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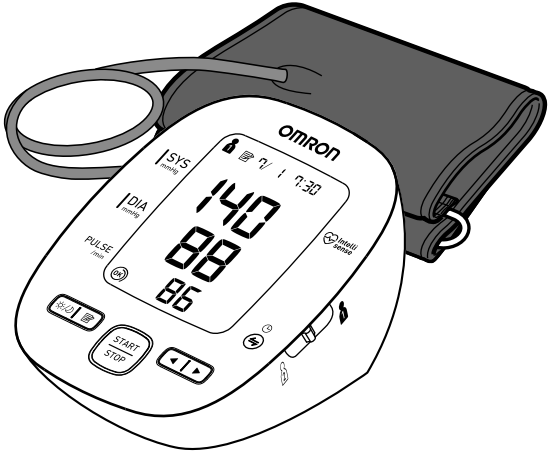

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Automatic Upper Arm Blood Pressure Monitor
MIT5s Connect (HEM-7280T-E)
Instruction Manual

Intelli sense

All for Healthcare

IM-HEM-7280T-E-04-02/2018
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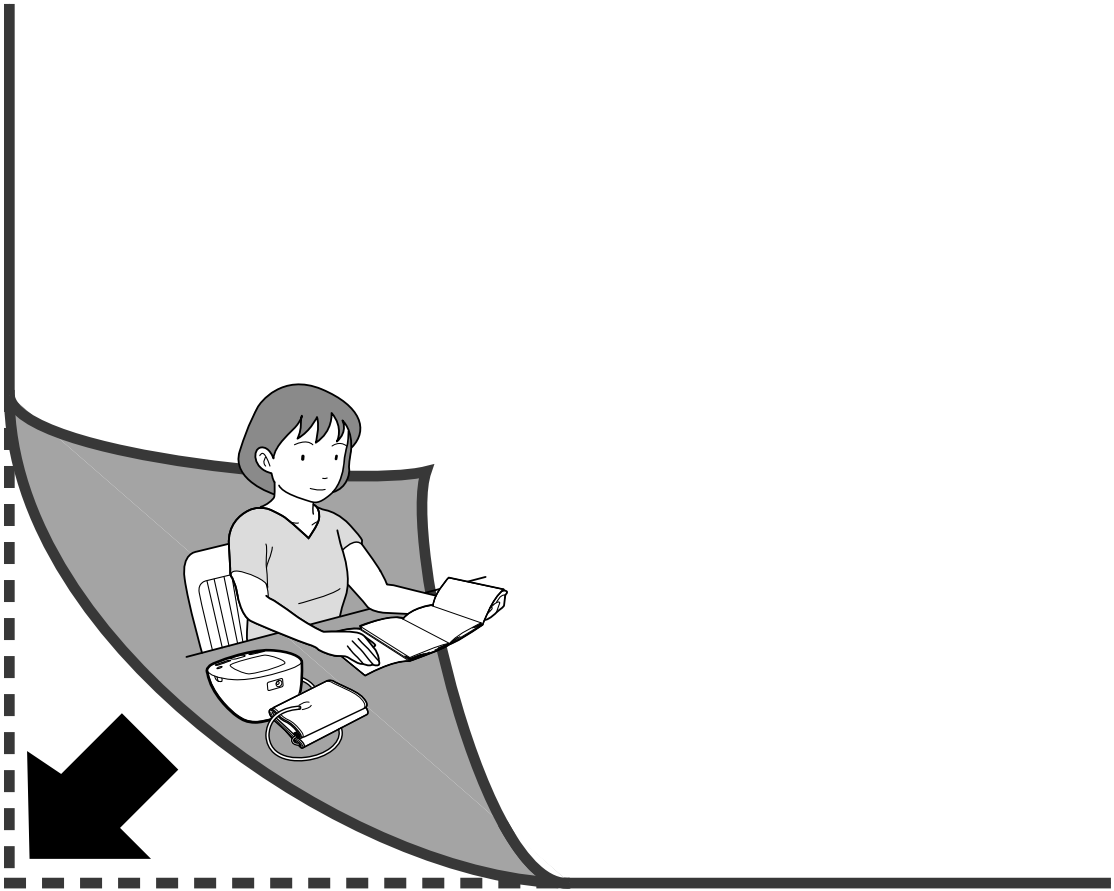

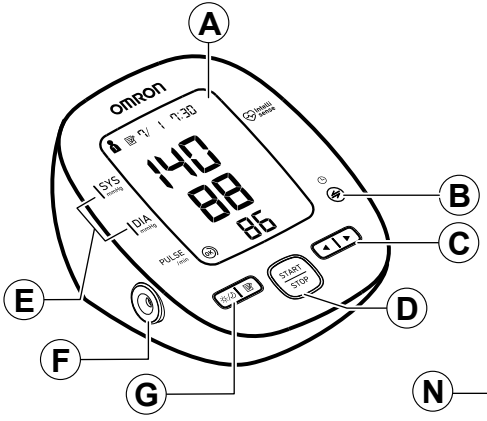
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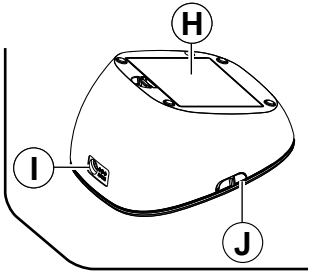
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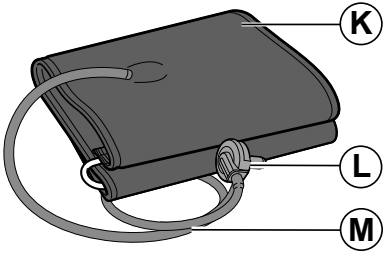
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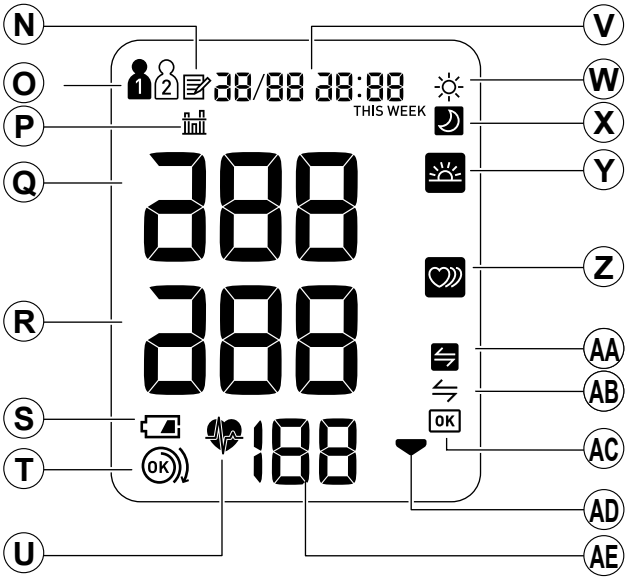
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Contents

Thank you for purchasing the OMRON MIT5s Connect Automatic Upper Arm Blood Pressure Monitor.
Your new blood pressure monitor uses the oscillometric method of blood pressure measurement. This means the monitor detects your blood 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.

Intended Use

This device is a digital monitor intended for use in measuring blood pressure and pulse rate in adult patient population who can understand this instruction manual with the arm circumference range printed on the arm cuff. The device detects the appearance of irregular heartbeats during measurement and gives a warning signal with the measurement result.
It is mainly designed for general household use.

