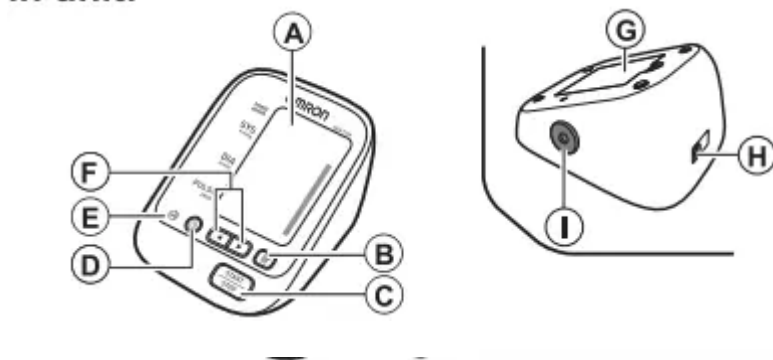


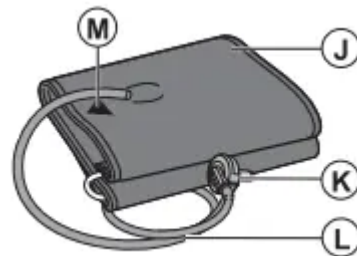
## Overview

### Main unit:



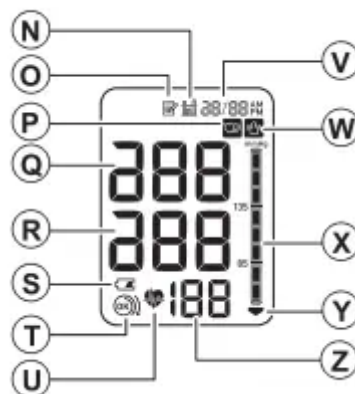
- A. Display
- B. Memory button
- C. START/STOP button
- D. Date/Time setting (⌚) button
- E. Cuff wrapping guide lamp
- F. Up/Down (◀ / ▶) buttons
- G. Battery compartment
- H. AC adapter jack (for optional AC adapter)
- I. Air jack

### Arm cuff



- J. Arm cuff (Arm circumference 22 - 32 cm)
- K. Air plug
- L. Air tube
- M. Marker

### Display:

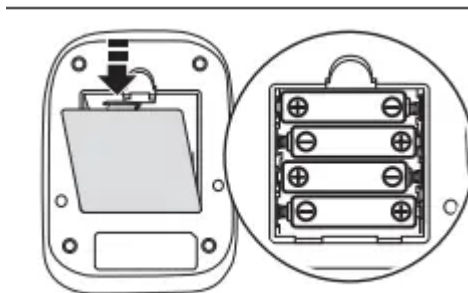


N. Average value symbol  
O. Memory symbol  
P. Irregular heartbeat symbol  
Q. Systolic blood pressure  
R. Diastolic blood pressure  
S. Low battery symbol  
T. Cuff wrapping guide

U. Heartbeat symbol  
• Flashes during measurement.  
V. Date/Time display  
W. Movement error symbol  
X. Blood pressure level indicator  
Y. Deflation symbol  
Z. Pulse display and Memory number

## Preparation

### Installing/Replacing the Batteries



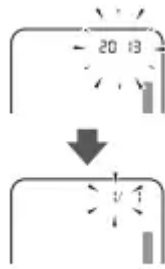
1. Remove the battery cover.
2. Insert four "AA" batteries as indicated in the battery compartment and then replace the battery cover.

#### Notes:

- If the low battery symbol (🔋) appears on the display, turn the monitor off then replace all batteries at the same time.
- The measurement values continue to be stored in memory even after the batteries are replaced.
- The supplied batteries may have a shorter life.
- Dispose of the device, components and optional accessories according to applicable local regulations. Unlawful disposal may cause environmental pollution.

