ADC@home connect™ App

Directions for use

Advantage Connect

Automatic Home Blood Pressure Monitor

With Bluetooth connectivity for data management

Directions for Use

This booklet covers models 6024N and 6025N

ADC

Automatic Blood Pressure Monitor
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A SPECIAL THANK YOU

Congratulations on your purchase of an ADC® Advantage Connect Automatic Home Blood Pressure monitor.

In hospitals and physician's offices throughout the world, where accuracy and dependability are critical, ADC professional diagnostic products are the instruments of choice.

Now you, too, can enjoy the benefits of ADC engineering and quality in the home. This feature-rich instrument was designed to simplify the measurement of blood pressure and pulse rate at home and deliver consistent, dependable results that can be stored and managed on your smart phone or tablet.

Read this booklet thoroughly before attempting to use your new ADC Advantage Connect Automatic Blood Pressure Monitor.

INTRODUCTION

This manual is for the Advantage™ Connect (6024N) and Advantage Connect Plus (6025N) Automatic Connected Blood pressure monitors. To find the model number of your device, look on the rating label located on the underside of the unit.

Both models accommodate 2 users, each with 99 reading memory, fast BP, AM/PM readings, Average mode, Irregular Heartbeat Detection, and a Bluetooth radio to allow data to be stored on a smart phone or tablet equipped with ADC@home connect™ software. Fast BP is ADC's advanced blood pressure measurement technology that obtains a blood pressure reading during the inflation cycle (as the cuff pumps up). This technology allows for a slightly faster much more comfortable measurement process.   Using the oscillometric method the monitors both provide systolic and diastolic pressure and pulse rate. The devices offer clinically proven accuracy and has been designed to be user friendly.

Before using, please read this instruction manual carefully and then keep it in a safe place. Please contact your doctor for further questions on the subject of blood pressure and its measurement.

INTENDED USE

The ADC Advantage Connect Home Blood pressure monitor is intended to measure the systolic and diastolic blood pressure, and pulse rate of adult patients by using a non-invasive oscillometic technique in which an inflatable cuff is wrapped around the single upper arm.

This monitor detects the appearance of irregular heartbeat during measurement and gives a warning signal with the reading once the irregular heartbeat is detected.

The monitor can be used in connection with a smart phone running the APP. The memory data can be transferred to the smart phone via Bluetooth.

The ADC@home connect™ software is designed to collect, track, trend, and retrospectively transmit health information (e.g. blood pressure and weight) from commercially available wireless, FDA-cleared medical in-home devices, as well as health and wellness devices.
The ADC@home connect software is not intended for use in the diagnosis, cure, treatment or prevention of disease. It is not intended as a substitute for medical care by a healthcare provider. It is not intended for emergency use or real-time monitoring.

Contraindications

This device is contraindicated for any person who is connected to a wearable or implantable electronic device or instrument, such as a pacemaker or defibrillator.

This blood pressure monitor is NOT intended to be a diagnostic device. Contact your physician if hypertensive values are indicated.

Remember…

- Only a healthcare professional is qualified to interpret blood pressure measurements. This device is NOT intended to replace regular medical checkups.
- It is recommended that your physician review your procedure for using this device.
- Blood pressure readings obtained by this device should be verified before prescribing or making adjustments to any medications used to control hypertension. Under no circumstances should YOU alter the dosages of any drugs prescribed by your doctor.
- This monitor is intended for use by adults only. Consult with a physician before using this instrument on a child.
- In cases of irregular heartbeat (arrhythmia), measurements made with this instrument should only be evaluated after consultation with your doctor.
- Familiarize yourself with the section titled "**About Blood Pressure**." It contains important information on the dynamics of blood pressure readings and will help you to obtain the best results.
- This device complies with FCC radiation exposure limits set forth for an uncontrolled environment. End users must follow the specific operating instructions for satisfying RF exposure compliance.

Purpose of this document
This manual helps you use the ADC@home connect App to track and if desired, send readings to your doctor or health care provider.

Note If you haven't done so already, download the ADC@home connect App now.
The manual covers the following topics:
- how to set up the ADC@home connect APP on your phone
- how to use the App
- how to fix or troubleshoot some common problems
This manual does not explain medical terms and concepts or mobile app terms and concepts.

Patient device requirements
The ADC@home connect App runs on both Android and iOS devices. Requirements for each follow.

Android device
- Android OS version 4.4, 5.0, 5.1, 5.1.1, 6.0.1, and 7.0
- Bluetooth 4.0 or later
- Internet connection
- Email account

iOS device
- iOS version 9+
- Bluetooth 4.0
- Internet connection
- Email account

Install and maintain current anti-virus software to protect user data as well as your system.

Medical disclaimer

The ADC@home connect software simply transmits data. The content of the ADC Home App—including text, images, user manuals, and other materials - is for informational purposes only. The App content is intended only for use by patients using the ADC@home connect App and linked ADC devices. ADC does not make, advise, or influence treatment decisions.

Patients using the App and remote patient monitoring devices agree to do the following:
• always seek the advice of a physician or other qualified health provider with any questions regarding a medical condition
• never disregard or delay professional medical advice because of the ADC App content and readings

What you should know before you start

This manual assumes that you already know how to perform these basic tasks:
• access the Internet through a wireless or cellular data connection
• locate and download apps from the App Store or Google Play
• open applications
• position the cursor in text or numeric fields
• use the keypad to enter, edit, and save data
• use buttons/keys to select or activate controls
• send and receive emails
• navigate between multiple active applications
• pair phones via Bluetooth with other devices
Instructions in this manual build upon these basic skills as you use the ADC Home App.

Disclaimer and limitation of liability
Disclaimer of actions caused by and/or under the control of third parties

ADC has no responsibility for the availability of the Internet and other telecommunication services necessary to access the ADC@home connect system or for the functioning of the software.

Customer service

This document is a reference for understanding the ADC@home connect App. When you encounter a difficulty, please use this manual first to answer your questions. If you continue to have difficulties, visit the ADC@home connect website (www.ADCTODAY.com) or contact your clinician.

Relative humidity limits	93%
Important warning/caution	
Operating instructions	
Recycle the product separate from other disposables	
Temperature limits	
Atmospheric air pressure	
Recycle	
Stacking limit by number	

SYMBOL DEFINITIONS
Documentation symbols

Power Symbols

Direct current	
Power	

Shipping, storing and environment symbols

relative humidity should be 15% - 90%

chg define as = Dispose in accordance with regulations

Temperature limits use
-4 F to 131 F

ATMOSPHERIC ??

Blood pressure device and cuff symbols

SureBP ™	SureBP technology logo
Type BF applied part (symbol)	Type BF applied part
SN	Serial number
REF	Product Identifier
Manufacturer (symbol)	Manufacturer
#	Reorder number, Model number
(((•)))	Non-ionizing electromagnetic radiation
GTIN	Global Trade Identification Number
□	Class II equipment

add PHT Free

Miscellaneous symbols

should add umbrella define as = Keep Dry

ADD the following:

EC REP symbol define as Authorized European representative's information

CE mark symbol define as This device complies with the requirements of the Medical Device Directive 93/42/EEC

Add IP20 define = Protected against solid foreign particles with a diameter of more than 12.5 mm, no protection against water.

MD = Medical device

GTIN? May not need this one either

Device Symbols

Icon = User 1 icon

Icon = User 2

MAM icon

Battery indicator

Cuff with X = inaccurate measurement

WARNINGS AND PRECAUTIONS

A warning statement in this manual identifies a condition or practice which, if not corrected or discontinued immediately, could lead to patient injury, illness, or death.

Caution statements can appear on the ADC Advantage Connect Home Blood Pressure device, the packaging, the shipping container or in this Instructions for Use.

