Warranty

This blood pressure monitor is warranted for five years from date of purchase. The warranty includes the device and the cuff. The cuff is functionally guaranteed (bladder integrity) for up to 5,000 measurements. 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.

AMERICAN DIAGNOSTIC CORPORATION

Manufactured for: ADC®

Inspected in the U.S.A.
Made in China

IP21

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Printed in China

advantage connect®

Digital Blood Pressure Monitor
Featuring ADC@Home™ Connectivity

Instructions for Use

Model 6024N



This medical instrument must be used according to instructions to ensure accurate readings.

ADC @Home

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Quality Standards

Device standard:

This medical device is compliant with medical device and non-invasive blood pressure monitor standards IEC 60601-1, IEC 60601-1-2, IEC 60601-1-11, and AAMI/ANSI/IEC 80601-2-30.

Clinical Testing per standard ISO 81060-2:2013 was conducted on blood pressure device using the same measurement technology.

Electromagnetic Compatibility Information:

This device is compliant with electromagnetic disturbances standard.

Further documentation in compliance with EN 60601-1-2 EMC standard is available from ADC on **www.adctoday.com/support/EMC**.

DO NOT use this device in proximity of equipment that may cause electromagnetic disturbance (EMD), such as high frequency (HF) surgical equipment, magnetic resonance imaging (MRI) equipment, and computerized tomography (CT) scanners. This device is not certified for operation near these equipments, which may cause device malfunction and measurement inaccuracies.

DO NOT use this device close to strong electromagnetic fields and portable radio frequency communication devices (for example microwave oven and mobile devices). Keep a minimum distance of 0.3 m from such devices when using this device.

⚠ **Caution:** The use of non-ADC or non-compatible accessories may result in increased emissions or decreased immunity of the equipment or system.

MR Unsafe 

FCC Compliance

FCC ID: U7I-BPHJC3-D

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation. Changes or modifications to the product are not approved by ADC and could void the user's authority to operate the equipment under FCC jurisdiction.
This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy, and if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures: 1) Reorient or relocate the receiving antenna. 2) Increase the separation between the equipment and receiver. 3) Connect the equipment into an outlet on a circuit different from that to which the receiver is connected. 4) Consult the dealer or an experienced radio/TV technician for help.

This device complies with FCC radiation exposure limits set forth for an uncontrolled environment. End users must follow the specific operating instructions to satisfy RF exposure compliance.

Technical Specifications

Display:	LCD (Liquid Crystal Display)
Weight:	.87 lbs. (393g), including batteries and cuff
Dimensions:	5.25" (L) x 3.65" (W) x 2" (H) (13.34cm x 9.3cm x 5cm), not including cuff
Operating conditions:	50°F to 104°F (10°C to 40°C) 15 to 90%, relative humidity, 700hPa - 1060hPa
Storage conditions:	-4°F to 131°F (-20°C to 55°C) 15% to 90%, relative humidity
Measuring method:	Oscillometric method correlates with the Korotkoff method, specifically Phase I for systolic and Phase V diastolic measurements
Measurement range:	Sys: 60 - 255 mmHg Dia: 40 - 200 mmHg Pulse: 40 - 199 beats per minute
Memory:	99 measurements for each user
Cuff pressure display range:	0 - 299 mmHg
Pressure resolution:	1 mmHg
Accuracy:	Static Pressure: ±3 mmHg / Pulse: ±5% of readout value
Wireless Communication:	Bluetooth® Low Energy
Power source: **External (optional):**	4 x AAA, 1.5V alkaline batteries AC Adapter pn# 6121AC Input: 100-240 V, 50/60Hz, 0.15A / Output: 5.0 V, 1.0 A, 5.0 W
Battery lifetime:	Approx. 900 measurements

Cuff sizes available for this device:

Item No.	Size	Range
850-6121SA	Small Adult	6.7 - 8.7 in (17 - 22 cm)
850-6121X	Large Adult	12.5 - 20.5 in (32 - 52 cm)

i According to international standards, your monitor should be checked for calibration every two years. Contact ADC for an accuracy check.

