

Know Your Monitor

Contents

Monitor



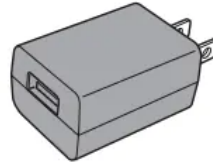
Charging clip

Model: HEM-CLIP-01



AC adapter

Model: HHP-AM02



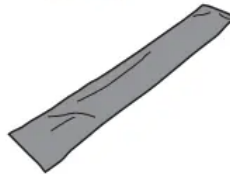
Charging cable

Model: HHX-CB07U



Replacement cuff sleeve

Model: HEM-CUCV-01
(2 pcs.)

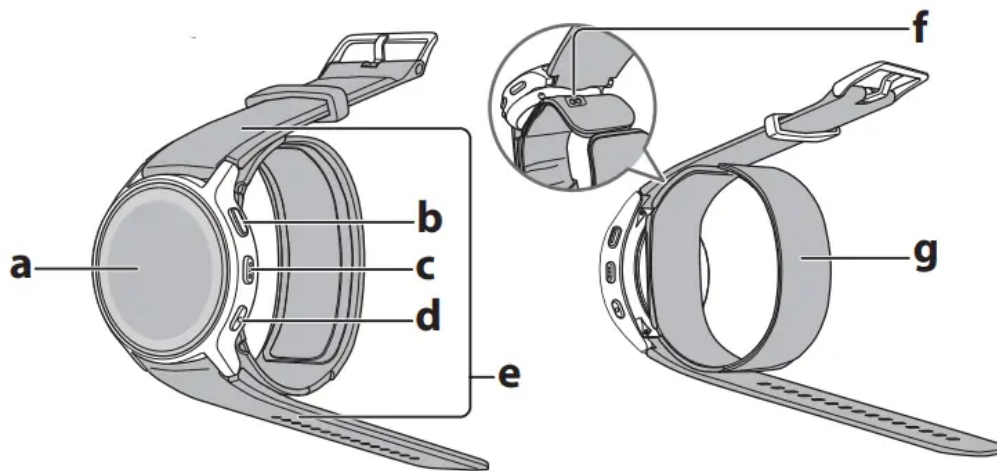





Instruction manual

Quick start guide

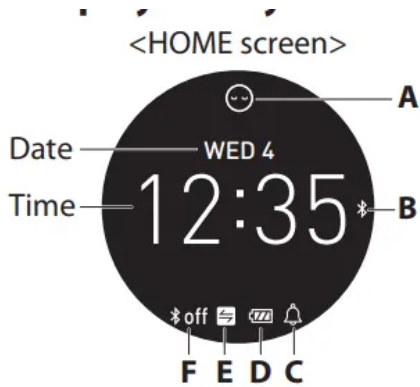
Paper sizing guide

Monitor







a	Display		e	Band
b		[START/STOP] button	f	Charging port
c		[FORWARD] button	g	Cuff
d		[HOME] button Press this button from any screen to go back to HOME screen.		

Display and Symbols



A		Sleep mode symbol Appears when your monitor is in sleep mode. Refer to sub-section 4.4 (page 38).
B		Bluetooth symbol Appears when your readings are being transferred.
C		Reminder symbol Appears when a reminder is set. Refer to sub-section 4.6 (page 41).

D		Battery symbol Appears when any button is pressed or battery is low. Refer to page 17.
E		Sync symbol Appears when your data needs to be transferred because the stored memory is either almost or completely full. Once you pair your monitor with your smart device, transfer your readings immediately before the monitor deletes the oldest reading. Refer to page 17 for each internal memory.
F		Bluetooth OFF symbol Appears when Bluetooth is disabled.
F		Disconnect symbol Appears when your monitor is not connected with your smart device and Bluetooth is enabled.

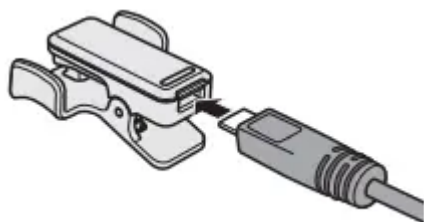
	<p>Movement error symbol</p> <p>Appears along with a blood pressure reading when your body is moving during a blood pressure measurement. If it appears, check if the band is applied correctly. Refer to sub-section 2.3 (page 21). After applying the band correctly, wait for 2 to 3 minutes. Then, remain still and take another measurement.</p>
	<p>Heart zone error symbol</p> <p>Appears when your monitor is not positioned at heart level during a measurement. Refer to page 30 for more information about heart zone indicator.</p>
	<p>Irregular heartbeat symbol</p> <p>Appears along with readings when an irregular rhythm is detected 2 or more times during a blood pressure 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 the blood pressure. The irregular heartbeat symbol may be displayed when the monitor detects arm movements. Refer to section 8 to solve the problem.</p> <p>If it continues to appear, we recommend you consult with and follow the directions of your physician.</p>
	<p>Heartbeat symbol</p> <p>Flashes while taking a blood pressure measurement.</p>
<p>Blood pressure level indicator (color)</p> <p>When your systolic or diastolic blood pressure is above the AHA guideline, the number will be shown in red. Refer to sub-section 1.4 (page 18) for more information.</p>	

Preparation

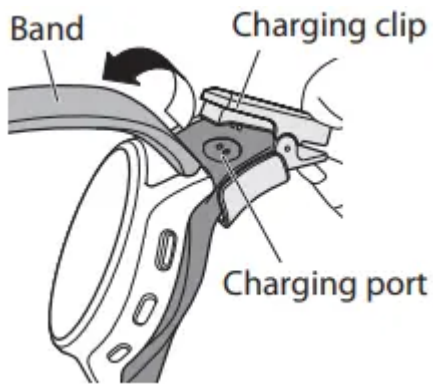
Charging the Battery

We recommend charging the battery to a full 100 % charge. Once fully charged, the battery will last for approximately 2 days. It takes about 2.5 hours to fully charge once the battery is empty.

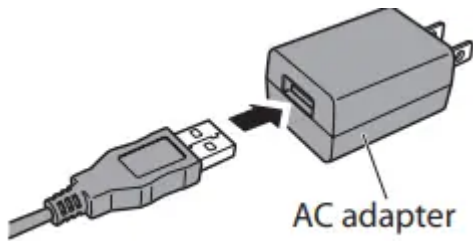
1. Plug the smaller end of the charging cable into the charging clip.



