

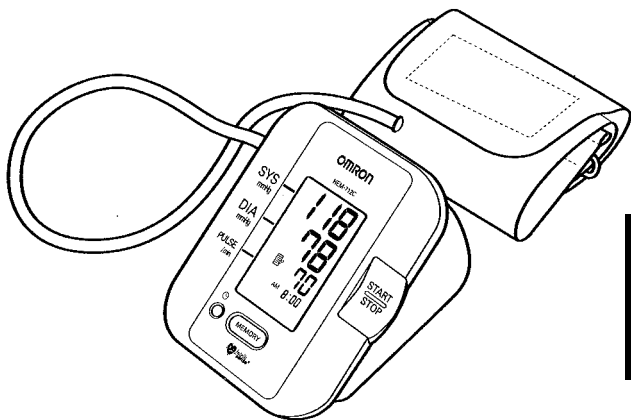
OMRON®

# Instruction Manual



## Automatic Blood Pressure Monitor with Arm Cuff

Model **HEM-712C**



ENGLISH

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# INTRODUCTION

Thank you for purchasing the Omron® HEM-712C IntelliSense® Automatic Blood Pressure Monitor.

*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. An oscillometric monitor does not need a stethoscope so the monitor is simple to use.

The HEM-712C comes with the following components:

- Monitor
- Standard Adult Arm Cuff 9"-13" arm circumference
- Instruction Manual in English and Spanish

The HEM-712C IntelliSense® Automatic 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:

- ☑ 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 or persons who cannot express their intentions.
- ☑ 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.

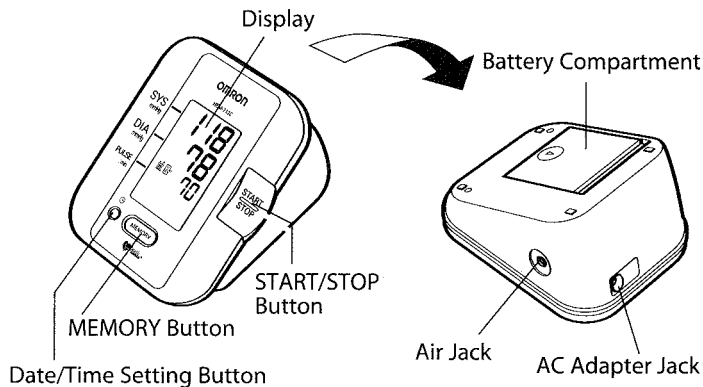
## BEFORE TAKING A MEASUREMENT

To ensure a reliable reading follow these recommendations:

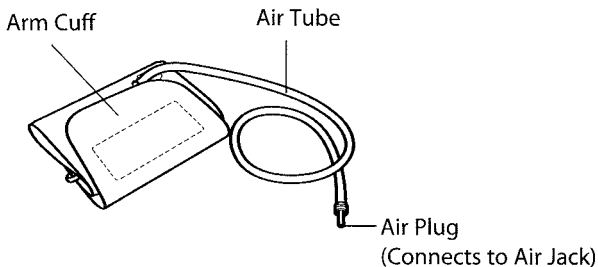
1. Avoid eating, drinking alcohol, smoking, exercising, and bathing for 30 minutes before taking a measurement. Rest for at least 15 minutes before taking the measurement.
2. Stress raises blood pressure. Avoid taking measurements during stressful times.
3. Measurements should be taken in a quiet place.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

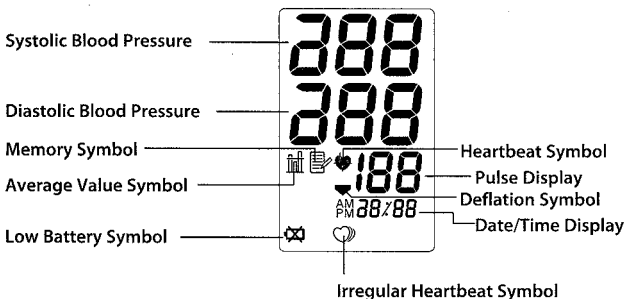
## Main Unit:




## Components:




# UNIT DISPLAY

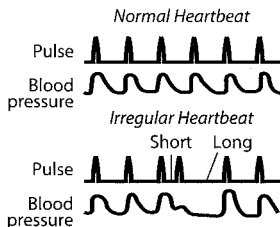


## IRREGULAR HEARTBEAT SYMBOL

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

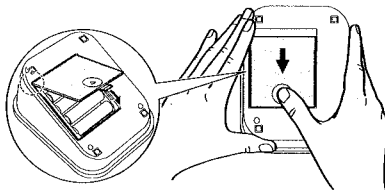
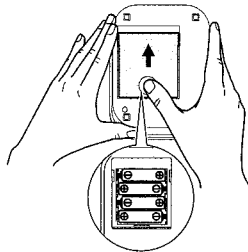
An irregular heartbeat rhythm is defined as a rhythm that varies by less than 25% from the average rhythm or 25% more than the average rhythm detected while the monitor is measuring the systolic and diastolic blood pressure.

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 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 REPLACEMENT



Low Battery Symbol

When the Low Battery Symbol (☒) appears on the display screen remove all the batteries. Replace with four new batteries at the same time. When the Low Battery Symbol (☒) blinks a brief period of usage remains. Long-life alkaline batteries are recommended.

### NOTES:

- 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 10, Setting the Date and Time.
- Dispose of batteries according to applicable local regulations.



# SETTING THE DATE AND TIME

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

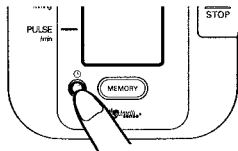
The Blood Pressure Monitor automatically stores up to 30 measurement values with the date and time. The monitor also calculates an average reading based on the three most recent measurements taken within 10 minutes of the last reading.

## NOTES:

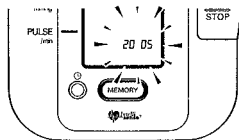
- If only two readings are stored in the memory for the 10-minute period, the average is based on the two readings.
- If one reading is stored in the memory for the 10-minute period, this reading is displayed as the average.

## 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 2005 and 2030. When the display reaches 2030, it will return to 2005.

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.

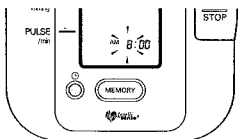
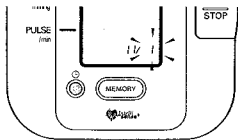
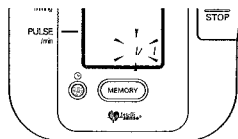
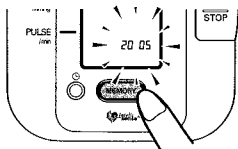
The day flashes on the display.

## 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.



# SETTING THE DATE AND TIME

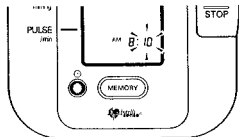
## 5. SETTING THE HOUR

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 minutes flash on the display.

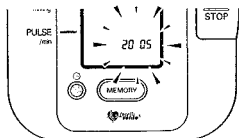


## 6. SETTING THE MINUTE

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

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

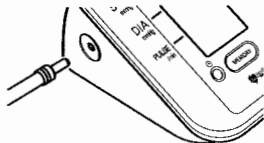
The year flashes on the display.



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

# APPLYING THE ARM CUFF

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

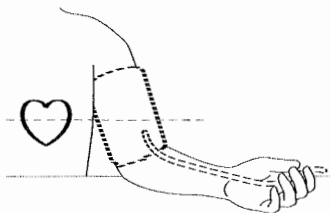


2. Remove tight-fitting clothing from your upper arm.



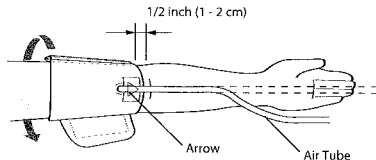
3. Sit in a chair with your feet flat on the floor.

