

Model HEM-712C (Standard Cuff)  
Model HEM-712CLC (Large Cuff)

## AUTOMATIC INFLATION BLOOD PRESSURE MONITOR

### INSTRUCTION MANUAL

**OMRON®**

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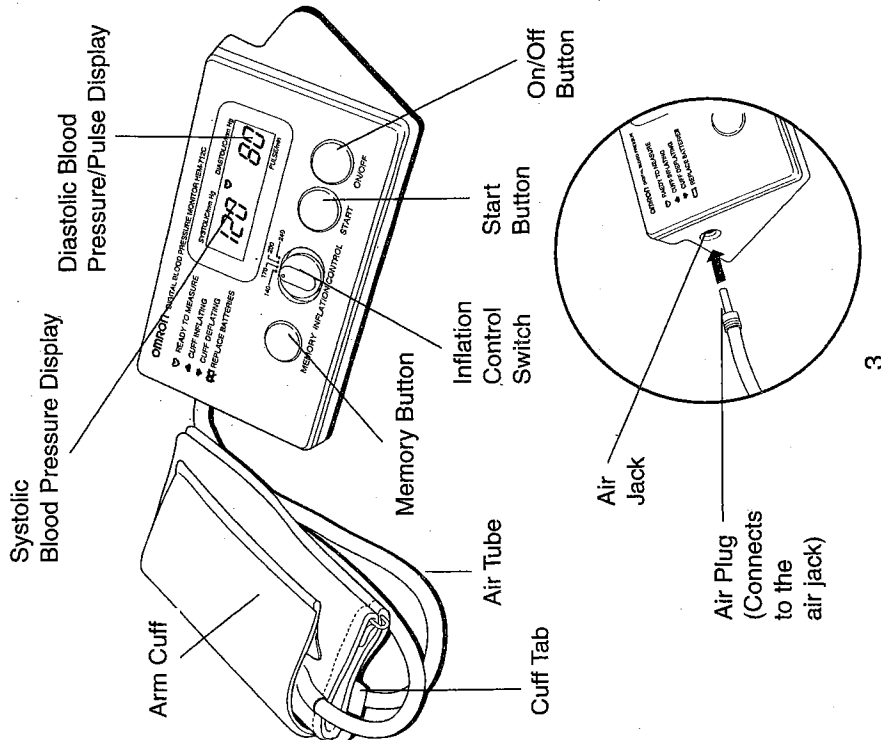
## INTRODUCTION

Thank you for purchasing the Omron HEM-712C/CLC Automatic Inflation Blood Pressure Monitor. This completely automatic instrument quickly measures your blood pressure and pulse rate and displays them on an extra large digital panel.

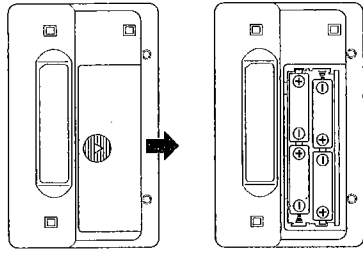
Your new HEM-712C/CLC uses the oscillometric method of blood pressure measurement. This means the monitor detects your blood's movement through your brachial artery and converts the movements into a digital reading. The oscillometric method does not need a stethoscope so the monitor is simple to use. The monitor features an adjustable inflation control switch that allows you to set your correct inflation level before measurement. The cuff fills with air at the push of a button and automatically deflates when measurement is complete. Press the Memory button and your last measurement appears for an easy comparison. Error indicators alert you to incorrect procedures and an automatic power-off function conserves on batteries.

**Please read this instruction manual thoroughly before using the Omron HEM-712C / CLC Automatic Inflation Blood Pressure Monitor. For specific information on your own blood pressure, CONTACT YOUR PHYSICIAN.**

## KNOW YOUR UNIT



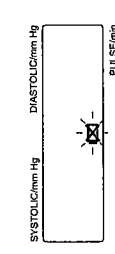
## BATTERY INSTALLATION/REPLACEMENT



1. Slide the battery cover off in the direction of the arrow.

2. Install 4 "AA" size batteries so + (positive) and - (negative) polarities match the polarities of the battery compartment as indicated.

3. Replace the battery cover.



4. If the Low Battery Indicator appears on the display, replace all four batteries. Long-life alkaline batteries are recommended.

Low Battery Indication

Note:

Remove the batteries if the monitor will not be used for an extended period of time.

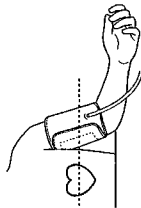
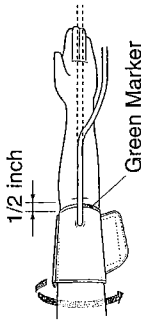
## QUICK REFERENCE GUIDE

1. Avoid eating, smoking, and exercising for at least 30 minutes before taking a measurement.

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

3. Sit in a chair with your feet flat on the floor and place your arm on a table so that the cuff is at the same level as your heart.

4. Put your arm through the cuff loop making sure that the bottom edge of the cuff is approximately one-half inch above the elbow and that the Green Marker on the cuff is above brachial artery.



