

# M6 Comfort AFib (HEM-7380-E)

ام6 كومفورت افيب

## Automatic Upper Arm Blood Pressure Monitor

Tensiomètre automatique brassard

Automatisches Oberarm-Blutdruckmessgerät

Misuratore automatico di pressione arteriosa da braccio

Monitor de presión arterial automático de brazo

Automatische bovenarmbloeddrukmeter

Измеритель артериального давления и частоты пульса автоматический

Otomatik Üst Kol Kan Basıncı Ölçüm Cihazı

جهاز قياس ضغط الدم الالي القابل للتثبيت بأعلى الذراع

## Instruction Manual 1: Safety and Other Information

Mode d'emploi 1 : Sécurité et autres informations

Gebrauchsanweisung 1: Sicherheitshinweise und andere Informationen

Manuale di istruzioni 1: Sicurezza e altre informazioni

Manual de instrucciones 1: Seguridad y otra información

Gebruiksaanwijzing 1: Veiligheid en andere informatie

Руководство по эксплуатации 1: Информация о безопасности и другие сведения

Kullanım kılavuzu 1: Güvenlik bilgileri ve diğer bilgiler

دليل الإرشادات 1: الأمان ومعلومات أخرى

All for Healthcare

 Intelli  
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UK  
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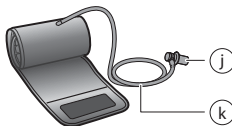
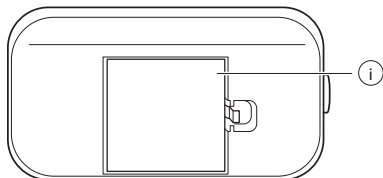
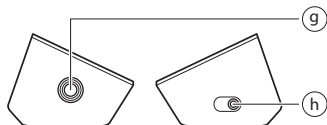
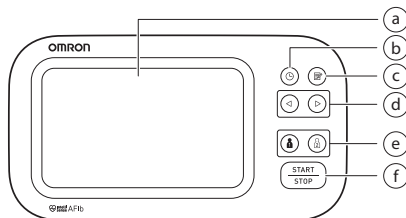
Symbols

Symboles / Symbole / Simboli /  
Símbolos / Symbolen / Символы /  
Semboller / الرموز

# Overview

**FR** Présentation générale  
**DE** Überblick  
**IT** Presentazione del prodotto  
**ES** Descripción general

**NL** Overzicht  
**RU** Описание  
**TR** Genel Bakış  
**AR** نظرة عامة



<b>a</b>	<b>Display</b> Affichage Display Display	Display Pantalla Scherm الشاشة	Дисплей Ekran الشاشة
<b>b</b>	<b>[Date/Time setting] button</b> Bouton [Réglage de la date et de l'heure] Taste zur Einstellung von Datum/Uhrzeit Pulsante [Impostazione data/ora] Botón [Ajuste de fecha/hora] Knop [Instelling datum/tijd] Кнопка [Установка даты/времени] [Tarih/Saat ayarı] düğmesi الزر [ضبط التاريخ/الوقت]		
<b>c</b>	<b>[Memory] button</b> Bouton [Mémoire] Taste [Speicher] Pulsante [Memoria] Botón [Memoria]		Knop [Geheugen] Кнопка [Память] [Hafıza] düğmesi الزر [الذاكرة]
<b>d</b>	<b>[Forward]/[Backward] buttons</b> Boutons [Avant]/[Arrière] Vor-/Zurück-Tasten Pulsanti [Avanti]/[Indietro] Botones [Siguiete]/[Atrás] Knoppen [Vooruit]/[Terug] Кнопки [Вперед]/[Назад] [İleri]/[Geri] düğmeleri الزران [التقدم/الرجوع]		
<b>e</b>	<b>[User ID 1]/[User ID 2] buttons</b> Boutons [ID Utilisateur 1]/[ID Utilisateur 2] Tasten für Benutzer-ID 1/2 Pulsanti [ID utente 1]/[ID utente 2] Botones [ID de usuario 1]/[ID de usuario 2] Knoppen [Gebruikers-ID 1]/[Gebruikers-ID 2] Кнопки [Пользователь 1]/[Пользователь 2] [Kullanıcı Kimliği 1]/[Kullanıcı Kimliği 2] düğmeleri الزران [هوية المستخدم 1/هوية المستخدم 2]		
<b>f</b>	<b>[START/STOP] button</b> Bouton [START/STOP] [START/STOP]-Taste Pulsante [START/STOP] Botón [START/STOP]		Knop [START/STOP] Кнопка [START/STOP] [START/STOP] düğmesi الزر [START/STOP]

<b>g</b>	<b>Air jack</b> Prise à air Luftschlauchbuchse Presa per il tubo dell'aria Toma de aire	Luchtslangaansluiting Воздушное гнездо Hava jaki مقيس خرطوم الهواء
<b>h</b>	<b>AC adapter jack (for optional AC adapter)</b> Prise pour l'adaptateur secteur (pour adaptateur secteur en option) Netzteilanschluss (für das optionale Netzteil) Presa per l'alimentatore CA (per l'alimentatore CA opzionale) Toma del adaptador de CA (para el adaptador de CA opcional) Netadapteraansluiting (voor de optionele netadapter) Гнездо адаптера переменного тока (приобретаемого дополнительно) AC adaptörü jaki (isteğe bağlı AC adaptörü için) مقيس مهائى التيار المتردد (لمهائى التيار المتردد الاختياري)	
<b>i</b>	<b>Battery compartment</b> Compartment des piles Batteriefach Vano batterie Compartimento de las pilas	Batterijvak Отсек для элементов питания Pil bölmesi حجيرة البطاريات
<b>j</b>	<b>Air plug</b> Prise de gonflage Luftschlauchstecker Attacco del tubo dell'aria Conector para tubo de aire	Plug van de luchtslang Воздушный штекер Hava tıpası قابس خرطوم الهواء
<b>k</b>	<b>Air tube</b> Tuyau à air Luftschlauch Tubo dell'aria Tubo de aire	Luchtslang Воздуховодная трубка Hava borusu خرطوم الهواء

## 1. Introduction

Thank you for purchasing the OMRON Automatic Upper Arm Blood Pressure Monitor. This blood pressure monitor uses the oscillometric method of blood pressure measurement. This means this monitor detects your blood movement through your brachial artery and converts the movements into a digital reading.

### 1.1 Safety Instructions

This instruction manual provides you with important information about the OMRON Automatic Upper Arm Blood Pressure Monitor. To ensure the safe and proper use of this monitor, READ and UNDERSTAND all of these instructions. **If you do not understand these instructions or have any questions, contact your OMRON retail outlet or distributor before attempting to use this monitor. For specific information about your own blood pressure, consult with your physician.**

### 1.2 Intended Use

#### Intended Purpose

This device is a digital monitor intended for use in measuring blood pressure and pulse rate in adult patient population. The device can detect an irregular pulse suggestive of Atrial Fibrillation (AFib). Please note that the device is not intended to diagnose AFib. A diagnosis of AFib can only be confirmed by a physician with an Electrocardiogram (ECG). If the AFib symbol appears, consult with your physician.

#### Intended Patients

Adult patient population

#### Intended Users

Adult population who can understand this instruction manual.

#### Clinical Benefit

Patient's blood pressure can be measured non-invasively and simply in the home environment, and the possibility of AFib is detected from the pulse wave obtained from the blood pressure measurement and provided to the user.

#### Type of Use

This monitor is intended to be multiple patient multiple use.

#### Limitation

Patient's arm circumference must be 22 - 42 cm.

#### Indication

This device is used by healthy individuals, patients with hypertension, patients with health-conscious individuals, in a general household situation for the following purpose.

- measure blood pressure and pulse rate
- evaluate the possibility of AFib

### 1.3 Receiving and Inspection

Remove this monitor and other components from the packaging and inspect for damage. If this monitor or any other components is damaged, DO NOT USE and consult with your OMRON retail outlet or distributor.

## 2. Important Safety Information

Read the Important Safety Information in this instruction manual before using this monitor. Follow this instruction manual thoroughly for your safety. Keep for future reference. **For specific information about your own blood pressure, consult with your physician.**

### 2.1 Contraindications

- DO NOT use this monitor on an injured arm or an arm under medical treatment.
- DO NOT apply the arm cuff on your arm while on an intravenous drip or blood transfusion.
- DO NOT use this monitor on infants, toddlers, children or persons who cannot express themselves.

### 2.2 Side Effects

- Taking measurements more often than necessary may cause bruising due to blood flow interference.
- Inflating to a higher pressure than necessary may result in bruising of the arm where the cuff is applied. NOTE: refer to "If your systolic pressure is more than 210 mmHg" in section 8 of instruction manual 2 for additional information.
- Stop using this monitor and consult with your physician if you experience skin irritation or discomfort.

### 2.3 Warning

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

- DO NOT adjust medication (including altering your use of any drug or treatment) based on readings from this blood pressure monitor. Take medication as prescribed by your physician. ONLY a physician is qualified to diagnose and treat high blood pressure and heart related conditions.
- NEVER diagnose or treat yourself based on your readings. ALWAYS consult with your physician.
- The possible AFib screening feature evaluates for a possibility of AFib ONLY. It will NOT detect other potentially life-threatening arrhythmias or diseases, such as a possibility of other cardiac arrhythmias or heart attack.
- If you are experiencing any symptoms or concerns, consult with your physician.
- DO NOT postpone/stop regular checkups or physician visits based on the results that you are getting from this monitor.
- The possible AFib screening feature is not intended to be used for the users who have already been diagnosed with AFib.

- This monitor may not detect a possibility of AFib in people with pacemakers or defibrillators. People with pacemakers or defibrillators should therefore not use this monitor to detect a possibility of AFib.
- DO NOT use this monitor in areas containing high frequency (HF) surgical equipment, magnetic resonance imaging (MRI) equipment, computerized tomography (CT) scanners. This may result in incorrect operation of the monitor and/or cause an inaccurate reading.
- DO NOT use this monitor in oxygen rich environments or near flammable gas.
- Consult with your physician before using this monitor if you have common arrhythmias such as atrial or ventricular premature beats or atrial fibrillation; arterial sclerosis; poor perfusion; diabetes; pregnancy; pre-eclampsia or renal disease. NOTE that any of these conditions in addition to patient motion, trembling, or shivering may affect the measurement reading.
- To help avoid strangulation, keep the air tube and AC adapter cable away from infants, toddlers and children.
- This product contains small parts that may cause a choking hazard if swallowed by infants, toddlers and children.

### AC adapter (optional accessory) Handling and Usage

- DO NOT use the AC adapter if this monitor or the AC adapter cable is damaged. If this monitor or the cable is damaged, turn off the power and unplug the AC adapter immediately.
- Plug the AC adapter into the appropriate voltage outlet. DO NOT use in a multi-outlet plug.
- NEVER plug in or unplug the AC adapter from the electric outlet with wet hands.
- DO NOT disassemble or attempt to repair the AC adapter.

### Battery Handling and Usage

- Keep the batteries out of the reach of infants, toddlers and children.

#### 2.4 ⚠ Precaution

Indicates a potentially hazardous situation which, if not avoided, may result in minor or moderate injury to the user or patient, or cause damage to the equipment or other property.

- Consult with your physician before using this monitor on an arm where intravascular access or therapy, or an arterio-venous (A-V) shunt, is present because of temporary interference to blood flow and could result in injury.
- Consult with your physician before using this monitor if you have had a mastectomy or lymph node clearance.
- Consult with your physician before using this monitor if you have severe blood flow problems or blood disorders as cuff inflation can cause bruising.
- ONLY inflate the arm cuff when it is applied on your upper arm.
- Remove the arm cuff if it does not start deflating during a measurement.
- DO NOT use this monitor for any purpose other than measuring blood pressure and/or detecting a possibility of AFib.

- During measurement, make sure that no mobile device or any other electrical device that emits electromagnetic fields is within 30 cm of this monitor. This may result in incorrect operation of the monitor and/or cause an inaccurate reading.
- DO NOT disassemble or attempt to repair this monitor or other components. This may cause an inaccurate reading.
- DO NOT use in a location where there is moisture or a risk of water splashing this monitor. This may damage this monitor.
- DO NOT use this monitor in a moving vehicle such as in a car or on an aircraft.
- DO NOT drop or subject this monitor to strong shocks or vibrations.
- DO NOT use this monitor in places with high or low humidity or high or low temperatures. Refer to section 6.
- During measurement, observe the arm to ensure that the monitor is not causing prolonged impairment to blood circulation.
- DO NOT use this monitor in high-use environments such as medical clinics or physician offices.
- DO NOT use this monitor with other medical electrical (ME) equipment simultaneously. This may result in incorrect operation of the devices and/or cause an inaccurate reading.
- Avoid bathing, drinking alcohol or caffeine, smoking, exercising and eating for at least 30 minutes before taking a measurement.
- Rest for at least 5 minutes before taking a measurement.
- Remove tight-fitting or thick clothing from your arm while taking a measurement.
- Remain still and DO NOT talk while taking a measurement.
- ONLY use the arm cuff on persons whose arm circumference is within the specified range of the cuff.
- Ensure that this monitor has acclimated to room temperature before taking a measurement. Taking a measurement after an extreme temperature change could lead to an inaccurate reading. It is recommended that you wait for approximately 2 hours for the monitor to warm up or cool down when the monitor is used in an environment within the temperature specified as operating conditions after it is stored either at the maximum or at the minimum storage temperature. For additional information on operating and storage / transport temperature, refer to section 6.
- DO NOT use this monitor after the durable period has ended. Refer to section 6.
- DO NOT crease the arm cuff or the air tube excessively.
- DO NOT fold or kink the air tube while taking a measurement. This may cause an injury by interrupting blood flow.
- To unplug the air plug, pull on the plastic air plug at the base of the tube, not the tube itself.
- ONLY use the AC adapter, arm cuff, batteries and accessories specified for this monitor. Use of unsupported AC adapters, arm cuffs and batteries may damage and/or may be hazardous to this monitor.
- ONLY use the approved arm cuff for this monitor. Use of other arm cuffs may result in incorrect readings.
- Read and follow the "Correct Disposal of This Product" in section 7 when disposing of the device and any used accessories or optional parts.

