

# LIFE SOURCE<sup>®</sup>

**EXTRA LARGE ARM**

## **Blood Pressure Monitor**










**Trilingual Instruction Guide - MODEL UA-789**  
**English • Français • Español**



## 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 (in Canada, contact Auto Control Medical).
-  Do not attempt to service, calibrate, or repair this monitor.
-  Because your UA-789 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 monitor only when it is stored and used within the temperature and humidity ranges noted on page E-21.
-  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**. Alkaline batteries recommended.

## PRECAUTIONS

The UA-789 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.

# LIFE SOURCE®



***Fast. Easy. Accurate.***

*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 - Designed for Life.***

# TABLE OF CONTENTS



WHAT DISPLAY SYMBOLS MEAN .....	E-2
MONITOR COMPONENTS .....	E-3
HOW UA-789 WORKS .....	E-4



BEFORE YOU START.....	E-4
SELECTING THE CORRECT CUFF SIZE.....	E-5
ATTACHING THE CUFF TO THE MONITOR.....	E-5



TAKING YOUR BLOOD PRESSURE.....	E-6 — E-10
WHAT IS AN IRREGULAR HEARTBEAT.....	E-11
ABOUT CUFF INFLATION METER .....	E-11
ABOUT AVERAGE READING .....	E-12
ABOUT PRESSURE RATING INDICATOR™.....	E-12
ABOUT MEMORY .....	E-13



USING THE MONITOR WITH AC ADAPTER.....	E-14
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ABOUT BLOOD PRESSURE .....	E-15 — E-19
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TROUBLESHOOTING.....	E-20
SPECIFICATIONS.....	E-21



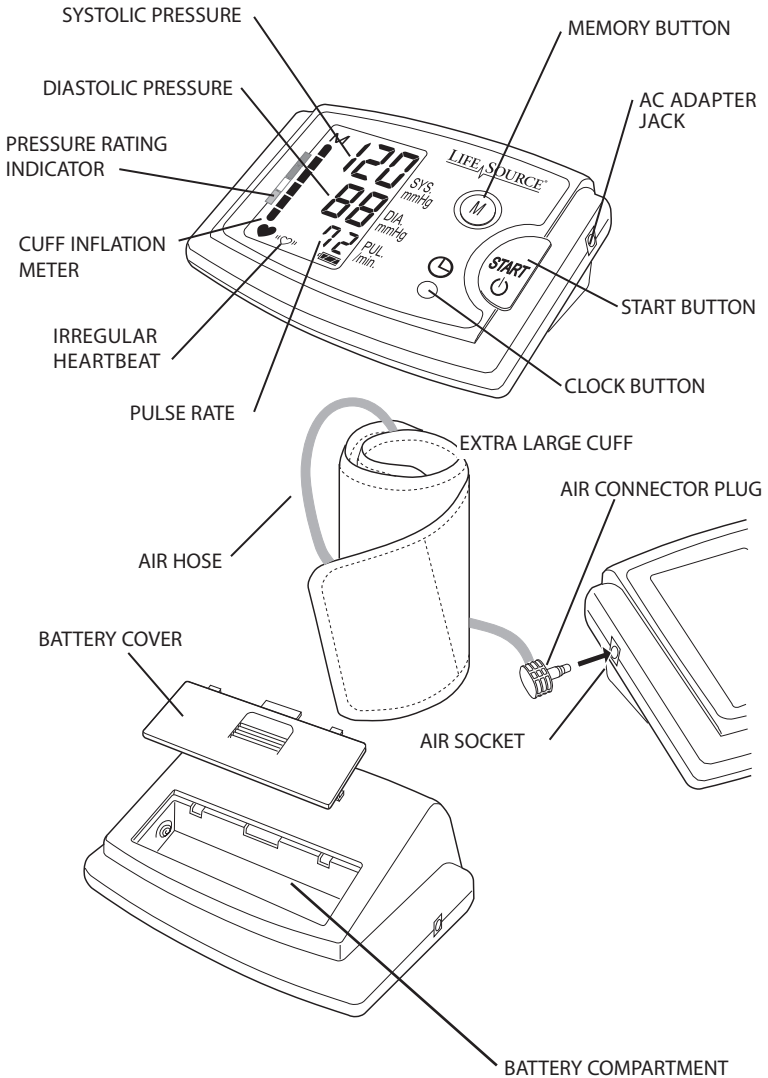
CONTACT INFORMATION.....	E-22
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FRENCH INSTRUCTIONS .....	F-1
SPANISH INSTRUCTIONS.....	S-1

