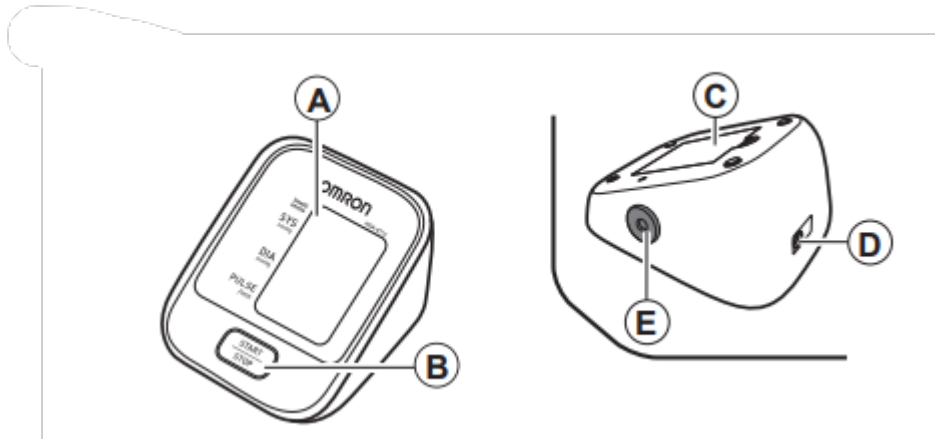


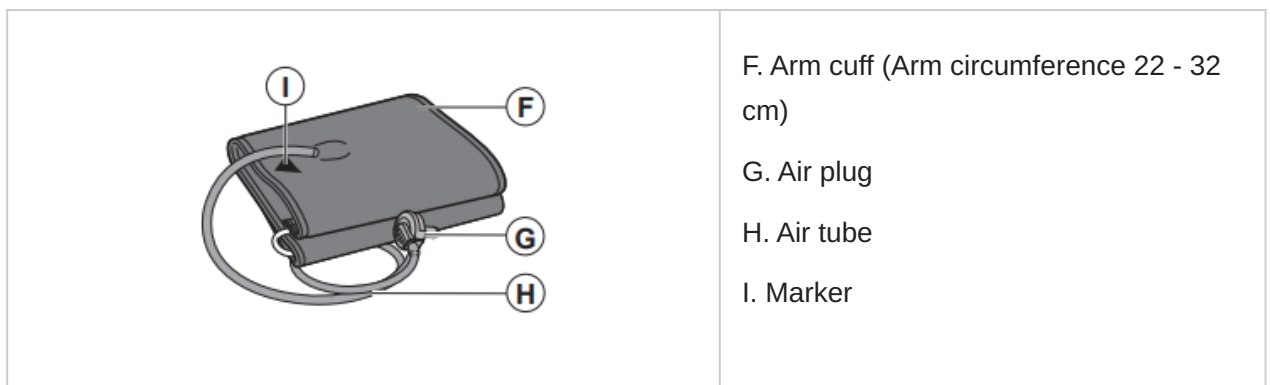
Overview

Main unit:



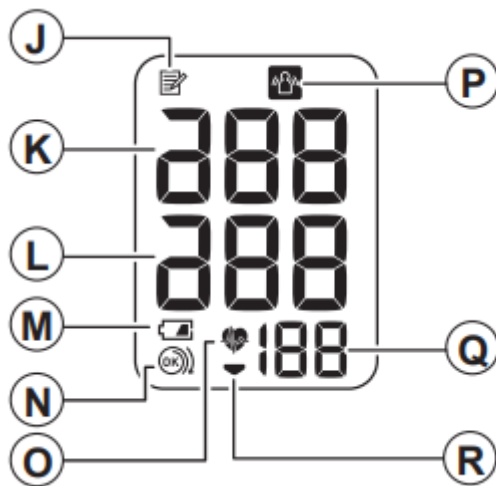
- A. Display
- B. START/STOP button
- C. Battery compartment
- D. AC adapter jack (for optional AC adapter)
- E. Air jack

Arm cuff:



- F. Arm cuff (Arm circumference 22 - 32 cm)
- G. Air plug
- H. Air tube
- I. Marker

Display



J. Memory symbol

K. Systolic blood pressure

L. Diastolic blood pressure

M. Low battery symbol

N. Cuff wrapping guide

O. Heartbeat symbol

1. Flashes during measurement.

2. If flashing after measurement completed or when viewing results stored in the memory, indicates blood pressure out of recommended range*.

