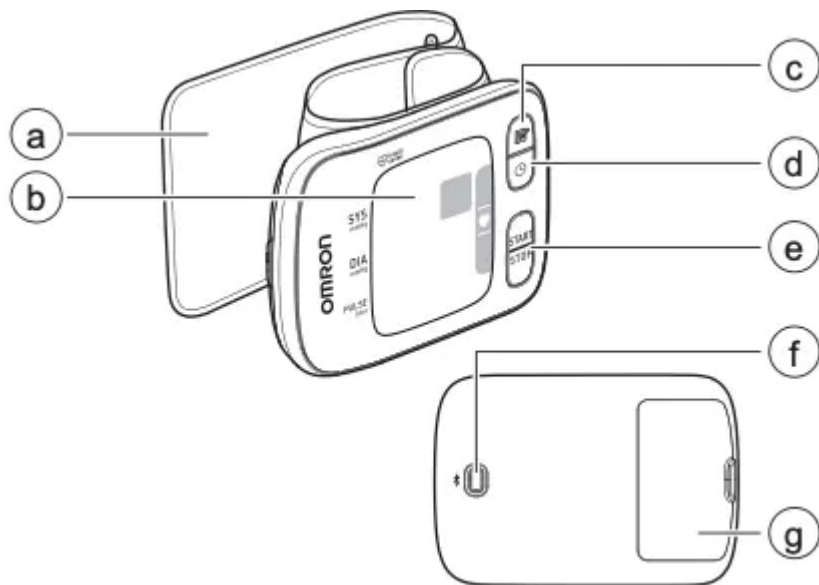


Know Your Monitor

Contents

Monitor, 2 “AAA” alkaline batteries, storage case, instruction manual, quick start guide

Monitor



a. Wrist cuff (Wrist circumference 5.3" to 8.5" (13.5 cm to 21.5 cm))

