

# OMRON®

## INSTRUCTION MANUAL



**10 series *Plus***  
**Blood Pressure Monitor**  
**with ComFit™ Cuff**  
**Model BP791IT**



ESPAÑOL

ENGLISH

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# INTRODUCTION

Thank you for purchasing the Omron® BP791IT 10 series *Plus* Automatic Blood Pressure Monitor with ComFit™ Cuff.

*Fill in for future reference.*

DATE PURCHASED: \_\_\_\_\_

SERIAL NUMBER: \_\_\_\_\_


- *Staple your purchase receipt here*
- *Register your product on-line at*  
*[www.register-omron.com](http://www.register-omron.com)*

Your new blood pressure monitor uses the oscillometric method of blood pressure measurement. This means the monitor detects your blood's movement through your brachial artery and converts the movements into a digital reading. The monitor stores measurement results for two people and features Morning and Evening Averages. TruRead™ allows for three consecutive measurements with timed intervals for an average reading.

The BP791IT comes with the following components:

- Monitor
- 4 “AA” Alkaline Batteries
- Instruction Manual printed in English and Spanish
- Quick Start Guide
- ComFit™ Cuff
- Storage Case
- AC Adapter
- USB Cable



The BP791IT 10 series *Plus* Automatic Blood Pressure Monitor is intended for home use.

-  Please read this instruction manual thoroughly before using the unit. Please keep for future reference.  
For specific information about your own blood pressure,  
**CONSULT YOUR DOCTOR.**






## SAVE THESE INSTRUCTIONS

# SAFETY INFORMATION

*To assure the correct use of the product basic safety measures should always be followed including the warnings and cautions listed in this instruction manual.*

SAFETY SYMBOLS USED IN THIS INSTRUCTION MANUAL	
 <b>WARNING</b>	Indicates a potentially hazardous situation which, if not avoided, could result in death or serious injury.
 <b>CAUTION</b>	Indicates a potentially hazardous situation which, if not avoided, may result in minor or moderate injury to the user or patient or damage to the equipment or other property.

## OPERATING THE DEVICE

-  Contact your physician for specific information about your blood pressure. Self-diagnosis and treatment using measured results may be dangerous. Follow the instructions of your physician or licensed healthcare provider.
-  **DO NOT** adjust medication based on measurement results from this blood pressure monitor. Take medication as prescribed by your physician. Only a physician is qualified to diagnose and treat High Blood Pressure.
-  The monitor is not intended to be a diagnostic device.
-  If battery fluid should get in your eyes, immediately rinse with plenty of clean water. Contact a physician immediately.
-  Read all of the information in the instruction manual and any other literature in the box before operating the unit.

# SAFETY INFORMATION

## OPERATING THE DEVICE (continued)

- ⚠ This device is intended for use in measuring blood pressure and pulse rate in the adult population. Do not use this device on infants or persons who cannot express their intentions.
- ⚠ Read the Special Conditions section (page 37) of the instruction manual if your systolic pressure is known to be more than 220 mmHg. Inflating to a higher pressure than necessary may result in bruising where the cuff is applied.
- ⚠ Operate the device only as intended. Do not use the device for any other purpose.
- ⚠ Dispose of the device, components and optional accessories according to applicable local regulations. Unlawful disposal may cause environmental pollution.
- ⚠ Do not use a cellular phone near the device. It may result in an operational failure.
- ⚠ Use only Omron authorized parts and accessories. Parts and accessories not approved for use with the device may damage the unit.
- ⚠ Use only 1.5V alkaline batteries with this device. Do not use other types of batteries. This may damage the unit.

# SAFETY INFORMATION

## RISK OF ELECTRICAL SHOCK

- ⚠ Do not plug or unplug the power cord into the electrical outlet with wet hands.
- ⚠ Do not overload power outlets. Plug the device into the appropriate voltage outlet.

## CARE AND MAINTENANCE

- ⚠ Do not subject the monitor to strong shocks, such as dropping the unit on the floor.
- ⚠ Do not submerge the device or any of the components in water.
- ⚠ Store the device and the components in a clean, safe location.
- ⚠ Changes or modification not approved by Omron Healthcare will void the user warranty. Do not disassemble or attempt to repair the unit or components.

# BEFORE TAKING A MEASUREMENT

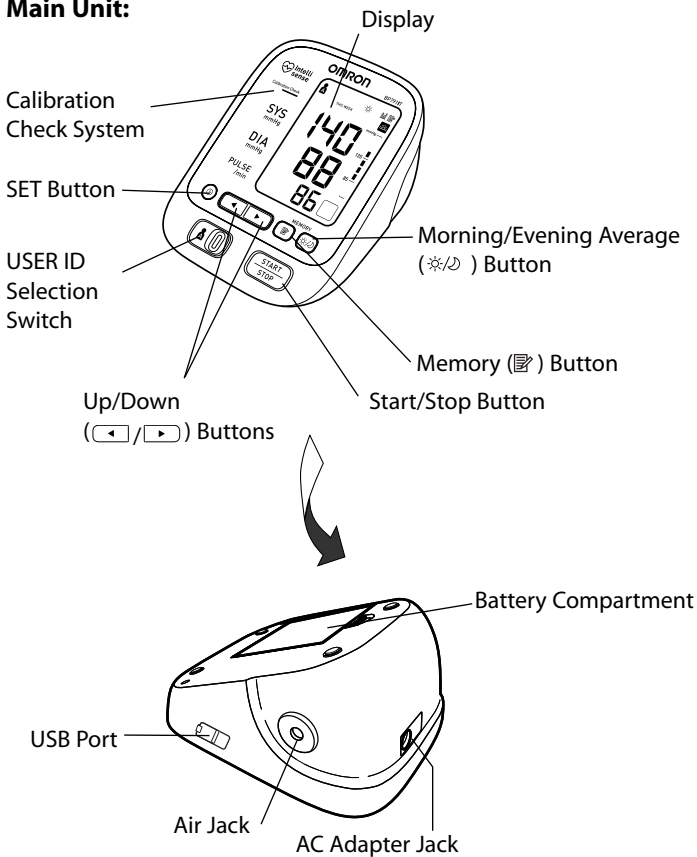
To ensure a reliable reading follow these recommendations:

1. Avoid eating, drinking alcohol, smoking, exercising, and bathing for 30 minutes prior to taking a measurement. Rest for at least 15 minutes prior to taking the measurement.
2. Stress raises blood pressure. Avoid taking measurements during stressful times.
3. Measurements should be taken in a quiet place.
4. Remove tight-fitting clothing from your arm.
5. Sit on a chair with your feet flat on the floor. Rest your arm on a table so that the cuff is at the same level as your heart.
6. Remain still and do not talk during the measurement.
7. Keep a record of your blood pressure and pulse readings for your physician. A single measurement may not provide an accurate indication of your true blood pressure. You need to take and record several readings over a period of time. Try to measure your blood pressure at about the same time each day for consistency.