P. Movement error symbol

Q. Pulse display

R. Deflation symbol

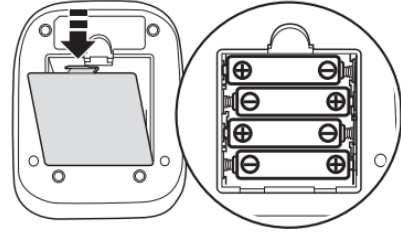
* Note: If your systolic or diastolic pressure is outside the standard range (above 135/85 mmHg)

the Heartbeat symbol () will blink. Please refer to Section 3.3.

Preparation

Installing/Replacing the Batteries

1. Remove the battery cover.
2. Insert four “AA” batteries as indicated in the battery compartment and then replace the battery cover.

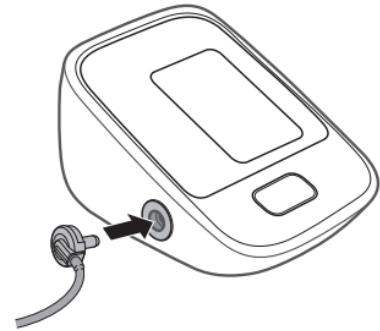


Using the Unit

Applying the Arm Cuff

Remove tight-fitting clothing or tight rolled up sleeve from your upper arm. Do not place the arm cuff over thick clothes.

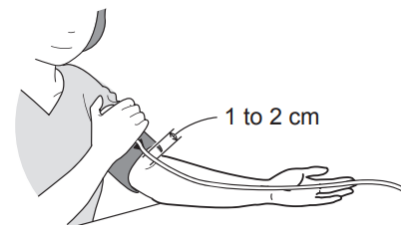
1. Insert the air plug into the air jack securely.



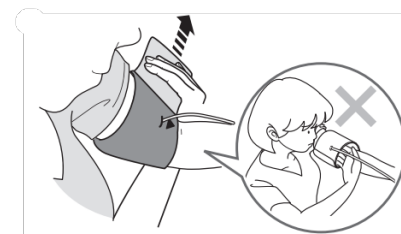
2. Put your arm through the cuff loop.



The bottom edge of the arm cuff should be 1 to 2 cm above the elbow. Marker (arrow under the air tube) is centred on the middle of your inner arm.



3. Close the fabric fastener FIRMLY.



Notes:

- When you take a measurement on the right arm, the air tube will be at the side of your elbow. Be careful not to rest your arm on the air tube.



- The blood pressure can differ between the right arm and the left arm, and therefore also the measured blood pressure values can be different. OMRON recommends to always use the same arm for measurement. If the values between both arms differ substantially, please check with your doctor which arm to use for your measurement.

How to Sit Correctly

To take a measurement, you need to be relaxed and comfortably seated, under comfortable room temperature. No bathing, drinking alcohol or caffeine, smoking, exercising or eating 30 minutes before taking a measurement.

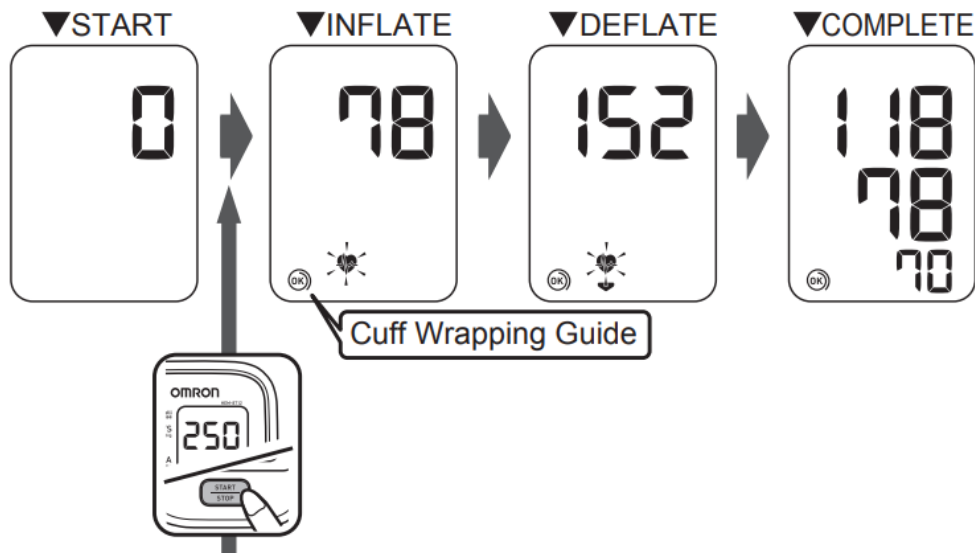
- Sit on a chair with your feet flat on the floor.
- Sit upright with your back straight.
- The arm cuff should be at the same level as your heart.