b. Display

c. [Memory] button

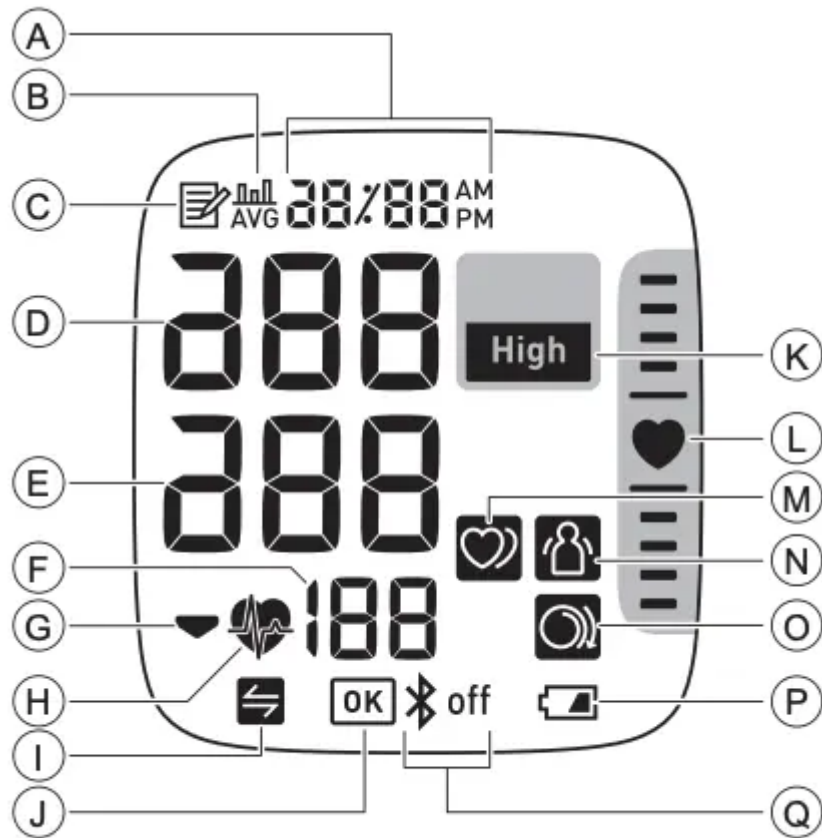
d. [Date/Time setting] button








e. [START/STOP] button





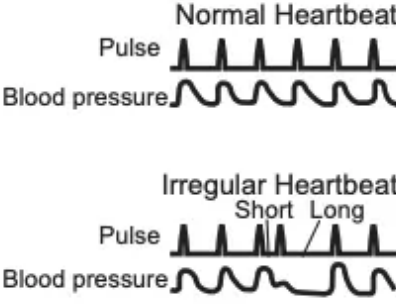










f. [Connection] button

g. Battery compartment

Display and Symbols



A	Date and time display	
B		Average value symbol Appears when viewing the average readings of the latest 2 or 3 readings taken within 10 minutes span.
C		Memory symbol Appears when viewing readings stored in the memory.
D	Systolic blood pressure reading	
E	Diastolic blood pressure reading	
F	Pulse display / Memory number Pulse rate appears after the measurement. When pressing the  button, the memory number appears for approximately one second before the pulse rate appears on the display.	
G		Deflation symbol Appears during cuff deflation.
H		Heartbeat symbol Flashes while taking a measurement.
I		Sync symbol Flashes/appears when your data needs to be transferred because the stored memory is either almost, or completely full. Once you pair your monitor with a smart device, transfer your readings immediately before the monitor deletes the oldest readings. Up to 90 readings can be stored in the internal memory per user.
J		OK symbol Flashes when your monitor is connected to the smart device or readings are transferred successfully.

K		<p>High symbol Appears if your systolic blood pressure is 130 mmHg or above and/or the diastolic blood pressure is 80 mmHg or above. Refer to section 1.4 for more information.</p>
L		<p>Heart zone indicator Your monitor has a built-in heart zone indicator that is used as an aid in determining if the monitor is at the correct height.</p> <p>The "  " symbol lights in blue when your monitor is at the correct position relative to your heart during a measurement. When your monitor is higher or lower position relative to your heart, the heart position locator bar will appear up above, or below the heart symbol to guide correct wrist positioning.</p>
M		<p>Irregular heartbeat symbol Appears along with readings when an irregular rhythm is detected 2 or more times during a measurement. An irregular heartbeat rhythm is defined as a rhythm that is 25% less or 25% more than the average rhythm detected while your monitor is measuring blood pressure. If it continues to appear, we recommend you to consult with and follow the directions of your physician.</p> <div data-bbox="962 723 1359 1025" style="float: right;">  <p>Normal Heartbeat Pulse  Blood pressure </p> <p>Irregular Heartbeat Pulse  Blood pressure </p> </div>
N		<p>Movement error symbol Appears along with readings when your body is moving during a measurement. If it appears, remove the wrist cuff, and wait for 2 to 3 minutes. Then, remain still and take another measurement.</p>
O		<p>Cuff wrap guide symbol Appears if the wrist cuff is wrapped around the wrist too loosely while taking a measurement. It also appears when viewing past readings.</p>
P		<p>Battery symbol (low) Flashes when batteries are low.</p>
		<p>Battery symbol (depleted) Appears when batteries are depleted.</p>
Q		<p>Bluetooth ON symbol Appears when Bluetooth is enabled.</p>
		<p>Bluetooth OFF symbol Appears when Bluetooth is disabled.</p>

Classification of BP (Blood Pressure)

ACC/AHA 2017 Hypertension guidelines define categories of BP in adults as below.

Categories of BP in Adults*

BP Category	Systolic BP	Diastolic BP
Normal	< 120 mmHg	and < 80 mmHg
Elevated	120 - 129 mmHg	and < 80 mmHg
Hypertension		
Stage 1	130 - 139 mmHg	or 80 - 89 mmHg
Stage 2	≥ 140 mmHg	or ≥ 90 mmHg

* Individuals with Systolic BP and Diastolic BP in 2 categories should be designated to the higher BP category.

