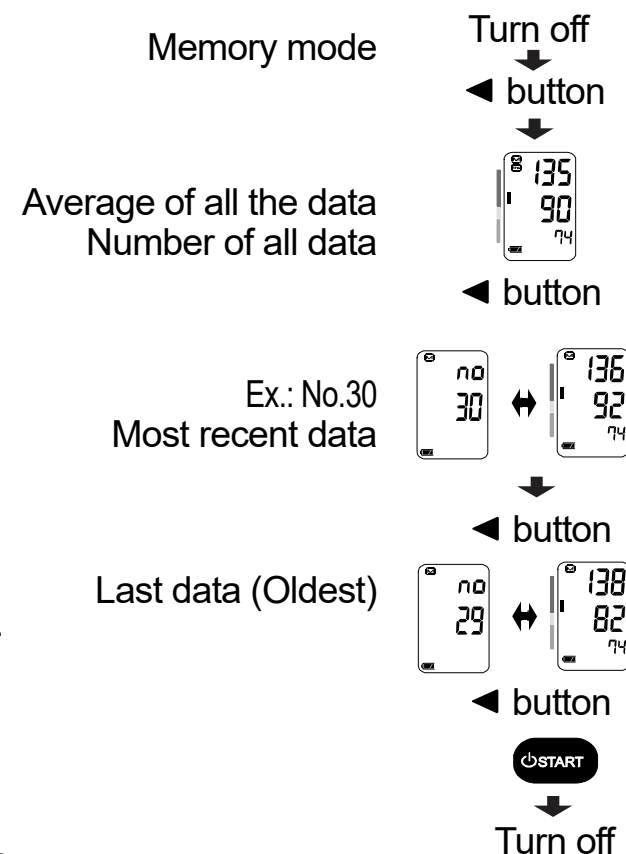
Notes: The device is provided with an automatic power shut-off function.
Allow at least three minutes between measurements on the same person.



Recalling the Memory Data

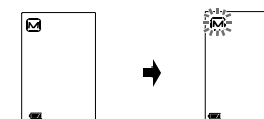
Note: This device stores the last 60 measurements in memory.

- Press the ◀ button when turning the device off.
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.
- Use the following buttons to display data (of number and measurement data).
 - The device displays the average of all measurements and the number of data are displayed.
 - Pressing the ◀ button each time, the device displays as follows:
 - Average data of all measurements taken between.
 - Data (of number and measurement data).
 The device displays in order from most recent data.
In the example: No.30 & data → No.29 & data → ... → No.01 & data.
- If you press the ◀ button after oldest data is displayed, the device proceeds to step 1, the average of all measurements and the number of data are displayed.
- Press the **START** button to turn the device off.
After one minute of non-operation, the device will be turned off automatically.



Deleting Data Stored in Memory

- Press and hold the ◀ button until turning off the device automatically.
The device displays the **M** mark, deletes data stored in memory while blinking the **M** mark and turns off automatically.



What Is the IHB/AFib Indicator?

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

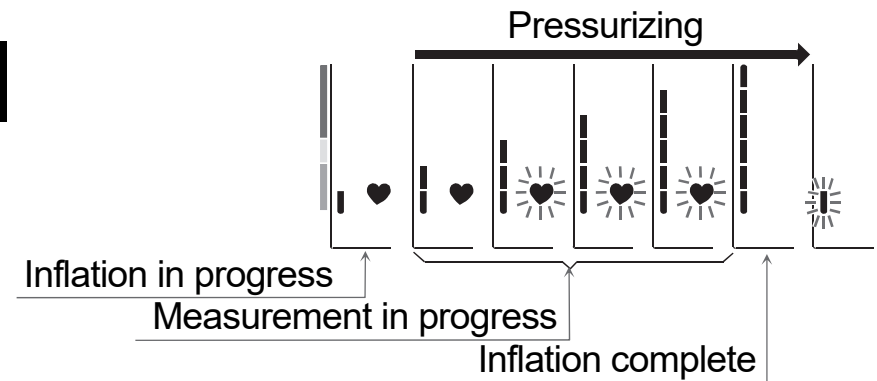
Note: We recommend contacting your physician if you see this «♥» IHB/AFib indicator frequently.

What Is the AFib?

The heart contracts due to electrical signals occurring in heart and sends blood through the body. Atrial fibrillation (AFib) occurs when the electrical signal in the atrium becomes confused and leads to disturbances in the pulse interval. AFib can cause blood to stagnate in the heart, which can easily create clots of blood, a cause of stroke and heart attack.

Pressure Bar Indicator

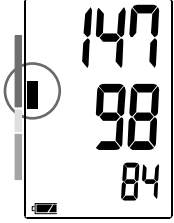
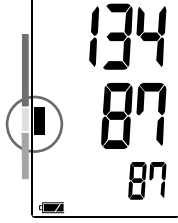
The indicator monitors the progress of the pressure during the measurement.



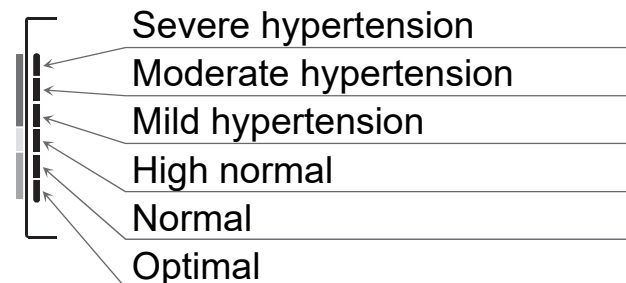
WHO Classification Indicator

Each six segments of the bar indicator correspond to the WHO blood pressure classification is described on page 16.

