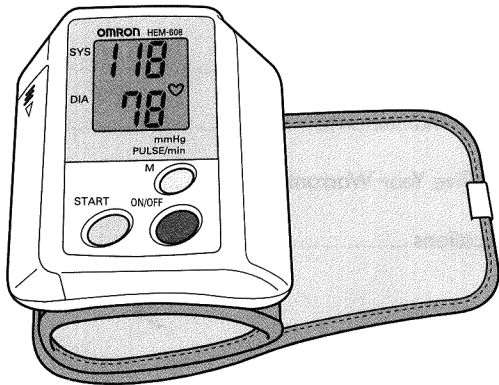


OMRON®

INSTRUCTION MANUAL

PORTABLE WRIST BLOOD PRESSURE MONITOR

Model **HEM-608**



HEM-608 - 2000 1615236-0A

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SPECIFICATIONS

Model:	HEM-608
Display:	LCD Digital Display
Measurement Range:	Pressure: 0 to 280mmHg Pulse: 40 to 200/minute
Accuracy/Calibration:	Pressure: ± 3 mmHg or 2% of reading Pulse: $\pm 5\%$ of reading
Inflation:	Automatic by electric pump
Deflation:	Automatic deflation system
Rapid Pressure Release:	Automatic pressure release valve
Pressure Detection:	Capacitive pressure sensor
Measurement Method:	Oscillometric method
Pulse Wave Detection:	Capacitive pressure sensor
Power Source:	2 "AAA" batteries
Battery Life:	Approximately 1 year when used once a day for two minutes
Operating Temperature/Humidity:	50°F to 104°F (10°C to 40°C) 30 to 85% RH maximum
Storage Temperature/Humidity:	14°F to 140°F (-10°C to 60°C) 10 to 95% RH maximum
Console Weight:	Approximately 5 oz. (140g) with batteries
Outer Dimensions:	Approximately 3" (l) x 3" (w) x 1 1/2" (h) (76mm x 76mm x 38mm)
Cuff Dimensions:	Approximately 3" x 12" (76mm x 304mm)
Wrist Circumference Range:	Approximately 5 1/4" x 7 3/4" (135mm x 195mm)
Accessories:	Carrying case, instruction manual, 2 "AAA" batteries

These specifications are subject to change without notice for purposes of improvement.

LIMITED FIVE YEAR WARRANTY

Your Omron HEM-608 Portable Wrist 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: 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

INTRODUCTION

Thank you for purchasing the Omron HEM-608 Portable Wrist Blood Pressure Monitor. This remarkable instrument is ideal for people who frequently monitor their own blood pressure because it's so compact and easy to use. There is no tricky arm cuff, just a small, pre-formed wrist cuff that is easy to apply. With the push of a button the Omron Wrist Monitor measures your blood pressure and pulse rate and displays the reading on a clear digital panel. Perfect for quick, easy readings at home, at work, and during travel.

The Omron Wrist Monitor uses the oscillometric method of blood pressure measurement. This means the monitor detects your blood's movement through the artery in your wrist and converts the movements into a digital reading. An oscillometric monitor does not need a stethoscope so the monitor is simple to use and measurements are easy to obtain.

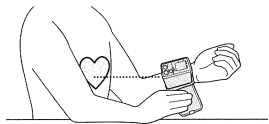
Clinical research has proven a direct relationship between blood pressure in the wrist and blood pressure in the arm. Changes in wrist blood pressure reflect changes in arm blood pressure because the arteries in the wrist and the arm connect. Frequently measuring the blood pressure in your wrist will provide you and your doctor with an accurate indication of changes in your true blood pressure.

Caution: It is recommended that persons with severe hypertension, severe diabetes, or severe arteriosclerosis consult their physician prior to measuring blood pressure at the wrist.

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

SUGGESTIONS BEFORE MEASURING BLOOD PRESSURE

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. The cuff should be applied to your left wrist.
4. Measurement should be taken in a quiet place and you should be in a relaxed, seated position with your feet flat on the floor. Rest your left arm on a table with your palm facing upward so that the cuff is at the same level as your heart.
5. Remain still and do not talk during the measurement.



CARE AND MAINTENANCE

To protect your monitor from damage and loss of warranty, please *AVOID* the following:

Subjecting your monitor to extreme temperatures, humidity, and direct sunlight

Washing or moistening the cuff

Disassembling the monitor

Subjecting the monitor to strong shocks (for example, dropping the monitor on the floor)

Cleaning the monitor with volatile liquids. THE MONITOR SHOULD BE CLEANED WITH A SOFT, DRY CLOTH.

CAUTION

CAUTION:

Changes or modifications not expressly approved by Omron Healthcare, Inc. will void the user's 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:

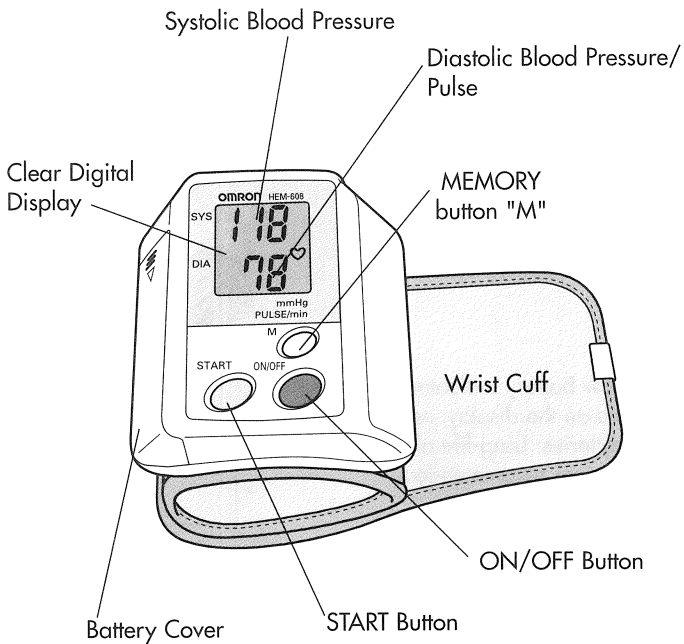
- Reorient or relocate the receiving antenna.
- Increase the separation between the product and receiver.
- Connect the product into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

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.