## WHAT DISPLAY SYMBOLS MEAN

Display Symbol	Condition/Cause	Recommended Action
	The symbol shown 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-11 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 symbol blinks. Alkaline batteries recommended.
 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.
	There is an air leak in the cuff or monitor.	Make sure tube is properly connected to cuff and monitor.
<b>Err</b> PULSE DISPLAY ERROR	The pulse is not detected correctly.	Try the measurement again. Remain very still during the measurement.
	Cuff Inflation Meter	Measurement is in progress, remain as still as possible
	Pressure Rating Indicator™	Refer to the section "About Pressure Rating Indicator" for further explanation.

# MONITOR COMPONENTS



## HOW UA-789 WORKS

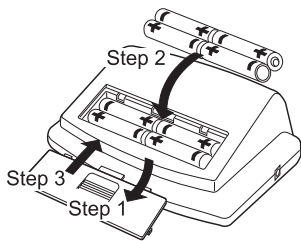
LifeSource® blood pressure monitors are easy to use, accurate and digitally display full measurement readouts. Our technology is based on the “oscillometric method” – a noninvasive blood pressure determination. The term “oscillation” refers to any measure of vibrations caused by the arterial pulse. Our 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 (alkaline batteries recommended), or use the AC Adapter (see page E-14 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 bottom 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.



**NOTE:** Rechargeable batteries will not work with this monitor.



## 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.

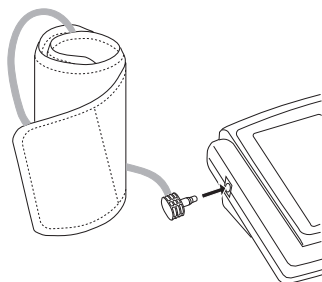
ARM SIZE	RECOMMENDED AccuFit™ CUFF SIZE	REPLACEMENT CUFF MODEL#
16.5" - 23.6" (42-60 cm)	Extra Large Cuff	Included in unit
14.2" - 17.7" (36-45 cm)	Large Cuff	UA-281
9.4" - 14.2" (24-36 cm)	Medium Cuff	UA-280

The AccuFit™ Extra Large Cuff is designed to accommodate larger arm sizes measuring from 16.5" - 23.6" (45-60 cm). This cuff is contoured to provide you with a quick and comfortable fit. To place the cuff on properly, please read the section "Taking Your Blood Pressure" (see pg. E-8).

## ATTACHING THE CUFF TO THE MONITOR

After installing the batteries, you must attach the blood pressure cuff to the monitor. To do so, insert the Air Connector Plug of the blood pressure cuff into the Air Socket of the monitor firmly.

**NOTE:** Be sure to differentiate the Air Socket from the AC Adapter Jack. The Air Connector Plug will only securely fit into the correct jack.



## TAKING YOUR BLOOD PRESSURE

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### Adjusting the Built-in Clock

The UA-789 monitor has a built-in clock that gives you the time and date and can tell you when a blood pressure reading stored in memory was taken. We recommend that you adjust the clock prior to use. To adjust the clock, follow these simple steps:

1. Press and hold the clock button until the digits start blinking.
2. To select the year, press and release the START button (to fast forward, press and hold the START button). When the current year is selected, set the year by pressing the clock button.
3. After the year is set, follow step 2 to set the month, day, hour (AM/PM) and minute on the display screen.

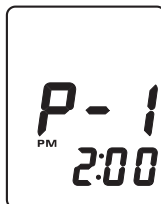
**NOTE:** The clock will go back to January 1, 2007 at 12:00 once the batteries are removed for more than 30 seconds.

### Setting the Alarm

The UA-789 monitor allows you to set up to three alarms per day to notify you when to take your blood pressure. To set the alarm(s):

1. Press and hold the clock button until the year digits start blinking. Then press and release the memory button.

"P-1" will be shown at the middle of the display screen indicating that this is the first alarm.



**NOTE:** If you do not wish to set an alarm, press the memory button several times to return to the main screen or allow the display to disappear after 30 seconds.

