

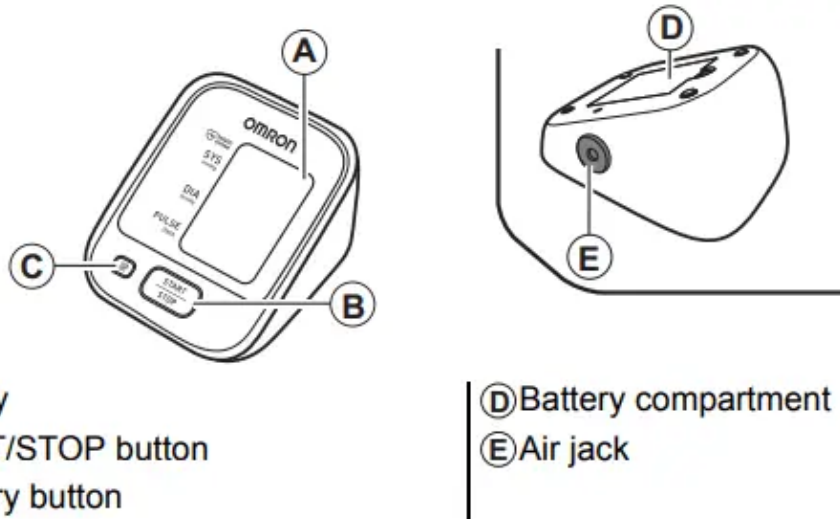
## User manual Arm Blood Pressure Monitor

### Know Your Monitor

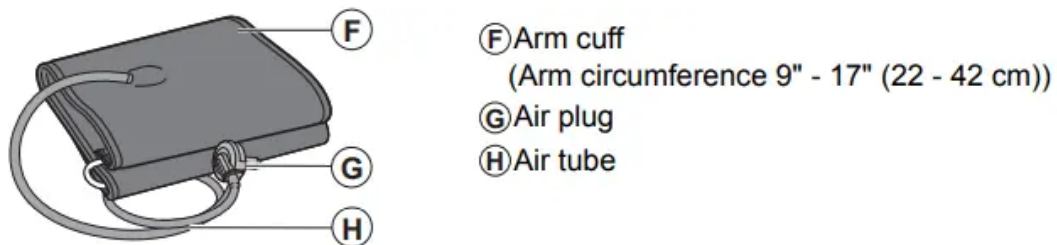
#### Contents:

Monitor, arm cuff, instruction manual, quick start guide, 4 "AA" batteries

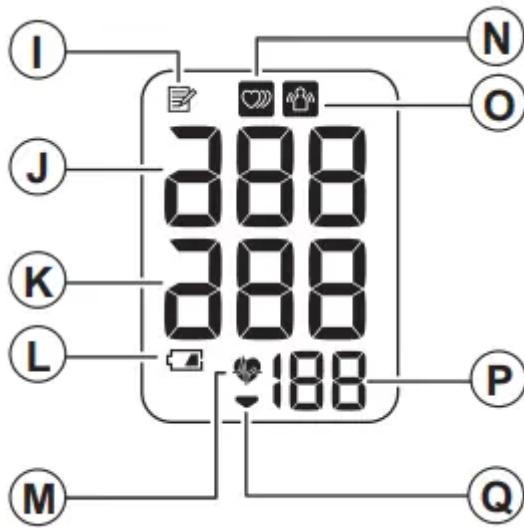
#### Monitor:











#### Arm cuff:



## Display and Symbols



①		<b>Memory symbol</b> Appears when viewing readings stored in the memory.
②	<b>Systolic blood pressure reading</b>	
③	<b>Diastolic blood pressure reading</b>	
④		<b>Low battery symbol</b> Flashes when batteries are low.
		<b>Depleted battery symbol</b> Appears when batteries are depleted.
⑤		<b>Heartbeat symbol</b> Flashes while taking a measurement.

