

OMRON®

INSTRUCTION MANUAL



Automatic Blood Pressure Monitor with ComFit™ Cuff Model HEM-711DLX



ESPAÑOL

ENGLISH

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INTRODUCTION

Thank you for purchasing the Omron® HEM-711DLX IntelliSense® Automatic Blood Pressure Monitor with ComFit™ Cuff.

Fill in for future reference.

DATE PURCHASED: _____

SERIAL NUMBER: _____

Staple your purchase receipt here

Your new 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. The monitor stores measurement results.

The HEM-711DLX comes with the following components:



- Monitor
- ComFit™ Cuff
- AC Adapter
- Storage Case
- Warranty Card
- Instruction Manual printed in English and Spanish

The HEM-711DLX IntelliSense® Automatic Blood Pressure Monitor is intended for home use.






SAVE THESE INSTRUCTIONS

SAFETY INFORMATION

To assure the correct use of the product basic safety measures should always be followed including the warnings and cautions listed in this instruction manual.

SAFETY SYMBOLS USED IN THIS INSTRUCTION MANUAL	
 WARNING	Indicates a potentially hazardous situation which, if not avoided, could result in death or serious injury.
 CAUTION	Indicates a potentially hazardous situation which, if not avoided, may result in minor or moderate injury to the user or patient or damage to the equipment or other property.

OPERATING THE DEVICE

-  Contact your physician for specific information about your blood pressure. Self-diagnosis and treatment using measured results may be dangerous. Follow the instructions of your physician or licensed healthcare provider.
-  If battery fluid should get in your eyes, immediately rinse with plenty of clean water. Contact a physician immediately.
-  Read all of the information in the instruction manual and any other literature in the box before operating the unit.
-  This device is intended for use in measuring blood pressure and pulse rate in the adult population. Do not use this device on infants or persons who cannot express their intentions.
-  Read the Special Conditions section (page 25) of the instruction manual if your systolic pressure is known to be more than 220 mmHg. Inflating to a higher pressure than necessary may result in bruising where the cuff is applied.

SAFETY INFORMATION

OPERATING THE DEVICE (continued)

- ⚠ Operate the device only as intended. Do not use the device for any other purpose.
- ⚠ Dispose of the device, components and optional accessories according to applicable local regulations. Unlawful disposal may cause environmental pollution.
- ⚠ Do not use a cellular phone near the device. It may result in an operational failure.
- ⚠ Use only Omron authorized parts and accessories. Parts and accessories not approved for use with the device may damage the unit.
- ⚠ Use only 1.5 V manganese or alkaline batteries with this device. Do not use other types of batteries. This may damage the unit.

RISK OF ELECTRICAL SHOCK

- ⚠ Do not plug or unplug the power cord into the electrical outlet with wet hands.
- ⚠ Do not overload power outlets. Plug the device into the appropriate voltage outlet.

SAFETY INFORMATION

CARE AND MAINTENANCE

- ⚠ Do not subject the monitor to strong shocks, such as dropping the unit on the floor.
- ⚠ Do not submerge the device or any of the components in water.
- ⚠ Store the device and the components in a clean, safe location.
- ⚠ Changes or modification not approved by Omron Healthcare will void the user warranty. Do not disassemble or attempt to repair the unit or components.

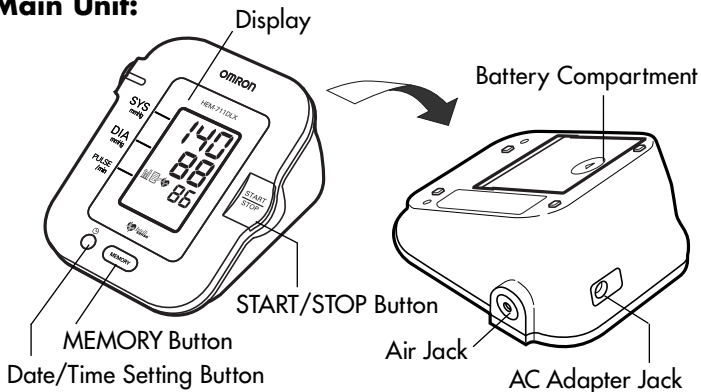
BEFORE TAKING A MEASUREMENT

To ensure a reliable reading follow these recommendations:

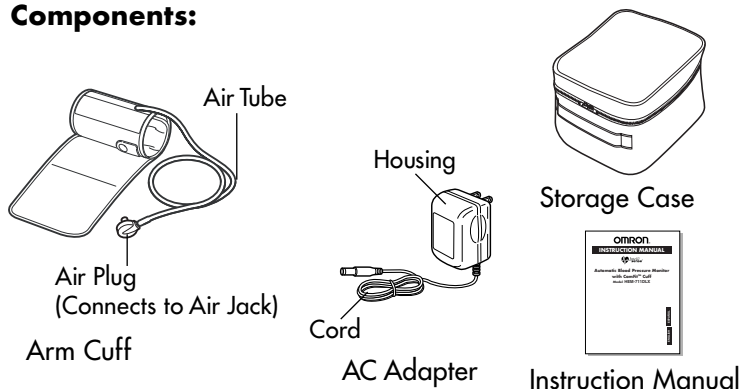
1. Avoid eating, drinking alcohol, smoking, exercising, and bathing for 30 minutes before taking a measurement. Rest for at least 15 minutes before taking the measurement.
2. Stress raises blood pressure. Avoid taking measurements during stressful times.
3. Measurements should be taken in a quiet place.
4. Remove tight-fitting clothing from your arm.
5. Sit in a chair with your feet flat on the floor. Rest your arm on a table so that the cuff is at the same level as your heart.
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 about 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

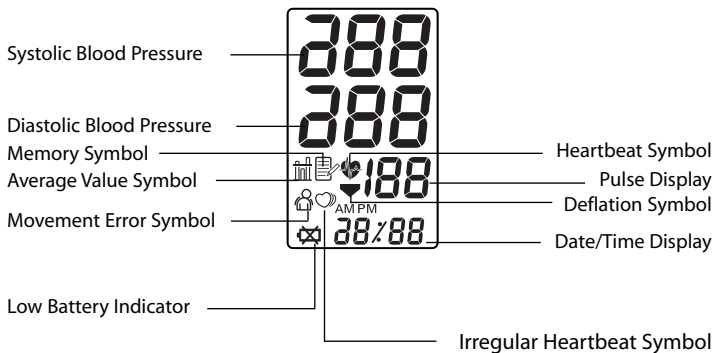
Main Unit:



Components:



UNIT DISPLAY



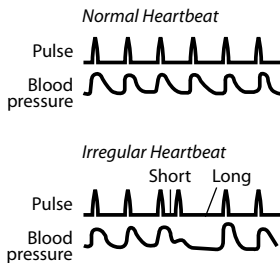
DISPLAY SYMBOLS

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.

An irregular heartbeat rhythm is defined as a rhythm that is more than 25 % slower or 25 % faster from the average rhythm detected while the monitor is measuring the systolic blood pressure and the 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.



AVERAGE VALUE SYMBOL (📊)

The Average Value Symbol is displayed if the measurement values displayed are an average of up to three measurements taken within 10 minutes of the last reading.

MOVEMENT ERROR SYMBOL (🧑)

The Movement Error Symbol is displayed if you move your body during the measurement. Please remove the arm cuff, and wait 2-3 minutes. Take another measurement.

DISPLAY SYMBOLS

The American Heart Association¹ recommends the following guideline for upper limit of normal for home blood pressure readings:

AHA Home Guideline for Upper Limit of Normal BP	
Systolic Blood Pressure	135 mmHg
Diastolic Blood Pressure	85 mmHg

This is a general guideline because blood pressure depends on age and morbidity. The AHA recommends a lower home blood pressure goal for certain patients, including diabetic patients, pregnant women, and patients with renal failure¹.

The monitor is not intended to be a diagnostic device.

⚠ WARNING

Contact your physician for specific information about your blood pressure. Self-diagnosis and treatment using measured results may be dangerous. Follow the instructions of your physician or licensed healthcare provider.

Omron Healthcare recommends you contact your physician if the HEARTBEAT SYMBOL appears on the display with your measurement values.

HEARTBEAT SYMBOL ()

TAKING A MEASUREMENT

The Heartbeat Symbol flashes on the display during the measurement. The Heartbeat Symbol flashes at every heartbeat.

