

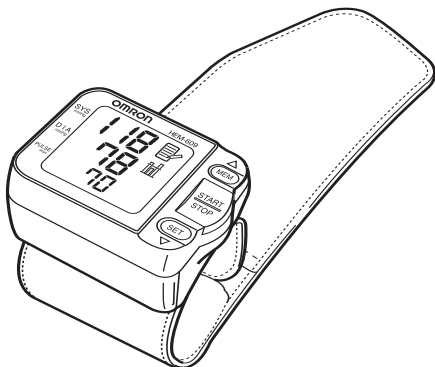
OMRON®

Instruction Manual

Automatic Wrist Blood Pressure Monitor

with  *Intelli*
sense®

Model **HEM-609**



ESPAÑOL

ENGLISH

CONTENTS

Before Using the Monitor

Introduction	3
Important Safety Notes	4
Before Taking a Measurement	5

Operating Instructions

Know Your Unit	6
Unit Display	7
Irregular Heartbeat Symbol	7
Battery Installation	8
Setting the Date and Time	9
Applying the Wrist Cuff	11
Taking a Measurement	12
Using the Memory Function	14

Care and Maintenance

Care and Maintenance	16
Error Indicators	17
Troubleshooting Tips	18
FCC Statement	19
Warranty Information	20
Specifications	21
Notes	22

INTRODUCTION

Thank you for purchasing the Omron HEM-609 Portable Wrist Blood Pressure Monitor.

Fill-in for future reference

DATE PURCHASED: _____

SERIAL NUMBER: _____

Staple your purchase receipt here.

The monitor is compact and easy-to-use at home, at work, and during travel. Perfect for people who frequently monitor their own blood pressure.

Omron digital blood pressure monitors use 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. An oscillometric monitor does not need a stethoscope so the monitor is simple to use.

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 are close to each other. Frequently measuring the blood pressure in your wrist will provide your physician with an accurate indication of changes in your blood pressure.

The Omron HEM-609 Portable Wrist Blood Pressure Monitor is intended for home use.

SAVE THESE INSTRUCTIONS

IMPORTANT SAFETY NOTES

To assure the correct use of the product basic safety measures should always be followed including the precautions listed below:

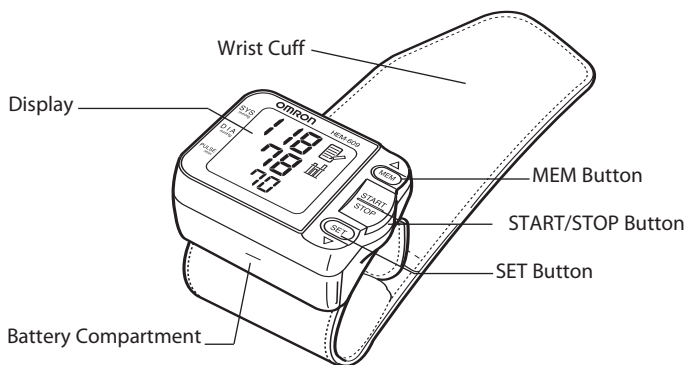
- ☑ Consult your physician before measuring blood pressure at the wrist if you have any of the following conditions: severe hypertension, severe diabetes, severe arteriosclerosis, severe kidney disease, or vascular disease that may compromise circulation.
- ☑ Read all information in the instruction book and any other literature included in the box before using the unit.
- ☑ Contact your physician for specific information about your blood pressure. Follow the instructions of your healthcare provider.
- ☑ Operate the unit only as intended. Do not use for any other purpose.
- ☑ The unit is intended for use in measuring blood pressure and pulse rate in adult patient population. Do not use on infants.
- ☑ Do not use a cellular phone near the unit. It may result in operational failure.
- ☑ Changes or modifications not approved by Omron Healthcare will void the user warranty. Do not disassemble or attempt to repair the unit or components.