<p>Ⓝ</p>		<p><b>Irregular heartbeat symbol</b>  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.  Irregular heartbeat symbol may be displayed when the monitor detects arm movements. Refer to section 4 for more information.  If it continues to appear, we recommend you to consult with and follow the directions of your physician.</p> <div style="text-align: center;">  </div>
<p>Ⓞ</p>		<p><b>Movement error symbol</b>  Appears with your reading when your body is moving during a measurement. If it appears, remove the arm cuff and wait for 2 to 3 minutes. Then, reapply the cuff, remain still and take another measurement.</p>
<p>Ⓟ</p>	<p><b>Pulse display / Memory number</b>  Pulse rate appears after the measurement.</p>	
<p>Ⓠ</p>		<p><b>Deflation symbol</b>  Appears during cuff deflation.</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
<b>Normal</b>	< 120 mmHg	and < 80 mmHg
<b>Elevated</b>	120-129 mmHg	and < 80 mmHg
<b>Hypertension</b> Stage 1 Stage 2	130-139 mmHg ≥ 140 mmHg	or 80-89 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.

## 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 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.

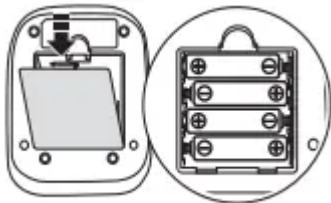
### Caution

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

## Preparation


### Battery Installation

1. Remove the battery cover.
2. Insert 4 “AA” batteries as indicated in the battery compartment.



3. Replace the battery cover.

### Notes:

- When the low battery symbol (  ) appears on the display, turn the monitor off, then replace all batteries at the same time. Long life alkaline batteries are recommended.
- The measurement values continue to be stored in memory even after the batteries are replaced.
- Disposal of used batteries should be carried out in accordance with local regulations.

## Using the Monitor

### Applying the Arm Cuff

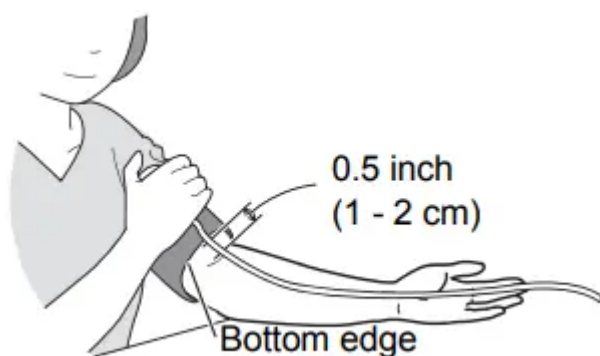
1. Insert the air plug into the air jack securely.



2. Place your hand through the cuff loop, then pull the cuff until it reaches your upper left arm.



The bottom edge of the arm cuff should be 0.5 inch (1 to 2 cm) above the elbow. Air tube is on the inside of your arm and aligned with your middle finger.



3. Secure closed with the fabric fastener.



### 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 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 physician which arm to use for your measurements.

### How to Sit Correctly

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

- Sit in a comfortable chair with your back and arm supported.
- Keep your feet and your legs uncrossed.
- The arm cuff should be placed on your arm at the same level as your heart, with the arm resting comfortably on a table.



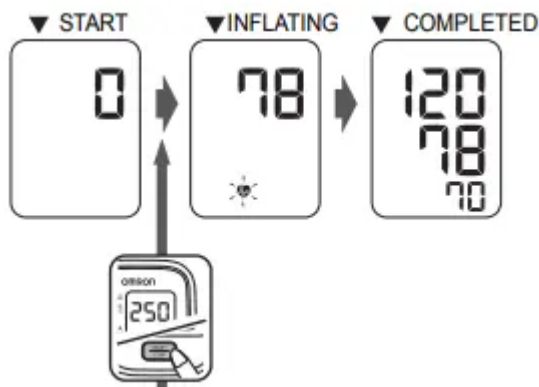
## Taking a Measurement

### Notes:

- To stop the measurement, press the START/STOP button once to deflate the arm cuff.
- Remain still and quiet 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.

**Caution:** Inflating to a higher pressure than necessary may result in bruising where the arm cuff is applied.

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

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

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

## Using the Memory Function

The monitor automatically stores the results up to 14 sets.

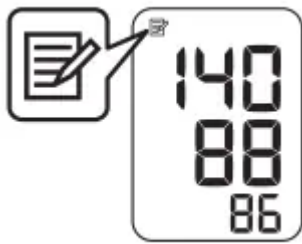
**Note:** If the memory is full, the monitor will delete the oldest value.