Example

Moderate hypertension	Mild hypertension	High normal
		

WHO Classification Indicator



█ : 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 blood pressure occurs when the heart contracts. Diastolic blood 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
- ☐ Reduce salt and fat intake
- ☐ Maintain proper weight
- ☐ Exercise regularly
- ☐ Have regular physical checkups

Why Measure Blood Pressure at Home?

Blood pressure measured at a clinic or doctor's office may cause apprehension and may elevate the reading by 25 to 30 mmHg higher than when 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.

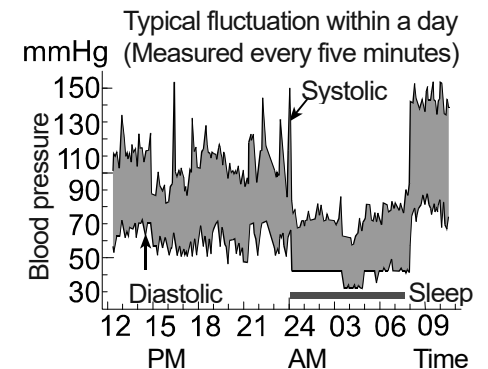
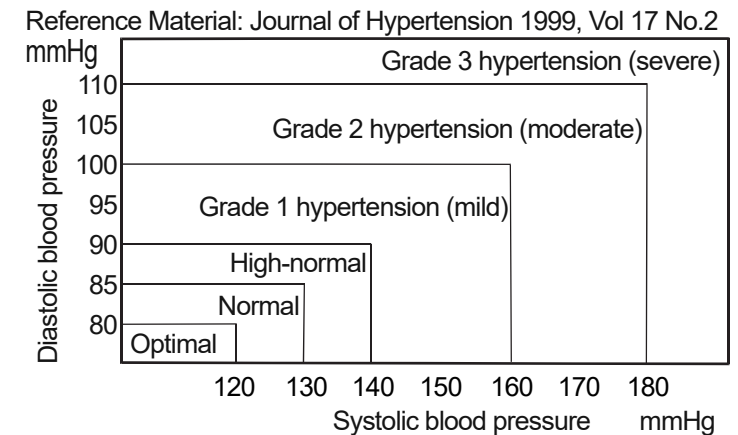
WHO Blood Pressure Classification

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

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 when working or playing 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

Problem	Possible Cause	Suggestion
Nothing appears in the display, even when the device is turned on.	Batteries are drained.	Replace all batteries with new ones.
	Battery terminals are not in the correct position.	Reinstall the batteries with negative and positive terminals matching those indicated in the battery compartment.
The cuff does not inflate.	Battery power is too low.  (LOW BATTERY mark) blinks. If the batteries are drained completely, the mark does not appear.	Replace all batteries with new ones.
The device does not measure. Readings are too high or too low.	The cuff is not applied properly.	Apply the cuff correctly.
	Movement is detected.	Make sure to remain very still and quiet during the measurement.
	The cuff position is not correct.	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.
	_____	If you have a very weak or irregular heartbeat, the device may have difficulties in determining your blood pressure.
Other	The value is different from that measured at a clinic or doctor's office.	See the section "Why Measure Blood Pressure at Home?".
	_____	Remove the batteries. Put them back properly and try measurement again.

Note: If the suggestions described above do not solve the problem, contact the authorized dealer. Do not attempt to open or repair this product yourself, 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	UB-525
Measurement method	Oscillometric measurement
Measurement range	Pressure: 0 – 299 mmHg Systolic blood pressure: 60 – 279 mmHg Diastolic blood pressure: 40 – 200 mmHg Pulse: 40 – 180 beats / minute
Measurement accuracy	Pressure: ± 3 mmHg Pulse: ± 5 %
Power supply	2 x 1.5 V alkaline batteries (LR03 or AAA)
Number of measurements	Approx. 250 measurements, when AAA alkaline batteries are used, with pressure value of 170 mmHg at room temperature of 23 °C.
Wrist circumference	13.5 – 21.5 cm
Classification	Internally powered ME equipment (Continuous operation mode)
Applied part	Cuff Type BF 
Useful life	Device: 5 years (when used six times a day)

Contents *2	1 Blood Pressure Monitor, 1 Instruction Manual, 2 Batteries, 1 EMD Technical Documentation
Clinical test	According to ISO81060-2: 2018+A1: 2020 In the clinical validation study, K5 was used on 85 subjects for determination of diastolic blood pressure.
EMD	IEC 60601-1-2: 2014+A1: 2020
Memory	Last 60 measurements
Operating conditions	+10 to +40 °C / 15 to 85 %RH / 800 to 1060 hPa
Transport / storage conditions	-20 to +60 °C / 10 to 95 %RH / 700 to 1060 hPa
Dimensions	Approx. 56 [W] x 88 [H] x 21.5 [D] mm
Weight	Approx. 90 g, excluding the batteries
Ingress protection	IP22

*2: Confirm that all of the parts are included to ensure that the medical device is ready to perform safely and as intended.

Note: Specifications are subject to change for improvement without prior notice.

IP classification is the degrees of protection provided by enclosures in accordance with IEC 60529. This device is protected against solid foreign objects with a diameter of 12 mm or greater, such as a finger. The device is protected against water drops falling vertically when the device is tilted at any angle up to 15°.



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