



X3 Comfort AFib (HEM-7196-FLEO)

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

Automatyczny ciśnieniomierz naramienny

Medidor de tensão arterial automático de braço

Otomatik Üst Kol Kan Basıncı Ölçüm Cihazı

Automatisk blodtrycksmätare för överarmen

جهاز قياس ضغط الدم الآلي القابل للتثبيت بأعلى الذراع

Instruction Manual 1: Safety and Other Information

Mode d'emploi 1 : Sécurité et autres informations

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Gebruiksaanwijzing 1: Veiligheid en andere informatie

Instrukcja obsługi 1: bezpieczeństwo i inne informacje

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Bruksanvisning 1: Säkerhet och annan information

دليل الإرشادات 1: الأمان ومعلومات أخرى



CE 0197

EN
FR
DE
IT
ES
NL
PL
PT
TR
SV
AR
Symbols

Symbols / Symboles / Symbole / Simboli /
 Símbolos / Symbolen / Symbole /
 الرموز / Símbolos / Semboller / Symboler

Overview

FR Présentation générale

DE Überblick

IT Presentazione del prodotto

ES Descripción general

NL Overzicht

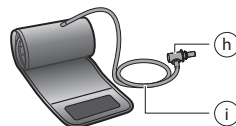
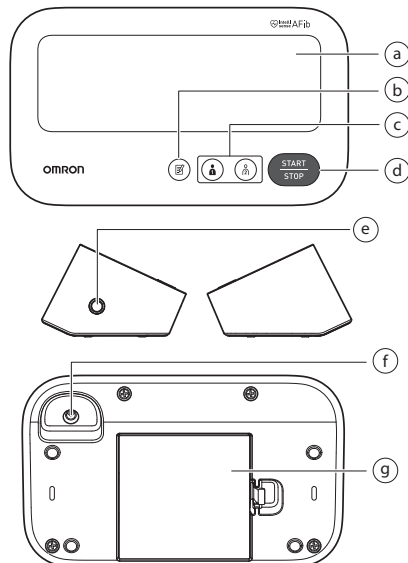
PL Przegląd

PT Descrição geral

TR Genel Bakış

SV Översikt

AR نظرة عامة



	Display Affichage Display Display	Pantalla Display Wyświetlacz Visor	Ekran Bildschirm الشاشة
a			
b	[Memory] button Bouton [Mémoire] Speichertaste Pulsante [Memoria] Botón [Memoria] Knop [Memory] (Geheugen) Przycisk [Pamięć] Botão de [memória] [Hafıza] düğmesi [Minn]-knapp [Memory] الزر		
c	[User ID 1]/[User ID 2] buttons 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 [User ID 1]/[User ID 2] (Gebruikers-ID 1/Gebruikers-ID 2) Przyciski [Użytkownik 1]/[Użytkownik 2] Botões [ID de utilizador 1]/[ID de utilizador 2] [Kullanıcı Kimliği 1]/[Kullanıcı Kimliği 2] düğmeleri [Användar-ID 1]/[Användar-ID 2]-knappar [User ID 1]/[User ID 2] الزرآن		
d	[START/STOP] button Bouton [START/STOP] [START/STOP]-Taste Pulsante [START/STOP] Botón [START/STOP] Knop [START/STOP] Przycisk [START/STOP] Botão [START/STOP] [START/STOP] düğmesi [START/STOP]-knapp [START/STOP] الزر		

e	Air jack Prise à air Luftschlauchbuchse Presa per il tubo dell'aria	Toma de aire Luchtlangaansluiting Przyłącze powietrza Tomada de ar Hava jakı	Luftingång مقيس خرطوم الهواء
f	AC adapter jack (for optional AC adapter) 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) Gniazdo zasilacza (do podłączania opcjonalnego zasilacza) Tomada de adaptador de CA (para adaptador de CA opcional) AC adaptörü jakı (isteğe bağlı AC adaptörü için) Nätadapterjack (för tillvalet nätadapter) مقيس مهامى التيار المتردد (لمهامى التيار المتردد الاختياري)		
g	Battery compartment Compartiment des piles Batteriefach Alloggiamento batterie Compartimento de las pilas	Batterijvak Komora baterii Compartimento das pilhas Pil bölümü Batterifack حجيرة البطاريات	
h	Air plug Prise de gonflage Luftschlauchstecker Attacco del tubo dell'aria	Conector para tubo de aire Plug van de luchtlang Wtyczka przewodu powietrza	Ficha de ar Hava tapası Luftkontakt مقيس خرطوم الهواء
i	Air tube Tuyau à air Luftschlauch Tubo dell'aria	Tubo de aire Luchtlang Przewód powietrza Tubo de ar	Hava borusu Luftslang 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.

***Note:** 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 (may include patients themselves) 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 the end 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 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.
- We recommend keeping batteries in your monitor at all times, even if you choose to use the optional AC adapter. If only the AC adapter is used without keeping batteries in your monitor, you may need to reset the date and time each time you unplug and plug back the AC adapter. The readings will not be deleted.




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 of the monitor. If the problem persists, refer to the table below.

Display/Problem	Possible Cause	Solution
 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 4 of instruction manual 2.
	Air is leaking from the arm cuff.	Replace the arm cuff with a new one. Refer to section 10 of instruction manual 2.
 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 the end of instruction manual 2.
	The systolic pressure is above 210 mmHg and a measurement cannot be taken.	
 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 the end of instruction manual 2.
 appears	Moving or talking during a measurement results in vibrations that disrupt the measurement.	Remain still and do not talk during a measurement.
 appears	The pulse rate is not detected correctly.	Apply the arm cuff correctly, then take another measurement. Refer to section 4 of instruction manual 2. Remain still and sit correctly during a measurement.
 appears	The monitor has malfunctioned.	Press the [START/STOP] button again. If "Er" still appears, contact your OMRON retail outlet or distributor.
 appears	The pulse rate is not detected correctly.	Apply the arm cuff correctly, then take another measurement. Refer to section 4 of instruction manual 2.
 appears		Remain still and sit correctly during a measurement.
 does not flash during a measurement		If the irregular heartbeat symbol "  " continues to appear, it is recommended that you consult with your physician.

Display/Problem	Possible Cause	Solution
 flashes	Batteries are low.	Replacing all 4 batteries with new ones is recommended. Refer to section 3 of instruction manual 2.
 and  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, 4 and 5 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) 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.
- Gently fold the air tube into the arm cuff. Note: Do not bend or crease the air tube excessively.
- 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)	X3 Comfort AFib (HEM-7196-FLEO)
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: ± 3 mmHg Pulse: $\pm 5\%$ of display reading
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. 900 measurements (Using new alkaline batteries and included arm cuff. Depending on the type of battery and arm cuff.)
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. 350 g (not including batteries) Arm cuff: approx. 163 g
Dimensions	Monitor: approx. 165 mm (W) × 70 mm (H) × 98 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 60 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 (when using 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 81060-2:2019+A1:2020+A2:2024 (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 12.5mm 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)

This device conforms to the EN 60601-1-2:2015+A1:2021 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 this device 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
- 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 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?

An arrhythmia, or irregular heartbeat, is an abnormal heart rhythm. These are caused by flaws in the electrical impulses that manage the speed and rhythm of the heart. The heart may skip beats, beat too quickly (tachycardia), too slowly (bradycardia), or with an irregular rhythm.

Source: Desai DS, Hajouli S. Arrhythmias. [Updated 2023 Jun 5]. In: StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing; 2024 Jan-.

What is AFib?

Atrial Fibrillation (AFib) is a type of arrhythmia, in which the heart rhythm is irregular and often very rapid. During an episode of AFib, the upper chambers of the heart, called atria, beat chaotically and irregular. AFib can lead to the formation of blood clots in the heart. This can lead to major health problems, such as strokes, Transient Ischemic Attacks (TIA's), heart failure and other heart related complications.

Source: Nesheiwat Z, Goyal A, Jagtap M. Atrial Fibrillation. [Updated 2023 Apr 26]. In: StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing; 2024 Jan.


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 "  " 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 with a sensitivity of 95.1 % and specificity of 98.6 %. ECG measures the electrical activity of the heart and can be used by a physician to diagnose AFib.

* Janik M et al. Diagnostic accuracy for detecting atrial fibrillation using a novel machine learning algorithm in a blood pressure monitor. Heart Rhythm. 2024 Apr 30;51547-5271 (24)02520-7


If the “” symbol does not appear, does it mean there is no possibility of AFib?