2. Lift the band and connect the clip to the charging port of your monitor. Make sure the cuff sleeve does not cover the charging port.



3. Plug the larger end of the charging cable into the AC adapter.



4. Plug the AC adapter into an electrical outlet. The charging screen shown as the image on the right will appear.



Note: If your monitor has not been used for 3 months, recharge it. Do not charge the battery in environments where there is high heat or cold temperatures.

Charging Status

Remaining				
Symbols				

Battery Life

Your monitor will last up to 2 days per charge, depending on use and storage condition. Refer to “Battery Life Information” (page 65) for the terms of the battery life.

Note

- The battery life will eventually get shorter due to recharging the monitor repeatedly. When the battery life becomes extremely short, it is coming to the end of its service life. For disposal information, refer to sub-section 9.5 (page 61).
- Temperature during the battery charging should be 50 to 95 °F (10 to 35 °C).

Installing the Cuff Sleeve

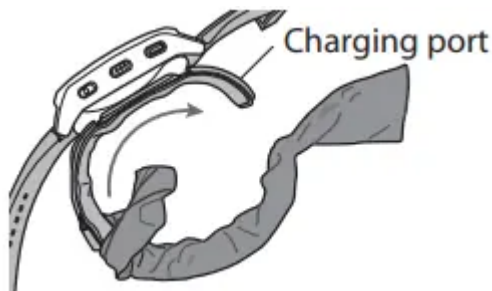
To use your monitor comfortably, install the cuff sleeve to the cuff of the monitor.

Note: Install the cuff sleeve correctly, otherwise the blood pressure readings may not be accurate.

1. Insert the longer side of the cuff to the replacement cuff sleeve's hole from inside as the illustration shown on the right.



2. Cover the cuff by pulling the cuff sleeve toward the charging port.



3. Cover the charging port.

Wearing the Monitor on the Left Wrist

- Blood pressure can differ between the right and left wrists, and readings can be different. OMRON recommends always using the same wrist when measuring blood pressure. Consult with your physician to determine which wrist you should use for your measurements.

Caution: Remove tight-fitting and thick clothing and any accessories from your wrist while taking a blood pressure measurement.

Note: Your monitor does not have water-resistant functionality. Do not immerse your monitor in water.

Position the monitor and leave approximately 1 inch (2.5 - 3 cm) between the band and the bottom of your palm.

Use your forefinger and middle finger as a guide. If you cannot determine which hole is appropriate, use the “paper sizing guide”.

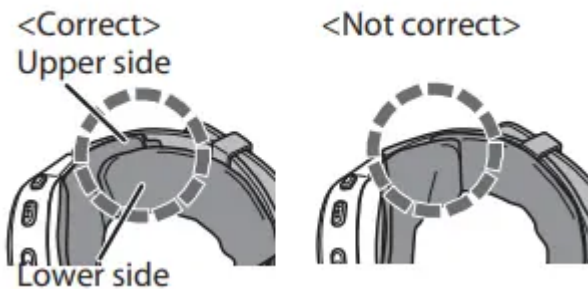


Note

- Your monitor must have a snug fit prior to measuring; not too tight, not too loose. Your index finger should NOT easily slide between the band and your wrist. (2.5 - 3 cm) 1 inch



- Make sure that the cuff is positioned correctly. When the upper and lower sides of the cuff are overlapped, the lower side should be positioned under the upper side. Refer to the illustration.



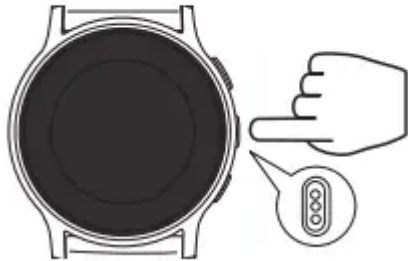
Wearing the Monitor on the Right Wrist

- Your monitor can also be worn on your right wrist. Configure the Right / Left Wrist setting. Refer to sub-section 7.1.2 (page 48).

Turn Your Monitor On

Press and hold the [FORWARD] button for more than 3 seconds.

The monitor turns on and the screen below appears on the display



Note

- You can use your monitor without pairing to your smart device. Refer to section 3 (page 24).
- To take activity measurements and sleep measurements, pair your monitor with your smart device. Refer to sub-section 4.1 (page 32).
- If the monitor does not turn on or the screen below appears on the display, charge the battery. Refer to sub-section 2.1 (page 19).



Using Your Monitor without a Smart Device

You can use your monitor as a blood pressure monitor without pairing to a smart device. To pair your monitor with a smart device, refer to sub-section 4.1.

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 blood pressure measurement.

Note

- When using your monitor without a smart device, you can take only blood pressure measurements.
- When using your monitor without a smart device, you will not be able to view your prior readings that have been stored in memory.

Taking a Blood Pressure Measurement

Blood Pressure Measurement Tips

To help ensure an accurate reading, be aware of the following:

- 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 the 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.

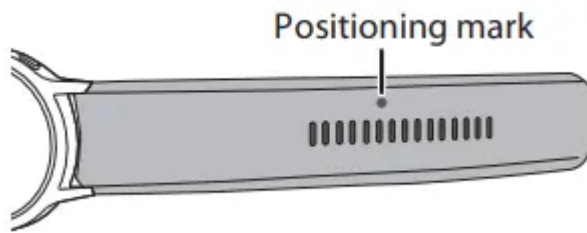
Caution

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

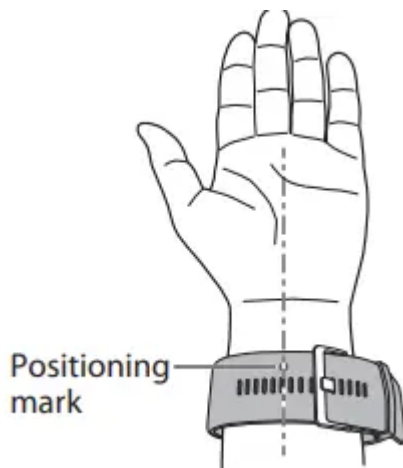
Positioning the Band

To take an accurate blood pressure measurement, the position of the band is important.