2. Select the hour using the START button and press the clock button to set the hour and move to the minute selection. After selecting and setting the minute, press the memory button to complete the alarm setting.
3. The display will move onto the second alarm setting and conclude with the third alarm setting. Repeat the previous step if you need a second or third alarm.

When the alarm is set, a "P" will appear on the main screen. If you do not see a "P" on the main screen, press the clock button to activate the alarm function. When the alarm sounds, it will last for one minute. To turn the alarm off immediately, press the START button.



**NOTE:** To deactivate the alarm function, simply press the clock button once. You can reactivate the alarm function by pressing the clock button again.

## TAKING YOUR BLOOD PRESSURE

### Tips for Blood Pressure Monitoring:

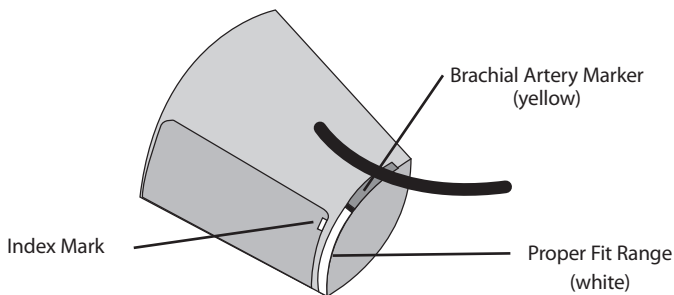
- ☞ Relax for about 5 minutes before measurement.
- ☞ Do not smoke or ingest caffeine at least 30 minutes prior to measurement.
- ☞ Remove constricting clothing and place cuff on bare arm.
- ☞ Unless your physician recommends otherwise, use left arm to measure pressure.
- ☞ Do not talk during measurement.
- ☞ Do not cross legs and keep your feet flat on floor during measurement.

### Cuff Size Indicator on the LifeSource AccuFit™ Cuff

The LifeSource AccuFit™ 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-9 to learn how to put the cuff on correctly) and if the Index Mark falls within the Proper Fit Range, you are using the correct cuff size.

If the Index Mark falls outside of the Proper Fit Range, contact A&D Medical at 1-888-726-9966 (in Canada, call Auto Control Medical at 1-800-461-0991) for more information on how to obtain a cuff replacement.

In addition, the LifeSource AccuFit™ Extra Large Cuff also features a Brachial Artery Marker which will assist you in properly positioning the cuff. Simply align the yellow marker on the cuff with the inside of your left elbow and fasten the cuff securely.



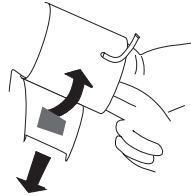
## TAKING YOUR BLOOD PRESSURE

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 with palm up. Place the cuff on your upper arm. Align the yellow Brachial Artery Marker on the cuff over the brachial artery on the inside of the arm. The tube should be facing downward and toward the inside of your arm. Fasten the cuff securely. The bottom of the cuff should be about 1" above your elbow.

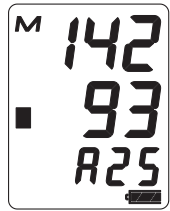


3. The cuff should be snug but not too tight. You should be able to insert two fingers between the cuff and your arm.



**NOTE:** If you have difficulty placing the cuff on by yourself, please have somebody close by who can assist you.

4. Press the START button. Your average blood pressure reading will appear with the number of measurements stored in memory (i.e. A25 = total of 25 measurements stored in memory). As the cuff pressurizes, measurement will begin and the Cuff Inflation Meter will show on the display screen. It is normal for the cuff to feel very tight.



**NOTE:** If an appropriate pressure is not obtained, the device automatically starts to inflate again. If you wish to stop inflation at any time, press the START button again.

## TAKING YOUR BLOOD PRESSURE

- 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.



- Remove cuff and make note of your blood pressure and pulse rate on the Blood Pressure Record chart in the back of the manual, indicating the date and time of measurement.

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

### Manual override of systolic pressure setting:

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

- Place the cuff on the left arm, unless your physician tells you otherwise.
- Press and hold the START button until a number 30 to 40 mmHg higher than your expected systolic pressure appears.
- Release the START button when the desired number is reached. 280 mmHg is the highest pressure level the monitor can reach. Measurement will then begin. Continue to measure your blood pressure as described on Page E-8.


