

OMRON®

GETTING STARTED

DELUXE WRIST BLOOD PRESSURE MONITOR



HEM-650

STEP 1

Insert two AAA batteries into compartment below monitor.

For accurate results, sit with feet flat on floor and rest for 15 minutes before taking measurements. Do not measure within 30 minutes after eating, exercising, bathing, smoking or drinking alcohol.



STEP 2

DATE AND TIME SETTING OPTION

To Set Date and Time Go To **A**. Or To Bypass Date and Time Go To **B**.

A Press **START/STOP** button once. The year will flash. Press **MEM** button to advance to current year, then press **SET** to confirm. Change month, day and time the same way. Unit will shut off when complete.

B Press **START/STOP** button to turn unit on. The year will flash. Press **START/STOP** again to turn unit off. You have now bypassed setting the Date and Time. Go to **STEP 3**.

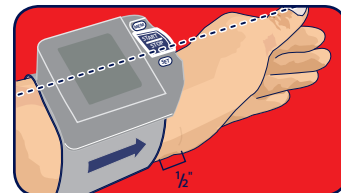
For more information on date and time setting, see pages 18-20 in the instruction manual.



STEP 3

Secure cuff on left wrist and align monitor with thumb as shown. Place cuff 1/2 inch away from wristbone.

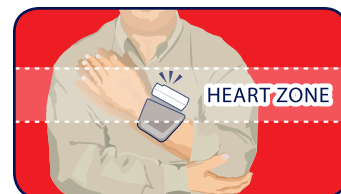
To use on right wrist, See page 17 in instruction manual.



STEP 4

To turn the unit on and take a measurement, press **START/STOP** button once. The monitor will start beeping. Holding left elbow and arm against body, elevate cuffed wrist to heart level (as shown). The monitor will beep faster as you get closer to the **HEART ZONE**. Four slow beeps will sound when in the correct position. *Please note: cuff will not begin inflating until correct position is reached. This is to ensure that you get an accurate reading.*

Hold still until cuff deflates and results are displayed. Press **START/STOP** to turn off monitor.



FREQUENTLY ASKED QUESTIONS

Q. Why are my blood pressure readings sometimes different?

A. Your blood pressure changes constantly based on your daily activities and time of day. Because of this, some fluctuations can be expected. That's why it is important to use averages over time to compare readings. Because each person is different, it's important to consult with your doctor about what your numbers mean to you.

Q. Why could my doctor's reading be different than my readings taken at home?

A. Having your blood pressure measured by a healthcare professional in a doctor's office can cause nervousness and may result in an elevated reading. Because these readings can vary considerably, you should take your blood pressure on a regular basis at home and share your results with your healthcare provider.

Q. Why doesn't this unit give me a reading unless it's in a specific position?

A. This Omron wrist monitor includes APS® (Advanced Positioning Sensor) which means it will only measure when it is correctly positioned at heart level. It will not allow you to take your measurement outside of this "Heart Zone." This ensures that you will get an accurate reading.

The American Heart Association's guideline for upper limit of normal home blood pressure is¹: **135** mmHg systolic **85** mmHg diastolic

Please read the instruction manual for complete product information. Call our Toll-Free Consumer Help Line at 800-634-4350 for assistance with your Omron product. WWW.OMRONHEALTHCARE.COM

1. Hypertension. 2008;52:10-29.