## AC adapter (optional accessory) Handling and Usage

- Fully insert the AC adapter into the outlet.
- When unplugging the AC adapter from the outlet, be sure to safely pull from the AC adapter. DO NOT pull from the AC adapter cable.
- When handling the AC adapter cable:  
DO NOT damage it. / DO NOT break it. / DO NOT tamper with it. / DO NOT pinch it. / DO NOT forcibly bend or pull it. / DO NOT twist it. / DO NOT use it if it is gathered in a bundle. / DO NOT place it under heavy objects.
- Wipe any dust off of the AC adapter.
- Unplug the AC adapter when not in use.
- Unplug the AC adapter before wiping this monitor.

## Battery Handling and Usage

- DO NOT insert batteries with their polarities incorrectly aligned.
- ONLY use 4 "AA" alkaline or manganese batteries with this monitor. DO NOT use other types of batteries. DO NOT use new and used batteries together. DO NOT use different brands of batteries together.
- Remove the batteries if this monitor will not be used for a long period of time.
- If battery fluid should get in your eyes, immediately rinse with plenty of clean water. Consult with your physician immediately.
- If battery fluid should get on your skin, wash your skin immediately with plenty of clean, lukewarm water. If irritation, injury or pain persists, consult with your physician.
- DO NOT use batteries after their expiration date.
- Periodically check the batteries to ensure they are in good working condition.

## 2.5 General Notices

- To stop a measurement, press the [START/STOP] button while taking a measurement.
- When you take a measurement on the right arm, the air tube should be at the side of your elbow. Be careful not to rest your arm on the air tube.



- Blood pressure may differ between the right and left arm, and may result in a different measurement value. Always use the same arm for measurements. If the values between both arms differ substantially, check with your physician on which arm to use for your measurements.
- When using an optional AC adapter, make sure not to place your monitor in a location where it is difficult to plug and unplug the AC adapter.










## Battery Handling and Usage

- Disposal of used batteries should be carried out in accordance with local regulations.
- The supplied batteries may have a shorter life span than new batteries.
- Replacing batteries will not delete previous readings.

### 3. Error Messages and Troubleshooting

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

Display/Problem	Possible Cause	Solution
<b>E1</b> appears or the arm cuff does not inflate.	The [START/STOP] button was pressed while the arm cuff is not applied.	Press the [START/STOP] button again to turn the monitor off.
	Air plug is not completely plugged into the monitor.	Insert the air plug securely.
	The arm cuff is not applied correctly.	Apply the arm cuff correctly, then take another measurement. Refer to section 6 of instruction manual 2.
	Air is leaking from the arm cuff.	Replace the arm cuff with a new one. Refer to section 12 of instruction manual 2.
<b>E2</b> appears or a measurement cannot be completed after the arm cuff inflates.	Moving or talking during a measurement causes the arm cuff to not inflate sufficiently.	Remain still and do not talk during a measurement. If "E2" appears repeatedly, inflate the arm cuff manually until the systolic pressure is 30 to 40 mmHg above your previous readings. Refer to section 8 of instruction manual 2.
	The systolic pressure is above 210 mmHg and a measurement cannot be taken.	
<b>E3</b> appears	The arm cuff is inflated exceeding the maximum allowable pressure.	Do not touch the arm cuff and/or bend the air tube while taking a measurement. If inflating the arm cuff manually, refer to section 8 of instruction manual 2.
<b>E4</b> appears	Moving or talking during a measurement results in vibrations that disrupt the measurement.	Remain still and do not talk during a measurement.
<b>E5</b> appears	The pulse rate is not detected correctly.	Apply the arm cuff correctly, then take another measurement. Refer to section 6 of instruction manual 2. Remain still and sit correctly during a measurement.
<b>Er</b> appears	The monitor has malfunctioned.	Press the [START/STOP] button again. If "Er" still appears, contact your OMRON retail outlet or distributor.

Display/Problem	Possible Cause	Solution
 /  appears	The pulse rate is not detected correctly.	Apply the arm cuff correctly, then take another measurement. Refer to section 6 of instruction manual 2. Remain still and sit correctly during a measurement. If the irregular heartbeat symbol "  /  " continues to appear, it is recommended that you consult with your physician.
 /  appears		
 does not flash during a measurement		
 flashes	Batteries are low.	Replacing all 4 batteries with new ones is recommended. Refer to section 3 of instruction manual 2.
 appears, or the monitor is turned off unexpectedly during a measurement.	Batteries are depleted.	Immediately replace all 4 batteries with new ones. Refer to section 3 of instruction manual 2.
Nothing appears on the display of the monitor.	Battery polarities are not properly aligned.	Check the battery installation for proper placement. Refer to section 3 of instruction manual 2.
Readings appear too high or too low.	Blood pressure varies constantly. Many factors including stress, time of day, and/or how you apply the arm cuff, may affect your blood pressure. Review sections 2, 6 and 7 of instruction manual 2.	
Any other problem occurs.	Press the [START/STOP] button to turn the monitor off, then press it again to take a measurement. If the problem continues, remove all batteries and wait for 30 seconds. Then re-install the batteries. If the problem still persists, contact your OMRON retail outlet or distributor.	

## 4. Limited 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 warranted by OMRON for a period of 5 years after the date of purchase. The proper construction, workmanship and materials of this product is warranted by OMRON. During this period of warranty OMRON will, without charge for labour or parts, repair or replace the defect product or any defective parts.

The warranty 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 warranted 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 warranty.**

**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.**

Should warranty 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, visit our website ([www.omron-healthcare.com](http://www.omron-healthcare.com)) for contact information.

Repair or replacement under the warranty does not give rise to any extension or renewal of the warranty period.

The warranty will be granted only if the complete product is returned together with the original invoice / cash ticket issued to the consumer by the retailer.

## 5. Maintenance

### 5.1 Maintenance

To protect your monitor from damage, follow the directions below: Changes or modifications not approved by the manufacturer will void the user warranty.

### **Precaution**

DO NOT disassemble or attempt to repair this monitor or other components. This may cause an inaccurate reading.

### 5.2 Storage

- Keep your monitor and other components in the storage case when not in use.
- Store your monitor and other components in a clean, safe location.
  1. Remove the arm cuff from the monitor.  
The air plug is designed to fit securely into the monitor so it does not accidentally unplug from the monitor when in use.  
When removing the arm cuff from the monitor, pull the air plug out from the monitor in a straight motion, holding the plug and not using the tube. You will hear a "click" sound as the cuff plug is removed from the monitor.

### **Precaution**

To unplug the air plug, pull on the plastic air plug at the base of the tube, not the tube itself.

2. Gently fold the air tube into the arm cuff. Note: Do not bend or crease the air tube excessively.
  3. Place your monitor and other components in the storage case.
- Do not store your monitor and other components:
    - If your monitor and other components are wet.
    - In locations exposed to extreme temperatures, humidity, direct sunlight, dust or corrosive vapors such as bleach.
    - In locations exposed to vibrations or shocks.

### 5.3 Wiping the Monitor

- Do not use any abrasive or volatile cleaners.
- Use a soft dry cloth or a soft cloth moistened with mild (neutral) detergent to wipe your monitor and arm cuff, and then wipe them with a dry cloth.
- Do not wash or immerse your monitor and arm cuff or other components in water.
- Do not use gasoline, thinners or similar solvents to wipe your monitor and arm cuff or other components.

### 5.4 Calibration and Service

- The accuracy of this blood pressure monitor has been carefully tested and is designed for a long service life.
- It is generally recommended to have the unit inspected every two years to ensure correct functioning and accuracy. Please consult your authorised OMRON dealer or the OMRON Customer Service at the address given on the packaging or attached literature.

## 6. Specifications

Product Category	Electronic Sphygmomanometers
Product description	Automatic Upper Arm Blood Pressure Monitor
Model (Code)	M6 Comfort AFib (HEM-7380-E)
Display	LCD digital display
Cuff pressure range	0 to 299 mmHg
Blood pressure measurement range	SYS: 60 to 260 mmHg DIA: 40 to 215 mmHg
Pulse measurement range	40 to 180 beats / min.
Accuracy	Pressure: $\pm 3$ mmHg Pulse: $\pm 5$ % of display reading
Inflation	Automatic by electric pump
Deflation	Automatic pressure release valve
Measurement method	Oscillometric method
Operation mode	Continuous operation
IP classification	Monitor: IP21 Optional AC adapter: IP21 (HHP-CM01) or IP22 (HHP-BFH01)
Rating	DC6 V 4 W
Power source	4 "AA" batteries 1.5 V or optional AC adapter (INPUT AC 100 - 240 V 50 - 60 Hz 0.12 - 0.065 A)
Battery life	Approx. 700 measurements (using new alkaline batteries) The number of times may decrease when using TruRead mode because one TruRead mode consists of 3 regular measurements.

Durable period (Service life)	Monitor: 5 years or the time when reaching 30000 times of use. / Cuff: 5 years or the time when reaching 10000 times of use. / Optional AC adapter: 5 years
Operating conditions	+10 to +40 °C / 15 to 90 % RH (non-condensing) / 800 to 1060 hPa
Storage / Transport conditions	-20 to +60 °C / 10 to 90 % RH (non-condensing)
Weight	Monitor: approx. 440 g (not including batteries) Arm cuff: approx. 163 g
Dimensions	Monitor: approx. 191 mm (W) × 85 mm (H) × 117 mm (L) / Arm cuff: approx. 145 mm × 532 mm (air tube: 750 mm)
Cuff circumference applicable to the monitor	22 to 42 cm
Memory	Stores up to 100 readings per user
Contents	Monitor, arm cuff (HEM-FL31), 4 "AA" batteries, Instruction Manual 1 and 2, storage case
Protection against electric shock	Internally powered ME equipment (When using only batteries) Class II ME equipment (Optional AC adapter)
Applied part	Type BF (arm cuff)

### Note

- These specifications are subject to change without notice.
- This monitor is clinically investigated according to the requirements of EN ISO 81060-2:2014 and complies with EN ISO 81060-2:2014 and EN ISO 81060-2:2019 + A1:2020 (excluding pregnant and pre-eclampsia patients). In the clinical validation study, K5 was used on 85 subjects for determination of diastolic blood pressure.

- This device has been validated for use on pregnant and pre-eclampsia patients according to the Modified European Society of Hypertension Protocol\*.
- This device has been validated for use on diabetic (Type II) population\*\*.
- IP classification is degrees of protection provided by enclosures in accordance with IEC 60529. This monitor and optional AC adapter are protected against solid foreign objects of 12.5 mm diameter and greater such as a finger. The monitor and optional AC adapter HHP-CM01 are protected against vertically falling water drops which may cause issues during a normal operation. The optional AC adapter HHP-BFH01 is protected against oblique falling water drops which may cause issues during a normal operation.
- Operation mode classification complies with IEC 60601-1.

\* Topouchian J et al. Vascular Health and Risk Management 2018;14 189 - 197

\*\* Chahine M.N. et al. Medical Devices: Evidence and Research 2018;11 11 - 20

## 7. 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 product 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 return 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. Important Information regarding Electromagnetic Compatibility (EMC)

HEM-7380-E conforms to the EN 60601-1-2 Electromagnetic Compatibility (EMC) standard.

Further documentation in accordance with this EMC standard is available at: <https://healthcare.omron.com/electro-magnetic-compatibility>. Refer to the EMC information for HEM-7380-E on the website.

## 9. Guidance and Manufacturer's Declaration

- This OMRON product is produced under the strict quality system of OMRON HEALTHCARE Co., Ltd., Japan. The Core component for OMRON blood pressure monitors, which is the Pressure Sensor, is produced in Japan. The AFib algorithm was developed using several databases published by PhysioNet that are available under the ODC Attribution License.

For more information, please visit the product page:

[www.omron-healthcare.com](http://www.omron-healthcare.com)

- Please report to the manufacturer and the competent authority of the Member State in which you are established about any serious incident that has occurred in relation to this device.

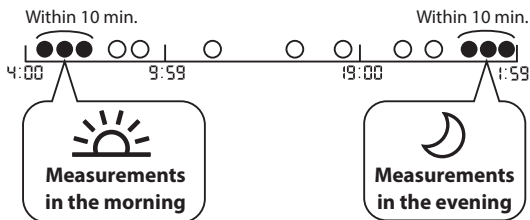
## 10. How to Calculate Weekly Averages

### Morning Weekly Average Calculation

This is the average for the measurements taken during the morning (4:00 - 9:59) between Sunday and Saturday. The 2 or 3 readings taken within the first 10 minute timeframe in the morning between 4:00 - 9:59 will be used to calculate the morning average for each day.

### Evening Weekly Average Calculation

This is the average for the measurements taken during the evening (19:00 - 1:59) between Sunday and Saturday. The 2 or 3 readings taken within the last 10 minute timeframe in the evening between 19:00 - 1:59 will be used to calculate the evening average for each day.



## 11. Additional Information

### 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.

### What is AFib?

Atrial fibrillation (AFib) means the most common type of non-sinus tachyarrhythmia. This symptom may create blood clots. This can lead to major health problems, including strokes, transient ischemic attacks (TIAs), and pulmonary emboli (PEs); depending which chamber of the heart has the blood clot in it.

### Possible AFib Detection



OMRON's trademarked technology alerts you once possible AFib is detected, even with a single measurement.

The monitor will notify you of a possibility of AFib if your monitor determines an irregularity from pulse to pulse intervals during a measurement.

The possible AFib screening feature ONLY evaluates for a possibility of AFib after taking a measurement. It does NOT continuously monitor your heart and therefore cannot alert you if AFib happens at any other time. This monitor cannot detect all forms of AFib. If the irregularity of the heart rhythm is too small, it may not be detected. For example, if there is an abnormality in the conduction between the atria and the ventricle, the heart rhythm may be in sinus rhythm, in which case a possibility of AFib cannot be detected by this monitor.

The state in which " / AFib" symbol is displayed can influence your blood pressure measurements and make it difficult to get an accurate reading. If this occurs, it is recommended that you consult with your physician.