BP indicates blood pressure (based on an average of ≥ 2 careful readings obtained on ≥ 2 occasions).

Source: ACC/AHA 2017 High Blood Pressure Clinical Practice Guideline

Warning

- NEVER diagnose or treat yourself based on your readings. ALWAYS consult with your physician.

Preparation

Installing Batteries

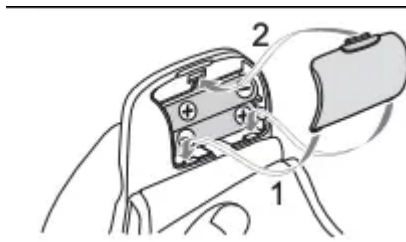
1. Push down the hook of the battery cover and pull downward.




2. Insert 2 “AAA” alkaline batteries as indicated in the battery compartment.



3. Close the battery cover.



Note


- When the “” symbol flashes on the display, it is recommended you replace batteries.
- To replace batteries, turn your monitor off and remove all batteries. Then replace with 2 new alkaline batteries at the same time.
- As soon as batteries are correctly installed, the year flashes on the date and time display to set the date and time.
- Replacing batteries will not delete previous readings.
- The supplied batteries may have a shorter life than new batteries.
- Disposal of used batteries should be carried out in accordance with local regulations.


Setting the Date and Time

Note

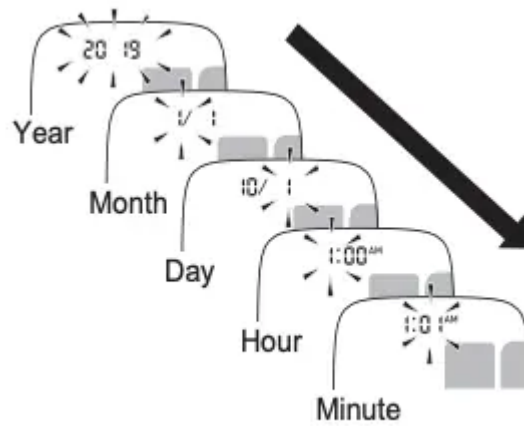
- Set your monitor to the correct date and time before taking a measurement for the first time.
- As soon as batteries are correctly installed, the year flashes on the display of your monitor.
- The date and time will automatically be set when the monitor is paired with “OMRON connect US/CAN” app. Refer to section 4.1.

1. Press the  or  button once to adjust the year.

Press and hold the  button to quickly advance the years.


Press and hold the  button to quickly go backwards through the years.

2. Press the [START/STOP] button to confirm the year and the month will flash. Repeat the same steps to adjust the month, day, hour, and minute.



3. Press the [START/STOP] button to store the setting. It automatically turns off after 3 seconds.

Note

- If you need to reset the date and time, replace batteries or press and hold the  button until the year flashes, and set the date and time as above steps.

Blood Pressure Measurement Tips

To help ensure an accurate reading, follow these directions:

- Stress raises blood pressure. Avoid taking measurements during stressful times.
- Measurements should be taken in a quiet place.
- It is important to take measurements at same times each day. Taking measurements in the morning and in the evening is recommended.
- Remember to have a record of your blood pressure and pulse readings for your physician. A single measurement does not provide an accurate indication of your true blood pressure. You need to take and record several readings over a period of time.

Caution

- Avoid bathing, drinking alcohol or caffeine, smoking, exercising and eating for at least 30 minutes before taking a measurement.
- Rest for at least 5 minutes before taking a measurement.

Applying the Wrist Cuff

Note

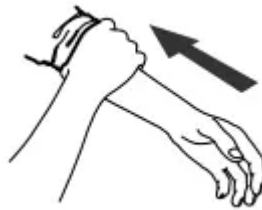
- Following steps are for applying the wrist cuff to your left wrist. When you take a measurement on your right wrist, apply the wrist cuff using the same steps as on your left wrist.