When the measurement is complete, the Heartbeat Symbol flashes on the display with your blood pressure and pulse rate if the reading is above 135 for the Systolic Blood Pressure value and/or 85 for the Diastolic Blood Pressure value.

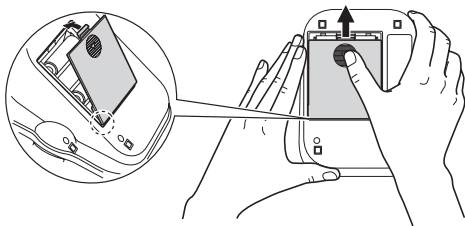
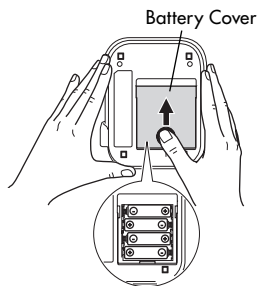
DISPLAY SYMBOLS

USING THE MEMORY FUNCTION

The Heartbeat Symbol flashes when the blood pressure reading stored in the memory is above 135 for the Systolic Blood Pressure value and/or 85 for the Diastolic Blood Pressure value.

BATTERY INSTALLATION

1. Press the ▼ indicator on the battery cover and slide the cover off in the direction of the arrow.
2. Install 4 “AA” size batteries so the + (positive) and - (negative) polarities match the polarities of the battery compartment as indicated.
3. Replace the battery cover.



BATTERY INSTALLATION

BATTERY REPLACEMENT



Low Battery Indicator

When the Low Battery Indicator appears on the display screen turn the monitor off and remove all the batteries. Replace with four new batteries at the same time. Longlife alkaline batteries are recommended.

CAUTION

If battery fluid should get in your eyes, immediately rinse with plenty of clean water. Contact a physician immediately.

- NOTES:**
- Turn the unit off before replacing the batteries. If the batteries are removed while the unit is still on, the date and time will be reset to that of the previous use. However, the measurement results are not deleted.
 - When the batteries are replaced, you may need to reset the date and time. If the year is flashing on the display screen, refer to page 16, SETTING THE DATE AND TIME.

CAUTION

Dispose of the device, components and optional accessories according to applicable local regulations. Unlawful disposal may cause environmental pollution.

USING THE AC ADAPTER

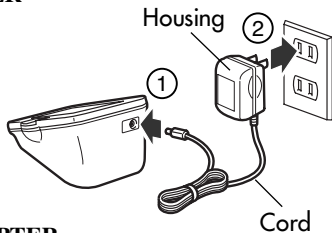
- NOTES:**
- Use only the authorized Omron AC Adapter, Model Number HEM-ADPT1, with this monitor.
 - We recommend you install the batteries even if the AC Adapter is used. If no batteries are installed, you may need to reset the date and time if the AC Adapter is disconnected. The measurement results will not be deleted.

⚠ CAUTION

Use only Omron authorized parts and accessories. Parts and accessories not approved for use with the device may damage the unit.

TO CONNECT THE AC ADAPTER

- ① Insert the AC Adapter Plug into the AC Adapter Jack on the back side of the monitor as illustrated.
- ② Plug the AC Adapter into a 120V AC outlet (60 cycles).



TO DISCONNECT THE AC ADAPTER

- ① Hold and pull the Housing to remove the AC Adapter from the electrical outlet. Do not remove by pulling on the cord.
- ② Remove the AC Adapter plug from the monitor.

⚠ WARNING

Do not plug or unplug the power cord into the electrical outlet with wet hands.

⚠ CAUTION

Do not overload power outlets. Plug the device into the appropriate voltage outlet.

SETTING THE DATE AND TIME

Set the monitor to the current date and time before taking a measurement for the first time. If the date and time are not set correctly, the measurement values stored in the memory and the average values may not be correct.

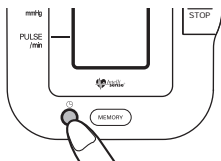
The Blood Pressure Monitor automatically stores up to 60 individual measurements values with the dates and times.

The monitor can also calculate an average reading based on the three most recent measurements taken within 10 minutes of the last reading.

- NOTES:**
- If only two readings are stored in the memory for the 10-minute period, the average is based on the two readings.
 - If one reading is stored in the memory for the 10-minute period, this reading is displayed as the average.

