OMRON

INSTRUCTION MANUAL

Intelli™ sense

Automatic Digital Blood Pressure Monitor

with IntelliSense™

Model HEM-757

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INTELLISENSE blood pressure monitor is a global brand name of blood pressure monitor equipped with bio-information sensing and high performance fuzzy logic technology, which are the key technologies of OMRON. With this excellent sensing technology, the monitor can achieve "accurate measurement".

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INTRODUCTION

Thank you for purchasing the Omron HEM-757 IntelliSense™ Automatic Blood Pressure Monitor. Although your blood pressure fluctuates
throughout the day, no self-adjustment is necessary as the monitor intelligently adjusts to your changing conditions. The IntelliSense™ monitor uses fuzzy logic intelligence to sense both your systolic and diastolic blood pressure values, and the result is personalized inflation with every reading. Arm discomfort and misreading due to improper cuff inflation are virtually eliminated.

Your new OMRON monitoruses 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. At the push of a button, the monitor automatically fills the cuff with air and displays your systolic, diastolic, and pulse measurements on an extra large display panel.

Please read this instruction manual thoroughly before using the Omron IntelliSense™ Automatic Blood Pressure Monitor. For specific information on your own blood pressure, CONTACT YOUR PHYSICIAN.

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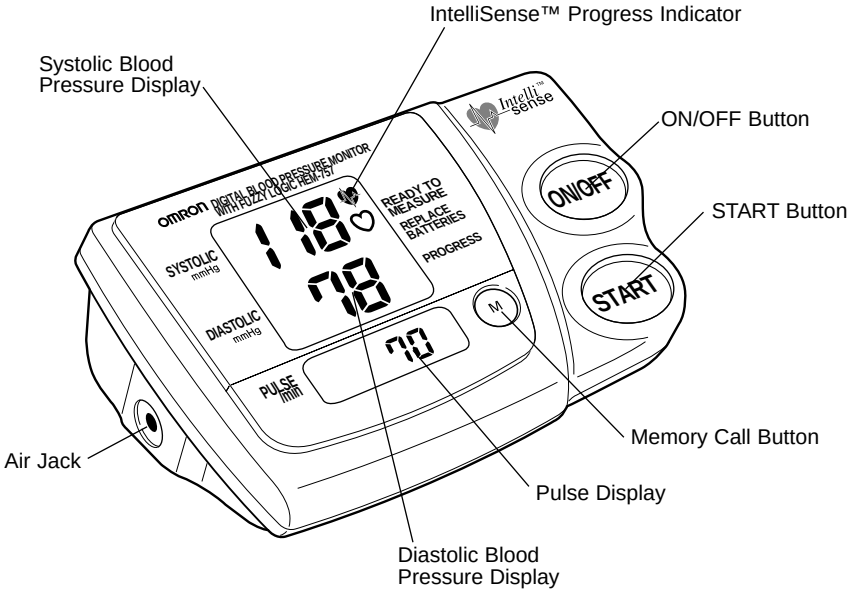
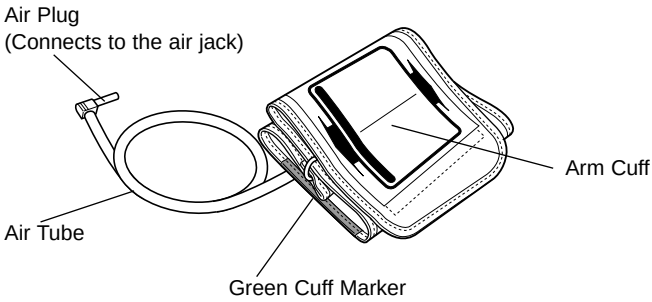
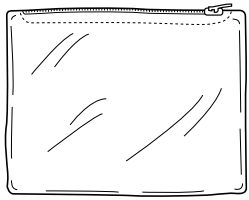
KNOW YOUR UNIT