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Please follow this instruction manual thoroughly for your safety.
Please keep for future reference. For specific information about your own blood pressure, CONSULT YOUR PHYSICIAN.

Important Safety Information

⚠Warning: Indicates a potentially hazardous situation which, if not avoided, could result in death or serious injury.

(General Usage)

⚠DO NOT adjust medication based on measurement results from this blood pressure monitor. Take medication as prescribed by your physician. Only a physician is qualified to diagnose and treat High Blood Pressure.

⚠Consult your physician before using the device for any of the following conditions: common arrhythmias such as atrial or ventricular premature beats or atrial fibrillation, arterial sclerosis, poor perfusion, diabetes, age, pregnancy, pre-eclampsia, renal diseases. Note that PATIENT motion, trembling, shivering may affect the measurement reading.

⚠Do not use the device on an injured arm or an arm under medical treatment.

⚠Stop using the device and consult your physician if you experience skin irritation or other troubles.

⚠Do not apply the arm cuff on the arm while being on an intravenous drip or blood transfusion.

⚠Consult your physician before using the device on the arm with an arterio-venous (A-V) shunt.

⚠Do not use the device with other medical electrical (ME) equipment simultaneously. This may result in incorrect operation of the device and/or cause an inaccurate reading.

⚠Do not use the device in the area the HF surgical equipment, MRI, or CT scanner exists, or in the oxygen rich environment. This may result in incorrect operation of the device and/or cause an inaccurate reading.

⚠The air tube or the AC adapter cable may cause accidental strangulation in infants.

⚠Contains small parts that may cause a choking hazard if swallowed.

(Data Transmission)

⚠Do not use this product on aircraft or in hospitals and remove the battery and AC adapter from the unit. This product emits radio frequencies (RF) in the 2.4 GHz band, use of this product in locations where RF is restricted is not recommended.

(AC Adapter (optional) Usage)

⚠Do not use the AC adapter if the device or the power cord is damaged. Turn off the power and unplug the power cord immediately.

⚠Plug the AC adapter into the appropriate voltage outlet. Do not use in a multi-outlet plug.

⚠Never plug in or unplug the power cord from the electric outlet with wet hands.

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⚠**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.**

(General Usage)

⚠Always consult your physician. Self-diagnosis of measurement results and self-treatment are dangerous.

⚠Consult your physician before using the device for any of the following conditions:

- If you have had a mastectomy.
- Do not take measurements more than necessary. It may cause bruising due to blood flow interference.
- People with severe blood flow problems or blood disorders as cuff inflation can cause bruising.

⚠Remove the arm cuff if it does not start deflating during the measurement.

⚠Do not use this device on infants or persons who cannot express their intentions.

⚠Do not use the device for any purpose other than measuring blood pressure.

⚠Use only the approved arm cuff for this device. Use of other arm cuffs may result in incorrect measurement results.

⚠During measurement, make sure that no mobile phone or any other electrical devices that emit electromagnetic fields is within 30cm of this device. This may result in incorrect operation of the device and/or cause an inaccurate reading.

⚠Do not disassemble the monitor or arm cuff. This may cause an inaccurate reading.

⚠Do not use in a location with moisture, or a location where water may splash on the device. This may damage the device.

⚠Do not use the device in a moving vehicle.

⚠Read “If your systolic pressure is more than 210 mmHg” (page 14) of this instruction manual, if your systolic pressure is known to be more than 210 mmHg. Inflating to a higher pressure than necessary may result in bruising where the cuff is applied.

(AC Adapter (optional) Usage)

⚠Fully insert the power plug into the outlet.

⚠When disconnecting the power plug from the outlet, do not pull the power cord. Be sure to pull from the power plug safely.

⚠When handling the power cord, take care not to do the following:

Do not damage.	Do not break it.
Do not tamper with it.	Do not forcibly bend or pull.
Do not twist.	Do not bundle during use.
Do not pinch.	Do not place under heavy objects.

⚠Wipe the dust off from the power plug.
⚠Unplug monitor when not in use.
⚠Disconnect the power plug before cleaning.
⚠Use only an OMRON AC adapter designed for this device. Use of unsupported adapters may damage and/or may be hazardous to the device.

(Battery Usage)

⚠Do not insert the batteries with their polarities incorrectly aligned.
⚠Use only 4 “AA” alkaline or manganese batteries with this device. Do not use other types of batteries. Do not use new and used batteries together.
⚠Remove the batteries if the device will not be used for three months or more.
⚠Use the battery within recommended period mentioned to it.

General Precautions

- Do not forcibly crease the arm cuff or the air tube excessively.
- Do not fold or kink the air tube while taking a measurement. This may cause harmful injury by interrupting blood flow.
- To unplug the air plug, pull on the air plug at the connection with the monitor, not the tube itself.
- Do not drop the monitor or subject device to strong shocks or vibrations.
- Do not inflate the arm cuff when it is not wrapped around your arm.
- Do not use the device outside the specified environment. It may cause an inaccurate reading.
- Read and follow the “Important information regarding Electro Magnetic Compatibility (EMC)” in the “7. Specifications”.
- Read and follow the “Correct Disposal of This Product” in “7. Specifications” when disposing of the device and any used accessories or optional parts.
- Please check (for example, by observation of the limb concerned) if the device is not causing a prolonged impairment of PATIENT blood circulation.
- If the device is stored at the maximum or minimum storage and transport temperature and is moved to an environment with a temperature of 20°C, we recommend waiting for approximately 2 hours before using the device.

1. Know Your Device

Open the rear cover page to read the following:
The letter identifiers on the rear cover page correspond to those in the body of this page.

Monitor

Ⓐ Display
Ⓑ Connection button
Ⓒ Up/Down buttons
Ⓓ START/STOP button
(Blue lamp lights when be pressed)
Ⓔ Blood pressure level indicator
(colour)
Ⓕ Air jack
Ⓖ Memory/Weekly average button
Ⓗ Battery compartment
Ⓘ AC adapter jack
(For optional AC adapter)
Ⓙ USER ID selection switch

Arm cuff

Ⓚ Arm cuff (Arm circumference 22-42cm)
Ⓛ Air plug
Ⓜ Air tube

Display

Ⓝ Memory symbol
Ⓞ USER ID symbol
Ⓟ Average value symbol
Ⓠ Systolic blood pressure
Ⓡ Diastolic blood pressure
Ⓢ Battery symbol (low/depleted)
Ⓣ Cuff wrap guide symbol
Ⓤ Heartbeat symbol
(Flashes during measurement)
Ⓥ Date/Time display
Ⓦ Morning average symbol
Ⓧ Evening average symbol
Ⓨ Morning hypertension symbol
Ⓩ Irregular heartbeat symbol
Ⓐⓐ SYNC symbol
Ⓐⓑ Connection symbol
Ⓐⓒ OK symbol
Ⓐⓓ Deflation symbol
Ⓐⓔ Pulse display / Memory number

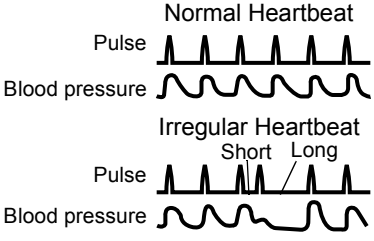
1.1 Display Symbols

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 25% less 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 physician.