1. TO START THE SETTING

Press the Date/Time Setting button to adjust the date and time.



The year flashes on the display.



SETTING THE DATE AND TIME

2. SETTING THE YEAR

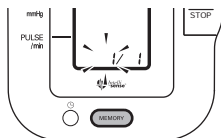
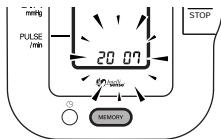
The year can be set between 2006 and 2030. When the display reaches 2030, it will return to 2006.

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

Press the Date/Time Setting button to set the current year.

The month flashes on the display.

NOTE: Press and hold the MEMORY button to advance the date and time values faster.

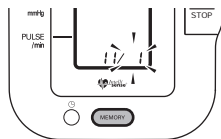


3. SETTING THE MONTH

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

Press the Date/Time Setting button to set the current month.

The day flashes on the display.



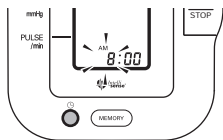
SETTING THE DATE AND TIME

4. SETTING THE DAY

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

Press the Date/Time Setting 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 MEMORY button to advance by increments of one hour.

Press the Date/Time Setting button to set the current hour.

The minute flashes on the display.



6. SETTING THE MINUTE

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

Press the Date/Time Setting button to set the minute setting.

7. TO TURN THE MONITOR OFF

Press the START/STOP button.

APPLYING THE ARM CUFF

⚠ CAUTION

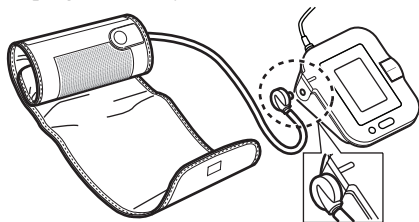
Read all of the information in the instruction manual and any other literature in the box before operating the unit.

⚠ CAUTION

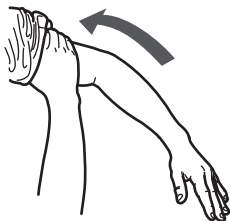
This device is intended for use in measuring blood pressure and pulse rate in the adult population. Do not use this device on infants or persons who cannot express their intentions.

APPLYING THE CUFF ON THE LEFT ARM

1. Make sure the air plug is securely inserted in the main unit.

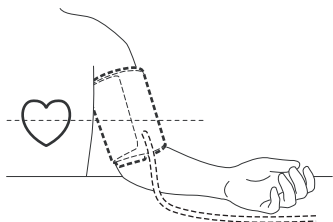


2. Remove tight-fitting clothing from your upper left arm.

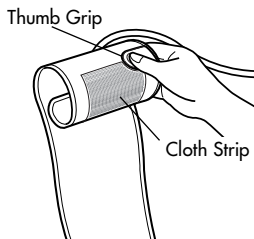


APPLYING THE ARM CUFF

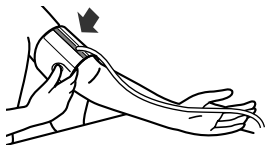
3. Sit in a chair with your feet flat on the floor. Place your left arm on a table so the cuff is level with your heart.



4. Hold the grip on the cuff securely with your right hand, placing your thumb on the thumb grip.

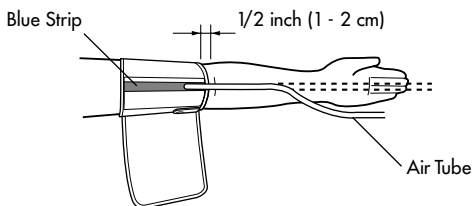


5. Turn the palm of your left hand upward.

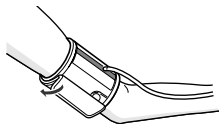


APPLYING THE ARM CUFF

6. Apply the cuff to your left upper arm so the blue strip is on the inside of your arm and aligned with your middle finger. The air tube runs down the inside of your arm. The bottom of the cuff should be approximately 1/2" above your elbow.



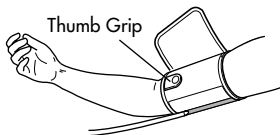
7. Wrap the cuff firmly in place around your arm using the cloth strip.



