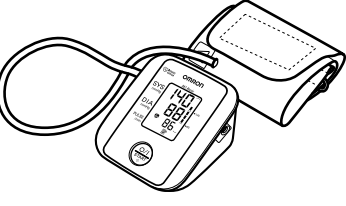




Digital Automatic Blood Pressure Monitor

Model M2 Basic Instruction Manual



IM-HEM-7116H-ARU-02-06/2012
5334151-3B

Introduction

Thank you for purchasing the OMRON M2 Basic Digital Automatic Blood Pressure Monitor.

The OMRON M2 Basic is a fully automatic blood pressure monitor, operating on the oscillometric principle. It measures your blood pressure and pulse rate simply and quickly. For comfortable controlled inflation without the need of pressure pre-setting or re-inflation the device uses its advanced "IntelliSense" technology.

The unit also stores the last measurement value in memory.

Intended Use

This product is designed to measure the blood pressure and pulse rate of people within the range of the designated arm cuff, following the instructions in this instruction manual. It is mainly designed for general household use. Please read the Important Safety Information in this instruction manual before using the unit.

Please read this instruction manual thoroughly before using the unit. For specific information about your own blood pressure, CONSULT YOUR DOCTOR.

Important Safety Information

Consult your doctor prior to using in pregnancy or if diagnosed with arrhythmia or arteriosclerosis.

Please read this section carefully before using the unit.

⚠ Warning:
Indicates a potentially hazardous situation which, if not avoided, could result in death or serious injury.

(General Usage)
• Always consult your doctor. Self-diagnosis of measurement results and self-treatment are dangerous.
• People with severe blood flow problems, or blood disorders, should consult a doctor before using the unit, as cuff inflation can cause internal bleeding.

(AC Adapter Usage)
• Never plug in or unplug the power cord from the electric outlet with wet hands.

(Battery Usage)
• If battery fluid should get in your eyes, immediately rinse with plenty of clean water. Consult a doctor immediately.

⚠ Caution:
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.

(General Usage)
• Do not leave the unit unattended with infants or persons who cannot express their consent.
• Do not use the unit for any purpose other than measuring blood pressure.
• Do not disassemble the unit or arm cuff.
• Use only the approved arm cuff for this unit. Use of other arm cuffs may result in incorrect measurement results.
• Make sure that the air tube is not wrapped around other parts of your body when taking measurements. This could result in injury when the air pressure in the air tube is increased.
• Do not leave the cuff wrapped on the arm if taking measurements during the night. This could result in injury.
• Do not inflate the arm cuff over 299 mmHg.
• Do not use a mobile phone or other devices that emit electromagnetic fields, near the unit. This may result in incorrect operation of the unit.
• Do not operate the unit in a moving vehicle (car, airplane).
• To inflate the cuff manually, refer to Chapter 3.3. If the cuff is over inflated, it can cause internal bleeding.

(AC Adapter Usage)
• Use only the original AC adapter designed for this unit. Use of unsupported adapters may damage and/or may be hazardous to the unit.
• Plug the AC adapter into the appropriate voltage outlet.
• Do not use the AC adapter if the unit or the power cord is damaged. Turn off the power and unplug the power cord immediately.

(Battery Usage)
• If battery fluid should get on your skin or clothing, immediately rinse with plenty of clean water.
• Use only four "AAA" alkaline batteries with this unit. Do not use other types of batteries.
• Do not insert the batteries with their polarities incorrectly aligned.
• Replace old batteries with new ones immediately. Replace all four batteries at the same time.
• Remove the batteries if the unit will not be used for three months or more.
• Do not use new and used batteries together.