Even if the “” 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 “” symbol appears?

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

What should I do if the “” 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 “” 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 “” 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.

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

Symbols Description

FR Description des symboles	PL Opis symboli
DE Beschreibung der Symbole	PT Descrição dos símbolos
IT Descrizione dei simboli	TR Simgelerin Açıklaması
ES Descripción de los símbolos	SV Beskrivning av symboler
NL Beschrijving van symbolen	AR شرح الرموز

- | | | | |
|---|---|---|---|
| 1.  | 2.  | 3. IP XX | 4.  |
| 5.  | 6.  | 7.  | 8.  |
| 9.  | 10.  | 11.  | 12.  |
| 13.  | 14.  | 15.  | 16.  |
| 17.  | 18. LATEX FREE | 19.  | 20.  |
| 21.  | 22.  | 23.  | 24.  |
| 25.  | 26.  | 27.  | 28.  |
| 29.  | | | |

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 - Typ 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)

Część wchodząca w kontakt z ciałem pacjenta — typu BF (stopień ochrony przed porażeniem prądem (prąd upływu))

Parte aplicada - Tipo BF Grau de proteção contra choques elétricos (corrente de fuga)

Uygulanan parça - Tip BF Elektrik çarpmasına karşı koruma derecesi (kaçak akım)

Patientansluten del. Skyddsnivå mot elstöt (läckström): typ BF

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

Urządzenie klasy II. Ochrona przed porażeniem prądem

Equipamento da Classe II. Proteção contra choques elétricos

Sınıf II ünite. Elektrik çarpmasına karşı koruma

Klasse II-apparat. Skydd mot elstöt

جهاز من الفئة II. الحماية ضد الصدمات الكهربائية

3.

Ingress protection degree provided by IEC 60529

Degré de protection selon CEI 60529

Grad des Eindringenschutzes gemäß IEC 60529

Livello di protezione IP in base a IEC 60529

Grado de protección según la norma internacional IEC 60529

Beschermingsgraad tegen binnendringing volgens IEC 60529

Stopień ochrony przed wnikaniem substancji wg normy IEC 60529

Grau de proteção contra elementos exteriores fornecido pela IEC 60529

Su girmesine karşı koruma derecesi IEC 60529 tarafından verilmiştir

Intrångsskyddsgrad i enlighet med IEC 60529

درجة الحماية من دخول المواد والتي يوفرها معيار IEC 60529

4.	CE Marking Marquage CE CE-Kennzeichnung Contrassegno CE	Marcado CE CE-merkteken Oznaczenie CE Marca CE	CE İşareti CE-märkning علامة التوافق مع اللوحة (CE) الأوروبية	10.	Humidity limitation Limitation d'humidité Luftfeuchtigkeits- begrenzung Limite di umidità	Limitación de la humedad Vochtigheidsbegrenzing Ograniczenia dot. wilgotności	Limite de humidade Nem sınırlaması Fuktighetsgräns حدود الرطوبة المناسبة
5.	UKCA marking Marquage UKCA UKCA-Kennzeichnung Marchio UKCA	Marcado UKCA UKCA-markering Oznaczenie UKCA Marcação UKCA	UKCA işareti UKCA-märkning UKCA علامة	11.	Atmospheric pressure limitation Limitation de pression atmosphérique Luftdruckbegrenzung Limite di pressione atmosferica Limitación de la presión atmosférica Luchtdrukbeğrenzing	Ograniczenia dot. ciśnienia atmosferycznego Limite de pressão atmosférica Atmosferik basınç sınırlaması Gräns för atmosfäriskt tryck حدود الضغط الجوي المناسب	
6.	Serial number Numéro de série Seriennummer Numero di serie	Número de serie Seriennummer Numer serii Número de série	Seri numarası Seriennummer الرقم المتسلسل	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 Oznaczenie biegunowości złącza Indicação da polaridade do conector Bağlantı polarite göstergesi Indikering av kontaktpoler علامة تشير لقطبية الموصل	
7.	Unique device identifier Identifiant unique des dispositifs Produktidentifizierungsnummer Identificatore univoco del dispositivo Identificador único del producto Unieke apparaat-ID	Niepowtarzalny kod identyfikacyjny wyrobu Identificador de dispositivo único Benzersiz cihaz tanımlayıcısı Unik produktidentifering معرف الجهاز الفريد		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	Aleen voor gebruik binnenshuis Wyłącznie do użytku wewnętrznego Apenas para utilização em interior Sadece iç mekanda kullanım için Endast för inomhusbruk صالح للاستخدام في المناطق المغلقة فقط	
8.	Medical device Dispositif médical Medizinprodukt Dispositivo medico Producto sanitario	Medisch apparaat Wyrób medyczny Dispositivo médico Tibbi cihaz Medicinteknisk produkt جهاز طبي		9.	Temperature limitation Limitation de température Temperaturbegrenzung Limite di temperatura Limitación de la temperatura Temperaturbegrenzing	Ograniczenia dot. temperatury Limite de temperatura Sıcaklık sınırlaması Temperaturgräns حدود درجة الحرارة المناسبة	

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.

Opatrzona znakiem towarowym technologia firmy OMRON ostrzega o wykryciu potencjalnego migotania przedsionków, nawet w przypadku pojedynczego pomiaru.

A tecnologia protegida por marca comercial da OMRON alerta-o se for detetada uma possível fibrilhação auricular, mesmo com uma única medição.

OMRON'un ticari markalı teknolojisi, tek bir ölçümle bile olası AFib tespit edildigiñe sizi uyarr.

OMRON:s varumärkesskyddade teknik varnar dig när möjligt AFib detekteras, redan efter en enda mätning.

تقوم تقنية OMRON المسجلة بعلامة تجارية، بتنبهك بمجرد اكتشاف رجفان أذيني 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

Sposób identyfikacji mankietów zgodnych z urządzeniem

Identificador de braçadeiras compatíveis com o dispositivo

Cihaz ile uyumlu kolluکلarın tanıtım işareti

Identifiering av manschetter som är kompatibla med enheten

علامات تحديد الشروط الضاغطة المتوافقة مع الجهاز

16.

Artery mark
Marque d'artère
Arterienmarkierung
Contrassegno per l'arteria

Marca de la arterial
Adersymbool
Znacznik tętnicy
Marca da artéria
Arter işareti

Artärmarkering
علامة دالة على الشريان

17.

Arm circumference
Circonférence du bras
Armumfang
Circonferenza del braccio

Perímetro de brazo
Armometrek
Obwód ramienia
Circonférença do braço

Kol çevresi
Armens omkrets
محيط الذراع

18.

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

Wyprodukowane bez użycia

naturalnego lateksu

Não é fabricado em látex de

borracha natural

Doğal kauçuk lateksten

üretilmemiştir

Inte gjord av naturlig gummlatex

تم التصنيع دون استخدام لاتيكس المطاط الطبيعي

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

Użytkownik powinien zapoznać się z niniejszą instrukcją obsługi.

O utilizador tem de consultar este manual de instruções

Kullanıcının bu kullanım kılavuzuna başvurması gerekir

Användaren behöver läsa igenom denna bruksanvisning

حاجة المستخدم إلى الرجوع إلى المعلومات الواردة بتلخيص الإرشادات هذا

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)

Dla zachowania bezpieczeństwa użytkownik musi ściśle przestrzegać niniejszej instrukcji obsługi. (Tło: niebieskie)

O utilizador tem de seguir cuidadosamente este manual de instruções para sua própria segurança. (Fundo: azul)

Güvenlik açısından kullanıcının bu kullanım kılavuzuna dikkatle uyması gerekir. (Arka plan: mavi)

Användaren måste följa denna bruksanvisning noga av säkerhetsskäl. (Bakgrund: blå)

حاجة المستخدم إلى اتباع الإرشادات الواردة في دليل الإرشادات بالكامل هذا للحفاظ على السلامة. (الخلفية: زرقاء)

21.

Direct current
Courant continu
Gleichstrom
Corrente diretta

Corriente directa
Gelijkstroom
Prąd stały
Corrente diretta

Doğru akım
Likström
التيار المباشر

22.

Alternating current
Courant alternatif
Wechselstrom
Corrente alternata

Corriente alterna
Wisselstroom
Prąd zmienny
Corrente alterna

Alternatif akım
Växelström
التيار المتناوب

23.

