

# LifeSource™

*Your source for a lifetime of health*

**Quick Response  
with EasyCuff™ Feature**

***Blood Pressure Monitor***



**Trilingual Instruction Guide – MODEL UA-787**

## 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 the 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-787 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 batteries if monitor is not used for more than **six months**.

## PRECAUTIONS

The UA-787 is designed to be used at home or in doctor's/nurse's office, by those who are eighteen (18) years and older, to monitor blood pressure (systolic and diastolic) and pulse rate.

# LifeSource™

*Your source for a lifetime of health*



*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.*

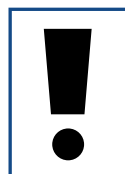
*Physicians agree that daily self-monitoring of blood pressure is an important step individuals can take to maintain cardiovascular health and prevent the serious consequences associated with undetected and untreated hypertension.*

*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.*

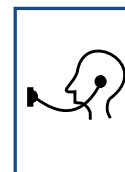
# TABLE OF CONTENTS



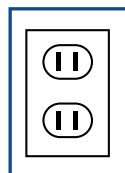
**WHAT DISPLAY SYMBOLS MEAN** ..... E-2  
**MONITOR COMPONENTS** ..... E-3  
**HOW UA-787 WORKS** ..... E-4



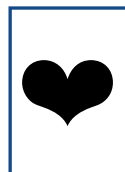
**BEFORE YOU START** ..... E-4  
**SELECTING THE CORRECT CUFF SIZE** ..... E-5



**TAKING YOUR BLOOD PRESSURE** ..... E-6 — E-8  
**WHAT IS AN IRREGULAR HEARTBEAT** ..... E-8  
**ABOUT MEMORY** ..... E-9



