



How to Use the A&D Blood Pressure Monitor

for ValorRPM's Remote Patient Monitoring Program AND
Bluetooth Blood Pressure Monitor / UA-651BLE-V

Welcome,

After successfully installing the ValorRPM App and enabling the Bluetooth settings on your tablet/phone, you are ready to begin pairing your monitoring devices. If you have not installed the ValorRPM App, please view the App Quick Start Guide which is available [in our support resource hub](#) to get started.

This user manual provides the following information:

- What is a Blood Pressure Monitor (BPM)?
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We are so glad you have decided to start managing your blood pressure from home with our Bluetooth technology.

What is a Blood Pressure Monitor (BPM)?

Monitoring your blood pressure at home is a crucial aspect of managing high blood pressure ([hypertension](#)). A Blood Pressure Monitor, commonly abbreviated as “BPM,” is a medical device that records your blood pressure readings and provides a numerical value. These numbers serve as valuable information for you and your healthcare provider, helping assess the effectiveness of medication or notifying your doctor of possible health concerns.

How Remote Patient Monitoring Works

Remote Patient Monitoring leverages technology to remotely collect and transmit crucial health data, offering a range of significant benefits to both patients and care providers. It enables early detection and proactive care, reducing hospitalizations and healthcare costs for our esteemed veterans.

Your Blood Pressure Plan

Use your device as directed by your doctor or care provider.

Who to contact for questions:

Call your VA Care Coordinator for clinical-related questions.

Name of my Care Provider: _____

Care Provider Numer: _____

**In an emergency, call 911 or go to the nearest Emergency Department.
Your nearest Emergency Department is:**

My target goals for this device are:

_____ times per day*

_____ number of days

_____ is my target reading number

How to Connect your A&D Blood Pressure Monitor to your App

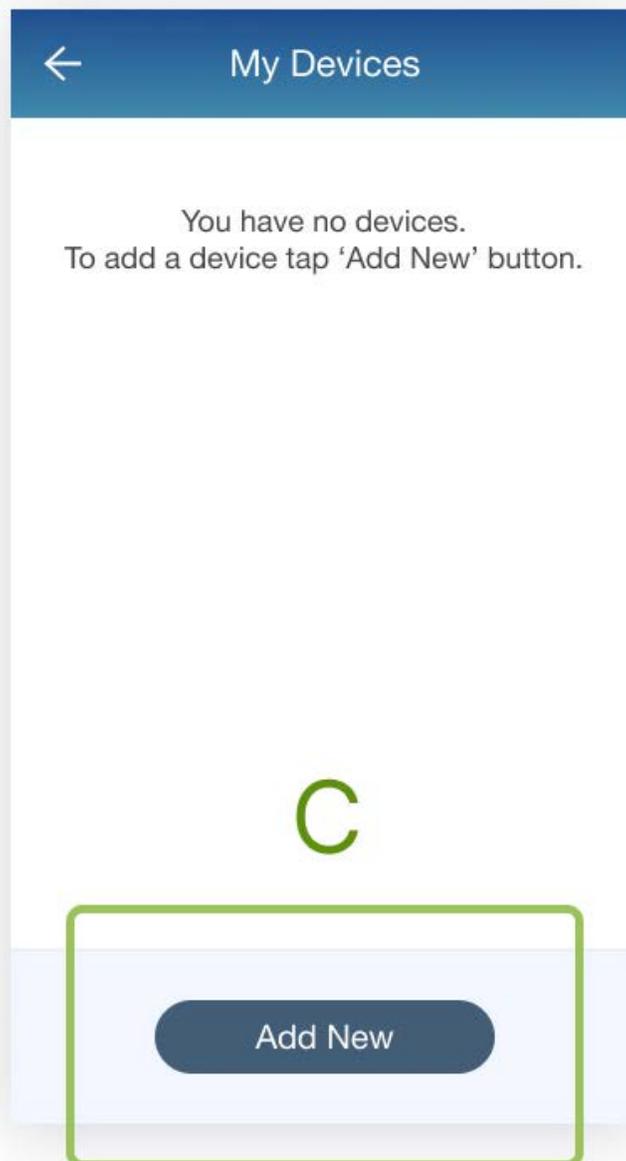
If you have trouble pairing your device, please contact your care coordinator or technical support.