- The blood pressure can differ between the right wrist and the left wrist, and the measured blood pressure values can be different. OMRON recommends to always use the same wrist for measurement. If the values between both wrists differ substantially, please check with your physician as to which wrist to use for your measurements.

⚠ Caution

- Remove tight-fitting, thick clothing and any accessories from your wrist while taking a measurement.

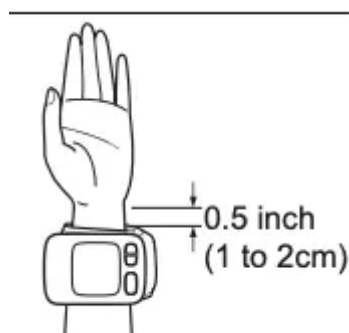
1. Apply the wrist cuff to your left wrist. Roll up sleeve. Make sure your sleeve is not rolled up too tightly on your arm. This may constrict the flow of blood in your arm.



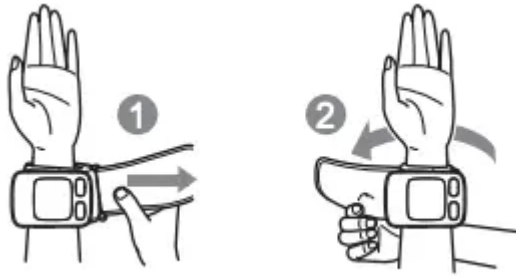
2. Put your wrist through the cuff loop. Your palm and monitor display should both face upward.



3. Position the wrist cuff leaving a clearance of 0.5 inch (1 to 2 cm) between the cuff and the bottom of your palm.



4. Wrap the wrist cuff firmly around your wrist. Do not apply over clothing. Check to make sure that there is no gap between your wrist and the cuff.



Note

- Make sure the wrist cuff does not cover the protruding part of the wrist bone on the outside of your wrist.
- If the wrist cuff comes out of the metal ring, slide it back through as shown in the figure to the right.



Sitting Correctly

To take a measurement, you need to be relaxed and comfortably seated in a room with a comfortable temperature. Place your elbow on the table to support your arm.

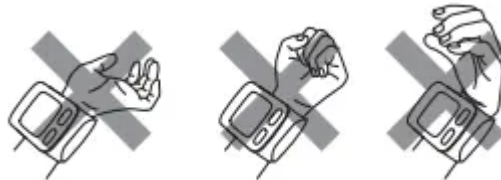


- Sit in a chair with your legs uncrossed and your feet flat on the floor.
- Sit with your back and arm being supported.
- The distance from the top of your seat measuring to the top of the table you are sitting at, should be 12 plus or minus 2 inches (30 ± 5 cm). If the distance measured between the



top of your seat and table do not fall within this parameter, correct your seat or table height. If you are unable to make any seat or table adjustments, please turn off the heart zone indicator and position your wrist at heart level by yourself. Refer to section 6.1.

- Your monitor must be approximately the same level as your heart. If the monitor is too high above your heart, your blood pressure will be artificially low. If the monitor is too low below your heart, your blood pressure will be artificially high.
- Relax your wrist and hand. Do not bend your wrist back, clench your fist, or bend your wrist forward.



Using Your Monitor without a Smart Device

Taking a Measurement


You can use your monitor without pairing to a smart device. To pair your monitor with a smart device, refer to section 4.1.