Place your arm on a table so the cuff is level with your heart.

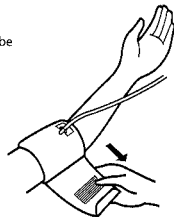


# APPLYING THE ARM CUFF

4. Apply the cuff to your left upper arm so the blue arrow is centered 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.



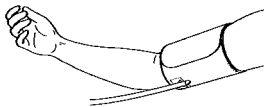
5. Wrap the cuff firmly in place around your arm using the closure strip.



## APPLYING THE CUFF ON THE RIGHT ARM

When taking a measurement using the right arm use this instruction.

Apply the cuff to your right upper arm so the blue arrow and the air tube runs along the inside of your elbow. 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.

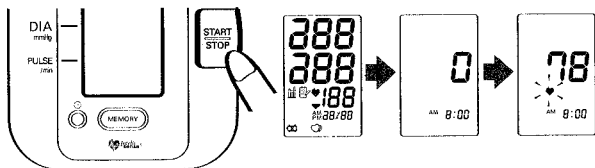
# TAKING MEASUREMENT

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.

## 1. Press the START/STOP button.


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

As the cuff begins to inflate, the monitor automatically determines your ideal inflation level. Because this monitor detects the pulse even during inflation, do not move your arm and remain still until the entire measurement process has been completed.



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

## 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.



# TAKING MEASUREMENT

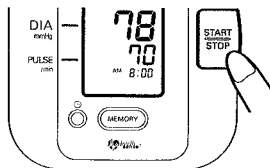
3. When the measurement is complete, the arm cuff completely deflates. Your blood pressure and pulse rate are displayed.



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

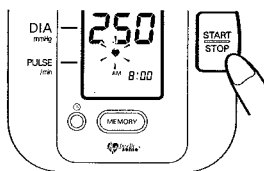
The monitor turns off.

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



## INSTRUCTIONS FOR SPECIAL CONDITIONS

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 suspected systolic pressure.



### NOTES:

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

# 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 30 measurement values. When 30 sets of measurement values are stored in the memory, the oldest record is deleted to save the most recent measurement values.

## AVERAGING FUNCTION

The monitor also calculates an average reading based on the values of the three most recent measurements that were taken within 10 minutes of the most recent reading.

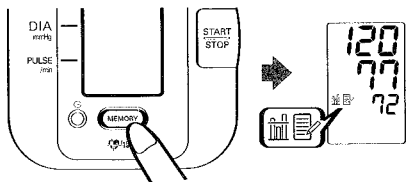
### NOTES:

- 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.

If the date and time is not set, the measurement values and the average value will not be stored in the memory correctly.

### 1. Press the **MEMORY** button

The Average Value Symbol will display on the screen with the average reading.



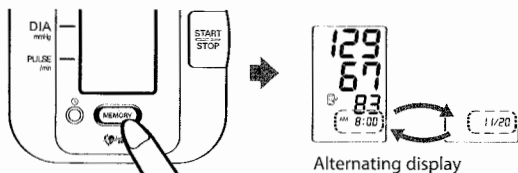


# USING THE MEMORY FUNCTION

## TO DISPLAY THE MEASUREMENT VALUES

The date and time is alternately displayed with the measurement values

1. Press the **MEMORY** button to display the most recent measurement values on the screen.



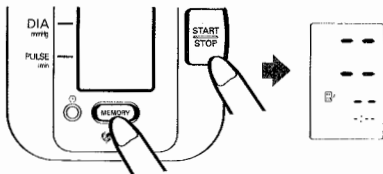
- NOTES:**
- Press the button repeatedly to display the next values.
  - Press and hold the button to display the values faster.