1. Tap the Hamburger Menu (☰), located in the upper left of the app screen (A). From the menu that opens, select My Devices (B).



How to Connect your A&D Blood Pressure Monitor to your App

2. In My Devices, tap the button Add New at the bottom of the screen **(C)**.
The app will then search for the Bluetooth device – Make sure the device is located near your tablet/phone.



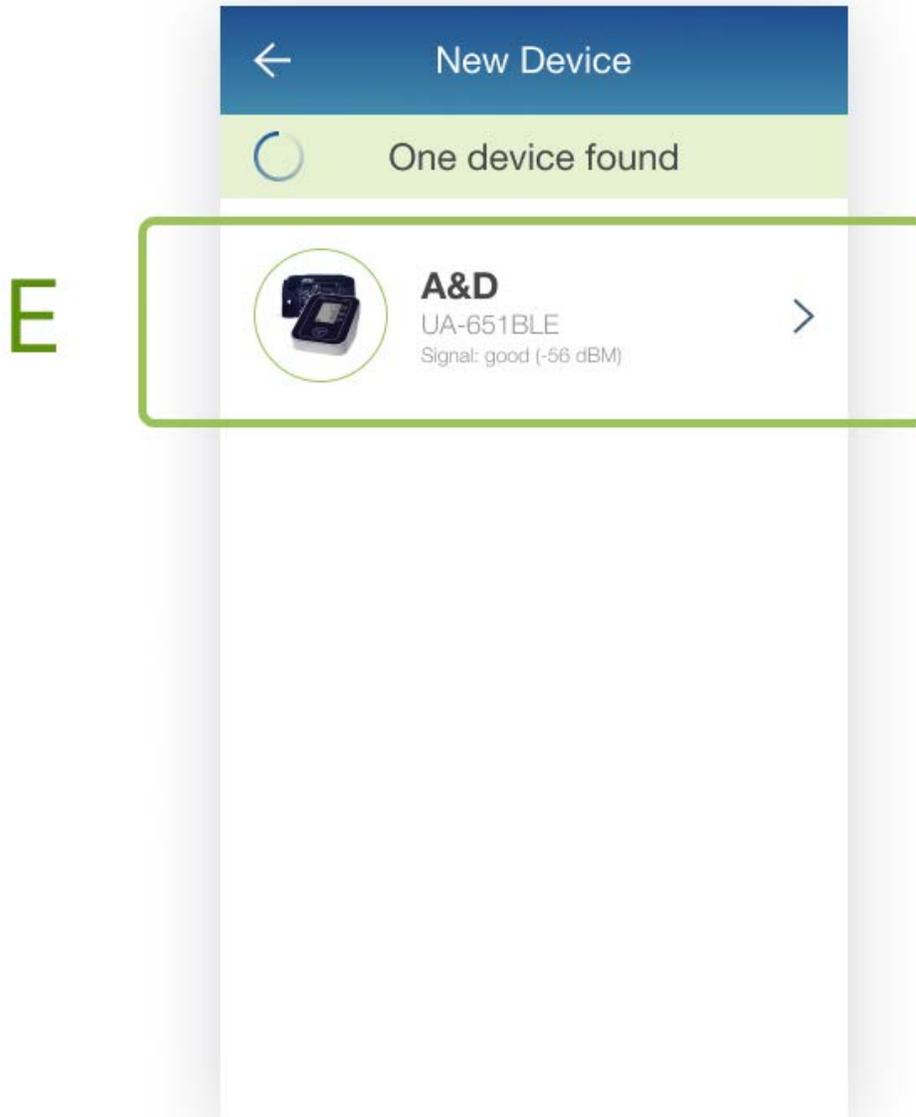
How to Connect your A&D Blood Pressure Monitor to your App

3. To pair your A&D BPM device, press and hold the START button (**D**) until “Pr” is displayed on the screen, and then release the button. The BPM device will search for the tablet/phone.



How to Connect your A&D Blood Pressure Monitor to your App

4. Once your device connects to the ValorRPM App, the device name will appear on the app screen. Tap the Bluetooth device name **(E)** to select it.



In the event that “err10” is displayed on the device monitor - or the pairing process is not successful, try removing the BPM device batteries and repeat steps 1-3 again. If the errors continue to persist, contact support.