Taking a Reading

1. Press the START/STOP button.

The arm cuff will start to inflate automatically.




If your systolic pressure is more than 210 mmHg

After the arm cuff starts to inflate, press and hold the START/STOP button until the monitor inflates 30 to 40 mmHg higher than your expected systolic pressure.


Notes:

- The monitor will not inflate above 299 mmHg.
- Do not apply more pressure than necessary.

Cuff Wrapping Guide:

The Cuff Wrapping Guide is a unique feature that indicates if the cuff is not wrapped tightly enough around the arm. Even when the  appears on the display, a blood pressure reading will be taken.

Note: This reading is NOT reliable due to the incorrect wrapping of the cuff. Please wrap the cuff again, taking care to wrap it correctly and take the

measurement again. When the  is displayed, the cuff is correctly wrapped tightly enough on the arm and the reading is accurate and reliable.

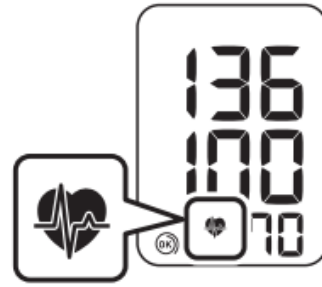
2. Remove the arm cuff.
3. Press the START/STOP button to turn the monitor off.

The monitor automatically stores the measurement in its memory. It will automatically turn off after 2 minutes.

Important:




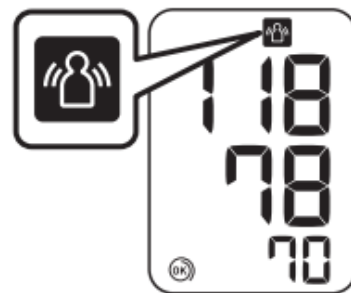
- If your systolic or diastolic pressure is outside the standard range, the heartbeat symbol will blink when the measurement result is displayed. Recent research suggests that the following values can be used as a guide to high blood pressure for measurements taken at home.



Systolic Blood Pressure	Above 135 mmHg
Diastolic Blood Pressure	Above 85 mmHg

This criteria is for home blood pressure measurement.

- If you move during measurement, the movement error symbol () will appear on the display. Keep still and repeat the measurement.



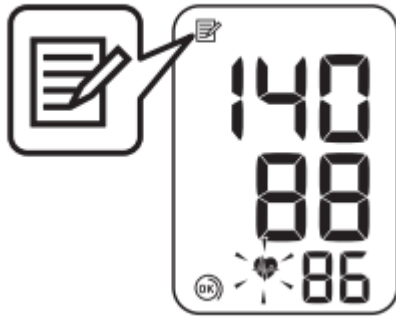
Using the Memory Function

The monitor automatically stores the last measurement values (blood pressure and pulse rate).

To View the Readings Stored in Memory

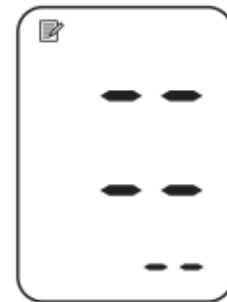
1. Press and hold the START/STOP button for more than 5 seconds.

The last measurement value is displayed along with the memory symbol.



Notes:

- If your systolic or diastolic pressure is outside the standard range, the heartbeat symbol will blink when the measurement result is displayed.
- The cuff wrapping guide result appears on the display with the measurement values.
- If there are no measurements results stored in the memory, the screen to the right is displayed.

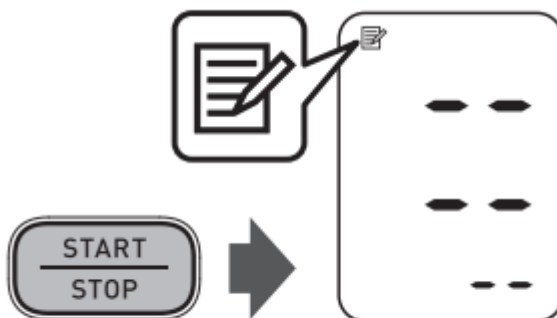


2. Press the START/STOP button to turn the monitor off.

It will automatically turn off after 2 minutes.

To Delete the Values Stored in Memory








Press and hold the START/STOP button for more than 15 seconds.