### Setting the Date and Time

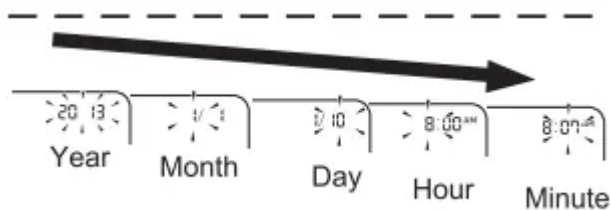
1. Press the ⌚ button.
2. Set the monitor to the correct date and time before taking a measurement for the first time.



1) Push ◀ or ▶ buttons to change.



2) Push the ⌚ button to confirm. Next setting appears.



3. Press the START/STOP button to store the setting.

#### Notes:

- If the batteries have been replaced, the date and time setting will need to be reset.
- If the date and time are not set, “-:-” appears during or after measurement.

## 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.

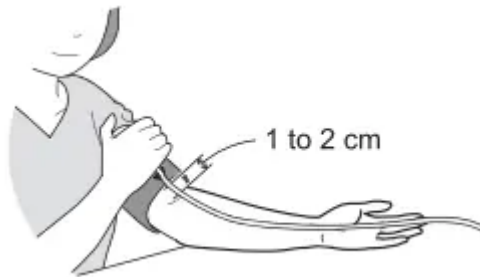
1. Insert the air plug into the air jack securely.



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. Avoid bathing, drinking alcohol or caffeine, smoking, exercising or eating 30 minutes

before taking a measurement. Also avoid taking measurements during stressful time. Stress raises blood pressure.



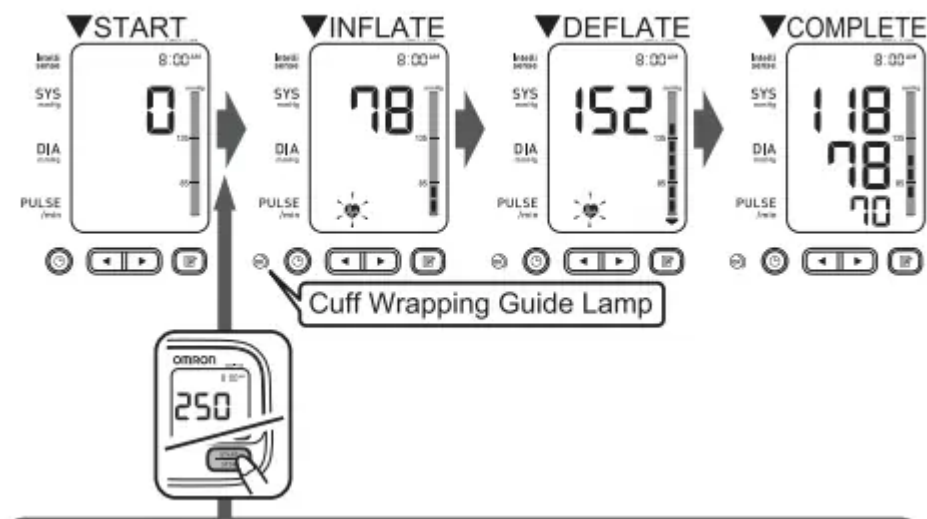
- Sit on a chair with your legs uncrossed and your feet flat on the floor.
- Sit upright with your back straight.
- Sit with your back and arm being supported.
- The arm cuff should be placed on your arm at the same level as your heart.

## Taking a Reading

### Notes:

- To cancel a measurement, press the START/STOP button to release the air in the arm cuff.
- Remain still while taking a measurement.

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.

**Note:** Wait 2-3 minutes before taking another blood pressure measurement. Waiting between readings allows the arteries to return to the condition prior to taking the blood pressure measurement.

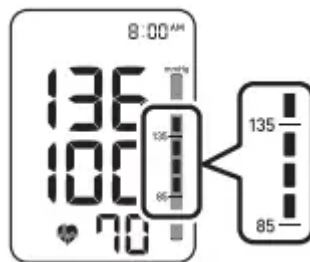
 **Always consult your doctor. Self-diagnosis of measurement results and self-treatment are dangerous.**

**Cuff Wrapping Guide Lamp:**

The cuff wrapping guide lamp  lights in green, the cuff is correctly wrapped tightly enough on the arm and the reading is accurate and reliable. If it does not light, the 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.

