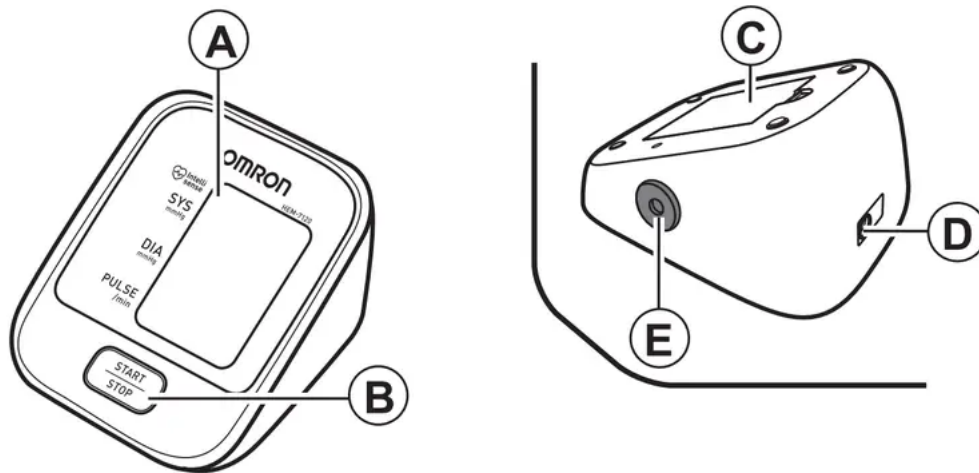


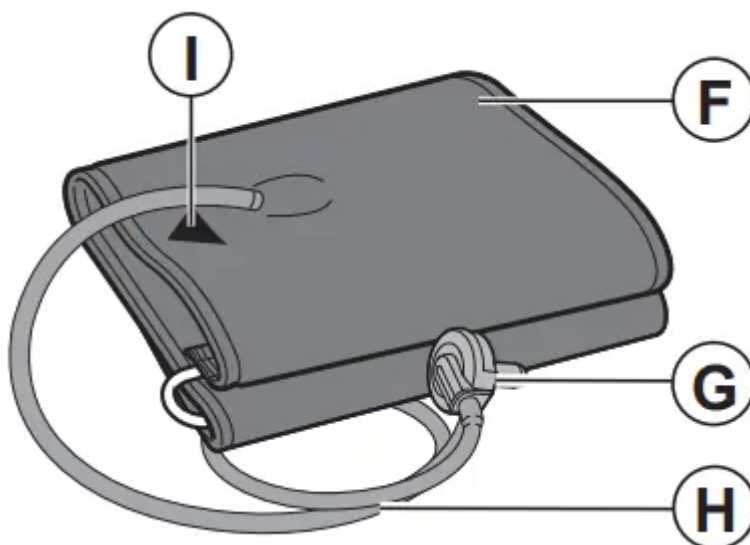
## Overview

### Main unit:



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

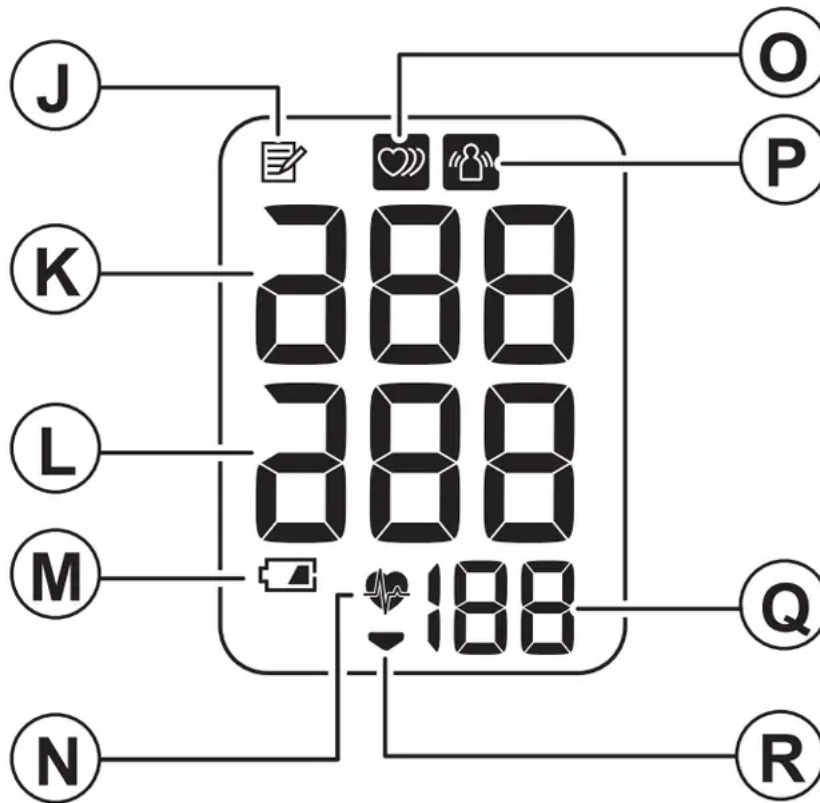
### Arm cuff:



- F. Arm Cuff (Arm circumference 22 - 32 cm)

- G. Air plug
- H. Air tube
- I. Marker

**Display:**



- J. Memory symbol
- K. Systolic blood pressure
- L. Diastolic blood pressure
- M. Low battery symbol
- N. Heartbeat symbol

1. Flashes during measurement.

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

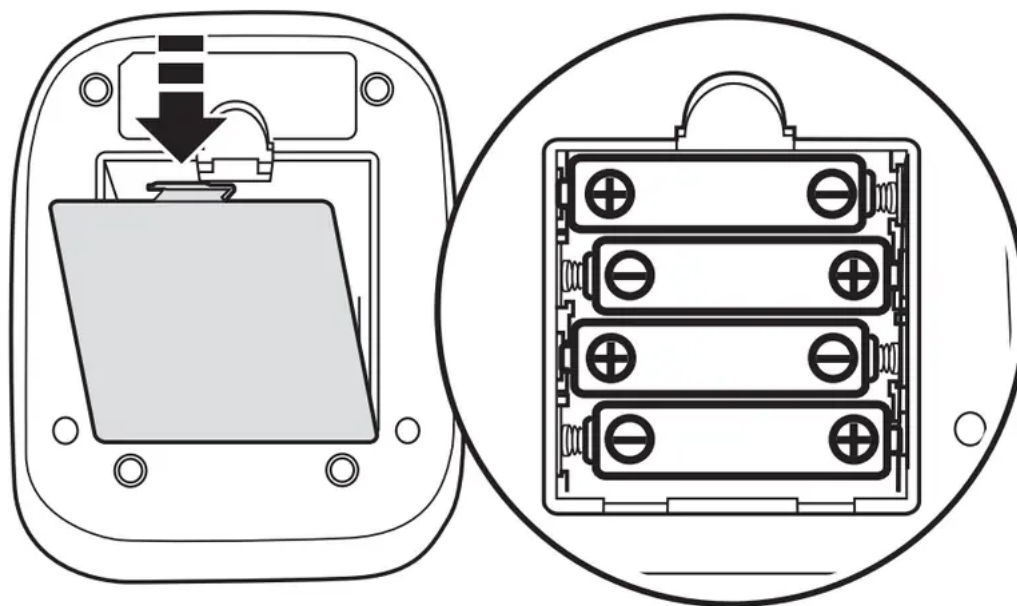
- O. Irregular heartbeat symbol
- P. Movement error symbol
- Q. Pulse display
- R. Deflation symbol

\* Note: If your systolic or diastolic pressure is outside the standard range (above 135/85 mmHg) the Heartbeat symbol ( ) will blink. Please refer to Section 3.3.


## Preparation

### Installing/Replacing the Batteries

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



#### 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.

Disposal of used batteries should be carried out in accordance with the national regulations for the disposal of batteries.