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Average Value Symbol ( )

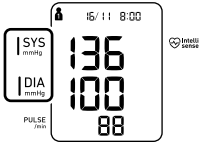
The average value symbol is displayed when you press and hold the Memory button for more than 3 seconds. The most recent average value appears on the display screen.

Cuff Wrap Guide Symbol (/)

If the cuff was wrapped too loosely, it may cause unreliable results. If the wrapping of cuff is too loose, the cuff wrap guide symbol appears. Otherwise appears. This is the function which is used as an aid in determining if the cuff is wrapped snugly enough.

Blood Pressure Level Indicator (Colour)

If your Systolic Blood Pressure is 135 mmHg or above and/or the Diastolic Blood Pressure is 85 mmHg or above, the blood pressure level indicator (colour) will light in “orange” when the measurement result is displayed. If the measurements are within the standard range, no light will appear.



2013 ESH/ESC Guidelines for the management of arterial hypertension

Definitions of hypertension by office and home blood pressure levels

	Office	Home
Systolic Blood Pressure	≥ 140 mmHg	≥ 135 mmHg
Diastolic Blood Pressure	≥ 90 mmHg	≥ 85 mmHg

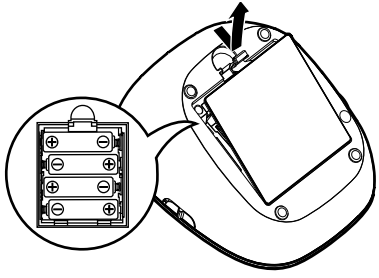
1.2 Before Taking a Measurement

To help ensure an accurate reading, follow these directions:

1. Avoid bathing, drinking alcohol or caffeine, smoking, exercising and eating for 30 minutes before taking a measurement.
2. Rest for at least 5 minutes before taking the measurement.
3. Stress raises blood pressure. Avoid taking measurements during stressful times.
4. Measurements should be taken in a quiet place.
5. Remove tight-fitting clothing from your arm.
6. 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.

2. Preparation

2.1 Battery Installation



1. **Remove the battery cover.**
2. **Insert 4 “AA” batteries as indicated in the battery compartment.**
3. **Replace the battery cover.**

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Notes:

- Please keep the batteries in your device all the time when you use an optional AC adapter.
- When the depleted battery symbol ( ) appears on the display, turn the monitor off, then replace all batteries at the same time. Long life alkaline batteries are recommended.
- The measurement values continue to be stored in memory even after the batteries are replaced.
- The supplied batteries may have a shorter life.
- Dispose of the device, components and optional accessories according to applicable local regulations. Unlawful disposal may cause environmental pollution.

2.2 Using this device with a Smartphone

To begin using the OMRON connect app for the first time, please visit www.omronconnect.com/setup for the initial set-up instructions.

List of Compatible Smartphones at: www.omronconnect.com/devices
For details and more information, visit: www.omronconnect.com

1. Download and install the free “OMRON connect” app on your smartphone.

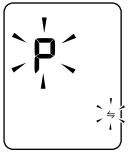
Download on the App Store

ANDROID APP ON Google play

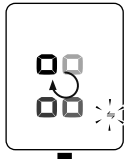
2. Open the App on your smartphone and follow the set-up and pairing instructions.

3. Press and hold the ⇋ connection button for more than 2 seconds.

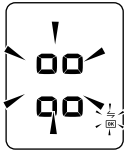
The connection symbol (⇋) and the “P” flashes on the device’s display.



4. Continue the pairing instructions shown in the OMRON connect app, while the connection symbol is flashing on the device's display.



5. Confirm if the device is connected successfully.



When the device is connected successfully to the smartphone, the "OK" symbol and the symbols on the right will flash on the display.

The monitor will automatically turn off without any operations.

The date and time setting of your device will automatically sync with your smartphone when paired.

When "Err" appears, refer to "Connection failure" in section 4.2 for further details.

Notes:

* This device can pair to multiple smartphones to support the USER ID function. Section 3.3
- Any readings previously saved in the blood pressure monitor's memory will automatically be transferred to the app after successful completion of the pairing process.

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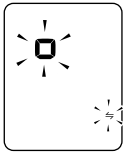
2.3 Setting the Date and Time Manually

The date and time will be automatically set when paired with your smartphone. To set manually, follow the instructions below.

1. Press the ⏲ ⇋ connection button.

①If the device has not been paired with a smartphone, the year flashes on the Date/Time display.

②If the device has been paired with a smartphone already, the connection symbol (⇋) and the "□" flash on the device's display. Then press the ⇋ connection button again, and the year flashes on the Date/Time display.



Note: When the connection symbol (⇋) and the "□" flashes on the device's display, you can now transfer the data, refer to page 20 for further details on "TO TRANSFER THE DATA".

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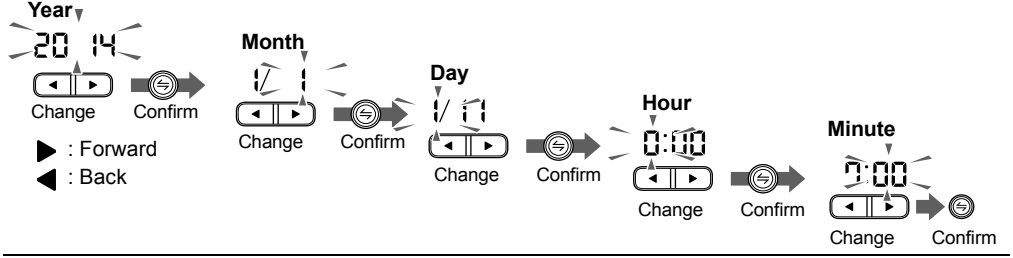
2. Push ◀ or ▶ button to change the year.

Push ⇋ button to confirm the year, once confirmed the month starts flashing. Repeat the same steps to change the month, day, hour, and minute.



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

3. Using the Device

Open both the front and rear covers to read the following:
The letter identifiers on the cover pages correspond to those in the body of this page.

3.1 Applying the Arm Cuff

Remove tight-fitting clothing or tight rolled up sleeve from your left upper arm.
Do not place the arm cuff over thick clothes.

1. Insert Ⓛthe air plug into Ⓕthe air jack securely.

2. Apply the arm cuff to your left upper arm.

The bottom edge of the arm cuff should be [a] 1 to 2 cm above the elbow.

Ⓜ Air tube is on the inside of your arm and aligned with your middle finger.

3. Secure closed with the fabric fastener.

Notes:

- When you take a measurement on the right arm, the air tube will be at the side of your elbow. Be careful not to rest your arm on the air tube. --- [b]
- The blood pressure can differ between the right arm and the left arm, and the measured blood pressure values can be different. OMRON recommends to always use the same arm for measurement. If the values between both arms differ substantially, please check with your physician which arm to use for your measurements.

3.2 How to Sit Correctly

To take a measurement, you need to be relaxed and comfortably seated, at a comfortable room temperature.

- Sit in a chair with your legs uncrossed and your feet flat on the floor.
- Sit with your back and arm being supported.
- The arm cuff should be placed on your arm at the same level as your heart. --- C

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3.3 Taking a Measurement

Check if the date and time are correct on the display before taking the measurement. If the date and time settings are necessary, refer to “Setting the Date and Time Manually” (page 10).