KNOW YOUR UNIT



BATTERY INSTALLATION/REPLACEMENT

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



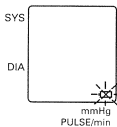
2. Insert or replace 2 "AAA" size batteries so that the + (positive) and - (negative) markings match those in the battery compartment.



3. Replace the battery cover.



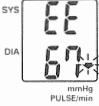

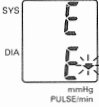
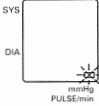
4. If the Low Battery Indicator appears on the display, replace both batteries. Long-life alkaline batteries are recommended.



Low Battery Indicator

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

TROUBLESHOOTING

Error Indicator	Cause	Correction
	Cuff under-inflated.	Wait 2-3 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 explained in step 2b under "How To Take A Reading."
	Movement during measurement. No pulse or blood pressure reading due to very weak artery pulse.	
	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 both "AAA" batteries.

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 HEM-608 Portable Wrist Blood Pressure Monitor.

MEMORY FEATURE INSTRUCTIONS

1. How to store the measured blood pressure values...

The measured and displayed blood pressure and pulse rate readings are automatically stored in the memory.

The memory can store the readings of up to fourteen measurements.

The memory stores the most recent 14 readings. When more than 14 readings have been taken the earliest readings are erased and replaced by the most recent readings. The memory is not erased when the batteries are replaced.

2. How to recall previously measured readings from memory...

While the (♥) symbol is displayed, you can recall and display readings from the memory starting with the previous measured readings.

When you push the MEMORY Button "M", if there is any measured reading stored in the memory, M1 indicating the latest memory, the systolic and the diastolic blood pressures, and the pulse rate are displayed alternatively.

In order to recall the readings measured previously, push the MEMORY Button "M" again. The values will be displayed as M2, M3,... etc.

If there is no measured reading in the memory, a blank screen with dashed lines will be displayed, when the MEMORY Button "M" is pushed.

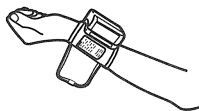
3. How to erase the memory...

All the measured readings stored in the memory can be erased simultaneously by operating the Buttons as follows:

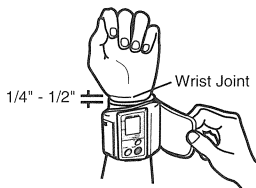
While the (♥) symbol is displayed, push the MEMORY "M" and the START Buttons simultaneously. Hold both buttons down for at least two seconds, a blank screen with dashed lines will be displayed and the measured readings stored in the memory will be erased.

HOW TO APPLY THE WRIST CUFF

1. Hold your left arm in front of you with your palm facing up. Apply the cuff so that the monitor is on the inside of your wrist with the display in easy view.



2. The cuff's edge should be approximately 1/4 to 1/2 inch from below your palm.



3. Wrap the cuff comfortably around your wrist. The top and bottom edges of the cuff should be tightened evenly around your wrist.

4. When the cuff is positioned correctly, secure it in place by pressing the pile material firmly against the hook material.

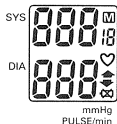



HOW TO TAKE A READING

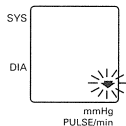
Please read and follow directions in "Suggestions Before Measuring Blood Pressure" and "How To Apply The Wrist Cuff" before taking a reading.


1. Press the ON/OFF Button.

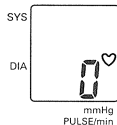
- a) All the display symbols appear for approximately one second. This is the initial LCD test.




- 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 with a zero.

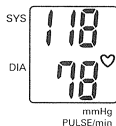
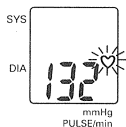


NOTE: Wait for the Heart Symbol () before taking a measurement.

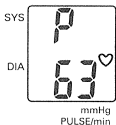
2. Press the START button. The cuff automatically inflates to approximately 180 mmHg (approximately 50 mmHg higher than the average systolic blood pressure reading).

HOW TO TAKE A READING

- a) If during your measurement (deflation) the monitor determines that a higher pressure value is required, it will momentarily stop deflation and automatically increase the pressure value to 230 mmHg.
 - b) To inflate higher than 230 mmHg, during deflation press and hold the START button until 280 mmHg pressure value is reached. DO NOT INFLATE HIGHER THAN 280 mmHg.
3. When the cuff reaches your correct inflation level, it begins to deflate automatically. As the cuff deflates, decreasing numbers appear on the display. The Heart Symbol (♥) flashes at the onset of oscillation signals.
 4. The monitor exhausts the residual air when the measurement is complete. The Heart Symbol (♥) stops flashing and your blood pressure and pulse display alternately.



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.

**For Customer Service
Call Toll Free
1-800-634-4350**

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OMRON HEALTHCARE, INC.

300 Lakeview Parkway
Vernon Hills, Illinois 60061
www.omron.com/ohi

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