## Using the Unit

### Applying the Arm Cuff

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

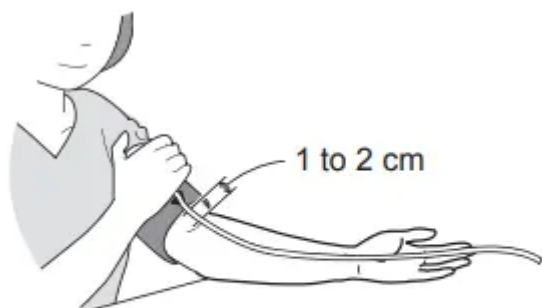
1. Insert the air plug into the air jack securely



2. Put your arm through the cuff loop.



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



3. Close the fabric fastener **FIRMLY**.



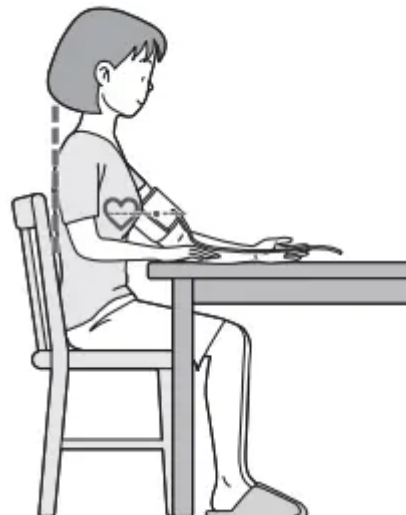
Notes:

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



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

## How to Sit Correctly



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

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

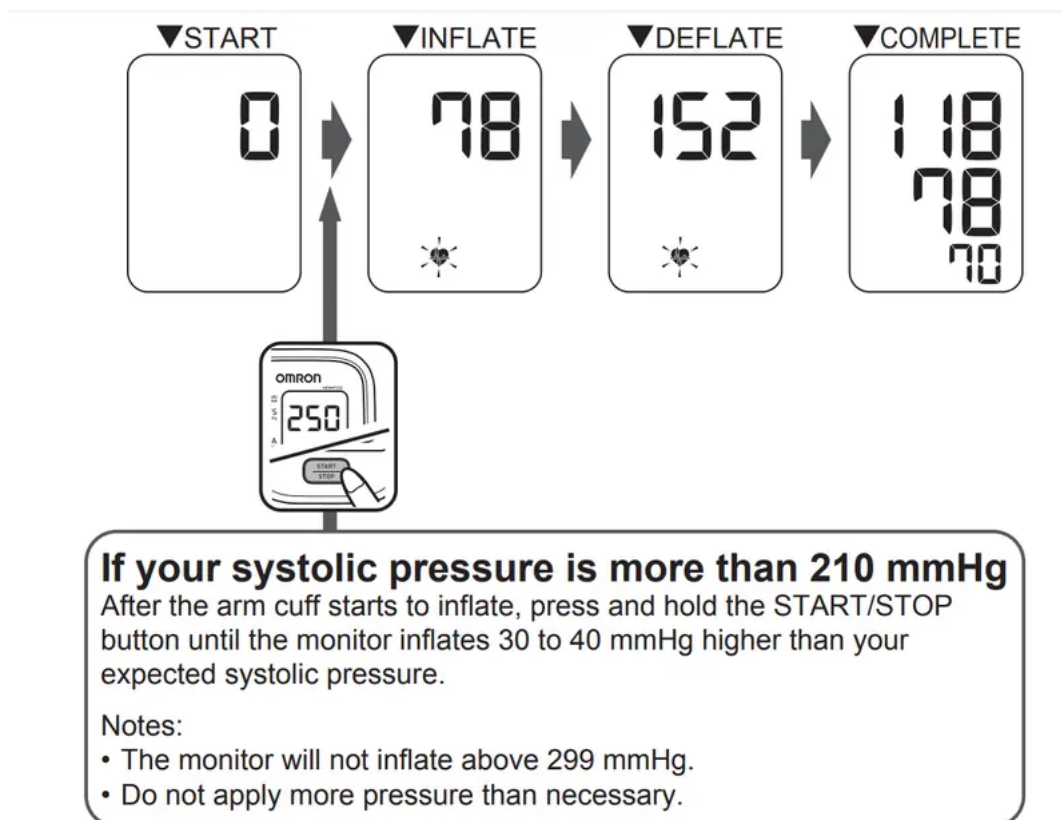
## Taking a Reading

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.



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.