**USING THE MONITOR WITH AC ADAPTER** ..... E-10



**ABOUT BLOOD PRESSURE** ..... E-11 — E-13  
**BLOOD PRESSURE RECORD** ..... E-14



**SPECIFICATIONS** ..... E-15







**CONTACT INFORMATION** ..... E-16

**FRENCH INSTRUCTIONS** ..... F-1

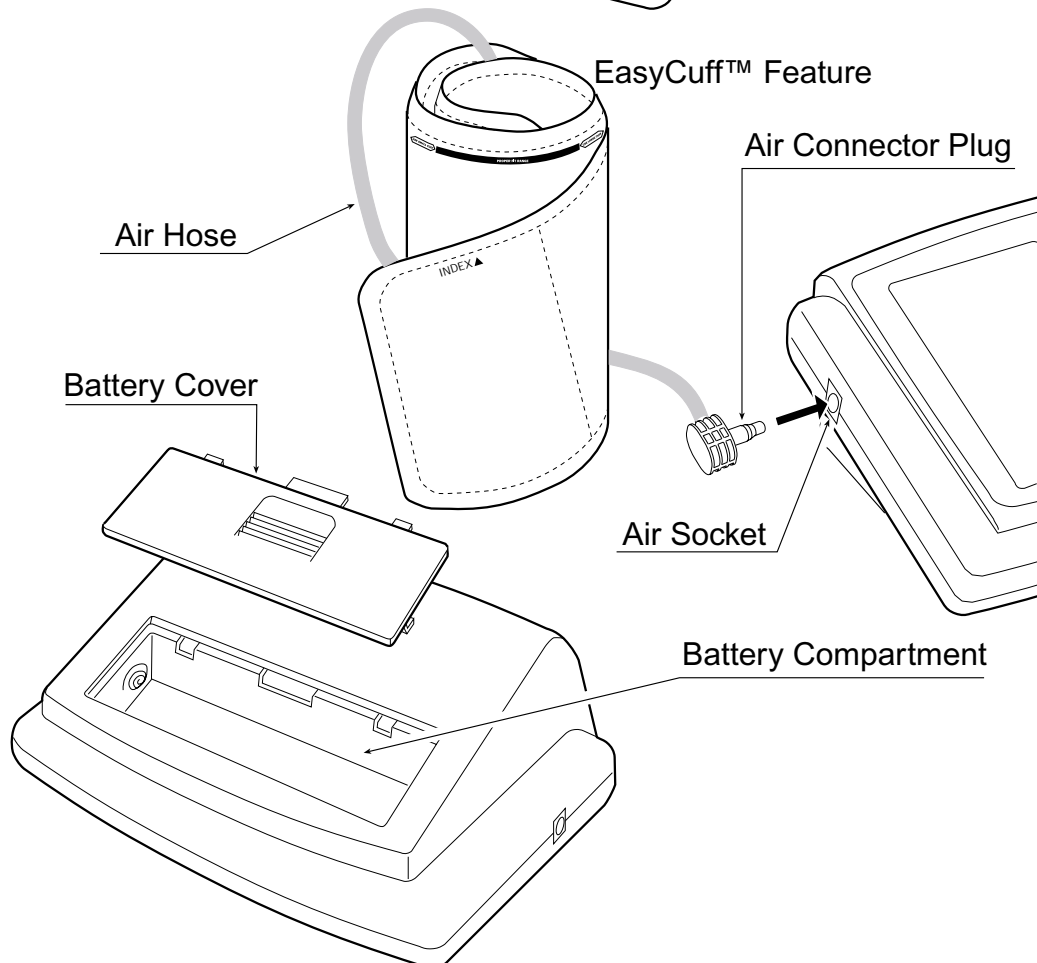
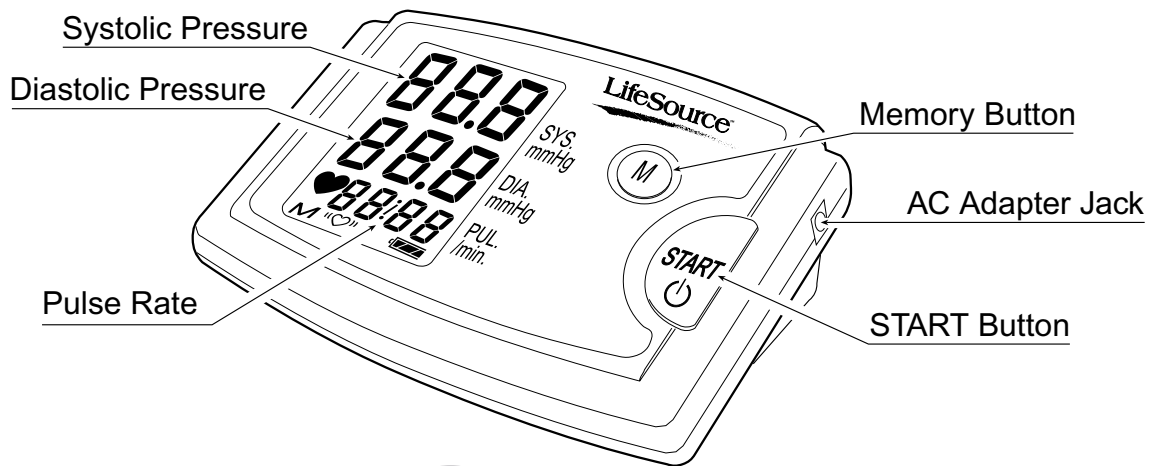
**SPANISH INSTRUCTIONS** ..... S-1



## WHAT DISPLAY SYMBOLS MEAN

Display Symbol	Condition/Cause	Recommended Action
	The indicator while measurement is in progress. It blinks while detecting the pulse.	Measurement is in progress, remain as still as possible.
	An irregular heartbeat or body movement may have occurred. Refer to page E-8 for more information on irregular heartbeats.	Take measurement again and consult with your physician.
<i>M</i>	Previous measurements stored in MEMORY.	
 Battery Full	The battery power indicator during measurement.	Replace all batteries with new ones when the indicator blinks.
 Battery Low	The battery is low when it blinks.	
<i>Err</i>	Unstable blood pressure due to excessive body movement.	Try the 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.	Check for air leaks along the tube and around the air socket.
<i>Err</i> <i>[UF]</i>	The cuff is not fastened correctly.	Refasten the cuff and retake measurement
<i>Err</i> PUL. DISPLAY ERROR	The pulse is not detected correctly.	Try the measurement again. Remain very still during the measurement.

# MONITOR COMPONENTS





## HOW UA-787 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 non-invasive blood pressure determination. The term “oscillation” refers to the 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.

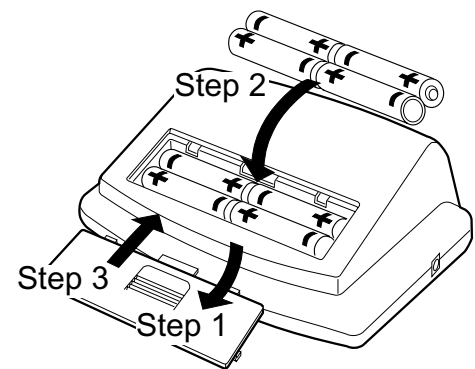
The cuff is inflated until the artery is fully blocked. The inflation speed is maximized and the pressure level is optimized by the device. The monitor takes measurements while the cuff is both inflating and deflating. This results in a faster measurement providing greater comfort to the user.