1. Find the positioning mark on the band.



2. Position the positioning mark on the center of your wrist (align with your middle finger). The positioning mark may be covered by the buckle, depending on your wrist size.



Sitting Correctly

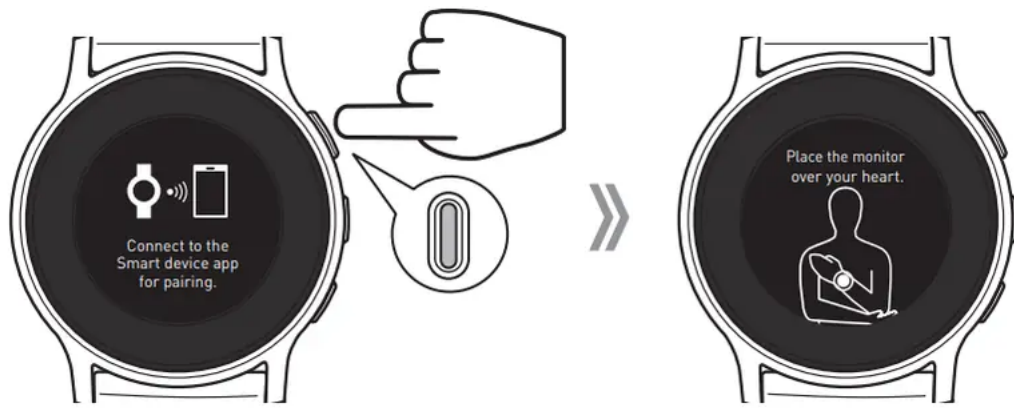
To take a blood pressure measurement, you need to be relaxed and comfortably seated in a room with a comfortable temperature.

- Keep your upper arm next to the body.
- Sit in a comfortable chair with your back supported.
- Keep your feet flat and your legs uncrossed.
- Relax your wrist and hand. Do not bend your wrist back, clench your fist or bend your wrist forward.

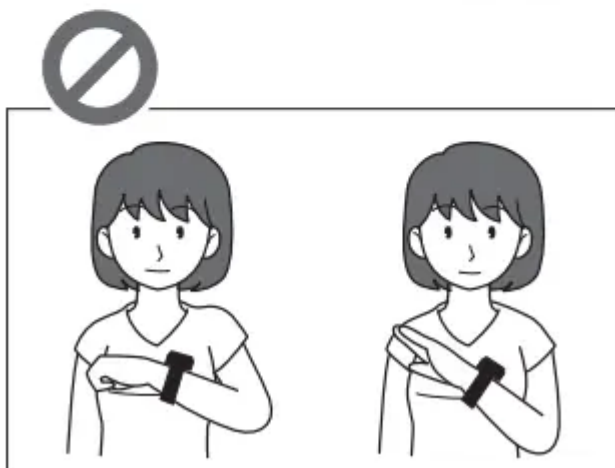
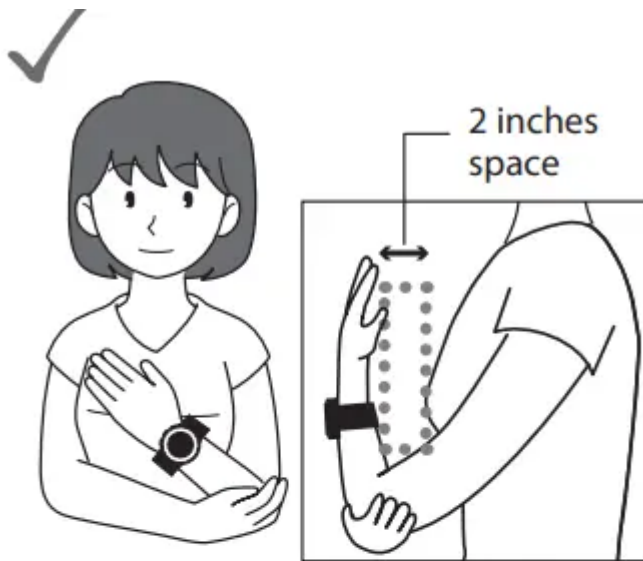
Taking a Blood Pressure Measurement

Note

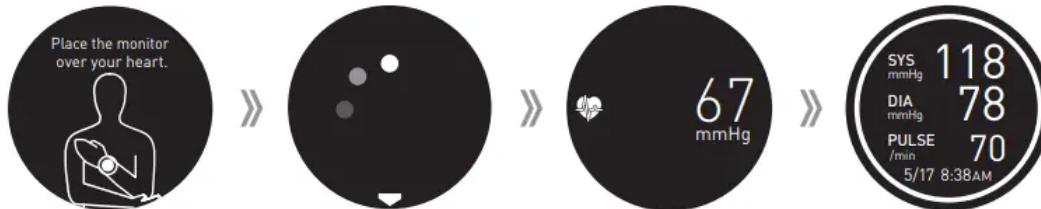
- To stop the measurement, press the [START/STOP] button once to deflate the cuff.
1. Press the [START/STOP] button. The heart zone indicator will appear.



2. Adjust the position of your wrist. Place your monitor over your heart while a measurement. Once the heart zone indicator appears, raise or lower your wrist until it is at heart level. Make sure your wrist is about 2 inches apart from your chest. When your wrist is in the proper position, your monitor will vibrate once. After approximately 2 seconds, the monitor will start a measurement and the cuff will start to inflate. 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.



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. Your monitor detects your blood pressure and pulse rate during inflation. The heartbeat symbol flashes at every heartbeat. 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 sub-section 1.4), the number and indicator will be shown in red.