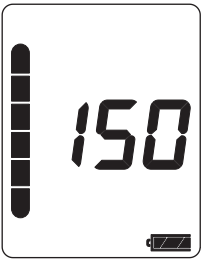
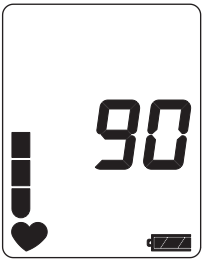
## WHAT IS AN IRREGULAR HEARTBEAT

The UA-789 monitor provides a blood pressure and pulse rate measurement even when an irregular heartbeat occurs. The irregular heartbeat symbol (♥) will appear in the display window in the event an irregular heartbeat has occurred during measurement. 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.

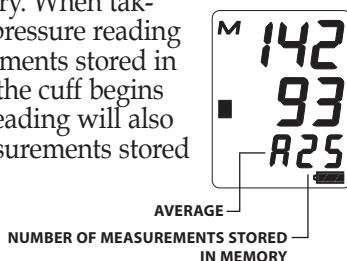
## ABOUT CUFF INFLATION METER

The Cuff Inflation Meter 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 Cuff Inflation Meter moves up during inflation and moves down during deflation.

Inflation in Progress	Inflation Complete	Deflation/Measurement in Progress
 The display shows a vertical bar on the left with the top three segments filled, indicating inflation progress. The digital display shows "118". A battery icon is at the bottom right.	 The display shows a vertical bar on the left with all five segments filled, indicating inflation is complete. The digital display shows "150". A battery icon is at the bottom right.	 The display shows a vertical bar on the left with the bottom three segments filled, indicating deflation progress. The digital display shows "90". A heart symbol is at the bottom left, and a battery icon is at the bottom right.

## ABOUT AVERAGE READING

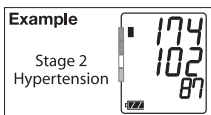
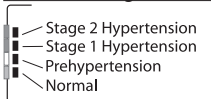
The UA-789 provides an average blood pressure reading based on the total measurements stored in memory. When taking a measurement, the average blood pressure reading will appear and the number of measurements stored in memory will flash several times before the cuff begins to inflate. The average blood pressure reading will also appear briefly when you recall the measurements stored in memory.



## ABOUT PRESSURE RATING INDICATOR™

The Pressure Rating Indicator™ is a feature which provides a snapshot of your blood pressure classification based on your measurements. This will let you quickly know what your blood pressure readings mean. Each segment of the bar indicator corresponds to the Seventh Report of the Joint National Committee (JNC7) on Prevention, Evaluation and Treatment of High Blood Pressure from the National Heart, Lung and Blood Institute - May 2003. For a more detailed look at this blood pressure classification, please refer to “Assessing High Blood Pressure” on page E-16.

### Pressure Rating Indicator™



■: The indicator displays a segment, based on the current measurement, corresponding to the JNC7 Classification.

**NOTE:** Due to other risk factors (e.g. diabetes, obesity, smoking, etc.) in addition to your blood pressure measurement, the Pressure Rating Indicator is approximate. Please consult with your physician for interpretation and diagnosis of your blood pressure measurements.

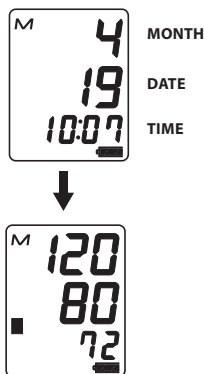
**NOTE:** Residents outside of the United States (e.g., Canada and Mexico) should refer to the WHO Classification Table on page E-16 for assessment of their blood pressure measurement.



This monitor automatically stores up to sixty (60) 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.

**To retrieve readings, follow these simple steps:**

1. When the display screen is showing only the time, press and quickly release the Memory ("M") button. You will see the date (month and day) and time of the most recent blood pressure that was taken followed by the measurement.
2. If you want to retrieve other measurements in memory, press and release the Memory button repeatedly until the desired date and time of the measurement are reached. The measurement will then be displayed.
3. The display will shut off automatically a few seconds after the readings are displayed.



If there are no measurements stored in memory, you will see dashes in the date and time fields followed by a measurement of three 0s displayed vertically.