The ADC Advantage Connect Home Blood Pressure device is safe for adults when used in accordance with the instructions and caution statements presented in this Instructions for use.

Before using the device, you must familiarize yourself with all cautions, with the steps to power up the device, and with the sections on this Instructions for Use that pertain to your use of the device. In addition to reviewing the general cautions presented in the next section, you must also review the more specific cautions that appear throughout the manual in conjunction with setup/startup, operation, and maintenance tasks.

- Failure to understand and observe any warning statement in this manual could lead to injury or illness
- Failure to understand and observe any caution statement in this manual could lead to damage to the equipment or other property or loss of measurement data.

WARNING: The device is not suitable for measuring the blood pressure on neonatal infants or children**.**

WARNING: Patient harm risk. The ADC@home connect App is not an emergency medical response application. The app does not provide alarms or real-time, critical-care monitoring of vital signs. All data that is transmitted with the app may be evaluated by your physician at a later time.

WARNING: The device is not suitable for use on pregnant women, users with implanted electric devices, users with preclampsia, premature ventricular beats, atrial fibrillation, peripheral arterial disease, and users undergoing intravascular therapy or arterio venous shunt, or people who received a mastectomy. Consult with your physician prior to using this unit if you suffer from any of these illnesses or conditions

WARNING: Patient harm risk. The ADC@home connect App should be used only by the patient for whom it is intended. Save only your own readings on your app. Saving readings that belong to someone else can cause inaccurate information to be sent to your physician, which could lead to improper treatment.

WARNING Make sure that you read and understand all user documentation provided with your remote patient monitoring devices to ensure patient safety, accurate readings, and proper operation of all those devices.

WARNING: Do not take any therapeutic measures on the basis of a self measurement. Never alter the dose of a medicine prescribed by a physician. Consult your physician if you have a question about your blood pressure.

WARNING: Keep the unit out of reach of infants, children or pets, since inhalation or swallowing of small parts is dangerous or even fatal.

WARNNG: If you experience discomfort during a measurement, such as pain in the arm or other complaints, press the power button immediately to release the air from the cuff. Loosen and remove the cuff from your arm.

WARNING: On the rare occasion of a fault causing the cuff to remain fully inflated during measurement, open the cuff immediately. Prolonged high pressure applied to the arm (cuff pressure >300mmHg or constant pressure >15mmHg for more than 3 minutes) might lead to bruising and discolored skin.

WARNING: This unit is not suitable for continuous monitoring during medical emergencies or operations.

WARNING: Taking blood pressure measurements too frequently could disrupt blood circulation and cause injuries.

WARNING: Do not kink the connection tube during use. The cuff pressure might continuously increase, which could prevent blood flow and result in injury.

WARNING: Never apply the cuff over damaged skin. This can cause further injury.

WARNING: If applying to someone else, do not touch output of the batteries/adapter and the user simultaneously.

WARNING: Do not use the unit if you are allergic to polyester or synthetic materials.

WARNING: Excessive tube lengths could cause strangulation if you don't manage them properly.

WARNING: Do not connect the air tube to other medical equipment. This could cause air to be pumped into intravascular systems or high pressure, which could lead to serious injuries.

WARNING: Dispose of accessories, detachable parts, and the device according to the local guidelines.

WARNING: Do not service or perform any maintenance while using the device.

WARNING: Use only accessories approved by the manufacturer. Using unapproved accessories might cause damage to the unit and injure users.

WARNING: No modification to this equipment is allowed. Modifying the equipment could damage the unit or endanger the user.

WARNING: The device contains sensitive electronic components. Avoid strong electrical or electromagnetic fields in the direct vicinity of the device (e.g., mobile telephones, microwave ovens). These can lead to temporary impairment of the measuring accuracy.

CAUTION Use only ADC-authorized medical equipment with the ADC@home connect App.
CAUTION: The appearance of the IHB icon indicates that a pulse irregularity consistent with an irregular heartbeat was detected during measurement. Usually this is NOT a cause for concern. However, if the symbol appears often, we recommend you seek medical advice. The device does not replace a cardiac examination but detects pulse irregularities at an early stage.
CAUTION Inaccurate data risk. If you manually enter blood pressure, pulse rate, and weight readings on your app, confirm that the numbers are accurate before saving them.
CAUTION To ensure the privacy of your medical information and the protect yourself against cyber threats, review and adjust the security settings on your phone.
CAUTION To ensure the privacy of your medical information, only send reports with your medical information to people you trust.
CAUTION: This device is intended for non-invasive measuring and monitoring of arterial blood pressure. It is not intended for use on extremities other than arm or for functions other than obtaining a blood pressure measurement.

CAUTION: Do not wrap the cuff on the same arm to which another monitoring device is applied. One or both devices could temporarily stop functioning if you try to use them on the same arm at the same time.

CAUTION: To avoid measurement errors, avoid taking blood pressure measurements near a strong electromagnetic field radiated interference signal or electrical fast transient/burst signal. Keep a minimum distance of 3.3m from such devices when using this device.

CAUTION: Before use, make sure the device functions safely and is in proper working condition.

CAUTION: Use the device in the environment described in this "Instructions for Use". Otherwise, you will compromise the device's performance and reduce its lifetime.

CAUTION: Do not attempt to repair the unit yourself if it malfunctions. Only have repairs carried out by authorized service centers. Report any unexpected operation or events to the manufacturer. Any unauthorized opening of the instrument invalidates all warranty claims.

Using the ADC@home connect app

This section shows you how to use the app and covers the following topics:
Getting started

• Launch the application for the first time
• Launch the application after account setup
• Create a new account and password

Working with devices
• Pair a blood pressure device (first-time login)
• Pair a weight scale (first-time login)
• Pair a blood pressure device (after skipping this step during setup)
• Pair a weight scale (after skipping this step during setup)
• Remove/Unpair a device
• Purchase a device

Working with readings
• Take a reading on a paired blood pressure device

○ Irregular heartbeat detector

• Take a reading on a paired weight scale

○ Review and confirm readings from your weight scale

• Enter readings manually
• Review readings

○ Understanding your blood pressure readings

• Edit readings
• Delete readings
• Edit measurements and goals
• Connect your ADC@home connect app to Apple Health (Apple device users only)
• Send a report

Reminders and notifications
• Set a reminder
• Edit a reminder
• Delete a reminder

Account details
• Edit your profile
• Change your password
• Log out of the application
• Delete your account

Getting started

Create a new account and password

If you have not installed the ADC@home connect app, download and install it now.
1. Touch on your mobile device to open the ADC@home connect app.
The *ADC@home connect* splash screen appears while the app loads. Then the *Log in* screen appears.
2. Touch **Create account** toward the bottom of the screen.
The *Create account* screen appears.
3. Fill in the required fields: **Email**, **First name**, and **Last name**. Then touch **Continue**.
An *Email sent* message appears and tells you to check your email for a temporary password.

4. Touch **OK**.
The *Log in* screen appears with your email address already filled in.
5. Enter the temporary password sent to your email and touch **Log in**.
Note Be sure to check your Spam folder if the email doesn't arrive in your Inbox.
The *Terms and conditions* screen appears.
6. Read the Terms and conditions, and then touch **Agree** to proceed.
The *Change password* screen appears.
7. Enter a password that satisfies the rules listed on the screen, and write it down for future reference. Then re-enter the password and touch **Continue**.
The *Enter profile* screen appears.
8. Enter your profile information to set up your account.

Working with devices

Pair a blood pressure device (first-time login)

You can pair a blood pressure device as part of your first-time login. After touching **I have a blood pressure device** in the *Add a device* screen, complete the following steps:

1. Unpack your device and install the batteries. Make sure the device is powered off.
2. Press AND HOLD the power button on the blood pressure monitor for 2 seconds to pair the device.
The *Found device* screen appears on your phone.
3. Rename the device or leave as is, and then touch **Save**.