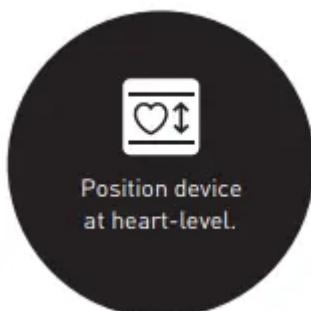
Heart Zone Indicator

- Your monitor has a built-in heart zone indicator that is used as an aid in determining if your monitor is at the correct height and position. It has been designed to work with most people so that when your wrist is at the correct position relative to your heart, your monitor will vibrate once. If it does not vibrate, your monitor may not be at the correct height and position relative to your heart.
- Due to differences in individual size and physique, this feature may not be helpful in all cases and you may wish to turn off this feature. If you feel the position of the wrist, according to the heart zone indicator's guidance, does NOT match your heart level, please turn off this feature and follow your judgment. To disable this feature, refer to sub-section 7.1 (page 47).

Error Symbols

If the error screens below are displayed, please take another measurement. Refer to sub-section 1.3 (page 16).

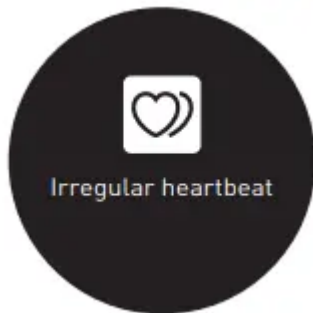
- Your monitor is not at the correct height.



- Your body moved during measurement.



- Irregular heartbeats are detected



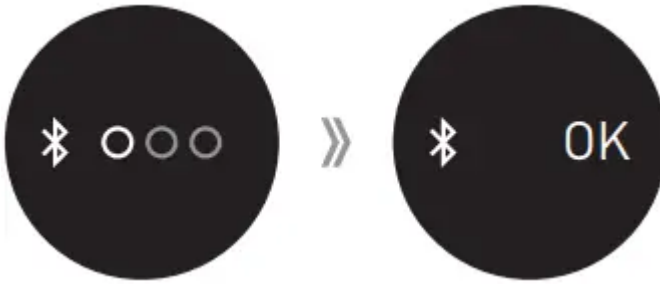
Using Your Monitor with a Smart Device

Pairing Your Monitor with a Smart Device

- Pairing your monitor with the “HeartAdvisor” app on your smart device will set the date and time on the monitor. Once you have paired with the app, all future measurements will include the date and time when you transfer. If you do not pair the monitor, any measurements you take will not include the date and time.
 - Review the list of compatible smart devices at [OmronHealthcare.com](https://www.OmronHealthcare.com).
1. Enable Bluetooth on your smart device.
 2. Download and install the free “HeartAdvisor” app onto your smart device.



3. Open the app and follow the pairing instructions shown on your smart device.
4. Confirm that your monitor is connected successfully.
 - If your monitor is connected successfully to your smart device, “OK” flashes on the display.





- If “Error” flashes on the display, follow the instructions in the “HeartAdvisor” app. If it still appears after checking the app, contact customer service. Refer to section 13 (page 69).



Taking a Blood Pressure Measurement

1. Take a measurement. Refer to sub-section 3.1 (page 25) to start a measurement.
2. Your reading will be transferred to your smart device automatically. Past readings cannot be viewed on either of the monitor’s displays. Open the app on your smart device and follow the instructions.

Note

- Make sure your monitor is within 16 ft. (5 m) of your smart device.
- When the Bluetooth OFF symbol () appears on the display of your monitor, enable Bluetooth. Refer to sub-section 7.2 (page 49).
- When the sync symbol () appears on the display, the stored memory is almost full. Transfer the data immediately before your readings are deleted.
- Once you transfer your readings to the app, your readings cannot be sent again to any app or smart device.

Taking Activity Measurements

Your monitor automatically measures your activities when you are wearing your monitor. The following items will be measured:

- Steps
- Calories burned

- Distance
- Aerobic steps

Refer to “Readings Details“ in section 6 (page 45) for more information.

Note: Do not wear your monitor other than on your wrist.

1. Pair your monitor with your smart device. Refer to sub-section 4.1 (page 32). The personal information you are asked to provide on the app is to help calculate measurements accurately. You can also set your daily target steps on the app.

2. Set your stride length. The initial stride length displayed on the app is an estimated value calculated by your height setting. You may choose to adjust your stride length by adding the new value in the app. For instructions on calculating your stride manually, refer to the instructions below.

1. Walk 10 steps with your normal stride as illustrated below.
2. Measure the distance from START to END in inches.
3. Calculate your stride length by dividing the total distance by 10.

Example: Total distance = 320”

$$320 \div 10 = 32”$$

(2 feet 8 inches)

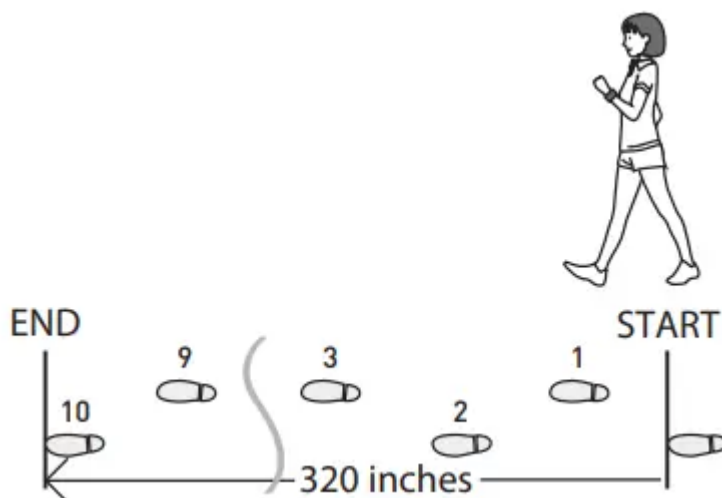
Conversion Chart

12 inches = 1 foot

24 inches = 2 feet

36 inches = 3 feet

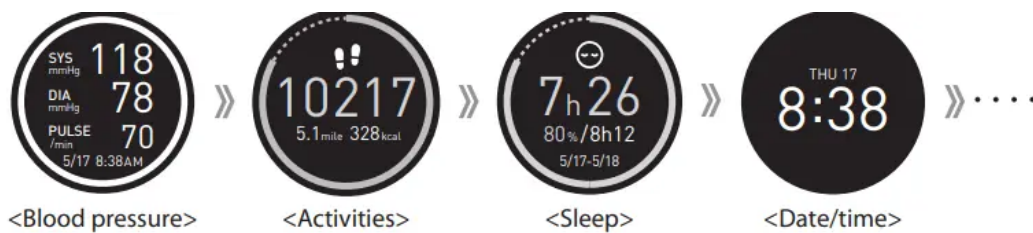
48 inches = 4 feet



3. Wear your monitor wherever you go. When your target steps are achieved, the achievement screen appears.



4. Press the [FORWARD] button to view the readings stored in the memory. Refer to section 6 (page 43) for more information.