To *clear* the measurement history from memory, press and hold the Memory button for at least five seconds while the display screen is showing only the time. Release the Memory button when you see the M symbol in upper left hand corner of the display flash and disappears. This indicates that the memory has been cleared.

**NOTE:** Stored measurements, time, date, and alarm settings will be lost if batteries become low or are removed for more than 30 seconds.

## USING THE MONITOR WITH AC ADAPTER

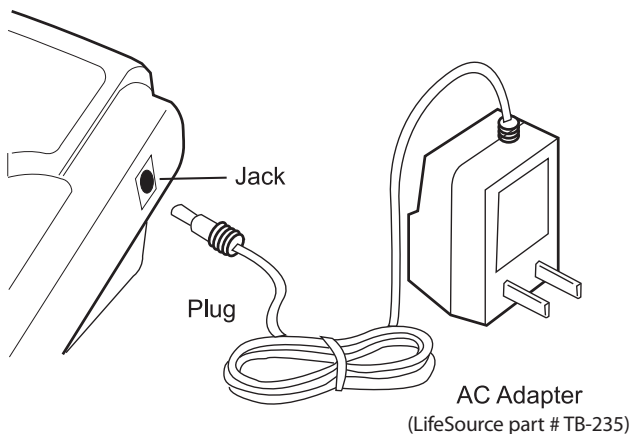
The UA-789 has an AC adapter jack to allow you to supply power from an outlet in your home. The UA-789 monitor is only compatible with the included LifeSource AC Adapter (part # TB-235). The use of any other AC adapter may damage your UA-789 monitor and will void your warranty.

### Connecting the AC adapter to the monitor:

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

### Disconnecting the AC adapter from the monitor:

1. Turn the unit off by pressing the START button.
2. Disconnect the plug from the jack of the monitor quickly.
3. Gently remove the AC adapter from the power outlet.



### ■ 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?

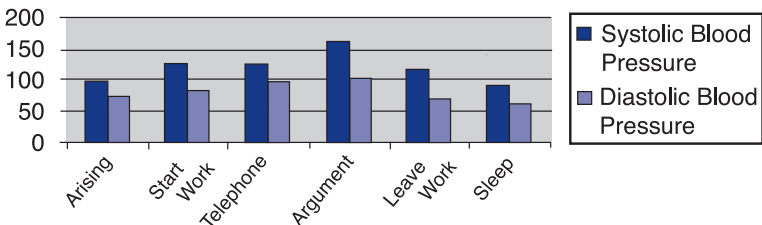
Blood pressure is affected by many factors: age, weight, time of day, activity level, climate, altitude and season. Certain activities can significantly alter one's blood pressure. Walking can raise systolic pressure by 12 mmHg and diastolic pressure by 5.5 mmHg. Sleeping can decrease systolic blood pressure by as much as 10 mmHg. Taking your blood pressure repeatedly without waiting an interval of 5 minutes between readings, or without raising your arm to allow blood to flow back to the heart, 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. For 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 for Adults

The following standards for assessing high blood pressure (without regard to age or gender) have been established as a guideline. Please note that other risk factors (e.g. diabetes, obesity, smoking, etc.) need to be taken into consideration and may affect these figures. Consult with your physician for an accurate assessment.

#### JNC7 Classification Table – for adults within the U.S.

BP Classification	Systolic (mmHg)		Diastolic (mmHg)
Normal	less than 120	and	less than 80
Prehypertension	120-139	or	80-89
Stage 1 Hypertension	140-159	or	90-99
Stage 2 Hypertension	greater than or equal to 160	or	greater than or equal to 100

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

#### WHO Classification Table – for adults outside of the U.S. (e.g. Canada, Mexico)

BP Classification	Systolic (mmHg)		Diastolic (mmHg)
Optimal	less than 120	and	less than 80
Normal	less than 130	or	less than 85
High-Normal	130-139	or	85-89
Stage 1 Hypertension	140-159	or	90-99
Stage 2 Hypertension	160-179	or	100-109
Stage 3 Hypertension	greater than or equal to 180	or	greater than or equal to 110

**SOURCE:** Standards to assess high blood pressure, without regard to age or gender, have been established by the World Health Organization (WHO).

### ■ 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.

### ■ 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.” 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.

## ABOUT BLOOD PRESSURE

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### ■ **Answers to Why Your Readings Are Different Between Home and at the Doctor's Office**

**Why are my readings different between home and at a doctor's office?**

Your blood pressure readings taken in a doctor's office or hospital setting may be elevated as a result of apprehension and anxiety. This response is known as White Coat Hypertension.