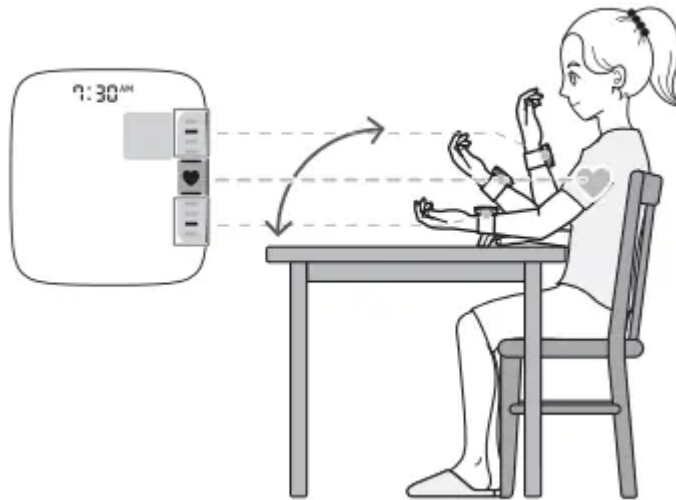
Note

- To stop the measurement, press the [START/STOP] button once to deflate the wrist cuff.

Caution

- DO NOT use this monitor with other medical electrical (ME) equipment simultaneously. This may result in incorrect operation of the monitor and/or cause an inaccurate reading.
- Remain still and DO NOT talk while taking a measurement.

1. Press the [START/STOP] button. All symbols appear on the display before starting the measurement.
2. Check the heart zone indicator. Your monitor has a built-in heart zone indicator that is used as an aid in determining if the monitor is at the correct height. It has been designed to work with most people so that when your wrist is at the correct position relative to your heart, the “” symbol will light in blue. When your wrist is higher or lower position relative to your heart, a locator bar will appear according to the wrist position. Due to difference in individual size and physique, this feature may not be helpful in all cases and you may wish to disable this feature. If you feel the position of the wrist according to heart zone indicator's guidance does NOT match your heart level, disable this feature and follow your judgement. To disable it, refer to section 6.1.



	Monitor height	Heart Zone Indicator
	Wrist is too high	Any locator bar (-) above the " " symbol appears.
	Proper position	The " " symbol lights in blue.
	Wrist is too low	Any locator bar (-) below the " " symbol appears.

Note

- After 5 seconds from pressing the [START/STOP] button, even if your monitor is not positioned properly, your monitor will start the measurement and the wrist cuff will start to inflate.

3. Remain still and do not move or talk until the entire measurement process is completed.

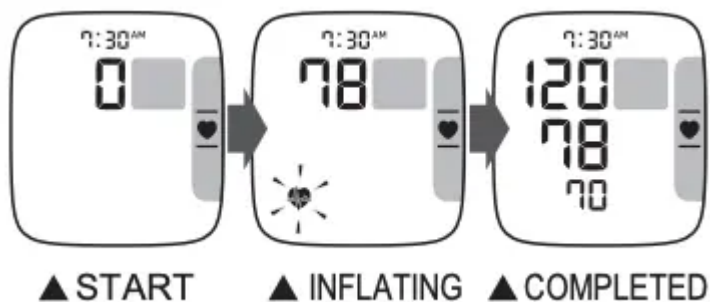
As the cuff inflates, your monitor automatically determines your ideal inflation level. This monitor detects your blood pressure and pulse rate during inflation.

The " " symbol flashes at every heartbeat.

Note

- When the " " symbol is displayed, the wrist cuff is not applied correctly. Press the [START/STOP] button to turn your monitor off, then apply the cuff correctly.

After your monitor has detected your blood pressure and pulse rate, the cuff automatically deflates. Your blood pressure and pulse rate are displayed. If either the systolic or the diastolic reading is high (refer to section 1.3), the " " symbol appears.



4. Press the [START/STOP] button to turn your monitor off.

Note

- Your monitor will automatically turn off after 2 minutes.
- Wait 2 - 3 minutes between measurements. The wait time allows the arteries to decompress and return to their pre-measurement form. You may need to increase the wait time depending on your individual physiological characteristics.

Using Your Monitor with a Smart Device

Pairing Your Monitor with a Smart Device

The date and time on your monitor will automatically be set when you pair your monitor with your smart device.

