Thank you for purchasing the OMRON Upper Arm Blood Pressure Monitor.

1. Know Your Device

Contents:
- Monitor, battery set, instruction manual, setup instructions

Monitor:
- START/STOP button
- Connection button
- Display
- Arm cuff
- Battery compartment

Display:
- F: Systolic blood pressure
- G: Diastolic blood pressure
- H: Pulse display

1.1 Display symbols

- Irregular Heartbeat Symbol
  - When the monitor detects an irregular heartbeat two or more times during a measurement, the irregular heartbeat symbol will appear on the display with the measurement values.
  - An irregular heartbeat is defined as a rhythm that is 25% less or 35% 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 doctor.

Movement Error Symbol
- The movement error symbol is displayed if you move your body during the measurement. Please loosen the arm cuff, wait 2-3 minutes, and take another measurement and remain still during measurement.

1.2 Before Taking a Measurement

To help ensure an accurate reading, follow these directions:
- Avoid eating, drinking alcohol or caffeine, smoking, exercising and eating for 30 minutes before taking a measurement.
- Rest for at least 5 minutes before taking the measurement.
- Remove tight-fitting or large clothing before taking a measurement.
- Remain still and do not talk while taking a measurement.
- Read and follow the “Important Information regarding Electric Magnetic Compatibility (EMC)” in the back section of this manual.
- Read and follow the “Correct Disposal of This Product” in § Specifications” when disposing of the device and any accessories or optional parts.

Data Transmission
- Do not replace the battery while your reading is being transferred to your smart device.
- This may result in the incorrect operation of your monitor and failure to transfer your blood pressure data.

Battery Handling and Usage
- Do not insert the batteries with their polarities incorrectly aligned.
- Do not use 4 AAA alkaline batteries with this monitor. Do not use other types of batteries.
- Do not use batteries other than those specified.
- Replace the batteries if the monitor will not be used for a long period of time.
- If battery fluid should get in your eyes, immediately rinse with plenty of clean water. Consult a doctor immediately.

2. Preparation

2.1 Battery Installation

1. Remove the battery cover.
2. Gently slip into the gap of the hook and pull downward.
3. Press the [START/STOP] button to turn off.

3. Replace the battery cover.

When the batteries have been securely placed in this device, the message and SYNCH symbol below will appear on the screen.

4. Insert 4 AAA batteries as indicated, into the battery compartment.

Display:
- Battery symbol [low]
- Battery symbol [depleted]
- Battery compartment

5. Make sure to press the connection button to pair with the smart device or transfer the data before taking a measurement when the SYNCH symbol [ ] appears.

Notes:
- When the depleted battery symbol [ ] appears on the display, turn the monitor off and remove all the batteries. Replace with 4 new batteries at the same time.
- Long life alkaline batteries are recommended.
- The measurement values continue to be stored in the memory even after the batteries are replaced.
- The supplied batteries may have a shorter life than new batteries.
- Do not disassemble or attempt to repair the monitor. This may cause any impairment of patient blood circulation.

2.2 Pairing Your Monitor with a Smart Device

The time and date on your monitor will automatically be set when you pair your monitor with the OMRON connect app for the first time, please visit omronconnect.com/setup for the initial set-up instructions.

Display:
- Device icon
- OMRON connect

Transferring your readings later
- If "Err" appears, refer to "Connection failure / Data is not being transmitted." in section 4.2 for more detail.

Notes:
- Pairing this monitor with the "OMRON connect" app on your smartphone will transfer the data to your smart device. This will automatically occur after you have paired your "OMRON connect" app, the date and time is now set on this monitor.
- All future measurements will include the date and time when you transfer.
- If you do not pair this monitor to set the date and time, any measurements you take with this monitor will not include the date and time.
- If you use an app other than the “OMRON connect” app, the date and time may not be set automatically on your blood pressure monitor.
- Please be aware that OMRON will not be responsible for the loss of data and/or information.
- If you use the monitor without pairing, refer to “Using your Monitor without Pairing / 3.3 Taking a Measurement”.

3. Using the Device

3.1 Applying the Arm Cuff

1. Remove tight-fitting clothing from your left upper arm.
2. Place the arm cuff around your left upper arm.
3. Press the [START/STOP] button to turn on.

