vivifyhealth™

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.