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A Special Thank You

Thank you for purchasing an ADC Advantage Connect® automatic home blood pressure monitor.

In hospitals and physician 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 at home.

This instrument was designed to simplify the measurement of blood pressure and pulse rate at home and deliver consistent, dependable results. These results can be stored and managed on your smartphone or tablet using the ADC@Home™ app.

Read this booklet thoroughly before attempting to use your new device. Additional documentation is available.

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Introduction and Intended Use

This manual covers the Advantage Connect® automatic digital upper-arm blood pressure monitor.

This device is intended to measure the systolic pressure, diastolic pressure, and pulse rate of an adult by using a non-invasive oscillometric technique in which an inflatable cuff is wrapped around the upper-arm with a circumference range from 17 to 52 cm (6.7 to 20.5 in.).

This device detects the presence of an irregular heartbeat during measurement and displays the symbol alongside the reading when detected.

The device accommodates two users, each with a 99 reading memory, and offers clinically proven accuracy with a user-friendly design.

Before getting started, please read this instruction manual carefully and then keep it in a safe place.

Additional documentation is available. Please contact your physician if you have further questions about blood pressure and its measurement.

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.

This device is **not intended for use in pediatric patients under 12 years of age**, including children, infants, and neonates.

Care and Maintenance

- Clean the monitor and cuff only when necessary. To remove dust or stains, gently wipe the exterior surfaces with a soft cloth—either dry or slightly dampened with a mild detergent.
- **Handle the tubing carefully!** Keep the tube away from sharp edges.
- Do not machine wash the cuff or use fabric softener.
- Do not tumble dry or iron the cuff cover.
- Do not drop the monitor.
- Avoid stress when handling the cuff and tubing. Twisting or buckling can damage the sensitive air-tight bubble. Keep away from sharp edges.
- Do not clean with gas, thinners, or similar solvents.
- Do not submerge any parts in water.
- Do not expose to extreme temperatures, humidity, dust, or direct sunlight.
- **Never open the monitor!** This will void the manufacturer's warranty.

Error Messages and Troubleshooting (cont.)

Other possible errors and their solutions

If problems occur when using the device, the following points should be checked:

Malfunction	***Remedy***
The display remains blank when the device is switched on although the batteries are in place.	1. Check battery installation/polarity. 2. Remove the batteries. If the display remains abnormal, replace them with new ones. Check for correct polarity.
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. Confirm proper measuring technique as described Preparing for a Measurement (page 16) and Performing Reliable Measurements (page 26).
Every measurement results in different values.	1. Confirm proper measuring technique as described in Preparing for a Measurement (page 16) and Taking a Measurement (page 19). 2. Consult our informational document About Blood Pressure, at **www.adctoday.com/ADCatHome**.
Blood pressure values differ from those measured at the physician.	

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!**

Medical Disclaimer

The ADC@Home™ app is not intended for use in the diagnosis, cure, treatment, or prevention of disease. It is not intended for emergency use or real-time monitoring, nor as a substitute for medical care by a healthcare provider. ADC does not make, advise, or influence treatment decisions. Additional information and limitations are available on our website at www.adctoday.com/ADCatHome.

Symbol Definitions

The following symbols are associated with Advantage Connect®.

Symbol	Definition
	Important Warning/Caution
	Relative humidity limits
LOT	Lot code
	Not made with natural rubber latex
	Phthalate free
	Keep dry
	Type BF applied part
	Manufacturer's information
	Dispose in accordance with regulations
MR	MR Unsafe
	Atmospheric Pressure Limitation

Symbol	Definition
	Follow Instructions for Use. This document provides important product operation and safety information regarding this Blood Pressure Monitor. Please read this document thoroughly before using the device and keep for future reference.
UDI	UDI number
SN	Serial number
MD	Medical device
	Temperature limits
REF	Catalog Number
	Limb circumference (Minimum/Maximum)
IP21	Protected against solid objects with a diameter of ≥12.5mm. Protected against vertically falling drops of water

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.