The *Add a device* screen appears.
4. Touch **Done adding devices**.
The *All set!* message appears. Touch **Start now!** to begin using the app.
Note Pairing the monitor to the app syncs the monitor time to your phone time. Readings from the monitor previous to pairing or syncing may have an incorrect time stamp.

Working with readings

Take a reading on a paired blood pressure device

1. Review the instructions for taking a blood pressure reading in the ADC@home connect Blood Pressure Monitor directions for use.
2. Log in to ADC@home connect as you normally do.

Note The app must be open to successfully capture readings from the monitor.
The *Home* screen appears.
3. Place the blood pressure cuff on your arm and sit comfortably for 5 minutes.
4. Press the power button on the monitor to begin the blood pressure measurement.
The blood pressure and pulse rate appear on the blood pressure monitor screen. In a moment, the readings appear on the *Home* screen of your app along with a notification of a new reading. You have successfully taken your blood pressure and recorded it in your app.

Irregular heartbeat detector

An irregular heartbeat (IHB) is detected when a heartbeat rhythm varies while the unit is measuring the systolic and diastolic blood pressure. During each measurement, the monitor records the heartbeat intervals and calculates the average. If any average is larger than or equal to 25, the irregular heartbeat symbol appears on the display when the measurement results appear.

CAUTION: The appearance of the IHB icon indicates that a pulse irregularity consistent with an irregular heartbeat was detected during measurement. Usually this is NOT a cause for concern. However, if the symbol appears often, we recommend you seek medical advice. The device does not replace a cardiac examination but detects pulse irregularities at an early stage.

Enter readings manually

The app allows you to enter readings by hand from any blood pressure device.
1. If you are not already logged in, open the app.
The *Home* screen appears.
2. Touch the to the right of the desired measurement type to enter a reading.
The *Blood pressure* or *Weight* screen appears with several data entry fields.
3. Touch each field and use the entry tools (calendar, clock, and keypad) to enter the requested information.
Note For blood pressure readings, systolic is the top number, which is also the higher of the two numbers. Diastolic is the bottom number, which is also the lower of the two numbers.
CAUTION Inaccurate data risk. Confirm that the numbers entered on this screen are accurate before saving them.
4. Touch **Save**.
The information you entered appears in the list of readings.
Note You can also add manual readings in the graph or list views by touching the near the top of the screen.

Review readings

1. If you are not already logged in, open the app.
The *Home* screen appears with your most recent readings.
2. To see a detailed list of your readings, touch to the left of the desired measurement type.
A list of your Blood pressure readings appears. The most recent readings appear at the top of the list.
3. To see a graph view of your readings, return to the *Home* screen and touch to the right of the desired measurement type.
The graph view of your readings appears.
4. To filter the readings shown in the graph view, touch the filter icon.
A dialog listing View and Filter options appears.

5. Touch the desired options and then touch **Done**.
A new graph of your readings appears based on your selections.

You can filter readings (for viewing in list or graph form) by period of time (day, week, month, etc) and AM/PM.
NOTE: You physician may want to specifically observe your morning readings.

Understanding your blood pressure readings

The blood pressure list screen shows where your reading lies on a colored scale. The color corresponds to the categories in the table as defined by the National Heart, Lung, and Blood Institute (NHLBI), National Institutes of Health (NIH), as described in the referenced report.
Blood pressure

classification
Systolic BP (mmHg) Diastolic BP (mmHg) Color
Normal <120 and <80 Green
Prehypertension 120 – 139 or 80 – 89 Light green
Stage 1 Hypertension 140 – 159 or 90 – 99 Yellow

Stage 2 Hypertension ≥160 or ≥100 Orange

Source: National Heart, Lung, and Blood Institute, National Institutes of Health. August 2004. "The Seventh Report of the
Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure." NIH Publication
No. 04-5230.
This table is not intended to provide any type of diagnosis or emergency assessment;
this table only depicts different NIH classifications of blood pressure. Various factors
(e.g., diabetes, obesity, smoking, age, gender, etc.) can affect blood pressure. In
addition, blood pressure often fluctuates throughout the day. Consult with your physician
for an accurate assessment and diagnosis based on your personal blood pressure
results.

Edit readings
1. If you are not already logged in, open the app.
The *Home* screen appears with your most recent readings.
2. Touch to the left of the desired measurement type to open the *Blood pressure* or *Weight* screen.
3. To edit a reading, lightly touch the selected reading. Do not touch and hold.
The *Blood pressure* or *Weight* screen appears with several fields displaying the data for that reading.
4. Touch each field you want to edit. Use the entry tools (calendar, clock, and keypad) to enter the requested information.
Note For readings taken with the ADC@home connect blood pressure monitor or weight scale, the only field you can edit is *Comments*.
5. Touch **Save**.
The information you edited appears in the *Blood pressure* or *Weight* list.
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NOTE: We only recommend editing readings that have been manually (and incorrectly) entered into the system. We do not recommend editing readings that have been automatically transferred to the app from the monitor. Instead, we recommend automatic readings be deleted.

Delete readings
1. If you are not already logged in, open the app.
The *Home* screen appears.
2. Touch to the left of the desired measurement type to open the *Blood pressure* or *Weight* screen.
3. Proceed with the instruction that applies to your phone.
• Android users: Touch and hold the reading you want to delete.
• iOS users: Touch and swipe left on the reading you want to delete.
A *Delete reading* (Android) or *Delete* (iOS) button appears onscreen.
4. Touch **Delete reading** (Android) or **Delete** (iOS).
A confirmation dialog appears to confirm that you want to delete the reading.
5. Touch **OK** to delete the reading.

The *Blood pressure* or *Weight* screen appears with the selected reading removed.

Connect your ADC@home connect app to Apple Health (Apple device users only)
You can automatically share your readings with Apple Health.
1. Log into ADC@home connect as you normally do.
The *Home* screen appears.
2. Touch to the right of the desired measurement type to enter a reading.
The *Settings* screen appears with current app information.
4. Touch the slider to the right of *Send readings to HealthKit™*.
The *HealthKit™ Health Access* screen appears.

5. Touch the slider to the right of each measurement (e.g., systolic blood pressure, diastolic blood pressure, body mass index, heart rate, weight) you would like to share with Apple Health. (You can enable or disable all parameters by touching **Turn All Categories On** or **Turn All Categories Off**.)
6. Click **Allow** to share your data with Apple Health or **Don't Allow** to disable sharing your data.
The *Measurements & goals* screen appears. The measurements you selected will be shared with Apple Health.
Note These steps might be interrupted by a *HealthKit* dialog message in two cases:
• You opt not to share some measurements the first time you set up sharing
• You disable all sharing after previously enabling sharing.
Follow the onscreen prompts to either return to Settings and make changes or leave your selections as they are.

Send a report
You have the option to send a report of your readings to your email address. You can then forward the report to whomever you choose, such as a clinician or family member.
You can also save the attachment for future reference.
CAUTION To ensure the privacy of your medical information, only send reports with your medical information to people you trust.
1. If you are not already logged in, open the app.
The *Home* screen appears.
2. Touch any xxxxx
3. Proceed with the instruction that applies to your phone.
• Android users: Touch on the top right of your screen.
• iOS users: Touch on the bottom of your screen.
The *Send report* dialog appears onscreen.
4. Select the number of days of readings you would like to include in the report.
5. Touch **OK** to send the report.
The app sends a report to your email address (Subject line: Your readings report request). The report is an attachment to the email.

Reminders and notifications
Set a reminder
You can set reminders to take blood pressure and weight measurements on your app.
The reminders appear as notifications on your phone.