**When I bring my monitor to a doctor's office, why do I get a different measurement from my monitor to that taken by a doctor or nurse?**

The healthcare professional may be using a different sized cuff. The size of the bladder inside the cuff is critical for the accuracy of the measurement. This may give you a different reading. A cuff 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. There may also be other factors that can cause the difference in measurements.

### ■ **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.
- Do not cross legs and keep your feet flat on the floor.
- Relax for 5 minutes before measurement.
- Use the correct cuff size to get an accurate reading.
- Sit still during measurement – no talking, eating or sudden movements.
- Record your measurement in a logbook.

### ■ Establishing Baseline Measurements

The most important method to get an accurate blood pressure measurement is consistency. To get the most benefit out of your monitor, it is important to establish a “baseline measurement.” This helps build a foundation of measurements that you can use to compare against future readings. To build this baseline measurement, devote two weeks for consistent blood pressure monitoring. This involves doing everything the same way when you measure (e.g. measuring during the same time of day, in the same location, sitting in the same chair, using the same cuff, etc.). Once you establish your baseline measurement, you can start evaluating if your measurement has been affected based on lifestyle changes or medication treatment.

### ■ 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 the back of the manual for the blood pressure tracking record.

### ■ Customer Support Tools Online

Additional tools are available [www.LifeSourceOnline.com](http://www.LifeSourceOnline.com) (in Canada - [www.autocontrol.com](http://www.autocontrol.com)) to help you get the most out of your blood pressure monitoring. These include:

- Large Print Instruction Manuals
- Animated Operating Instructions for select models
- Additional Logbook Sheets

## TROUBLESHOOTING

<b>Problem</b>	<b>Probable cause</b>	<b>Corrective action</b>
Nothing appears in the display, after I press the START button.	Batteries are drained.	Replace all batteries with new ones. Alkaline batteries recommended.
	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 symbol blinks. [If the batteries are drained completely, the mark does not appear.]	Replace all batteries with new ones. Alkaline batteries recommended.
The unit does not measure. Readings are too high or too low.	The cuff is not fastened properly.	Fasten the cuff correctly.
	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."
The value is different from that measured at a clinic or doctor's office.	The healthcare professional may be using a different sized cuff.	See Pg. E-18 "Answers to Why Your Readings Are Different Between Home and the Doctor's Office."
	Your measurements may be elevated by white coat hypertension	See Pg. E-17 "Why Measure Blood Pressure at Home."

**NOTE:** If the actions described above do not solve the problem, call 1-888-726-9966 (In Canada - 1-800-461-0991). Do not attempt to repair the device yourself as this may void your warranty.



## SPECIFICATIONS

<b>Model</b> .....	UA-789
<b>Type</b> .....	Oscillometric
<b>Display</b> .....	Digital, 20-mm character height Pressure/pulse displayed simultaneously
<b>Time/Date</b> .....	12 hour format (AM/PM), year (2005-2054), month, and day with automatic adjustment for leap years
<b>Memory</b> .....	60 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 $\pm 2\%$ , 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
<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-789 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:

- **Digital Blood Pressure Monitors**
- **Manual Blood Pressure Kits**
- **Blood Pressure Cuffs**
- **Stethoscopes**
- **Personal Health Scales**
- **Digital Thermometers**

**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.**

**1756 Automation Parkway**

**San Jose, CA 95131**

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

**[www.LifeSourceOnline.com](http://www.LifeSourceOnline.com)**

**For Canadian Residents, please contact:**

**Auto Control Medical**

**6695 Millcreek Drive, Unit 5**

**Mississauga, Ontario**

**L5N 5R8 Canada**

**Auto Control (Toll-Free): 1-800-461-0991**

**[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**

**Auto Control Medical**

**1-800-461-0991 - In Canada**

**A specially trained representative will assist you**

**Distributed by A&D Engineering, Inc.  
1756 Automation Parkway  
San Jose, CA 95131  
1-888-726-9966  
[www.LifeSourceOnline.com](http://www.LifeSourceOnline.com)**

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Specifications subject to change without notice.

I-MAN:789 Printed in China 5/07