Notes:

- To stop a measurement, press the START/STOP button once to release the air in the arm cuff.
- Remain still and do not talk while taking a measurement.

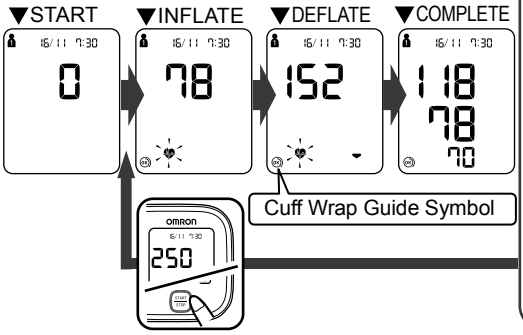
The monitor is designed to take measurements and store the measurement values in the memory for 2 people using USER ID 1 and USER ID 2.

1. Select your USER ID (1 or 2).

Push the switch up or down to select USER ID.

2. Press the START/STOP button.

The arm cuff starts to inflate automatically.



If your systolic pressure is more than 210 mmHg

After the arm cuff starts to inflate, press and hold the START/STOP button until the monitor inflates 30 to 40 mmHg higher than your expected systolic pressure.

Notes:

- The monitor will not inflate above 299 mmHg.

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

3. Remove the arm cuff.

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

The monitor automatically stores the measurement result in its memory.
It will automatically turn off after 2 minutes without any operations.

Note: Wait 2-3 minutes before taking another measurement. Waiting between measurements allows the arteries to return to the condition prior to taking a measurement.

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Using the Guest Mode

The monitor stores measurement values for 2 users in the memory. The guest mode can be used to take a single measurement for another user. No measurement values are stored in the memory when the guest mode is selected.

1. Press and hold the START/STOP button for more than 3 seconds.

The USER ID symbol and the Date/Time display will disappear.

2. Release the START/STOP button when the Date/Time display turns off.

The arm cuff will start to inflate automatically.

⚠ DO NOT adjust medication based on measurement results from this blood pressure monitor. Take medication as prescribed by your physician. Only a physician is qualified to diagnose and treat High Blood Pressure.

⚠ Always consult your physician. Self-diagnosis of measurement results and self-treatment are dangerous.

⚠ Read “If your systolic pressure is more than 210 mmHg” (page 14) of this instruction manual, if your systolic pressure is known to be more than 210 mmHg. Inflating to a higher pressure than necessary may result in bruising where the cuff is applied.

3.4 Using the Memory Function

The monitor automatically stores the results up to 100 sets for each user (1 and 2). It can also calculate an average value based on the last 3 measurement values taken within 10 minutes.

Notes:

- If there are only 2 measurement values in the memory for that period, the average will be based on these 2 values.
- If there is 1 measurement value in the memory for that period, this is displayed as the average.
- If the memory is full, the monitor will delete the oldest value.
- When the SYNC symbol appears on the display, transfer the data before the measurement values are deleted. Refer to “Using this device with a Smartphone” (page 8).
  Flashing: 80 sets of measurement results for either user have been stored.
  Lit: 100 sets of measurement results for either user have been stored.
- When viewing the measurement value taken without setting the date and time, “-/ - -:--” is displayed instead of the date and time.

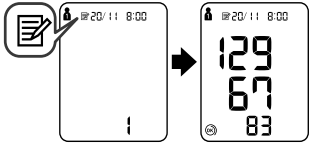
To View the Measurement Values Stored in Memory

1. Select your USER ID (1 or 2).

2. Press the button.

The Memory number appears for a second before the pulse rate is displayed. The newest set is numbered “1”.

Note: The cuff wrap guide result appears on the display with the measurement values.



3. Press the ◀ or ▶ button to view the values stored in the memory.

◀ : To view the older values
▶ : To view the more recent values

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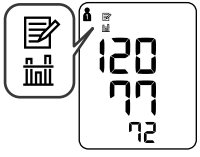
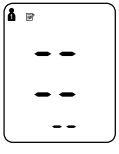
To View the Average Value

1. Select your USER ID (1 or 2).

2. Press and hold the button for more than 3 seconds.



Notes:
- If the previous measurement was taken without setting the date and time, the average value is not calculated.
- If there are no measurement values stored in the memory, the screen to the right is displayed.



To View the Weekly Average Value

The monitor calculates and displays weekly averages for the measurements taken in the morning and evening within 8 weeks for each user.

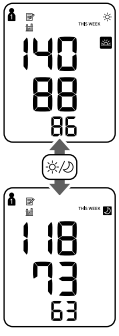
Note: The week begins Sunday at 2:00.

1. Select your USER ID (1 or 2).

2. Press the ☼/☽ button.

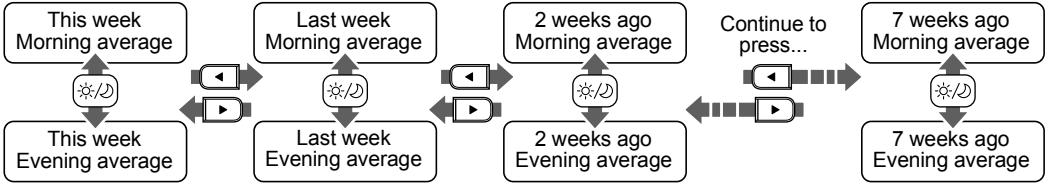
The morning average for “THIS WEEK” appears on the display.

Note: The morning hypertension symbol ( ) appears if the morning weekly average is 135/85 mmHg or above.

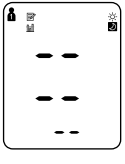


Press the ☼/☽ button again, and the evening average for “THIS WEEK” appears on the display.

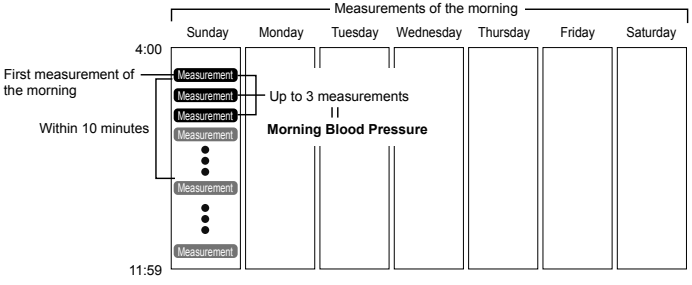
Press the ◀ or ▶ button to display the previous weeks.



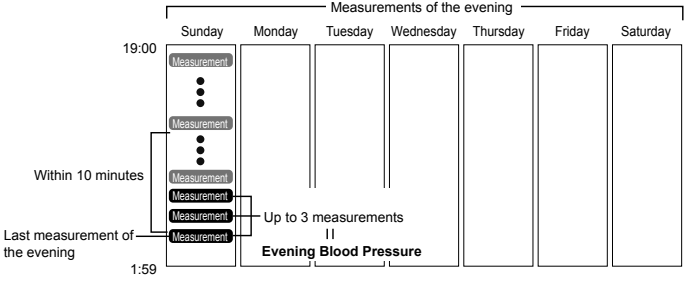
Note: If there are no measurement values stored in the memory, the screen to the right is displayed.