Note If notifications from the ADC@home connect app are disabled, the app will display an "Allow notifications" message. You must give permission for the app to send you notifications before you can set reminders. Follow the prompts on your phone to go to Settings and then unblock or allow notifications.

1. If you are not already logged in, open the app.
The *Home* screen appears.
2. On the Home screen of the app, touch.
The *Settings* screen appears.
3. Touch **Reminders**. ("No reminders set" appears below if you haven't set any reminders.)
The *Reminders* screen appears. ("No reminders set" appears if you haven't set any reminders.)
4. Touch the on the top right of the screen.
The *Reminder* screen appears.
5. Touch the *Time* field and then use the clock tool to set the reminder time.
a. Touch the desired hour on the clock.
The hour digit in the colored bar updates automatically; then the minutes digits are ready to update.
b. Touch the desired minutes on the clock.
c. Touch **AM** or **PM**.
d. Touch **OK** to accept the time or **Cancel** to reject it.
The *Reminder* screen appears with your selections.
6. Touch **Save** to save the reminder or **Cancel** to reject it.
The *Reminders* screen appears with a list of your reminders.

Edit a reminder
1. If you are not already logged in, open the app.
The *Home* screen appears.
2. On the Home screen of the app, touch any .
The *Reminders* screen appears with a list of your reminders.
3. Touch the reminder you want to change.
The *Reminder* screen appears.
4. Touch the *Time* field and then use the clock tool to edit the reminder time as described in "Set a reminder."
5. Touch **Save** to save the reminder or **Cancel** to reject it.
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The *Reminders* screen appears with an updated list of your reminders.

Delete a reminder
1. If you are not already logged in, open the app.
The *Home* screen appears.
2. On the Home screen of the app, touch any .
The *Reminders* screen appears with a list of your reminders.
3. Proceed with the instruction that applies to your phone.
• Android users: Touch and hold the reminder you want to delete.
• iOS users: Touch and swipe left on the reminder you want to delete.
A *Remove* (Android) or *Delete* (iOS) button appears onscreen.
4. Touch **Remove** (Android) or **Delete** (iOS).
The reminder disappears from the *Reminders* screen.

Account details
Edit your profile
You can update your profile in the app after initial setup.
1. Log in to ADC@home connect as you normally do.
The *Home* screen appears.
2. Touch .
The *Settings* screen appears with current app information.
3. To update your profile, touch your name in the header.
The *Profile* screen appears.
4. Touch .
The *Edit profile* screen appears.
5. Touch each field you want to edit. Use the entry tools (calendar and keypad) to enter the requested information.
6. Touch **Save**.
The *Profile* screen appears. You have successfully edited your profile.

Change your password

1. Log in to ADC@home connect as you normally do.
The *Home* screen appears.
2. Touch .
The *Settings* screen appears with current app information.
3. Touch your name in the header.
The *Profile* screen appears.
4. Touch **Change password**.
The *Change password* screen appears.
5. Enter a password that satisfies the rules listed on the screen, and write it down for future reference.
Then re-enter the password and touch **Save**.
The *Profile* screen appears. You have successfully changed your password.

Log out of the application

You can log out of the app. To resume using the app, you will have to log in with your
password.
1. Log in to ADC@home connect as you normally do.
The *Home* screen appears.
2. Touch .
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The *Settings* screen appears with current app information.
3. Touch your name in the header.
The *Profile* screen appears.
4. Touch **Log out**.
The *Log out* confirmation dialog appears with a description of what happens when you log out.
5. Touch **OK** to log out or **Cancel** to stay logged in.
The *Log in* screen appears if you touch OK. You have successfully logged out.
Note Enter your password on the *Log in* screen to log into the app once again.

Delete your account

If you decide to exit ADC@home connect and the blood pressure monitoring program, you can delete
your account. Once you delete your account, you will not be able to log in to ADC@home connect.
1. Log in to ADC@home connect as you normally do.
The *Home* screen appears.
2. Touch .
The *Settings* screen appears with current app information.
3. Touch your name in the header.
The *Profile* screen appears.
4. Touch **Delete account**.
The *Delete account* confirmation dialog appears with a description of what happens when you delete your
account.
Note Deleting your account removes all saved readings.
5. Touch **OK** to delete your account or **Cancel** to keep it active.
The *Log in* screen appears, but you can no longer log in. You have successfully deleted your account.

Change units of measure

You can update the units of measure in the app after initial setup.
1. Log in to ADC@home connect as you normally do.
The *Home* screen appears.
2. Touch .
The *Settings* screen appears with current app information.
3. Touch *Advanced*.
The *Advanced* screen appears. The text below *Units of measure* indicates the current units selection.
4. Touch **Units of measure**.
The *Units of measure* screen appears.
5. Touch **Weight** or **Height** to change the units of measure.
The *Weight* or *Height* dialog box appears.
6. Touch the desired unit of measure.
7. Touch **OK** to save the unit of measure or **Cancel** to reject it.
The *Units of measure* screen appears with your selections.

What's in the box
Model 6024N

Blood pressure monitor

D bar Self Adjusting standard cuff with a range of 22cm to 42cm with attached tube and connector.

4 AAA alkaline batteries

Instructions for Use

Quick Reference Guide

Model 6025N

Blood pressure monitor

Self Adjusting rigid cuff with cuff with a range of 22cm to 46cm with attached tube and connector.

4 AAA alkaline batteries

AC adapter

Zippered Storage case

Instructions for Use

Quick Reference Guide

COMPONENTS OF YOUR BLOOD PRESSURE MONITOR

Front

Back

Display

Controls and indicators
Monitor front

No.	Feature	Description
5	LCD Display	Displays blood pressure reading and other pertinent information regarding the reading

Monitor back
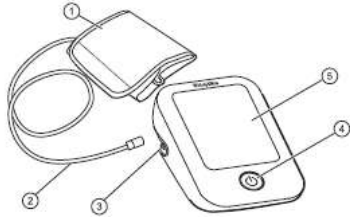
No.	Feature	Description
1	D-Ring blood pressure cuff	Apply to upper arm to take a blood pressure measurement
2	Air tube	Connects the cuff to the air connector plug
3	Air connector plug	Air tube connects to the air connector plug
4	Power button	Powers on the monitor, starts and stops a blood pressure measurement, and — when pressed for 2 seconds — initiates a *Bluetooth* pairing
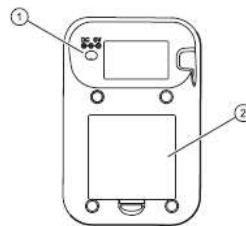
No.	Feature	Description
1	Direct current power connection	When used with an accessory power cord (not included), connects the monitor to a power outlet
2	Battery compartment (behind cover)	Houses 4 AA alkaline batteries

ABOUT BLOOD PRESSURE

What Is Blood Pressure?

Simply put, arterial blood pressure is the force of blood exerted against the walls of the arteries. There are two components to blood pressure: systolic and diastolic pressure. Systolic, the higher pressure, occurs during contraction of the heart. Diastolic, the lower pressure, occurs when the heart is at "rest."

Your level of blood pressure is determined in the circulatory center of the brain and adjusts to a variety of situations through feedback from the nervous system. To adjust blood pressure, the strength and frequency of the heart (pulse), as well as the width of circulatory blood vessels, are altered. Blood vessel width is affected by fine muscles in the blood vessel walls.

Blood pressure is traditionally measured in millimeters of mercury (mmHg). It is recorded as systolic/diastolic. For example, a systolic of 120 and diastolic of 80 would be recorded 120/80.

Blood pressure is a dynamic vital sign, one that changes constantly throughout the day. A person's "resting" blood pressure is the pressure that exists first thing in the morning while a person is still at rest and before consumption of food or drink.