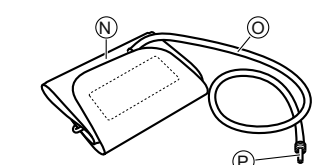
General Precautions
• Do not apply strong shocks and vibrations to or drop the unit and arm cuff.
• Do not take measurements after bathing, drinking alcohol, smoking, exercising or eating.
• Do not forcibly bend the arm cuff or bend the air tube excessively.
• When removing the air tube, pull on the air plug at the connection with the main unit not the tube itself.
• Do not inflate the arm cuff when it is not wrapped around your arm.
• Do not wash the arm cuff or immerse it in water.
• Read and follow the "Important information regarding Electro Magnetic Compatibility (EMC)" in the Technical Data Section.
• Read and follow the "Correct Disposal of This Product" in the Technical Data Section when disposing of the device and any used accessories or optional parts.

Display:



- F. Systolic blood pressure
- G. Diastolic blood pressure
- H. Heartbeat symbol (Flashes during measurement)
- I. Deflation symbol
- J. Battery low symbol
- K. Blood pressure level indicator
- L. Pulse display
- M. Memory symbol

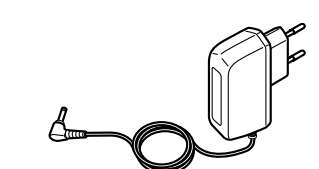
Arm cuff:



If air starts to leak from the arm cuff, please replace with a new one. Refer to "6. Optional Parts".

- N. Arm cuff (Wide Range Cuff: arm circumference 22 - 42 cm)
- O. Air tube
- P. Air plug

AC adapter S:



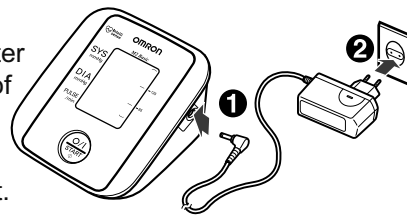
2. Preparation

2.1 Using the AC Adapter

Notes:

- Never plug or unplug the power cord with wet hands.
- Use only the original AC adapter designed for this unit. Use of unsupported adapters may damage the unit.

1. Insert the AC adapter plug into the AC adapter jack on the right side of the main unit.



2. Plug the AC adapter into an electrical outlet.

To disconnect the AC adapter, unplug the AC adapter from the electrical outlet first and then immediately remove the AC adapter plug from the main unit.

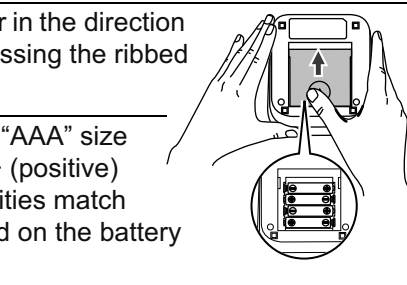
2.2 Installing/Replacing the Batteries

1. Turn the main unit upside down.

2. Slide the battery cover in the direction of the arrow while pressing the ribbed part of the cover.

3. Install or replace four "AAA" size batteries so that the + (positive) and - (negative) polarities match the polarities indicated on the battery compartment.

4. Put the battery cover back in place. Slide the battery cover as indicated, until it clicks into place.



Note: The measurement values continue to be stored in memory even after the batteries are replaced.

2.3 Battery Life & Replacement

If the battery low symbol (⚡) appears on the display, replace all four batteries at the same time.

- When the battery low symbol (⚡) starts to blink, you will still be able to use the unit for a short while. You should replace the batteries with new ones as soon as possible.

- When the symbol (⚡) remains lit, the batteries are exhausted. You should replace the batteries with new ones at once. Turn the unit off before replacing the batteries.

• Remove the batteries if the unit will not be used for three months or more.
• Dispose of batteries according to applicable local regulations.

Four new "AAA" alkaline batteries will last for approximately 300 measurements, when used to take two measurements a day. Since the supplied batteries are for monitoring use only, they may have a shorter life and do not last for 300 measurements.