Date of manufacture
Date de fabrication
Herstellungsdatum
Data di fabbricazione

Fecha de fabricación
Productiedatum
Data produkcyj
Data de fabrico

Üretim tarihi
Tillverkningsdatum
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
Poziom sprawności źródła zasilania
Nível de eficiência da fonte de
alimentação
Güç kaynağının verimlilik seviyesi
Strömförsörjningens
effektivitetsnivå
مستوى كفاءة مصدر الطاقة

25.

Prohibited action
Action interdite
Verbotene Aktion
Operazione proibita

Acción prohibida
Verboden handling
Czynność
niedozwolona

Ação proibida
Yasaklanmış eylem
Förbjuden åtgärd
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.

Recyclemarkering X: Materiaalnummer Y: Materiaalafkorting
Raadpleeg 97/129/EG voor meer informatie.

Znak recyklingu X: Numer materiału Y: Skrócona nazwa materiału
Więcej informacji można znaleźć w dyrektywie 97/129/WE.

Marca de reciclagem X: Número de material Y: Abreviatura de material
Consultar a Decisão 97/129/CE para mais informações.

Geri dönüşüm işareti X: Malzeme numarası Y: Malzeme kısaltması
Daha fazla bilgi için bkz. 97/129/EC.

Återvinningsmärke X: Materialnummer Y: Materialförkortning
Se 97/129/EC för ytterligare information.

علامة إعادة التدوير X: رقم المادة Y: اختصار المادة راجع 97/129/EC للمزيد من المعلومات.

27.

Recycling mark
Marque de recyclage
Recycling-Zeichen
Contrassegno di
riciclaggio

Marca de reciclado
Recyclemarkering
Symbol recyklingu
Marca de reciclagem
Geri dönüşüm işareti

Återvinningsmärke
علامة إعادة التدوير

28.

LOT number	Número de lote	Parti numarası
Numéro de LOT	Partijnummer	LOT-nummer
LOT-Nummer	Numer partii	رقم التشغيلة
Numero di lotto	Número de LOTE	

29.

Recycling instruction for packaging elements

Instruction de recyclage pour les éléments d'emballage

Recycling-Anleitung für Verpackungselemente

Istruzioni per il riciclaggio dei componenti dell'imballaggio

Instrucciones de reciclaje de los elementos de embalaje

Hergebruiksinstructies voor verpakkingsonderdelen

Instrukcja recyklingu elementów opakowania

Instruções de reciclagem para os elementos de embalagem

Ambalaj öğeleri için geri dönüştürme talimatı

Återvinningsinstruktioner för förpackningsdelar

إرشادات إعادة التدوير لعناصر التغليف





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2024-12-03

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3149890-7A

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
Automatyczny ciśnieniomierz naramienny
Medidor de tensión arterial automático de brazo
Otomatik Üst Kol Kan Basıncı Ölçüm Cihazı
Automatisk blodtrycksmätare för överarmen

جهاز قياس ضغط الدم الأمامي القابل للتثبيت بأعلى الذراع

X3 Comfort AFib (HEM-7196-FLEO)



Instruction Manual 2: Operational Instructions

- FR Mode d'emploi 2 : Consignes d'utilisation
- DE Gebrauchsanweisung 2: Bedienung
- IT Manuale di istruzioni 2: Istruzioni operative
- ES Manual de instrucciones 2: Instrucciones de funcionamiento
- NL Gebruiksaanwijzing 2: bedieningsinstructies
- PL Instrukcja obsługi 2: Instrukcje użytkowania
- PT Manual de instruções 2: instruções de funcionamento
- TR Kullanım Kilavuzu 2: Kullanım Talimatları
- SV Bruksanvisning 2: Driftsinstruktioner
- AR دليل الإرشادات 2: 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 die 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.
Przed użyciem należy przeczytać instrukcję obsługi 1 i 2.
Antes de utilizar, lea os Manuais de instruções 1 e 2.
Kullanmadan önce Kullanım Kilavuzu 1 ve 2'yi okuyun.
Läs bruksanvisning 1 och 2 före användning.
اقرأ دليل الإرشادات 1 و 2 قبل الاستخدام.

2 Preparing for a Measurement

- FR Préparation d'une mesure
- DE Vorbereiten einer Messung
- IT Preparazione per la misurazione
- ES Preparación para una medición
- NL Een meting voorbereiden
- PL Przygotowanie do pomiaru
- PT Preparação de uma medição
- TR Ölçüm Hazırlığı
- SV Förbereda en mätning
- AR التجهيز لعملية القياس

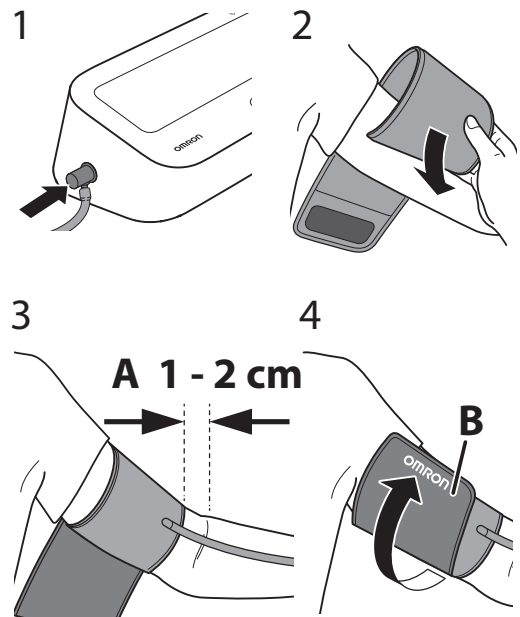
30 minutes before
30 minutes avant
30 Minuten vorher
30 minuti prima
30 minutos antes
30 minuten ervoor
30 minut przed
30 minutos antes
30 dakika önce
30 minuter innan
قبل القياس بمدة تبلغ ٣٠ دقيقة

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.
5 minut przed: odpręż się i odpočnij.
5 minutos antes: descontrair e repousar.
5 dakika önce: Gevşeyin ve dinlenin.
5 minuter innan: slappna av och vila.
قبل القياس بمدة تبلغ ٥ دقائق: استرخ واسترخ.



4 Applying the Arm Cuff

- FR Pose du brassard
- DE Anlegen der Manschette
- IT Applicazione del bracciale
- ES Colocación del manguito
- NL De armanchet aanbrengen
- PL Zakładanie mankietu
- PT Colocação da braçadeira
- TR Kolluğun Takılması
- SV Applicera manschetten
- AR وضع الشريط الضاغط للذراع

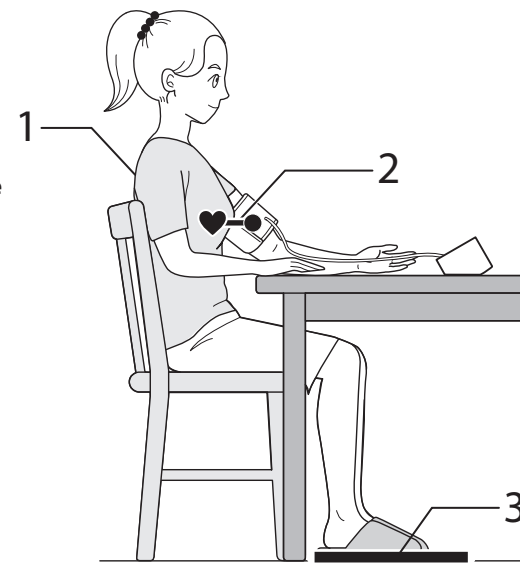


- A. Tube side of the cuff should be 1 - 2 cm above the inside of your elbow.
- B. Make sure that the air tube is on the inside of your arm and wrap the cuff securely so it can no longer slip round.
- A. Le côté tuyau du brassard doit être positionné 1 à 2 cm au-dessus de l'intérieur du coude.
- B. S'assurer que le tuyau à air se trouve du côté intérieur du bras et enrouler fermement le brassard de manière qu'il ne puisse plus tourner.
- A. Das Manschettenstück mit dem Schlauch muss 1 bis 2 cm oberhalb der Innenseite Ihres 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 dell'interno del gomito, 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 ajuste 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 uw 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. Koniec rękawiczki z podłączonym przewodem powietrza powinien znajdować się 1–2 cm powyżej zgięcia łokcia.
- B. Upewnij się, że przewód powietrza znajduje się po wewnętrznej stronie ramienia i owinąć starannie mankieta, aby się nie zsuwał.
- A. O lado do tubo da braçadeira deve estar 1 - 2 cm acima do interior do seu cotovelo.
- B. Certifique-se de que o tubo de ar está na parte interior do seu braço e enrole a braçadeira firmemente para que não deslize.
- A. Kolluğun borulu tarafı, dirsek içininin 1 ila 2 cm yukarısında olmalıdır.
- B. Hava borusunun kolunuzun iç tarafında bulunduğundan emin olun ve kolluğu, kaymayacak şekilde sıkıca sarın.
- A. Slangsidan av manschetten ska vara 1–2 cm ovanför insidan av armbågen.
- B. Se till att luftslangen sitter på insidan av armen och linda manschetten ordentligt så att den inte glider runt.
- A. يجب أن يرفق جانب الأنبوب من الشريط الضاغط من ١ إلى ٢ سم عن المرفق.
- B. يتأكد من أن أنبوب الهواء على الجانب الداخلي من ذراعك، ولف الشريط الضاغط بإحكام بحيث لا ينزلق حول الذراع.