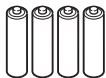
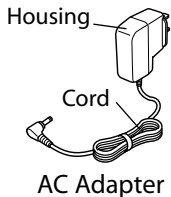
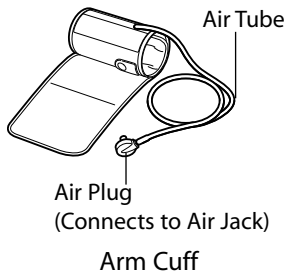
# KNOW YOUR UNIT

## Main Unit:



# KNOW YOUR UNIT

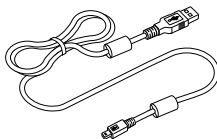
## Components:



4 "AA" Alkaline  
Batteries



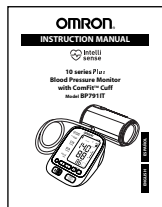
Storage Case



USB Cable

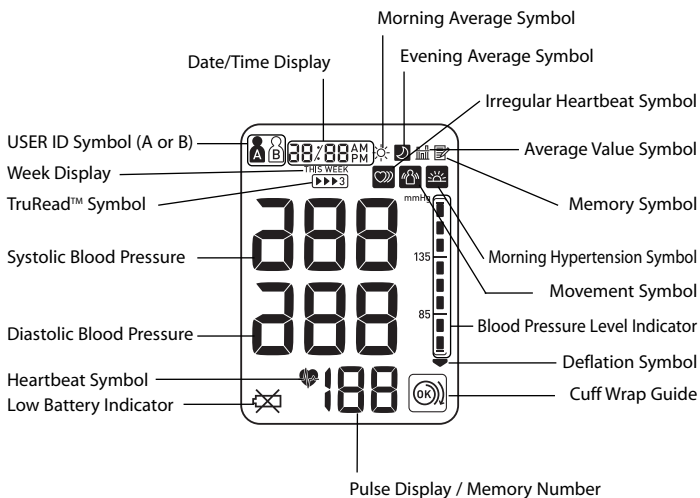


Quick Start Guide



Instruction Manual

# UNIT DISPLAY



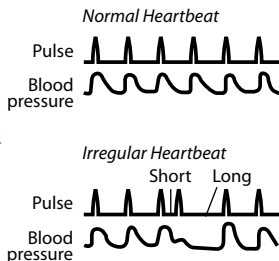
# DISPLAY SYMBOLS

## IRREGULAR HEARTBEAT SYMBOL (🫀)

When the monitor detects an irregular rhythm two or more times during the measurement, the Irregular Heartbeat Symbol (🫀) will appear on the display with the measurement values.

An irregular heartbeat rhythm is defined as a rhythm that varies by less than 25% from the average rhythm or 25% more than the average rhythm detected while the monitor is measuring the systolic and diastolic blood pressure.

If the irregular heartbeat symbol (🫀) displays with your measurement results, we recommend you consult your physician. Follow the directions of your doctor.



## MOVEMENT ERROR SYMBOL (🚫)

The Movement Error Symbol is displayed if you move your body during the measurement. Please remove the arm cuff, and wait 2-3 minutes. Take another measurement, remain still during inflation.

## USER ID SYMBOL (👤 / 👤)

The USER ID Symbol indicates USER A or USER B as selected by the user to take a measurement or when using the memory function. The USER ID Symbol is not displayed when using the Guest Mode to take a measurement.

# DISPLAY SYMBOLS

Internationally recognized guidelines for upper limit of normal home blood pressure readings are as follows:

<b>Home Guideline for Upper Limit of Normal BP</b>	
Systolic Blood Pressure	135 mmHg
Diastolic Blood Pressure	85 mmHg

This is a general guideline because blood pressure depends on age and morbidity. A lower home blood pressure goal may be recommended for certain patients, including diabetic patients, pregnant women, and patients with renal failure.

The monitor is not intended to be a diagnostic device.

## **MORNING HYPERTENSION SYMBOL (☀)**

The Morning Hypertension Symbol is displayed if the morning average reading for a week is above 135 for the Systolic Blood Pressure value and/or 85 for the Diastolic Blood Pressure value when viewing the Morning Averages and the Evening Averages in the memory.

Omron Healthcare recommends you contact your physician if the MORNING HYPERTENSION SYMBOL appears on the display with your measurement values.

# DISPLAY SYMBOLS

## HEARTBEAT SYMBOL (♥)

The Heartbeat symbol flashes on the display at every heartbeat during the measurement.

## AVERAGE VALUE SYMBOL (▮)

The Average Value Symbol is displayed when you press the memory button. The most recent average reading appears on the display screen.

## MORNING AVERAGE SYMBOL (☀)

The Morning Average symbol is displayed when viewing Morning Averages using the Memory Function.

## EVENING AVERAGE SYMBOL (🌙)

The Evening Average symbol is displayed when viewing Evening Averages using the Memory Function.

## CUFF WRAP GUIDE SYMBOL (OK / )

When the cuff is wrapped around the arm correctly, (OK) is displayed while taking a measurement or using the memory function. If the cuff is not wrapped around the arm correctly, ( ) is displayed.

# USING THE AC ADAPTER

## IMPORTANT SAFETY INSTRUCTIONS SAVE THESE INSTRUCTIONS

**- DANGER -  
TO REDUCE THE RISK OF  
FIRE OR ELECTRIC SHOCK,  
CAREFULLY FOLLOW THESE INSTRUCTIONS.**

- ▲ For connection to a power supply not in the U.S.A., use an attachment plug adapter of the proper configuration for the power outlet.
- ▲ The power unit (AC Adapter) is intended to be correctly oriented in a vertical or floor mount position.

- NOTES:**
- Use only the authorized Omron AC Adapter that came with this monitor.
  - We recommend you install the batteries even if the AC Adapter is used. If no batteries are installed, you may need to reset the date and time if the AC Adapter is disconnected. The measurement results will not be deleted.

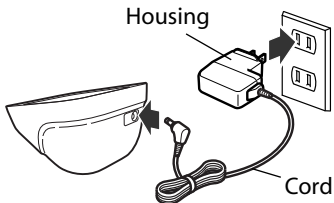
**▲ CAUTION**

Use only Omron authorized parts and accessories. Parts and accessories not approved for use with the device may damage the unit.

# USING THE AC ADAPTER

## TO CONNECT THE AC ADAPTER

- ① Insert the AC Adapter Plug into the AC Adapter Jack on the back side of the monitor as illustrated.
- ② Plug the AC Adapter into a 120V AC outlet (60 cycles).



## TO DISCONNECT THE AC ADAPTER

- ① Hold the Housing to remove the AC Adapter from the electrical outlet.
- ② Remove the AC Adapter plug from the monitor.

### **⚠ WARNING**

Do not plug or unplug the power cord into the electrical outlet with wet hands.