What Is a Normal Blood Pressure? A systolic pressure of less than 120mmHg and a diastolic pressure of under 80mmHg are recognized as normal by the Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure, 2003.

NOTE: Blood pressure does increase with age, so you must check with your doctor to find out what is "normal" for you! Even with normal blood pressure values, a regular self-check with your blood pressure monitor is recommended. You can detect possible changes in your values early and react appropriately. If you are undergoing medical treatment to control your blood pressure, keep a record of values along with time of day and date. Show these values to your doctor. Never use the results of your measurements to independently alter the drug doses prescribed by your doctor.

What Influences Blood Pressure?

Blood pressure is influenced by many factors including age, weight, physical conditioning, past illness, time of day, altitude, activity, and climate, to name just a few. In general, blood pressure is lower in the morning and increases throughout the day. It is lower in warm weather, and higher in cold weather. Physical activity can have a significant short term impact on blood pressure. Work, exercise, smoking, eating, drinking – even talking, laughing, or crying – will all affect a person's blood pressure. Your diet, including beverages containing caffeine or alcohol, may affect blood pressure. Emotional stress can have a dramatic impact on your blood pressure. Even repeated blood pressure measurements taken without adequate rest between readings will alter your blood pressure as the vessels in your arm engorge with blood. Many of these influences are only temporary or short term, though chronic (long term) exposure to some factors may result in permanently elevated blood pressure levels.

Does Blood Pressure Vary?

Constantly. An individual's blood pressure varies greatly on a daily and seasonal basis. It changes throughout one's lifetime. It is not uncommon for systolic pressure to vary by 40mmHg or more throughout the course of a single day! While generally not as volatile, diastolic pressure can still vary significantly. In hypertensive individuals, variations are even more pronounced. Normally, blood pressure is at its lowest during sleep and rises in the morning and throughout the day. The chart (left) illustrates the fluctuations that could occur in a typical day.

What Is Hypertension?

Hypertension (high blood pressure) is elevated systolic or diastolic levels. In 90 to 95 percent of the diagnosed cases, the specific causes are unknown, although the condition is often linked with family history and lifestyle. This is referred to as essential hypertension. In the remaining cases, high blood pressure is a symptom of an underlying, often treatable condition, which if

corrected, may normalize blood pressure. This less common type is known as secondary hypertension. Hypertension, if left untreated, may contribute to kidney disease, heart attack, stroke, or other debilitating illnesses. The following standards for assessment of high blood pressure in adults have been established by the Joint National Committee, 2003. Remember, only a physician is qualified to interpret the readings obtained from your blood pressure monitor. No attempt should ever be made at self-diagnosis or treatment.

<mark>ADD CHART PAGE 9 6023N</mark>

Can Hypertension Be Controlled?
Although essential hypertension cannot be cured, it can usually be controlled by altering lifestyle (including diet), adopting a program of exercise, stress management and, where necessary, with medication under a doctor's supervision. To help reduce the risk of hypertension, or keep it under control, the American Heart Association (AHA) recommends the following:
- Don't smoke
- Reduce salt and fat intake
- Maintain proper weight
- Exercise regularly
- Have regular physical checkups

Why Measure Blood Pressure at Home?
Clinical studies have shown improved detection and treatment of hypertension when regular home blood pressure monitoring is done in consultation with a physician. Blood pressure measured in a doctor's office or hospital setting may cause anxiety and lead to an elevated reading, a condition referred to as "white coat hypertension."

Home measurements generally reduce the "outside" influences on blood pressure readings and can provide a more comprehensive and meaningful blood pressure history.

Note: While it is important to keep an accurate record of your blood pressure measurements, don't be overly concerned by the results of any one measurement. Individual results may be influenced by spiking of your pressure due to diet, anxiety, or mismeasurement resulting from excessive arm movement, or misapplication of the cuff. Many readings taken at the same time each day give a more comprehensive blood pressure history. Always be sure to note the date and time when recording blood pressure and pulse measurements. For best results, and with time permitting, three successive measurements may be taken daily. Make sure to allow at least 15 second intervals between measurements. Discard any reading that appears suspect and record the average of the remaining readings. Our Advantage connect instruments offer an average mode setting which automatically takes 3 readings and displays the average. We recommend using this setting whenever possible. Additionally, our connects models offer Bluetooth connection to your smartphone or tablet (free ap must be downloaded). The ap captures not only the measurement values but date and time to provide you and your healthcare provider with more valuable information.

How Is Blood Pressure Measured?
Healthcare professionals traditionally use a device known as a sphygmomanometer along with a stethoscope - essentially a professional version of the very same instrument you have purchased. The sphygmomanometer is a system consisting of an inflatable bladder contained within a cuff, inflation bulb with air control valve, and pressure measuring manometer (gauge). The cuff is wrapped around the limb and inflated to constrict blood flow to the artery. As pressure is released from the cuff through the deflation valve, blood flow returns to the artery producing pulse beats known as Korotkoff sounds, which are detected with the stethoscope. Systolic pressure is recorded at the onset of these sounds. Diastolic pressure is generally recorded when the sounds disappear (when blood flow to the artery returns to normal). In the past few years more and more professionals are measuring blood pressure with an automated device similar to your Advantage monitor.

How Should I Record My Blood Pressure?

With connected devices you can record your readings in your smart phone or tablet or record them manually. To use the Bluetooth connection feature, refer to section......   To record your blood pressure manually, set up a simple chart in a spiral-bound notebook as shown below.

Date	Time	Reading	Pulse
4/24	7:50AM	128/83	72
4/25	8:00AM	135/77	77
4/26	7:45AM	130/75	71
4/27	2:00PM	153/89	80

If you like you can add a column for comments about your condition at the time of measurement, or a listing of any factors that may have influenced your readings (such as "had a cold," or "just returned from vacation"). For best results, and with time permitting, use average mode to record three successive reading and display the average of the three.

SETTING UP YOUR BLOOD PRESSURE MONITOR

Inserting the Batteries
After you have unpacked your device, insert the batteries. The battery compartment is located on the underside of the device (see illustration).

1. Remove cover as illustrated.
2. Insert the batteries (4 x AAA, 1.5V), observing the indicated polarity.

Attention!
- If a battery warning (show picture) appears in the display, the batteries are almost discharged and must be replaced.
- After battery warning (show picture) appears, the device will not work until batteries have been replaced.
- If the blood pressure monitor is not used for long periods, remove the batteries from the device.
- Use AA Long-Life or Alkaline 1.5V batteries. Do not use rechargeable batteries.
- Functional check: Press the «**MEMORY**» button down to test all the display elements. When functioning correctly many icons will appear.

Using the AC Power Adapter (model 6025N)   (have picture with device and adapter?)
It is possible to operate the Advantage Automatic Blood Pressure Monitor model 6025N with an AC adapter.
1. Push the plug into the port on the right side of the device.
2. Plug the AC adapter into a 120V power socket. The device is ready for measurement.
3. Test that power is available by pressing the «**ON/OFF**» button.

NOTE:
- Use only the AC adapter provided with your device. ADC is not responsible for the warranty servicing/repair of the monitor if any other adapter is used.
- No power is taken from the batteries while the AC adapter is connected to the device.
- Consult ADC if you have any questions relating to the AC adapter.
- AC adapter is NOT available for model 6024N

Cuff Connection
Insert the cuff tube into the opening provided on the left side of the device as shown in the picture.

Setting the Time and Date
This blood pressure monitor incorporates an integrated clock with date display. The device will also store the date and time of each measurement in its memory. After new batteries have been inserted, the device will request the date and time to be reset

1. To set the date, begin with the year. The four digits (2021) on the screen will blink. You can change the year by pressing the «**MEMORY**» button. To confirm and set the year, press the «**SET**» button.
2. The device will automatically advance to the month. To change the month, use the «**MEMORY**» button. To confirm and set the month, press the «**SET**» button.
3. To set the day, hour, and minutes, use the same steps. Push the «**MEMORY**» button to change the display value. Press the «**SET**» button to confirm and set the value.
4. Once you have set the minutes and pressed the «**SET**» button, the date and time are set and the time is displayed.