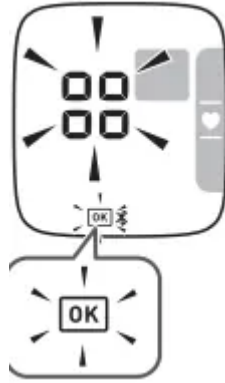
1. Enable Bluetooth on your smart device.
2. Download and install the free “OMRON connect US/CAN” app onto your smart device.



If you already have the “OMRON connect US/CAN” app and have created your account, open the app and add your new monitor.

3. Open the app on your smart device and follow the instructions.
4. Confirm that your monitor is connected successfully.

When your monitor is connected successfully to your smart device, the “OK” symbol flashes.



Note



- If the “Err” symbol appears, follow the instructions in the “OMRON connect US/CAN” app
- Your monitor automatically turns off after 10 seconds without any operations.
- Any readings currently saved in the memory of your monitor are automatically transferred to the app after successful completion of the pairing process.
- Please be aware that OMRON will not be responsible for the loss of data and/or information in the app.
- OMRON connect US/CAN” is the only app that we recommend to use with your monitor to transfer data correctly

Taking a Measurement


Refer to section 3.1 to start a measurement. The readings will be transferred to your smart device.

Disabling/Enabling Bluetooth

Warning

- This product emits radio frequencies (RF) in the 2.4 GHz band. DO NOT use this product in locations where RF is restricted, such as on an aircraft or in hospitals. Turn off the Bluetooth feature in this monitor and remove batteries when in RF restricted areas. For further information on potential restrictions refer to documentation on the Bluetooth usage by the FCC/IC.

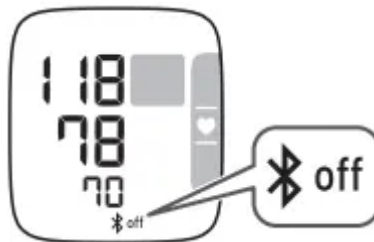
Bluetooth is enabled as default.

1. When your monitor is off, press and hold the  button for more than 10 seconds.


- “oFF” appears on the display.



- When the Bluetooth is disabled, the following symbol appears.



Note

- To enable the Bluetooth, press and hold the  button for more than 2 seconds. “on” appears on the display.
- Your monitor will automatically turn off within 3 seconds after the completion.

Using Memory Function

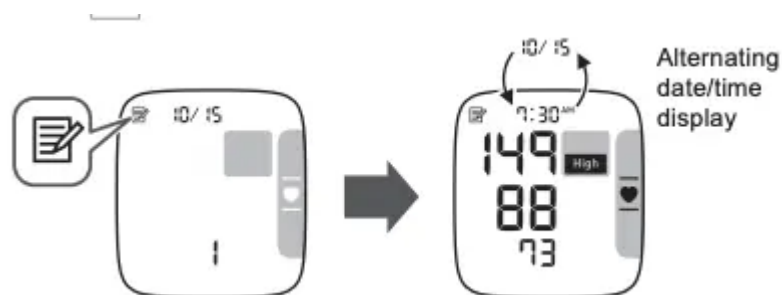
Your monitor automatically stores up to 90 readings.

Note

- This monitor can be used by multiple users. When you use memory function with other users, track (or manage) your own readings appropriately.

Viewing the Readings Stored in Memory

1. Press the  button.




The Memory number appears for one second before the pulse rate is displayed. The most recent reading set is numbered “1”.

Note




- If the heart zone indicator is enabled, the heart zone indicator is displayed with the readings.
- If the reading is high (refer to section 1.3), the “High” symbol appears.
- If there are no readings stored in the memory, the screen to the right is displayed.
- If the memory is full, the monitor will delete the oldest readings.

2. Press the  button repeatedly to scroll through the previous readings stored in the memory.

Viewing the Average Reading

Your monitor can calculate an average reading based on the latest 2 or 3 readings taken within 10 minutes span.