Morning Weekly Average
This is the average for the measurements taken during the morning (4:00 - 11:59) between Sunday and Saturday. An average for each day is calculated for up to three measurements taken within 10 minutes of the first measurement of the morning.



Evening Weekly Average
This is the average for the measurements taken during the evening (19:00 - 1:59) between Sunday and Saturday. An average for each day is calculated for up to three measurements taken within 10 minutes of the last measurement of the evening.



TO TRANSFER THE DATA

After the measurement is complete, you can transfer the data (measurement results of blood pressure and pulse rate).

Notes:

- The stored data can be transferred all at once.
- The date and time settings of your smartphone will sync with the device when transferred.
  *Sync occurs if the time between smartphone and device differs more than 10 minutes.

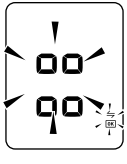
1. Open the OMRON connect app on your smartphone.

2. Pull down to refresh the screen of the OMRON connect app and the data transfer starts.

* If the data transfer is not starting, refer to “Connection failure. Data cannot be sent.” in section 4, “Error Messages and Troubleshooting”.

3. Confirm with your device if the measurement data is transferred successfully.

If the display on the right is shown, the data is transferred successfully.

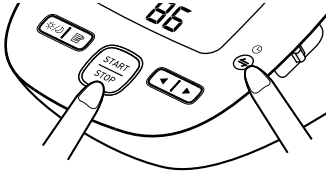


When “Err” appears, refer to “Data cannot be sent.” in section 4.2 for more detail.

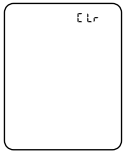
TO DELETE ALL RESULTS AND SETTINGS

To delete all the information stored in your monitor, follow the instructions below. Make sure that the monitor's power has been off.

1. While holding the ⇋ button down, press the START/STOP button for more than 5 seconds.



2. Release the ⇋ button and START/STOP button when "CLr" appears on the display.



The "CLr" will appear on the display when your monitor has been initial setting.

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

Note:

- Initial setting of the monitor will not delete the information in the app.
- The monitor will automatically turn off after 2 minutes.

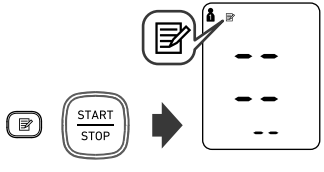
To Delete All the Values Stored in Memory

The values stored in the memory are deleted by USER ID.

1. Select your USER ID (1 or 2).

2. Press the Memory button, while the memory symbol (📝) appears.

3. While holding the 📝 button down, press the START/STOP button for more than 3 seconds.



Note: You cannot partially delete the values stored in the memory. All values for the user you select will be deleted.

3.5 Turning “OFF” the *Bluetooth*®

Turn off the ***Bluetooth***® of the monitor in the following areas where use of wireless equipment is prohibited.

• On aircraft • In hospitals •While abroad

Make sure that the power has been off before starting the instructions below.

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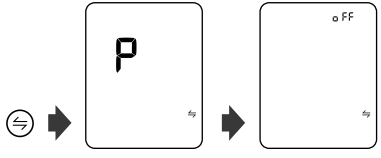
1. Press and hold the connection ⇋ button for more than 10 seconds.

2. Release the ⇋ button when “OFF” appears on the display.



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

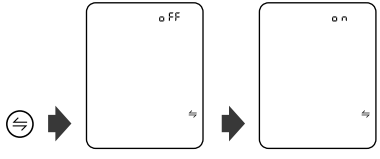
Note: The monitor will automatically turn off after 2 minutes.

To turn “ON” the Bluetooth®

Make sure that the power has been off before starting the instructions below.

1. Press and hold the connection ⇋ button for more than 10 seconds.

2. Release the ⇋ button when “ON” appears on the display.



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

Note: The monitor will automatically turn off after 2 minutes.

4. Error Messages and Troubleshooting

4.1 Error Messages

Display	Cause	Solution
	Irregular heartbeats are detected.	Remove the arm cuff. Wait 2-3 minutes and then take another measurement. Repeat the steps in section 3.3. If this error continues to appear, contact your physician.
	Arm cuff is applied too loosely.	Apply the arm cuff tighter. Refer to section 3.1.
	The batteries are low.	You should replace the batteries with new ones ahead of time. Refer to section 2.1.
	The batteries are exhausted.	You should replace the batteries with new ones at once. Refer to section 2.1.
	Communication failed.	Refer to “Data cannot be sent.” in section 4.2.

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Display	Cause	Solution
E1	Air plug is disconnected.	Insert the air plug securely. Refer to section 3.1.
	Arm cuff is applied too loosely.	Apply the arm cuff tighter. Refer to section 3.1.
	Air is leaking from the arm cuff.	Replace the arm cuff with a new one. Refer to section 6.1.
E2	Movement during measurement and the arm cuff has not been inflated sufficiently.	Repeat measurement. Remain still and do not talk during measurement. Refer to section 3.3.
		If “E2” appears repeatedly, inflate the arm cuff manually until it is 30 to 40 mmHg above your previous measurement result. Refer to section 3.3.
E3	The arm cuff was inflated exceeding the maximum allowable pressure, and then deflated automatically when inflating the arm cuff manually.	Do not touch the arm cuff and/or bend the air tube while taking a measurement. Do not inflate the arm cuff more than necessary. Refer to section 3.3.
E4	Movement during measurement.	Repeat measurement. Remain still and do not talk during measurement. Refer to section 3.3.
E5	Clothing is interfering with the arm cuff.	Remove any clothing interfering with the arm cuff. Refer to section 3.1.
Er	Device error.	Contact your OMRON retail outlet or distributor.

4.2 Troubleshooting

In case of any of the below problems occur during measurement, first check that no other electrical device is within 30cm. If the problem persists, please refer to the table below.

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Problem	Cause	Solution
The measurement result is extremely high (or low).	Arm cuff is applied too loosely.	Apply the arm cuff tighter. Refer to section 3.1.
	Movement or talking during measurement.	Remain still and do not talk during measurement. Refer to section 3.3.
	Clothing is interfering with the arm cuff.	Remove any clothing interfering with the arm cuff. Refer to section 3.1.
Arm cuff pressure does not rise.	The air connector is not securely connected into the air jack.	Make sure that the air tube is connected securely. Refer to section 3.1.
	Air is leaking from the arm cuff.	Replace the arm cuff with a new one. Refer to section 6.1.
Arm cuff deflates too soon.	The arm cuff is loose.	Apply the arm cuff correctly so that it is firmly wrapped around the arm. Refer to section 3.1.
Cannot measure or the results are too low or too high.	The arm cuff has not been inflated sufficiently.	Inflate the arm cuff so that it is 30 to 40 mmHg above your previous measurement result. Refer to section 3.3.