⚠ **WARNING:** Self-measurement readings are intended for monitoring purposes only and do not constitute a medical diagnosis. Under no circumstances should you alter your prescribed medication or treatment based solely on one or multiple measurements. Always consult with your physician; any changes to medication or therapy must be determined by a qualified medical professional.

⚠ **WARNING:** Consult with your physician before using this monitor if you suffer from the following conditions: common arrhythmias such as premature ventricular beats or atrial fibrillation; peripheral arterial disease; pregnancy; preeclampsia; implantation with electrical devices; undergoing intravascular therapy; arteriovenous shunt or mastectomy. Please note that any of these conditions may affect measurement readings, in addition to patient motion, trembling or shivering.

⚠ **WARNING:** Keep the device away from children. The device and its accessories contain small parts, tubes and cables. Beware of the risks of accidental strangulation or swallowing of small parts by children.

⚠ **WARNING:** Do not use this device on infants, children, and people unable to clearly communicate.

⚠ **WARNING:** The displayed pulse rate should not be used to assess the frequency of pacemaker activity, as the device is not intended for this application.

⚠ **WARNING:** Do not place the cuff over a wound as this may cause further injury.

⚠ **WARNING:** Do not place and pressurize the cuff over or near any present intravascular access or therapy, or arteriovenous shunt, as this may cause blood flow interference and result in harmful injury.

⚠ **WARNING:** Do not place and pressurize the cuff over a limb near the side of a mastectomy as this may cause harmful injury.

⚠ **WARNING:** Inspect the device, cuff, and other parts for damage. Do not use the device, cuff or parts if they appear damaged or operating abnormally.

Error Messages and Troubleshooting

If an error occurs during a measurement, the measurement is interrupted, and a corresponding error code is displayed, example **<<Err 2>>**.

Error	Possible Cause(s)/Solutions
Err 1 	**Signal too weak:** The pulse signals on the cuff are too weak. Reposition the cuff, as indicated by the markings and then repeat the measurement.
Err 2 	**Error Signal:** Excessive movement or muscle tension during measurement was detected by the cuff. Repeat the measurement while keeping your arm and body relaxed and still.
Err 3 	**Abnormal cuff pressure:** An adequate pressure cannot be generated in the pressure cuff. A leak may have occurred. Check that the cuff connector is securely inserted into the monitor. You may hear or feel a soft “click” when inserting. The connector should sit nearly flush with side of monitor.
Err 5	**Abnormal result:** The measuring signals are inaccurate, therefore no result can be displayed. Read through the checklist for Performing Reliable Measurements. Repeat the measurement.
Err 6	**MAM Mode:** Measurement failed due to too many errors. Review the checklist and 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). Repeat the measurement.
	Bluetooth® symbol (13) blinks rapidly. Bluetooth® connection error. Turn off the device and close the app on the smartphone. Wait for 1 minute, open the app on the smartphone and manually activate Bluetooth® on the device to retry Bluetooth connection and data transfer.
Err bt	Bluetooth® self check error. Bluetooth® is malfunctioning. Contact your ADC distributor.

Performing Reliable Measurements

- When taking blood pressure, ensure all steps involved in the process are properly observed. Small variations in technique can cause large variances in measurements. Consistent blood pressure measurements require the same conditions.
- 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, blood pressure may read erroneously higher or lower. Each 15 cm (6 in) difference in height between your heart and the cuff results in a measurement error of 10 mmHg.
- Using a cuff that is too narrow or too short results in false measurement values. Selecting the correct cuff is extremely important. Cuff size is dependent upon the circumference of the upper arm.
- If the cuff provided with your unit is not suitable for your use (i.e., too big or too small), please call 1-800-232-2670. Only use approved ADC cuffs.
- ADC cuffs have specially designed markings to promote the precise and accurate determination of blood pressure. Please review the section on fitting your cuff on page 20.
- A loose cuff or a sideways protruding air pocket causes false measurements. Ensure that cuff is properly applied.
- With repeated measurements, blood accumulates in the arm, which can lead to false results.
- Consecutive measurements in average mode are repeated with a 15-second pause between readings. If you want to take a second set of average mode readings, be sure to wait at least one minute before starting the sequence again.
- To learn more about blood pressure, see our informational document About Blood Pressure, at **www.adctoday.com/ADCatHome.**