5 Sitting Correctly

- FR Position assise correcte
- DE Korrekte Körperhaltung
- IT Associazione
- ES Cómo sentarse correctamente
- NL Correct zitten
- PL Prawidłowa pozycja ciała
- PT Como sentar-se corretamente
- TR Düzgün Oturma
- SV Rätt sittställning
- AR الجلوس بشكل صحيح



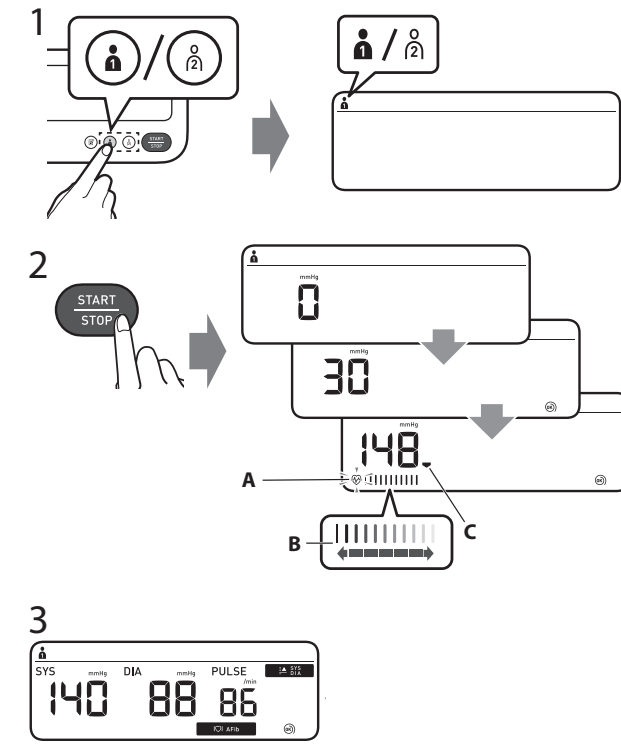
- Relax and sit comfortably. Remain still and do not talk.
- 1. Keep your back and arm supported.
- 2. Keep the arm cuff at the same level as your heart.
- 3. Keep your feet flat and your legs uncrossed.
- Se relaxer et s'installer confortablement. Rester immobile et ne pas parler.
- 1. Maintenir le dos et le bras soutenus.
- 2. Maintenir le brassard au niveau du cœur.
- 3. Garder les pieds à plat et les jambes parallèles. Setzen Sie sich entspannt und bequem hin. Halten Sie still und sprechen Sie nicht.
- 1. Lehnen Sie sich mit dem Rücken an und legen Sie den Arm auf eine Unterlage.
- 2. Die Manschette sollte sich auf Herzhöhe befinden.
- 3. Stellen Sie die Füße flach auf den Boden und kreuzen Sie Ihre Beine nicht.
- 1. Rilassarsi e sedersi comodamente. Rimanere fermi e non parlare.
- 1. Tendere la schiena e il braccio appoggiati bene.
- 2. Tenere il bracciale allo stesso livello del cuore.
- 3. Poggiare bene i piedi sul pavimento e non incrociare le gambe.
- Siéntese cómodamente y relájese. Quédese quieto y no hable.
- 1. Mantenga la espalda y el brazo bien apoyados.
- 2. Mantenga el manguito al mismo nivel que el corazón.
- 3. Mantenga los pies planos y las piernas sin cruzar. Ontspan en ga comfortabel zitten. Blijf stil zitten en praat niet.
- 1. Houd uw rug en arm ondersteund.
- 2. Houd de armanchet op hetzelfde niveau als uw hart.
- 3. Zet uw voeten plat neer en kruis uw benen niet over elkaar.

- Zrelaksuj się i usiądź wygodnie. Pozostań nieruchomo i nie rozmawiaj.
- 1. Oprzyj plecy i ramię.
- 2. Mankiet powinien znajdować się na wysokości serca.
- 3. Trzymaj stopy płasko, nie zakładając nogi na nogę. Descontraia e sente-se confortavelmente. Mantenha-se imóvel e não fale.
- 1. Apöie as costas e o braço.
- 2. Mantenha a braçadeira ao mesmo nível do coração.
- 3. Mantenha os pés bem assentes no chão e as pernas descurzadas.
- Gevşeyin ve rahat bir şekilde oturun. Hareket etmeyin ve konuşmayın.
- 1. Sirtınız ve kolunuza destekleyin.
- 2. Kolluğu kalbinize aynı düzeyde tutun.
- 3. Ayaklarınızı düz tutun ve bacak bacak üstüne atmayın. Koppla av och sitt bekvämt. Var stilla och prata inte.
- 1. Sitt bekvämt med stöd för ryggen och armen.
- 2. Ammanschetten ska vara på samma nivå som hjärtat.
- 3. Håll fötterna platt mot golvet och kors inte benen.
- استرخ في جلستك واسترخ تماماً. ابق ساكناً ولا تتحدث.
- 1. يجب أن يكون ظهرك وذراعك في وضع مستقر.
- 2. يجب أن يكون الشريط الضاغط للذراع في نفس مستوى القلب.
- 3. حافظ على قدميك مستقيمتين وساكنين غير متقاطعتين.

6 Taking a Measurement

- FR Réalisation d'une mesure
- DE Vornehmen einer Messung
- IT Misurazione
- ES Obtención de una lectura
- NL Een meting doen

- PL Wykonywanie pomiaru
- PT Realização de uma medição
- TR Ölçüm Yapma
- SV Göra en mätning
- AR إجراء القياس