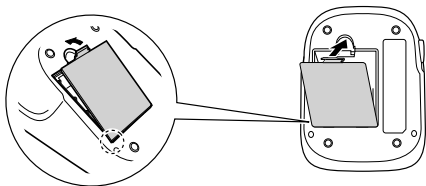
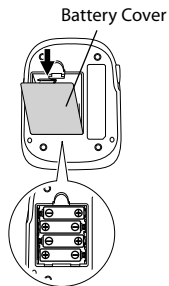
### **⚠ WARNING**

Do not overload power outlets. Plug the device into the appropriate voltage outlet.



# BATTERY INSTALLATION

1. Remove the battery cover by pulling the hook up while pushing it in the direction of the arrow.
2. Install 4 “AA” size batteries so the + (positive) and - (negative) polarities match the polarities of the battery compartment as indicated.
3. Replace the battery cover.



# BATTERY INSTALLATION

## BATTERY REPLACEMENT



Low Battery Indicator

When the Low Battery Indicator appears on the display screen turn the monitor off and remove all the batteries. Replace with four new batteries at the same time. Longlife alkaline batteries are recommended.

### **⚠ WARNING**

If battery fluid should get in your eyes, immediately rinse with plenty of clean water. Contact a physician immediately.

- NOTES:**
- Turn the unit off before replacing the batteries. If the batteries are removed while the unit is still on, the date and time will be reset to that of the previous use. However, the measurement results are not deleted.
  - When the batteries are replaced, you may need to reset the date and time. If "-:--" appears on the display, refer to "Setting the Date and Time".
  - The supplied batteries may have a shorter life.

### **⚠ CAUTION**

Dispose of the device, components and optional accessories according to applicable local regulations. Unlawful disposal may cause environmental pollution.

# SETTING THE DATE AND TIME

Set the monitor to the current date and time before taking a measurement for the first time. If the date and time are not set correctly, the measurement values stored in the memory and the average values may not be correct.

If the date and time are not set, “-:--” appears during or after measurement.

The Blood Pressure Monitor automatically stores up to 100 measurement values per user with the dates and times. The monitor also calculates weekly averages for measurements in the morning and in the evening. Morning and Evening averages are stored for this week and the last seven weeks.

The monitor can also calculate an average reading based on the three most recent measurements taken within 10 minutes of the last reading.

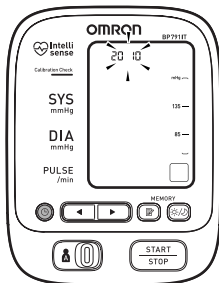
- NOTE:**
- If only two readings are stored in the memory for the 10-minute period, the average is based on the two readings.
  - If one reading is stored in the memory for the 10-minute period, this reading is displayed as the average.

# SETTING THE DATE AND TIME

## 1. TO START THE SETTING


Press and hold the SET button to adjust the date and time.

The year flashes on the display.

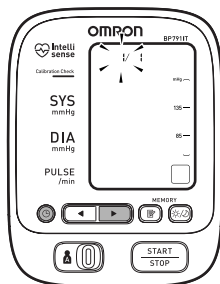


## 2. SETTING THE YEAR


The year can be set between 2010 and 2040. When the display reaches 2040, it will return to 2010.

Press the Up button (  ) to advance by one year.

Press the SET button to set the current year.




The month flashes on the display.

- NOTES:**
- Press the Down button (  ) to decrease the date and time values.
  - Press and hold the Up or Down button to increase or decrease the date and time values faster.

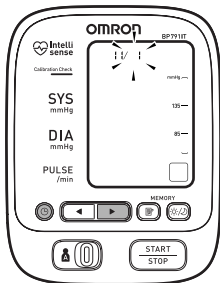
# SETTING THE DATE AND TIME

## 3. SETTING THE MONTH


Press the Up button (  ) to advance by one month.

Press the SET button to set the current month.

The day flashes on the display.

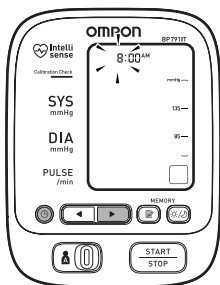


## 4. SETTING THE DAY

Press the Up button (  ) to advance by one day.

Press the SET button to set the current day.


The hour flashes on the display.



# SETTING THE DATE AND TIME

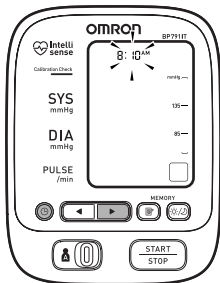
## 5. SETTING THE HOUR

The time is set using AM or PM.


Press the Up button (  ) to advance by one hour.

Press the SET button to set the current hour.

The minute flashes on the display.



## 6. SETTING THE MINUTE

Press the Up button (  ) to advance by one minute.

Press the SET button to set the minute setting.

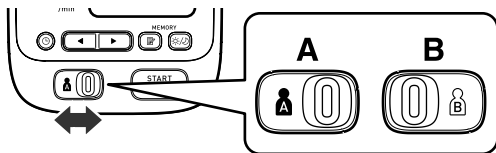
## 7. TO TURN THE MONITOR OFF

Press the START/STOP button.

# SETTING TRUREAD™

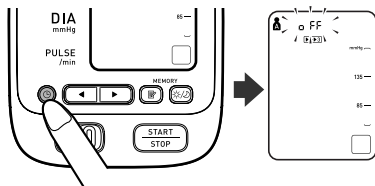
The TruRead™ Mode takes three consecutive measurements. The monitor will inflate, take a measurement, and deflate three times separated by a short interval of time between each measurement.



1. Select your USER ID (A or B).



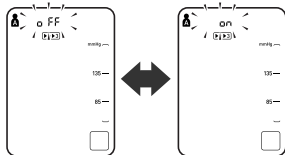
2. Press the SET button.

The TruRead™ symbol  and the oFF setting appears on the display.



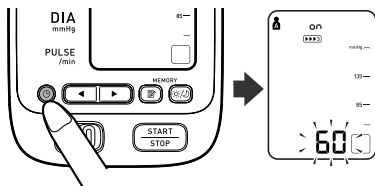
3. Press the Up or Down button ( / ) to select on.

**NOTE:** Press the Up or Down button to alternate between on and oFF.



# SETTING TRUREAD™

4. Press the SET button to confirm the change.



If on is selected, the number of seconds between each measurement is displayed.

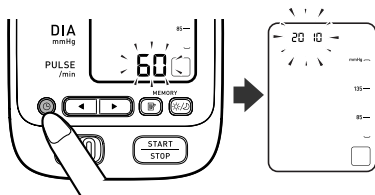
**NOTE:** The default value between each measurement is 60 seconds.

5. Press the Up or Down button (◀/▶) to change the interval of time between each measurement.

The interval can be set to 15 seconds, 30 seconds, 60 seconds or 120 seconds. Continue to press the Up or Down button until the desired interval appears on the display.