BEFORE TAKING A MEASUREMENT

1. Avoid eating, smoking, and exercising for 30 minutes before taking a measurement. Rest for at least 15 minutes before taking the measurement.
2. Stress raises blood pressure. Avoid taking measurements during stressful times.
3. The cuff can be applied to your left or right wrist.
4. Measurements should be taken in a quiet place.
5. Position the unit at heart level throughout the measurement.
6. Remain still and do not talk during the measurement.
7. Keep a record of your blood pressure and pulse readings for your physician. A single measurement does not provide an accurate indication of your true blood pressure. You need to take and record several readings over a period of time. Try to measure your blood pressure at the same time each day for consistency.
8. Wait 2-3 minutes between measurements. The wait time allows the arteries to return to the condition prior to taking the blood pressure measurement. You may need to increase the wait time depending on your individual physiological characteristics.

KNOW YOUR UNIT

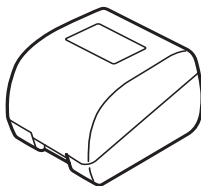
Main Unit



Components



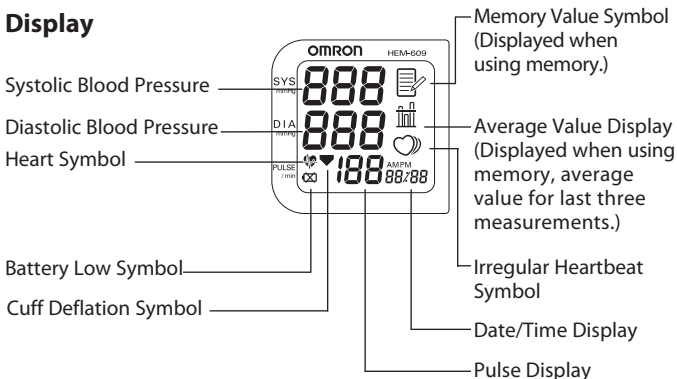
Two "AAA" Alkaline Batteries



Storage Case

UNIT DISPLAY

Display

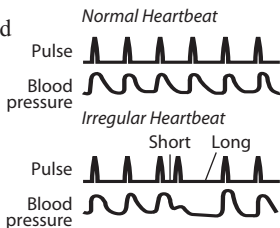


IRREGULAR HEARTBEAT SYMBOL

When the monitor detects an irregular rhythm two or more times during the measurement, the Irregular Heartbeat Symbol (☹️) will appear on the display with the measurement values.

The irregular heartbeat rhythm is defined as a rhythm that varies by more than or less than 25% from 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 physician. Follow the directions of your doctor.

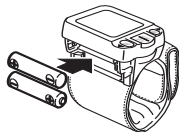


BATTERY INSTALLATION

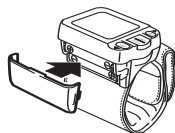
1. Press both sides of the battery cover and slide the cover off in the direction of the arrow.



2. Install 2 “AAA” size batteries so the + (positive) and - (negative) polarities match the polarities of the battery compartment as indicated.



3. Replace the Battery Cover. Make sure the battery cover is securely in place.



BATTERY REPLACEMENT



Low Battery Indicator

When the Low Battery Indicator appears on the display screen remove both worn batteries. Replace with two new batteries at the same time. Long-life alkaline batteries are recommended.

When the Low Battery Indicator appears on the display screen remove both batteries. Replace with two new 1.5V “AAA” identical batteries at the same time. Long-life alkaline batteries are recommended.

NOTE:

Measurement values stored in the memory will not be deleted during battery replacement.

After replacing the batteries, reset the date and time. Refer to page 9, Setting the Date and Time.

SETTING THE DATE AND TIME

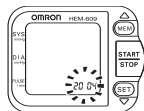
The Blood Pressure Monitor stores up to 90 measurement values with the date and time. The monitor also calculates an average reading based on the last three measurement values.

Set the monitor to the current date and time before taking a measurement for the first time. If the current date and time is not set, a default date and time will display.

1. TO START THE SETTING

Press the SET button to adjust the date and time.