Troubleshooting and Maintenance

The Icons and Error Messages



Error	Display Cause	Remedy
	Movement during measurement.	Carefully read and repeat the steps in section 3.3.
	Cuff is not applied correctly	Apply the arm cuff correctly. Refer to section 3.1.
	The batteries are low.	You should replace them with new ones ahead of time. Refer to section 2.1.
	The batteries are exhausted.	You should replace them with new ones at once. Refer to section 2.1.
	Air plug disconnected.	Insert the plug securely. Refer to section 3.1.
	Arm cuff not applied correctly	Apply the arm cuff correctly. Refer to section 3.1.
	Air is leaking from the arm cuff.	Replace the cuff with the new one. Refer to Chapter 5.
	Movement during measurement and the arm cuff has not been inflated sufficiently.	Repeat measurement. Remain still and do not talk during measurement. Refer to section 3.3.
		If “E2” appears repeatedly, inflate the cuff manually until it is 30 to 40 mmHg above your previous measurement result. Refer to section 3.3.
	The arm cuff was inflated above 299 mmHg when inflating the cuff manually.	Do not inflate the cuff above 299 mmHg. Refer to section 3.3.

E4	Movement during measurement.	Repeat measurement. Remain still and do not talk during measurement. Refer to section 3.3.
E5	Clothing is interfering with the arm cuff.	Remove any clothing interfering with the arm cuff. Refer to section 3.1.
Er	Device error.	Contact your local OMRON representative.

Troubleshooting



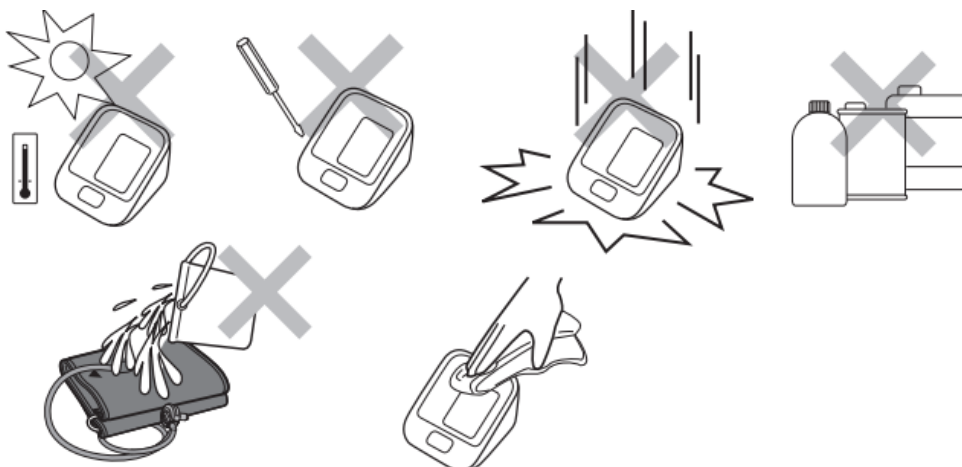
Problem	Cause	Remedy
The reading is extremely low (or high).	Arm cuff not applied correctly.	Apply the arm cuff correctly. Refer to section 3.1.
	Movement or talking during measurement.	Remain still and do not talk during measurement. Refer to section 3.3.
	Clothing is interfering with the arm cuff.	Remove any clothing interfering with the arm cuff. Refer to section 3.1.
Arm cuff pressure does not rise.	The air tube is not securely connected into the main unit.	Make sure that the air tube is connected securely. Refer to section 3.1.
	Air is leaking from the arm cuff.	Replace the arm cuff with a new one. Refer to Chapter 5.
Arm cuff deflates too soon.	The arm cuff is loose.	Apply the cuff correctly so that it is firmly wrapped around the arm. Refer to section 3.1.
Cannot measure or readings are too low or too high.	The arm cuff has not been inflated sufficiently	Inflate the cuff so that it is 30 to 40 mmHg above your previous measurement result. Refer to section 3.3.
Nothing happens when you press the buttons.	The batteries are empty.	Replace the batteries with new ones. Refer to section 2.1.

	The batteries have been inserted incorrectly.	Insert the batteries with the correct (+/-) polarity. Refer to section 2.1.
Other problems.	<ul style="list-style-type: none"> • Press the START/STOP button and repeat measurement. • If the problem continues, try replacing the batteries with new ones. <p>If this still does not solve the problem, contact your local OMRON representative.</p>	

Maintenance

To protect your unit from damage, please observe the following:

- Do not subject the main unit and the cuff to extreme temperatures, humidity, moisture or direct sunlight.
- Do not fold the cuff or tubing tightly.
- Do not inflate the arm cuff over 299 mmHg.
- Do not disassemble the unit.
- Do not subject the unit to strong shocks or vibrations (for example, dropping the unit on the floor).
- Do not use volatile liquids to clean the main unit.
- Do not wash the arm cuff or immerse it in water.
- Do not use petrol, thinners or similar solvents to clean the arm cuff.
- Do not carry out repairs of any kind yourself. If a defect occurs, consult your local OMRON representative.