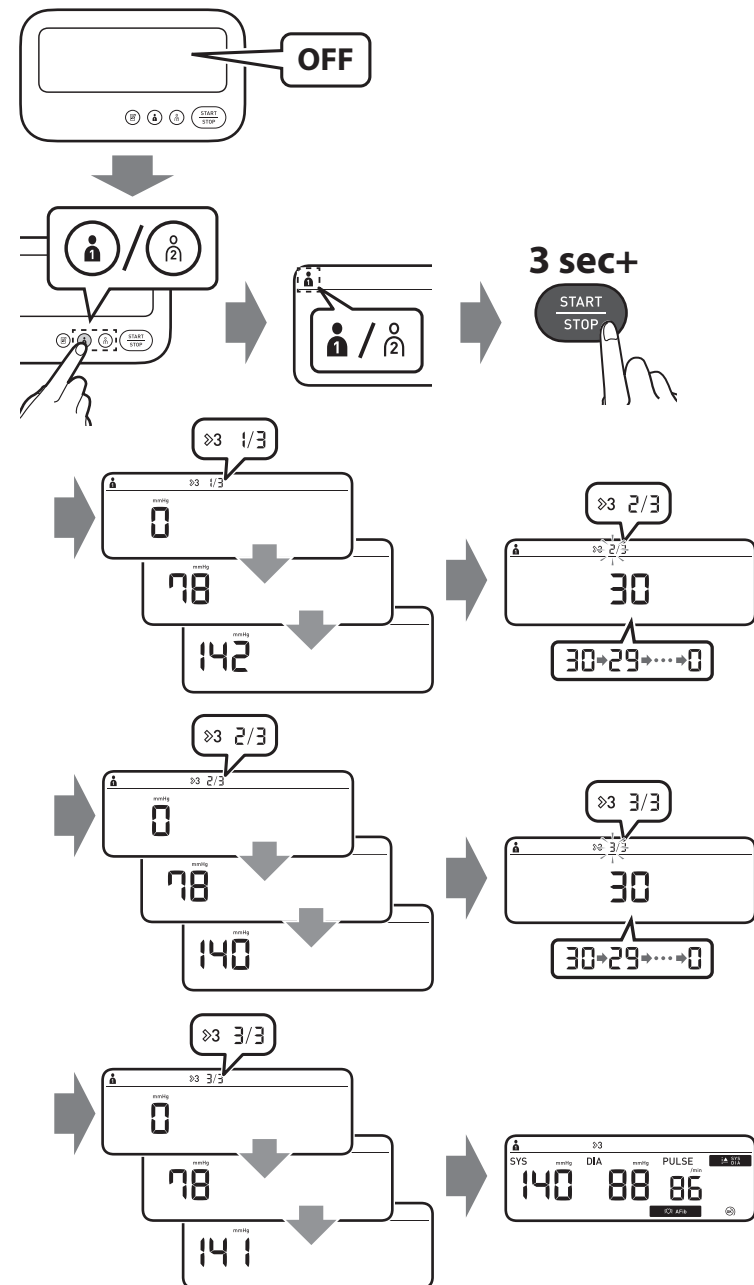


- 1. Select your user ID from buttons "1" or "2".
- 2. Press the [START/STOP] button.
- 3. The reading is saved automatically.
- C: Appears while the cuff is deflating.
- 1. Sélectionner l'ID Utilisateur avec les boutons "1" ou « 2 ».
- 2. Appuyer sur le bouton [START/STOP].
- 3. La mesure est enregistrée automatiquement.
- Ouvrir l'application pour transférer le résultat.
- 1. Wählen Sie Ihre Benutzer-ID über die Tasten „1“ oder „2“ aus.
- 2. Drücken Sie die [START/STOP]-Taste.
- 3. Der Messwert wird automatisch gespeichert.
- Offnen Sie die App, um die Messwerte zu übertragen.
- 1. Selezionare il proprio ID UTENTE con i pulsanti "1" o "2".
- 2. Premere il pulsante [START/STOP].
- 3. Lampeggia ad ogni battito cardiaco.
- C: appare mentre il bracciale si sgonfia.
- 1. Seleccione su ID desde los botones "1" o "2".
- 2. Pulse el botón [START/STOP].
- 3. Aparece mientras el manguito se desinfla.
- 1. La lectura se guarda automáticamente.
- Abra la aplicación para transferir la lectura.
- 1. Selecteer uw gebruikers-ID met knoppen "1" of "2".
- 2. Druk op de knop [START/STOP].
- 3. De meting wordt automatisch opgeslagen.
- Open de app om de meting te verstoren.

- 1. Wybrać swój identyfikator użytkownika za pomocą przycisków „1” lub „2”.
- 2. Naciśnąć przycisk [START/STOP].
- 3. Odczyt zostaje zapisany automatycznie.
- C: Pojawia się podczas opróżniania mankietu.
- 1. Fica intermitente a cada batimento cardíaco.
- 2. Aparece quando a braçadeira estiver a esvaziar.
- 3. A leitura é guardada automaticamente.
- Abra a aplicação para transferir a leitura.
- 1. "1" veya "2" no.lu düğmelerden kullanıcı kimliğini seçin.
- 2. [START/STOP] düğmesine basın.
- 3. Ölçülen değer otomatik olarak kaydedilir.
- Offnen Sie die App, um die Messwerte zu übertragen.
- 1. Välj ditt användar-ID från knapparna "1" eller "2".
- 2. Tryck på [START/STOP]-knappen.
- 3. Lampan blinkar vid varje hjärtslag.
- C: Kolluk sönderknas när pulsstyrkan medan manschetten töms.
- 1. C: visás när manschetten töms.
- 2. Avslutningen visas automatiskt.
- 3. Öppna appen för att överföra avläsningen.

3 Three-time blood pressure mode

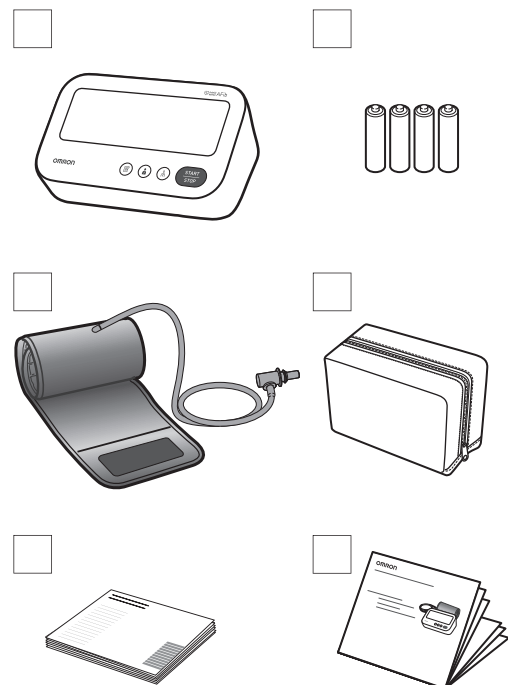
- FR Mode trois mesures de pression artérielle
- DE Dreifach-Blutdruckmessung
- IT Tripla misurazione con la modalità pressione arteriosa
- ES Modo de presión arterial de tres mediciones
- NL Drievoudige bloeddrukmodus
- PL Tryb trzech odczytów ciśnienia krwi
- PT Modo de pressão arterial de três vezes
- TR Üç tekrarlı kan basıncı modu
- SV Trefaldigt blodtrycksläge
- AR وضع ضغط الدم ثلاث مرات



The three-time blood pressure mode automatically takes 3 consecutive readings at 30-second intervals and displays the average.
Le mode trois mesures de pression artérielle réalise automatiquement 3 mesures consécutives à 30 secondes d'intervalle, puis affiche la valeur moyenne.
Im Modus für die Dreifach-Blutdruckmessung werden automatisch 3 aufeinanderfolgende Messungen in einem Intervall von 30 Sekunden durchgeführt. Anschließend wird der Mittelwert angezeigt.
La modalità pressione arteriosa tripla esegue automaticamente 3 misurazioni consecutive a intervalli di 30 secondi, quindi visualizza il valore medio.
El modo de presión arterial de tres mediciones toma automáticamente 3 lecturas consecutivas en intervalos de 30 segundos y muestra el promedio.
De drievoudige bloeddrukmodus voert automatisch 3 achtereenvolgende metingen uit met intervallen van 30 seconden en toont vervolgens het gemiddelde.
W trybie trzech odczytów ciśnienia krwi ciśnieniomierz automatycznie dokonuje 3 kolejnych odczytów w 30-sekundowych odstępach, po czym wyświetla odczyt uśredniony.
O modo de pressão arterial de três vezes faz automaticamente 3 leituras consecutivas em intervalos de 30 segundos e apresenta a média.
Üç tekrarlı kan basıncı modu, 30 saniye aralıklarla 3 ardışık ölçüm yapar ve ortalamayı görüntüler.
I det trefaldiga blodtrycksläget gör blodtrycksmätaren automatiskt tre avläsningar i följd med 30 sekunder mellanrum och visar genomsnittet.
وضع ضغط الدم ثلاث مرات تلقائيًا على فترات متتالية على فترات منتظمة مدتها ٣٠ ثانية ومن ثم يعرض المعدل.