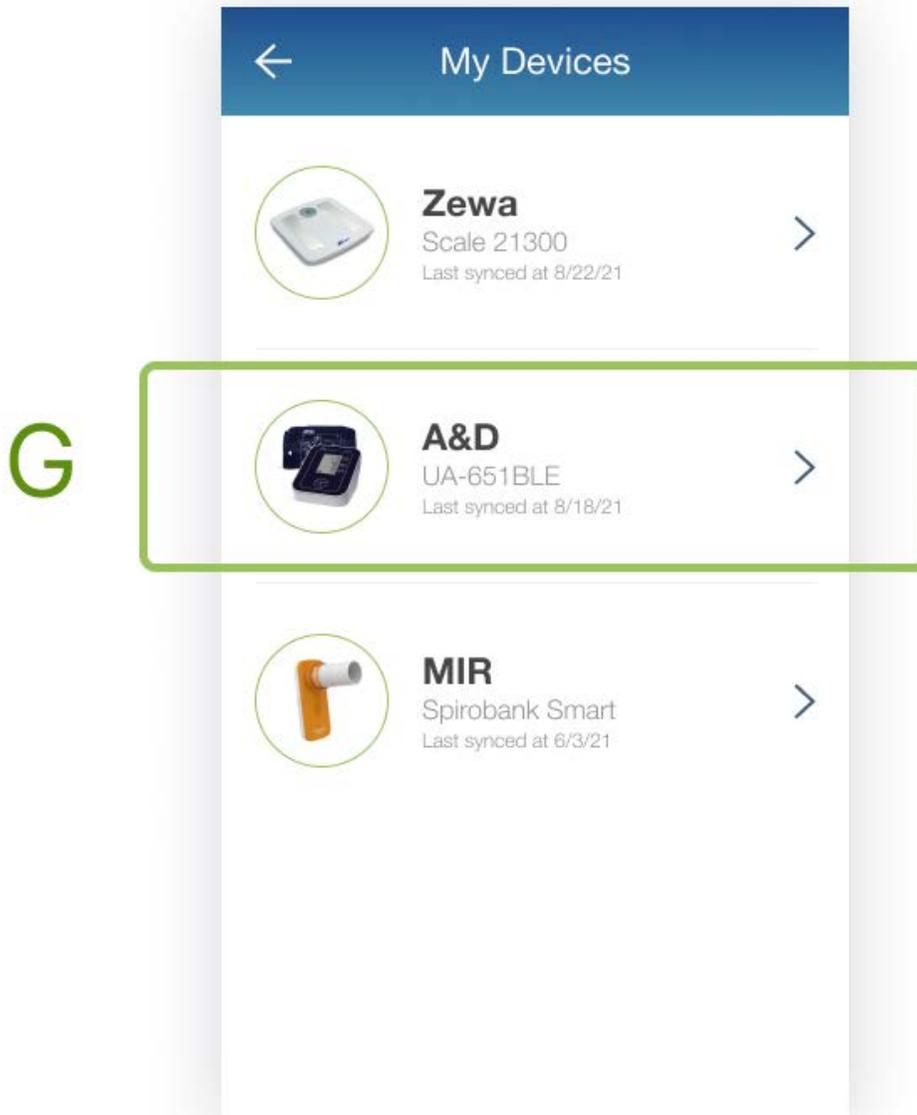
How to Connect your A&D Blood Pressure Monitor to your App

5. Select the button Add to My Devices (**F**) on the bottom of the screen. The app will then return to the My Devices screen. The new Bluetooth device will now be listed.



