

**LifeSource**<sup>™</sup>  
*Your source for a lifetime of health*

## Dual Memory Auto-Inflate

### *Blood Pressure Monitor*



**A&D**  
A&D Medical

Trilingual Instruction Guide – UA-774

## IMPORTANT INFORMATION



Please read this important information before using your monitor.

- ☞ Please remember that only a medical practitioner is qualified to interpret your blood pressure measurements. Use of this device should not replace regular medical examinations.
- ☞ Have your physician review your procedure for using this device. He or she will want to verify blood pressure measurements before prescribing or adjusting medications.
- ☞ Consult your physician if you have any doubt about your readings. Should a mechanical problem occur, contact A&D Medical.
- ☞ Do not attempt to service, calibrate, or repair this device.
- ☞ Because your UA-774 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-17.
- ☞ 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-774 is designed to be used at home, by those who are eighteen (18) years and older, to monitor blood pressure (systolic and diastolic) and pulse rate. It is not designed for ambulatory use.










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.






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

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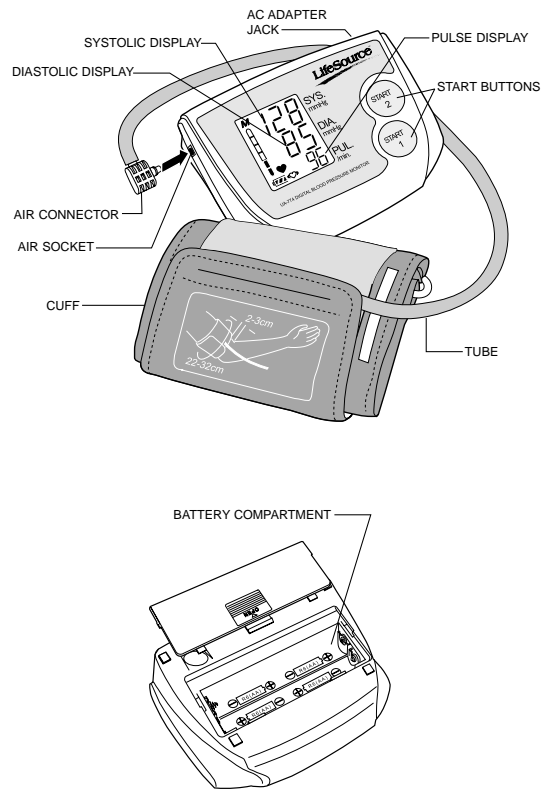
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In Canada (Toll-Free): 1-800-463-5414

## 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-10 for more information on irregular heartbeats.	Take measurement again and consult with your physician.
<b>M</b>	Previous measurement stored in MEMORY.	
 Battery Full	The battery power indicator during measurement.	Replace all batteries with new ones when the indicator blinks.
 Battery Low	The batteries are low when it blinks.	
<b>Err</b>	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.
<b>Err</b> <b>CUF</b>	The cuff is not fastened correctly.	Refasten the cuff and retake measurement
<b>Err</b> PUL. DISPLAY ERROR	The pulse is not detected correctly.	Try the measurement again. Remain very still during the measurement.
	Pressure Indicator	Measurement is in progress, remain as still as possible.

## MONITOR COMPONENTS





## HOW UA-774 WORKS

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

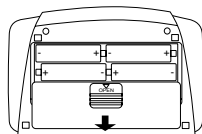
The cuff is inflated until the artery is fully blocked. The inflation speed is maximized and the pressure level is optimized by the device. The monitor takes measurements while the cuff is both inflating and deflating. This results in a faster measurement providing greater comfort to the user.

## BEFORE YOU START



You must install 4 type AA (1.5 volt) batteries, or use the AC Adapter (see page E-11 for using the Monitor with AC Adapter) and attach the cuff to the monitor before using it. 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 forward.
2. Put in top row of batteries first. Place the batteries in compartment with positive (+) and negative (-) terminals matching those indicated in the compartment. Be sure batteries make contact with compartment terminals.
3. Replace cover by sliding it into the compartment and gently pressing into place.



## SELECTING THE CORRECT CUFF SIZE



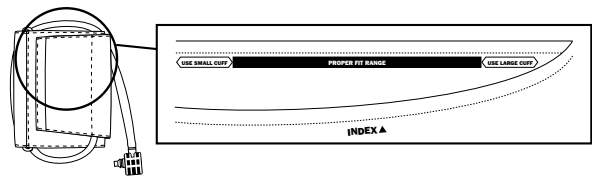
Using the correct cuff size is important for an accurate reading. A cuff that is too large will produce a reading that is lower than the correct blood pressure; a cuff that is too small will produce a reading that is higher than the correct blood pressure. With your arm hanging at the side of your body,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

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

To attach cuff, insert air connector at end of cuff tube into the air socket on the left side of the monitor.