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:**





- Recent research suggests that the following values can be used as a guide to high blood pressure for measurements taken at home.

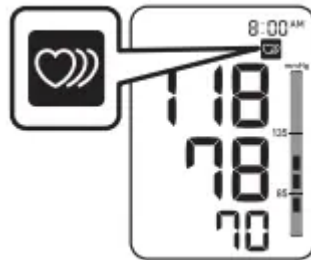
Systolic Blood Pressure	Above 135 mmHg
Diastolic Blood Pressure	Above 85 mmHg


This criteria is for home blood pressure measurement.

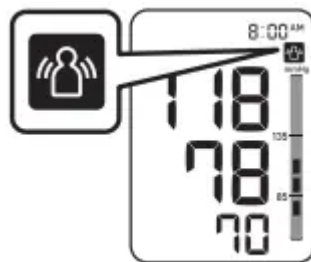
- Your blood pressure monitor includes an irregular heartbeat feature. Irregular heartbeats can influence the results of the measurement. The irregular heartbeat algorithm



automatically determines if the measurement is usable or needs to be repeated. If the measurement results are affected by irregular heartbeats but the result is valid, the result is shown together with the irregular heartbeat symbol . If the irregular heartbeats cause the measurement to be invalid, no result is shown. If the irregular heartbeat symbol you have taken a measurement, repeat the measurement. If the irregular heartbeat symbol  is shown frequently, please make your doctor aware of it.



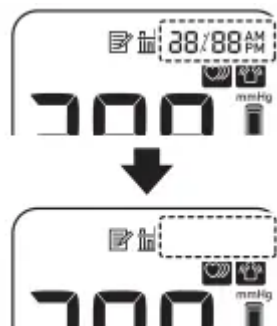
- If you move during measurement, the movement error symbol  will appear on the display. Keep still and repeat the measurement.



## Using the Guest Mode

The monitor stores measurement values for one user in the memory. The guest mode can be used to take a single measurement for another user. No measurement values are stored in the memory when the guest mode is selected.

1. Press and hold the START/STOP button for more than 3 seconds. The date/time display will disappear



2. Release the START/STOP button when the date/time display turns off. The arm cuff will start to inflate automatically.


## Using the Memory Function

The monitor automatically stores the result up to 60 sets. It can also calculate an average reading based on the measurements from the last three readings taken within 10 minutes. If there are only two readings in memory for that period, the average will be based on two readings. If there is one reading in memory for that period, the average will be based on one reading.

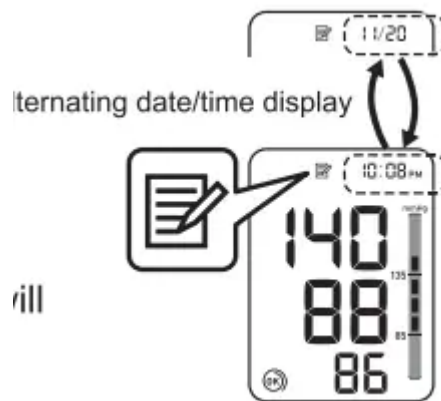
### Notes:

- If the memory is full, the monitor will delete the oldest reading.
- When viewing the reading taken without setting the date and time, “:--” is displayed instead of the date and time.

### To View the Readings Stored in Memory

1. Press the  button.

The Memory number appears for a second before the pulse rate is displayed. The newest set is numbered “1”.





**Note:** The cuff wrapping guide result appears on the display with the measurement values. The cuff wrapping guide lamp will not light.



The arm cuff was correctly wrapped tightly enough.



The arm cuff was loose or not wrapped correctly.