6. Press the SET button to confirm the setting.

The year flashes on the display.





## SETTING TRUREAD™

7. If the date and time are correct, press the START/STOP button to turn the monitor off.

To change the date and time, refer to “Setting the Date and Time”.

# APPLYING THE ARM CUFF

## ⚠ CAUTION

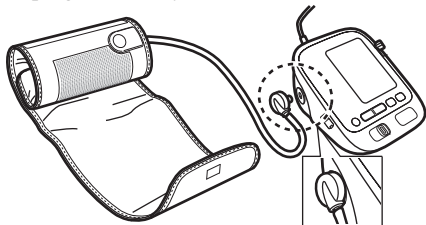
Read all of the information in the instruction manual and any other literature in the box before operating the unit.

## ⚠ CAUTION

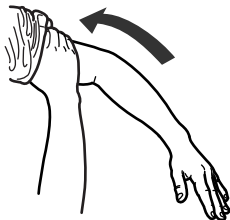
This device is intended for use in measuring blood pressure and pulse rate in the adult population. Do not use this device on infants or persons who cannot express their intentions.

## APPLYING THE CUFF ON THE LEFT ARM

1. Make sure the air plug is securely inserted in the main unit.

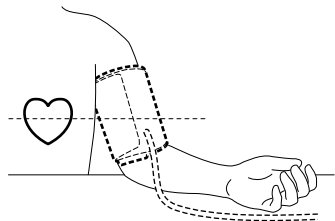


2. Remove tight-fitting clothing from your upper left arm.



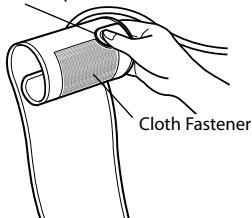
## APPLYING THE ARM CUFF

3. Sit on a chair with your feet flat on the floor. Place your left arm on a table so the cuff is level with your heart.

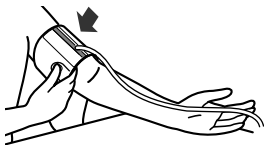


4. Hold the thumb grip on the cuff securely with your right hand.

Thumb Grip

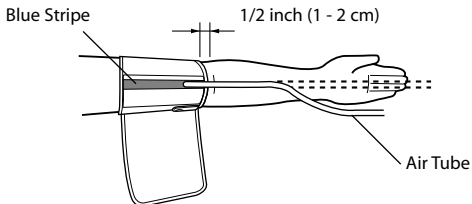


5. Turn the palm of your left hand upward.



## APPLYING THE ARM CUFF

- Apply the cuff to your left upper arm so the blue stripe is on the inside of your arm and aligned with your middle finger. The air tube runs down the inside of your arm. The bottom of the cuff should be approximately 1/2" above your elbow.



- Wrap the cuff firmly in place around your arm using the cloth fastener.

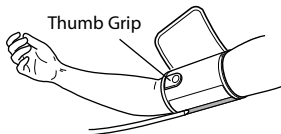


# APPLYING THE ARM CUFF

## APPLYING THE CUFF ON THE RIGHT ARM

When taking a measurement using the right arm use this instruction for Step 6 on page 28.

Apply the cuff to your right upper arm so the thumb grip is centered on the inside of your inner arm. The bottom of the cuff should be approximately 1/2" above your elbow.



**NOTE:** Be careful not to rest your arm on the air tube. This will restrict the flow of air to the cuff.

# TAKING A MEASUREMENT

The monitor is designed to take measurements and store the measurement values in the memory for two people using USER ID A and USER ID B.

The monitor can also be used to take a single measurement for other persons using the GUEST Mode. The USER ID symbol is not displayed when using the GUEST Mode. Measurements taken using the GUEST Mode are not stored in the memory.

## **⚠ WARNING**

Contact your physician for specific information about your blood pressure. Self-diagnosis and treatment using measured results may be dangerous. Follow the instructions of your physician or licensed healthcare provider.

## **⚠ CAUTION**




Operate the device only as intended. Do not use the device for any other purpose.

## **CALIBRATION CHECK SYSTEM**

When you press the START/STOP button, the Calibration Check System light turns on and the unit starts monitoring your readings using dual sensors. If the unit is accurate and functioning correctly, the Calibration Check System light remains lit during the measurement. If an error is detected, the Calibration Check System light flashes and “ER” will appear on the display.



## **CUFF WRAP GUIDE**

This monitor checks whether the arm cuff is wrapped around the arm correctly during the inflation. When the cuff is wrapped correctly,  is displayed while taking a measurement or using the memory function. If the cuff is not wrapped correctly,  is displayed. If  is displayed, refer to the section “Applying the Arm Cuff”, wrap the cuff firmly around the arm and take another measurement.

# TAKING A MEASUREMENT

## USING THE GUEST MODE

1. Press and hold the START/STOP button.

The A and B Symbols disappear from the display.



2. Release the START/STOP button.

The cuff starts to inflate automatically.

**NOTE:** To stop the inflation press the START/STOP button.

The monitor will stop inflating, start deflation and turn off.

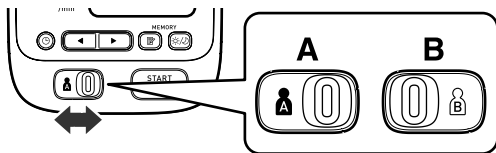
3. Inflation stops and the measurement is started. When the measurement is completed, your blood pressure and pulse rate appear on the display.

# TAKING A MEASUREMENT

## SELECTING THE USER ID

Select your USER ID. Always use the same USER ID when taking a measurement. The monitor stores the measurement values in the memory by the USER ID selected. These measurement values are used to calculate the Morning Averages and Evening Averages.

Slide the USER ID Selection Switch right or left to select USER A or B.



## USING THE USER ID

After you select a USER ID, the monitor can be set to take one measurement using the Single Mode or three consecutive measurements using the TruRead™ Mode.

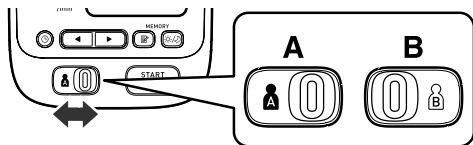
**NOTE:** The default value is set to the Single Mode to take one measurement. Refer to “Setting TruRead™”.



# TAKING A MEASUREMENT

## USING THE SINGLE MODE

1. Select your USER ID (A or B).

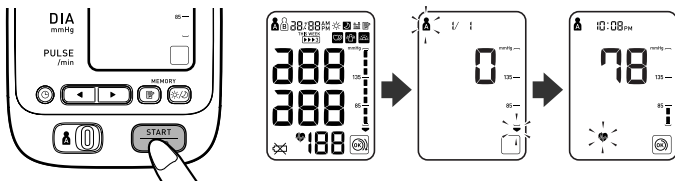


2. Press the START/STOP button.

All symbols appear on the display. The USER ID Symbol you selected flashes on the display.