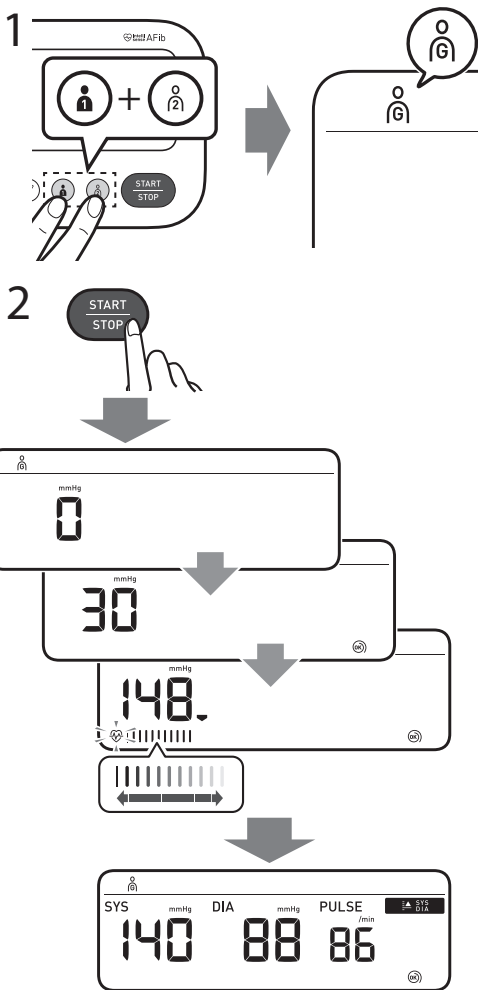
1 Package Contents

- FR Contenu de l'emballage
- DE Packungsinhalt
- IT Contenuto della confezione
- ES Contenido del envase
- NL Inhoud van de verpakking
- PL Zawartość opakowania
- PT Conteúdo da embalagem
- TR Paketin İçindekiler
- SV Förpackningens innehåll
- AR محتويات العبوة



Error messages or other problems?	Foutmeldingen of andere problemen?
Refer to:	Raadpleeg:
Messages d'erreur ou autres problèmes? Voir: Weitere Fehlermeldungen oder Probleme siehe: Messaggi di errore o altri problemi? Fare riferimento a: Hay mensajes de error u otros problemas? Consulte:	Komunikaty o błędzie lub inny problem? Przeczytaj do: Mensagens de erro ou outros problemas? Consulte: Hata mesajları veya başka sorunları mı var? Bakz: Felmeddelanden eller andra problem? Se: رسائل الخطأ أو المشكلات الأخرى? الرجع إلى:
E1	
E2	
	<p>Instruction Manual 1</p> <p>☞ 3.</p>

- Guest mode**
- FR** Mode invité
- DE** Gast-Modus
- IT** Modalità Ospite
- ES** Modo de invitado
- NL** Gastmodus
- PL** Tryb gościa
- PT** Modo de convidado
- TR** Konuk modu
- SV** Gästläge
- AR** وضع الضيف



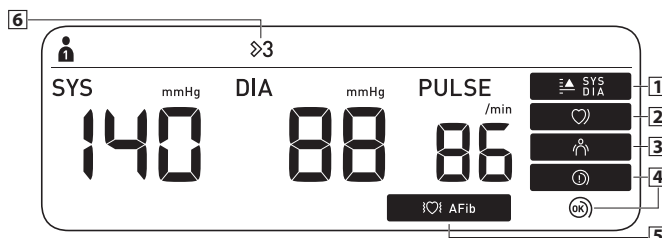
Takes a single measurement for another user. No readings are stored in the memory.
Réalise une mesure unique pour un autre utilisateur. Aucune mesure n'est enregistrée dans la mémoire.
Es wird eine einzelne Messung bei einem anderen Benutzer durchgeführt. Diese Werte werden nicht im Speicher abgelegt.

Esegue una misurazione singola per un altro utente. Tali misurazioni non vengono conservate in memoria.
Realiza una única medición para otro usuario. Estas lecturas no se almacenan en la memoria.
Voert een enkele meting uit voor een andere gebruiker. Er worden geen metingen in het geheugen opgeslagen.
Wykonywany jest pojedynczy pomiar dla innego użytkownika. W pamięci nie są zapisywane żadne odczyty.
Efteta una medición única para otro utilizador. Não há leituras guardadas na memória.
Başka bir kullanıcı için tek ölçüm yapılır. Ölçümler sonuçları hafızaya kaydedilmez.
Gör en enda mätning för en annan användare. Ingen avläsningar sparas i minnet.

يسجل قياس فردي المستخدم آخر. لا يتم تخزين قراءات بالذكرة

7 Checking Readings

- FR** Vérification des résultats
- DE** Prüfen der Messwerte
- IT** Controllo dei risultati
- ES** Comprobación de lecturas
- NL** Metingen bekijken
- PL** Sprawdzanie odczytów
- PT** Verificação de leituras
- TR** Ölçüm Değerlerini Kontrol Etme
- SV** Kontrollera avläsningar
- AR** التحقق من القراءات



- Appears if "SYS" is 135 mmHg or above and/or "DIA" is 85 mmHg* or above.**
S'affiche si la valeur « SYS » est supérieure ou égale à 135 mmHg et/ou si la valeur « DIA » est supérieure ou égale 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.
Pojawia się, jeżeli wartość „SYS” wynosi 135 mmHg lub więcej i/ lub wartość „DIA” wynosi 85 mmHg* lub więcej.

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 se o valor de "SYS" for de 135 mmHg ou superior e/ou o valor de "DIA" for de 85 mmHg* ou superior.
S'affiche si la valeur « SYS » est supérieure ou égale à 135 mmHg et/ou si la valeur « DIA » est supérieure ou égale à 85 mmHg*.
Wird angezeigt, wenn « SYS » 135 mmHg oder mehr beträgt und/oder wenn „DIA“ 85 mmHg* oder mehr beträgt.
Pojawia się, jeżeli wartość „SYS” wynosi 135 mmHg lub więcej i/ lub wartość „DIA” wynosi 85 mmHg* lub więcej.

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 se o valor de "SYS" for de 135 mmHg ou superior e/ou o valor de "DIA" for de 85 mmHg* ou superior.
S'affiche si la valeur « SYS » est supérieure ou égale à 135 mmHg et/ou si la valeur « DIA » est supérieure ou égale à 85 mmHg*.
Wird angezeigt, wenn « SYS » 135 mmHg oder mehr beträgt und/oder wenn „DIA“ 85 mmHg* oder mehr beträgt.
Pojawia się, jeżeli wartość „SYS” wynosi 135 mmHg lub więcej i/ lub wartość „DIA” wynosi 85 mmHg* lub więcej.
- 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 contacter un médecin.
Wird angezeigt, wenn während einer Messung ein unregelmäßiger Herzschlag** festgestellt wird. Wird das Symbol weiterhin angezeigt, sollten Sie sich an einen Arzt wenden.
Başka bir kullanıcı için tek ölçüm yapılır. Ölçümler sonuçları hafızaya kaydedilmez.
Gör en enda mätning för en annan användare. Ingen avläsningar sparas i minnet.

simbolo continua ad apparire, è consigliabile consultare il medico curante.
Aparece quando 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. Als het blijft verschijnen, is het raadzaam uw arts te raadplegen.
Pojawia się, gdy w czasie pomiaru wykryto nieregularny rytm**.
Jeśli nadal się pojawia, zaleca się konsultację z lekarzem.

simbolo continua ad apparire, è consigliabile consultare il medico curante.
Aparece quando 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. Als het blijft verschijnen, is het raadzaam uw arts te raadplegen.
Pojawia się, gdy w czasie pomiaru wykryto nieregularny rytm**.
Jeśli nadal się pojawia, zaleca się konsultację z lekarzem.
- Alerts you of any body movement that will affect the blood pressure readings. Remove the arm cuff and wait 2-3 minutes and try again.**
Vous avertit en cas de mouvement du corps affectant les mesures de pression artérielle. Retirez le brassard, attendez 2 à 3 minutes et essayez à nouveau.
Warnet bei Körperbewegungen, wenn die Blutdruckmessung beeinträchtigt. Entfernen Sie die Manschette ab, warten Sie 2-3 Minuten und versuchen Sie es erneut.

Alerta-o para qualquer movimento do corpo que poderia afetar as leituras de tensão arterial. Retire a braçadeira, aguarde 2-3 minutos e tente de novo.
Kan basıncı ölçüm değerlerini etkileyecek vücut hareketleri meydana gelebilir. Koluğuzun çıkarın, 2-3 dakika bekleyip tekrar deneyin.
Varning dig för kroppsrörelser som kan påverka blodtrycksavläsningarna. Ta av manschetten, vänta 2-3 minuter och försök igen.
Warnet bei Körperbewegungen, wenn die Blutdruckmessung beeinträchtigt. Entfernen Sie die Manschette ab, warten Sie 2-3 Minuten und versuchen Sie es erneut.
- The cuff is tight enough.**
Le brassard est suffisamment serré. Appliquez à nouveau le brassard en le serrant davantage. El manguito está lo suficientemente prieto.
De manchet zit strak genoeg. Mankiet jest wystarczająco ciasno założony.
A braçadeira está bem apertada. Kolluk yeterince sıkıdır. Manschetten sitta tillräckligt stramt. Manchetten sitta tillräckligt stramt.