Your monitor may not track your activity data correctly:

Improperly Wearing

- Wearing your monitor somewhere other than your wrist.
- Putting your monitor inside a bag or pocket.

Moving Irregularly

- Placing your monitor inside or attached to a bag and the bag moves irregularly.
- Moving your arm continuously when not walking.
- Carrying a bag
- Extremely slow arm movements.
- Doing housework without walking.

Walking at an Inconsistent Pace

- Shuffling or wearing sandals.
- Constantly starting and stopping walking or moving at some other inconsistent pace.
- Walking extremely slowly.

Moving Up and Down

- Standing up and sitting down.
- Playing sports other than walking.
- Going up or down stairs or a steep slope.



Vibrations from a Moving Vehicle

- When you are on a bicycle, automobile, train or bus.

Taking Sleep Measurements

Your monitor measures your sleep by detecting movement of your body while you sleep. The following items will be measured:

- Sleep period time
- Awake time

Refer to “Readings Details” in section 6 (page 45) for more information.

Note

- Only wear your monitor on your wrist.
- During the sleep mode, your monitor does not count your steps.
- If you set the sleep mode manually, you cannot take a blood pressure measurement or change settings.

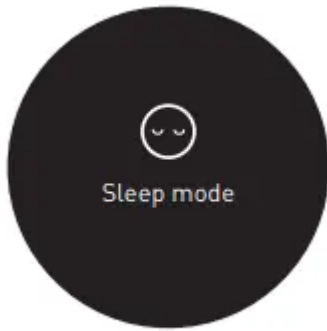
1. Pair your monitor with your smart device. Before taking a measurement, pair your monitor with your smart device. Refer to sub-section 4.1 (page 32). You can also set your target sleep period time on the app

2. Go to sleep with your monitor on. To detect and track your sleep automatically, set your approximate daily bedtime and wake-up time on the app first.



Note

- When you take a measurement, do not place your monitor on the floor, bed or shelf.
- To enable the sleep mode manually, refer to the “HeartAdvisor” app.
- If the “Auto sleep” function is disabled, press and hold the [START/STOP] button to start the sleep measurement.



Sleep mode : ON

3. Get up. Your monitor will detect rising and disable the sleep mode automatically.

Note: If the “Auto sleep” function is disabled, press and hold the [START/STOP] button to stop the sleep measurement.

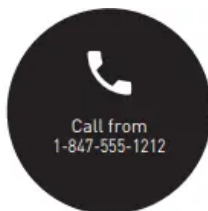
Your monitor may not track your sleep data in the following instances:

- Wearing your monitor somewhere other than your wrist.
- Wearing your monitor too loosely, so that you can insert more than one pointer finger in between your wrist and the band.
- Sleeping in a chair or on a couch

Receiving Notification from Your Smart Device

Your monitor receives a notification (phone call, message and email) from your smart device.

When your monitor receives a notification, your monitor vibrates. Press any button to close the notification.



Phone call



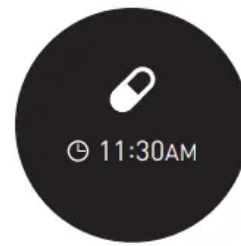
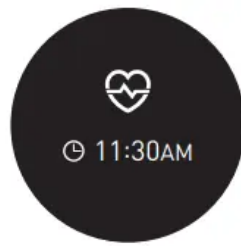
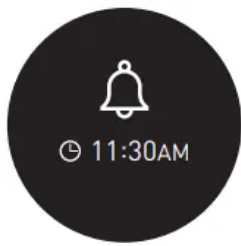
Message



Email

Receiving a Reminder

- The reminder function will alert you at a specific time of day with vibration and the “Reminder” icon on the display. The reminder can only be set on the app.



Recording an Event

You can record the time of your action or activity as an “Event”, such as time you ate, took a medicine, exercised or had another event.

Note: The recorded time of your events can be viewed on the app only.

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



2. “Record” appears on the display



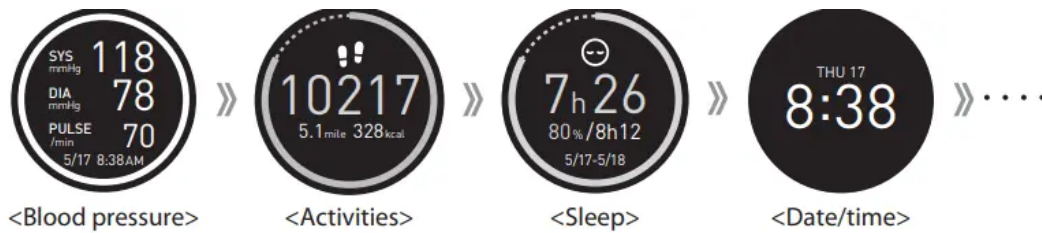
Viewing the Readings Stored in Memory

Only your latest reading can be viewed on the monitor’s display. Use the “HeartAdvisor” app to view all the readings stored in the memory

1. Press the [FORWARD] button.



2. Press the [FORWARD] button one by one. The display of your readings changes as below. For activities and sleep, the ring around the reading describes the level of achievement against your target.