The cuff starts to inflate automatically. As the cuff inflates, the monitor automatically determines your ideal inflation level.

This monitor detects the pulse during inflation. Do not move your arm and remain still until the entire measurement process is completed.



**NOTE:** To stop the inflation or measurement, press the START/STOP button. The monitor will stop inflating, start deflating and will turn off.

# TAKING A MEASUREMENT

3. Inflation stops automatically and the measurement is started.  
As the cuff deflates, decreasing numbers appear on the display.  
The Heartbeat Symbol (  ) flashes at every heartbeat.

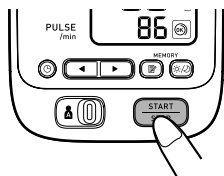


4. When the measurement is complete, the arm cuff completely deflates. Your blood pressure and pulse rate are displayed.



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

**NOTE:** The monitor will automatically turn off after two minutes.



# TAKING A MEASUREMENT


## USING THE TRUREAD™ MODE

1. Select your USER ID (A or B).
2. Press the START/STOP button.

All symbols appear on the display. The USER ID Symbol you selected flashes on the display. The cuff starts to inflate automatically.

**NOTE:** To stop the inflation or measurement, press the START/STOP button. The monitor will stop inflating, start deflating and will turn off.

3. Inflation stops automatically and the measurement is started.

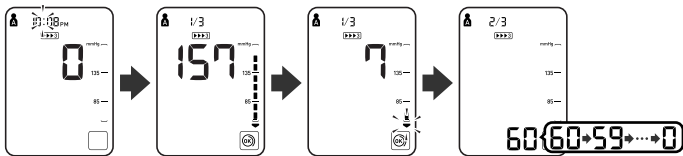
As the cuff deflates, decreasing numbers appear on the display. The Heartbeat Symbol (  ) flashes at every heartbeat. When the measurement is complete, the arm cuff completely deflates.

**NOTE:** Do not move your arm and remain still until the entire measurement process is completed.

4. Check the progress of the consecutive measurements.

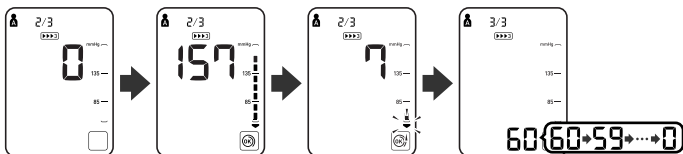
**NOTE:** If a measurement fails, the monitor will repeat taking a measurement up to five times during the consecutive measurement process.

The first measurement is complete, waiting to start the next measurement. The interval of time set between each measurement will appear on the display.

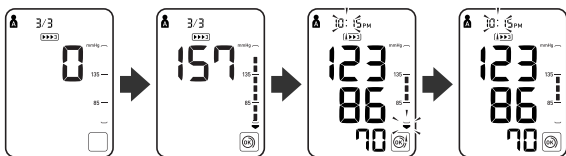


# TAKING A MEASUREMENT

The second measurement is complete, waiting to start the next measurement.



The consecutive measurements are complete. The average for three measurements appears on the display.



5. Press the SET button to display the blood pressure and pulse rate for the first measurement. Press the SET button again to display the next measurement.
6. Press the START/STOP button to turn the monitor off.

## **▲ WARNING**

Contact your physician for specific information about your blood pressure. Self-diagnosis and treatment using measured results may be dangerous. Follow the instructions of your physician or licensed healthcare provider.

## **▲ WARNING**

DO NOT adjust medication based on measurement results from this blood pressure monitor. Take medication as prescribed by your physician. Only a physician is qualified to diagnose and treat High Blood Pressure.

# TAKING A MEASUREMENT

## ⚠ WARNING

The monitor is not intended to be a diagnostic device.

## SPECIAL CONDITIONS

### ⚠ CAUTION

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

If your systolic pressure is known to be more than 220 mmHg, press and hold the START/STOP button until the monitor inflates to 40 mmHg higher than your expected systolic pressure.



- NOTES:**
- Do not apply more pressure than necessary.
  - The monitor will not inflate above 299 mmHg.

When the measurement is complete, the arm cuff completely deflates. Your blood pressure and pulse rate are displayed.

# USING THE MEMORY FUNCTION

The monitor is designed to store the blood pressure and the pulse rate in the memory for two people (USER A and USER B) every time a measurement is completed.

The monitor automatically stores up to 100 sets of measurement values (blood pressure and pulse rate) for each user (A and B). When 100 sets of measurement values are stored, the oldest record is deleted to save the most recent values. The monitor also stores 8 weeks of Morning Averages and 8 weeks of Evening Averages for each user (A and B).


## AVERAGING FUNCTION


The monitor calculates the average reading based on the three most recent sets of measurement values taken within 10 minutes of the most recent reading.

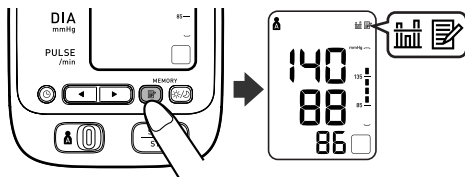
- NOTES:**
- If two sets of measurement values are stored in the memory for the 10 minutes period, the average is based on the two sets of measurement values. If one set of measurement values is stored, this is displayed as the average.
  - When viewing the reading taken without setting the date and time, “-:--” is displayed instead of the date and time.

# USING THE MEMORY FUNCTION

## TO DISPLAY THE MEASUREMENT VALUES

1. Select your USER ID (A or B).
2. Press the Memory button (  ).

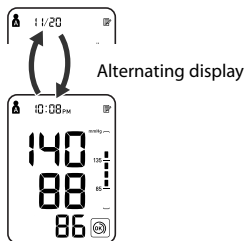
The Average Symbol (  ) appears on the display when the average reading is shown.



# USING THE MEMORY FUNCTION

3. Press the Down button (◀) to display the most recent set of measurement values on the screen. The values are displayed from the most recent to the oldest.

**NOTE:** The date and time are alternately displayed with the measurement values.



Press the Up or Down button to display the next set of values.

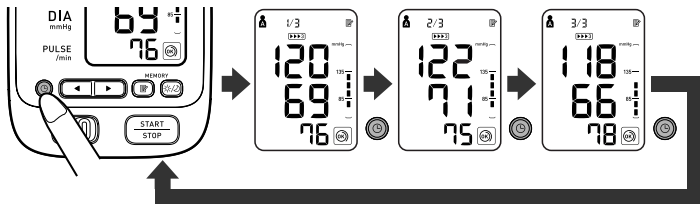
◀ : To the older readings

▶ : To the more recent readings

**NOTE:** Press and hold the Up or Down button to display the values faster.

## TruRead™ Mode

The average for the consecutive measurements appears on the display with the TruRead™ symbol (▶▶▶▶). To display the values for the individual measurements press the SET button while the average is displayed.