## BEFORE YOU START



You must install 4 type “AA” (1.5 volt) batteries, or use the AC adapter (see Pg. E-10 for Using the Monitor with AC Adapter), and attach the cuff to the monitor before using. To install batteries (or replace them if the “Low Battery” symbol appears on display), proceed as follows:

1. Remove battery compartment cover by gently pushing down on arrow and sliding cover down.
2. Put in top row of batteries first. Place batteries in the compartment with positive (+) and negative (-) terminals matching those indicated in the compartment. Make sure the batteries make contact with the compartment terminals.
3. Replace cover by sliding it into the compartment and gently pressing down.



## SELECTING THE CORRECT CUFF SIZE



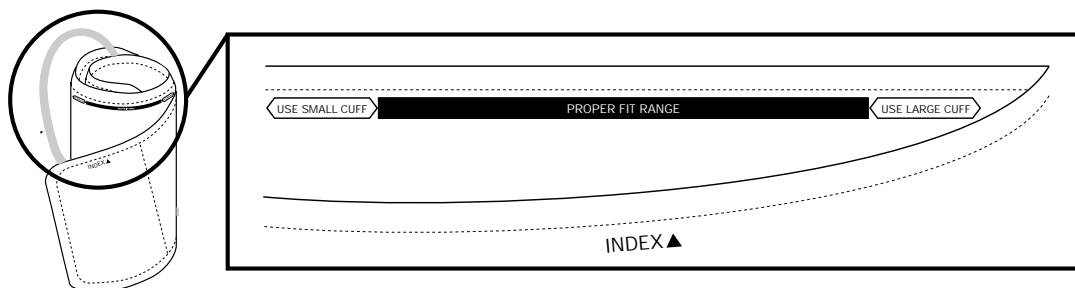
Using the correct cuff size is important for an accurate reading. A cuff that is too large will produce a reading that is lower than the correct blood pressure; a cuff that is too small will produce a reading that is higher than the correct blood pressure. With your arm hanging at the side of your body,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

ARM SIZE	RECOMMENDED CUFF SIZE	REPLACEMENT CUFF MODEL#
7.5" - 14.2" (19-36cm)	<i>EasyCuff</i> ™ Feature**	UA-380
5.1" - 7.9" (13-20cm)	Small Cuff	UA-279
7.5" - 12.2" (19-31cm)	Medium Cuff	UA-280
11.8" - 17.7" (30-45cm)	Large Cuff	UA-281

\*\*The *EasyCuff* feature is a semi-hard shell cuff which provides easy placement on your upper arm. The UA-787 comes with the *EasyCuff* feature. If arm circumference is greater than 14.2" (36 cm) or smaller than 7.5" (19 cm), you will need to purchase the proper size cuff to ensure correct measurement. If this is the case, please call A&D Medical at 1-888-726-9966 (in Canada - 1-800-463-5414).

### ■ Cuff Size Indicator On The Cuff

Our cuff has an indicator which tells you whether you are using the correct cuff or not. Place the cuff on your arm (see Pg. 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. 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.





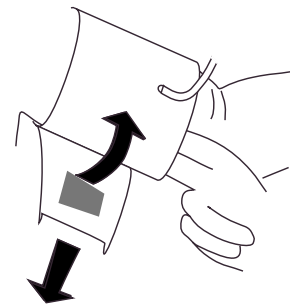
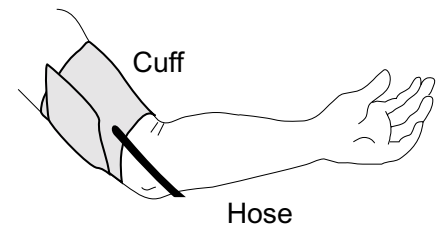
## TAKING YOUR BLOOD PRESSURE

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:

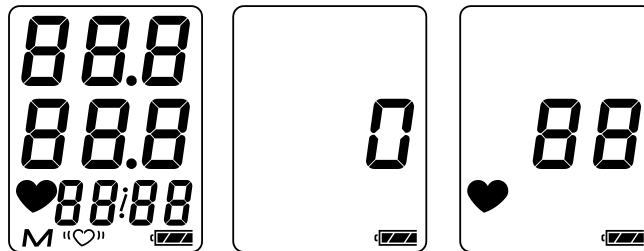
- 1.** Sit comfortably with your left arm resting on a flat surface so that the center of your upper arm is at the same height as your heart.
- 2.** Lay left arm on the table with palm up. Place the semi-hard shell cuff on upper arm with the tube facing downward and toward the inside of your arm. Fasten cuff securely with the hook and loop fastener strap.
- 3.** The cuff should be snug but not too tight. You should be able to insert two fingers between the cuff and your arm.
- 4.** Press the START button. Remain still and do not talk.