NOTE

- If you want to change date and time, press and hold the «**SET**» button down for approx. five seconds until the user icon flashes. Press the «**SET**» button again, and then you can enter the new values as described above.
- A single press of the «MEMORY» button or «SET» button advances one operation.
- Holding the button down speeds up the procedure.

Select the User
This blood pressure monitor is designed to store 99 measurements for each of the two users. Before taking a measurement, be certain that the correct user has been selected.
1. With the unit off, press and hold the «**SET»** button until the user icon starts blinking.
2. Press the «**MEMORY**» button to toggle between users.
3. Press the «**SET**» button to make your selection

Selecting Measurement Mode
This device enables you to select either standard (single) measurement or averaging mode (automatic triple measurement).

- With the unit off, press and hold the **«SET»** button for 3 seconds until the MAM icon starts blinking on the display.
- Press the **«MEMORY»** button to select ON or OFF the MAM mode.
  By pressing ON that means you have selected the measurement in average mode.
  By pressing OFF that means you have selected the measurement in standard measurement.
- Press the **«SET»** button to confirm
- Choose the intended user, press the «**MEMORY**» button to toggle between users, press the «**SET**» button to make your selection

Note: the MAM Advantage Averaging mode icon will illuminate on the display. If you select 1, then only one measurement will be taken. If you select 3, the unit will inflate and deflate three times resulting in one final average reading.

Using MAM Advantage Averaging Mode

In MAM Advantage Averaging mode, three measurements are automatically taken in succession and the result then automatically analyzed and displayed. Because your blood pressure constantly fluctuates, a result determined in this way is more reliable than one produced by a single measurement.

The bottom right-hand section of the display shows a 1,2, or 3 to indicate which of the 3 measurements is currently being taken.

There is a break of 15 seconds between the measurements (15 seconds are adequate according to "Blood Pressure Monitoring, 2001, 6:145-147" for oscillometric instruments). A countdown indicates the remaining time before the second and third readings will begin.

The individual results from measurements 1,2 and 3 are not initially displayed. Your blood pressure will only be displayed after all 3 measurements are taken. If you want to see each of the individual readings making up a triplicate reading, turn the unit off, then press and hold the **«MEMORY»** button for three seconds immediately after a MAM Advantage Averaging Mode measurement. Note: You can only see the individual readings one time immediately following an Averaging Mode measurement. See section XXX.

Do not remove the cuff between measurements.

If one of the individual measurements was questionable, an additional measurement is automatically taken.

Bluetooth® functions and application (App)

Activating your Bluetooth®

Pairing a smartphone or tablet with the monitor

Advanced Bluetooth 4.2 technology enables your smartphone or tablet to receive your readings from your monitor. You can then view, graph, annotate and share those reading with your physician or caregiver.

Download the free ADC Advantage Connect App from the IOS or Googleplay stores.

Follow the directions on the App to create your profile. You will be required to create a User Name and Password. It will also ask for height and weight, but this information is not required.

Confirm that your smartphone or tablet is powered on and in discoverable mode (ready for pairing).   Bluetooth wireless connectivity is only available for devices which support Bluetooth 4.2 technology.

To pair your monitor with your phone or tablet, do the following:

With the monitor powered off, briefly press the set button.

The Bluetooth icon will flash when ready to connect and continue flashing for up to 2 minutes or until a connection occurs

If a connection does not occur within 2 minutes, the Bluetooth function on the monitor will automatically turn off.

While the Bluetooth icon is flashing check the Bluetooth list on your phone and find the name of the blood pressure monito.   When pairing for the first time both the phone and monitor will display a 6 digit "passkey" before pairing. Ensure the numbers on both the phone and monitor match.

On subsequent connections you will not need the passkey and the devices will pair automatically.

This section needs to be verified.

MEASUREMENT PROCEDURE

Before Measurement
Avoid eating and smoking as well as all forms of exertion directly before measurement. These factors influence the measurement result. Find time to relax by sitting in an armchair in a quiet atmosphere for about ten minutes before taking a measurement.
- Remove any garment that fits closely to your upper arm.
- Always measure on the same arm (normally left).
- Always compare measurements taken at the same time of day, since blood pressure changes during the course of the day, as much as 20-40 mmHg.

Common Sources of Error
NOTE: Comparable blood pressure measurements always require the same conditions! Conditions should always be quiet.
- All efforts by the user to support the arm can increase blood pressure. Make sure you are in a comfortable, relaxed position and do not flex any of the muscles in the measurement arm during the measurement. Use a cushion for support if necessary.
- If the arm artery lies considerably lower or higher than the heart, an erroneously high or low blood pressure will be measured! Each 15cm (6 inch) difference in height between your heart and the cuff results in a measurement error of 10 mmHg!
- Cuffs that are too narrow or too short result in false measurement values. Selecting the correct cuff is extremely important. Cuff size is dependent upon the circumference of the arm (measured in the center).

The permissible range is printed on the cuff. If this is not suitable for your use, please call 1-800-232-2670.

NOTE: Only use approved ADC cuffs!

• A loose cuff or a sideways protruding air pocket causes false measurements.
• With repeated measurements, blood accumulates in the arm, which can lead to false results. Consecutive blood pressure measurements should be repeated after a ==15 second (our ifu states 1 min)== pause or after your arm has been held up in order to allow the accumulated blood to flow away. If you decide to take your Averaging Mode measurement again, be sure to wait at least one minute beforehand.

Fitting the D-Bar Cuff (6024N model)
1. Pass the end of the cuff through the flat metal ring so that a loop is formed. The hook-and-loop closure must be facing outward.
2. Place the cuff over the left upper arm so that the tube is closer to your lower arm.
3. Lay the cuff on the arm as illustrated. Make certain that the lower edge of the cuff lies approximately 3/4" to 1" (2 to 3cm) above the elbow and that the tube is closer to the inner side of the arm.

Important! The small red strip (Artery Mark) on the cuff must lie exactly over the artery which runs down the inner side of the arm. (see illustrations page 18 of the 6023N)

4. Tighten the cuff by pulling the end and close the cuff by affixing the hook-and-loop closure. To verify a correct fit, the small white triangle on the outside of the cuff should fall between the two range lines.
5. There should be a little free space between the arm and the cuff. You should be able to fit two fingers between your arm and the cuff. Clothing must not restrict the arm. Any piece of clothing which does, must be removed. Cuffs that don't fit properly result in false measurement values. Measure your arm circumference if you are not sure of proper fit. Other size cuffs are available (Page XX).
6. Lay your arm on a table (palm upward) so the cuff is at the same height as your heart. Make sure the tube is not kinked.
7. Remain seated quietly for at least two minutes before you begin the measurement.

Comment: If it is not possible to fit the cuff to your left arm, it can also be placed on your right arm. However, all measurements should be made using the same arm. Comparable blood pressure measurements always require the same conditions.

Fitting the Rigid Cuff (6025N model)

1. The cuff is pre-formed for easier use. Remove tight or bulky clothing from your upper arm.
2. Wrap the cuff around your upper left arm. The rubber tube should be on the inside of your arm extending downward to your hand. Make certain the cuff lies approximately 1/2−3/4" (1−2 cm) above the elbow.

Important! The red strip on the edge of the cuff (Artery Mark) must lie over the artery which runs down the inner side of the arm.