Notes:
- The blood pressure can differ between the right and the left arm, and the measurement may differ. OMRON recommends to always use both arms to measure your blood pressure. If the values between both arms differ substantially, please check with your doctor as to which arm to use for your measurement.
- OMRON recommends to always use both arms to measure your blood pressure. If the values between both arms differ substantially, please check with your doctor as to which arm to use for your measurement.

4. Confirm the connection is connected successfully.
- The monitor is connected successfully to the smartphone, "OK" will appear on the display.

5. Transfer your readings.
- When the SYNC symbol " " appears on the display, make sure your monitor is within 5 m (16 ft.) of your smart device or your "OMRON connect" app is active.
- As soon as the measurement is complete, your reading will be automatically transferred to your smart device.

Notes:
- When the SYNC symbol " " appears on the display, the data is displayed correctly after sending.
- To verify your readings, please check your readings on your smart device.

6. Removing the arm cuff.
- To stop the measurement, press the [START/STOP] button once to stop the measurement.

Notes:
- DO NOT adjust medication based on measurement results from this blood pressure monitor. Take medication as prescribed by your doctor. Only a doctor is qualified to diagnose and treat high blood pressure.
- DO NOT use the monitor on an injured arm or an arm under medical treatment.
- DO NOT wear the arm cuff on your arm while on an intravenous drip or blood transfusion.
- DO NOT apply or inflate the arm cuff around any body parts other than your upper arm.
- DO NOT use this monitor in areas containing high frequency (HF) surgical equipment, magnetic resonance imaging (MRI) equipment, computerized tomography (CT) scanners or in oxygen rich environments.
- DO NOT use this monitor on infants, toddlers, children or persons who cannot express themselves.
- Consult your doctor before using this monitor if you have common arrhythmias such as atrial or ventricular premature beats or atrial fibrillation; arterial sclerosis; poor perfusion; diabetes; pre-eclampsia; or renal disease.
- Always consult your doctor. Self-diagnosis of measurement results and self-treatment are dangerous.
- The product contains small parts that may cause a choking hazard if swallowed by children or infants.
- Keep the BATTERY out of the reach of children, toddlers and infants.
- This product emits radio frequencies (RF) in the 2.4 GHz band. DO NOT use this product in locations where RF is restricted, such as an aircraft or in hospitals.

Notes:
- Remove the arm cuff, and wait 2 - 3 minutes.
- Please make sure your monitor is within 5 m (16 ft.) of your phone or PC.
- Please disconnect the smart device before replacing the battery.
- Please disconnect the smart device before replacing the battery.
- DO NOT apply the arm cuff around any body parts other than your upper arm.
- DO NOT disassemble or attempt to repair the monitor or components. This may cause any impairment of patient blood circulation.

Notes:
- DO NOT apply or inflate the arm cuff around any body parts other than your upper arm.
- DO NOT disassemble or attempt to repair the monitor or components. This may cause any impairment of patient blood circulation.

Caution
- Sit upright with your back straight.
- Sit in a chair with your legs uncrossed and your feet flat on the floor.
- Sit with your back straight.
- The arm cuff should be placed on your arm at the same level as your heart.
- Do not use the monitor with other electrical device simultaneously. This may result in incorrect operation of the monitor.

3.3 Taking a Measurement

Notes:
- To stop the measurement, press the [START/STOP] button once to turn off the monitor.
- Remain still and do not talk while taking a measurement.
- This device will store "100" measurements in the device. Stored measurements cannot be viewed on the monitor’s display. You will need to use the “OMRON connect” app to view all measurements prior to the next measurement.
- Do not use the monitor with other electrical device simultaneously. This may result in incorrect operation of the monitor.

3.4 Removing the Arm Cuff

1. Press the [START/STOP] button.
2. Remove the arm cuff.
3. Transfer your readings.
- Please make sure your monitor is within 5 m (16 ft.) of your smartphone and your “OMRON connect” app is active.

Notes:
- The monitor is connected successfully to the smartphone, “OK” will appear on the display.

3.5 Using the Monitor without Pairing

1. To begin using the “OMRON connect” app for the first time, please visit omronconnect.com/setup for the initial set-up instructions.
2. The date and time on your monitor will automatically be set when you pair your monitor with the “OMRON connect” app.
3. When the SYNC symbol " " appears on the display, turn the monitor off and remove all the batteries. Replace with 4 new batteries at the same time.

Notes:
3.4 Turning “OFF” Bluetooth

Turn off the Bluetooth feature in the following areas where use of wireless equipment is prohibited:
- On aircraft - In hospitals - While aboard

Your blood pressure monitor comes with Bluetooth already turned on.