## TAKING YOUR BLOOD PRESSURE



5. All display symbols appear briefly, then the display changes as the measurement begins. The cuff starts to inflate to the correct level. It is normal for the cuff to feel very tight.

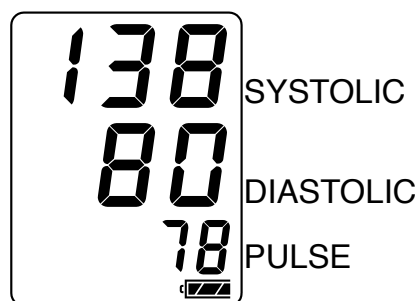


**Note: If you wish to stop inflation at any time, press the START button again.**

6. When inflation is complete, deflation starts automatically and the ♥ blinks, indicating that the measurement is in progress. Once the pulse is detected, the mark flashes with each pulse beat.

**Note: If an appropriate pressure is not obtained, the device automatically starts to inflate again.**

7. When the measurement is complete, the systolic and diastolic pressure readings and pulse rate are displayed.



The cuff deflates and the monitor automatically shuts off after 45 seconds, or you can turn it off by pressing the START button.

8. Remove cuff and make note of your blood pressure and pulse rate on the Blood Pressure Record chart (see Pg. E-14), indicating the date and time of measurement.

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



## TAKING YOUR BLOOD PRESSURE

Measurement with the desired systolic pressure:

If your systolic pressure is expected to exceed 230 mmHg follow these steps:

1. Place the cuff on the left arm, unless your physician tells you otherwise.
2. Press and hold the START button until a number 30 to 40 mmHg higher than your expected systolic pressure appears.
3. Release the START button when the desired number is reached. Measurement will then begin. Continue to measure your blood pressure as described on Page E-6.

## WHAT IS AN IRREGULAR HEARTBEAT



The UA-787 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 be relaxed, remain still and do not talk during measurements.

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

## ABOUT MEMORY



This device automatically stores up to thirty (30) blood pressure and pulse measurements in memory. Measurements stored in memory are assigned an index number in the order of the newest to the oldest. The oldest reading displays as “n01” .

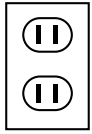
To retrieve readings, follow these simple steps:

- 1.** When the display screen is blank, press and quickly release the Memory (“M”) button. You will see the index number (e.g. n20) of the newest reading followed by the measurement. The UA-787 automatically turns off after several seconds.
- 2.** If you want to retrieve other measurements in memory, press and quickly release the Memory (“M”) button repeatedly until the desired index number is reached (e.g. n14). The measurement will then be displayed.

To *clear* the measurement history from memory, press and hold the Memory (“M”) button for at least 3 seconds. You will see the M symbol appear in the lower left corner of the display. At the end of the process, the M symbol will flash and disappear.

If there are no measurements in memory, you will see the index number “n01” followed by a measurement of three 0's displayed vertically.

**Note: Stored measurements will be lost if batteries become low or are removed.**



## USING THE MONITOR WITH AC ADAPTER

The UA-787 has an AC adapter jack to allow you to supply power from an outlet in your home. We recommend you use only the exclusive AC adapter (Model TB:181) to avoid potential damage to the monitor. Please contact A&D Medical at 1-888-726-9966 (in Canada - 1-800-463-5414) if you would like to purchase the AC adapter.

### Connecting the AC adapter to the monitor:

1. Connect the AC adapter plug into the jack on the right side of the monitor.
2. Gently insert the AC adapter plug into a 120V AC outlet.