2. Press the  or  button to view the readings stored in memory.

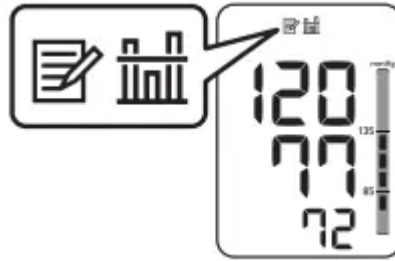


: To the older readings



: To the more recent readings

## To View the Average Value

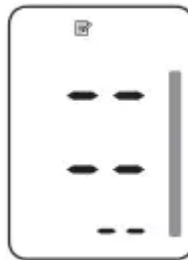



1. Press and hold the  button for more than 3 seconds.

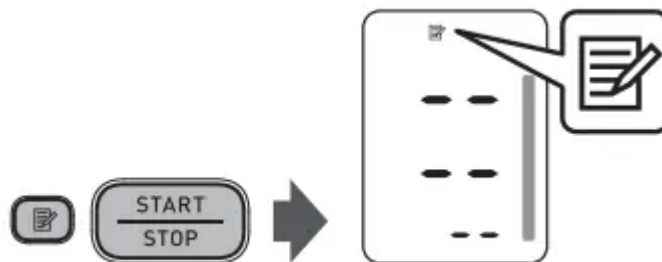
### Notes:

1. If the previous reading was taken without setting the date and time, the average value is not calculated.
2. If there are no measurements results stored in the memory, the screen to the right is displayed.

## To Delete All the Values Stored in Memory



When the memory symbol () appears, first press the Memory button. Then while holding it down, press the START/STOP button simultaneously for more than 3 seconds.








**Note:** You cannot partially delete the stored readings.

# Troubleshooting and Maintenance

## Error Messages



Error Display	Cause	Remedy
	Irregular heartbeats are detected.	Remove the arm cuff. Wait 2-3 minutes and then take another measurement.  Repeat the steps in section “ <b>Taking a Reading</b> ”. If this error continues to appear, contact your doctor.
	Movement during measurement.	Carefully read and repeat the steps in section “ <b>Taking a Reading</b> ”.
	Cuff is not applied correctly.	Apply the arm cuff correctly. Refer to section “ <b>Applying the Arm Cuff</b> ”.
	The batteries are low.	You should replace them with new ones ahead of time. Refer to section “ <b>Installing/Replacing the Batteries</b> ”.
	The batteries are exhausted.	You should replace them with new ones at once. Refer to section “ <b>Installing/Replacing the Batteries</b> ”.
<b>Code E1</b>	Air plug disconnected.	Insert the plug securel. Refer to section “ <b>Applying the Arm Cuff</b> ”.
	Arm cuff not applied	Apply the arm cuff correctly. correctly. Refer to section “ <b>Applying the Arm Cuff</b> ”.
	Air is leaking from the arm cuff	Replace the cuff with the new one. Refer to Chapter 5 “ <b>Optional Parts</b> ”.
<b>E2</b>	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 “ <b>Taking a Reading</b> ”.
		If “E2” appears repeatedly, inflate the cuff manually until it is 30 to 40 mmHg above your previous measurement result. Refer to section “ <b>Taking a Reading</b> ”.
<b>E3</b>		

	The arm cuff was inflated above 299 mmHg when inflating the cuff manually.	Do not inflate the cuff above 299 mmHg. Refer to section “ <b>Taking a Reading</b> ”.
<b>E4</b>	Movement during measurement.	Repeat measurement. Remain still and do not talk during measurement. Refer to section “ <b>Taking a Reading</b> ”.
<b>E5</b>	Clothing is interfering with the arm cuff.	Remove any clothing interfering with the arm cuff. Refer to section “ <b>Applying the Arm Cuff</b> ”.
<b>Er</b>	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 “ <b>Applying the Arm Cuff</b> ”.
	Movement or talking during measurement.	Remain still and do not talk during measurement. Refer to section “ <b>Taking a Reading</b> ”.
	Clothing is interfering with the arm cuff.	Remove any clothing interfering with the arm cuff. Refer to section “ <b>Applying the Arm Cuff</b> ”.
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 “ <b>Applying the Arm Cuff</b> ”.
	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 that it is firmly wrapped around the arm. Refer to section “ <b>Applying the Arm Cuff</b> ”.
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 “ <b>Taking a Reading</b> ”.
Nothing happens when you press the buttons.	The batteries are empty.	Replace the batteries with new ones. Refer to section “ <b>Installing/Replacing the Batteries</b> ”.
	The batteries have been inserted incorrectly.	Insert the batteries with been the correct (+/-) polarity. Refer to section “ <b>Installing/Replacing the Batteries</b> ”.
Other problems.	<ul style="list-style-type: none"> <li>• Press the START/STOP button and repeat measurement.</li> <li>• If the problem continues. try replacing the batteries with new ones.</li> </ul>	