3. To secure the cuff, wrap it around your arm and press the hook-and-loop closure together.
4. There should be a little free space between your arm and the cuff. You should be able to fit two fingers between your arm and the cuff. Cuffs that don't fit properly result in false measurement values. Measure your arm circumference if you are not sure of proper fit.
5. Lay your arm on a table (palm upward) so the cuff is at the same height as your heart. Make sure the tube is not kinked.
6. Remain seated quietly for at least two minutes before you begin the measurement.

Taking Blood Pressure Measurement

After the cuff has been appropriately positioned and connected to the monitor, the measurement can begin:

1. Press the **«ON/OFF»** button. The built-in pump begins to inflate the cuff. In the display, the increasing cuff pressure is continually displayed.
2. After a suitable inflation pressure has been reached, the pump stops and the pressure gradually falls, with cuff pressures being displayed. If that inflation pressure is not sufficient, the monitor automatically re-starts.
3. When the instrument detects a pulse, the **heart symbol** in the display starts to flash and a beep is heard for every heartbeat. (may want to show symbol?)
4. When the measurement has concluded, the systolic and diastolic blood pressures and pulse rate now appear in the display. Cuff deflates.
5. The appearance of this symbol **XXXX(add to symbols table)** signifies that an irregular heartbeat was detected. This indicator is only a caution. 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. See Section x (page x irregular heartbeat detector)) for more information.
6. The measurement readings remain on the display until you switch off the instrument. If no button is pressed for a period of one minute the instrument switches itself off in order to preserve the batteries. 7. When the unit is set to the MAM setting, three separate measurements will take place in succession after which your result is calculated and displayed as a single, averaged measurement. There is a 15-second resting time in-between each measurement. A countdown indicates the remaining time before the second and third readings will begin.

NOTE: If one of the measurements causes an error message, it will be repeated one more time. If any additional error occurs, the measurement will be discontinued, and an error code will be displayed.

Expanding the averaged measurement to see the three individual readings:

This function allows you to view the three individual measurements used to calculate the ADC Averaging Mode Technology measurement. After taking an averaging mode measurement turn unit off, hold the «**MEMORY**» button for three seconds. (Do not hold the button longer than seven seconds or you will delete all the readings in the memory!) Let go of the button and watch the screen. It will automatically scroll through the three measurements used in the measurement. Keep pressing the Memory button to scroll through the last three measurement used in the measurement.

Reading Measurement Results
When the measurement has been concluded, cuff will automatically deflate. The measured systolic and diastolic blood pressure values, as well as the pulse are now displayed.
The appearance of this symbol xxxxxx signifies that an irregular heartbeat was detected. This indicator is only a caution.
NOTE: We recommend contacting your physician if you see this indicator frequently. See Section x (page x(irregular heartbeat) for more information.
To prolong battery life, the device switches off automatically if no button is pressed for one minute. Otherwise you can switch it off by pressing the «**ON/OFF**» button.

IRREGULAR HEARTBEAT DETECTOR
This function indicates an allorhythmic heartbeat. If the IHD symbol appears on the display that means that certain abnormalities in heartbeat frequency were detected during the measurement. In this case, the result may deviate from your normal blood pressure – repeat the measurement. In most cases, this is no cause for concern. However, if the symbol iconxxxxx appears on a regular basis (e.g., several times a week with measurements taken daily) we advise you to tell your doctor.

Information for the doctor on frequent appearance of the Irregular Heartbeat Detector
This device is an oscillometric blood pressure monitor that also analyses pulse irregularity during measurement. The device is clinically tested. The arrhythmia symbol is displayed after the measurement. If the symbol appears more frequently (e.g., several times per week on measurements performed daily) we recommend the patient to seek medical advice. This device does not replace a cardiac examination, but serves to detect pulse irregularities at an early stage.

Traffic Light Indicator

The bars on the left hand edge of the display show the range within which the indicated blood pressure values lie. Depending on the height of the bar, the readout value is either within the normal (green), borderline (yellow), (orange), or danger (red) range. The classification is based on standards adopted from the WHO (World Health Organization). Refer to the chart to the right for details of the classification. Use chart page 23 on 6023N.

MEMORY FUNCTION

Recall and Storage of Measurements
At the end of a measurement, this monitor automatically stores each result with date and time. This unit stores 99 memories for each of two users.

Viewing the Stored Values

With the unit off, press the «**MEMORY**» button. Pressing the «**MEMORY**» button again displays the previous value. Pressing the «**MEMORY**» button repeatedly enables you to move from one stored value to another. If an irregular heartbeat is detected, the symbol xxxxxx is displayed including the time and the result of the measurement.

NOTE: Measurements for each user are averaged and stored separately. Be certain that you are viewing the measurements for the correct user.

NOTE: Once the maximum memory capacity of 99 is exceeded, the oldest value is automatically overwritten. Values should be evaluated by a doctor before the memory capacity is reached, otherwise data will be lost.

Further information
Measurements should not occur soon after each other; otherwise, the results will be skewed. Wait for several minutes in a relaxed position, sitting or lying, before you repeat a measurement.

Discontinuing a Measurement
If it is necessary to interrupt a blood pressure measurement for any reason (e.g., the patient feels unwell), the «**ON/OFF**» button can be pressed at any time. The device immediately lowers the cuff pressure automatically

Delete Memory
Before you delete all memory readings stored, make sure you won't need to refer to them at a later date. Keeping a written record is prudent and may provide additional information for your doctor's visit.

To delete stored memory readings, hold the «**MEMORY**» button down until the LCD shows a «CL»«ALL»». Release the button. Press the «MEMORY»or set?? button while «CL» is flashing to complete the operation. It is impossible to erase the values individually. (show picture)

ERROR MESSAGES/TROUBLESHOOTING
If an error occurs during a measurement, the measurement is interrupted, and a corresponding error code is displayed, example **<Err 3> (cc has picture)**

Error	Description	Possible Cause(s)/Solutions
Cuff picture	?	?
Err 1	Signal too weak	The pulse signals on the cuff are too weak. Re-position the cuff and repeat the measurement.
Err 2	Error signal	During the measurement, error signals were detected by the cuff, caused for instance by movement or

		muscle tension. Repeat the measurement, keeping your arm still.
Err 3	Abnormal cuff pressure	An adequate pressure cannot be generated in the cuff. A leak may have occurred. Check that the cuff is correctly connected and is not too loose. Replace the batteries, if necessary. Repeat the measurement.
Err 5	Abnormal result	The measuring signals are inaccurate, and no result can therefore be displayed. Read through the checklist for performing reliable measurements. Repeat the measurement.
HI	Pulse or cuff pressure too high	The pressure in the cuff is too high (over 299 mmHg) or the pulse is too high (over 200 beats per minute). Relax for 5 minutes and repeat the measurement.
LO	Pulse too low	The pulse is too low (less than 40 beats per minute). Relax for 5 minutes and repeat the measurement.

Other possible errors and their solutions

Malfunction	Remedy
The display remains blank when the device is switched on though the batteries are in place.	1. Check battery installation/ polarity. 2. Remove the batteries and if the display is unusual, then exchange them for new ones.
The pressure does not rise although the pump is running.	Check the connection of the cuff tube and connect properly.
The device frequently fails to measure, or the values measured are too low or high.	1. Fit the cuff correctly on the arm. 2. Before starting measurement make sure that clothing is not exerting pressure on the arm. Take articles of clothing off if necessary. Measure blood pressure again in complete peace and quiet.
Every measurement results in different values, although the device functions normally and normal values are displayed.	Refer to Sectionx **About Blood Pressure**
Blood pressure values differ from those measured at the doctor's.	Refer to Section x **Why Measure Blood Pressure at Home?**

NOTE: Blood pressure is subject to fluctuations even in healthy people. Please remember that **comparable blood pressure measurements always require the same time and the same conditions!** These are normally quiet conditions. If you follow the procedure described earlier and still get fluctuations of blood pressure of greater than 15 mmHg and/or you repeatedly hear irregular pulse tones, consult your doctor.
Attention!

