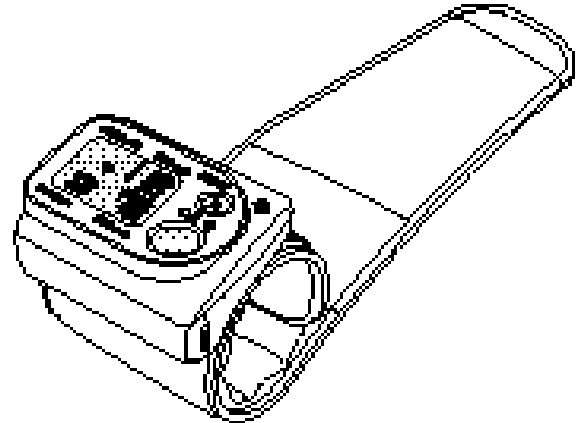


OMRON®

INSTRUCTION MANUAL

AUTOMATIC WRIST BLOOD PRESSURE MONITOR

Model HEM-609



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

Distributed by:

OMRON HEALTHCARE, INC.

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Vernon Hills, Illinois 60061
www.omron.com/ohi

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INTRODUCTION

Thank you for purchasing the Omron HEM-609 Automatic 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 Automatic Wrist Blood Pressure Monitor. For specific information on your own blood pressure, CONTACT YOUR PHYSICIAN.

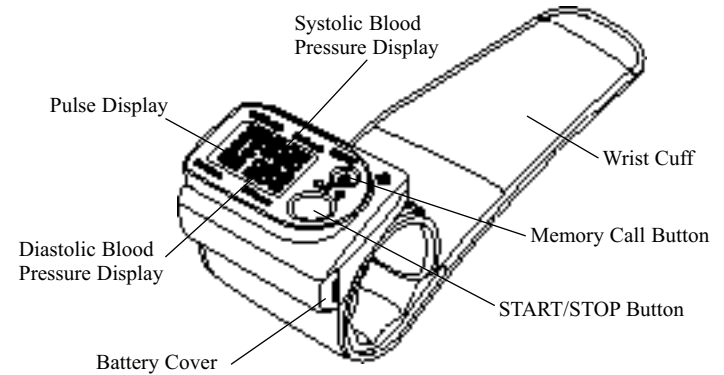
SUGGESTIONS BEFORE MEASURING BLOOD PRESSURE

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.



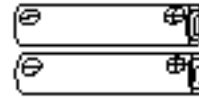
KNOW YOUR UNIT

Main unit

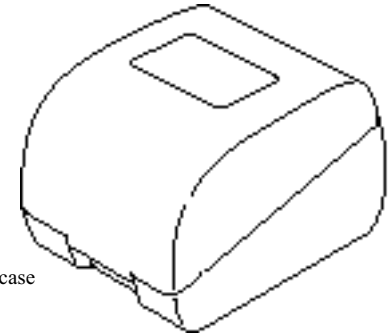


Accessories

Two AAA Alkaline batteries

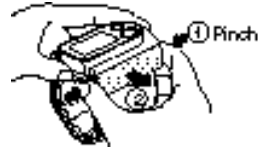


Storage case



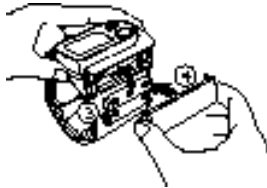
BATTERY INSTALLATION/REPLACEMENT

(1) While strongly pinching the battery cover with finger tips,




(2) Remove the battery cover.

(3) Insert the batteries by matching the polarities (+ and -).



(4) Replace the battery cover by pinching it with finger tips.

Battery life and replacement:

- With the use of high performance alkaline batteries (two AAA batteries), you can measure approximately 400 times if you use this monitor under the room temperature of 72°F and inflate it to 170 mmHg three times a day.
- The battery life varies with the ambient temperature. Under low temperature such as during winter time, battery life is shortened compared with the normal temperature of 72°C.
- If the battery replacement mark  flashes, or if the monitor does not inflate when the START/STOP button is pressed, replace two batteries with the new ones of the same type.
- If you continually hold down the START/STOP button, batteries will wear out. Store the monitor in the storage case when carrying or storing.
- Replace the batteries while the power is turned off.

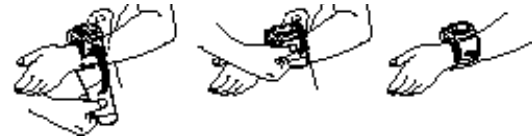
HOW TO APPLY THE WRIST CUFF

1. Place the wrist cuff over your left wrist with your left thumb facing upward.



- * Wrap the wrist cuff over bare skin.
- * Be sure not to roll in the sleeve of your cloth into the wrist cuff.
- * As shown in the Figure, cover the wrist cuff by leaving a space of 1/2 inch between the edge of the wrist cuff and the border of arm and the palm of a hand.

2. Hold the bottom part of the wrist cuff and wrap it around the wrist while pulling so that it fits snugly.



- * Unless the wrist cuff is wrapped snugly, correct measurement may not be possible.

- * Fasten the Velcro tape tightly by closely adhering both sides.
- * The remaining part of the wrist cuff can be conveniently folded back out of the way.

Measurement can also be made on the right wrist

When measuring on the right wrist, fit the monitor as shown in the figure.