Problem	Cause	Solution
Nothing happens when you press the buttons.	The batteries are empty.	Replace the batteries with new ones. Refer to section 2.1.
	The batteries have been inserted incorrectly.	Insert the batteries with the correct (+/-) polarity. Refer to section 2.1.
Connection failure. Data cannot be sent.	The destination device is too far away from the monitor. After checking that there are no sources of interference nearby, move the device to a distance within 16 ft. (5 m) of the monitor.	
	The ***Bluetooth***® function on the destination device is turned off. Turn on the ***Bluetooth***® function and try sending the data again.	
	The ***Bluetooth***® function on the monitor is not turned on. Press the ⇋ button, turn on the ***Bluetooth***® function and try sending the data again.	
	Pairing (registering) has not been completed. Perform pairing (registration). Refer to “Using this device with a Smartphone” in section 2.2.	
	The blood pressure monitor is not ready, follow the step in section 2.3 “Setting the Date and Time Manually”.	
	The application on the destination device is not ready. Check the application then try sending the data again. Refer to “Using this device with a Smartphone” in section 2.2. If the Err symbol still lights after checking the application, contact customer service.	
Other problems.	• Press the START/STOP button and repeat measurement. • Replace the batteries with new ones. If the problem continues, contact your OMRON retail outlet or distributor.	

5. Maintenance and Storage

5.1 Maintenance

To protect your device from damage, please observe the following:

- Store the device and the components in a clean, safe location.
- Do not use any abrasive or volatile cleaners.
- Do not wash the device and any components or immerse them in water.
- Do not use petrol, thinners or similar solvents to clean the device.

- Use a soft and dry cloth, or a soft and moistened cloth and neutral soap to clean on the monitor and the arm cuff.
- Changes or modification not approved by the manufacturer will void the user warranty. Do not disassemble or attempt to repair the device or components. Consult your OMRON retail outlet or distributor.

Calibration and Service

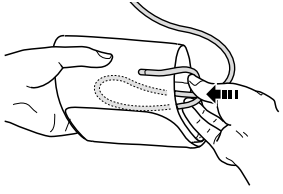
- The accuracy of this device has been carefully tested and is designed for a long service life.
- It is generally recommended to have the device inspected every 2 years to ensure correct functioning and accuracy. Please consult your OMRON retail outlet or distributor.

5.2 Storage

Keep the device in its storage case when not in use.

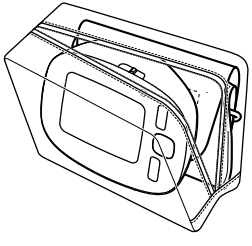
1. Unplug the air plug from the air jack.

2. Gently fold the air tube into the arm cuff.



Note: Do not bend or crease the air tube excessively.

3. Place the monitor and the arm cuff in the storage case.



Do not store the device in the following situations:

- If the device is wet.
- Locations exposed to extreme temperatures, humidity, direct sunlight, dust or corrosive vapours such as bleach.
- Locations exposed to vibrations, shocks or where it will be at an angle.

6. Optional Parts

6.1 Optional Medical Accessories

(within the scope of EC Medical Device Directive 93/42/EEC)

Arm cuff

Arm circumference
22-42 cm

HEM-RML31

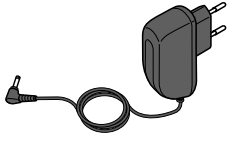
Small arm cuff

Arm circumference
17-22 cm

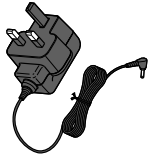
CS2 Small Cuff
(HEM-CS24)

AC adapter

HHP-CM01



HHP-BFH01



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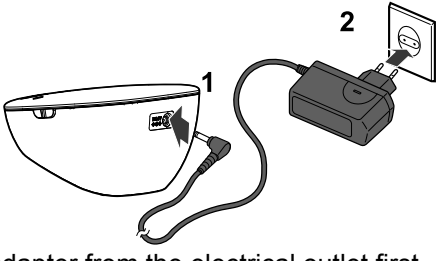
Using the Optional AC Adapter

Note: Make sure to use an easily accessible power socket in which to connect and disconnect the AC adapter.

1. Insert the AC adapter plug into the AC adapter jack on the rear side of the monitor.

2. Plug the AC adapter into an electrical outlet.



To disconnect the AC adapter, unplug the AC adapter from the electrical outlet first, and then remove the AC adapter plug from the monitor.

7. Specifications

Product category	Electronic Sphygmomanometers
Product description	Automatic Upper Arm Blood Pressure Monitor
Model (code)	MIT5s Connect (HEM-7280T-E)
Display	LCD digital display
Measurement method	Oscillometric method
Transmission method	Bluetooth Version 4.0 (Low Energy support)
Wireless communication	Frequency range: 2.4GHz (2400 - 2483.5 MHz) Modulation: GFSK Effective radiated power: <20 dBm
Measurement range	Pressure: 0 to 299 mmHg
Blood pressure measurement range	20 to 280 mmHg
Pulse measurement range	40 to 180 beats/min.
Accuracy	Pressure: ±3 mmHg Pulse: ± 5% of display reading
Inflation	Fuzzy-logic controlled by electric pump
Deflation	Automatic pressure release valve
Memory	100 measurements with date and time for each user (1 and 2)
Rating	DC6V 4W
Operation Mode	Continuous operation
Power source	4 “AA” batteries 1.5V or optional AC adapter (INPUT AC100-240V 50-60Hz 0.12-0.065A)
Durable period (Service life)	Monitor: 5 years Cuff: 1 year Optional AC adapter: 5 years
Battery life	Approximately 1000 measurements (using new alkaline batteries, operating temperature and humidity 23°C, 65% RH, cuff circumference 25 cm, max pressure170 mmHg)
Applied part	Type BF (Cuff)
Protection against electric shock	Internally powered ME equipment (When using only the batteries) Class II ME equipment (Optional AC adapter)
Operating conditions	+10°C to +40°C (50 to 104°F) / 15% to 90% RH (non-condensing) / 700 to 1060 hPa
Storage / Transport conditions	-20°C to +60°C (-4 to 140°F) / 10% to 95% RH (non-condensing) / 700 to 1060 hPa
IP classification	Monitor: IP20 Optional AC adapter (HHP-CM01): IP21 Optional AC adapter (HHP-BFH01): IP22
Weight	Monitor: Approximately 364 g without batteries Arm cuff: Approximately 170 g
Outer dimensions	Monitor: Approximately 114 (w) mm × 85 (h) mm × 139 (l) mm Arm cuff: Approximately 145 mm × 594 mm

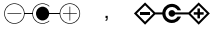
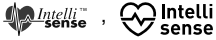
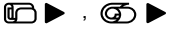
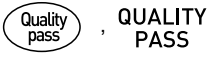
Cuff circumference	22 to 42 cm
Cuff / Tube material	Nylon, polyester, polyvinyl chloride
Package contents	Monitor, arm cuff (HEM-RML31), instruction manual, storage case, battery set, blood pressure diary, setup instructions

Notes:

- These specifications are subject to change without notice.
- In the clinical validation study, the 5th phase was used on 85 subjects for determination of diastolic blood pressure.
- This device is clinically investigated according to the requirements of ISO 81060-2:2013.
- This device has not been validated for use on pregnant patients.
- IP classification is degrees of protection provided by enclosures in accordance with IEC 60529.
  The device and optional AC adapter are protected against solid foreign objects of 12.5 mm diameter and greater such as a finger. The optional AC adapter (HHP-CM01) is protected against vertically falling water drops which may cause issues during a normal operation. Another optional AC adapter (HHP-BFH01) is protected against oblique falling water drops which may cause issues during a normal operation.