2. 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 the **MEMORY** button.
2. While holding the **MEMORY** and the **START/STOP** button simultaneously for more than 2 seconds all records 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:

**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. Never immerse the monitor or any components in water.

**Store the monitor in a safe and dry location.** Do not subject the monitor to extreme hot or cold temperatures, humidity or 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.

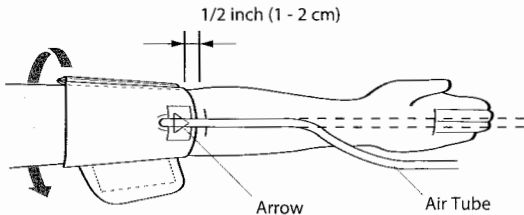
## QUICK REFERENCE GUIDE

To ensure a reliable reading, avoid eating, drinking alcohol, smoking, exercising, and bathing for 30 minutes before taking a measurement. You should try to measure your blood pressure at the same time each day. Avoid taking measurements during stressful times.

1. Remove any tight-fitting clothing from your upper arm.
2. Sit in a chair with your feet flat on the floor and place your arm on a table so the cuff is at the same level as your heart.



3. Apply the cuff to your left upper arm so the blue arrow 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.



4. Wrap the cuff firmly in place around your arm using the closure strip.

## QUICK REFERENCE GUIDE

5. Press the START/STOP button.

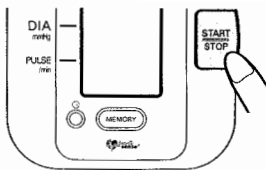
Display symbols appear. The cuff starts to inflate automatically.

Remain still and do not talk during the measurement.

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

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

**NOTE:** 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.



# 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 INFORMATION

## Limited Warranty

Your HEM-712C, IntelliSense® Automatic Blood Pressure Monitor, excluding the monitor cuff, is warranted to be free from defects in materials and workmanship appearing within 2 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's Customer Service by calling **1-800-634-4350** for the address of the repair location and the return shipping and handling fee. Information for warranty service is available on our website at [www.omronhealthcare.com](http://www.omronhealthcare.com).

Enclose the Proof of Purchase. 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 provinces 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](http://www.omronhealthcare.com)

Call toll free:

1-800-634-4350

# SPECIFICATIONS

Model:	<b>HEM-712C</b>
Display:	LCD Digital Display
Measurement Range:	Pressure: 0 to 299 mmHg, Pulse: 40-180/min.
Memory:	30 measurements with date and time
Accuracy/Calibration:	Pressure: $\pm 3$ 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:	4 "AA" batteries (or AC Adapter)
Battery Life:	Approx. 300 uses when used twice a day with 4 new "AA" with standard manganese batteries
Operating Temperature /Humidity:	50°F to 104°F (10°C to 40°C) /30 to 85% RH
Storage Temperature /Humidity:	-4°F to 140°F (-20°C to 60°C) /10 to 95% RH
Main Unit Weight:	Approximately 12 oz. (340 g) not including batteries
Main Unit Dimensions:	Approx. 5 5/8" (l) $\times$ 4 3/4" (w) $\times$ 3 3/8" (h) (141 mm $\times$ 121 mm $\times$ 86 mm)
Cuff Size:	Approximately 5 3/4" (w) $\times$ 17 1/2" (l) (146 mm $\times$ 446 mm) Cuff tube 23 5/8" (l) (600 mm)
Cuff Circumference:	Fits arm circumferences 9" to 13" (220 mm to 320 mm)
Contents:	Monitor, Standard Adult Arm Cuff, Instruction Manual
Optional Accessories Sold Separately:	A/C Adapter (Model Number HEM-ADPT1), and Large Cuff 13"-17" (Model Number H-003D)
UPC Code:	0 73796 07122 6

**NOTE: These specifications are subject to change without notice.**

# NOTES



# NOTES

Distributed by:

**OMRON HEALTHCARE, INC.**

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[www.omronhealthcare.com](http://www.omronhealthcare.com)

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Made in China

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