### What is the difference between the possible AFib screening feature and ECG?

The possible AFib screening feature uses pulse wave detection to detect a possibility of AFib. ECG measures the electrical activity of the heart and can be used by a physician to diagnose AFib.

### If the " / AFib" symbol does not appear, does it mean there is no possibility of AFib?

Even if the " / AFib" symbol does not appear, there is still a possibility of AFib. If taking a measurement at a time when AFib does not occur, possible AFib might not be detectable. This monitor cannot detect all forms of AFib.

### Warning

- The possible AFib screening feature evaluates for a possibility of AFib ONLY. It will NOT detect other potentially life-threatening arrhythmias or diseases, such as a possibility of other cardiac arrhythmias or heart attack.

### Should I consult with my physician if the " / AFib" symbol appears?

It is recommended that you consult with your physician if the " / AFib" symbol appears. This symbol may be displayed for other reasons, such as other heart arrhythmias.


### What should I do if the " / AFib" symbol sometimes appears?



AFib does not always have symptoms. It is recommended that you consult with, and follow the directions of your physician.

### I have been diagnosed with AFib by my physician, but the " / AFib" symbol does not appear.

AFib may not occur at the time of specific blood pressure measurements. It is recommended that you consult with your physician regularly.

## Is the blood pressure reading reliable when the

 /  AFib " symbol or the irregular heartbeat symbol

 /  " appears?

AFib or an irregular heartbeat can influence your blood pressure measurements and make it difficult to get an accurate reading. Repeated measurements may be required to overcome variabilities.\* The monitor will indicate an error message (E5) if the influence of the irregular heartbeat is too severe to give a measurement result. If this occurs repeatedly, it is recommended that you consult with your physician.
























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\* O'Brien E, et al.; J Hypertens. 2003; 21: 821-848.

# Symbols Description

**FR** Description des symboles  
**DE** Beschreibung der Symbole  
**IT** Descrizione dei simboli  
**ES** Descripción de los símbolos

**NL** Beschrijving van symbolen  
**RU** Описание символов  
**TR** Simgelerin Açıklaması  
**AR** شرح الرموز

- |   |   |   |   |
|---|---|---|---|
| 1.   | 2.   | 3. IP XX  | 4.   |
| 5.   | 6.   | 7.   | 8.   |
| 9.   | 10.  | 11.  | 12.  |
| 13.  | 14.  | 15.  | 16.  |
| 17. LATEX FREE  | 18.  | 19.  | 20.  |
| 21.  | 22.  | 23.  | 24.  |
| 25.  | 26.  |   |   |

1.

## Applied part - Type BF Degree of protection against electric shock (leakage current)

Pièce appliquée - Type BF Degré de protection contre les chocs électriques (courant de fuite)

Anwendungsteil - Type BF Schutz vor Stromschlägen (Ableitstrom)

Parti applicate - Tipo BF Livello di protezione contro le folgorazioni (corrente di dispersione)

Partes en contacto: Tipo BF Grado de protección contra descargas eléctricas (corriente de fuga)

Toegepast onderdeel - Type BF-beschermingsgraad tegen elektrische schokken (lekstroom)

Рабочая часть аппарата - Степень защиты от поражения электрическим током (токи утечки) Тип BF

Uygulanan parça - Tip BF Elektrik çarpmasına karşı koruma derecesi (kaçak akım) BF الجزء المطبق: درجة الحماية ضد الصدمات الكهربائية (التيار المتسرب) للنوع

2.

## Class II equipment. Protection against electric shock

Équipement de classe II. Protection contre les chocs électriques  
 Gerät der Klasse II. Schutz vor Stromschlägen

Apparecchiatura di Classe II. Protezione contro le folgorazioni

Equipo de Clase II. Protección contra descargas eléctricas

Apparatuur van Klasse II. Bescherming tegen elektrische schokken

Изделие класса II Защита от поражения электрическим током

Sınıf II ünite. Elektrik çarpmasına karşı koruma

جهاز من الفئة II. الحماية ضد الصدمات الكهربائية

3.

## Ingress protection degree provided by IEC 60529

Degré de protection selon CEI 60529

Grad des Eindringsschutzes gemäß IEC 60529

Livello di protezione IP in base a IEC 60529

Grado de protección según la norma internacional IEC 60529

Beschermingsklasse volgens IEC 60529

Степень защиты, обеспечиваемая оболочками, согласно IEC 60529

Su girmesine karşı koruma derecesi IEC 60529 tarafından verilmiştir

درجة حماية الدخول المقدمة بواسطة معيار IEC 60529

4. **CE Marking**  
Marquage CE  
CE-Kennzeichnung  
Contrasegno CE  
Marcado CE  
CE-merkteken  
Знак соответствия директиве ЕС  
CE İşareti  
علامة التوافق مع اللجنة الأوروبية (CE)
5. **UKCA marking**  
Marquage UKCA  
UKCA-Kennzeichnung  
Marchio UKCA  
Marcado UKCA  
UKCA-markering  
Знак соответствия требованиям для Великобритании  
UKCA İşareti  
UKCA علامة
6. **Serial number**  
Numéro de série  
Seriennummer  
Numero di serie  
Número de serie  
Seriennummer  
Порядковый (серийный) номер  
Seri numarasi  
الرقم المتسلسل
7. **Unique device identifier**  
Identifiant unique des dispositifs  
Produktidentifizierungsnummer  
Identificatore univoco del dispositivo  
Identificador único del producto  
Unieke apparaat-ID  
Уникальный идентификатор медицинского изделия в Европейском Союзе  
Benzersiz cihaz tanımlayıcısı  
معرف الجهاز الفريد
8. **Medical device**  
Dispositif médical  
Medizinprodukt  
Dispositivo medico  
Producto sanitario  
Medisch apparaat  
Медицинское изделие в соответствии с правилами/директивой по медицинским изделиям Европейского Союза  
Tibbi cihaz  
جهاز طبي
9. **Temperature limitation**  
Limitation de température  
Temperaturbegrenzung  
Limite di temperatura  
Limitación de la temperatura  
Temperatuurbegrenzing  
Температурный диапазон  
Sıcaklık sınırlaması  
حدود درجة الحرارة المناسبة
10. **Humidity limitation**  
Limitation d'humidité  
Luftfeuchtigkeitsbegrenzung  
Limite di umidità  
Limitación de la humedad  
Vochtigheidsbegrenzing  
Диапазон влажности  
Nem sınırlaması  
حدود الرطوبة المناسبة
11. **Atmospheric pressure limitation**  
Limitation de pression atmosphérique  
Luftdruckbegrenzung  
Limite di pressione atmosferica  
Limitación de la presión atmosférica  
Luchtdrukbegrenzing  
Ограничение атмосферного давления  
Atmosferik basınç sınırlaması  
حدود الضغط الجوي المناسب
12. **Indication of connector polarity**  
Indication de la polarité des connecteurs  
Anzeige der Steckerpolarität  
Indicazione della polarità dei connettori  
Indicación de la polaridad del conector  
Indicatie van polariteit van aansluiting  
Полярность разъема адаптера  
Bağlantı polarite göstergesi  
علامة تشير لقطبية الموصل
13. **For indoor use only**  
Pour un usage à l'intérieur uniquement  
Nur für die Nutzung in Innenbereichen  
Solo per uso in interni  
Para uso solo en interiores  
Alleen voor gebruik binnenshuis  
Для использования только внутри помещений  
Sadece iç mekanda kullanım için  
صالح للاستخدام في المناطق المغلقة فقط
14. **OMRON's trademarked technology alerts you once possible AFib is detected, even with a single measurement.**  
La technologie brevetée d'OMRON vous alerte dès qu'un risque de fibrillation auriculaire est détecté, même avec une seule mesure.  
Die markenrechtlich geschützte Technologie von OMRON warnt bei möglichem Vorhofflimmern – auch bei einer Einzelmessung.  
La tecnologia brevettata da OMRON avvisa l'utilizzatore una volta rilevata la potenziale presenza di fibrillazione atriale, anche con una misurazione singola.  
La tecnología de OMRON le notifica la detección de una posible fibrilación auricular incluso con una única medición.  
De technologie voor bloeddrukmeting onder handelsmerk van OMRON waarschuwt u wanneer mogelijk AFib is gedetecteerd, zelfs bij een enkele meting.  
Зарегистрированная технология OMRON сразу предупреждает Вас о выявлении вероятности ФП, даже при однократном измерении.  
OMRON'un ticari markalı teknolojisi, tek bir ölçümle bile olası AFib tespit edilirdiğinde sizi uyarır.  
تقوم تقنية OMRON المسجلة بعلامة تجارية، بتبنيك بمجرد اكتشاف رجفان أذني محتمل، حتى مع قياس واحد.

15.

**Identifier of cuffs compatible for the device**

Identificateur des brassards compatibles avec l'appareil  
Kennzeichnung der mit dem Gerät kompatiblen Manschetten  
Identifica i bracciali compatibili con il dispositivo  
Identificador para manguitos compatibles con el dispositivo  
Identificatie van manchetten die compatibel zijn met het apparaat  
Манжеты совместимые с устройством  
Cihaz ile uyumlu kolluğunun tanıtım işareti  
علامات تحديد الشروط الضاغطة المتوافقة مع الجهاز

17.

**Not made with natural rubber latex**

Ne contient pas de latex de caoutchouc naturel  
Enthält kein Naturlatex  
Non contiene lattice di gomma naturale  
No contiene látex de caucho natural  
Bevat geen natuurrubberlatex  
Не содержит натуральный латекс  
Doğal kauçuk lateksten üretilmemiştir  
تم التصنيع دون استخدام لاتيكس المطاط الطبيعي

20.

**Need for the user to follow this instruction manual thoroughly for your safety.  
(Background: blue)**

L'utilisateur doit suivre attentivement ce mode d'emploi pour votre sécurité. (Fond : bleu)  
Damit die Sicherheit gewährleistet ist, muss der Benutzer diese Gebrauchsanweisung sorgfältig befolgen. (Hintergrund: blau)  
Per la propria sicurezza, l'utente deve seguire attentamente il presente manuale di istruzioni. (Sfondo: blu)  
Es necesario que el usuario siga rigurosamente este manual de instrucciones para su seguridad. (Fondo: azul)  
Noodzaak voor de gebruiker om zich voor de eigen veiligheid zorgvuldig aan deze gebruiksaanwijzing te houden (Achtergrond: blauw)  
Обратитесь к руководству по эксплуатации (Фон: синий)  
Güvenlik açısından kullanıcının bu kullanım kılavuzuna dikkatle uyması gerekir.  
(Arka plan: mavi)  
حاجة المستخدم إلى اتباع الإرشادات الواردة في دليل الإرشادات بالكامل لهذا للحفاظ على السلامة. (الخلفية: زرقاء)

16.

**Artery mark**

Marque d'artère  
Arterienmarkierung  
Contrassegno per l'arteria  
Marca de la arteria  
Adersymbol  
Маркер артерии  
Arter işareti  
علامة دالة على الشريان

19.

**Need for the user to consult this instruction manual**

L'utilisateur doit consulter le présent mode d'emploi  
Der Benutzer muss diese Gebrauchsanweisung lesen  
L'utente deve consultare il presente manuale di istruzioni  
Es necesario que el usuario consulte este manual de instrucciones  
Noodzaak voor de gebruiker om deze gebruiksaanwijzing te raadplegen  
Необходимо ознакомиться с данным руководством по эксплуатации  
Kullanıcının bu kullanım kılavuzuna başvurması gerekir  
حاجة المستخدم إلى الرجوع إلى المعلومات الواردة بدليل الإرشادات هذا

21.

**Direct current**

Courant continu  
Gleichstrom  
Corrente diretta  
Corriente directa  
Gelijkstroom  
Постоянный ток  
Doğru akım  
التيار المباشر

22.

**Alternating current**

Courant alternatif  
Wechselstrom  
Corrente alternata  
Corriente alterna  
Wisselstroom  
Переменный ток  
Alternatif akım  
التيار المتناوب

23.

**Date of manufacture**

Date de fabrication  
Herstellungsdatum  
Data di fabbricazione  
Fecha de fabricación  
Productiedatum  
Дата изготовления в формате ГТГГММДД  
Üretim tarihi  
تاريخ التصنيع

24.

**Efficiency level of power supply**

Niveau d'efficacité de l'alimentation électrique  
Effizienz der Stromversorgung  
Livello di efficienza dell'alimentazione  
Grado de eficiencia de la alimentación  
Efficiëntieniveau van de voeding  
Уровень эффективности источника питания  
Güç kaynağının verimlilik seviyesi  
مستوى كفاءة مصدر الطاقة

25.

**Prohibited action**

Action interdite  
Verbotene Aktion  
Operazione proibita  
Acción prohibida  
Verboden handeling  
Запрещенное действие  
Yasaklanmış eylem  
إجراء محظور

26.

**Recycle mark X: Material number Y: Material abbreviation Refer to 97/129/EC for more information.**

Marque de recyclage X: Numérotation des matériaux Y: Abréviation pour les matériaux Voir 97/129/CE pour plus d'informations.  
Recyclingsymbol X: Materialnummer Y: Materialabkürzung Weitere Informationen siehe 97/129/EG.  
Simbolo di riciclaggio X: Codice materiale Y: Abbreviazione materiale Fare riferimento a 97/129/CE per ulteriori informazioni.  
Marca de reciclaje X: Número de material Y: Abreviatura del material Consulte 97/129/CE para más información.  
Recycle-markering X: Materiaalnummer Y: Materiaalafkorting Raadpleeg 97/129/EG voor meer informatie.  
Знак переработки X: Числовое обозначение материала Y: Подробнее о сокращенном названии материалов см. 97/129/EC.  
Geri dönüşüm işareti X: Malzeme numarası Y: Malzeme kısaltması Daha fazla bilgi için bkz. 97/129/EC.  
علامة إعادة التدوير X: رقم المادة Y: اختصار المادة راجع 97/129/EC للمزيد من المعلومات.