### Cuff Size Indicator On The Cuff

Our cuff has an indicator which tells you whether you are using the correct cuff size or not. Place the cuff on your arm (see Page E-7 to learn how to put the cuff on correctly) and if the Index Mark ▲ points within the Proper Fit Range, you are using the correct cuff size. If the Index points outside of the Proper Fit Range, contact A&D Medical at 1-888-726-9966 (in Canada - 1-800-463-5414) for a cuff replacement at an additional cost.





## TAKING YOUR BLOOD PRESSURE

The UA-774 has several modes available to fit your blood pressure monitoring needs.

### Normal Measurement with Readings Stored in Memory

Press the START 1 or START 2 button. Your blood pressure is measured and the reading is stored into memory. Each START button can store up to 30 readings in memory.

### Recalling Previous Measurements

To recall previous measurements in memory, press and hold the START 1 or START 2 button. Release the button after you see the first reading recalled from memory. The previous measurements are displayed from most recent to oldest.




### Clearing Memory

Remove batteries to clear memory. Insert batteries again to resume blood pressure measurements.

### Taking a Measurement without Reading Stored in Memory (Guest Mode)

This mode can be used when there is a third person taking measurements or storing readings in memory is not desired. Press both the START 1 and START 2 buttons at the same time. A reading will be taken, but not stored into memory.

### Tips for Blood Pressure Monitoring:

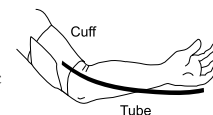
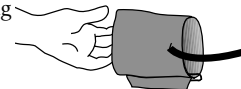
-  Relax for about 5 to 10 minutes before measurement.
-  Remove constricting clothing and place cuff on bare arm.
-  Unless your physician recommends otherwise, use left arm to measure pressure.

## TAKING YOUR BLOOD PRESSURE



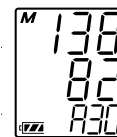
Now you are ready. Follow these simple steps:

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



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

4. Designate yourself as User 1 or User 2. To keep track of your previous blood pressure measurements accurately, User 1 should use the START 1 button and User 2 should use the START 2 button.
5. Press the START 1 or START 2 button. Your average blood pressure reading will appear with the number of measurements stored in memory flashing three times. As the cuff pressurizes, the Pressure Indicator will show on the display screen. It is normal for the cuff to feel very tight.



## TAKING YOUR BLOOD PRESSURE

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

**NOTE: The maximum cuff pressure is set at 280 mmHg. If it reaches 280 mmHg, the auto exhaust will be triggered and cuff pressure will deflate to 0.**

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

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

- When the measurement is complete, the systolic and diastolic pressure readings and pulse rate are displayed and stored. See Page E-9 for more details about the memory function.

The cuff deflates and the monitor automatically shuts off after 60 seconds, or you can turn it off by pressing either START button.

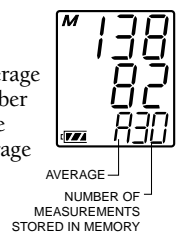
- Remove cuff and make note of your blood pressure and pulse rate on the Blood Pressure Record chart (see Page E-15), indicating the date and time of measurement.

Additional logbook charts can be downloaded and printed for free at [www.LifeSourceOnline.com](http://www.LifeSourceOnline.com). or [www.autocontrol.com](http://www.autocontrol.com).



## ABOUT AVERAGE READING

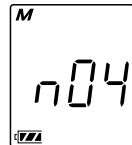
The UA-774 provides an average blood pressure reading based on the measurements stored in memory. When the monitor is turned on, the average blood pressure reading will appear with the number of measurements stored in memory flashing three times. The START 1 button will provide the average reading for User 1 and the START 2 button will provide the average reading for User 2.



## ABOUT MEMORY

The memory function on the UA-774 blood pressure monitor is designed for two people. For each START button, the monitor can store up to 30 readings in memory. To keep track of previous measurements accurately, we recommend that you use the same START button each time you take a blood pressure reading.

To recall previous measurements in memory, press and hold the START 1 or START 2 button. Your average blood pressure reading will appear with the number of measurements taken flashing three times. Release the button after the display switches to the memory index number (see illustration on right).



The previous measurements are displayed from most recent to oldest. When viewing previous measurements, you will see the "M" symbol appear on the upper left corner of this display. You can stop measurements by pressing either START button again.

**NOTE: Memory will be lost if batteries become low or are removed.**



## WHAT IS AN IRREGULAR HEARTBEAT

The UA-774 Blood Pressure Monitor provides a blood pressure and pulse rate measurement even when an irregular heartbeat occurs. An irregular heartbeat is defined as a heartbeat that varies by 25% from the average of all heartbeat intervals during the blood pressure measurement. It is important that you relax, remain still and refrain from talking during measurements.