⚠ **WARNING:** Blood flow of the arm is temporarily interrupted during measurement. Extended interruption of blood flow reduces peripheral circulation and may cause tissue injury. Beware of signs (for example tissue discoloration) of impeded peripheral circulation if taking measurements continuously or for an extended period of time (for example more than 30 minutes).

⚠ **WARNING:** Prolonged exposure of the arm to cuff pressure will reduce peripheral perfusion and may lead to injury. Avoid situations of extended cuff pressurization beyond normal measurements. In the case of abnormally long pressurization, abort the measurement, loosen the cuff, or disconnect the cuff from device to depressurize the cuff.

⚠ **WARNING:** Do not use this device in oxygen rich environments or near flammable gas.

⚠ **WARNING:** The device is not waterproof. Do not immerse the device in water or other liquids.

⚠ **WARNING:** Do not disassemble or attempt to service the device, accessory and parts, during use or in storage. Access to the device internal hardware and software is prohibited. Unauthorized access and servicing of the device, during use or in storage, may compromise the safety and performance of the device. Unauthorized opening will void the warranty of the device.

⚠ **WARNING:** Do not use this device for purposes beyond described in this Instructions for Use. We cannot be held liable for damage caused by incorrect application or device's performance.

⚠ **WARNING:** Patient Harm Risk. The ADC@Home™ app is not an emergency medical response application and does not provide alarms or real-time critical-care monitoring. All transmitted data must be reviewed by your physician at a later time. The app is intended for use only by the patient for whom it is prescribed. Save only your own readings, as storing another person's data could result in inaccurate information being sent to your physician and lead to improper treatment.

⚠ **WARNING:** Use the AC adapter only if it and its cable are undamaged, and only with outlets of compatible voltage. Do not handle the adapter or plug/unplug it with wet hands. Avoid pulling, bending, or tampering with the cable. Always unplug the adapter before cleaning the device. The AC adapter is not waterproof—do not pour or spray liquids on it.

⚠ **CAUTION:** Overly frequent measurement within a short time (for example 5 – 10 minutes) may reduce peripheral perfusion and cause injury. After a measurement is completed, loosen the cuff and rest the arm for a few minutes to restore limb perfusion, before taking another measurement.

⚠ **CAUTION:** Avoid kinking, pressing, and moving of the cuff tube during device operation, as this affects reading reliability and may cause injury if the device deflation is interrupted.

⚠ **CAUTION:** Use and store the device, cuff and parts in temperature and humidity conditions specified in the Specifications. Usage and storage of the device, cuff and parts in conditions outside ranges given in the Specifications may result in device malfunction and compromise the safety of use.

⚠ **CAUTION:** The device is intended only for measuring blood pressure at upper arm. Do not measure other sites because the reading does not reflect your blood pressure accurately.

⚠ **CAUTION:** Discontinue use of the device and cuff and consult your physician if you experience any skin irritation or discomfort.

⚠ **CAUTION:** Do not use the device cuff after the expiration of its stated service life.

⚠ **CAUTION:** Protect your medical information by securing your device and sharing reports only with trusted recipients.

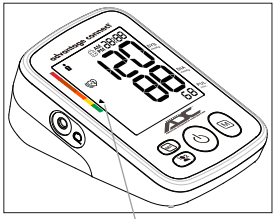
⚠ **CAUTION:** The ADC@Home app is intended for use by patients using and linked to ADC-authorized devices.

⚠ **CAUTION:** Do not drop this device or expose it to strong vibrations; sensitive components may be affected resulting in inaccuracies and/or operational issues.