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## Automatic Upper Arm Blood Pressure Monitor

Tensiomètre automatique brassard

Automatisches Oberarm-Blutdruckmessgerät

Misuratore automatico di pressione arteriosa da braccio

Monitor de presión arterial automático de brazo

Automatische bovenarmbloeddrukmeter

Измеритель артериального давления и частоты пульса автоматический

Otomatik Üst Kol Kan Basıncı Ölçüm Cihazı

جهاز قياس ضغط الدم الآلي القابل للتثبيت بأعلى الذراع



## Instruction Manual 2: Operational Instructions

**FR** Mode d'emploi 2 : Instructions de fonctionnement

**DE** Gebrauchsanweisung 2: Betriebsanweisungen

**IT** Manuale di istruzioni 2: Istruzioni operative

**ES** Manual de instrucciones 2: Instrucciones operativas

**NL** Gebruiksaanwijzing 2: Operationele instructies

**RU** Руководство по эксплуатации 2: Инструкция по эксплуатации

**TR** Kullanım kılavuzu 2: Çalıştırma talimatları

**AR** دليل الإرشادات ٢ : إرشادات التشغيل

### Read Instruction Manual 1 and 2 before use.

Lire les modes d'emploi 1 et 2 avant l'utilisation.

Lesen Sie vor der Verwendung Gebrauchsanweisung 1 und 2.

Leggere il manuale di istruzioni 1 e 2 prima dell'uso.

Lea el manual de instrucciones 1 y 2 antes del uso.

Lees gebruiksaanwijzing 1 en 2 voor gebruik.

Прочтите руководство по эксплуатации 1 и 2 перед использованием.

Kullanmadan önce, kullanım kılavuzu 1 ve 2'yi okuyun.

اقرأ دليل الإرشادات ١ و ٢ قبل الاستخدام.

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الملحقات الطبية الاختيارية

# 1

## Package Contents

**FR** Contenu de l'emballage

**DE** Packungsinhalt

**IT** Contenuto della confezione

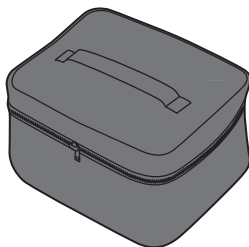
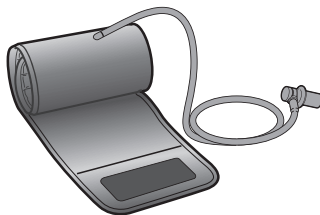
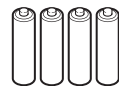
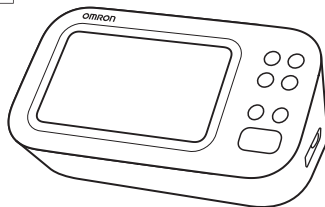
**ES** Contenido del envase

**NL** Inhoud van de verpakking

**RU** Комплект поставки

**TR** Paketin İçindekiler

**AR** محتويات العبوة



# Preparing for a Measurement

**FR** Préparation pour une prise de mesure

**DE** Vorbereiten einer Messung

**IT** Preparazione per la misurazione

**ES** Preparación para una medición

**NL** Een meting voorbereiden

**RU** Подготовка к измерению

**TR** Ölçüm Hazırlığı

**AR** التجهيز لعملية القياس

## 30 minutes before

30 minutes avant

30 Minuten vorher

30 minuti prima

30 minutos antes

30 minuten ervoor

За 30 минут до

30 dakika önce

قبل القياس بمدة تبلغ ٣٠ دقيقة



## 5 minutes before: Relax and rest.

5 minutes avant : détente et repos.

5 Minuten vorher: ruhig hinsetzen.

5 minuti prima: rilassarsi e stare a riposo.

5 minutos antes: relájese y descanse.

5 minuten ervoor: ontspan en rust.

За 5 минут до: расслабьтесь и отдохните.

5 dakika önce: Gevşeyin ve dinlenin.

قبل القياس بمدة تبلغ ٥ دقائق: استرخ واسترخ.

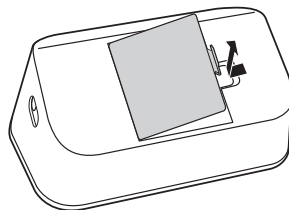


# 3

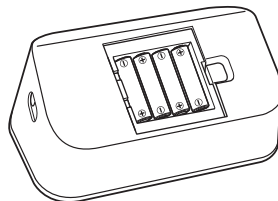
## Inserting Batteries

- FR** Mise en place des piles
- DE** Einlegen von Batterien
- IT** Inserimento delle batterie
- ES** Introducción de las pilas
- NL** De batterijen plaatsen
- RU** Установка элементов питания
- TR** Pilleri Takma
- AR** إدخال البطاريات

1



2



AA, 1.5V x 4

3



**Your monitor automatically turns off after 3 minutes.**

Votre tensiometre s'éteint automatiquement après 3 minutes.

Ihr Monitor schaltet sich nach 3 Minuten automatisch aus.

Il monitor si spegne automaticamente dopo 3 minuti.

Su monitor se apaga automáticamente después de 3 minutos.

Uw monitor wordt na 3 minuten automatisch uitgeschakeld.

Монитор автоматически выключается через 3 минуты.

Ölçüm cihazınız 3 dakika sonra otomatik olarak kapanır.

يتم إيقاف تشغيل جهاز القياس تلقائيًا بعد مرور 3 دقائق.

 **P.6**

## 4

# Setting the Date and Time

FR

Réglage de la date et de l'heure

DE

Manuelles Einstellen von Datum und Uhrzeit

IT

Impostazione manuale di data e ora

ES

Ajuste de la fecha y la hora

NL

Datum en tijd handmatig instellen

RU

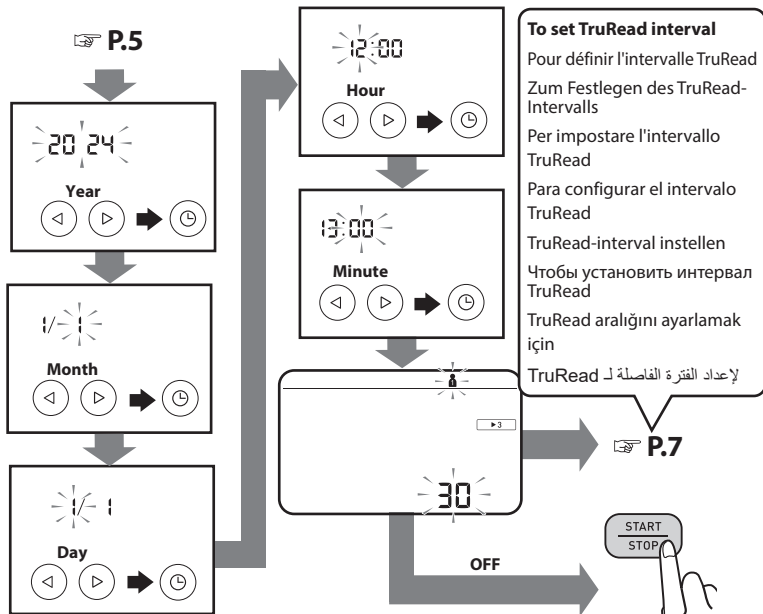
Установка даты и времени вручную

TR

Tarih ve Saatin Manuel Olarak Ayarlanması

AR

ضبط التاريخ والوقت



If the year is not displayed, press

Si l'année ne s'affiche pas, appuyez sur

Wenn das Jahr nicht angezeigt wird, drücken Sie

Se l'anno non viene visualizzato, premere

Si no se muestra el año, presione

Als het jaar niet wordt weergegeven, drukt u op

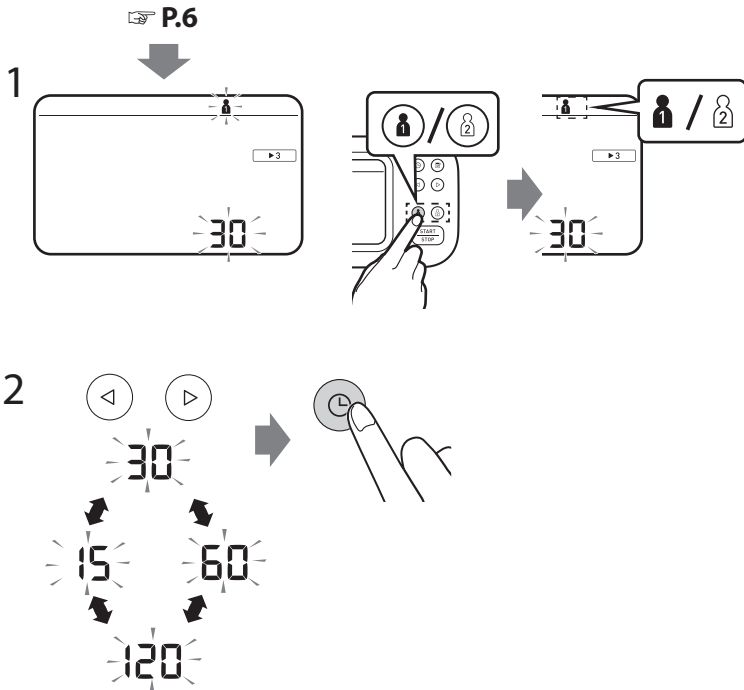
Если год не отображается, нажмите

Yıl görüntülenmiyorsa tuşuna basın.

إذا لم تكن السنة ظاهرة، اضغط

## Setting the TruRead Mode Interval

- FR** Définition de l'intervalle du mode TruRead
- DE** Festlegen des TruRead-Modusintervalls
- IT** Impostazione dell'intervallo della modalità TruRead
- ES** Configuración del intervalo del modo TruRead
- NL** Het TruRead-modusinterval instellen
- RU** Настройка интервала режима TruRead
- TR** TruRead Modu Aralığını Ayarlama
- AR** ضبط الفترة الفاصلة لوضع TruRead



In the TruRead mode, your monitor automatically takes 3 consecutive readings at selected intervals and displays the average. The interval is set to 30 seconds by default. Refer to "Taking a measurement in TruRead mode" on page 15.

En mode TruRead, votre tensiomètre prend automatiquement 3 mesures consécutives à des intervalles sélectionnés et affiche la moyenne. L'intervalle est défini par défaut sur 30 secondes. Reportez-vous à « Réalisation d'une mesure en mode TruRead » à la page 15.

Im TruRead-Modus nimmt Ihr Monitor automatisch drei aufeinanderfolgende Messwerte in ausgewählten Intervallen vor und zeigt den Durchschnitt an. Das Intervall ist standardmäßig auf 30 Sekunden eingestellt. Siehe „Vornehmen einer Messung im TruRead-Modus“ auf Seite 15.

Nella modalità TruRead, il monitor effettua automaticamente 3 letture consecutive a intervalli selezionati e visualizza la media. Per impostazione predefinita, l'intervallo è impostato su 30 secondi. Fare riferimento a "Misurazione in modalità TruRead" a pagina 15.

En el modo TruRead, su monitor toma automáticamente 3 lecturas consecutivas a intervalos seleccionados y muestra el promedio. El intervalo está establecido en 30 segundos de forma predeterminada. Consulte "Realizar una medición en el modo TruRead" en la página 15.

In de TruRead-modus voert uw monitor automatisch 3 opeenvolgende metingen uit met geselecteerde intervallen en geeft het gemiddelde weer. Het interval is standaard ingesteld op 30 seconden. Zie "Een meting in TruRead-modus afnemen" op pagina 15.

В режиме TruRead ваш монитор автоматически снимает 3 последовательных показания через выбранные интервалы и отображает среднее значение. По умолчанию интервал установлен на 30 секунд. См. «Выполнение измерений в режиме TruRead» на странице 15.

TruRead modunda ölçüm cihazınız seçilen aralıklarla otomatik olarak ardışık 3 ölçüm alır ve ortalamasını görüntüler. Aralık varsayılan olarak 30 saniyeye ayarlanmıştır. Bkz. "TruRead modunda ölçüm yapma" sayfa 15.

في وضع TruRead، يقوم جهاز القياس بالتقاط ٣ قراءات متتابعة تلقائيًا على فترات منتظمة، ومن ثم يعرض المعدل. يتم إعداد الفترة الفاصلة على ٣٠ ثانية كأعداد افتراضية. ارجع إلى «تسجيل قياس في وضع TruRead» في الصفحة ١٥.

## 6

# Applying the Arm Cuff

FR Pose du brassard

DE Anbringen der Manschette

IT Applicazione del bracciale

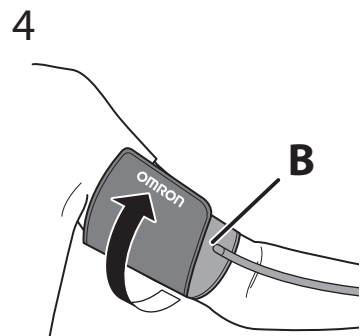
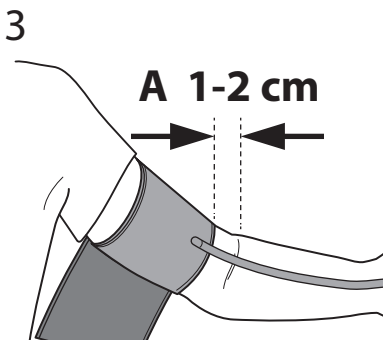
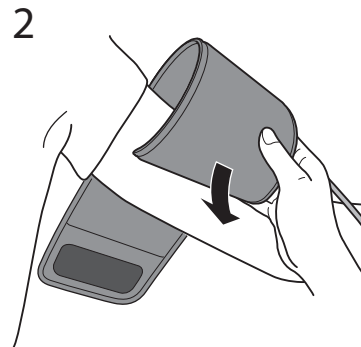
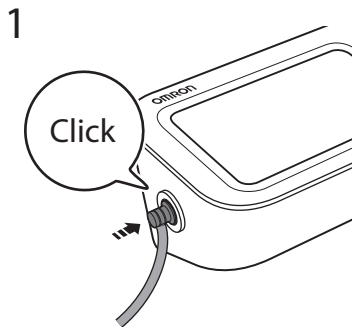
ES Colocación del manguito

NL De manchet aanbrengen

RU Расположение манжеты

TR Koluğun Takılması

AR وضع الشريط الضاغط للذراع



**A.** Tube side of the cuff should be 1 - 2 cm above the inside elbow.

**B.** Make sure that the air tube is on the inside of your arm and wrap the cuff securely so it can no longer slip round.