4. Press the START/STOP button to turn the power off.



# USING THE MEMORY FUNCTION

## MORNING AND EVENING AVERAGES

The monitor calculates and displays a weekly average for measurements taken in the morning (☀) and evening (🌙). The monitor stores 8 weeks of Morning Averages and 8 weeks of Evening Averages for each user (A and B).

**NOTE:** The week begins Sunday at 4:00 AM.

## MORNING AVERAGES

Morning averages are based on the first average reading using the TruRead™ Mode or the first reading using the Single Mode.

Measurement times must be between:

**4:00 AM and 9:59 AM.**

## EVENING AVERAGES

Evening averages are based on the last average reading using the TruRead™ Mode or the last reading using the Single Mode.

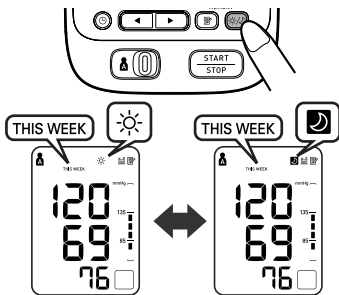
Measurement times must be between:

**7:00 PM and 1:59 AM.**

# USING THE MEMORY FUNCTION

## TO DISPLAY MORNING AND EVENING AVERAGES

1. Select your USER ID (A or B).
2. Press the Morning/ Evening Average button (☀/🌙) to select the Morning or Evening average.  
The average for the current week “THIS WEEK” appears on the display.

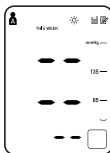


3. Press the Down (◀) button to display the previous weeks.

With each press of the Down (◀) button, the values are displayed from 1 week ago to the older.

With each press of the Up (▶) button, the values are displayed from 7 weeks ago to the recent.

**NOTE:** If no measurement is taken in a given week, the display will appear as illustrated.







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

# USING THE MEMORY FUNCTION

## DISPLAY COMBINATIONS

In addition to the Morning Average and Evening Average Symbols, the monitor may also display the Morning Hypertension Symbol if the morning average for that week is above the internationally recognized guidelines. (See page 13 for details.) Depending on your measurement results, these may be displayed in the following combinations.

		Display	
Morning Average			
	Morning average from This Week with Morning Average Symbol	Morning average from 7 weeks ago with Morning Average Symbol + Morning Hypertension Symbol	
Evening Average			
	Evening average from This Week with Evening Average Symbol	Evening average from 7 weeks ago with Evening Average Symbol + Morning Hypertension Symbol	
		<b>Average within internationally recognized guidelines</b>	<b>Average above internationally recognized guidelines + Morning Hypertension</b>

# USING THE MEMORY FUNCTION

The Morning Hypertension Symbol (☀️) appears if the weekly average for morning measurements is above 135/85.

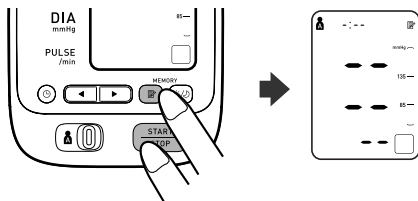
In this case the Morning Hypertension Symbol (☀️) is displayed when the Evening Average is displayed, regardless of the values for the Evening Average.

## TO DELETE ALL VALUES STORED IN THE MEMORY

The values stored in the memory are deleted by USER ID.

You cannot partially delete values stored in the memory. All values for the user you select will be deleted.

1. Select your USER ID (A or B).
2. While holding the Memory button (📖) and the START/STOP button simultaneously for more than 2 seconds all values will be deleted.



# INSTALLING THE SOFTWARE

## Optional Instructions for PC Connection

To install software, choose either Microsoft® HealthVault™ or Omron Health Management software.

**NOTE:** Any measurement values taken before setting the date and time are not transferred to Microsoft HealthVault™ and Omron Health Management software.

### DOWNLOADING AND INSTALLING MICROSOFT® HEALTHVAULT™

HealthVault is a free Web-based platform designed to put people in control of their health data. It helps them collect, store and share health information with family members and participating healthcare providers, and provides people with a choice of third-party applications and devices to help them manage things such as fitness, diet and health.

1. Go to <http://www.healthvault.com/hvcc/system-requirements.aspx>
2. Create a HealthVault account to store your blood pressure data online.
3. Track your progress and manage your health goals using HealthVault.



# INSTALLING THE SOFTWARE

## OPERATING ENVIRONMENT REQUIREMENTS

The following operating environments are required to run Microsoft® HealthVault.

**Supported OS\*:** HealthVault works best with the following operating systems:  
**Either 32-bit or 64-bit versions of:**  
Microsoft® Windows® 7® Home Premium  
Windows® 7® Professional  
Windows® 7® Ultimate  
**Either 32-bit or 64-bit versions of:**  
Microsoft® Windows® Vista® Home Basic  
Windows® Vista® Home Premium  
Windows® Vista® Business  
Windows® Vista® Enterprise  
Windows® Vista® Ultimate  
**32-bit versions of:**  
Windows® XP Home Edition Service Pack 2 (SP2)  
Windows® XP Professional SP2  
Windows® XP Tablet PC Edition SP2  
Windows® XP Media Center Edition 2005 (Rollup Update 2)  
Windows® XP Service Pack 3 (SP3)

HealthVault won't run on versions of Windows® earlier than Windows® XP SP2, any 64-bit version of Windows® XP, Windows® Vista® Starter edition, or any version of Windows® Server.

**Memory capacity:** 512 MB (minimum)/1 GB (recommended)

**Processor:** 1 GHz

**Hard disc space:** 200 MB

**Internet connection:** Broadband

**Display resolution:** 1024 × 768

*\* To view details about your computer:*

1. Go to the Start menu.
2. Select **Control Panel**.
3. Select **System and Maintenance**.
4. Select **System**.
5. From this screen you can see your operating system, RAM, processor, system type, and other details about your computer.

# INSTALLING THE SOFTWARE

## DOWNLOADING AND INSTALLING OMRON HEALTH MANAGEMENT SOFTWARE

Omron Health Management Software allows you to view, process and print data about blood pressure and walking measured by Omron's compatible blood pressure monitor and pedometer.

- To install Omron Health Management Software onto your PC, you must have administrative privileges.
- Close all applications currently running before you install the software.
- When using anti-virus software, disable anti-virus software before installation. It may interfere with the set-up program of this software. Enable the anti-virus software again after installation is complete.

1. Download the Omron Health Management Software at [www.software.omronhealthcare.com](http://www.software.omronhealthcare.com). Follow the installation directions when prompted. Read the License Agreements thoroughly and accept the terms if you agree. Once Omron Health Management Software is installed, continue to the next section, "Using the Software".
2. After downloading the software, extract a zip file and double-click the [setup.exe] icon.

# INSTALLING THE SOFTWARE

## OPERATING ENVIRONMENT REQUIREMENTS

The following operating environments are required to run the Omron Health Management software.

