INSTRUCTION MANUAL

PORTABLE WRIST BLOOD PRESSURE MONITOR

Model HEM-629
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Thank you for purchasing the Omron HEM-629 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.

The Omron HEM-629 digital blood pressure monitor uses 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-629 Portable Wrist Blood Pressure Monitor is intended for home use.
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 the manufacturer will void the user warranty. Do not disassemble or attempt to repair the unit or components.
KNOW YOUR UNIT

- Systolic Blood Pressure
- Diastolic Blood Pressure/Pulse Rate
- Date/Time SET Button
- Date/Time ADJUST Button
- MEMORY Button
- Memory Mark
- Wrist Cuff
- START/STOP Button
- Battery Cover
- Battery Replacement Indicator

[Image of blood pressure monitor with labeled parts]
1. Hold the main unit with the Battery Cover facing upward.

2. Remove the Battery Cover. Hold both ends of the Battery Cover and open the cover towards the direction of the arrow.

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

4. Close the Battery Cover. Press the Battery Cover with your fingertips as shown in the figure to the right. The cover clicks when it closes.

**NOTE:** If the Low Battery Indicator (odashi) appears on the display, replace both batteries at the same time. Long-life alkaline batteries are recommended.
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. You should be in a relaxed, seated position.

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 or 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 physical characteristics.
HOW TO SET THE DATE AND TIME

The Blood Pressure Monitor automatically stores up to 21 measurement values. The memory function stores the date and time with the measurement values.

• Set the monitor to the current date and time before taking a measurement for the first time.
• If the correct date and time is not set, a default date and time will display with the measurement values.
• You cannot change the date and time during a measurement.

1. Press the SET button or the ADJUST button to display the clock.

2. Press and hold the SET button for more than 1 second to display the year.

   The year flashes on the display.  

   📅 - 20 03 -

3. TO SET THE YEAR press the ADJUST button.
   • Each time you press the ADJUST button the display increments by one year.
   • Press and hold the ADJUST button to advance to the current year faster.
   • The year can be set between 2001 and 2030. When the display reaches 2030 it will return to the year 2001.
   • Press the SET button to set the current year.

   The month flashes on the display.  

   📅 1/12 -
4. **TO SET THE MONTH** press the ADJUST button.
   - Each time you press the ADJUST button the display increments by one month.
   - Press and hold the ADJUST button to advance to the current month faster.
   - When the display reaches 12 it will return to 01.
   - Press the SET button to set the current month.

   The day flashes on the display.

5. **TO SET THE DAY** press the ADJUST button.
   - Press the ADJUST button to advance the day by one day.
   - Press the ADJUST button to move the day backward by one day.
   - Once the display reaches 31, it will return to 1.

   The hour flashes on the display.
6. **TO SET THE HOUR** press the ADJUST button.
   - AM 12 indicates midnight and PM 12 indicates noon.
   - Each time you press the ADJUST button the display increments by one hour.
   - Press and hold the ADJUST button to advance to the current hour faster.
   - Press the SET button to set the current hour.

   The minute flashes on the display.

7. **TO SET THE MINUTE** press the ADJUST button.
   - Each time you press the ADJUST button the display increments by one minute.
   - Press and hold the ADJUST button to advance to the current minute faster.
   - When the display reaches 60 it will return to 00.
   - Press the SET button to set the current minute.

   The date and time is set.

8. Press the START/STOP button to turn the power off.
HOW TO APPLY THE WRIST CUFF

How to wrap the wrist cuff is one of the important points for correct measurement.

- Wrap the cuff snugly on your wrist.
- Wrap the wrist cuff directly against your skin,
  Be careful not to catch clothing between the cuff and your skin.

How to wrap the wrist cuff on your left wrist

1. Place the wrist cuff by leaving clearance of 1/2 inch (the clearance almost equal to the width of an index finger) between the edge of the wrist cuff and the bottom of the palm as shown in the figure to the right.

2. Wrap the wrist cuff upward holding the edge of the wrist cuff so that it can be wrapped snugly.

3. Lightly press the velcro with your finger so that it is fastened tightly.

Taking a measurement on your right wrist

You can measure your blood pressure on your right wrist. Wrap the wrist cuff as shown in the figure to the right.
HOW TO TAKE A MEASUREMENT

1. Press the START/STOP button. After all the characters on the display are turned on, the monitor starts inflating for measurement.

2. Check the measured values. When the measurement finishes, the deflation mark flashes and the wrist cuff deflates.

3. To stop measurement press the START/STOP button to turn off the power. Even if you forget to press the START/STOP button, the power will turn itself off automatically in approximately 2 minutes.

4. The monitor exhausts the residual air when the measurement is complete. The Heart Symbol (♥) stops flashing and your blood pressure and pulse rate display alternately.
HOW TO USE THE MEMORY FUNCTION

The Blood Pressure Monitor stores up to 21 measurement values with the date and time.