CE 0197

- This device fulfils the provisions of EC directive 93/42/EEC (Medical Device Directive).
- This device is designed according to the European Standard EN1060, Non-invasive sphygmomanometers Part 1: General Requirements and Part 3: Supplementary requirements for electromechanical blood pressure measuring systems.
- This OMRON device is produced under the strict quality system of OMRON HEALTHCARE Co., Ltd., Japan. The core component for OMRON devices, which is the Pressure Sensor, is produced in Japan.

Symbols description			
	Applied part - Type BF Degree of protection against electric shock (leakage current)		Humidity limitation
	Class II equipment. Protection against electric shock		Atmospheric pressure limitation
IP XX	Ingress protection degree provided by IEC 60529		Indication of connector polarity
	CE Marking		For indoor use only
	GOST-R symbol		OMRON's trademarked technology for blood pressure measurement
	Metrology symbol		Identifier of cuffs compatible for the device
	Symbol of Eurasian Conformity	▲	Cuff positioning indicator for the left arm
	Serial number		Marker on the cuff to be positioned above the artery
	LOT number		Range pointer and brachial artery alignment position
	Temperature limitation		Manufacturer's quality control mark

Symbols description			
LATEX FREE	Not made with natural rubber latex		Date of manufacture
	Range indicator of arm circumferences to help selection of the correct cuff size.		Technology and Quality, JAPAN
	Need for the user to consult this instruction manual.		Technology and Design, JAPAN
	Need for the user to follow this instruction manual thoroughly for your safety.		To indicate generally elevated, potentially hazardous, levels of non-ionizing radiation, or to indicate equipment or systems e.g. in the medical electrical area that include RF transmitters or that intentionally apply RF electromagnetic energy for diagnosis or treatment.
⎓	Direct current		Arm circumference
~	Alternating current		
Product production date is integrated in the Serial number, which is placed on the product and/or sales package: the first 4 digits mean year of production, the next 2 digits mean month of production.			

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About a wireless communication interference

This Product operates in the unlicensed ISM band at 2.4GHz. In case this Product is used around the other wireless devices including microwave and wireless LAN, which operate same frequency band of this Product, there is a possibility that interference occurs between this Product and such other devices. If such interference occurs, please stop the operation of other devices or relocate this Product before using this Product or do not use this Product around the other wireless devices.

Hereby, OMRON HEALTHCARE Co., Ltd., declares that the radio equipment type MIT5s connect (HEM-7280T-E) is in compliance with Directive 2014/53/EU.
The full text of the EU declaration of conformity is available at the following internet address:
www.omron-healthcare.com

Important information regarding Electro Magnetic Compatibility (EMC)

HEM-7280T-E manufactured by OMRON HEALTHCARE Co., Ltd. conforms to EN60601-1-2:2015 Electro Magnetic Compatibility (EMC) standard.
Further documentation in accordance with this EMC standard is available at OMRON HEALTHCARE EUROPE at the address mentioned in this instruction manual or at www.omron-healthcare.com
Refer to the EMC information for HEM-7280T-E on the website.

Correct Disposal of This Product

(Waste Electrical & Electronic Equipment)

This marking shown on the product or its literature, indicates that it should not be disposed of, with other household wastes at the end of its working life. To prevent possible harm to the environment or human health from uncontrolled waste disposal, please separate this from other types of wastes and recycle it responsibly to promote the sustainable reuse of material resources.
Household users should contact either the retailer where they purchased this product, or their local government office, for details of where and how they can take this item for environmentally safe recycling.
Business users should contact their supplier and check the terms and conditions of the purchase contract. This product should not be mixed with other commercial waste for disposal.

8. Trademarks

The ***Bluetooth***® *Smart* word mark and logos are registered trademarks owned by Bluetooth SIG, Inc. and any use of such marks by OMRON HEALTHCARE Co., Ltd. is under license. Other trademarks and trade names are those of their respective owners.

Apple and the Apple logo are trademarks of Apple Inc., registered in the U.S. and other countries.
App Store is a service mark of Apple Inc.

Android and Google Play are both trademarks of Google Inc.

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9. Warranty

Thank you for buying an OMRON product. This product is constructed of high quality materials and great care has been taken in its manufacturing. It is designed to give you a high level of comfort, provided that it is properly operated and maintained as described in the instruction manual.
This product is guaranteed by OMRON for a period of 2 years after the date of purchase. The proper construction, workmanship and materials of this product is guaranteed by OMRON. During this period of guarantee OMRON will, without charge for labour or parts, repair or replace the defect product or any defective parts.

The guarantee does not cover any of the following:

a. Transport costs and risks of transport.
b. Costs for repairs and / or defects resulting from repairs done by unauthorised persons.
c. Periodic check-ups and maintenance.
d. Failure or wear of optional parts or other attachments other than the main device itself, unless explicitly guaranteed above.
e. Costs arising due to non-acceptance of a claim (those will be charged for).
f. Damages of any kind including personal caused accidentally or from misuse.
g. Calibration service is not included within the guarantee.
h. Optional parts have a one (1) year warranty from date of purchase. Optional parts include, but are not limited to the following items: Cuff and Cuff Tube, AC Adapter.

Should guarantee service be required please apply to the dealer whom the product was purchased from or an authorised OMRON distributor. For the address refer to the product packaging / literature or to your specialised retailer.

If you have difficulties in finding OMRON customer services, contact us for information.

www.omron-healthcare.com

Repair or replacement under the guarantee does not give rise to any extension or renewal of the guarantee period. The guarantee will be granted only if the complete product is returned together with the original invoice / cash ticket issued to the consumer by the retailer.

10.Some Useful Information about Blood Pressure

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What is Blood Pressure?

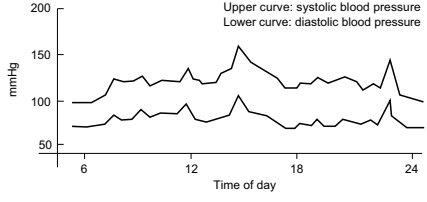
Blood pressure is a measure of the force of blood flowing against the walls of the arteries. Arterial blood pressure is constantly changing during the course of the heart's cycle.
The highest pressure in the cycle is called the *Systolic Blood Pressure*; the lowest is the *Diastolic Blood Pressure*. Both pressures, the *Systolic* and *Diastolic*, are necessary to enable a physician to evaluate the status of a patient's blood pressure.

What is Arrhythmia?

Arrhythmia is a condition where the heartbeat rhythm is abnormal due to flaws in the bio-electrical system that drives the heartbeat. Typical symptoms are skipped heartbeats, premature contraction, an abnormally rapid (tachycardia) or slow (bradycardia) pulse.

Why is it a Good Thing to measure Blood Pressure at Home?

Many factors such as physical activity, anxiety, or the time of day, can influence your blood pressure. A single measurement may not be sufficient for an accurate diagnosis. Thus it is best to try and measure your blood pressure at the same time each day, to get an accurate indication of any changes in blood pressure. Blood pressure is typically low in the morning and increases from afternoon to evening. It is lower in the summer and higher in the winter.