### Disconnecting the AC adapter from the monitor:

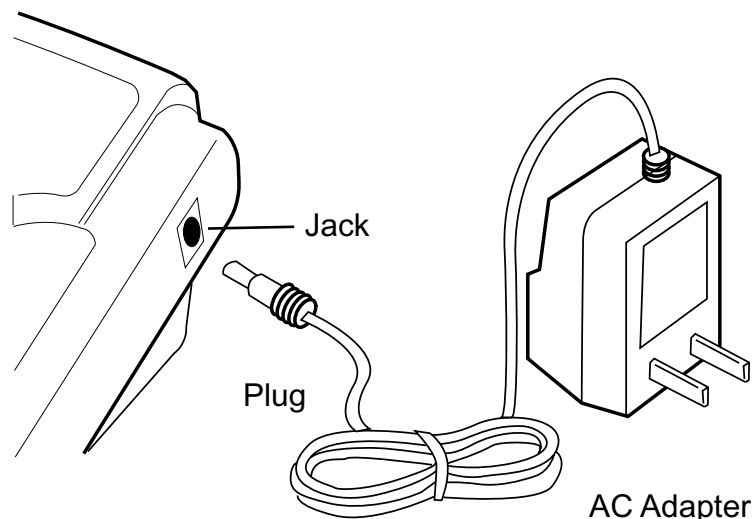
1. Gently remove the AC adapter from the outlet.
2. Then disconnect the plug from the jack of the monitor.

### TB:181 AC Adapter Specification:

Input: AC 120V 60Hz

Output: DC 5V 500mA

Polarity: center positive



## 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?

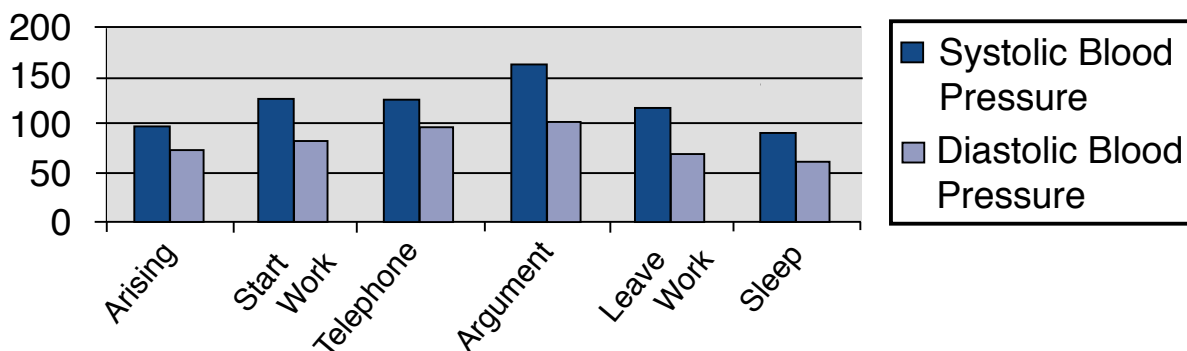
Blood pressure is affected by many factors: age, weight, time of day, activity level, climate, altitude and season. Certain activities can significantly alter blood pressure. Walking can raise systolic pressure by 12 mmHg and diastolic pressure by 5.5 mmHg. Sleeping can decrease systolic blood pressure 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.



### ■ 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-14 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>P 69</i>	<i>6:30</i>	<i>128/87</i>	<i>P 63</i>

**E X A M P L E**

## SPECIFICATIONS



<b>Model</b> .....	UA-787
<b>Type</b> .....	Oscillometric
<b>Display</b> .....	Digital, 20-mm character height Pressure/pulse displayed simultaneously
<b>Memory</b> .....	30 readings
<b>Measurement range</b> .....	Pressure: 20 mmHg to 280 mmHg Pulse: 40 pulses to 200 pulses
<b>Accuracy</b> .....	Pressure: $\pm 3$ mmHg or 2%, whichever is greater Pulse: $\pm 5\%$
<b>Pressurization</b> .....	Automatic, using micropump
<b>Depressurization</b> .....	Active exhaust valve (ECEVII)
<b>Power source</b> .....	4 type "AA" (1.5 volt) alkaline batteries (not included) or 120 V AC Adapter (model TB:181)
<b>Battery life</b> .....	Approximately 4 months with one daily measurement
<b>Operating environment</b> ....	50°F to 104°F (10°C to 40°C) Less than 85% relative humidity
<b>Storage environment</b> .....	-4°F to 140°F (-20°C to 60°C) Less than 95% relative humidity
<b>Dimensions</b> .....	Length: 4.4" (112 mm) Width: 6.4" (163 mm) Height: 2.4" (62 mm)
<b>Weight</b> .....	12.3 oz. (350 g) without batteries

Blood pressure measurements determined by the UA-787 are equivalent to those obtained by a trained observer using the cuff/stethoscope auscultation method within the limits prescribed by the American National Standards Institute 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](http://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](http://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](http://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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