Apply the cuff again MORE TIGHTLY.
Appliquez à nouveau le brassard en le serrant davantage. Ziehen Sie die Manschette STRAFFER.
Applicare di nuovo il bracciale STRINGENDO DI PIÙ.
Vuelva a ajustarse el manguito MÁS PRIETO.
A braçadeira está bem apertada. Kolluk yeterince sıkıdır. Manschetten sitta tillräckligt stramt. Manchetten sitta tillräckligt stramt.

Założ mankiet ponownie, mocniej zaciskając. Aplique a braçadeira de novo MAIS APERTADA. Kolluğu tekrar DAHA SIKI bir şekilde takın. Sätt på manschetten igen och DRÅ AT DEN MER.
Założ mankiet ponownie, mocniej zaciskając. Aplique a braçadeira de novo MAIS APERTADA. Kolluğu tekrar DAHA SIKI bir şekilde takın. Sätt på manschetten igen och DRÅ AT DEN MER.
Założ mankiet ponownie, mocniej zaciskając. Aplique a braçadeira de novo MAIS APERTADA. Kolluğu tekrar DAHA SIKI bir şekilde takın. Sätt på manschetten igen och DRÅ AT DEN MER.

- 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.**
S'affiche si une possibilité de fibrillation auriculaire a été détectée pendant une mesure. Il ne s'agit pas d'un diagnostic mais seulement d'une indication de possibilité de fibrillation auriculaire. Vous devez consulter votre médecin pour discuter des résultats.
Wird angezeigt, wenn bei einer Messung ein mögliches Vorhofflimmern erkannt wurde. Dabei handelt es sich nicht um eine Diagnose, sondern lediglich um die Feststellung eines möglichen Vorhofflimmers. Wenden Sie sich an Ihren Arzt, um den Befund weiter abzuklären.
Appare se durante la misurazione in modalità Afib è stata rilevata una potenziale fibrillazione atriale. Questa non è una diagnosi ma è soltanto un rilevamento della potenziale presenza di

fibrillazione atriale (AFib). È opportuno rivolgersi al proprio medico curante per discutere questo risultato.
Aparece si se ha detectado la posibilidad de fibrilación auricular durante la medición. Esto no es un diagnóstico, simplemente la detección de una posible fibrilación auricular. Deberá ponerse en contacto con su médico para hablar de los resultados.
Verschijnt als er mogelijkheid van Afib werd gedetecteerd tijdens een meting. Dit is geen diagnose, het is slechts een vaststelling dat er mogelijk sprake is van Afib. Neem contact op met uw arts om de bevindingen te bespreken.
Pojawia się, jeżeli podczas pomiaru wykryto możliwość wystąpienia migotania przedsionków (AFib). To nie jest rozpoznanie, to jest jedynie potencjalne wykrycie Afib. Należy skontaktować się z lekarzem w celu omówienia wyników pomiarów.

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- Appears when a measurement is taken in the three-time blood pressure measurement mode. The three-time blood pressure measurement mode automatically takes 3 consecutive readings at 30-second intervals and displays the average. To use the three-time blood pressure measurement mode, refer to section 6.**
Apparaît lorsqu'une mesure est réalisée en mode trois mesures de pression artérielle. Le trois mesures de pression artérielle réalise automatiquement 3 mesures consécutives à 30 secondes d'intervalle, puis affiche la valeur moyenne.
Pour utiliser le mode trois mesures de pression artérielle, se reporter à la section 6.
Wird angezeigt, wenn eine Dreifach-Blutdruckmessung durchgeführt wird. Im Modus für die Dreifach-Blutdruckmessung werden automatisch 3 aufeinanderfolgende Messungen in einem Intervall von 30 Sekunden durchgeführt. Anschließend wird der Mittelwert angezeigt.
Weitere Informationen zur Verwendung des Modus für die Dreifach-Blutdruckmessung finden Sie im Abschnitt 6.

Verschijnt wanneer een meting wordt uitgevoerd in de drievoelige bloeddrukmeetmodus. De drievoelige bloeddrukmeetmodus voert automatisch 3 achtereenvolgende metingen uit met intervallen van 30 seconden en toont vervolgens het gemiddelde.
Zie paragraaf 6 voor het gebruik van de drievoelige bloeddrukmeetmodus.
Pojawia się podczas wykonywania pomiaru w trybie trzech odczytów ciśnienia krwi.
W trybie trzech odczytów ciśnienia krwi ciśniomiernik automatycznie dokonuje 3 kolejnych odczytów w 30-sekundowych odstępach, po czym wyświetla odczyt uśredniony.
Informacje o używaniu trybu trzech odczytów ciśnienia krwi znajdują się w punkcie 6.
Aparece quando é efetuada uma medição no modo de medição da pressão arterial de três vezes.
O modo de medição da pressão arterial de três vezes faz automaticamente 3 leituras consecutivas em intervalos de 30 segundos e apresenta a média.
Para utilizar o modo de medição da pressão arterial de três vezes, consulte a secção 6.
Üç tekrarı kan basıncı ölçüm moduna ölçüm yapıldığında görünür.
Üç tekrarı kan basıncı ölçüm modu, 30 saniye aralıklarla 3 ardışık ölçüm yapar ve ortalamayı gösterir.
Üç tekrarı kan basıncı ölçüm modunu kullanmak için 6. bölüme bakın.
Visas när en mätning görs i det trefaldiga blodtrycksläget.
Det trefaldiga blodtrycksläget mäter automatisk tre avläsningar i följd med 30 sekunder mellanrum och de pression arterial de tres mediciones toma automaticamente 3 lecturas consecutivas en intervalos de 30 segundos y muestra el promedio.
Para usar el modo de presión arterial de tres mediciones, consulte la sección 6.

تظهر في حالة استخدام وظائف الذكرة، عند معرف المستخدم الخاص بكم.

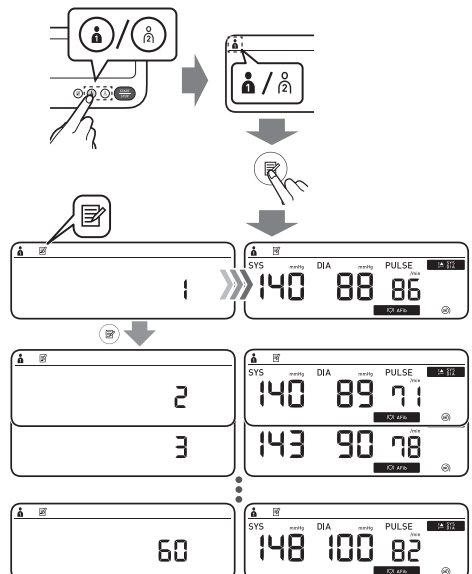
- The high blood pressure definition is based on the 2023 ESH guideline.**
- ** An irregular heartbeat rhythm is defined as a rhythm that is 25% less or 25% more than the average rhythm detected while your monitor is measuring blood pressure.**
- * La definition de l'hypertension est basée sur les recommandations ESH 2023.**
- ** Des pulsations cardiaques irrégulières sont des pulsations dont la fréquence est supérieure ou inférieure de 25 % à la moyenne détectée lorsque le tensiomètre mesure la pression artérielle.**
- * La definición de tensión arterial alta basada en la Directe de 2023 da ESH (European Society of Hypertension).**
- ** Un ritmo de latido cardiaco irregular é definido como um ritmo 25% inferior ou 25% superior ao ritmo médio detectado enquanto o medidor está a medir a tensão arterial.**
- ** Yüksek kan basıncı tanımı: 2023 ESH kılavuzuna temel alınır.**
- ** Düzensiz kalp atış ritmi, ölçüm cihazınız kan basıncını ölçtüğü sırada saptanan ortalamadan %25 daha düşük veya %25 daha yüksek ritim olarak tanımlanır.**
- * Definitjonen av høgt blodtryck baseras på ESH-riktlinjerna från 2023.**
- ** Oregelbunden hjärtslag är en hjärtrytm som är 25 % långsammare eller 25 % snabbare än den genomsnittliga hjärtrytm som identifieras medan enheten mäter blodtrycket.**

تعريف ضغط الدم المرتفع يستند إلى إرشادات الجمعية الأوروبية لقرط ضغط الدم (ESH) لعام 2023.