3. Using the Unit

3.1 Applying the Arm Cuff

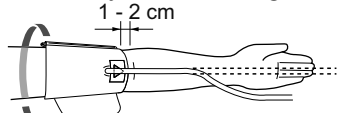
Be sure to wrap the arm cuff correctly so that you get accurate results. Measurements can be taken in light clothing. However, please remove thick clothes, such as sweaters, before taking a reading.

Note: You can take a measurement on either your left or right arm. The blood pressure can differ between the right arm and the left arm and therefore also the measured blood pressure values can be different. OMRON recommends to always use the same arm for measurement. If the values between the two arms differ substantially, please check with your physician which arm to use for your measurement.

1. Insert the air plug into the air jack on the left side of the main unit.



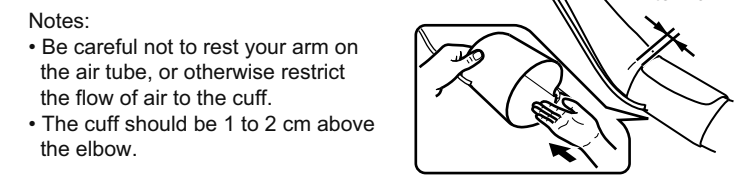
2. Apply the arm cuff to your upper arm. The air tube should be centred on the inside of your arm and point down the inside of the arm, so that the air tube runs down the inside of your forearm and is in line with your middle finger.



3. When the cuff is positioned correctly, close the fabric fastener firmly.

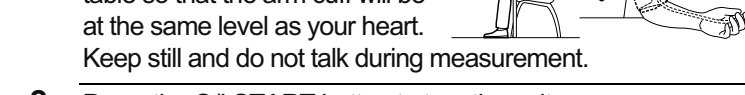
Taking a Reading on the Right Arm

Apply the cuff so that the air tube is at the side of your elbow.

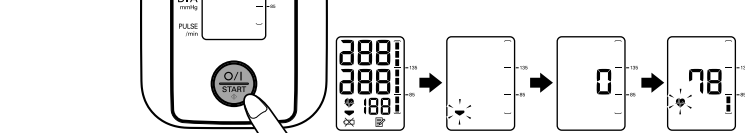


3.2 Taking a Reading

1. Sit on a chair with your feet flat on the floor and place your arm on a table so that the arm cuff will be at the same level as your heart. Keep still and do not talk during measurement.

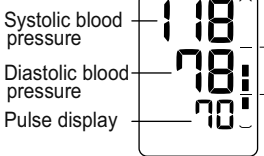


2. Press the O/I START button to turn the unit on.



Note: To cancel a measurement, press the O/I START button to turn the unit off and to release the air in the arm cuff.

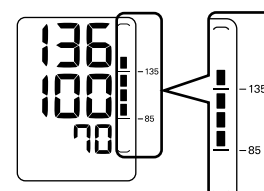
3. Check the measurement results. The unit automatically stores blood pressure and pulse rate into its memory. Refer to "3.4 Using the Memory Function".



- Notes:
- Self-diagnosis of measured results and treatment are dangerous. Please follow the instructions of your doctor.
 - Wait 2-3 minutes before taking another blood pressure reading. Waiting between readings allows the arteries to return to the condition prior to taking the blood pressure measurement.

Important:

Recent research suggests that the following values can be used as a guide to high blood pressure for measurements taken at home.



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

This criteria is for home blood pressure measurement.

4. Remove the arm cuff.

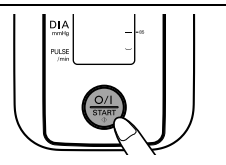
5. Press the O/I START button to turn the unit off.

Note: If you forget to turn the unit off, it will automatically shut itself off after five minutes.

3.3 Instructions for Special Conditions

If your systolic pressure is known to be more than 220 mmHg, press and hold the O/I START button until the arm cuff inflates 30 to 40 mmHg higher than your suspected systolic pressure.

1. Press the O/I START button to turn the unit on. Measurement starts.



2. When the cuff starts to inflate, press the O/I START button and keep it pressed until the pressure is 30 to 40 mmHg higher than your suspected systolic pressure.