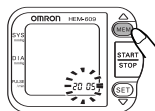
The year flashes on the display.



2. SETTING THE YEAR

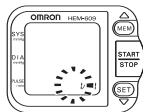
The year can be set between 2004 and 2030. When the display reaches 2030, it will return to 2004.

Press the MEM button to advance by increments of one year.



Press the SET button to set the current year.

The month flashes on the display.



NOTE:

- Press and hold the MEM button to increase the values faster.

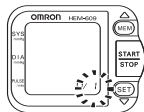
SETTING THE DATE AND TIME

3. SETTING THE MONTH

Press the MEM button to advance by increments of one month.

Press the SET button to set the current month.

The day flashes on the display.

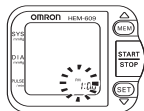


4. SETTING THE DAY

Press the MEM button to advance by increments of one day.

Press the SET button to set the current day.

The hour flashes on the display.



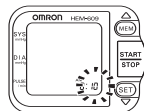
5. SETTING THE HOUR

The time is set using AM or PM.

Press the MEM button to advance by increments of one hour.

Press the SET button to set the current hour.

The minutes flash on the display.



6. SETTING THE MINUTE

Press the MEM button to advance by increments of one minute.

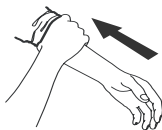
Press the SET button to set the current minute.

The year flashes on the display.

7. Press the START/STOP button to turn the display off.

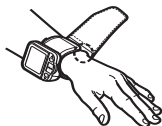
APPLYING THE WRIST CUFF

1. Wrap the cuff directly against your skin.
Do not apply over clothing. Make sure your sleeve is not rolled up too tightly on your arm. This may constrict the flow of blood in your arm.



2. Place the cuff over your left wrist with your left thumb facing upward.
3. Position the cuff leaving a clearance of approximately 1/2 to 1 inch between the cuff and the bottom of your palm.

4. Hold the bottom part of the cuff and wrap it around the wrist so it fits comfortably and securely around your wrist.



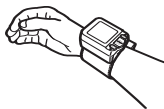
NOTE: Make sure the wrist cuff does not cover the protruding part of the wrist bone on the outside of the wrist.

5. Fold the remaining part of the wrist cuff back out of the way.



APPLYING THE CUFF ON THE RIGHT WRIST

When taking a measurement using the right wrist position the cuff as shown in the illustration.



TAKING A MEASUREMENT

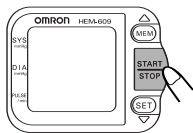
1. Sit comfortably in a chair with your feet flat on the floor.



2. Hold your arm across your chest at heart level.
Hold your elbow firmly to avoid body movement.
Sit still and do not talk or move during the measurement.



3. Press the **START/STOP** button.



All display symbols appear on the screen.

The cuff starts to inflate automatically.

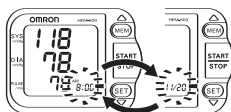
The current time is displayed and the heart symbol starts to flash while the cuff is inflating.

Hold the monitor at heart level until the measurement is complete.

NOTE: To stop the inflation or measurement, push the **START/STOP** button. The monitor will stop inflating, start deflating, and will turn off.

TAKING A MEASUREMENT

- After the monitor has detected your blood pressure and pulse rate, the cuff automatically deflates. Your blood pressure and pulse rate are displayed.



Alternating Display

NOTE: The time and date of the measurement are displayed alternately.

IRREGULAR HEARTBEAT FEATURE

The irregular heartbeat feature automatically determines if the measurement is usable. If the measurement is valid, your blood pressure and pulse rate are displayed on the screen with the irregular heartbeat symbol. If the irregular heartbeat symbol (♥) is shown with no reading, take another measurement.

- Press the START/STOP button** to turn the monitor off.



NOTE: The monitor will automatically turn off after two minutes.