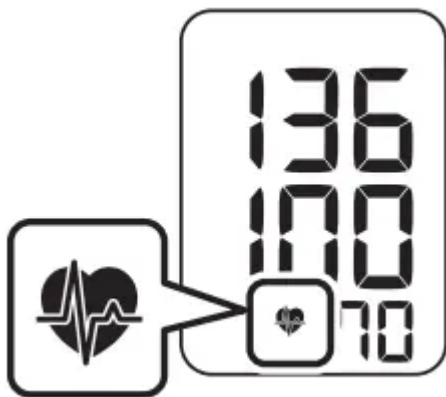
Always consult your doctor. Self-diagnosis of measurement results and self-treatment are dangerous.

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

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




**Important:**

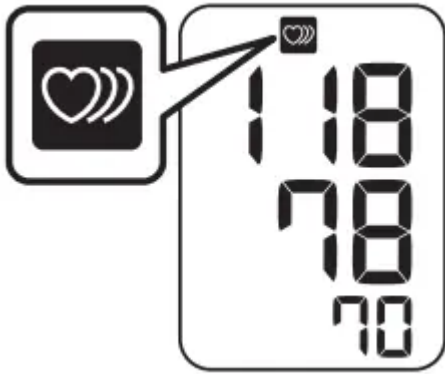
- If your systolic or diastolic pressure is outside the standard range, the heartbeat symbol will blink when the measurement result is displayed. Recent research suggests that the following values can be used as a guide to high blood pressure for measurements taken at home.




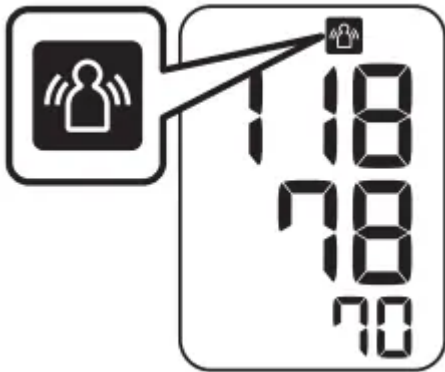
Systolic Blood Pressure	Above 135 mmHg
Diastolic Blood Pressure	Above 85 mmHg

This criteria is for home blood pressure measurement.

- 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 (  ) is shown after 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.



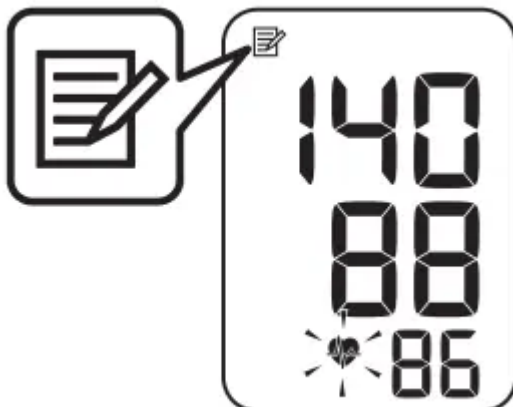
## Using the Memory Function

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

### To View the Readings Stored in Memory

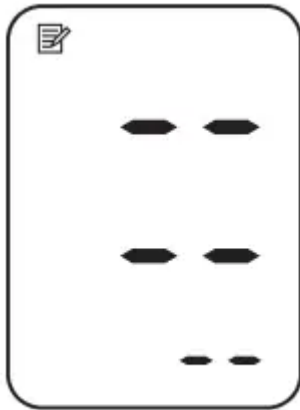
1. Press and hold the START/STOP button for more than 5 seconds.

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



Notes:

- If your systolic or diastolic pressure is outside the standard range, the heartbeat symbol will blink when the measurement result is displayed.
- If there are no measurements results stored in the memory, the screen to the right is displayed.

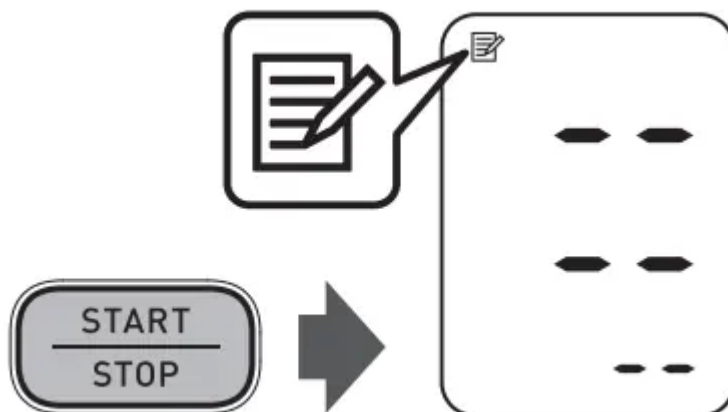


2. Press the START/STOP button to turn the monitor off.

It will automatically turn off after 2 minutes.