- A. Le côté tuyau du brassard doit être positionné 1 à 2 cm au-dessus de l'intérieur du coude.
- B. Assurez-vous que le tuyau à air se trouve du côté intérieur de votre bras et enroulez fermement le brassard de manière qu'il ne puisse plus tourner.

- A. Das Manschettenstück mit dem Schlauch muss 1 bis 2 cm oberhalb des Ellbogens liegen.
- B. Stellen Sie sicher, dass der Luftschlauch an der Arminnenseite sitzt, und befestigen Sie die Manschette sicher, so dass sie nicht verrutscht.

- A. Il lato del bracciale con il tubo deve trovarsi al di sopra del gomito interno, a una distanza di circa 1 o 2 cm.
- B. Assicurarsi che il tubo dell'aria si trovi all'interno del braccio e avvolgere il bracciale saldamente in modo che non possa ruotare.

- A. El lado del tubo del manguito deberá quedar 1 o 2 cm por encima de la parte interna del codo.
- B. Asegúrese de que el tubo de aire se encuentra en la cara interna del brazo y enrolle el manguito con firmeza para que no pueda deslizarse.

- A. De kant met de slang van de manchet moet 1 - 2 cm boven de binnenkant van de elleboog liggen.
- B. Zorg ervoor dat de luchtslang zich aan de binnenkant van uw arm bevindt en wikkel de manchet stevig rond uw arm zodat deze niet meer kan wegglijden.

- A. Край манжеты с трубкой должен находиться на 1 - 2 см выше локтевого сгиба.
- B. Убедитесь, что воздуховодная трубка находится на внутренней поверхности плеча и надежно оберните манжету, чтобы она не прокручивалась вокруг руки.

- A. Kolluğun boru tarafı, dirsek içinin 1-2 cm üstünde olmalıdır.
- B. Hava borusunun kolunuzun iç tarafında olduğundan emin olun ve kolluğu kaymayacak şekilde sabit şekilde sarın.

- A. يجب أن يرتفع جانب الخرطوم من الشريط الضاغط من ١ إلى ٢ سم عن المرفق.
- B. تأكد من أن خرطوم الهواء على الجانب الداخلي من ذراعك، ولف الشريط الضاغط بإحكام بحيث لا ينزلق حول الذراع.

### If taking measurements on the right arm, refer to:

Pour la prise de mesures au bras droit, voir:

Bei Messungen am rechten Arm siehe:

Se la misurazione viene eseguita al braccio destro, fare riferimento a:

Si va a realizar mediciones en el brazo derecho, consulte:

Als u metingen aan de rechterarm uitvoert, raadpleeg dan:

При измерении на правой руке см.

Sağ koldan ölçüm yapıyorsanız aşağıdakilere bakın:

في حال إجراء القياس على الذراع الأيمن، ارجع إلى:

**Instruction Manual 1 2.5**

# Sitting Correctly

FR Position assise correcte

DE Korrekte Körperhaltung

IT Come sedersi nel modo corretto

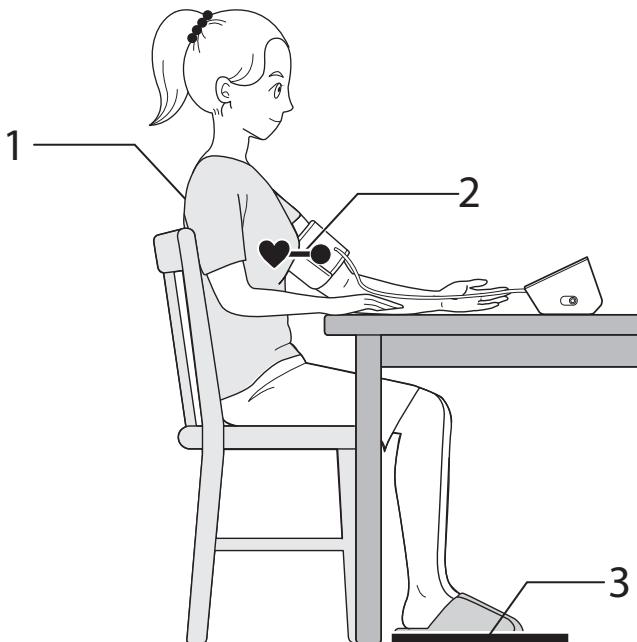
ES Cómo sentarse correctamente

NL Correct zitten

RU Сядьте правильно

TR Düzgün Oturma

AR الجلوس بشكل صحيح



Relax and sit comfortably. Remain still and do not talk.

1. Keep your back and arm supported.
2. Keep the arm cuff at the same level as your heart.
3. Keep your feet flat and your legs uncrossed.

Détendez-vous et asseyez-vous confortablement. Restez immobile et ne parlez pas.

1. Gardez votre dos et vos bras soutenus.
2. Gardez le brassard au même niveau que votre cœur.
3. Gardez vos pieds à plat et vos jambes décroisées.

Entspannen Sie sich und sitzen Sie bequem. Bleiben Sie still und reden Sie nicht.

1. Halten Sie Rücken und Arm gestützt.
2. Halten Sie die Armmanschette auf Herzhöhe.
3. Halten Sie Ihre Füße flach und die Beine nicht übereinander gekreuzt.

Rilassarsi e sedersi comodamente. Rimanere fermi e non parlare.

1. Mantenere la schiena e il braccio supportati.
2. Mantenere il bracciale allo stesso livello del cuore.
3. Tenere i piedi piatti e le gambe non incrociate.

Relájese y siéntese cómodamente. Quédese quieto y no hable.

1. Mantenga la espalda y el brazo apoyados.
2. Mantenga el manguito al mismo nivel que su corazón.
3. Mantenga los pies planos y las piernas sin cruzar.

Ontspan en zit comfortabel. Zit stil en praat niet.

1. Houd uw rug en arm ondersteund.
2. Houd de armanchet op dezelfde hoogte als uw hart.
3. Houd uw voeten plat en uw benen niet over elkaar.

Расслабьтесь и сядьте удобно. Сохраняйте спокойствие и не разговаривайте.

1. Обопритесь спиной и рукой.
2. Держите манжету на уровне сердца.
3. Держите ступни ровно и не скрещенными.

Rahatlayın ve rahatça oturun. Hareketsiz kalın ve konuşmayın.

1. Sırtınızı ve kolunuzu destekleyin.
2. Kolluğu kalbinizle aynı seviyede tutun.
3. Ayaklarınızı düz tutun ve bacaklarınızı çaprazlamayın.

- استرخ في جلستك واسترخ تماما. ابق ساكنا ولا تتحدث.  
1. يجب أن يكون ظهرك وذراعك في وضع استناد.  
2. يجب أن يكون الشريط الضاغط للذراع في نفس مستوى القلب.  
3. حافظ على قدميك منبسطتين وساقيك غير متقاطعتين.

# Taking a Measurement

FR Réalisation d'une mesure

DE Eine Messung vornehmen

IT Misurazione

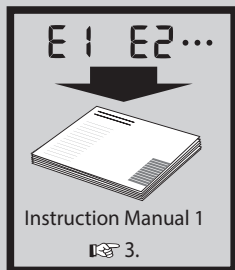
ES Realizar una medición

NL Een meting verrichten

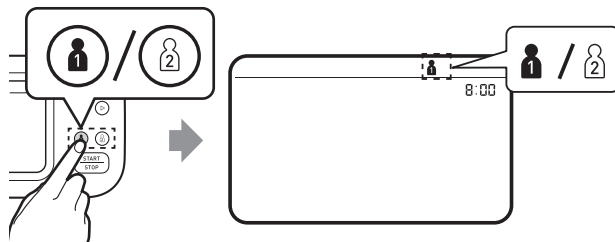
RU Выполнение измерений

TR Bir Ölçüm Yapma

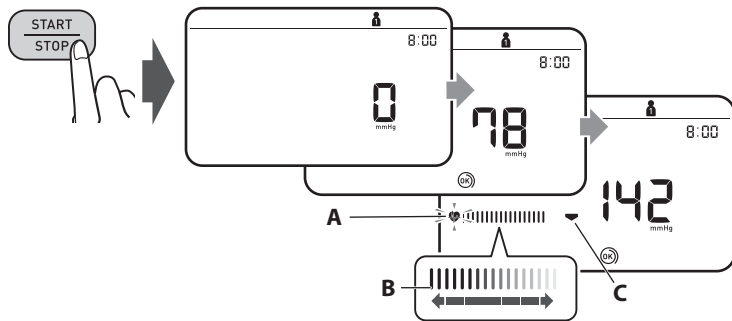
AR إجراء القياس



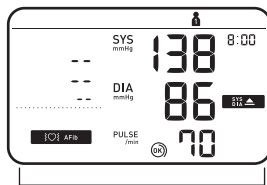
1



2



3



P.19~

1. Select your user ID from buttons "1" or "2".
2. Press the [START/STOP] button.
  - A: Flashes at every heartbeat.
  - B: Moves along with the pulse strength while the cuff is deflating.
  - C: Appears while the cuff is deflating.
3. The reading is saved automatically.

1. Sélectionnez votre identifiant utilisateur à l'aide des boutons « 1 » ou « 2 ».
2. Appuyez sur le bouton [START/STOP].  
A : Clignote à chaque battement de cœur.  
B : Se déplace avec la force du pouls pendant que le brassard se dégonfle.  
C : S'affiche pendant que le brassard se dégonfle.
3. La mesure est enregistrée automatiquement.

1. Wählen Sie über die Schaltflächen „1“ oder „2“ Ihre Benutzer-ID aus.
2. Drücken Sie die Taste [START/STOP].  
A: Blinkt bei jedem Herzschlag.  
B: Bewegt sich mit der Pulsstärke, während die Manschette entlüftet wird.  
C: Blinkt, während die Manschette entlüftet wird.
3. Der Messwert wird automatisch gespeichert.

1. Selezionare il proprio ID utente dai pulsanti "1" o "2".
2. Premere il pulsante [START/STOP].  
A: Lampeggia ad ogni battito cardiaco.  
B: Si muove insieme alla forza del polso mentre il bracciale si sgonfia.  
C: Lampeggia mentre il bracciale si sta sgonfiando.
3. La lettura viene salvata automaticamente.

1. Seleccione su ID de usuario en los botones "1" o "2".
2. Presione el botón [START/STOP].  
A: Parpadea con cada latido del corazón.  
B: Se mueve junto con la fuerza del pulso mientras el manguito se desinfla.  
C: Aparece mientras el manguito se está desinflando.
3. La lectura se guarda automáticamente.

1. Selecteer uw gebruikers-ID via knop "1" of "2".
2. Druk op de [START/STOP]-knop.  
A: Knippert bij elke hartslag.  
B: Beweegt mee met de polssterkte terwijl de manchet leegloopt.  
C: Knippert terwijl de manchet leegloopt.
3. De meting wordt automatisch opgeslagen.

1. Выберите свой идентификатор пользователя с помощью кнопок «1» или «2».
2. Нажмите кнопку [START/STOP].  
A: Мигает при каждом ударе сердца.  
B: Движется, отражая силу пульса, пока манжета сдувается.  
C: Мигает во время спуска воздуха из манжеты.
3. Показания сохраняются автоматически.

1. "1" veya "2" tuşlarından kullanıcı kimliğinizi seçin.
2. [START/STOP] düğmesine basın.  
A: Her kalp atışında yanıp söner.  
B: Kolluğun havası sönerken nabız kuvvetiyle birlikte hareket eder.  
C: Kolluğun havası inerken yanıp söner.
3. Okuma otomatik olarak kaydedilir.

1. حدد هوية المستخدم الخاصة بك «1» أو «2».
2. اضغط على زر [START/STOP] (بدء/إيقاف).  
A. يومض مع كل نبضة قلب.  
B. يتحرك مع قوة النبضة أثناء تفريغ الشريط الضاغط.  
C. يومض أثناء تفريغ الشريط الضاغط.
3. يتم حفظ القراءة تلقائيًا.

▶ 3

## Taking a measurement in TruRead mode

FR

Réalisation d'une mesure en mode TruRead

DE

Vornehmen einer Messung im TruRead-Modus

IT

Misurazione in modalità TruRead

ES

Realizar una medición en el modo TruRead

NL

Een meting in TruRead-modus afnemen

RU

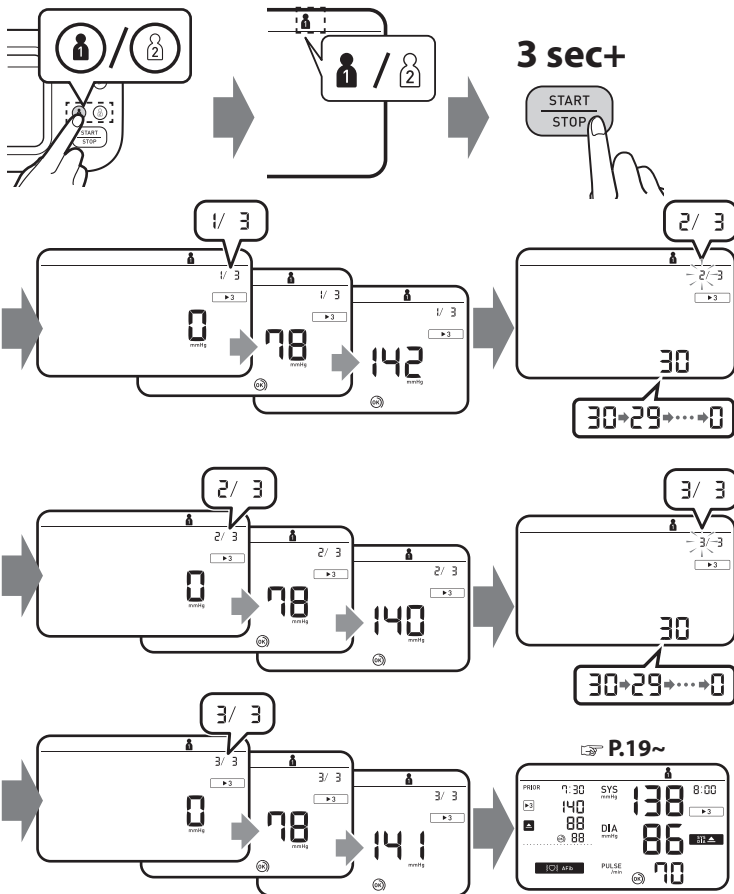
Выполнение измерений в режиме TruRead

TR

TruRead modunda ölçüm yapma

AR

تسجيل قياس في وضع TruRead



**In the TruRead mode, your monitor automatically takes 3 consecutive readings at selected intervals and displays the average. The interval is set to 30 seconds by default. Refer to "Setting the TruRead Mode Interval" on page 7.**

En mode TruRead, votre tensiomètre prend automatiquement 3 mesures consécutives à des intervalles sélectionnés et affiche la moyenne. L'intervalle est défini par défaut sur 30 secondes. Reportez-vous à « Définition de l'intervalle du mode TruRead » à la page 7.