⚠ **CAUTION:** Do not use this device in a moving vehicle; inaccurate measurements may result. Only use this device in a home healthcare environment.

Traffic Light Indicator

The red, orange, yellow, and green bars along the left side of the display offer a visual representation of healthy and unhealthy blood pressure ranges. The scale and classifications are based on standards by the American Heart Association and American College of Cardiology in 2017.



Triangles will note where each reading falls on the scale

Blood Pressure Category	Systolic mm Hg (upper number)		Diastolic mm Hg (lower number)
NORMAL	Less Than 120	and	Less than 80
ELEVATED	120 - 129	and	Less than 80
HIGH BLOOD PRESSURE (HYPERTENSION) Stage 1	130 - 139	or	80 - 89
HIGH BLOOD PRESSURE (HYPERTENSION) Stage 2	140 or Higher	or	90 or Higher
HYPERTENSIVE CRISIS Consult your physician immediately	Higher Than 180	and/or	Higher Than 120

ⓘ Only a healthcare professional is qualified to interpret the readings obtained from a blood pressure monitor. Self diagnosis or self treatment should never be attempted.

ⓘ Readings lower than 90 (systolic) and/or 60 (diastolic) may be considered hypotensive. Consult your physician.

2



Press and hold for about 5 seconds



CL ALL will appear on screen

3



Press to confirm. All readings for that user will be deleted.



Clearing the memory only affects readings stored on the device; data in the ADC@Home™ app remains unaffected.

Irregular Heartbeat Detector



This symbol indicates that an irregular heartbeat (arrhythmia) was detected during measurement. This is a cautionary indicator and does not constitute a medical diagnosis. If the symbol appears frequently, consult a healthcare professional.

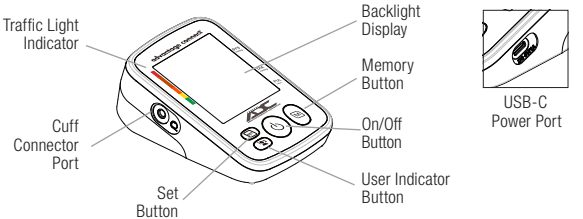
It is important that you are relaxed, remain still, and do not talk during measurement.

Information for the physician on the frequent appearance of the Irregular Heartbeat Detector:

This device is an oscillometric blood pressure monitor that also analyzes 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 consult a healthcare professional. This device does not replace a cardiac examination but serves to detect pulse irregularities at an early stage.

What's in the Box

Blood Pressure Monitor



Blood Pressure Cuff

The 6024N includes a soft, nylon, self-adjusting D-bar cuff with ADC's proprietary Comfort Contour™ design.

Model 6024N

Cuff Size	Fits Arm Circumference
Adult, Extended Range (#850-6121)	22 - 42 cm (8.7 - 16.5 in)

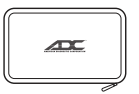
Advantage™ monitors feature ADC's Smart Logic Modulation (SLM), which delivers gentler inflation, optimized comfort, and greater accuracy.



Instructions for Use



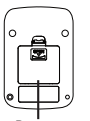
Carrying Case



4 AAA Batteries

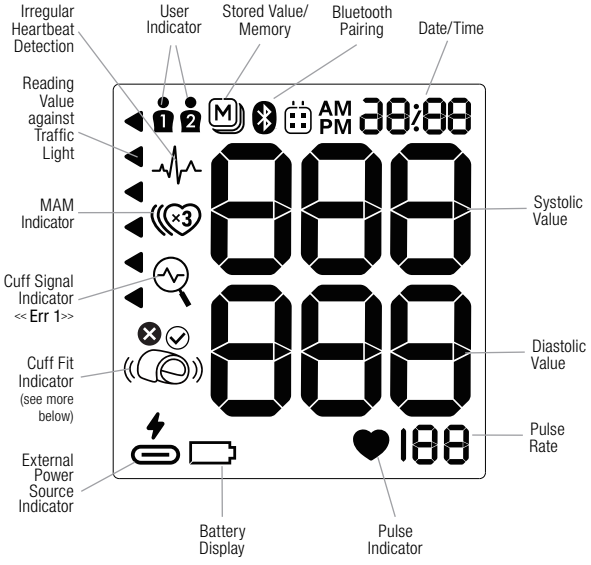


Batteries are packaged with the cuff.