1. When your monitor is off, press and hold the  button for more than 2 seconds.




Note

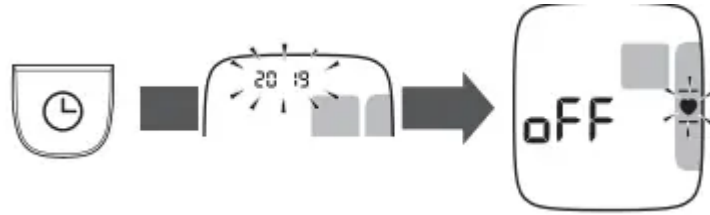
- If there are only 2 readings in the memory for that period, the average will be based on these 2 readings.
- If the average reading is high (refer to section 1.3), the “High” symbol appears.

Other Settings

Disabling/Enabling Heart Zone Indicator

The heart zone indicator is enabled as default.




1. When your monitor is off, press and hold the  button for more than 10 seconds.



Note

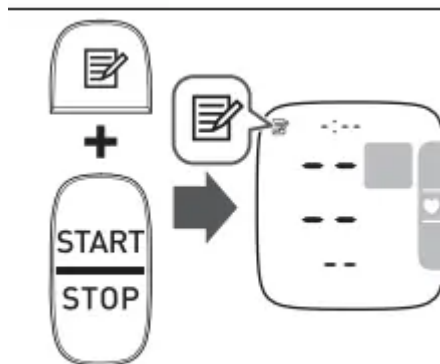
- Your monitor will automatically turn off after 3 seconds from the completion.
- To enable the heart zone indicator, follow the same steps as above.

Deleting All Readings Stored in Memory

1. Press the  button, then the “” symbol appears.
2. While holding the  button down, press and hold the [START/STOP] button for more than 2 seconds.


Note

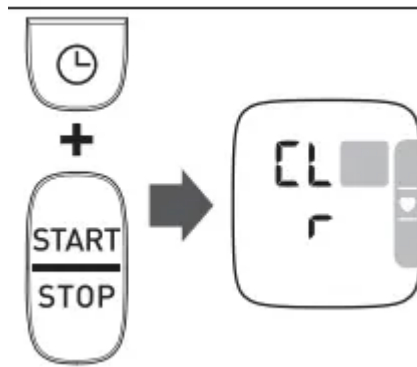
- All readings will be deleted. You cannot partially delete the readings stored in the memory



Restoring Your Monitor to the Default Settings

To delete all the information stored in your monitor, follow the instructions below. Make sure that your monitor is turned off

1. While holding the  button down, press the [START/STOP] button within 2 seconds. Hold both buttons for more than 5 seconds



Note

- Reverting to its default setting of your monitor does not delete the information in the app.
- Your monitor will automatically turn off after 3 seconds.
- You will need to re-pair your monitor when using the monitor again. Without re-pairing, your readings will not be transferred to your app.

Error Messages and Troubleshooting

In case of any of the below problems occur during measurement, first check that no other electrical device is within 12 inches (30 cm). If the problem persists, please refer to the table below.

E1

E1 appears or the wrist cuff does not inflate.

The wrist cuff is not applied correctly.

- Apply the wrist cuff correctly, then take another measurement. Refer to section 2.4.

Air is leaking from the wrist cuff.

- Contact customer service. Refer to chapter 11.

E3

E3 appears

The wrist cuff is overinflated exceeding 300 mmHg.

- Do not touch the wrist cuff while taking a measurement.

E4

E4 appears


You move or talk during a measurement. Vibrations disrupt a measurement.

- Remain still and do not talk during a measurement.

E5


E5 appears

The pulse rate is not detected correctly

- Apply the wrist cuff correctly, then take another measurement. Refer to section 2.4.
- Remain still and sit correctly during a measurement.
- If the “” symbol continues to appear, we recommend you to consult with your physician.




The pulse rate is not detected correctly

- Apply the wrist cuff correctly, then take another measurement. Refer to section 2.4.
- Remain still and sit correctly during a measurement.
- If the “” symbol continues to appear, we recommend you to consult with your physician.