Im TruRead-Modus nimmt Ihr Monitor automatisch drei aufeinanderfolgende Messwerte in ausgewählten Intervallen vor und zeigt den Durchschnitt an. Das Intervall ist standardmäßig auf 30 Sekunden eingestellt. Siehe „Festlegen des TruRead-Modusintervalls“ auf Seite 7.

Nella modalità TruRead, il monitor effettua automaticamente 3 letture consecutive a intervalli selezionati e visualizza la media. Per impostazione predefinita, l'intervallo è impostato su 30 secondi. Fare riferimento a "Impostazione dell'intervallo della modalità TruRead" a pagina 7.

En el modo TruRead, su monitor toma automáticamente 3 lecturas consecutivas a intervalos seleccionados y muestra el promedio. El intervalo está establecido en 30 segundos de forma predeterminada. Consulte "Configuración del intervalo del modo TruRead" en la página 7.

In de TruRead-modus voert uw monitor automatisch 3 opeenvolgende metingen uit met geselecteerde intervallen en geeft het gemiddelde weer. Het interval is standaard ingesteld op 30 seconden. Raadpleeg "Het TruRead-modusinterval instellen" op pagina 7.

В режиме TruRead ваш монитор автоматически снимает 3 последовательных показания через выбранные интервалы и отображает среднее значение. По умолчанию интервал установлен на 30 секунд. См. «Настройка интервала режима TruRead» на странице 7.

TruRead modunda ölçüm cihazınız seçilen aralıklarla otomatik olarak ardışık 3 ölçüm alır ve ortalamasını görüntüler. Aralık varsayılan olarak 30 saniyeye ayarlanmıştır. Bkz. "TruRead Modu Aralığını Ayarlama" sayfa 7.

في وضع TruRead، يقوم جهاز القياس بالتقاط ٣ قراءات متتالية تلقائيًا على فترات منتظمة، ومن ثم يعرض المعدل. يتم إعداد الفترة الفاصلة على ٣٠ ثانية كإعداد افتراضي. ارجع إلى «ضبط الفترة الفاصلة لوضع TruRead» في الصفحة ٧.



## Taking a measurement in guest mode

FR

Réalisation d'une mesure en mode Invité

DE

Vornehmen einer Messung im Gast-Modus

IT

Misurazione in modalità Ospite

ES

Realizar una medición en modo de invitado

NL

Een meting in gastmodus afnemen

RU

Выполнение измерений в гостевом режиме

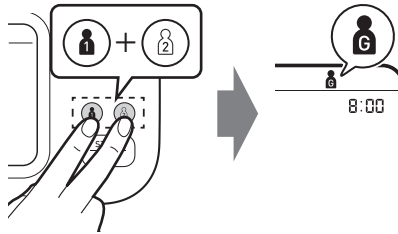
TR

Konuk modunda ölçüm yapma

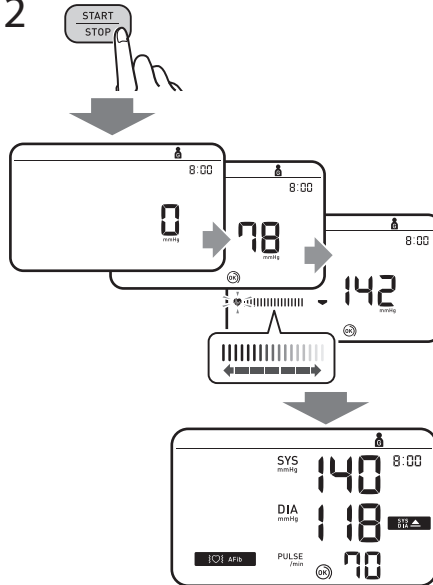
AR

تسجيل قياس في وضع الضيف

1



2



**Takes a single measurement for another user. No readings are stored in the memory and TruRead mode is unavailable.**

Prend une seule mesure pour un autre utilisateur. Aucune mesure n'est stockée dans la mémoire et le mode TruRead n'est pas disponible.

Führt eine einzelne Messung für einen anderen Benutzer durch. Es werden keine Messwerte im Speicher gespeichert und der TruRead-Modus ist nicht verfügbar.

Effettua una singola misurazione per un altro utente. Nessuna lettura viene archiviata nella memoria e la modalità TruRead non è disponibile.

Toma una sola medida para otro usuario. No se almacenan lecturas en la memoria y el modo TruRead no está disponible.

Voert een enkele meting uit voor een andere gebruiker. Er worden geen metingen in het geheugen opgeslagen en de TruRead-modus is niet beschikbaar.

Выполняет одно измерение для другого пользователя. Показания не сохраняются в памяти, а режим TruRead недоступен.

Başka bir kullanıcı için tek bir ölçüm alır. Bellekte hiçbir okuma saklanmaz ve TruRead modu kullanılamaz.

يسجل قياس فردي لمستخدم آخر. لا يتم تخزين قراءات في الذاكرة، ووضع TruRead غير متوفر.

**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. Do not inflate above 299 mmHg.**

Si votre pression systolique est supérieure à 210 mmHg :  
Lorsque le brassard commence à se gonfler, appuyer sur le bouton  
[START/STOP] et le maintenir enfoncé jusqu'à ce que le tensiomètre atteigne  
une pression de gonflage supérieure de 30 à 40 mmHg à votre pression  
systolique attendue. Ne pas gonfler à plus de 299 mmHg.

Wenn Ihr systolischer Druck höher ist als 210 mmHg:  
Nachdem die Manschette begonnen hat, sich aufzupumpen, drücken  
Sie die [START/STOP]-Taste, und halten Sie sie gedrückt, bis ein Druck  
von 30 bis 40 mmHg über Ihrem erwarteten systolischen Druck erreicht  
ist. Die Manschette darf nicht auf über 299 mmHg aufgepumpt werden.

Se la pressione sistolica è superiore a 210 mmHg:  
Quando il bracciale inizia a gonfiarsi, premere e mantenere premuto il  
pulsante [START/STOP] finché il misuratore non raggiunge una pressione da  
30 a 40 mmHg superiore rispetto al valore di pressione sistolica atteso. Non  
gonfiare a una pressione superiore a 299 mmHg.

En caso de que su presión arterial sistólica esté por encima de  
210 mmHg:  
Una vez que el manguito comience a inflarse, mantenga pulsado el botón  
[START/STOP] hasta que el monitor indique que el inflado está entre 30 y  
40 mmHg por encima de la presión arterial sistólica estimada. No infle por  
encima de 299 mmHg.

Als uw systolische druk hoger is dan 210 mmHg:  
Zodra de armmanchet wordt opgepompt, houdt u de knop [START/STOP]  
ingedrukt totdat de meter 30 tot 40 mmHg hoger aangeeft dan uw  
verwachte systolische druk. Blaas de manchet niet verder op dan tot  
299 mmHg.

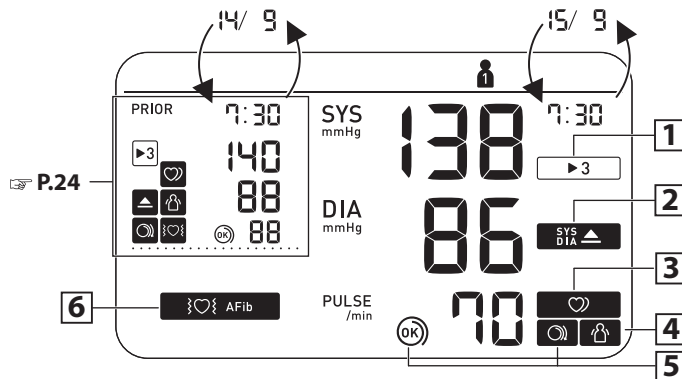
Если ваше систолическое давление превышает 210 мм рт. ст.:  
После того как манжета начнет надуваться, нажмите и удерживайте  
кнопку [START/STOP], пока прибор не поднимет давление до  
значения, превышающего ожидаемое систолическое давление на  
30–40 мм рт. ст. Не превышайте давление 299 мм рт. ст.

Sistolik basıncınız 210 mmHg'den fazlaysa:  
Kolluk şişmeye başladıktan sonra, [START/STOP] düğmesine basın ve ölçüm  
cihazı beklediğiniz sistolik basınç değerinden 30 ila 40 mmHg daha fazla  
şişene kadar basılı tutun. 299 mmHg'den fazla şişirmeyin.

إذا كان ضغط الدم الانقباضي أكثر من ٢١٠ ملليمترات زئبقية:  
بعد بدء انتفاخ الشريط الضاغط للذراع، اضغط مع الاستمرار على الزر [START/STOP]  
حتى يقوم الجهاز بالنفخ من ٣٠ إلى ٤٠ ملليمترًا زئبقيًا أعلى من قيمة ضغط الدم الانقباضي  
المتوقعة. لا تنتفخ الهواء فوق ٢٩٩ ملليمترًا زئبقيًا.

# Checking Readings

- FR** Vérification des mesures
- DE** Überprüfen von Messwerten
- IT** Controllo dei risultati
- ES** Comprobación de las lecturas
- NL** Metingen bekijken
- RU** Проверка результатов измерений
- TR** Ölçüm Değerlerini Kontrol Etme
- AR** التحقق من القراءات



1

**Appears when the reading was taken in TruRead mode.**

Aparece cuando la lectura fue realizada en el modo TruRead.

يظهر عندما يتم الحصول على القراءة في وضع TruRead.

▶ 3

S'affiche lorsque la mesure a été effectuée en mode TruRead.

Verschijnt wanneer de meting in de TruRead-modus werd verricht.

Erscheint, wenn der Messwert im TruRead-Modus ermittelt wurde.

Отображается, если значение получено в режиме TruRead.

Appare quando la misurazione è stata effettuata in modalità TruRead.

Ölçüm TruRead moduna alınınca görünür.

2

**Appears if "SYS" is 135 mmHg or above and/or "DIA" is 85 mmHg\* or above.**

S'affiche si « SYS » est égale ou supérieure à 135 mmHg et/ou « DIA » égale ou supérieure à 85 mmHg\*.

Wird angezeigt, wenn „SYS“ 135 mmHg oder mehr beträgt und/oder wenn „DIA“ 85 mmHg\* oder mehr beträgt.

Viene visualizzato se la pressione sistolica "SYS" è pari o superiore a 135 mmHg e/o la pressione diastolica "DIA" è pari o superiore a 85 mmHg\*.

Aparece si "SYS" es 135 mmHg o superior y/o "DIA" es 85 mmHg\* o superior.

Verschijnt als "SYS" 135 mmHg of hoger is en/of "DIA" 85 mmHg\* of hoger is.

Отображается, если «SYS» 135 мм рт. ст. и выше и/или «DIA» 85 мм рт. ст.\* и выше.

"SYS" 135 mmHg ya da üstünde olduğunda ve/veya "DIA" 85 mmHg\* ya da üstünde olduğunda görünür.

تظهر إذا كان «SYS» يبلغ ١٣٥ ملليمترًا زئبقيًا أو أكثر و/أو «DIA» يبلغ ٨٥ ملليمترًا زئبقيًا\* أو أكثر.

SYS

DIA

3

**Appears when an irregular rhythm\*\* is detected during a measurement. If it continues to appear, consulting with your physician is recommended.**

S'affiche lorsqu'un rythme irrégulier\*\* est détecté pendant une mesure. S'il continue d'apparaître, il est recommandé de consulter votre médecin.

Wird angezeigt, wenn während einer Messung ein unregelmäßiger Herzschlag\*\* erkannt wird. Wird das Symbol weiterhin angezeigt, sollten Sie sich an Ihren Arzt wenden.

Viene visualizzato se nel corso di una misurazione viene rilevato un ritmo cardiaco irregolare\*\*. Se il simbolo continua ad apparire è consigliabile rivolgersi al proprio medico curante.

Aparece cuando se detecta un ritmo irregular\*\* durante una medición. Si esto sigue apareciendo, le recomendamos que consulte a su médico.

Verschijnt wanneer tijdens een meting een onregelmatig ritme\*\* wordt gedetecteerd. Neem contact op met uw arts als dit blijft verschijnen.

Отображается, если при измерении определяется нерегулярный ритм\*\*. Если этот значок продолжает отображаться, рекомендуем обратиться к лечащему врачу.

Bir ölçüm esnasında düzensiz ritim\*\* saptandığında görünür. Görünmeye devam ederse doktorunuza danışmanız önerilir.

تظهر عند اكتشاف عدم انتظام ضربات القلب\*\* في أثناء عملية القياس. إذا استمرت في الظهور، يُوصى باستشارة طبيبك المختص.



**4**

**Appears when your body moves during a measurement\*\*\*. Remove the arm cuff, wait 2-3 minutes and try again.**

Aparece cuando se mueve el cuerpo durante una medición\*\*\*. Retire el manguito, espere unos 2 o 3 minutos e inténtelo de nuevo.

تظهر عندما يتحرك جسمك في أثناء عملية القياس\*\*\*. قم بإزالة الشريط الضاغط للذراع وانتظر من ٢ إلى ٣ دقائق وحاول مرة أخرى.



