1. Know Your Monitor

1.1 Contents

Components include: battery pack, rechargeable battery, storage case, instruction manual, usage instructions.

1.2 Monitor

- Wrist monitor
- Battery pack
- Rechargeable battery
- Charging stand
- Cuff wrap guide symbol (OK)
- Connection button
- Display
- Start/Stop button
- Power switch

2. Setting the Date and Time

2.1 Installing Batteries

- Follow the instructions in your instruction manual before using this monitor.
- DO NOT mix different types or brands of batteries together.
- DO NOT use new and used batteries together.
- Replace batteries when indicated.
- Remove batteries if you do not plan to use this monitor for an extended period.

2.2 Setting the Date and Time

- Press and hold the [START/STOP] button to confirm the year and month.
- Press and hold the [START/STOP] button to confirm the day, hour, and minute.
- Press and hold the [START/STOP] button to confirm the date and time.

3. Blood Pressure Measurement

3.1 Blood Pressure Measurement Tips

- To help ensure an accurate reading, follow these directions:
- Keep your arm relaxed and at heart level.
- Use a blood pressure cuff that fits your arm.
- Rest for at least 5 minutes before taking a measurement.
- DO NOT use this monitor if you are pregnant or if you have a history of pre-eclampsia, renal disease, or diabetes.
- DO NOT use this monitor if you have a history of hypertension or if you are over 60 years old.
- DO NOT use this monitor if you have a history of heart disease or if you are taking medications for high blood pressure.
- DO NOT use this monitor if you have a history of liver disease or if you are taking medications for liver disease.
- DO NOT use this monitor if you have a history of lung disease or if you are taking medications for lung disease.
- DO NOT use this monitor if you have a history of cancer or if you are taking medications for cancer.

4. Using Your Monitor with a Smart Device

- Follow the instructions in your instruction manual before using this monitor.
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5. Maintenance

- Follow the instructions in your instruction manual before using this monitor.
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6. Other Settings

- Follow the instructions in your instruction manual before using this monitor.
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7. Important Safety Information

- Follow the instructions in your instruction manual before using this monitor.
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8. Troubleshooting

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9. Specifications

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10. Warranty

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11. Support

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12. Table of Contents

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**Using Your Monitor with a Smart Device**

1. **Connect your monitor to a smart device.** You can pair your monitor with your smart device.
2. **Enable the Bluetooth function.** The date and time on your monitor will automatically be set when you pair it with a smart device.

## Pairing Your Monitor with a Smart Device

4. **Using Your Monitor with a Smart Device**

When your monitor is off, press and hold the [ ] button for more than 2 seconds. "on" appears on the display.

3. **Download and install the free “OMRON connect” app.** Note: “OMRON connect” is the only app that we recommend to use with your monitor to transfer data correctly.

4. **Press the [ ] button, then the [ ] symbol appears.** More than 2 seconds. "on" appears on the display.

5. **Select your user ID.** Note: your monitor automatically turns off if it is not used. Press and hold the [ ] button for 5 seconds to turn your monitor on. If the average reading is high (refer to section 1.3), “OMRON connect” app will be disabled. If there are no readings stored in the memory, the screen to the right is displayed.

6. **Select your user ID.** Note: your monitor automatically turns off if it is not used. Press and hold the [ ] button for 5 seconds to turn your monitor on. If the reading is high (refer to section 1.3), “OMRON connect” app will be disabled.

7. **Press the [ ] button.** Note: your monitor will automatically turn off after 60 seconds without any activity. When your monitor is turned on, it is automatically paired with your smart device.

8. **Open the app on your smart device and follow the instructions in the “OMRON connect” app.**

9. **Pairing your monitor with your smart device will automatically be set when you pair it with a smart device.**

## Preventing Your Monitor from Pairing with a Smart Device

- If the Bluetooth is turned on, repeat steps 4-7 to disable pairing or transferring your data to your smart device.

## Restoring Your Monitor to the Default Settings

- Press the [START/Display/ ] button down, press the [ ] button for more than 2 seconds.
- While holding the [ ] button, press the [ ] button for more than 2 seconds.
- “on” appears on the display.

## Important Information regarding Electro Magnetic Compatibility (EMC)

- This device is a compliant for the requirements in Australia, as applicable.
- This device fulfills the provisions of EC directive 93/42/EEC (Medical Device Directive).
- This OMRON product is produced under the strict quality system of OMRON HEALTHCARE CO., LTD., Japan. The device is comprised of a monitor, a smart device. This product is produced under the strict quality system of OMRON HEALTHCARE CO., LTD., Japan. The device is comprised of a monitor, a smart device.

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