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

## ABOUT PRESSURE INDICATOR



The Pressure Indicator is located on the left side of the display screen to tell you when the blood pressure monitor is inflating and deflating the cuff. The indicator consists of a scale with six levels. The Pressure Indicator moves up during inflation and moves down during deflation.

Inflation in Progress	Inflation Complete	Deflation/Measurement in Progress



## USING THE MONITOR WITH AC ADAPTER

The UA-774 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.

Connecting the AC adapter to the monitor:

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

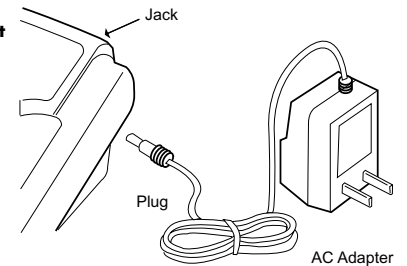
Disconnecting the AC adapter from the monitor:

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

**NOTE: AC adapter will not charge your AA batteries.**





## ABOUT BLOOD PRESSURE

### ■ What Is Blood Pressure?

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

### ■ What Affects Blood Pressure?

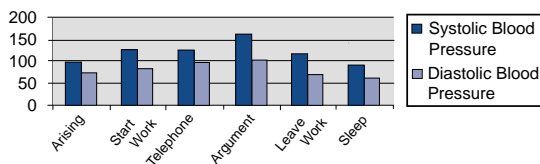
Blood pressure is affected by many factors: age, weight, time of day, activity level, climate, altitude and season. Certain activities can significantly alter blood pressure. Walking can raise systolic pressure by 12 mmHg and diastolic pressure by 5.5 mmHg. Sleeping can decrease systolic blood pressure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

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

### ■ What Causes Variations In Blood Pressure?

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

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



## ABOUT BLOOD PRESSURE



### ■ Assessing High Blood Pressure

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

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

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

### ■ What Is Hypertension?

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

### ■ Can Hypertension Be Controlled?

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

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



## ABOUT BLOOD PRESSURE

### ■ Why Measure Blood Pressure at Home?

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

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


### ■ Keys to Successful Monitoring:

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

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

### ■ How Do I Record My Blood Pressure?

Blood pressure readings are typically recorded with the systolic pressure written first, followed by a slash mark and the diastolic pressure. For example, 120 mmHg systolic and 80 mmHg diastolic measurements are written as 120/80. Pulse is simply written with the letter “P” followed by the pulse rate—P 72, for example. Please see Page E-15 for the blood pressure record.




*Your source for a lifetime of health*

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

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Weight: \_\_\_\_\_

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

## ✔ TROUBLESHOOTING

Problem	Probable cause	Corrective action
Nothing appears in the display, even when the power 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 voltage 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 unit does not measure.	The cuff is not fastened properly.	Fasten the cuff correctly.
Readings are too high or too low.	You moved your arm or body during the measurement.	Make sure you remain very still and quiet during the measurement.
	The cuff position is not correct.	Sit comfortably and still. Make sure the cuff is at the same level as your heart.
	You are using the wrong size cuff.	See Pg. E-5 "Selecting the Correct Cuff."
Other	The value is different from that measured at a clinic or doctor's office.	See Pg. E-14 "Why Measure Blood Pressure at Home."
		Remove the batteries. Place them back properly and try the measurement again.

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

## SPECIFICATIONS ✔

<b>Model</b> .....	UA-774
<b>Type</b> .....	Oscillometric
<b>Display</b> .....	Digital character height
.....	Pressure (16.0 mm)/
.....	pulse (10.0 mm)
.....	displayed simultaneously
<b>Memory</b> .....	30 readings per person for two persons
<b>Measurement range</b> .....	Pressure: 20 mmHg to 280 mmHg
.....	Pulse: 40 pulses to 200 pulses per minute
<b>Accuracy</b> .....	Pressure: $\pm 3$ mmHg or $\pm 2\%$ , whichever is greater
.....	Pulse: $\pm 5\%$
<b>Pressurization</b> .....	Automatic, using micropump
<b>Depressurization</b> .....	Automatic constant speed
<b>Power source</b> .....	4 type "AA" (1.5 volt) alkaline batteries (not included) or AC Adapter (A&D Model TB:181)
<b>Battery life</b> .....	Approximately 6 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> .....	14°F to 140°F (-10°C to 60°C)
.....	Less than 95% relative humidity
<b>Dimensions</b> .....	Length: 4.3" (110 mm)
.....	Width: 5.8" (147 mm)
.....	Height: 2.5" (64 mm)
<b>Weight</b> .....	10.6 oz. (300 g) without batteries

Blood pressure measurements determined by the UA-774 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 (ANSI/AAMI SP-10) 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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