1. Press the MEMORY button to display the most recent measurement values. Blood Pressure and Pulse Rate alternate on the display.

2. Press the MEMORY button again to display previous measurement values. Blood Pressure and Pulse Rate alternate on the display for each previous measurement.

3. Press and hold the MEMORY button to display only Blood Pressure values. All values currently stored in the memory will display beginning with the most recent value.

4. Press the START/STOP button to turn the power off.

How to delete the memory

1. Press the MEMORY button to display the stored contents.

2. Press the both MEMORY button and the START/STOP button simultaneously for more than 2 seconds.
   • All stored contents will be deleted.

NOTE: Measurements are retained in memory even after the batteries are removed for battery replacement.
## ERROR INDICATORS

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<th>Error Indicator</th>
<th>Cause</th>
<th>Correction</th>
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<tbody>
<tr>
<td>Nothing is displayed when you press the START/STOP button</td>
<td>Batteries are worn out.</td>
<td>Replace the batteries with new ones.</td>
</tr>
<tr>
<td></td>
<td>The directions of polarities of inserted batteries (+ and –) are wrong.</td>
<td>Insert the batteries correctly.</td>
</tr>
<tr>
<td></td>
<td>The wrist cuff is not held at the level of the heart.</td>
<td>Measure your blood pressure again in correct posture.</td>
</tr>
<tr>
<td></td>
<td>The wrist cuff is not wrapped snugly.</td>
<td>Wrap the wrist cuff correctly.</td>
</tr>
<tr>
<td></td>
<td>Too much stress is applied on your shoulder or arm.</td>
<td>Relax and take measurement again.</td>
</tr>
<tr>
<td></td>
<td>You are talking or moving your hands during measurement.</td>
<td>Remain still during measurement.</td>
</tr>
<tr>
<td>Blood pressure values are displayed before the monitor inflates to the required value.</td>
<td>Air is leaking from the wrist cuff.</td>
<td>Please contact the OMRON Healthcare Customer Service</td>
</tr>
<tr>
<td>Error code: Er, 023</td>
<td>Trouble caused by abnormality in function.</td>
<td>Please contact the OMRON Healthcare Customer Service</td>
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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.

Cet appareil numérique respecte les limites de bruits radioélectriques applicables
aux appareils numériques de Clase B prescrites dans la norme sur le matériel
brouilleur: “Appareils Numériques”, ICES-003 édictée par
le minister des communications.

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

LIMITED WARRANTIES

Your Omron HEM-629 Portable Wrist Blood Pressure Monitor, excluding the monitor cuff, is warranted to be free from defects in materials and workmanship appearing within 5 years, 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, 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, ship the monitor and all of the components, together with proof of purchase and a note explaining the problem with $5.00 for return shipping and insurance to:

Omron Healthcare, Inc.
Attn: Repair Department
300 Lakeview Parkway
Vernon Hills, IL  60061

Be sure to include the model number, your name and your phone number on the enclosed note and any other correspondence.

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 at: www.omronhealthcare.com
Call toll free: 1-800-634-4350
<table>
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<tr>
<td><strong>Model:</strong></td>
<td>Omron HEM-629</td>
</tr>
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<td><strong>Display:</strong></td>
<td>Digital Display</td>
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| **Measurement Range:**              | Pressure: 0 to 299mmHg  
                                  Pulse: 40 to 180/minute                                                                 |
| **Accuracy/Calibration:**           | Pressure: ±3mmHg or 2% of reading  
                                  Pulse: ±5% of reading                                                                 |
| **Inflation:**                      | Automatic by electric pump                                                                                                             |
| **Deflation:**                      | Automatic rapid deflation                                                                                                              |
| **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 300 times of measurement when using alkaline batteries (when the monitor is used three times a day inflating 170 mmHg at room temperature of 72°F) |
| **Operating Temperature/Humidity:** | 50°F to 104°F (10°C to 40°C)  
                                  30 to 85% RH maximum                                                                 |
| **Storage Temperature/Humidity:**   | -4°F to 140°F (-20°C to 60°C)  
                                  10 to 95% RH maximum                                                                 |
| **Console Weight:**                 | Approximately 4.8 oz. (136g) without batteries                                                                                         |
| **Outer Dimensions:**               | Approximately 3" (w) x 1 5/6" (h) x 2 4/5" (d)  
                                  (76mm x 47mm x 71mm)                                                                 |
| **Cuff Dimensions:**                | Approximately 3" x 12" (76mm x 304mm)                                                                                                 |
| **Wrist Circumference Range:**      | Approximately 5 1/3" x 7 2/3" (135mm x 195mm)                                                                                         |
| **Contents:**                       | Storage Case, Instruction Manual, 2 "AAA" batteries                                                                                   |

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