5. Pull the end of the cuff so that the entire cuff is evenly tightened around your arm and press the hook material firmly against the pile side of the cuff.

**Note: The cuff should fit snugly so that you can insert only one finger between the cuff and your arm**

6. Set the Inflation Control Switch to your correct level and press the ON/OFF button.

7. After the Heart Symbol (♥) appears on the digital panel, press the Start Button, and remain still until the measurement is complete.

8. When measurement is complete, the monitor displays your blood pressure and pulse rate, and automatically deflates the cuff.

9. Wait 2-3 minutes before taking another blood pressure measurement. You may require more rest time between readings depending on your individual physiological characteristics.

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## SUGGESTIONS BEFORE BLOOD PRESSURE MEASUREMENT

1. Know that eating, smoking, and exercising at least 30 minutes before taking a measurement raise your blood pressure. Stress also raises blood pressure.

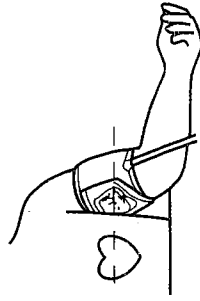
2. Remove tight-fitting clothing from your left upper arm.

3. Measurement should be taken in a quiet place and you should be in a relaxed, seated position. Rest your arm on the arm of a chair or on a table so that the cuff is at the same level as your heart.

4. Remain still and do not talk during the measurement.

5. Keep a record of your blood pressure and pulse for your doctor. Remember, a single measurement does not provide

an accurate indication of your true blood pressure. You need to take and record several measurements over a period of time. Blood pressure measurements fluctuate considerably. Information on daily activities such as eating, exercise, smoking, could be helpful to your doctor.



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## HOW TO APPLY THE ARM CUFF

1. Sit in a chair with your feet flat on the floor and place your arm on a table so that the cuff is at the same level as your heart.
2. If the cuff is assembled correctly, the hook material will be on the outside of the cuff loop and the metal D-ring will not touch your skin.
3. If not assembled pass the end of the cuff furthest from the tubing through the metal D-ring to form a loop. The smooth cloth should be on the inside of the cuff loop.
4. Put your left arm through the cuff loop. The bottom of the cuff should be approximately 1/2 inch above the elbow. The Green Marker on the cuff should lie over the brachial artery on the inside of the arm. Tube should run down center of arm between the middle finger and ring finger.
5. Pull the cuff so that the top and bottom edges are tightened evenly around your arm.
6. When the cuff is positioned correctly, press the hook material **FIRMLY** against the pile side of the cuff.
7. Make certain the cuff fits snugly around your arm. The cuff should make good contact with your skin.

**Note: The cuff should fit snugly so that you can insert only one finger between the cuff and your arm.**

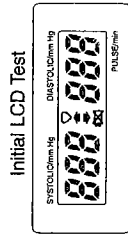
8. Relax your arm and turn your palm upward.
9. Be sure there are no kinks in the air tubing.

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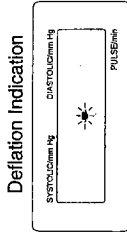
## HOW TO TAKE A READING

Please read "A Few Suggestions Before Blood Pressure Measurement" and "How To Apply The Arm Cuff" before taking a reading.

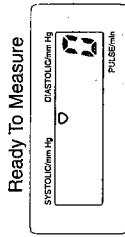
1. Set the Inflation Control switch to approximately 40 mm Hg higher than your estimated systolic blood pressure. If your estimated systolic blood pressure is unknown, set the switch to the 170 mm Hg or 200 mm Hg position. If a measurement error occurs see page 14.



2. Press the On/Off button.
  - a) All display symbols appear for approximately one second. This is the initial LCD Test.



- b) The display symbols disappear and the Deflation Indication Symbol (★) starts to flash.



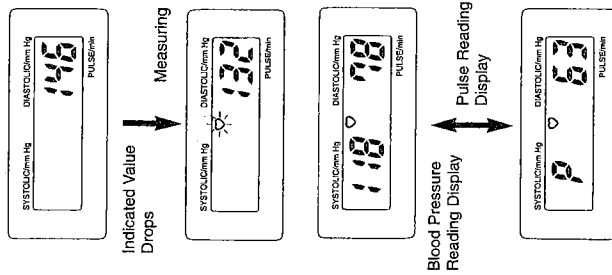
- c) When the monitor completes the necessary preparations before measurement, the Heart Symbol (♥) appears.

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## HOW TO TAKE A READING

- Press the Start button.
  - If during your measurement the monitor determines that a higher pressure value is required, it will momentarily stop deflation and automatically increase the pressure value by 40 mm Hg.
  - To inflate higher than 240 mm Hg, press and hold the Start button until the desired pressure value is reached. Do not inflate higher than 280 mm Hg.

- When the correct pressure value is reached, the cuff starts to deflate automatically. As the cuff deflates, decreasing numbers appear on the display. The Heart Symbol (♥) flashes at every heart beat.
- When the measurement is complete, The Heart Symbol (♥) stops flashing and your blood pressure and pulse rate alternately display.
- To view your last measurement, press and hold the Memory button and your previous blood pressure and pulse rate will alternately display. Release the button and your current measurements will reappear. When you turn the monitor off, the last measurement taken is stored in memory.