Note: You cannot inflate the cuff above 299 mmHg. (An error will be displayed if you try to inflate the cuff above 299 mmHg.)

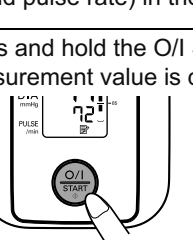
3. Release the O/I START button when the cuff has been inflated to the desired pressure. The cuff starts to deflate and measurement starts.

4. The rest of the procedure is the same as for normal measurement. Refer to "3.2 Taking a Reading", steps 3 to 5.
Note: Do not apply more pressure than necessary.

3.4 Using the Memory Function

The unit automatically stores the last measurement values (blood pressure and pulse rate) in the memory.

1. Press and hold the O/I START button until the last measurement value is displayed along with the memory symbol.



2. Press the O/I START button to turn the unit off. If you forget to turn the unit off, it will automatically shut itself off after five minutes.

To Delete the Value Stored in Memory

1. To delete stored readings, first press and hold the O/I START button until the last measurement value is displayed. Then keep the button pressed down for about 10 seconds. All readings will then be deleted.



2. Press the O/I START button to turn the unit off. If you forget to turn the unit off, it will automatically shut itself off after five minutes.

4. Handling Errors and Problems

4.1 Error Messages

Error Display	Cause	Remedy
	Cuff is under inflated.	Carefully read and repeat the steps listed under section 3.3.
	Movement during measurement.	Repeat measurement. Remain still and do not talk during measurement.
	Air plug disconnected.	Insert the air plug securely. Refer to section 3.1.
	Arm cuff not applied correctly.	Apply the arm cuff correctly. Refer to section 3.1.
	Clothing is interfering with the arm cuff.	Remove any clothing interfering with the arm cuff.
	Air is leaking from the arm cuff.	Replace cuff with new one.
	Arm cuff has been inflated above 299 mmHg.	Do not inflate the arm cuff above 299 mmHg. Refer to section 3.3.
	Battery power is low.	Replace all four "AAA" batteries with new ones. Refer to section 2.2.
	Battery power is low.	Replace all four "AAA" batteries with new ones. Refer to section 2.2.
	Device error.	Contact your OMRON retail outlet or distributor.

4.2 Troubleshooting

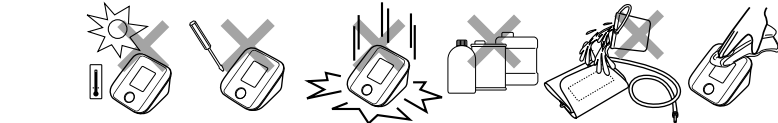
Problem	Cause	Remedy
The reading is extremely low (or high).	Arm cuff not applied correctly.	Apply the arm cuff correctly. Refer to section 3.1.
	Movement or talking during measurement.	Remain still and do not talk during measurement.
	Clothing is interfering with the arm cuff.	Remove any clothing interfering with the arm cuff.
Arm cuff pressure does not rise.	The air plug is not securely inserted into the main unit.	Make sure that the air jack is connected securely. Refer to section 3.1.
	Air is leaking from the arm cuff.	Replace the arm cuff with a new one.
Arm cuff deflates too soon.	The arm cuff is loose.	Apply the cuff correctly so that it is firmly wrapped around the arm. Refer to section 3.1.
Cannot measure or readings are too low or too high.	The arm cuff has not been inflated sufficiently.	Inflate the cuff so that it is 30 to 40 mmHg above your previous measurement result. Refer to section 3.3.
The unit loses power during measurement.	The batteries are empty.	Replace the batteries with new ones.
Nothing happens when you press the buttons.	The batteries are empty.	Replace the batteries with new ones.
	The batteries have been inserted incorrectly.	Insert the batteries with the correct (+/-) polarity.
Other problems.	Press the O/I START button and repeat measurement. If the problem continues, try replacing the batteries with new ones. If this still does not solve the problem, contact your OMRON retail outlet or distributor.	