1. Turn your monitor power off if it is turned on.

2. Press and hold the connection button for more than 2 seconds.

3. Release the connection button when # appears on the display.

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

Note: The monitor will automatically turn off after 2 minutes.

■ How to turn “ON” Bluetooth

Open the operation step when the power has been off. Press and hold the connection button for more than 2 seconds and then release the connection button when # appears on the display.

3.5 Restoring Your Monitor to the Default Settings

To delete all the information stored in your monitor, follow the instructions below. Make sure that your monitor is turned off. It is off when the screen is not showing numbers or symbols.

1. While holding the connection button down, the Connection symbol # and “P” appear on the display, and then press the [START/STOP] button for more than 5 seconds.

2. When the “Clr” symbol appears on the display, release the connection button and [START/STOP] button. The “Clr” will appear on the display when your monitor settings have reverted back to their original.

3. Press the [START/STOP] button to turn the monitor off.

Notes:
- The monitor will automatically turn off after 2 minutes.
- Reverting to initial settings of this monitor will not delete the information in the app.
- When using this monitor again, please delete the registration of the monitor in the app first, and then pair your monitor.

4. Error Messages and Troubleshooting

4.1 Error Messages

Error Display Caution Cause and Solution

- Irregular heartbeat is detected.
  - Remove the arm cuff. Wait 2-3 minutes and then take another measurement. Repeat the steps in section 4.1. If this error continues to appear, contact your doctor.

- Movement during washes and rescues.
  - Carefully read and repeat the steps in section 3.3.

- Arm cuff is applied too loosely.
  - Apply the arm cuff tighter. Refer to section 3.1.

- The batteries are low.
  - Replace batteries. Refer to section 2.2.

- No display appears on the monitor.
  - No display appears on the monitor.

Measurement values appear too high or too low.
- Blood pressure varies constantly. Many factors can cause drops, rise of, and, how you apply the arm cuff, may affect your blood pressure.
  - Review the section 3.2 and 3.3.

4.2 Troubleshooting

<table>
<thead>
<tr>
<th>Problem</th>
<th>Cause and Solution</th>
</tr>
</thead>
<tbody>
<tr>
<td>No power.</td>
<td>Replace all batteries with new ones. Check the battery installation for proper placement of the battery polarities. Refer to section 2.1.</td>
</tr>
<tr>
<td>Blood pressure varies constantly.</td>
<td>Many factors can cause drops, rise of, and change in blood pressure. Also, how you apply the arm cuff, may affect your blood pressure. Review the section 3.2 and 3.3.</td>
</tr>
<tr>
<td>Measurement values appear too high or too low.</td>
<td>Blood pressure varies constantly. Many factors can cause drops, rise of, and change in blood pressure. Also, how you apply the arm cuff, may affect your blood pressure. Review the section 3.2 and 3.3.</td>
</tr>
<tr>
<td>Connection failure.</td>
<td>No data is being transmitted.</td>
</tr>
<tr>
<td>Data is not being transmitted.</td>
<td>The Bluetooth feature of the blood pressure monitor might not be properly placed within the small device’s transmission range and is too far from the small device. If there are no causes of data transmission interference found near the blood pressure monitor, move the blood pressure monitor within 5 m (16 ft.) of the device and try again.</td>
</tr>
</tbody>
</table>
| The Bluetooth feature of the small device is not ready. | Check the application and then try sending the data again. Refer to “Pair Your Monitor with a Smart Device” in section 2.2.
For more detail, go to “Help” in the “OMRON connect” app. |
| The application on the smart device is not ready. | Check the application and then try sending the data again. Refer to “Pair Your Monitor with a Smart Device” in section 2.2. If the “Err” symbol still displays after checking the application, contact your local OMRON representative. Confirm your smart device compatibility with this monitor at omron connected.com |

5. Maintenance and Storage

5.1 Maintenance

To protect your device from damage, please follow the directions below:
- Store the device and the components in a clean, safe location.
- Do not use any alcohol or volatile cleaners.
- Do not wash the device and any components or immerse it in water.
- Do not use gas, thinner or similar solvents to clean the device.
- Use a soft dry cloth, or a soft cloth moistened with neutral soap to clean the bottom and the arm cuff, and then wipe it with a dry cloth.
- Do not apply any alcohol or volatile cleaners such as alcohol, thinner or similar solvents to clean the device.
- Do not touch the arm cuff with the hand.” Refer to section 3.3.
- Do not apply any water to the arm cuff “Refer to section 3.3.