The pulse rate is not detected correctly

- Apply the wrist cuff correctly, then take another measurement. Refer to section 2.4.
- Remain still and sit correctly during a measurement.
- If the “” symbol continues to appear, we recommend you to consult with your physician.



Your wrist is moved up and down during a measurement.

- Do not move your wrist, then take another measurement. Refer to chapter 3.



The monitor is malfunctioned.


- Press the [START/STOP] button again. If “Er” still appears, contact customer service. Refer to chapter 11.



The monitor cannot connect to a smart device or transmit data correctly.


- Follow the instructions shown in the “OMRON connect US/ CAN” app. If the “Err” symbol still appears after checking the app, contact customer service. Refer to chapter 11.

P Flashes

The  button is pressed and held to pair with a smart device.

- Flashes when pairing to the smart device. Visit the “Help” section in the “OMRON connect US/CAN” app for pairing.

flashes

The  button is pressed to transfer your readings.

- Flashes when transferring your readings to the “OMRON connect US/CAN” app.

flashes

More than 70 readings are not transferred.

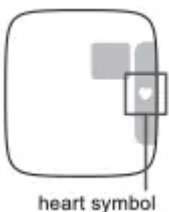
This monitor is ready for pairing or transferring your readings.

- Pair or transfer your readings to the “OMRON connect US/ CAN” app so you can keep them in memory in the app, and this error symbol disappears.

appears

90 readings are not transferred.

- Pair or transfer your readings to the “OMRON connect US/ CAN” app so you can keep them in memory in the app, and this error symbol disappears.



The heart symbol in the heart zone indicator does not light and a locator bar does not appear.

The heart zone indicator is disabled.

- Enable the heart zone indicator. Refer to section 6.1.

flashes

Batteries are low.

- Replacing all batteries with 2 new alkaline batteries is recommended. Refer to section 2.1.



appears or the monitor is turned off unexpectedly during a measurement

Batteries are depleted.

- Immediately replace all batteries with 2 new alkaline batteries. Refer to section 2.1.

No power. Nothing appears on the display of the monitor.

Batteries are completely depleted.

- Immediately replace all batteries with 2 new alkaline batteries. Refer to section 2.1.

Battery polarities are not properly aligned.

- Check the battery installation for proper placement. Refer to section 2.1.

Readings appear too high or too low.

- Blood pressure varies constantly. Many factors including stress, time of day, and/or how you apply the wrist cuff, may affect your blood pressure. Review sections 2.3 - 2.5 and chapter 3.

Any other communication issue occurs.

- Follow the instructions shown in the smart device, or visit the “Help” section in the “OMRON connect US/CAN” app for further help. If the problem still persists, contact customer service. Refer to chapter 11.

Any other problems occur.

- Press the [START/STOP] button to turn the monitor off, then press it again to take a measurement. If the problem continues, remove all batteries and wait for 30 seconds. Then re-install batteries.

If the problem still persists, contact customer service. Refer to chapter 11.

Maintenance

Maintenance

To protect your monitor from damage, please follow the directions below:

- Changes or modifications not approved by the manufacturer will void the user warranty.

Caution

- DO NOT disassemble or attempt to repair this monitor or other components. This may cause an inaccurate reading.

Storage

Keep your monitor in the storage case when not in use.

- Store your monitor in a clean, safe location.

Do not store your monitor:

- If your monitor is wet.
- In locations exposed to extreme temperatures, humidity, direct sunlight, dust or corrosive vapors such as bleach.
- In locations exposed to vibrations or shocks.

Cleaning

- Do not use any abrasive or volatile cleaners.
- Use a soft dry cloth or a soft cloth moistened with neutral soap to clean your monitor and wrist cuff, and then wipe them with a dry cloth.
- Do not wash or immerse your monitor and wrist cuff in water.
- Do not use gasoline, thinners or similar solvents to clean your monitor and wrist cuff.

Disposal

Dispose of your monitor and other components according to applicable local regulations.

Unlawful disposal may cause environmental pollution.

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.