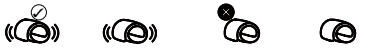


Battery Compartment

Display Icons



Cuff Fit Indicator Icons



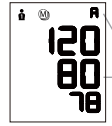
Cuff Fit OK	Arm Movement Indicator << Err 2>>	Cuff Pressure Check << Err 3>>	Suboptimal Cuff Fit

Viewing Stored Readings

If needed, press the User Indicator Button to change intended user (User 1 or User 2).

1

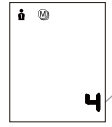
Press and release



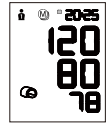
Average of all stored values for that user appears first

2

Press and release again



Individual readings appear next, starting with the newest. The reading number will flash on the bottom right of the screen.



Then the measurement appears

The Irregular Heartbeat icon will appear if it was detected during that reading.

The Cuff Fit icon will appear to indicate fit status for that reading.

Clearing the Memory

Measurements cannot be individually deleted once in the monitor's memory, but you can clear a user's entire measurement history.

Before proceeding, be certain you won't need to refer to the data in the future, use the ADC@Home™ app or keep a written record if needed.

1



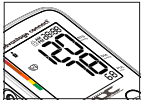
Confirm that the monitor is set for the intended user. If needed, press the User Indicator Button to change intended user (User 1 or User 2).



Do not remove the cuff between measurements.



There is a break of 15 seconds between the measurements. An on-screen countdown indicates the remaining time before the second and third readings begin.



The calculated average is shown when all three readings are complete. Individual results from three separate measurements are not displayed.

If an error occurs during any of the measurements that reading will be discarded and a new measurement must be initiated.

Using the Memory

Each measurement is stored in memory with the date and time it was taken.

Up to 99 readings are stored for each of two users. Be sure you are viewing the measurements for the intended user.

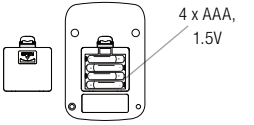
Once the maximum memory capacity of 99 readings is reached, the next new reading will overwrite the oldest value. This applies only to readings stored on the monitor; data in the ADC@Home™ app is unaffected.

Setting Up Your Monitor

Insert the Batteries

Batteries are packaged with the cuff. The battery compartment is on the bottom of the device.

1 Remove cover, insert batteries, and replace cover.



All icons will flash on screen, then monitor will continue to the date and time setup.

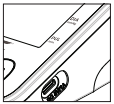


When the batteries are depleted, the expired battery symbol will flash when a reading is attempted. Measurement will no longer be possible until the batteries are replaced.

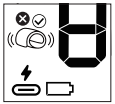
When the batteries are replaced, all reading values will be retained in the memory. Date and time, however, will need to be reset.

Use AAA long-life or alkaline 1.5V batteries. Do not use rechargeable batteries. Remove batteries if monitor will not be used for long periods.

Using External AC Power



USB-C Power Port



External Power Source Indicator

The 6024N can be operated with external AC power (without batteries) using a USB-C power cable or Type-C wall mount adapter (part number 6121AC). These accessories are not supplied but may be purchased separately.

To use, connect the wall mount adapter or cable to the port on the right side of the monitor, then plug the other end into a power source. When external power is detected, an indicator will appear on the display.

The use of cables or adapters that are not certified for medical electrical safety may result in device malfunction, safety hazards, or non-compliance with applicable standards. Use medical grade accessories to maintain compliance with standards IEC 60601-1:2005 + A1:2021 + A2:2020; (EMC) IEC 60601-1-2:2014 + A1:2020, and FCC requirements.