Should any technical malfunctions arise in the blood pressure monitor, please contact the dealer where you bought the device or ADC.
Never attempt to repair the instrument yourself! Any unauthorized opening of the instrument invalidates all warranty claims.

Troubleshooting Application errors

Issue	Possible Cause	Suggested Action
The app does not download OR The app is not available in the App Store or Google Play	The phone does not meet the specifications as defined in the App Store or Google Play	Try a different phone.
I cannot pair the blood pressure device with my phone OR A "Connection failed" message appears when I try to pair	Bluetooth is not active on the phone	Open Bluetooth settings on the phone and turn on Bluetooth
	You tried to pair the device with your phone using the phone's Bluetooth settings	Once the phone's Bluetooth is turned on, pair the device and the phone using the ADC@home connect app
	The blood pressure device is not in "discoverable mode"	Make sure the blood pressure device is powered off and your ADC@home connect app is open. Press and HOLD the power button on the blood pressure device for 2 seconds to put the device in "discoverable mode" (the Bluetooth symbol will flash).
	The blood pressure device is too far away from your phone	Move the device closer to the phone. The blood pressure device should be no more than 5 feet away from the phone
	The initial Bluetooth pairing is no longer functioning	Delete the device from the ADC@home connect app. (See "Remove/Unpair a device" on page xx) Re-pair the device with your phone. Remove and reinsert the batteries in the blood pressure device.
I forgot my password OR Login failed	Varies	Touch Forgot password? on the Log in screen. Follow the instructions to reset your password
Initial Bluetooth pairing is no longer functioning and my readings are not sent to the app	Varies	**Note:** Readings, including all previously unsent readings, are only sent after a successful reading is taken. Take another reading.
		Close and reopen the app, and make sure the screen is on. **Note:** The App must be open to successfully capture readings from the monitor.
		Restart your phone
		Remove and reinsert the batteries in the blood pressure device.
I did not receive a password reset email	Your email address is not established in the xxxxxx	Make sure that the email

	system	address used to request the password reset is the same as the address used to sign up for the app. You might need to confirm your email address with your clinician. **Note**: If the wrong email address was used to sign you up, your clinician will have to sign you up again. No patient email addresses can be edited in the system
	A different or incorrect email address was used to sign you up	
	The email went to Spam instead of your Inbox.	Check your Spam folder for the email.
I have not received a request from my physician to follow me	The physician has not sent the request	Wait for the physician to send the request to follow you.
	The wrong email address was given to or entered by the physician	Follow up with your physician to make sure that the same email address is used for signing up and logging in to the app. **Note:** If the wrong email address was used to sign you up, your physician will have to sign you up again. No patient email addresses can be edited in the system.
	You used the Create account link on Log in screen, and your physician does not have the email address you used	Share the email address you used to set up your account on your app with your physician. A notification from your physician appears in your app when the physician uses the same email address you used to set up your account.
The timestamp on the readings in the app is incorrect	The device has not synced up with the app	Confirm that subsequent readings display the correct time after the device syncs with the app.
The app collected the readings but did not send them to my physician	The app collected the readings but did not send them to my clinician	Make sure that you have accepted your physician's invitation to see your readings. See "Accept a clinician follower" on page xx
	The app collected the readings but did not send them to my clinician	Refer to the smartphone manual. Set your smartphone to correct transmission mode.
	The app collected the readings but did not send them to my clinician	Refer to the smartphone manual. Relocate the smartphone. If it is out of Wi-Fi range, switch to cellular.
	The cellular connection has been turned off on the	Refer to the smartphone manual. Relocate the

	smartphone	smartphone. If it is out of cellular range, switch to Wi-Fi
My app is not working properly	The smartphone or app is in a bad state	Close and reopen the app.
		Refer to the smartphone manual. Forcibly stop the app. 1. Touch **Settings**. 2. Touch **Applications.** 3. Touch **Application manager**. 4. Touch **xxxx**. 5. Touch **Force stop.** 6. Touch **OK.**
		Refer to the smartphone manual. Restart the smartphone.
		Uninstall and re-install the app.
No data transferred from the device to the app	Bluetooth for the device is not properly turned on, connected, or programmed	Make sure Bluetooth is properly programmed. See "Pair a device" on page xx.
		Remove and reinsert the batteries.
		Open the app before taking blood pressure readings. **Note**: The App must be open to successfully capture readings from the monitor.
	The device needs new batteries	Replace the batteries in the device.

CARE AND MAINTENANCE

<mark>(use chart on 6023N page 27 or bullets)</mark>
<mark>Clean the monitor only when necessary with one of the following compatible cleaning agents:</mark>
<mark>• 70% isopropyl alcohol</mark>
<mark>• 10% chlorine bleach/90% water solution (standard bleach wipe)</mark>

- Do not expose the device to extreme temperatures, humidity, dust, or direct sunlight.
- Handle the cuff carefully and avoid all types of stress through twisting or buckling in order not to damage the sensitive air-tight bubble.
- Clean the device with a soft, dry cloth. Do not use gas, thinners, or similar solvents. Spots on the cuff can be removed carefully with a damp cloth and soapsuds. Do not submerge the cuff in water!
- Handle the tubing carefully. Keep the tube away from sharp edges.
- Do not drop the monitor or treat it roughly in any way.
- Never open the monitor! This invalidates the manufacturer's warranty.

TECHNICAL SPECIFICATIONS

Display:	LCD (Liquid Crystal Display)
Weight:	Model 6024N 270.5±5g (including batteries)
	Model 6025N 270.5±5g (including batteries)
Dimensions:	<mark>revisit</mark>
Operating conditions:	50°F to 104°F (10°C to 40°C)
	15 to 90% relative maximum humidity
Storage conditions:	-4°F to 131°F (-20°C to 55°C)
	15 to 90% relative maximum humidity
Measuring procedure:	Oscillometric, corresponding to Korotkoff method: Phase I systolic, Phase V diastolic
Measurement range:	20 - 280 mmHg - blood pressure
	40 - 200 beats per minute - pulse
Memory:	Automatically stores the last 99 measurements for each user
Cuff pressure display range:	0 - 299 mmHg
Measuring Resolution:	1 mmHg
Static accuracy:	pressure within ± 3 mmHg
Pulse accuracy:	± 5 % of the read-out value
Power source:	4 AAA batteries
	AC adapter (model 6025N only)
Battery lifetime:	approx. 920 measurements (using new batteries)
IP Class:	IP20
Expected service life:	Device & accessories 2 years or 10,000 measurements

Our cuff 850-6022N is 1 year warranty

Additional cuff sizes are also available:	Item No.	Size	Range

<mark>EMC regulations***************</mark>

WARRANTY

This blood pressure monitor is warranted for <mark>five years</mark> from date of purchase. This warranty includes the instrument and <mark>the cuff</mark>*. The warranty does not apply to damage caused by improper handling, accidents, improper use, or alterations made to the instrument by third parties. The warranty is only valid after the product is registered online at **www.adctoday.com/register.**

***cuff is two year warranty- do we still keep it as five years? Or do we say accessories warranted for two years which includes tube and connector?**

QUALITY STANDARDS

Device standard:
This device is manufactured to meet the European and United States standards for non-invasive blood pressure monitors:
EN 1060-1/ -3/-4; IEC 60601-1; IEC 60601-1-2 (EMC); IEC 6060-1-1-11

This device complies with the requirements of the Medical Device Directive 93/42/EEC. Technical alterations reserved.
This device is tested according to the ESH protocol and ISO81060-2:2013.

Appendix Terms and conditions

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