Carrying Case

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QUICK REFERENCE GUIDE

1. Avoid eating, smoking, and exercising for at least 30 minutes before taking a measurement.
2. Put your left arm through the cuff loop making sure that the bottom edge of the cuff is approximately one-half inch above the elbow.
3. Pull the end of the cuff so that the entire cuff is evenly tightened around your arm and press the sewn hook material firmly against the pile side of the cuff. Make sure that your skin will not be pinched in the D-ring once you inflate the cuff bladder. **Immediately deflate the cuff bladder and readjust the cuff if skin becomes pinched.**
4. Sit in a chair with your feet flat on the floor and place your left arm on a table so that the cuff is at the same level as your heart.
5. Press the ON/OFF button.
6. After the Heart Symbol (♡) appears next to a zero on the digital panel, press the START button.
7. Remain still throughout the entire reading.
8. When measurement is complete, the monitor alternately displays your blood pressure and pulse on the digital panel 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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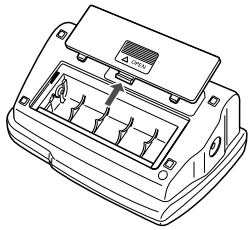
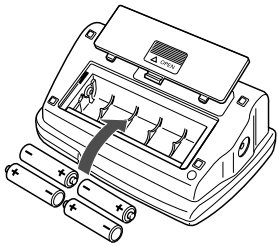
BATTERY INSTALLATION/REPLACEMENT

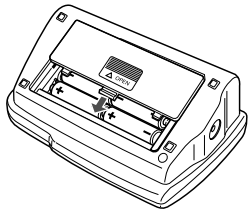
1. Slide the battery cover off in the direction of the arrow.



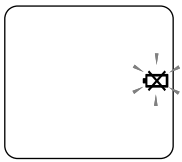
2. Install or replace 4 "AA" size batteries so + (positive) and – (negative) polarities match the polarities of the battery compartment as indicated.



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

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

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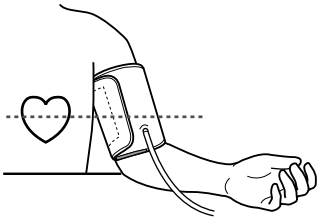
SUGGESTIONS BEFORE BLOOD PRESSURE MEASUREMENT

1. Avoid eating, smoking, and exercising for at least 30 minutes before taking a measurement. Also rest for at least 5 minutes before taking a reading.

2. Stress raises blood pressure. Avoid taking measurements during stressful times.

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

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



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

6. Keep a record of your blood pressure and pulse measurements 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. Try to measure your blood pressure at the same time each day for consistency. Blood pressure measurements fluctuate considerably.

7. Wait 2-3 minutes between successive measurements. Waiting allows the engorged blood vessels to return to normal. You may require more rest time between readings depending on your individual physiological characteristics.

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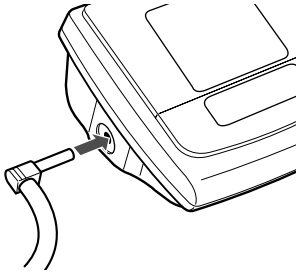
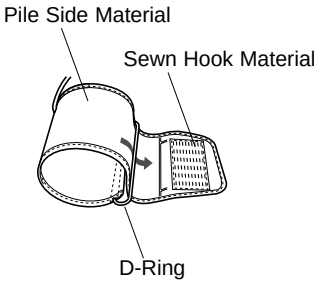
HOW TO APPLY THE ARM CUFF

1. Insert the air plug of the arm cuff into the air jack of the monitor.

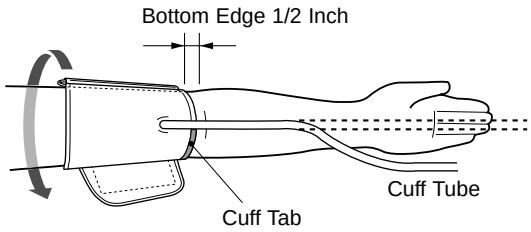


2. The cuff should be assembled correctly when it is removed from the box. If it is not, pass the end of the cuff furthest from the tubing through the metal D-ring to form a loop. The smooth cloth should be on the inside of the cuff loop.



3. If the cuff is assembled correctly, the sewn hook material material will be on the outside of the cuff loop and the metal D-ring will not touch your skin.

4. Put your left arm through the cuff loop. The bottom of the cuff should be approximately 1/2" above the elbow. The cuff tubing should be positioned along the middle of the inside of your arm as shown.