HOW TO TAKE A READING

When it is ready to measure, take the measurement using the following procedure. To start measurement, simply press the START/STOP button.


1. Press the START/STOP button.


- (1) Press the START/STOP button.
Release the Button when the display turns on.



- (2) Initial display
All display symbols turn on for about 0.5 second.



- * The battery replacement mark  shown here does not mean the batteries are worn.

- (3) Deflation display
A  mark starts to flash.



- (4) The monitor starts to inflate and measure.





*Important Note:

Because measurement is made during inflation, do not move your hand, wrist, or arm after the monitor starts to inflate.

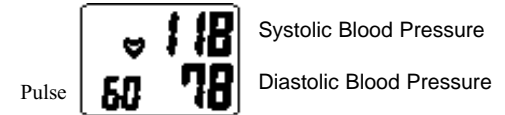
Three displayed signs disappear one by one with a lapse of approximately 1/3 of the measurement time.

HOW TO TAKE A READING

2. Measurement is completed and blood pressure values and pulse are displayed.

When the measurement is over, a  mark flashes, and the cuff deflates automatically. Then a  mark turns on and blood pressure and pulse rate are displayed.

Display of measurement results



3. Turn off the power.

Blood pressure measurement is complete now. Press the START/STOP button to turn off the power. To take another measurement, repeat the procedure in Step1 above.



- * Even if you forget to turn off the power, the monitor will turn off automatically in approximately 2 minutes.

How to Use the Memory Function

The HEM-609 Automatic Blood Pressure Monitor with Intellisense has a function to record up to 14 measurements.

1. Press the MEMORY CALL button ("M" button).

The measurement values can be recalled after completion of the measurement or even when the power is off.



The latest measurements are displayed.



Press the "M" button.



Each time the "M" button is pressed, the measured values are recalled beginning the latest reading.



Press the "M" button.



When the display of the stored measurement results finishes, the display will resume to the present measurement result or the first measurement result (if the memory is recalled when the power is off.)

Note: 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.

How to Use the Memory Function

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

After reading the blood pressure values and pulse rate stored in the monitor, press the START/STOP button to turn off the power.



* Even if you forget to turn off the power, the monitor will turn off automatically in approximately 2 minutes.

* The stored measurements will remain in the memory even when the batteries are removed for battery replacement.

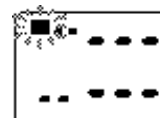
• To delete the memory (Everything in the memory will be deleted.)

- (1) Press the "M" button while the power is off to call the measured data.
- (2) Leave the finger on the "M" button, then press the START/STOP button for more than 2 seconds while pressing the "M" button.

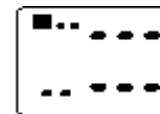
* If you press the "M" button first, the power will turn off.

The display appears as shown to the right and the "M" button starts blinking.

- (3) When the "M" mark starts blinking, remove the finger from the buttons and wait until the "M" mark stops blinking.
- (4) When the "M" mark stops blinking, the contents of the memory are deleted and the display of no memory appears.
- (5) Press the START/STOP button to turn off the power.



Memory being deleted








Display of no memory

* If you press the "M" button when there is no measured data stored in the memory, the display of no memory will appear.

TROUBLESHOOTING

If the measurement is not made correctly, the following error will be displayed. Measure your blood pressure again correctly.

| Error | Cause | How to correct |
|---|---|---|
|   <p>After several seconds</p> | You moved your arm or body, or talked during measurement. | Press the START/STOP button once to turn off the power. Measure your blood pressure again without moving your arm or body. (Refer to Page 8,9.) |
|   <p>After several seconds</p> | You moved your arm or body greatly during measurement. | |
|  <p>Only mark flashes.</p> | Batteries are worn out. | Replace the batteries with new ones. (Refer to Page 6.) |

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-609 Automatic Wrist Blood Pressure Monitor.

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.

LICENSED UNDER U.S. PAT.

4829419, 4942516, 4896260, 4531182, 4825364, 4686622, 4121284
4396976, 4371923, 4471385, 4120583, 4435732, 4672457, 4739396

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.**

LIMITED FIVE YEAR WARRANTY

Your Omron HEM-609 Automatic 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

SPECIFICATIONS

| | |
|------------------------------------|---|
| Name | OMRON Automatic Wrist Blood Pressure Monitor |
| Model | HEM-609 |
| Display | Digital display |
| Measurement | Oscillometric method |
| Measurement Range | Pressure; 0 to 280 mmHg Pulse rate; 40 to 180 beats/min |
| Accuracy | Pressure; Within ± 4 mmHg Pulse rate; Within $\pm 5\%$ of reading |
| Inflation | Automatic inflation by pumping |
| Deflation | Automatic rapid deflation |
| Pressure Detection | Electrostatic capacity semiconductor pressure sensor |
| Power supply | Two AAA batteries |
| Battery Life | Approximately 400 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) |
| Storage temperature and humidity | -4°F to 140°F (-2°C to 60°C) |
| Measurable circumference of wrist | Approximately 5 1/4" to 8 1/2" |
| Weight of Main Unit | Approximately 130 g (not including batteries) |
| External Dimensions | 54 (W) x 68 (H) x 32.5 (D) mm (not including the wrist cuff) |
| Electric Shock Protection | Internal power supply appliance type B |
| Accessories | Storage case, two AAA alkaline batteries, Instruction manual |

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

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