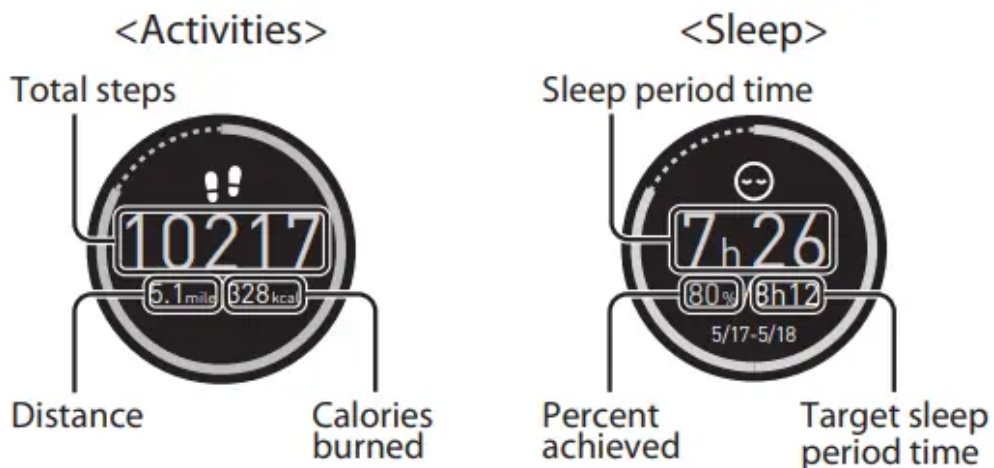


If this monitor detects any errors during a measurement, the following symbols will appear on the display.

Alternating pulse/symbols display

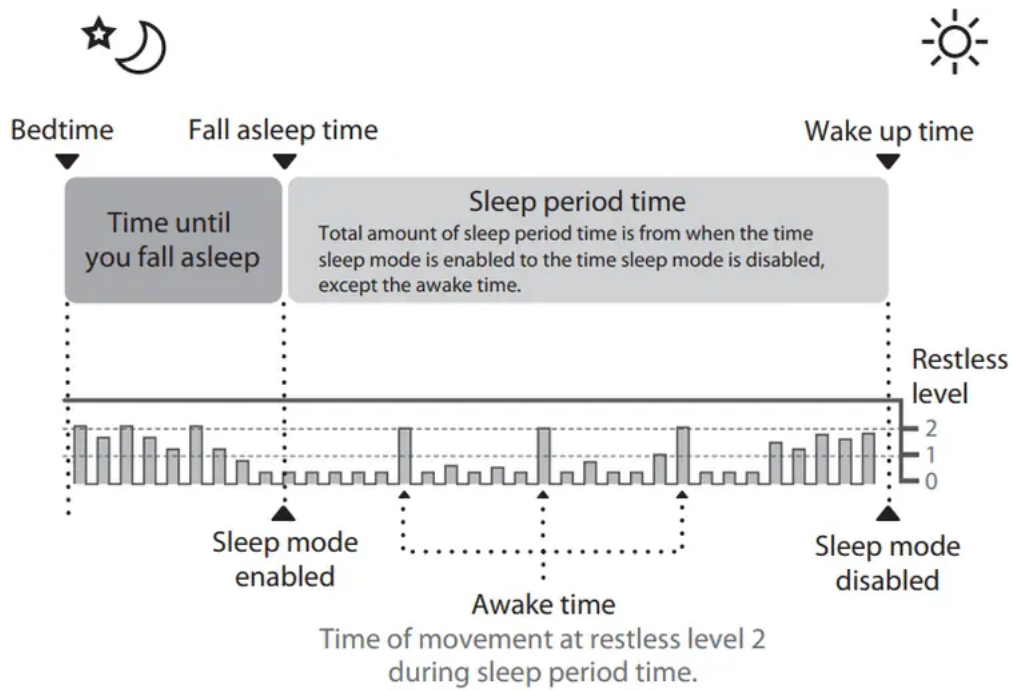
Symbol	Meaning
	This monitor is not at the correct height.
	Irregular heartbeats are detected.
	Movement during measuring.

Meaning of each display item



Calories burned	Indicates the amount of calories burned by measuring the intensity of your activity.
Distance	Indicates you distance traveled by using your step count. Note If you have jogged, climbed up or down stairs, or walked at brisk walking pace, some errors may occur in the value.
Aerobic steps	Aerobic steps are the physical exercise that helps us stay healthy. Aerobic steps are counted separately when walking more than 60 steps per minute and more than 10 minutes successively. If a rest of less than 1 minute is taken after a continuous walk of more than 10 minutes, this will be regarded as part of “a continuous walk”. Note Aerobic steps can be viewed on the app only.
Sleep period time	Indicates your actual time asleep.
Awake time	Indicates the time of movement at “restless level 2” after you fell asleep. For more information on restless levels, refer to “Sleep Mode Details” on the next page. Note Awake time can be viewed on the app only.

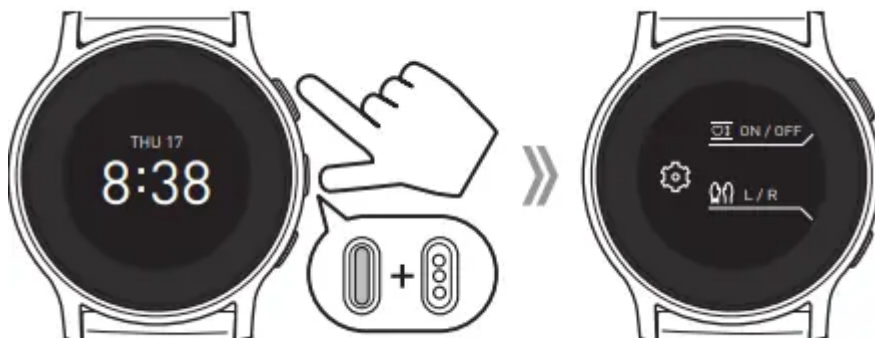
Sleep Mode Details



Settings

Function Settings

To change the function settings on your monitor, press and hold both the [START/STOP] button and the [FORWARD] button for more than 3 seconds.



Enabling/Disabling Heart Zone Indicator ()

1. Press the [START/STOP] button for heart zone indicator setting.



2. Press the [START/STOP] button to enable, or press the [HOME] button to disable.

Note: The heart zone indicator is enabled by default. The current setting is shown in the bracket.



Selecting Your Wrist to Wear (Left  or Right )

1. Press the [HOME] button for wrist setting



2. Press the [START/STOP] button if you wear your monitor on the left wrist, or press the [HOME] button if you wear the monitor on the right wrist.