USING THE MEMORY FUNCTION

Every time you complete a measurement the monitor stores the blood pressure and pulse rate in the memory. The Blood Pressure Monitor automatically stores up to 90 measurement values. When 90 sets of measurement values are stored in the memory, the oldest record is deleted to save the most recent measurement values.

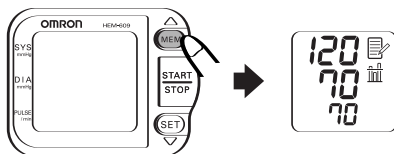
The monitor also calculates an average reading based on the values of the three most recent measurements taken. If the date and time is not set, the measurement values will not be stored in the memory correctly.

TO DISPLAY THE AVERAGE VALUE



Average Value Symbol

1. **Press the MEM button.** The average value symbol will display on the screen with the average reading.

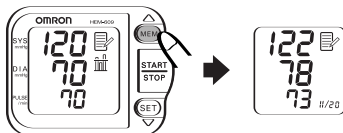


TO DISPLAY THE MEASUREMENT VALUES

1. Press the MEM button to display the average reading on the screen.

USING THE MEMORY FUNCTION

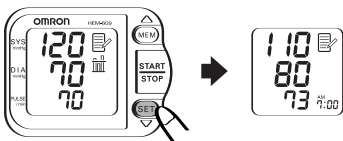
2. Press the **MEM** button to display the measurement values stored in the memory beginning with the most recent value to the oldest value.



NOTES:

- The date and time are alternately displayed.
- Press the button repeatedly to display the next values.
- Press and hold the button to display the values faster.

Press the **SET** button to display the measurement values beginning with the oldest value to the most recent value.

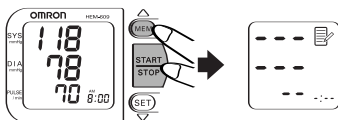


3. Press the **START/STOP** button to turn the power off.

TO DELETE ALL VALUES STORED IN THE MEMORY

You cannot partially delete records stored in the memory. All records will be deleted.

1. Press and hold the **MEM** button and **START/STOP** button simultaneously for more than 2 seconds.



CARE AND MAINTENANCE

To keep your digital blood pressure monitor in the best condition and protect the unit from damage follow the directions listed below:

Clean the monitor with a soft dry cloth. Do not use any abrasive or volatile cleaners. Do not attempt to clean the cuff. Never immerse the monitor or any components in water.



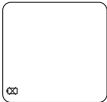
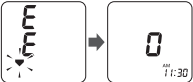

Store the monitor in a safe and dry location. Do not fold the cuff and tubing tightly. Do not subject the monitor to extreme hot or cold temperatures, humidity and direct sunlight.

Avoid subjecting the monitor to strong shocks, such as dropping the unit on the floor.

Remove the batteries if the unit will not be used for three months or longer. Always replace all the batteries with new ones at the same time.

Use the unit consistent with the instruction provided in this manual. Use only authorized parts and accessories.

ERROR INDICATORS

SYMBOL	CAUSE	CORRECTION
	<p>Movement during measurement.</p>	<p>Press the START/STOP button to turn the unit off. Remove the monitor from your wrist. Refer to “Taking a Measurement” on page 12.</p> <p>Wait 2-3 minutes. Take another measurement.</p>
	<p>The cuff is not wrapped securely.</p>	<p>Remove the monitor from your wrist. Read, “Applying the Wrist Cuff” on Page 11.</p> <p>Wait 2-3 minutes. Take another measurement.</p>
	<p>Batteries are worn.</p>	<p>Replace the two “AAA” batteries. Refer to page 8 for battery installation.</p>
	<p>Cuff over-inflated.</p>	<p>Repair Service Required. Refer to Warranty Information on page 20.</p>
	<p>Abnormal unit function.</p>	<p>Repair Service Required. Refer to Warranty Information on page 20.</p>

TROUBLESHOOTING TIP

PROBLEM	CAUSE
No power. No display appears on the unit.	Replace worn batteries. Check the battery installation for proper placement of the battery polarities.
Measurements values appear too high or too low.	Blood pressure varies constantly. Many factors including stress, time of day, how you wrap the cuff, may affect your blood pressure. Review the sections “Before Taking a Measurement” and “Taking a Measurement.