5. Pull the cuff so that the top and bottom edges are tightened evenly around your arm.

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HOW TO APPLY THE ARM CUFF

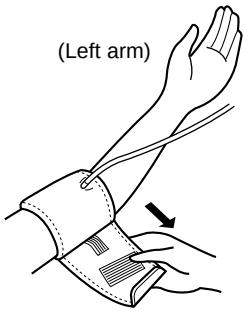
6. When the cuff is positioned correctly, press the sewn hook material FIRMLY against the pile side of the cuff.

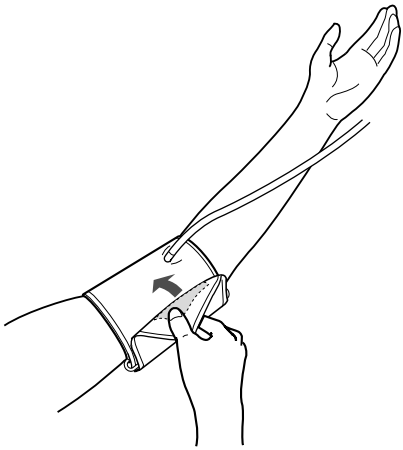
7. The cuff should be wrapped so that it fits snugly and stays in place. You should be able to fit one finger between the cuff and your arm.

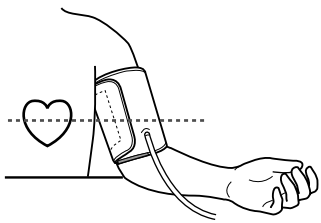
8. Sit in a chair with your feet flat on the floor and rest your arm on a table so that the cuff is at the same level as your heart.

9. Relax your arm and turn your palm upward.

10. 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. 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.

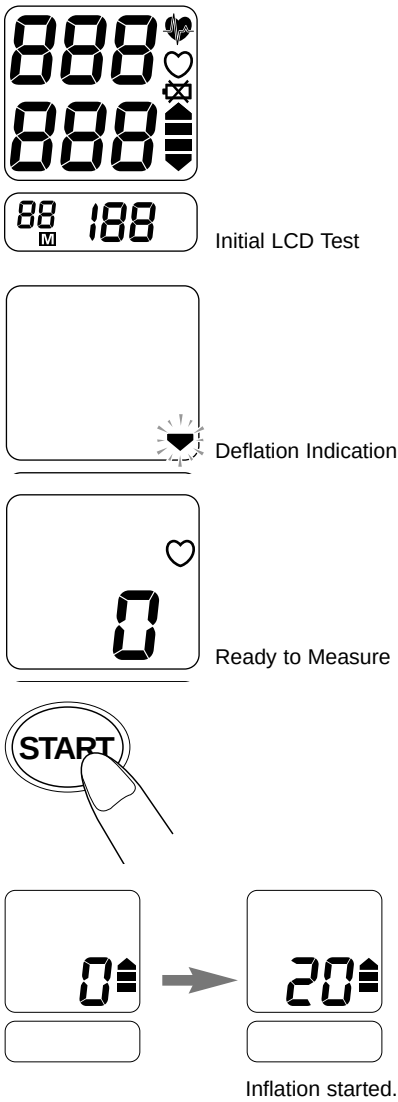
c) When the monitor completes the necessary preparations before measurement, the Heart Symbol (♡) appears next to a zero.

NOTE: Wait for the Heart Symbol (♡) before taking a measurement.

2. Press the START button. As the cuff begins to inflate, the IntelliSense™ monitor automatically determines your ideal inflation level. During this process, the IntelliSense™ symbol ( ) will be flashing on the display. Because this monitor detects the pulse even during inflation, do not move your arm and remain still during the measurement.

Display of measurement process

A mark indicates the measurement process.
When the Start Button is pushed, a mark flushes.



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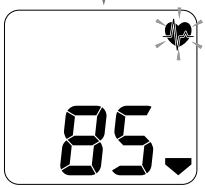
HOW TO TAKE A READING

3. The IntelliSense™ Progress Indicator (♥) will flash on the display showing that the monitor's fuzzy logic intelligence is determining your personal measurements.

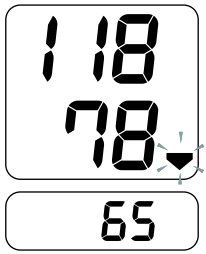
   NOTE: Because blood pressure is being measured even during deflation, it is important to remain still until the reading is fully completed.