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## HOW TO TAKE A READING

**NOTE:** Wait 2-3 minutes before taking another blood pressure measurement. Waiting allows the engorged blood vessels to return to normal. You may require more rest time between readings depending on your individual physiological characteristics.

**REMEMBER TO KEEP A RECORD OF YOUR BLOOD PRESSURE AND PULSE MEASUREMENTS INCLUDING DATE AND TIME.**

## HOW TO USE THE OPTIONAL AC ADAPTER

When using AC power, use only the exclusive AC adapter model HEM-ADPT1. For purchasing information, contact Omron Healthcare, Inc. at 1-800-634-4350.




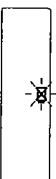
- To connect AC adapter insert the AC adapter cord into the jack on the back side of the monitor.
- Insert the AC adapter plug into a 120V AC outlet (50-60 cycles).
- To disconnect AC adapter, disconnect the adapter plug from the AC outlet first and then disconnect the cord from the monitor's jack.

### NOTE:

To avoid possible damage to the monitor, use only the exclusive AC adapter HEM ADPT1 available from Omron Healthcare, Inc. Other adapters may vary in output voltage and polarities and damage the monitor. The monitor is designed not to draw power from the batteries when the AC adapter is in use. It is recommended that the AC adapter be used when taking blood pressure measurement with a large cuff.

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## TROUBLE SHOOTING

Error Symbol	Cause	Correction
	Cuff under-inflated.	Set the Inflation Control Switch to the next higher level.
	Arm or body movement during measurement.	Be sure to remain still until the measurement is complete.
	Measurement impossible due to very weak artery pulse.	Be sure that the cuff fits so snugly that you can insert only one finger between the cuff and your arm.
	Cuff over-inflated (more than 300 mmHg).	Carefully read and repeat steps listed under "How to Take A Reading."
	Batteries have run down.	Replace all four "AA" batteries.

**NOTE:**

- Wait 2-3 minutes before taking another measurement.
- If you continue to have difficulty in obtaining a reading, call **OMRON HEALTHCARE CUSTOMER SERVICE TOLL FREE 1-800-634-4350**. Please tell the representative you have an Omron Model HEM-712C/CLC Automatic Inflation Blood Pressure Monitor.

## CAUTION

**CAUTION:** Changes or modifications not expressly approved by Omron Healthcare, Inc. could void the product warranty.

**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 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", NMB-003 édictée par le ministre des communications.

## LIMITED TWO YEAR WARRANTY

Your HEM-712C / CLC Automatic Inflation Blood Pressure Monitor is warranted to be free from manufacturing defects for a period of two years under normal use. The two year warranty excludes the arm cuff. The arm cuff is warranted for a one year period. This warranty extends only to the original retail purchaser.

Should repair be needed within the warranty period, ship the unit prepaid to **Omron Healthcare, Inc., 300 Lakeview Parkway, Vernon Hills, IL 60061, Attn: Repair Dept.**, together with \$5.00 for return shipping and insurance. Be sure to include the model number of your unit and your phone number on any correspondence.

We will either repair or replace (at our option) free of charge any parts necessary to correct defects in the materials or workmanship.

The above warranty is complete and exclusive. The warrantor expressly disclaims liability for incidental, special, or consequential damages of any nature. (Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above warranty may not apply to you.)

Any implied warranties arising by the operation of law shall be limited in duration to the term of this warranty. (Some states do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you.)

This warranty gives you specific legal rights and you may have other rights which vary from state to state. As a condition to operation of your warranty, the enclosed registration card must be completed and sent to us within 10 days from the date of purchase.

FOR CUSTOMER SERVICE CALL TOLL FREE:  
1-800-634-4350

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## SPECIFICATIONS

Model:	HEM-712C
Standard Cuff Size	(Hem 712C) 9"-13" circumference
Large Cuff Size	(Hem 712CLC) 13"-17" circumference
Display:	LCD digital display
Measurement Range:	Pressure: 0-280 mm Hg Pulse: 40-200/min.
Accuracy:	Pressure: $\pm 3$ mm Hg 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
Pressure Detection:	Capacitive pressure sensor
Measurement Method:	Oscillometric method
Pulse Wave Detection:	Capacitive pressure sensor
Power Source:	4 "AA" batteries (not included) or AC adapter (sold separately)
Battery Life:	Approximately 300 uses when used once a day for 2 minutes
Operating Temperature/ Humidity:	50°F to 104°F (10°C to 40°C) 30 to 85% RH maximum
Storage Temperature/ Humidity:	-4°F to 140°F (-20°C to 60°C) 10 to 95% RH maximum
Console Weight:	Approximately 14 oz (385g) with batteries
Outer Dimensions:	Approximately 6 1/2" (l) x 4" (w) x 2 1/2" (h) (167mm x 100mm x 66mm)

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

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