- The unit should be cleaned with a soft, dry cloth.
- Use a soft, moistened cloth and neutral soap to clean the arm cuff.

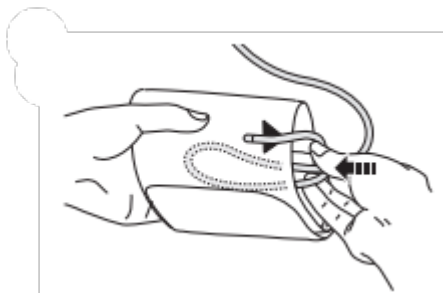
Note: Read and follow the “Correct Disposal of This Product” in the Technical Data Section when disposing of the device and any used accessories or optional parts.

Calibration and Service

- The accuracy of this blood pressure monitor has been carefully tested and is designed for a long service life.
- It is generally recommended to have the unit inspected every two years to ensure correct functioning and accuracy. Please consult your local OMRON representative.

Storage

1. Unplug the air plug from the air jack.
2. Gently fold the air tube into the arm cuff.



Notes:

- Do not bend the air tube excessively.
- Do not store the unit in the following situations:
 - If the unit is wet.
 - Locations exposed to extreme temperatures, humidity, direct sunlight, dust or corrosive vapours.
 - Locations exposed to vibrations, shocks or where it will be at an angle.

Optional Parts

Small Cuff HEM-CS24

Arm circumference
17 - 22 cm



Medium Cuff HEM-CR24

Arm circumference
22 - 32 cm

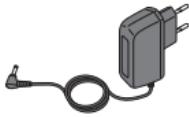


Wide Range Soft Cuff HEM-RML31

Arm circumference
22 - 42 cm



AC Adapter S

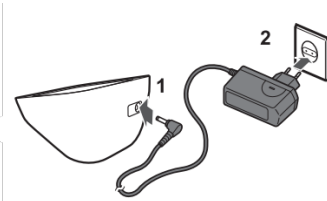


Notes:

- Please use Adapter [60110HW5SW] in Taiwan, Adapter [6V06ASW-KA] in Korea.
- Please check with your local OMRON representatives for the appropriate optional parts.



Using the Optional AC Adapter

1. Insert the AC adapter plug into the AC adapter jack on the rear side of the main unit.
2. Plug the AC adapter into an electrical outlet.



To disconnect the AC adapter, unplug the AC adapter from the electrical outlet first and then remove the AC adapter plug from the main unit.

Technical Data

Product Description	Automatic Blood Pressure Monitor
Model	HEM-8712
Display	LCD Digital Display
Measurement Method	Oscillometric method
Measurement Range	Pressure: 0 to 299 mmHg Pulse: 40 to 180 beats/ min.
Accuracy	Pressure: ± 3 mmHg Pulse: $\pm 5\%$ of display reading
Inflation	Fuzzy-logic controlled by electric pump
Deflation	Automatic pressure release valve
Memory	Last Measurement
Rating	DC6V 4W
Power Source	4 "AA" batteries 1.5V or AC adapter (optional, INPUT AC100-240V 50/60Hz 0.12A)
Battery Life	Approx. 1000 measurements (using new alkaline batteries)
Applied Part	 = Type BF
Protection Against Electric Shock	Internally powered ME equipment (When using only the batteries)  = Class II ME equipment (Optional AC adapter)
Operating temperature/ Humidity	+10 to +40°C / 30 to 85% RH
Storage temperature/ Humidity/ Air pressure	-20 to +60°C / 10 to 95% RH/ 700-1060 hPa
Console Weight	Approx. 250g without batteries
Cuff Weight	Approx. 130g
Outer Dimensions	Approx. 103 (w) mm × 80 (h) mm × 129(l) mm
Cuff Dimensions	Approx. 145 mm × 466 mm (Cuff: arm circumference 22 to 32 cm)
Cuff/ Tube Material	Nylon, polyester, polyvinyl chloride
Package Contents	Main unit, arm cuff, instruction manual, battery set

Note: Subject to technical modification without prior notice

Warning

This content is compiled from multiple sources and is provided for reference purposes only. It may not be complete or fully applicable to all situations. If you are unable to resolve your issue, please contact the product manufacturer or an authorized service provider for official support.