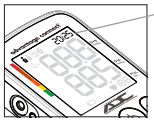
i The 6024N has no internal rechargeable battery. The external power source must remain connected during use. Removing the batteries is recommended to prevent unnecessary drain.

Set the Time and Date

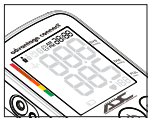
The device will prompt you to reset the date and time each time you replace the batteries.

When the year is flashing...

1. Press until you reach the current year



2. Press to confirm



Unit will accept the year and continue to month setting

3. Repeat Steps 1 and 2 to enter current month, date, hour, and minutes. Note the AM and PM icons when setting the hour.

If the icon changes to the Arm Movement Indicator (<<Err 2>>) during the measurement, the cuff detected error signals from movement or muscle tension. Repeat the measurement, making sure to keep your arm and body still.

If the icon changes to the Cuff Pressure Check (<<Err 3>>) during the measurement, the cuff detected inadequate or abnormal pressure. Check that the cuff connector is securely inserted into the monitor and repeat the measurement.

Stopping a Measurement

You can stop a measurement at any time.

1. Press and release



The reading will stop and cuff will deflate

i If you experience any discomfort, such as pain in the arm, stop the measurement immediately and remove the cuff.

MAM Advantage™ Average Mode

In MAM Advantage Average Mode, three measurements are automatically taken in succession and the result calculated and displayed as a single, average reading. Averaged readings are more reliable than those from single measurements.

i For more information on turning Average Mode on or off, refer to page 18.



During measurement, you'll see a 1, 2, or 3 in the bottom right-hand corner of the display to indicate which reading is currently being taken.

Discarding a Reading

If you don't want a particular reading to be saved to memory, you can delete it immediately after measurement is finished.

1. Press and hold for about five seconds, until the Memory Icon flashes on the display



2. Press and release



CL will appear on screen and the reading will be deleted.

For more information on using the memory function, refer to page 22.

Cuff Fit Check

During each measurement, the unit performs a fit check to ensure the cuff is perfectly positioned on your arm.

Soon after inflation begins, you'll see a cuff icon appear on screen.

As inflation progresses, a checkmark will appear with the icon to confirm that the cuff fit is OK.

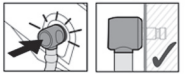
If you do not see the checkmark during the reading, the cuff may be too loose. The device will continue the measurement, but the suboptimal fit may impact your results. We recommend stopping the measurement, tightening the cuff, and then restarting the measurement.

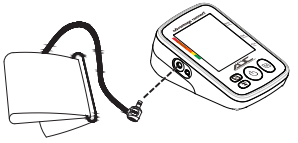
If you need to change the date and time after the original set up has been completed, press and hold the Set Button for about 8 seconds (until the year starts flashing). You can then adjust the date and time settings as outlined above.

Make sure date and time settings are correct on the device. Incorrect settings can result in misleading data.

Connect the Cuff

1. Insert the cuff connector into the port on the left side of the unit.





Make sure cuff connector is fully inserted before taking a reading (a soft "click" may sound when fully inserted). A loose connection can result in inaccurate readings or an error message (<<Err 3>>).

Using Your Monitor with a Smartphone or Tablet

Advanced Bluetooth technology allows you to pair your smartphone or tablet with our free ADC@Home app. **Once paired, data from your monitor will be sent to the app automatically whenever you take a reading.** You can then view, graph, annotate, and share readings with your physician or caregiver.

If you plan to use the ADC@Home app, complete this setup before taking a measurement.

The App will not be able to receive readings unless the date and time have been properly set in your blood pressure monitor.

Additional instructions and troubleshooting tips are available online at www.adctoday.com/ADCatHome.

Install The App

1

GET IT ON Google Play

Download on the App Store

Find and install the app using the appropriate store for your device

Set Up Your Profile

1

Open the app on your device, then tap Create Account



2

Fill in required fields (First Name, Last Name, Email, Password) and tap Create Account





Taking a Measurement

Place your arm on a flat surface, palm facing upward, ensuring it is relaxed and fully supported. Position the middle of the cuff at heart level (aligned with the right atrium), and confirm that the tubing is straight and free of kinks.