   Display of measurement process

   A ▲▼ mark indicates the measurement process. During the inflation, a ▲ mark turns on. During the deflation, a ▼ mark turns on and one each mark turns off with the progress of approximately every 1/3 of the process.



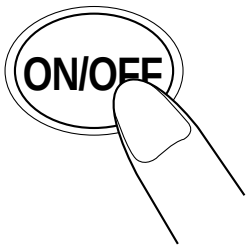
4. When the measurement is complete, a Heart Symbol (♡) flashes and the arm cuff deflates.



5. At the end of the measurement, your blood pressure and pulse are alternately displayed.

6. Press the ON/OFF button to turn the monitor off.

   NOTE: If you forget to turn the monitor off, the monitor will automatically power off after five minutes.



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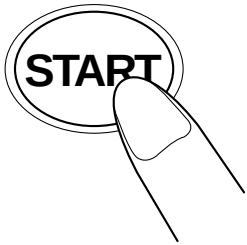
HOW TO TAKE A READING

Special instructions regarding the inflation of the IntelliSense™ Monitor:

1. In rare circumstances the user's physiological characteristics may require a higher level of inflation. These circumstances may include weak pulse or an unusually high systolic blood pressure. When this occurs, the monitor may reinflate to a value of about 30 mmHg higher than the previous inflation value. Reinflation occurs only once.

2. If your systolic pressure is known to be more than 220 mmHg, push and hold the START button until the monitor inflates 30 to 40 mmHg higher than your suspected systolic pressure.

   NOTE: Do not apply more pressure than necessary.



Continue to press button

3. If you want to stop the measurement, push the ON/OFF button. The monitor will stop inflating and start deflating rapidly, then the monitor will power off.

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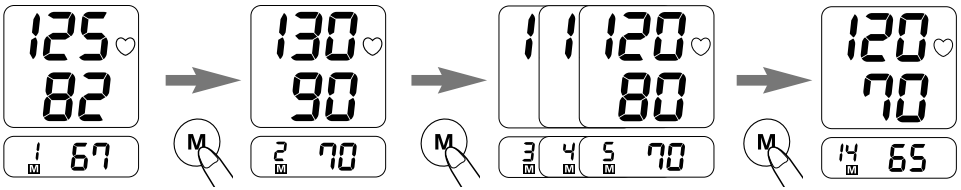
HOW TO USE THE MEMORY FUNCTION

How to Use the Memory Function

This monitor has the function to store fourteen measurement values. Push the Ⓜ Button while a (♡) mark is displayed.

- Maximum of fourteen stored measurement values can be called out.
- For the fifteenth measurements and after, the values from the oldest measurement will be deleted.



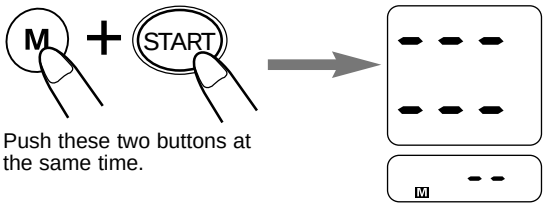
Previous value

Value before the previous measurement

Value of fourteen measurements before

If you want to delete all the stored data

You can delete all the stored data while the (♡) mark is displayed.



Push these two buttons at the same time.

Display of memory deletion

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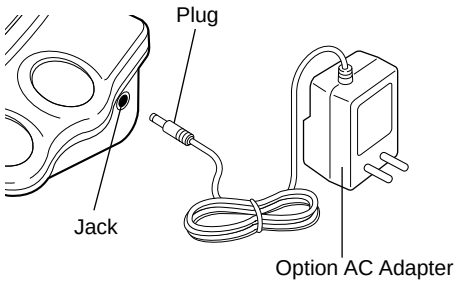
HOW TO USE THE OPTIONAL AC ADAPTER
(ACCESSORY ITEM SOLD SEPARATELY)

1. When using AC power, use only the exclusive AC adapter (Model HEM-ADPT1) which can be purchased from:
   Omron Healthcare, Inc.
   300 Lakeview Parkway
   Vernon Hills, IL 60061
   Toll Free Phone #: 1-800-634-4350

2. Insert the AC adapter plug into the jack on the side of the monitor.

3. Insert the AC adapter plug into a 120V AC outlet (50 - 60 cycles).



4. To remove the AC adapter, disconnect the adapter plug from the AC outlet first and then disconnect the cord from the monitor's jack. To avoid possible damage to the monitor, use only the exclusive AC adapter (Model HEM-ADPT1) available from Omron Healthcare, Inc. Other adapters may vary in output voltage and polarities.