Example: fluctuation within a day (male, 35 years old)

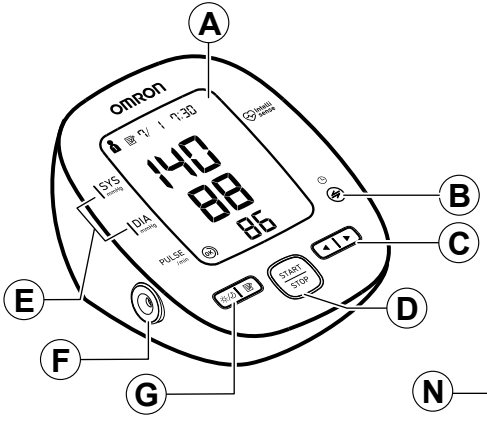
How is Hypertension related to Stroke?

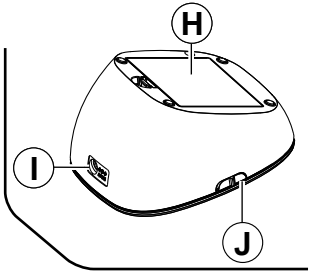
Hypertension (high blood pressure) is the key risk factor for Stroke.

It is estimated that amongst hypertensive patients, effective treatment would prevent 1 in 4 haemorrhagic strokes (bleeding around the brain).

Hypertension guidelines have endorsed the use of Home Blood Pressure Monitoring in addition to the measurements in physicians' offices to help manage hypertension effectively.

References to above medical claims are available upon request.


A
B
C
D
E
F
G
OMRON
SYS
DIA
PULSE
START
STOP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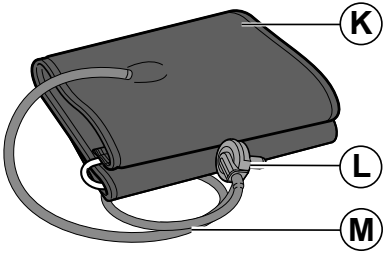
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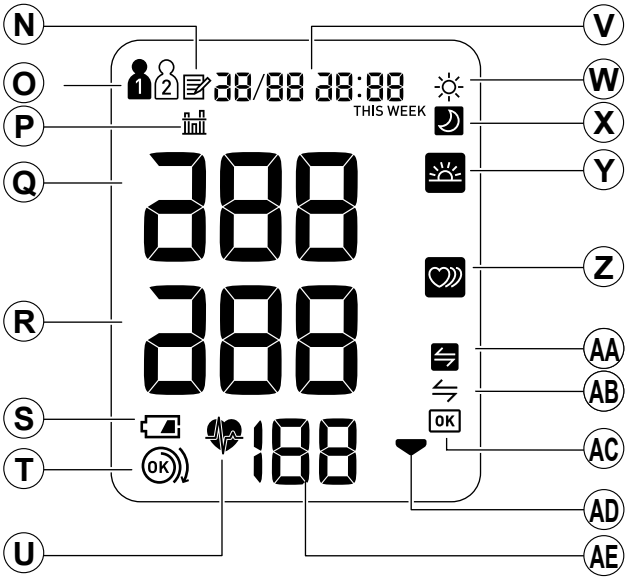
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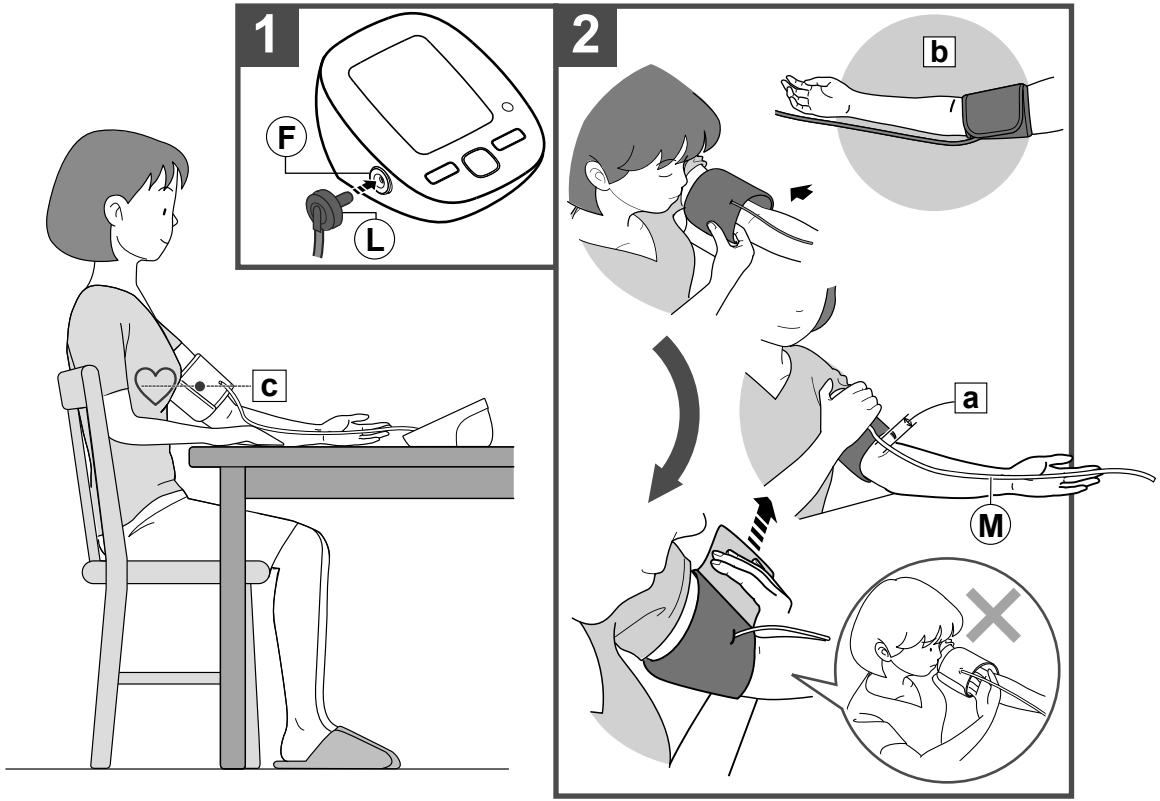
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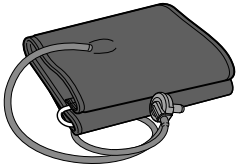
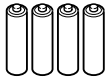
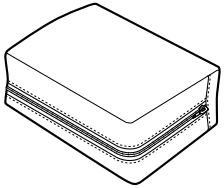
Package includes:

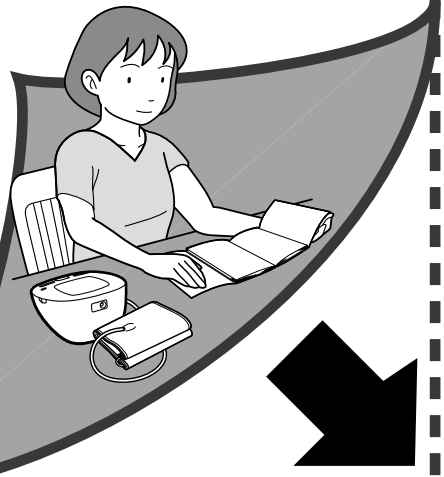
Contenu de l'emballage :
Packungsinhalt:
Il pacchetto include:
El paquete incluye:

Inhoud van de verpakking:
Комплект поставки содержит:
Paketin içindekiler:
تحتوي العبوة على:









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Prodotto in Vietnam
Vietnam'da Üretilmiştir
صنع في فيتنام