### To Delete the Values Stored in Memory

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



# Troubleshooting and Maintenance

## The Icons and Error Messages



<b>Error Display</b>	<b>Cause</b>	<b>Remedy</b>
	Irregular heartbeats are detected.	Remove the arm cuff. Wait 2 - 3 minutes and then take another measurement. Repeat the steps in section 3.3. If this error continues to appear, contact your doctor
	Movement during measurement.	Carefully read and repeat the steps in section 3.3.
	The batteries are low.	You should replace them with new ones ahead of time. Refer to section 2.1.
	The batteries are exhausted.	You should replace them with new ones at once. Refer to section 2.1.
	Air plug disconnected.	Insert the plug securely. Refer to section 3.1.
	Arm cuff not applied correctly.	Apply the arm cuff correctly. Refer to section 3.1.
	Air is leaking from the arm cuff.	Replace the cuff with the new one. Refer to Chapter 5.
	Movement during measurement and the arm cuff has not been inflated sufficiently	Repeat measurement. Remain still and do not talk during measurement. Refer to section 3.3
		If "E2" appears repeatedly, inflate the cuff manually until it is 30 to 40 mmHg above your previous measurement result. Refer to section 3.3.

	The arm cuff was inflated above 299 mmHg when inflating the cuff manually.	Do not inflate the cuff above 299 mmHg. Refer to section 3.3.
	Movement during measurement.	Repeat measurement. Remain still and do not talk during measurement. Refer to section 3.3.
	Clothing is interfering with the arm cuff.	Remove any clothing interfering with the arm cuff. Refer to section 3.1.
	Device error.	Contact your local OMRON representative.