5.2 Storage

Do not store the device in the following situations:
- If the device is wet.
- Locations exposed to extreme temperatures, humidity, direct sunlight, dust or corrosive vapors such as bleach.
- Locations exposed to vibrations, shocks or where it will be at an angle.
- Any other places that may affect the performance of the device.

5.3 Clean and Disposal

Clean the monitor and the arm cuff, and then wipe it with a dry cloth.

6. Specifications

Product category: Upper Arm Blood Pressure Monitor

Model: HEM-7602T

Display: OLED display

Cuff pressure range: Pressure: 0 to 266 mmHg
Pressure: 40 to 266 mmHg

Measurement range: Pulse: 40 to 180 beats/min
Pressure: 40 to 266 mmHg
Pulse: 40 to 180 beats/min

Accuracy: Pressure: ±3 mmHg

Infusion: Pulse: ±5% of display reading

Deflation: Automatic rapid deflation

Measurement method: Oscillography

Transmission method: Bluetooth® 4.0 wireless communication

Power supply: 3.7 V (AAA x 4)

External dimensions: L: 270 x W: 91 x H: 60 mm

Mass: 300 g

Battery life: Approximately 20,000 measurements (using four new batteries)

Durable period (Service life): Monitor: 5 years

Operating conditions: 10°C to 40°C (at 10% to 90% RH (non-condensing))
500 to 1000 hPa

-20°C to 40°C (at 10% to 90% RH (non-condensing))
200 to 1200 hPa

Storage / Transport conditions: Temperature: -20°C to 55°C (at 10% to 90% RH (non-condensing))

Dimensions: Monitor: Approximately 230 x 150 x 55 mm (Approximately including the arm cuff)

Weight: Monitor: Approximately 230 g (excluding the arm cuff)

Arm circumference: 22 to 42 cm

Cautions:
- Before inflation, select “0” in the menu.
- Device error. Refer to section 3.3.

Contact your local OMRON representative.

3.3 Note: The monitor will automatically turn off after 2 minutes.

7. Trademarks

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8. Some Useful Information about Blood Pressure

What is Blood Pressure?
Blood pressure is a measure of the force of blood flowing against the walls of the arteries. Arterial blood pressure is constantly changing during the course of the heart’s cycle.

The highest pressure in the cycle is called the Systolic Blood Pressure; the lowest is the Diastolic Blood Pressure. Both pressures, the Systolic and Diastolic, are necessary to enable a doctor to evaluate the status of a patient’s blood pressure.

What is Arrhythmia?
Arrhythmia is a condition where the heartbeat rhythm is abnormal due to flaws in the bio-electrical system that drives the heartbeat. Typical symptoms are skipped heartbeats, premature contraction, an abnormally rapid (tachycardia) or slow (bradycardia) pulse.

Why is it a Good Thing to measure Blood Pressure at Home?
Many factors such as physical activity, anxiety, or the time of day, can influence your blood pressure. A single measurement may not be sufficient for an accurate diagnosis. Thus, it is best to try and measure your blood pressure at the same time each day, to get an accurate measurement.

Correct Disposal of This Product

(Waste Electrical & Electronic Equipment)

This marking shown on the product or its literature, indicates that it should not be disposed of, with other household wastes at the end of its working life. To prevent possible harm to the environment or human health from uncontrolled waste disposal, please separate this product from other types of waste and recycle it responsibly to promote the sustainable reuse of material resources.

Correct Disposal of This Product

(Waste Electrical & Electronic Equipment)
This marking shown on the product or its literature, indicates that this product is designed according to the European Standardiard for environmental friendly electrical and electronic equipment. This product is to be recycled at the end of its working life. To prevent possible harm to the environment or human health from uncontrolled waste disposal, please separate this product from other types of waste and recycle it responsibly to promote the sustainable reuse of material resources.

Make in Japan

Made in Japan

Correct Disposal of This Product

(Waste Electrical & Electronic Equipment)

This marking shown on the product or its literature, indicates that this product has been made in compliance with the EU directive 2002/95/EC.

This marking shown on the product, indicates that it should not be disposed of, with other household wastes at the end of its working life. To prevent possible harm to the environment or human health from uncontrolled waste disposal, please separate this product from other types of waste and recycle it responsibly to promote the sustainable reuse of material resources.