<b>Supported OS:</b>	Microsoft® Windows® 2000 Professional (SP4) Microsoft® Windows® XP Home Edition (SP2) Microsoft® Windows® XP Professional (SP2) Microsoft® Windows® Vista® Home Basic Microsoft® Windows® Vista® Home Premium Microsoft® Windows® Vista® Business Microsoft® Windows® Vista® Enterprise Microsoft® Windows® Vista® Ultimate Microsoft® Windows® 7® Starter Microsoft® Windows® 7® Home Basic Microsoft® Windows® 7® Home Premium Microsoft® Windows® 7® Professional Microsoft® Windows® 7® Enterprise Microsoft® Windows® 7® Ultimate
<b>PC:</b>	800 MHz or higher CPU, PC/AT compatible machine
<b>Memory capacity:</b>	512 MB or more
<b>Hard disc space:</b>	32 MB or more*
<b>Display:</b>	Super VGA (800 × 600 pixel) or higher resolution video adapter and monitor
<b>Others:</b>	USB connector (USB Revision 1.1 compliant) Adobe Acrobat Reader 5.0 or higher

**NOTE:** If the OS environmental requirements are above those listed, then additional resources may be required.

\*Additional 200 MB is necessary in the case that Microsoft. NET or MDAC is not installed.

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- Microsoft® and Windows® are registered trademarks in the United States and other countries.
- Adobe®, Adobe logo, Acrobat® and Reader® are registered trademarks or trademarks of Adobe Systems Incorporated in the United States and other countries.



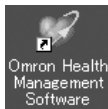
# USING THE SOFTWARE

For help using the software, double-click [Omron Health Management Software Users Manual.pdf] shortcut on desktop, or click [Help] in this software after starting up.



1. Double-click the [Omron Health Management Software] shortcut icon on the desktop.

If no icon appears on the desktop: From the [Start] menu, select [All programs] or [Programs] [Omron Health Management Software], and click the [Omron Health Management Software] shortcut.



2. If you are using Omron Health Management Software for the first time, click [Add User] on the User Management screen.

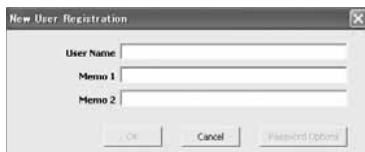


# USING THE SOFTWARE

3. In the New User Registration box, enter your name (e.g., Chuck) and click [OK].

## NOTES:

- Omron Health Management Software can manage multiple users' data. Data is controlled by user name.
  - The number of users who can register for this software varies depending on the amount of free disc space in your PC.
  - The user name can be up to 28 characters.
4. Click the user name, and click [Graph Screen].



The screenshot shows a dialog box titled "New User Registration" with a close button (X) in the top right corner. It contains three input fields: "User Name", "Memo 1", and "Memo 2". At the bottom, there are three buttons: "OK", "Cancel", and "Password Options".



The screenshot shows the "Omron Health Management Software" interface. The title bar includes "File", "User", "Options", and "Help". The "User Management" section has icons for "Graph Screen", "Add User", "Edit User", "Delete User", and "Options". Below this is a search area with a magnifying glass icon and the text "Search for User". There are input fields for "User Name" and "MEMO 1". To the right, a table displays user information:

User Number	User Name	MEMO
1	User A	Male

5. Click the [Blood Pressure Monitor] icon.



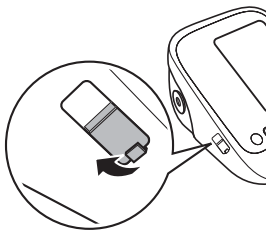
# USING THE SOFTWARE

Use only the authorized Omron USB cable, Model HHX-CABLE-USB2, included with this unit.

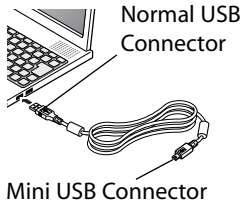
## ⚠ CAUTION

Use only Omron authorized parts and accessories. Parts and accessories not approved for use with the device may damage the unit.

1. **Open the USB Port cover.**

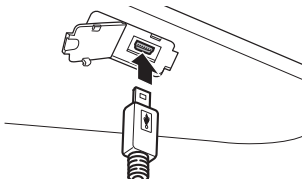


2. **Plug the normal USB Connector (Large Connector) into the personal computer.**



3. **Plug the mini USB connector (Small Connector) into the USB Port.**

**NOTE:** You cannot take a measurement while connecting the USB cable.



# USING THE SOFTWARE

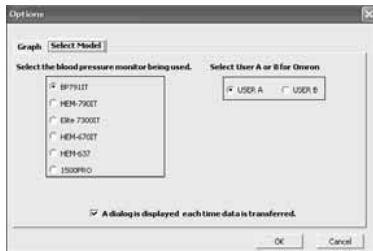
4. Click [Download Data] icon to import the data.



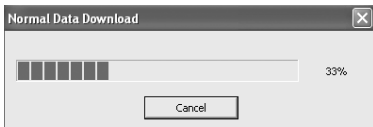
5. The Confirm dialog appears. Make sure your cable is connected then click [Yes].



6. Select the blood pressure monitor being used and click [OK].



7. Start importing data. Click [Cancel] if you want to cancel.



8. The dialog appears when complete. Click [OK] and view your data on the graph.

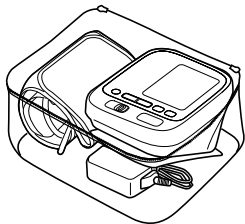


# CARE AND MAINTENANCE

*To keep your blood pressure monitor in the best condition and protect the unit from damage, follow the directions listed below:*

## **Keep the monitor in the storage case**

when not in use. Make sure the AC adapter is placed under the main unit so that it does not damage the display. Avoid kinking or sharply bending the AC Adapter cord.



**Do not forcefully bend** the arm cuff or air tube. Do not fold tightly.

**Clean the monitor with a soft dry cloth.** Do not use any abrasive or volatile cleaners. Do not attempt to clean the cuff.

## **⚠ CAUTION**

Do not submerge the device or any of the components in water. Do not subject the monitor to extreme hot or cold temperatures, humidity or direct sunlight.

## **⚠ CAUTION**

Store the device and the components in a clean, safe location.

## **⚠ CAUTION**

Do not subject the monitor to strong shocks, such as dropping the unit on the floor.

**Remove the batteries** if the unit will not be used for three months or longer. Always replace all the batteries with new ones at the same time.

# CARE AND MAINTENANCE

Use the unit consistent with the instruction provided in this manual.

**⚠ CAUTION**



Changes or modification not approved by Omron Healthcare will void the user warranty. Do not disassemble or attempt to repair the unit or components.

**⚠ CAUTION**

Use only Omron authorized parts and accessories. Parts and accessories not approved for use with the device may damage the unit.