S'affiche si vous bougez pendant une mesure\*\*\*. Retirez le brassard, attendez 2 à 3 minutes et essayez à nouveau.

Verschijnt wanneer uw lichaam tijdens een meting\*\*\* beweegt. Verwijder de armanchet, wacht 2-3 minuten en probeer het opnieuw.

Wird angezeigt, wenn Sie sich während der Messung\*\*\* bewegen. Nehmen Sie die Manschette ab, warten Sie 2–3 Minuten und versuchen Sie es erneut.

Отображается при движении тела во время измерения\*\*\*. Снимите манжету, подождите 2-3 минуты и попробуйте еще раз.

Viene visualizzato se l'utilizzatore si muove durante la misurazione\*\*\*. Rimuovere il bracciale, attendere 2-3 minuti e riprovare.

Bir ölçüm esnasında vücudunuz hareket ettiğinde görünür\*\*\*. Koluğu çıkarın, 2-3 dakika bekleyip tekrar deneyin.

**5**

**The cuff is tight enough.**

Le brassard est suffisamment serré.



Manschette sitzt ausreichend straff.

Il bracciale è stretto a sufficienza.

El manguito está lo suficientemente prieto.

Manchet zit strak genoeg.

Манжета затянута достаточно туго.

Kolluk yeterince sıkıdır.

الشريط الضاغط محكم بما يكفي.

**5**

**Apply the cuff again MORE TIGHTLY.**

Poser le brassard en le serrant davantage.



Manschette STRAFFER ziehen.

Applicare di nuovo il bracciale STRINGENDOLO DI PIÙ.

Vuelva a poner el manguito MÁS PRIETO.

Breng de manchet STRAKKER aan.

Наложите манжету еще раз БОЛЕЕ ТУГО.

Kolluğu tekrar, DAHA SIKI bir şekilde takın.

قم بلف الشريط الضاغط مرة أخرى بشكل أكثر إحكامًا.

**Appears if a possibility of AFib was detected during a measurement. This is not a diagnosis, it is only a potential finding for AFib. You should contact your physician to discuss the findings.**

Apparaît si une possibilité de fibrillation auriculaire a été détectée lors d'une mesure. Il ne s'agit pas d'un diagnostic, mais seulement d'une découverte potentielle de fibrillation auriculaire. Vous devriez contacter votre médecin pour discuter des résultats.

Erscheint, wenn während einer Messung die Möglichkeit von Vorhofflimmern festgestellt wurde. Dies ist keine Diagnose, sondern nur ein möglicher Befund für Vorhofflimmern. Sie sollten Ihren Arzt kontaktieren, um den Befund zu besprechen.

Appare se durante una misurazione è stata rilevata la possibilità di fibrillazione atriale. Questa non è una diagnosi, è solo un potenziale riscontro di fibrillazione atriale. Dovresti contattare il tuo medico per discutere i risultati.

Aparece si se detectó la posibilidad de fibrilación auricular durante una medición. Esto no es un diagnóstico, es sólo un hallazgo potencial de fibrilación auricular. Debe comunicarse con su médico para discutir los hallazgos.

Verschijnt als tijdens een meting de mogelijkheid van AFib is gedetecteerd. Dit is geen diagnose, het is slechts een mogelijke bevinding voor AFib. U dient contact op te nemen met uw arts om de bevindingen te bespreken.

Появляется, если во время измерения была обнаружена возможность ФП. Это не диагноз, это всего лишь потенциальный признак мерцательной аритмии. Вам следует связаться со своим врачом, чтобы обсудить результаты.

Bir ölçüm sırasında AFib olasılığı tespit edilirse görünür. Bu bir tanı değil, yalnızca AFib için potansiyel bir bulgudur. Bulguları tartışmak için doktorunuzla iletişime geçmelisiniz.

تظهر في حالة اكتشاف احتمال الإصابة بالرجفان الأذيني خلال إجراء القياس. لا يُعد هذا الإجراء تشخيصيًا، فما هو إلا اكتشاف محتمل لحدوث رجفان أذيني. ومن ثم، يجب عليك الاتصال بالطبيب لمناقشة النتائج.

E1

**Error messages or other problems? Refer to:**

Messages d'erreur ou autres problèmes ? Voir :

E2

Weitere Fehlermeldungen oder Probleme siehe:

Messaggi di errore o altri problemi? Fare riferimento a:

¿Hay mensajes de error u otros problemas? Consulte:

Foutmeldingen of andere problemen? Raadpleeg:

Сообщения об ошибках или другие неисправности? См.

Hata mesajları veya başka sorunlar mı var? Bkz:

رسائل الخطأ أو المشكلات الأخرى؟ ارجع إلى:



**Instruction Manual 1**

**3.**

**\* The high blood pressure definition is based on the 2021 ESH/ESC Guidelines.**

\* La définition de l'hypertension est basée sur les recommandations ESH/ESC 2021.

\* Die Definition für Bluthochdruck basiert auf den 2021 ESH/ESC-Richtlinien.

\* La definizione di alta pressione arteriosa si basa sulle linee guida 2021 di ESH/ESC.

\* La definición de presión arterial alta se basa en las guías 2021 ESH/ESC.

\* De definitie van hoge bloeddruk is gebaseerd op de ESH/ESC-richtlijnen uit 2021.

\* Определение высокого артериального давления основано на Рекомендациях 2021 ESH/ESC.

\* Yüksek tansiyon tanımı, 2021 ESH/ESC Kılavuzlarını temel alır.

\*تعريف ضغط الدم المرتفع يستند إلى إرشادات الجمعية الأوروبية لفرط ضغط الدم (ESH)/الجمعية الأوروبية لقلب القلب (ESC) لعام 2021.

**\*\* An irregular heartbeat rhythm is defined as a rhythm that is 25 % less or 25 % more than the average rhythm detected while your monitor is measuring blood pressure.**

\*\* Les pulsations cardiaques irrégulières sont des pulsations dont la fréquence est supérieure ou inférieure de 25 % par rapport à la moyenne détectée lorsque l'appareil mesure la pression artérielle.

\*\* Unregelmäßiger Herzschlag ist definiert als ein Herzrhythmus, der 25 % unter oder 25 % über dem mittleren Herzrhythmus liegt, der während der Blutdruckmessung erkannt wird.

\*\* Per battito cardiaco irregolare si intende la presenza di variazioni inferiori del 25% o superiori del 25% nel ritmo rispetto al ritmo medio rilevato dall'apparecchio durante la misurazione della pressione arteriosa.

\*\* Un ritmo de latido cardíaco irregular se define como aquel ritmo que es el 25 % inferior o el 25 % superior al ritmo cardíaco medio detectado mientras el monitor mide la presión arterial.

\*\* Onregelmatige hartslag is gedefinieerd als een hartritme dat meer dan 25% lager of 25% hoger is dan het gemiddelde hartritme tijdens het meten van de bloeddruk door de meter.

\*\* нерегулярный ритм сердцебиения — это ритм, который на 25 % медленнее или на 25 % быстрее среднего ритма, определенного прибором при измерении артериального давления.

\*\* Düzensiz kalp atışı ritmi, ölçüm cihazınız tansiyon ölçümü yaparken saptanan ortalama ritme göre %25'ten az ya da %25'ten fazla sapma gösteren ritim olarak tanımlanır.

\*\* اضطراب ضربات القلب هو إيقاع يقل بنسبة ٢٥٪، أو يزيد بنسبة ٢٥٪، عن الإيقاع المتوسط، والذي يتم اكتشافه في أثناء قياس الجهاز لضغط الدم.

\*\*\* The body movement function is disabled when a possibility of AFib or irregular heartbeat is detected during a measurement.

\*\*\* La fonction de détection des mouvements du corps est désactivée lorsqu'une possibilité d'afib ou de pulsations cardiaques irrégulières est détectée durant une mesure.

\*\*\* Die Bewegungserkennung wird deaktiviert, wenn bei einer Messung ein mögliches Afib oder unregelmäßiger Herzschlag erkannt wird.

\*\*\* La funzione di rilevamento del movimento del corpo viene disattivata qualora vengano rilevati una potenziale AFib o un battito cardiaco irregolare durante una misurazione.

\*\*\* La función de movimiento corporal se inhabilita cuando se detecta la posibilidad de fibrilación auricular o latido cardíaco irregular durante una medición.

\*\*\* De lichaamsbewegingsfunctie wordt uitgeschakeld wanneer de mogelijkheid van Afib of een onregelmatige hartslag wordt gedetecteerd tijdens een meting.

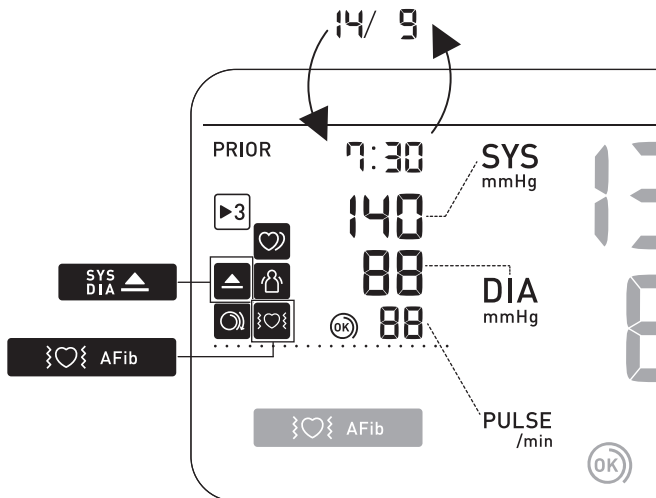
\*\*\* Если при измерении в режиме Afib определяется вероятность AFib или нерегулярного сердцебиения, функция обнаружения движения тела отключается.

\*\*\* Afib modunda ölçüm sırasında Afib olasılığı veya düzensiz kalp atışı tespit edildiğinde vücut hareketi işlevi devre dışı bırakılır.

\*\*\* يتم تعطيل وظيفة حركة الجسم عندما يتم اكتشاف احتمال الإصابة بالرجفان الأذيني، أو اضطرابات ضربات القلب أثناء القياس.

## Comparison Display (PRIOR Reading)

FR	Affichage de comparaison (mesure précédente)
DE	Vergleichsanzeige (vorheriger Messwert)
IT	Visualizzazione comparativa (lettura precedente)
ES	Visualización de comparación (lectura previa)
NL	Vergelijkingweergave (eerdere meting)
RU	Сравнительный дисплей (предварительные показания)
TR	Karşılaştırma Ekranı (Ön Okuma)
AR	عرض المقارنة (قبل القراءة)



FR

Utilisation des fonctions de mémoire

DE

Verwendung der Speicherfunktionen

IT

Uso delle funzioni di memoria

ES

Uso de las funciones de memoria

NL

Geheugenfuncties gebruiken

RU

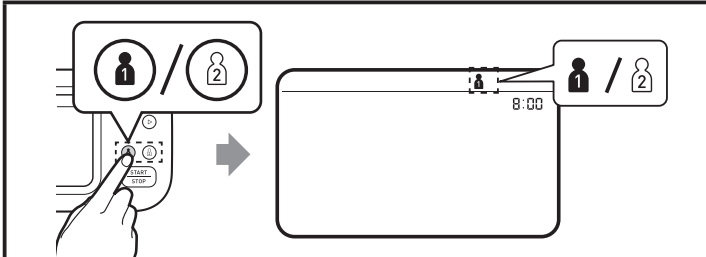
Использование функции памяти

TR

Hafıza Fonksiyonunun Kullanılması

AR

استخدام وظائف الذاكرة



**Before using memory functions, select your user ID.**

Avant d'utiliser les fonctions de mémoire, sélectionner votre ID Utilisateur.

Wählen Sie vor dem Verwenden der Speicherfunktionen Ihre Benutzer-ID aus.

Prima di utilizzare le funzioni di memoria selezionare il proprio ID utente.

Antes de usar las funciones de memoria, seleccione su ID de usuario.

Selecteer uw gebruikers-ID voordat u geheugenfuncties gebruikt.

Перед использованием функции памяти выберите идентификатор пользователя.

Hafıza fonksiyonunu kullanmadan önce kullanıcı kimliğinizi seçin.

قبل استخدام وظائف الذاكرة، حدد معرف المستخدم الخاص بك.



## Readings Stored in Memory

**FR** Mesures stockées en mémoire

**DE** Gespeicherte Messungen

**IT** Risultati conservati in memoria

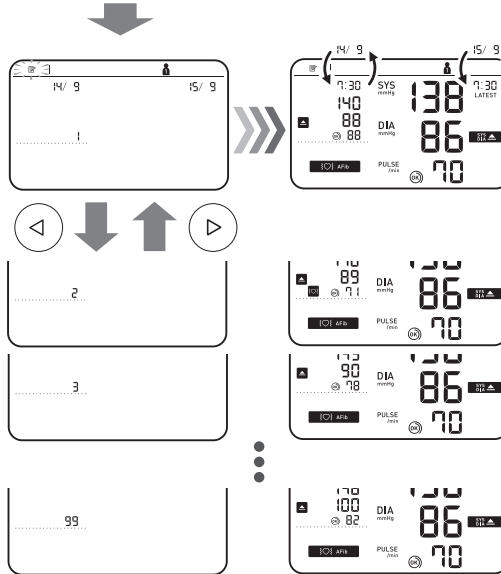
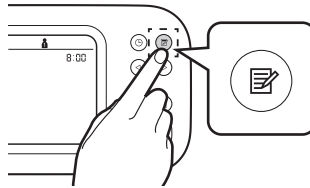
**ES** Lecturas guardadas en la memoria

**NL** Meetwaarden opgeslagen in het geheugen

**RU** Сохранение показаний в памяти

**TR** Hafızada Saklanan Ölçüm Değerleri

**AR** تم تخزين القراءات في الذاكرة



**Stores up to 100 readings.**

Mémorise jusqu'à 100 mesures.

Es werden bis zu 100 Messwerte gespeichert.

Conserva fino a 100 risultati.

Almacena hasta 100 lecturas.

Slaat tot maximaal 100 metingen op.

Сохраняется до 100 показаний.

100 adede kadar ölçüm değeri saklar.

تقوم بتخزين ما يصل إلى 100 قراءة.