Note: Left is set by default. Current setting is indicated in the bracket.



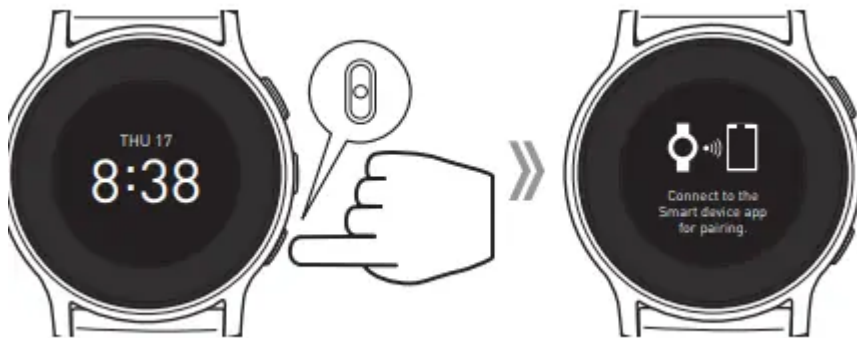


Bluetooth Settings

To enter the pairing mode or change Bluetooth setting, follow the instructions below

Entering Pairing Mode

- Press and hold the [HOME] button for more than 3 seconds. Refer to sub-section 4.1 (page 32) to pair your monitor with your smart device.



Note: Bluetooth will be enabled automatically after pairing with your smart device successfully

Disabling/Enabling Bluetooth

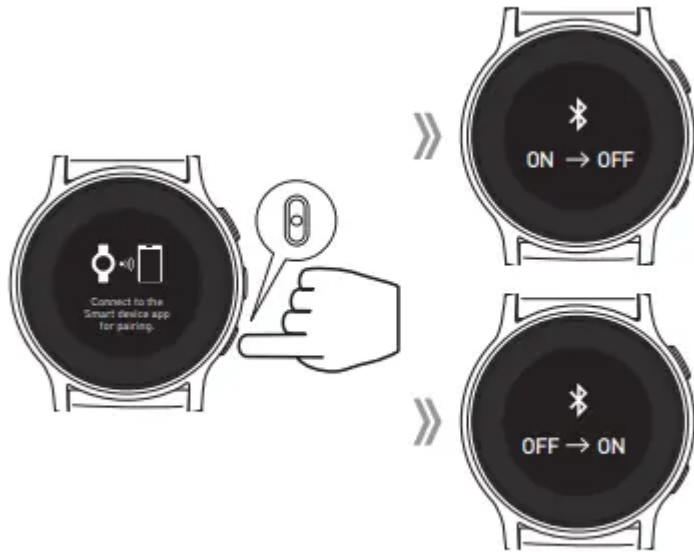
Warning: This product emits radio frequencies (RF) in the 2.4 GHz band. DO NOT use this product in locations where RF is restricted, such as on an aircraft or in hospitals. Turn off the Bluetooth feature in those areas. For further information on potential restrictions refer to documentation on the Bluetooth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

Press and hold the [HOME] button for at least 3 seconds when your monitor is in the pairing mode.

When Bluetooth is enabled, this operation will make it disabled.

When Bluetooth is disabled, this operation will make it enabled.

Note: Bluetooth is enabled by default.

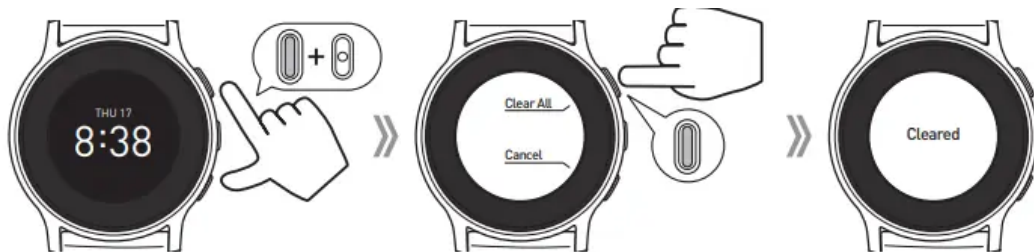


Restoring Your Monitor to the Default Settings

To delete all the information stored in your monitor, follow the instructions below.

Press and hold both the [START/STOP] button and the [HOME] button for at least 7 seconds.

When the confirmation screen appears, press the [START/STOP] button to restore your monitor.

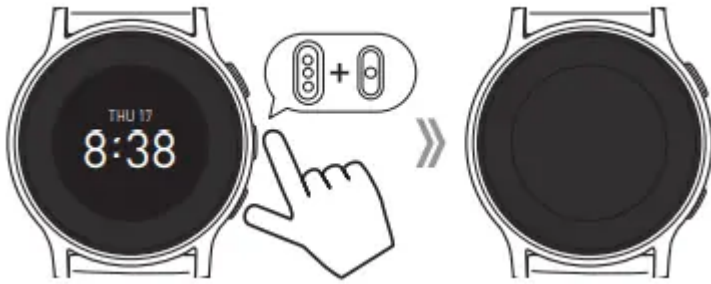


Note

- Reverting to its default setting of your monitor does not delete the information in the app.
- You will need to re-pair your monitor when using the monitor again. Without repairing, your readings will not be transferred to your app. Refer to sub-section 4.1 (page 32).

Turning Off Your Monitor

Press and hold both the [FORWARD] button and the [HOME] button for more than 7 seconds.





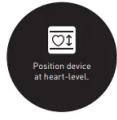
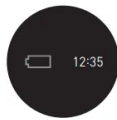
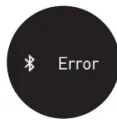
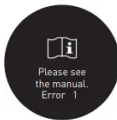
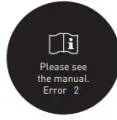
Turn off and restart your monitor if either of the following occurs:



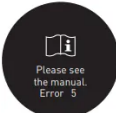
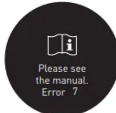
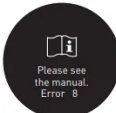

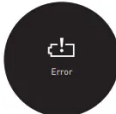
- When “Error” with a number other than 1 to 9 appears on the display.
- Your monitor cannot be operated even though you pressed a button.