APPLYING THE ARM CUFF

APPLYING THE CUFF ON THE RIGHT ARM

Apply the cuff to your right upper arm so the thumb grip is centered on the inside of your inner arm. The bottom of the cuff should be approximately 1/2" above your elbow.



NOTE: Be careful not to rest your arm on the air tube. This will restrict the flow of air to the cuff.

TAKING A MEASUREMENT

The monitor automatically determines your ideal inflation level. In rare circumstances when a higher inflation may be necessary, the monitor automatically re-inflates the cuff up to 30 mmHg higher than the initial inflation and restarts the measurement.

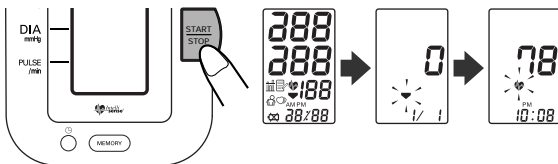
⚠ CAUTION

Operate the device only as intended. Do not use the device for any other purpose.

1. Press the START/STOP button.

All symbols appear on the display. The cuff starts to inflate automatically.

As the cuff inflates, the monitor automatically determines your ideal inflation level. This monitor detects the pulse during inflation. Do not move your arm and remain still until the entire measurement process is completed.




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

TAKING A MEASUREMENT

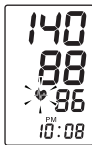
2. Inflation stops automatically and the measurement is started.

As the cuff deflates, decreasing numbers appear on the display.

The Heartbeat Symbol () flashes at every heartbeat.

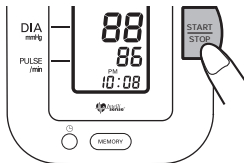


3. When the measurement is complete, the arm cuff completely deflates. Your blood pressure and pulse rate are displayed.



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

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



When the measurement is complete, the Heartbeat Symbol flashes on the display with your blood pressure and pulse rate if the reading is above 135 for the Systolic Blood Pressure value and/or 85 for the Diastolic Blood Pressure value.

TAKING A MEASUREMENT

SPECIAL CONDITIONS

⚠ CAUTION

Inflating to a higher pressure than necessary may result in bruising where the cuff is applied.

If your systolic pressure is known to be more than 220 mmHg, press and hold the START/STOP button until the monitor inflates 30 to 40 mmHg higher than your expected systolic pressure.



- NOTES:**
- Do not apply more pressure than necessary.
 - The monitor will not inflate above 299 mmHg.

When the measurement is complete, the arm cuff completely deflates. Your blood pressure and pulse rate are displayed.

USING THE MEMORY FUNCTION

The monitor is designed to store the blood pressure and the pulse rate in the memory every time a measurement is completed.

The monitor automatically stores up to 60 sets of measurement values (blood pressure and pulse rate). When 60 sets of measurement values are stored, the oldest record is deleted to save the most recent values.

AVERAGING FUNCTION

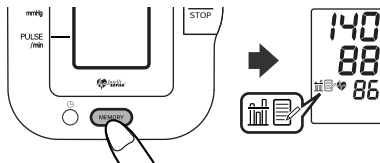
The monitor calculates the average reading based on the three most recent sets of measurement values taken within 10 minutes of the most recent reading.


NOTE: If two sets of measurement values are stored in the memory for the 10 minutes period, the average is based on the two sets of measurement values. If one set of measurement values is stored, this is displayed as the average.

USING THE MEMORY FUNCTION

TO DISPLAY THE MEASUREMENT VALUES

1. Press the MEMORY button.

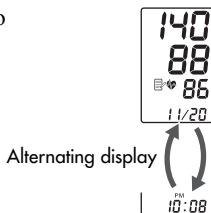


The Average Symbol () appears on the display when the average reading is shown.

2. Press the MEMORY button to display the measurement values from the most recent to the oldest.
3. Press the START/STOP button to turn the power off.

NOTES: • Press the MEMORY button to display the next values.

- Press and hold the MEMORY button to display the values faster.
- The date and time are alternately displayed with the measurement values.

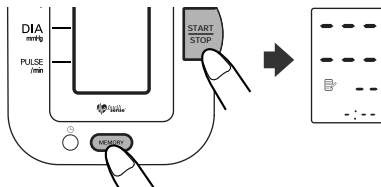


USING THE MEMORY FUNCTION

TO DELETE ALL VALUES STORED IN THE MEMORY

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

1. While holding the MEMORY button and the START/STOP button simultaneously for more than 2 seconds all values will be deleted.