### To View the Measurement Values Stored in Memory

1. Press the  button.



The Memory number appears for a second before the pulse rate is displayed.

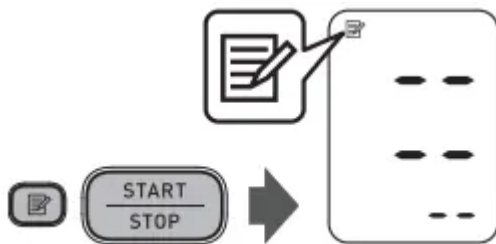
The newest set is numbered "1".



2. Press the  button repeatedly to view the values stored in memory.

### To Delete All the Values Stored in Memory

1. Press the  button, while the memory symbol appears.
2. While holding the  button down, press the START/STOP button for more than 3 seconds.



**Note:** You cannot partially delete the values stored in memory

## Error Messages and Troubleshooting



- Irregular heartbeats are detected.
  - Remove the arm cuff. Wait 2 - 3 minutes and then take another measurement. Repeat the steps in section "*Taking a Measurement*". If this error continues to app



- Movement during measurement.
  - Carefully read and repeat the steps in section "*Taking a Measurement*".



- The batteries are low.
  - You should replace the batteries with new ones ahead of time. Refer to the section "*Battery Installation*".



- The batteries are depleted.
  - You should replace the batteries with new ones at once. Refer to the section "*Battery Installation*".

## E1

- Air plug disconnected.
  - Insert the plug securely. Refer to the section "*Applying the Arm Cuff*".
- Arm cuff is applied too loosely.
  - Apply the arm cuff tighter. Refer to the section "*Applying the Arm Cuff*".
- Air is leaking from the arm cuff.
  - Replace the arm cuff with a new one. Refer to the section "*Optional Medical Accessories*".

## E2

- 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 "*Taking a Measurement*".
  - If "E2" appears repeatedly, inflate the arm cuff manually until it is 30 to 40 mmHg above your previous measurement result. Refer to section "*Taking a Measurement*".

## E3

- The arm cuff was inflated exceeding the maximum allowable pressure, and then deflated automatically when inflating the arm cuff manually.
  - Do not touch the arm cuff and/or bend the air tube while taking a measurement. Do not inflate the arm cuff more than necessary. Refer to the section "*Taking a Measurement*".

## E4

- Movement during measurement.
  - Repeat measurement. Remain still and do not talk during measurement. Refer to the section "*Taking a Measurement*".

## E5

- Clothing is interfering with the arm cuff.
  - Remove any clothing interfering with the arm cuff. Refer to the section "*Applying the Arm Cuff*".

## Er

- Device error.
  - Contact Customer Service.

### **No power. No display appears on the monitor.**

Replace all batteries with new ones. Check the battery installation for proper placement of the battery polarities. Refer to the section "*Battery Installation*".

### **Measurement values appear too high or too low.**

Blood pressure varies constantly. Many factors including stress, time of day, and how you wrap the cuff, may affect your blood pressure. Review the section "*Blood Pressure Measurement Tips*" and section "*Taking a Measurement*".

## **Maintenance**

### **Maintenance**

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

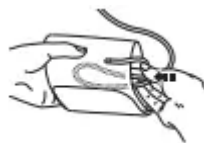
- Changes or modifications not approved by the manufacturer will void the user warranty

### **Storage**

Store your monitor and other components in a clean, safe location.

1. Remove the arm cuff from the monitor.
2. Gently fold the air tube into the arm cuff.

- Note:
  - Do not bend or crease the air tube excessively. Do not store your monitor and other



components:

- If your monitor and other components are 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 arm cuff, and then wipe them with a dry cloth.
- Do not wash or immerse your monitor and arm cuff or other components in water.
- Do not use gasoline, thinners or similar solvents to clean your monitor and arm cuff or other components.

### Disposal

- Dispose of your monitor, other components and optional accessories according to applicable local regulations.
- Unlawful disposal may cause environmental pollution.

### Optional Medical Accessories

Arm circumference  
7" - 9" (17 - 22 cm)



CD-CS9  
(Model: HEM-CS24)

#### Arm cuff

Arm circumference  
9" - 17" (22 - 42 cm)



CD-WR17  
(Model: HEM-RML31)

#### 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.