## Individual TruRead Readings in Memory

FR

Mesures TruRead individuelles en mémoire

DE

Individuelle TruRead-Messwerte im Speicher

IT

Letture TruRead individuali in memoria

ES

Lecturas individuales de TruRead en la memoria

NL

Individuele TruRead-metingen in het geheugen

RU

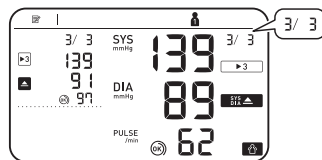
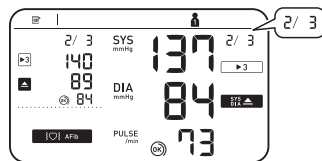
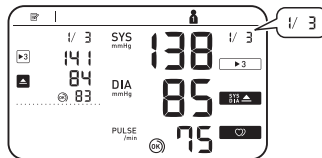
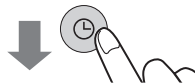
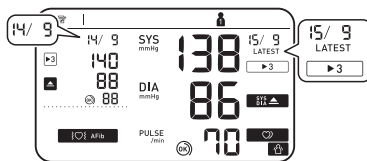
Индивидуальные показания TruRead в памяти



TR



Bellekteki Bireysel TruRead Okumaları



AR



قراءات TruRead الفردية في الذاكرة







While viewing the reading taken in TruRead mode, press  to view the individual readings. Individual TruRead readings will appear with  symbol on the left for the past, and on the right for the latest readings.



Tout en affichant une mesure prise en mode TruRead, appuyez sur  pour afficher les mesures individuelles. Les mesures TruRead individuelles apparaîtront avec le symbole  à gauche pour les mesures passées et à droite pour les mesures les plus récentes.



Während Sie den im TruRead-Modus erfassten Messwert anzeigen, drücken Sie , um die einzelnen Messwerte anzuzeigen. Einzelne TruRead-Messwerte werden mit dem -Symbol links für die vergangenen und rechts für die neuesten Messwerte angezeigt.



Durante la visualizzazione della lettura effettuata in modalità TruRead, premere  per visualizzare le singole letture. Le letture individuali TruRead appariranno con il simbolo  a sinistra per le letture passate e a destra per le ultime letture.

Mientras visualiza la lectura tomada en el modo TruRead, presione  para ver las lecturas individuales. Las lecturas individuales de TruRead aparecerán con el símbolo  a la izquierda para las lecturas pasadas y a la derecha para las últimas lecturas.

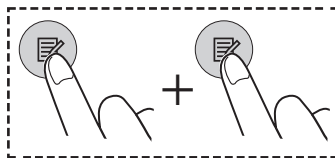
Terwijl u de meting in de TruRead-modus bekijkt, drukt u op  om de afzonderlijke metingen te bekijken. Individuele TruRead-metingen verschijnen met het -symbool aan de linkerkant voor de afgelopen en aan de rechterkant voor de laatste metingen.

При просмотре показаний, снятых в режиме TruRead, нажмите , чтобы просмотреть отдельные показания. Отдельные показания TruRead будут отображаться с символом  слева для прошлых показаний и справа для последних показаний.

TruRead modunda alinan okumayı görüntülerken, bireysel okumaları görüntülemek için  tuşuna basın. Bireysel TruRead okumaları, geçmiş için solda, en son okumalar için ise sağda  sembolüyle görünecektir.

أثناء عرض القراءة المأخوذة في وضع TruRead، اضغط  لعرض القراءات الفردية. سوف تظهر قراءات TruRead الفردية مع وجود الرمز  إلى اليسار بالنسبة للقراءات القديمة، وإلى اليمين بالنسبة لأحدث القراءات.

 **AVG Morning/Evening**  
 **AVG Weekly Averages**



**FR** Moyennes hebdomadaires matin/  
soir

**DE** Wöchentliche Morgen-/  
Abendmittelwerte

**IT** Media settimanale mattutina e  
serale

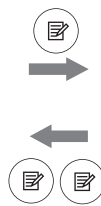
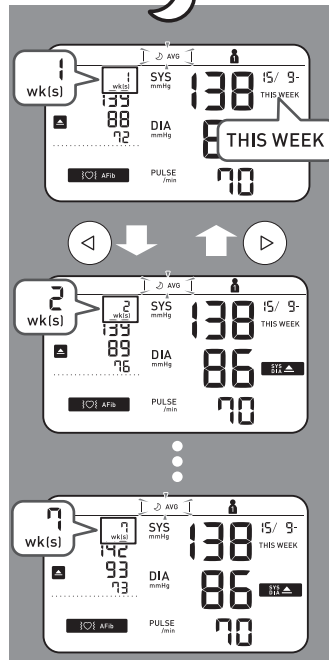
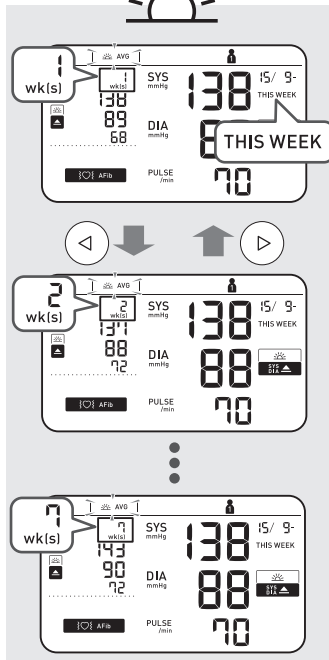
**ES** Valor promedio semanal de  
mañana y noche

**NL** Weekgemiddelden van ochtend-  
en avondwaarden

**RU** Утренние/вечерние средние  
значения за неделю

**TR** Sabah/Akşam Haftalık  
Ortalamaları

**AR** المعدلات الأسبوعية الصباحية/المسائية



2 wks. ago

7 wks. ago



**Appears if "SYS" is 135 mmHg or above and/or "DIA" is 85 mmHg or above in the morning weekly average.**

S'affiche si « SYS » est égale ou supérieure à 135 mmHg et/ou « DIA » égale ou supérieure à 85 mmHg dans la moyenne hebdomadaire du matin.

Wird angezeigt, wenn im wöchentlichen Morgenmittelwert „SYS“ 135 mmHg oder mehr und/oder „DIA“ 85 mmHg oder mehr beträgt.

Viene visualizzato se la pressione sistolica "SYS" è pari o superiore a 135 mmHg e/o la pressione diastolica "DIA" è pari o superiore a 85 mmHg nella media mattutina settimanale.

Aparece si "SYS" es 135 mmHg o superior y/o "DIA" es 85 mmHg o superior en el promedio semanal de mañana.

Verschijnt als "SYS" 135 mmHg of hoger is en/of "DIA" 85 mmHg of hoger is in het ochtendweekgemiddelde.

Отображается, если средние утренние значения за неделю «SYS» — 135 мм рт. ст. и выше и/или «DIA» — 85 мм рт. ст. и выше.

Sabah haftalık ortalamasında "SYS" 135 mmHg ya da üstünde olduğunda ve/veya "DIA" 85 mmHg ya da üstünde olduğunda görünür.

تظهر إذا كان «الضغط الانقباضي» يبلغ ١٣٥ ملليمترًا زئبقيًا أو أكثر و/ أو «الضغط الانبساطي» ٨٥ ملليمترًا زئبقيًا أو أكثر في المعدل الأسبوعي الصباحي.

**To know how to calculate weekly averages, refer to section 10 of the Instruction Manual 1.**

Pour savoir comment calculer les moyennes hebdomadaires, se reporter à la section 10 du Mode d'emploi 1.

Wie die wöchentlichen Mittelwerte berechnet werden, ist in Abschnitt 10 der Gebrauchsanweisung 1 beschrieben.

Per sapere come calcolare le medie settimanali, consultare la sezione 10 del manuale di istruzioni 1.

Para saber cómo calcular mediciones semanales, consulte la sección 10 del manual de instrucciones 1.

Zie paragraaf 10 van de gebruiksaanwijzing 1 voor aanwijzingen hoe u het wekelijkse gemiddelde kunt berekenen.

О том, как рассчитываются средние значения за неделю, см. раздел 10 этого руководства по эксплуатации 1.

Haftalık ortalamaların nasıl hesaplanacağı öğrenmek için, Kullanım Kılavuzu 1'de bölüm 10'a bakın.

لمعرفة كيفية حساب المعدلات الأسبوعية، ارجع إلى القسم ١٠ من دليل الإرشادات ١.



AVG

## Average of the Latest 2 or 3 Readings Taken within a 10 Minute Span

FR

Moyenne des 2 ou 3 dernières mesures prises en l'espace de 10 minutes

DE

Mittelwert der letzten 2 oder 3 Messwerte, die in einem 10-Minuten-Zeitraum erfasst wurden

IT

Media degli ultimi 2 o 3 risultati ottenuti nell'arco di 10 minuti

ES

Promedio de las 2 o 3 últimas lecturas realizadas en un intervalo de 10 minutos

NL

Gemiddelde van de laatste 2 of 3 metingen uitgevoerd binnen een tijdspanne van 10 minuten

RU

Среднее значение последних 2-х или 3-х показаний, полученных в течение 10 минут

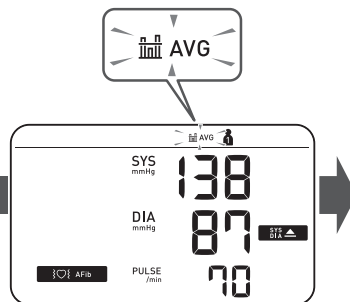
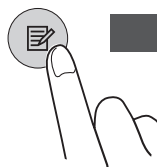
TR

10 Dakika Aralıkta Alınan Son 2 veya 3 Ölçüm Değerinin Ortalaması

AR

معدل آخر قراءتين أو آخر 3 قراءات مسجلة خلال مدة زمنية تبلغ ١٠ دقائق

4 sec+





## Deleting All Readings for 1 User

FR

Suppression de toutes les mesures pour 1 utilisateur

DE

Löschen aller Messwerte für 1 Benutzer

IT

Eliminazione di tutti i risultati relativi a 1 utente

ES

Eliminación de todas las lecturas de un usuario

NL

Alle meetresultaten voor 1 gebruiker wissen

RU

Удаление всех показаний одного пользователя

TR

1 Kullanıcı için Tüm Ölçüm Değerlerini Silme

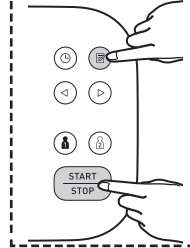
AR

مسح جميع القراءات الخاصة بمستخدم واحد

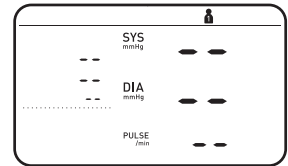
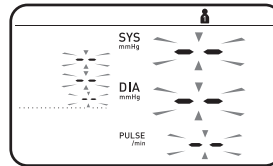
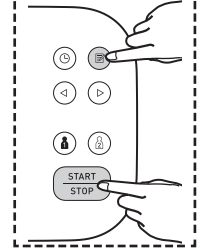
1



2



3



FR Réinitialisation aux réglages par défaut

DE Wiederherstellen der Standardeinstellungen

IT Ripristino delle impostazioni predefinite

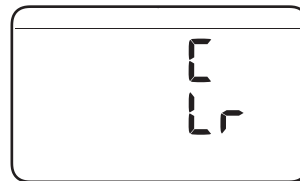
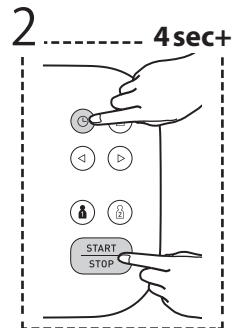
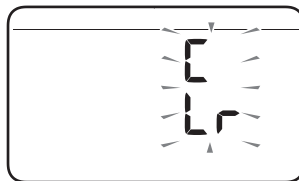
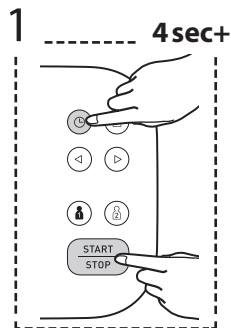
ES Restablecimiento a los ajustes de fábrica

NL De standaardinstellingen herstellen

RU Восстановление настроек по умолчанию

TR Varsayılan Ayarları Geri Yükleme

AR استعادة الإعدادات الافتراضية



FR Accessoires médicaux en option

DE Medizinisches optionales Zubehör

IT Accessori medicali opzionali

ES Accesorios médicos opcionales

NL Optionele medische accessoires

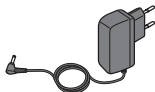
RU Дополнительные принадлежности

TR Opsiyonel Tıbbi Aksesuarlar

AR الملحقات الطبية الاختياريّة



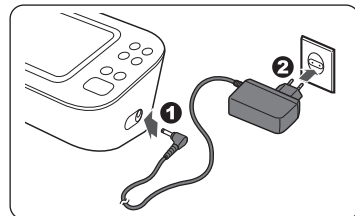
**Arm Cuff**  
(HEM-FL31)  
22 - 42 cm



**AC Adapter**  
(HHP-CM01)



(HHP-BFH01)



**Do not throw the air plug away. The air plug can be applicable to the optional cuff.**

Ne pas jeter la prise de gonflage. La prise de gonflage peut être utilisée pour le brassard en option.

Entsorgen Sie den Luftschauchstecker nicht. Der Luftschauchstecker wird für die optionale Manschette verwendet.

Non gettare via l'attacco del tubo dell'aria. L'attacco del tubo dell'aria può essere applicato al bracciale opzionale.


No tire el conector para tubo de aire. El conector para tubo de aire puede ser utilizado con el manguito opcional.

Gooi de plug van de luchtslang niet weg. De plug van de luchtslang kan worden gebruikt op de optionele manchet.

Не выбрасывайте воздушный штекер. Он может подойти к дополнительной манжете.

Hava tıpasını atmayın. Hava tıpası isteğe bağlı koluğa uygulanabilir.

لا تتخلص من سدادة الهواء. يمكن استعمال سدادة الهواء مع الشريط المضغوط الاختياري.

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