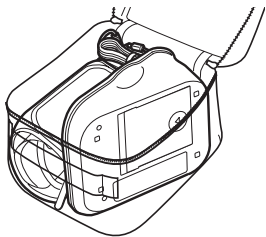


CARE AND MAINTENANCE

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

Keep the monitor in the storage case

when not in use. Make sure the AC adapter is placed in the storage case as illustrated to avoid damage to the display. Avoid kinking or sharply bending the AC Adapter cord.



Do not forcefully bend the arm cuff or air tube. Do not fold tightly.

Clean the monitor with a soft dry cloth. Do not use any abrasive or volatile cleaners. Do not attempt to clean the cuff.

⚠ CAUTION

Do not submerge the device or any of the components in water. Do not subject the monitor to extreme hot or cold temperatures, humidity or direct sunlight.

⚠ CAUTION

Store the device and the components in a clean, safe location.

⚠ CAUTION

Do not subject the monitor to strong shocks, such as dropping the unit on the floor.

CARE AND MAINTENANCE

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.

CAUTION

Changes or modification not approved by Omron Healthcare will void the user warranty. Do not disassemble or attempt to repair the unit or components.

ERROR INDICATORS AND TROUBLESHOOTING TIPS

ERROR INDICATORS

SYMBOL	CAUSE	CORRECTION
	Monitor could not detect pulse wave.	Take another measurement and remain still until the measurement is complete.
	Air plug is not connected.	
	Cuff under-inflated. Cuff not applied correctly.	Remove the arm cuff. Read “Taking a Measurement”. Take another measurement.
	Cuff over-inflated	
	Batteries are worn	Replace the four batteries. Refer to “Battery Installation.”

ERROR INDICATORS AND TROUBLESHOOTING TIPS

TROUBLESHOOTING TIPS

PROBLEM	CAUSES AND SOLUTIONS
No power. No display appears on the unit.	Replace all four batteries with new ones. Check the battery installation for proper placement of the battery polarities.
Measurement values appear too high or too low.	Blood pressure varies constantly. Many factors including stress, time of day, and 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.

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”, ICES-003 édictée par le ministre des 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-711DLX, IntelliSense® Automatic Blood Pressure Monitor, excluding the arm 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 arm 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 arm 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 visit 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 web site at:

www.omronhealthcare.com

Call toll free:

1-800-634-4350

SPECIFICATIONS

Model:	HEM-711DLX
Display:	LCD Digital Display
Measurement Range:	Pressure: 0 to 299 mmHg, Pulse: 40-180/min.
Accuracy/Calibration:	Pressure: ± 3 mmHg or 2% of reading Pulse: $\pm 5\%$ of reading
Inflation:	Automatic by electric pump
Deflation:	Automatic pressure release valve
Rapid Air Release:	Automatic exhaust valve
Pressure Detection:	Capacitive pressure sensor
Measurement Method:	Oscillometric method
Pulse Wave Detection:	Capacitance type pressure sensor
Power Source:	120V 60Hz AC adapter or 4 "AA" batteries
Battery Life:	Approx. 1500 uses when used once a day for 2 minutes with 4 new alkaline batteries
Operating Temperature /Humidity:	50°F to 104°F (10°C to 40°C) /30 to 85% RH
Storage Temperature /Humidity/Air Pressure:	-4°F to 140°F (-20°C to 60°C) /10 to 95% RH /700 - 1060 hPa
Main Unit Weight:	Approximately 12 1/2 oz. (355 g) not including batteries
Main Unit Dimensions:	Approx. 6 3/32" (l) x 5 5/32" (w) x 3 5/16" (h) (155 mm x 131 mm x 84 mm)
Cuff Size:	Approximately 6" (w) (152 mm) Cuff tube 23 5/8" (l) (600 mm)
Cuff Circumference:	Fits arm circumferences 9" to 17" (220 mm to 420 mm)
Memory:	Up to 60 readings
Contents:	Main Unit, ComFit™ Cuff, AC Adapter, Warranty Card, Instruction Manual and Storage Case
UPC Code:	0 73796 71142 9

NOTE: These specifications are subject to change without notice.

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