If needed, press the User Indicator Button to change the intended user.

1

Press and release



The unit will begin the reading

In about seven seconds cuff will begin to inflate



Cuff pressure and pulse detection is noted on the display



During inflation, you'll see a cuff icon appear on the display while the unit performs a fit check. As inflation progresses, a checkmark should appear with the icon to confirm that the cuff is properly applied. See Cuff Fit Check on page 20 for more information.

When sufficient pressure is reached, inflation **stops** and cuff begins to deflate



When measurement has concluded, the systolic pressure, diastolic pressure, and pulse rate appear on display for about a minute. Then the reading will be saved to memory.



The monitor automatically attempts to send the reading to the ADC@Home app.



If you are connected to the app, the new data will appear on that screen in a few seconds.



Selecting the Measurement Mode

Standard Mode: Takes a single measurement.

MAM Advantage Average Mode: Takes three measurements and averages as a single reading.

i Before taking a measurement, check to ensure the intended mode is selected.

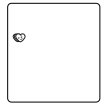
1. Press the Set Button and hold for 5 seconds



2. Press to turn Average Mode on or off



3. Press to confirm Average Mode



4. Press to toggle between User 1 and User 2



5. Press Start/Off Button to start measurements.

i For more information on MAM Advantage™ Average Mode, refer to page 21.

i Repeat these steps at any time to turn Average Mode on and off.

Pair Your Device

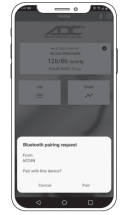
1. Open the app and check that Bluetooth is on and discoverable

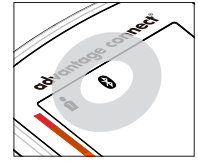


On the blood pressure monitor

2. Press and release → The Bluetooth icon will flash on the monitor

3. If prompted in the app, click Pair





The Bluetooth icon will stop flashing when paired

i If the monitor is not able to pair within two minutes, Bluetooth will automatically turn off. Press the **"SET"** button on the monitor to try again.

i Once the initial pairing is complete, the monitor will automatically connect to your phone or tablet any time you take a reading and have the app open.

Bluetooth Status Icons

Blinking Slowly: Bluetooth is activated and waiting for a connection.

Not Blinking: Bluetooth connection established.

Blinking Rapidly: Bluetooth connection error. See the Errors and Troubleshooting section on page 27 for more information.

Preparing for a Measurement

Before taking a measurement, sit quietly in a comfortable chair for about 10 minutes. Avoid exercising, eating, drinking, or smoking for 30 minutes prior to measurement.

Rest your arm on a flat surface so it's fully supported and relaxed. The middle of the cuff should be positioned at heart level, aligned with the right atrium.

- ☑ Measure on a bare arm, if possible.
- ☑ Always take measurements on the same arm, typically the left.
- ☑ Try to take measurements around the same time each day.

i For additional tips on obtaining accurate readings, refer to page 26.

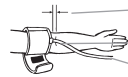
Applying the D-Bar Cuff

1. Loop cuff through ring



Hook-and-loop facing outward

2. Position cuff over left arm



1 to 2cm above elbow

Red Artery Mark over artery

Tube toward lower arm

3. Tighten cuff



Pull end and close hook-and-loop

4. Verify fit



The white triangle on the cuff should fall between the range lines

Test fit by sliding two fingers between arm and cuff

i If the cuff provided with your unit is too large or too small, please call 1-800-232-2670 or refer to additional cuff size options on page 30. Only use approved ADC cuffs, which feature specially designed markings to ensure precise and accurate blood pressure measurement.

Selecting the User

The monitor can store 99 measurements for each of two users. Before taking a measurement, check to ensure the intended user is selected.

1. Press the User Indicator Button to toggle between User 1 and User 2 if needed before measurement.