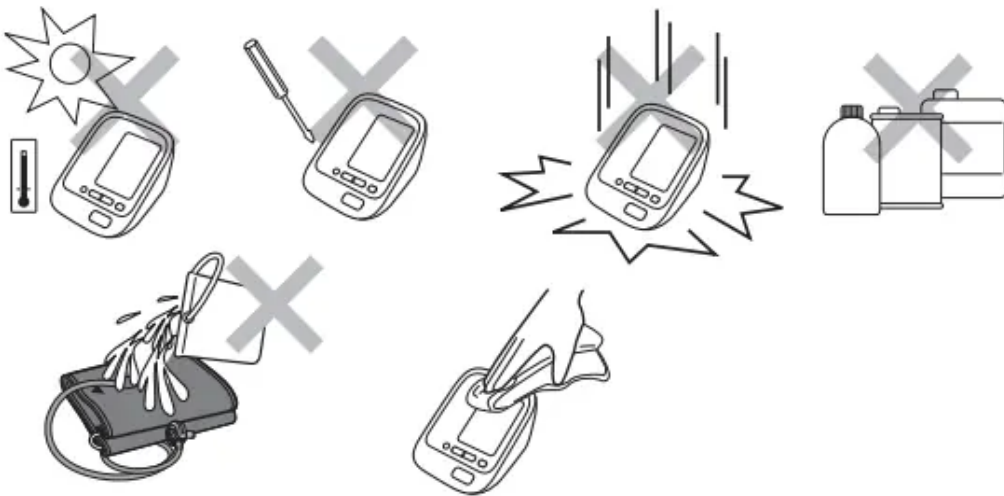


If this still does not solve the problem, contact your local OMRON representative.

## 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 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.

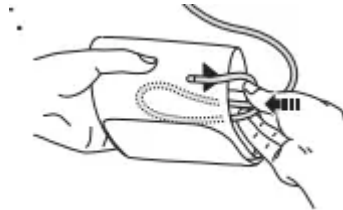
## Calibration and Service

- 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.

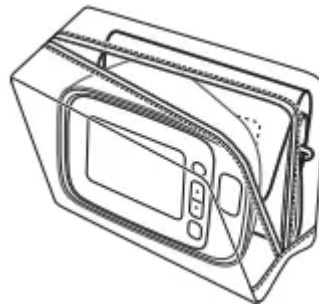
## Storage

- Keep the unit in its storage case when not in use.
  - Store the device and the components in a clean, safe location.
1. Unplug the air plug from the air jack.
  2. Gently fold the air tube into the arm cuff.



**Note:** Do not bend the air tube excessively.

3. Place the arm cuff and main unit in the storage case.



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 vapors such as bleach.
- 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



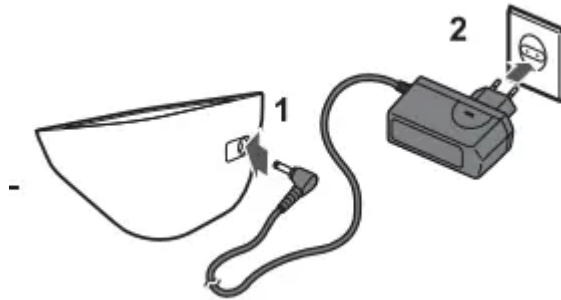
### AC Adapter S



#### Notes:

- Please use Adapter [60110HW5SW] in Taiwan. Adapter [6VO6ASW-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.

#### 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.

---

Document generated by [ManualsFile](#)