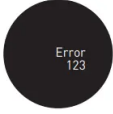
Error Messages and Troubleshooting

In case 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.

Error Messages

Display	Cause	Solution
	Irregular heartbeat detected.	Remove your monitor. Wait for 2 - 3 minutes and then take another measurement. Repeat the steps in sub-section 3.1 (page 25). If this error continues to appear, we recommend that you consult with your physician.
	Your body moved during a measurement.	Carefully read and repeat the steps in subsection 3.1 (page 25).
	Your monitor is not at the correct height.	Adjust the height of your wrist following the heart zone indicator. Refer to sub-section 3.1 (page 25).
	The battery is depleted.	Charge the battery. Refer to sub-section 2.1 (page 19).
	The monitor cannot connect to a smart device or transmit data correctly.	Follow the instructions shown in the “HeartAdvisor” app. If it still appears after checking the app, contact customer service. Refer to section 13 (page 69).
	The band is not applied correctly.	Apply the band correctly, then take another measurement. Refer to sub-section 2.3 (page 21).
	Air is leaking from the cuff.	Contact customer service. Refer to section 13 (page 69).
	Clothing is interfering with the band.	Remove any clothing interfering with the band. Refer to sub-section 2.3 (page 21).
	The band may be applied too loosely.	Apply the band correctly, then take another measurement. Refer to sub-section 2.3 (page 21).

	<p>The cuff was inflated exceeding the maximum allowable pressure.</p>	<p>Do not touch your monitor while taking a measurement.</p>
	<p>You move or talk during a measurement. Vibrations disrupt a measurement.</p>	<p>Remain still and do not talk during a measurement.</p>
	<p>The band was not applied correctly or was moved during a measurement.</p>	<p>Apply the band correctly, then take another measurement. Refer to sub-section 2.3 (page 21). Remain still and sit correctly during a measurement. Refer to sub-section 3.1 (page 25).</p>
	<p>Your wrist is moved up and down during a measurement.</p>	<p>Take another measurement making sure not to move your wrist. Refer to sub-section 3.1 (page 25).</p>
	<p>Temperature error is detected.</p>	<p>Wait for few minutes, then take another measurement in a place with moderate room temperature. If the error appears again, contact customer service. Refer to section 13 (page 69).</p>
	<p>The monitor has malfunctioned.</p>	
	<p>The band may be applied too tightly.</p>	<p>Apply the band correctly, then take another measurement. Refer to sub-section 2.2 (page 21).</p>
	<p>Room temperature is too high to charge the battery.</p>	<p>Charge the battery at a moderate room temperature.</p>
	<p>The monitor has malfunctioned.</p>	<p>If the error appears in moderate temperature, contact customer service. Refer to section 13 (page 69).</p>

	<p>The monitor has malfunctioned.</p>	<p>Turn off and restart your monitor. Refer to subsection 7.4 (page 52).</p> <p>If the error still appears, contact customer service. Refer to section 13 (page 69).</p>
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Troubleshooting

Problem	Cause and Solution
<p>Nothing appears on the display of the monitor.</p>	<ul style="list-style-type: none"> • Charge the battery. Refer to sub-section 2.1 (page 19). • Your monitor is turned off. Refer to sub-section 2.4 (page 23) to turn on your monitor.
<p>Readings appear too high or too low.</p>	<p>Blood pressure varies constantly. Many factors including stress, time of day, and/or how you apply the band, may affect your blood pressure. Review sub-section 3.1 (page 25).</p>
<p>Any other communication issue occurs.</p>	<p>Follow the instructions shown in the smart device, or visit the “Help” section in the “HeartAdvisor” app for further help. If the problem still persists, contact customer service. Refer to section 13 (page 69).</p>
<p>The monitor cannot be operated.</p>	<p>Turn off and restart your monitor. Refer to sub-section 7.4 (page 52).</p> <p>If your monitor still does not operate, contact customer service. Refer to section 13 (page 69).</p>
<p>The monitor or the AC adapter is abnormally hot when charging the battery.</p>	<p>The monitor or the AC adapter may be damaged. Unplug the AC adapter from the outlet immediately and contact customer service. Refer to section 13 (page 69).</p>
<p>The operating time is short, or the monitor does not operate, even when the battery is fully charged.</p>	<p>This may be due to the life of the rechargeable battery. The battery cannot be replaced. Contact customer service (refer to section 13 (page 69)) or dispose of your monitor. Refer to sub-section 9.5 (page 61).</p>

Maintenance

Maintenance

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

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

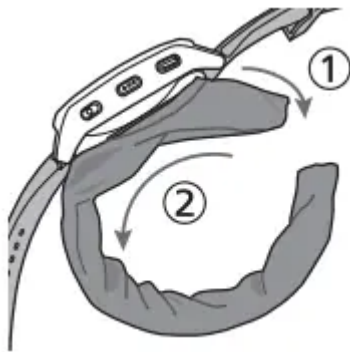
Caution: DO NOT disassemble or attempt to repair this monitor or other components.

How to Replace the Cuff Sleeve

Clean the cuff sleeve when it becomes dirty (once-a-week cleaning is recommended).

Replace the cuff sleeve to new one in half a year.

1. Detach the cuff sleeve.



2. Refer to sub-section 2.2 (page 21) to install the cuff sleeve.

Storage

- 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 then wipe them with a dry cloth.
- Do not wash or immerse your monitor in water.
- Do not use gasoline, thinners or similar solvents to clean your monitor.

- Do not use a wet cloth on the plugs of the AC adapter. The charging cable, or the terminal of the charging clip.
- Hand-wash with mild detergent and air-dry the cuff sleeve. Do not soak it in water for long periods of time. Do not use any sterilization chemicals, disinfectants, or softeners.

Caution

- Stop using this monitor and consult with your physician if you experience skin irritation or discomfort.
- Prolonged rubbing and pressure may irritate the skin. Give your wrist a break by removing your monitor for a while after extended wear.
- Be careful not to let chemical products such as lotions, oils, skin creams or cosmetics collect on the band. If this happens, wipe them immediately, otherwise it may impact the material and lifetime of product.

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.