How to Connect your A&D Blood Pressure Monitor to your App

6. Tap on the device name to display the device details **(G)**.



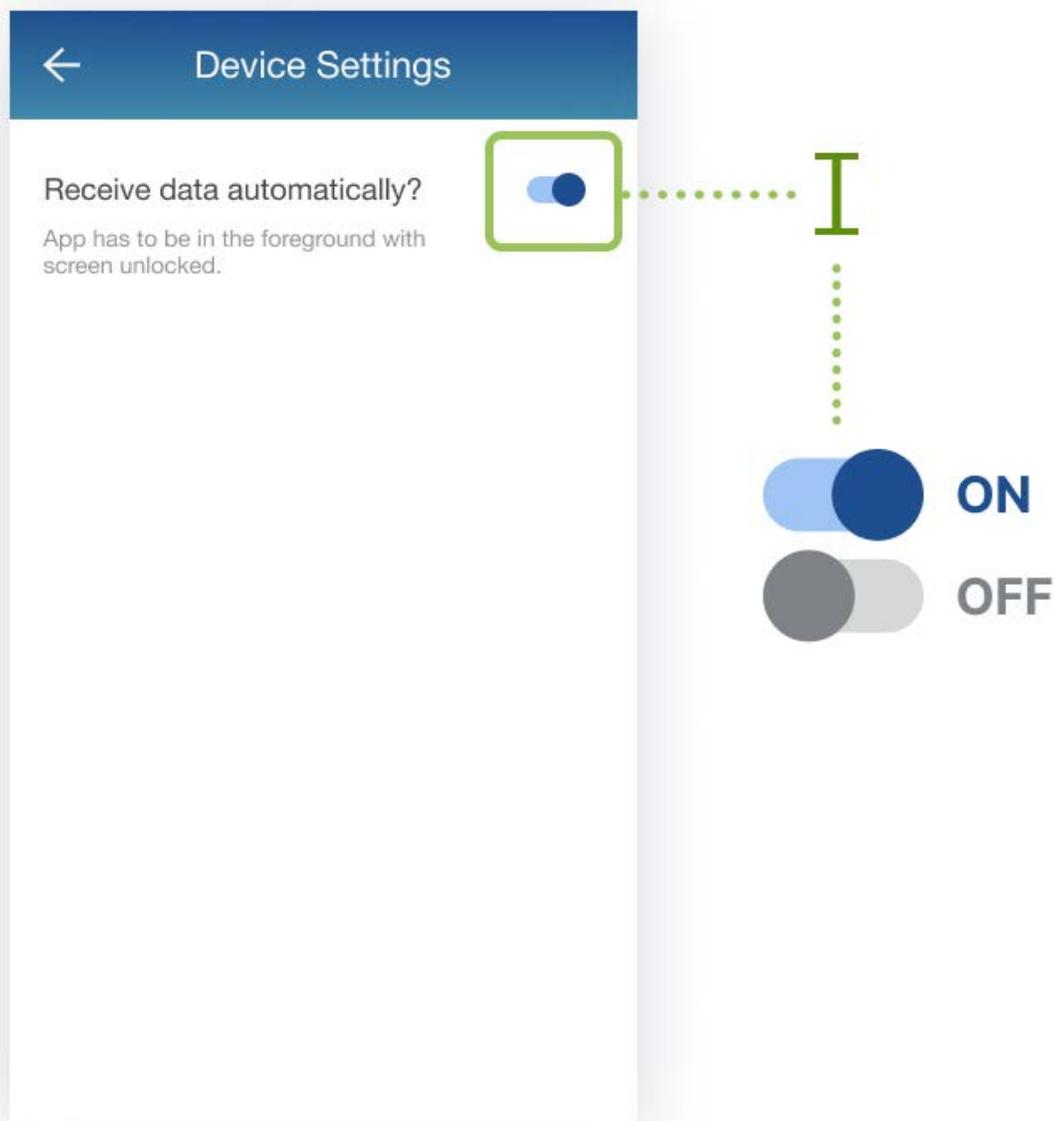
How to Connect your A&D Blood Pressure Monitor to your App

7. Once in the device details, click on the Settings Icon (⚙️), located at the top right, between the Trashcan Icon and the device display name (H).



How to Connect your A&D Blood Pressure Monitor to your App

8. Make sure the device is set to Receive data automatically?. If this is not, select the switch button to the left of the prompt to turn it on **(I)**.



Your A&D Blood Pressure Monitor Bluetooth connection is now complete.

Using your A&D Blood Pressure Monitor with the App

After successful Bluetooth pairing between your device and the ValorRPM App, your readings will be stored on the app and shared with your care provider. Always follow manufacturer instructions for use included with your Bluetooth device.