5. Maintenance and Storage

Maintenance

To protect your unit from damage, please observe the following:

- Do not subject the main unit and cuff to extreme temperatures, humidity, moisture or direct sunlight.
- Do not fold the cuff or tubing tightly.
- Do not disassemble the unit.
- Do not subject the unit to strong shocks or vibrations (for example, dropping the unit on the floor).
- Do not use volatile liquids to clean the main unit.
- Do not wash the arm cuff or immerse it in water.
- Do not use petrol, thinners or similar solvents to clean the arm cuff.
- Do not carry out repairs of any kind by yourself. If a defect occurs, consult your OMRON distributor.



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

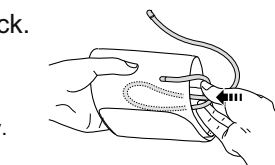
Calibration and Service

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

Storage

Keep the unit in its storage case when not in use.

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



Note: Do not bend the air tube excessively.

Do not store the unit in the following situations:

- If the unit is wet.
- Locations exposed to extreme temperatures, humidity, direct sunlight, dust or corrosive vapours.
- Locations exposed to vibrations, shocks or where it will be at risk of falling.

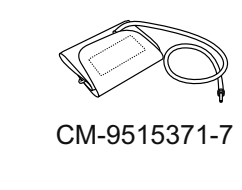
6. Optional Parts

Wide range cuff
Arm circumference
22 - 42 cm



CW-9520534-2

Medium arm cuff
Arm circumference
22 - 32 cm



CM-9515371-7

Large arm cuff
Arm circumference
32 - 42 cm



CL-9515370-9

AC adapter S



Adapter S-9515336-9

7. Technical Data

Product Description

Model: Digital Automatic Blood Pressure Monitor OMRON M2 Basic (HEM-7116H-ARU)

Display

LCD Digital Display

Measurement Method

Oscillometric method

Measurement Range

Pressure: 0 mmHg to 299 mmHg

Pulse: 40 to 180/min.

Last measurement

Pressure: ±3 mmHg

Pulse: ±5% of display reading

Inflation

Automatic by electric pump

Deflation

Automatic pressure release valve

Power Source

4 "AAA" batteries 1.5V or AC/DC adapter (6V = 4W)

Battery Life

Capacity of new alkaline batteries is approx. 300 measurements

Operating Temperature/ Humidity

10°C to 40°C/ 30 to 85% RH

Storage Temperature/ Humidity/ Air Pressure

-20°C to 60°C/ 10 to 95% RH/ 700-1060 hPa

Console Weight

Approximately 245g without batteries

Cuff Weight

Approximately 170g

Outer Dimensions

Approximately 104 (w) mm × 64 (h) mm × 129 (l) mm

Cuff Dimensions

Approximately 151 mm × 563 mm (Wide range cuff: arm circumference 22 to 42 cm)

Cuff material

Nylon and polyester

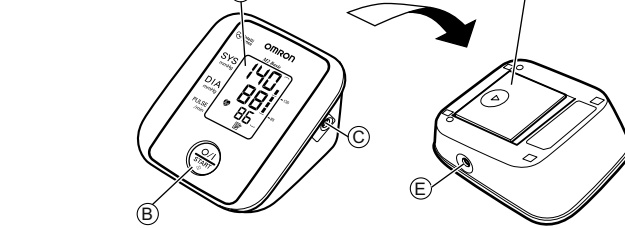
Package Content

Main unit, cuff, instruction manual, storage case, battery set, AC adapter, guarantee card, blood pressure pass

Note: Subject to technical modification without prior notice

1. Overview

Main unit:



- A. Display
- B. O/I START button
- C. AC adapter jack
- D. Battery compartment
- E. Air jack