# ERROR INDICATORS AND TROUBLESHOOTING TIPS

## ERROR INDICATORS

SYMBOL	CAUSE	CORRECTION
E 1	Air plug disconnected.	Insert the plug securely. Refer to “Applying the Arm Cuff”.
	Arm cuff not applied correctly.	Apply the arm cuff correctly. Refer to “Applying the Arm Cuff”.
	Air is leaking from the arm cuff.	Replace the cuff with the new one.
E2	Cuff over or under inflated.	Repeat measurement. Remain still and do not talk during measurement. Refer to “Taking a Measurement”.
		If “E2” appears repeatedly, inflate the cuff manually until it is 30 to 40 mmHg above your previous measurement result. Refer to “Taking a Measurement”.
E3	The arm cuff was inflated above 299 mmHg when inflating the cuff manually.	Do not inflate the cuff above 299 mmHg. Refer to “Taking a Measurement”.
E4	Movement during measurement.	Repeat measurement. Remain still and do not talk during measurement. Refer to “Taking a Measurement”.
E5	Clothing is interfering with the arm cuff.	Remove any clothing interfering with the arm cuff. Refer to “Applying the Arm Cuff”.
E <sub>r</sub>	Device error.	Contact Customer Service.
	Sensor may be out of alignment.	Contact Customer Service for repair information.
	Cuff is not applied correctly.	Refer to “Applying the Arm Cuff”.

# ERROR INDICATORS AND TROUBLESHOOTING TIPS

## ERROR INDICATORS

<b>SYMBOL</b>	<b>CAUSE</b>	<b>CORRECTION</b>
	Batteries are worn.	Replace the four batteries. Refer to “Battery Installation”.

## TROUBLESHOOTING TIPS

<b>PROBLEM</b>	<b>CAUSES AND SOLUTIONS</b>
No power. No display appears on the unit.	Replace all four batteries with new ones. Check the battery installation for proper placement of the battery polarities.
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 sections “Before Taking a Measurement” and “Taking a Measurement”.



# FCC STATEMENT

## NOTE:

### POTENTIAL FOR RADIO/TELEVISION INTERFERENCE (for U.S.A. only)

This product has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC rules.

These limits are designed to provide reasonable protection against harmful interference in a residential installation. The product generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If the product does cause harmful interference to radio or television reception, which can be determined by turning the product on and off, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the product and the receiver.
- Connect the product into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

### POTENTIAL FOR RADIO/TELEVISION INTERFERENCE (for Canada only)

This digital apparatus does not exceed the Class B limits for radio noise emissions from digital apparatus as set out in the interference-causing equipment standard entitled “Digital Apparatus”, ICES-003 of the Canadian Department of Communications.

Cet appareil numérique respecte les limites de bruits radioélectriques applicables aux appareils numériques de Classe B prescrites dans la norme sur le matériel brouilleur: “Appareils Numériques”, ICES-003 édictée par le ministre des communications.

Changes or modifications not expressly approved by the party responsible for compliance could void the user’s authority to operate the equipment.

# LIMITED WARRANTY

Your Omron® BP791IT 10 series *Plus* Automatic Blood Pressure Monitor, excluding the arm cuff and batteries, is warranted to be free from defects in materials and workmanship appearing within 5 years from the date of purchase, when used in accordance with the instructions provided with the monitor. The arm cuff is warranted to be free from defects in materials and workmanship appearing within one year from the date of purchase when the monitor is used in accordance with the instructions provided with the monitor. The above warranties extend only to the original retail purchaser.

We will, at our option, repair or replace without charge any monitor or arm cuff covered by the above warranties. Repair or replacement is our only responsibility and your only remedy under the above warranties.

To obtain warranty service contact Customer Service by calling **1-800-634-4350** for the address of the repair location and the return shipping and handling fee.

Enclose the Proof of Purchase. Include a letter, with your name, address, phone number, and description of the specific problem. Pack the product carefully to prevent damage in transit. Because of possible loss in transit, we recommend insuring the product with return receipt requested.

**THE FOREGOING IS THE SOLE WARRANTY PROVIDED BY OMRON IN CONNECTION WITH THIS PRODUCT, AND OMRON HEREBY DISCLAIMS ANY OTHER WARRANTIES, EXPRESS OR IMPLIED, INCLUDING IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE. IMPLIED WARRANTIES AND OTHER TERMS THAT MAY BE IMPOSED BY LAW, IF ANY, ARE LIMITED IN DURATION TO THE PERIOD OF THE ABOVE EXPRESS WARRANTY.**

**OMRON SHALL NOT BE LIABLE FOR LOSS OF USE OR ANY OTHER SPECIAL, INCIDENTAL, CONSEQUENTIAL OR INDIRECT COSTS, EXPENSES OR DAMAGES.**

This warranty provides you with specific legal rights, and you may have other rights that vary by jurisdiction. Because of special local requirements, some of the above limitations and exclusions may not apply to you.

## FOR CUSTOMER SERVICE

Visit our web site at:

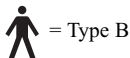
[www.omronhealthcare.com](http://www.omronhealthcare.com)

Call toll free:

1-800-634-4350

# SPECIFICATIONS

Model:	<b>BP791IT (HEM-7222-ITZ)</b>
Display:	LCD Digital Display
Measurement Range:	Pressure: 0 to 299 mmHg, Pulse: 40 to 180/min.
Accuracy/Calibration:	Pressure: $\pm 3$ mmHg or 2% of reading Pulse: $\pm 5$ % of reading
Inflation:	Automatic by electric pump
Deflation:	Automatic pressure release valve
Rapid Air Release:	Automatic exhaust valve
Measurement Method:	Oscillometric method
Power Source:	120V 60Hz AC adapter or 4 "AA" batteries
Battery Life:	Approx. 300 uses when used 6 times a day with 4 new alkaline batteries
Operating Temperature /Humidity:	50°F to 104°F (10°C to 40°C) /15 to 90% RH
Storage Temperature /Humidity/Air Pressure:	-4°F to 140°F (-20°C to 60°C) /10 to 95% RH /700 - 1060 hPa
Main Unit Weight:	Approximately 15 1/2 oz. (440 g) not including batteries
Main Unit Dimensions:	Approx. 6 1/4" (l) $\times$ 4 7/8" (w) $\times$ 3 5/16" (h) (158 mm $\times$ 124 mm $\times$ 86 mm)
Cuff Size:	Approximately 6" (w) (152 mm) Cuff tube 23 5/8" (l) (600 mm)
Cuff Circumference:	Fits arm circumferences 9" to 17" (220 mm to 420 mm)
Memory:	Up to 100 per user
Contents:	Main Unit, ComFit™ Cuff, AC Adapter, 4 "AA" Alkaline Batteries, USB Cable, Instruction Manual, Quick Start Guide, Storage Case



**NOTE: These specifications are subject to change without notice.**

Manufactured by OMRON HEALTHCARE Co., Ltd.

Made in China

Distributed by:

**Omron Healthcare, Inc.**

1200 Lakeside Drive

Bannockburn, IL 60015

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