FCC STATEMENT

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 the 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.

Changes or modifications not expressly approved by the party responsible for compliance could void the user’s authority to operate the equipment.

WARRANTY

Your HEM-609 Automatic IntelliSense® Wrist Blood Pressure Monitor, excluding the monitor cuff, is warranted to be free from defects in materials and workmanship appearing within 5 years from the date of purchase, when used in accordance with the instructions provided with the monitor. The monitor cuff is warranted to be free from defects in materials and workmanship appearing within one year from the date of purchase when the monitor is used in accordance with the instructions provided with the monitor. The above warranties extend only to the original retail purchaser.

We will, at our option, repair or replace without charge any monitor or monitor cuff covered by the above warranties. Repair or replacement is our only responsibility and your only remedy under the above warranties.

To obtain warranty service contact Omron Healthcare for the address of the repair location. Shipping instructions and repair information is available by calling **1-800-634-4350** or visiting our website at www.omronhealthcare.com.

Enclose the Proof of Purchase. Include \$5.00 for the return shipping and handling. Include a letter, with your name, address, phone number, and description of the specific problem. Pack the product carefully to prevent damage in transit. Because of possible loss in transit, we recommend insuring the product with return receipt requested.

ALL IMPLIED WARRANTIES, INCLUDING BUT NOT LIMITED TO THE IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR PARTICULAR PURPOSE, ARE LIMITED TO THE DURATION OF THE APPLICABLE WRITTEN WARRANTY ABOVE.

Some states do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you.

OMRON SHALL NOT BE LIABLE FOR LOSS OF USE OR ANY OTHER INCIDENTAL, CONSEQUENTIAL OR INDIRECT COSTS, EXPENSES OR DAMAGES. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above exclusions may not apply to you.

This warranty gives you specific legal rights, and you may also have other rights which may vary from state to state.

FOR CUSTOMER SERVICE:

Visit our website:

www.omronhealthcare.com

Call toll free:

20

1-800-634-4350

SPECIFICATIONS

Name:	OMRON Automatic Wrist Blood Pressure Monitor
Model:	HEM-609
Display:	Digital Display
Measurement:	Oscillometric method
Measurement	Range: Pressure: 0 to 299 mmHg
Pulse:	40 to 180 beats/min
Accuracy:	Pressure; Within ± 3 mmHg Pulse rate; Within $\pm 5\%$ of reading
Inflation:	Automatic inflation by pump
Deflation:	Automatic rapid deflation
Pressure Detection:	Electrostatic capacity semiconductor pressure sensor
Power supply:	Two AAA batteries
Battery Life:	Approximately 300 measurements when using alkaline batteries at the room temperature of 22°C and by using three times a day and inflating to 170 mmHg
Operating Temperature and Humidity:	50°F to 104°F (10°C to 40°C), 30 to 85% RH
Storage Temperature and Humidity:	-4°F to 140°F (-20°C to 60°C), 10 to 95% RH
Weight of Main Unit:	Approximately 110 g (not including batteries)
External Dimensions:	2 3/4" (w) x 2 1/8" (h) x 1 7/16" (d) (70 mm x 54 mm x 37 mm) (not including the wrist cuff)
Measurable circumference of wrist:	Approximately 5 1/4" to 8 1/2"
Electric Shock Protection:	Internal power supply appliance type B
Contents:	Storage case, two AAA alkaline batteries, Instruction manual
UPC:	0 73796 00609 9

These specifications, to improve performance, are subject to change without notice.

NOTES

NOTES

Manufactured for:
OMRON HEALTHCARE, INC.
1200 Lakeside Drive
Bannockburn, Illinois 60015
www.omronhealthcare.com

Copyright © 2005 Omron Healthcare, Inc.

609INST Rev A