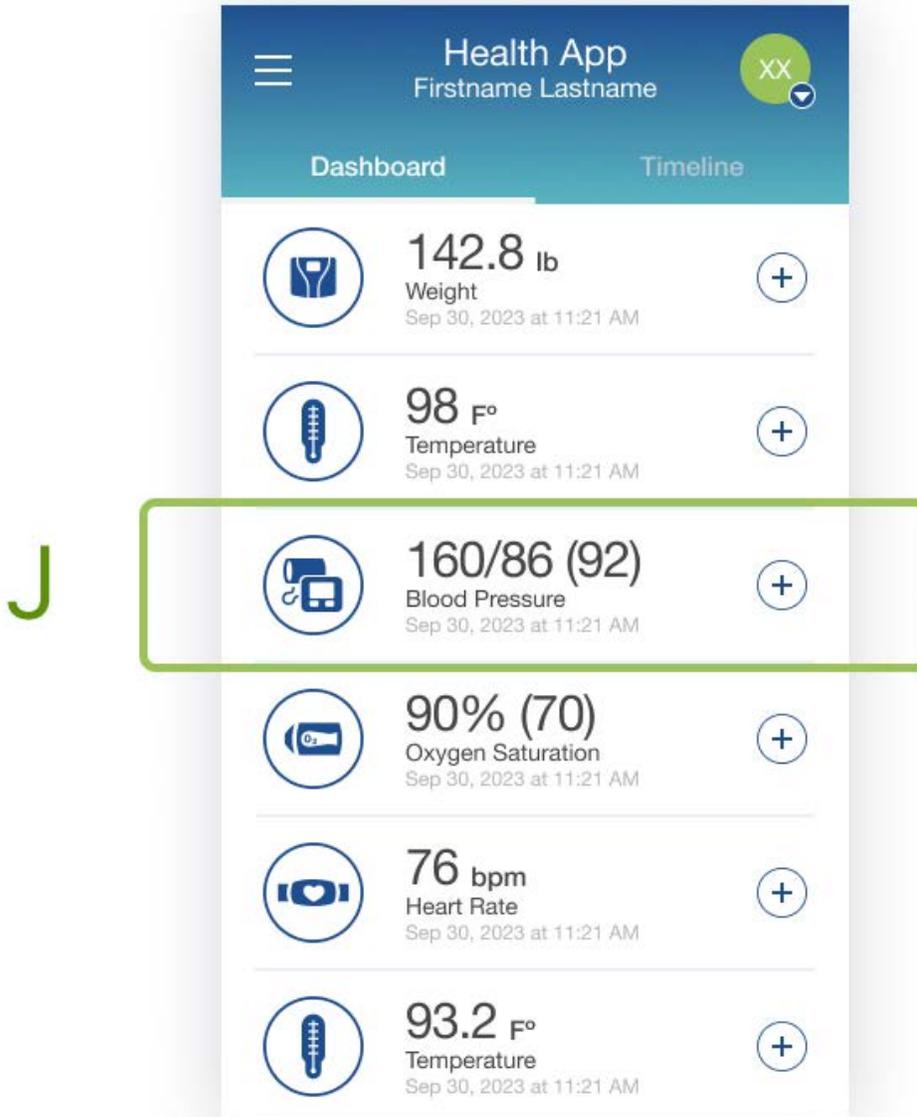
QUICK TIPS!

- › Make sure you are relaxed and sitting calmly in a chair with your feet flat and uncrossed, and your back and arms supported.
 - › Don't smoke, exercise, or drink beverages containing caffeine or alcohol within 20 minutes of taking a measurement.
 - › Place the bottom of the cuff above the bend of the elbow.
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1. Take a Blood Pressure Reading (follow the A&D Blood Pressure Monitor user manual that should be provided, or contact your care coordinator for assistance).
2. Allow a few moments for the measurement reading to sync and record in the app. ***For measurement readings to be recorded in your ValorRPM App, the app must be open when a measurement reading is being taken.***

Using your A&D Blood Pressure Monitor with the App

3. Navigate to the main app Dashboard to review your measurement readings (**J**). The most recent measurement will be displayed.





[Valor Healthcare](#) is a premier provider of exceptional primary care and behavioral health services to Veterans enrolled in the VA Healthcare system as well as patriots who honor their country through government service. Valor Healthcare operates outpatient clinics across the United States.

For more information about the ValorRPM Remote Patient Monitoring program, please visit <https://www.valorrpm.com>

Visit <https://www.life365.health/en/support/app> for other instructions and helpful resources.

 Always follow manufacturer instructions for use included with your Bluetooth device.