AC Adapter Output

6 V, 500 mA

NOTE: The monitor is designed not to draw power from the batteries when the AC adapter is in use.

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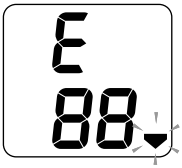
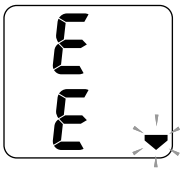
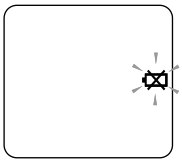
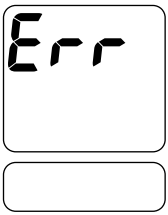
TROUBLESHOOTING

Error Indicator	Cause	Correction
	Cuff under-inflated.	Wait 10 minutes before taking another measurement. Repeat steps listed under "How to Take a Reading." If "EE" is displayed again, take another measurement by pressing and holding the START button as listed in step 2 under "How to Take a Reading."
	Movement during measurement.	
	Cuff over-inflated (more than 300 mmHg).	Carefully read and repeat steps listed under "How to Take a Reading."
	Battery voltage is excessively low.	Replace all four "AA" batteries with new batteries.
	Trouble caused by abnormal memory function.	Please contact the store where you have purchased this unit or the nearest OMRON dealer.

If you continue to have difficulty obtaining a reading, call
OMRON HEALTHCARE CUSTOMER SERVICE TOLL FREE 1-800-634-4350.
Please tell the representative you have an OMRON Model HEM-757.

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CAUTION

CAUTION:

Changes or modifications not expressly approved by Omron Healthcare, Inc. could void the user's authority to operate this product.

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 radioeléctriques applicables aux appareils numériques de Classe B prescrites dans la norme sur le matériel brouilleur: "Appareils Numériques", NMB-003 èdictée par le ministre des communications.

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CARE AND MAINTENANCE

To protect your monitor from damage, please AVOID the following:

- Subjecting your monitor to extreme temperatures, humidity, and direct sunlight.
- Folding the cuff and tubing tightly.
- Inflating the monitor over 280 mmHg.
- Disassembling the monitor.
- Subjecting the monitor to strong shocks (for example, dropping the monitor on the floor.)
- Do not clean the monitor with volatile liquids.
  THE MONITOR SHOULD BE CLEANED WITH A SOFT, DRY CLOTH.

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FIVE YEAR LIMITED WARRANTY

Your HEM-757 IntelliSense™ Automatic Blood Pressure Monitor is warranted to be free from manufacturing defects for a period of five years under normal use. The five year warranty excludes the monitor cuff. The 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: Service 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:
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SPECIFICATIONS

Model:	**HEM-757**
Display:	LCD Digital Display
Measurement Range:	Pressure: 0 to 280 mmHg Pulse: 40 to 180/minute
Accuracy/Calibration:	Pressure: ±3 mmHg or 2% of reading Pulse: ±5% of reading
Inflation:	Automatic by electric pump
Deflation:	Automatic deflation system
Rapid Pressure Release:	Active electromagnetic control valve
Pressure Detection:	Electrostatic capacity type pressure sensor
Measurement Method:	Oscillometric method
Pulse Wave Detection:	Capacitive pressure sensor
Power Source:	4 "AA" batteries or AC adapter (sold separately)
Battery Life:	Approximately 300 uses
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 19 oz (530 g) not including batteries
Outer Dimensions:	Approximately 4 1/2" (l) x 7" (w) x 2 5/6" (h) (115 mm x 177 mm x 72 mm)
Cuff Dimensions:	Approximately 5 1/2" x 19" (140 mm x 480 mm)
Accessories:	Arm cuff, carrying case, instruction manual

NOTE: These specifications are subject to change without notice.

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TITLE

For Customer Service
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1-800-634-4350

Manufactured by OMRON

Distributed by:
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www.omron.com/ohi

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