

Blood Pressure Monitor Quick Start Guide

A&D UA-651BLE

The enclosed A&D Blood Pressure Monitor is provided for your use during the care management program to record your blood pressure and pulse. This document explains the process for pairing the device, recording your blood pressure and pulse, and viewing trend data.

Pair the Device

1. On the Vivify app Home screen, select *Have You Received Your Blood Pressure Monitor* to begin.
2. Press and hold the Start button on the blood pressure monitor until you see "Pr" on the screen.
3. A pairing request will appear on your phone.
4. Select Pair or Allow to complete the process.



Once the device is successfully paired, a check mark will appear on the Vivify app screen, and a success card will appear on the home screen of the Vivify app for 30 minutes.

Record Your Vitals

1. Open the app to the Blood Pressure entry screen.
2. Place the cuff on your bare upper arm with the bottom edge of the cuff 1-2 centimeters above the bend in your arm.
3. Wrap the cuff snugly around your arm, but not too tight. You should be able to insert two fingers between the cuff and your arm.
4. Press the START button to begin the measurement. The cuff will inflate and tighten. A reading will appear in the app.
5. Confirm that the readings on the phone match the readings on the monitor, and then select Yes.



If the device does not wirelessly connect and record your data automatically, select Enter Manually on the phone. In the fields provided, record your data.

View Trend Data



You can view the changes in your biometric data over time using the Trend button. Biometric data for your blood pressure and pulse are available in grid and graph formats with options to view results by day, past 7 days, or average.

Troubleshooting

Why is the reading not transmitting to the phone?

If the reading is not transmitting to the phone, move the device closer to the phone. The monitor and the phone should be within 10 feet of each other. Also, you can try to unpair the device and pair it again.

How do I unpair the blood pressure monitor?

To unpair the device, go to the app settings, hold your finger on the name of the device. Select Confirm to unpair.

How do I turn off the blood pressure monitor?

The device turns off automatically with inactivity. Press and release the START button to turn off the device manually.

Tips for Accurate Readings

Do not take a reading immediately after exercising or taking a bath.

Do not smoke or drink caffeine at least 30 minutes before taking a reading.

Relax for several minutes before taking a reading, and do not talk during the reading.

See the manufacturer's guide for complete instructions relating to this device, including information regarding when you should consult your physician prior to using this device.

DO NOT USE THIS PROGRAM FOR EMERGENCY OR URGENT CARE. IN AN EMERGENCY, CALL 911 OR GO TO THE NEAREST EMERGENCY ROOM. The program and program nurses and other representatives cannot diagnose your problems or suggest treatment. This program is not a substitute for your doctor's care. Your health information is kept confidential in accordance with the law. Any information and any device provided through this program is for your information only. Participation in the program and use of the device is voluntary, and your ability to use the device may differ depending on the nature of your medical condition. The program and device do not provide real-time monitoring or act as an emergency alert system, and are not intended for use when time-critical care is required.