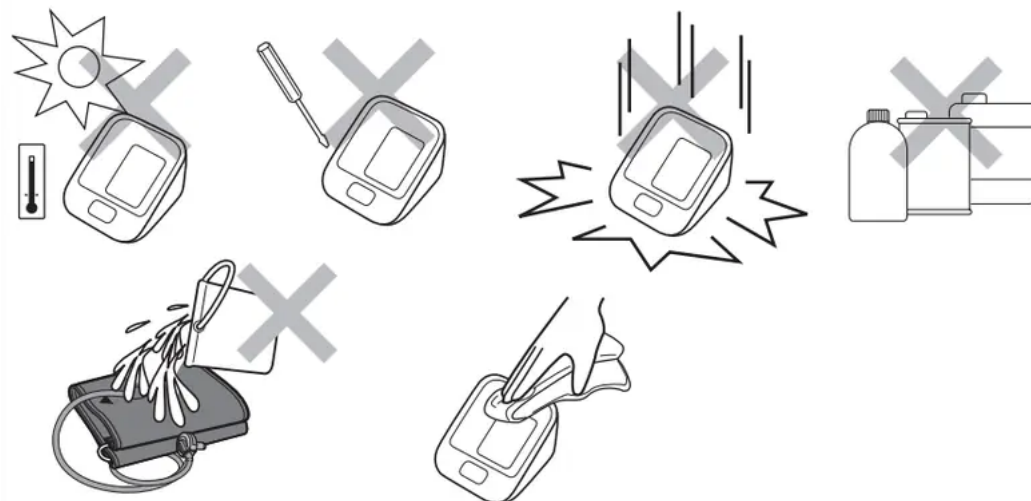
## Troubleshooting

Problem	Cause	Remedy
The reading is extremely low (or high).	Arm cuff not applied correctly.	Apply the arm cuff correctly. Refer to section 3.1.
	Movement or talking during measurement	Remain still and do not talk during measurement. Refer to section 3.3.
	Clothing is interfering with the arm cuff.	Remove any clothing interfering with the arm cuff. Refer to section 3.1.
Arm cuff pressure does not rise.	The air tube is not securely connected into the main unit	Make sure that the air tube is connected securely. Refer to section 3.1
	Air is leaking from the arm cuff.	Replace the arm cuff with a new one. Refer to Chapter 5
Arm cuff deflates too soon.	The arm cuff is loose.	Apply the cuff correctly so that it is firmly wrapped around the arm. Refer to section 3.1.
Cannot measure or readings are too low or too high	The arm cuff has not been inflated sufficiently.	Inflate the cuff so that it is 30 to 40 mmHg above your previous measurement result. Refer to section 3.3.
Nothing happens when you press the buttons.	The batteries are empty.	Replace the batteries with new ones. Refer to section 2.1
	The batteries have been inserted incorrectly	Insert the batteries with the correct (+/-) polarity. Refer to section 2.1.
Other problems.	<ul style="list-style-type: none"> <li>• Press the START/STOP button and repeat measurement.</li> <li>• If the problem continues, try replacing the batteries with new ones.</li> </ul> <p>If this still does not solve the problem, contact your local OMRON representative.</p>	

## Maintenance

To protect your unit from damage, please observe the following: Cause Remedy 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. Notes:
- To cancel a measurement, press the START/STOP button to release the air in the arm cuff.
- Remain still while taking a measurement. Press the START/STOP button. The arm cuff will start to inflate automatically.
- Do not subject the main unit and the cuff to extreme temperatures, humidity, moisture or direct sunlight.
- Do not fold the cuff or tubing tightly.
- Do not inflate the arm cuff over 299 mmHg.
- Do not disassemble the unit.
- Do not subject the unit to strong shocks or vibrations (for example, dropping the unit on the floor).
- Do not use volatile liquids to clean the main unit.
- Do not wash the arm cuff or immerse it in water.
- Do not use petrol, thinners or similar solvents to clean the arm cuff.
- Do not carry out repairs of any kind yourself. If a defect occurs, consult your local OMRON representative



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

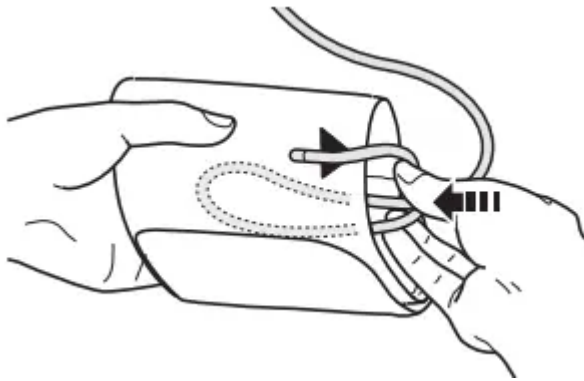
Note: Read and follow the “Correct Disposal of This Product” in the Technical Data Section when disposing of the device and any used accessories or optional parts.

## Calibration and Service

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

## Storage

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



### Notes:

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

## Optional Parts

**Medium Arm Cuff**  
Arm circumference  
22 - 32 cm



**Large Arm Cuff**  
Arm circumference  
32 - 42 cm



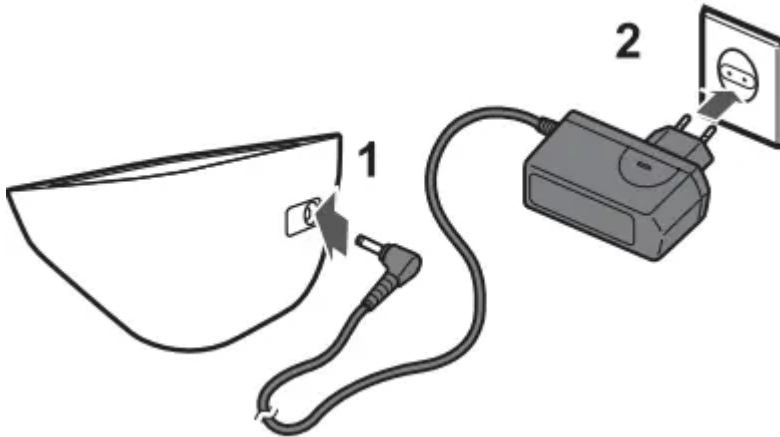
**AC Adapter S**



Note: Please check with your local OMRON representatives for the appropriate optional part models

### 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.