** اضطراب ضربات القلب هو إيقاع يقل بنسبة 25% أو يزيد بنسبة 25% عن الإيقاع المتوسط، والذي يتم اكتشافه في أثناء قياس الجهاز لضغط الدم.

8 Using Memory Functions

- 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
- PL** Korzystanie z funkcji pamięci
- PT** Utilização das funções de memória
- TR** Hafıza Fonksiyonunun Kullanılması
- SV** Använda minnesfunktioner
- AR** استخدام وظائف الذاكرة



Before using memory functions, select your user ID.
Avant d'utiliser les fonctions de mémoire, sélectionnez 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.
Przed skorzystaniem z funkcji pamięci należy wybrać swój identyfikator użytkownika.
Antes de utilizar as funções de memória, selecione a identificação de utilizador.
Hafıza fonksiyonunu kullanmadan önce kullanıcı kimliğini seçin.
İnan du användar minnesfunktioner väljer du ditt användar-ID.

Readings Stored in Memory

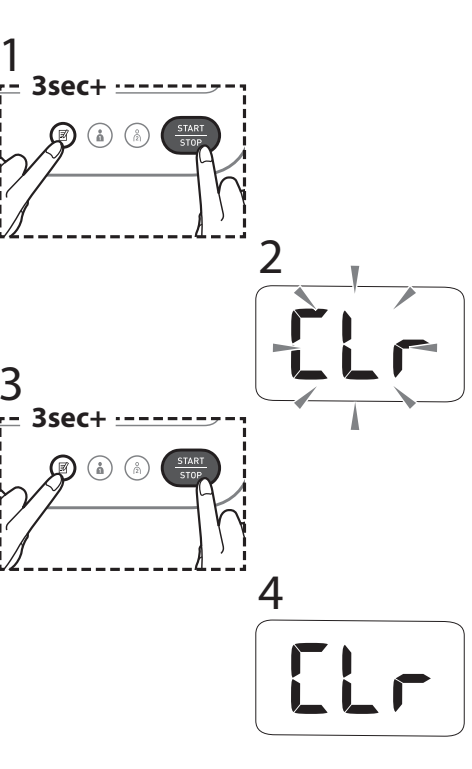
- FR** Mesures stockées en mémoire
- DE** Gespeicherte Messwerte
- IT** Risultati conservati in memoria
- ES** Lecturas guardadas en la memoria
- NL** Metingen opgeslagen in het geheugen
- PL** Odczyty zapisane w pamięci
- PT** Leituras guardadas na memória
- TR** Hafızaya Kaydedilen Değerler
- SV** Avläsningar lagrade i minnet
- AR** تم تخزين القراءات في الذاكرة

Stores up to 60 readings.
Mémorise jusqu'à 60 résultats.
Es werden bis zu 60 Messwerte gespeichert.
Conserva fino a 60 lecturas.
Slaat tot maximaal 60 metingen op.
Zapis do 60 odczytów.
Guarda até 60 leituras.
60 adece kadar ölçüm değeri saklar.
Lagrar upp till 60 avläsningar.

تقوم بتخزين ما يصل إلى ٦٠ قراءة

9 Restoring to the Default Settings

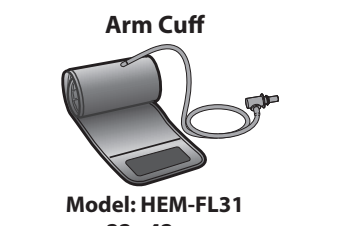
- FR** Réinitialisation aux réglages par défaut
- DE** Wiederherstellen der Standardeinstellungen
- IT** Ripristino delle impostazioni predefinite
- ES** Restablecimiento a los ajustes de fábrica
- NL** De standaardinstellingen herstellen
- PL** Przywrócenie ustawień domyślnych
- PT** Restauração das predefinições
- TR** Varsayılan Ayarları Geri Yükleme
- SV** Återställa till förvalda inställningar
- AR** استعادة الإعدادات الافتراضية



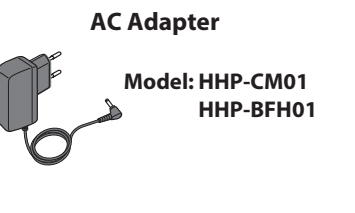
10 Optional Accessories

- FR** Accessoires en option
- DE** Optionales Zubehör
- IT** Accessori opzionali
- ES** Accesorios opcionales
- NL** Optionele accessoires
- PL** Opcjonalne akcesoria
- PT** Acessórios opcionais
- TR** İsteğe Bağlı Aksesuarlar
- SV** Valfriria tillbehör
- AR** الملحقات الاختيارية

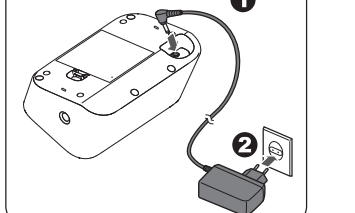
Do not throw the air plug away. The air plug can be applicable to the optional cuff.
Ne pas jeter la prise de gonflage. La prise de gonflage peut être utilisée pour le brassard en option.
Entsorgen Sie den Luftschnlauchstecker nicht. Der Luftschnlauchstecker wird für die optionale Manschette verwendet.
Non gettare via l'attacco del tubo dell'aria. L'attacco del tubo dell'aria può essere applicato al brassard 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.
Nie wyrzucać wtyczki przewodu powietrza. Wtyczkę przewodu powietrza można podłączyć do opcjonalnego mankietu.
Não deite fora a ficha de ar. A ficha de ar pode ser aplicável à braçadeira opcional.
Hava tipasını atmayın. Hava tipistekte bağlı kolluğa uygulanabilir.
Kasta inte bort luftkontakten. Luftkontakten kan användas på den valfria manschetten.
لا تتخلص من سداة الهواء. يمكن استعمال سداة الهواء مع الشريط الضاغط الاختياري.



Model: HEM-FL31 22 - 42 cm



Model: HHP-CM01 HHP-BFH01



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, appuyez sur le bouton [START/STOP] et le maintenir enfoncé jusqu'à ce que le tensiomètre gonfle 30 à 40 mmHg au-dessus de votre pression systolique attendue. Ne pas gonfler à plus de 299 mmHg.
Wenn Ihr systolischer Druck höher ist als 210 mmHg: Halten Sie die Taste [START/STOP] gedrückt, sobald die Manschette aufgepumpt wird, bis das Gerät die Manschette um 30 bis 40 mmHg höher als Ihr erwarteter systolischer Blutdruck aufpumpt. Die Manschette darf nicht auf über 299 mmHg aufgepumpt werden.
Si su presión arterial sistólica es superior a 210 mmHg: después de que se infla el manguito, mantenga pulsado el botón [START/STOP] hasta que el monitor alcance entre 30 y 40 mmHg por encima de su presión arterial sistólica prevista. No inflé el manguito por encima de 299 mmHg.
Als uw systolische druk hoger is dan 210 mmHg, moet u zodra de armmanchet wordt opgeblazen de [START/STOP] knop indrukken en ingedrukt houden totdat de manchet is opgeblazen tot een druk die 30 tot 40 mmHg hoger is dan uw verwachte systolische druk. Blaas de manchet niet verder op dan tot 299 mmHg.

إذا كان ضغط الدم الانقباضي أكثر من ٢١٠ ملمبئرات زئبقية: بعد بدء نفخ الشريط الضاغط للذراع، اضغط على الزر [START/STOP] حتى يقوم الجهاز بنفخ ما بين ٣٠ إلى ٤٠ ملمبئرات زئبقية أعلى من قيمة ضغط الدم الانقباضي المتوقعة. لا تفتح الهواء فوق ٢٩٩ ملمبئرات زئبقية.

Jeżeli ciśnienie skurczowe jest wyższe niż 210 mmHg: Po rozpoczęciu napełniania mankieta nacisnąć i przytrzymać przycisk [START/STOP], aż ciśnieniomierz napompuje mankieta do wartości o 30–40 mmHg wyższej od przewidywanego ciśnienia skurczowego. Nie należy pompować mankieta do ciśnienia powyżej 299 mmHg. Se a sua pressão sistólica estiver acima dos 210 mmHg: após a braçadeira começar a insuflar, prima o botão [START/STOP] e mantenha-o premido até que o medidor insufla mais 30 a 40 mmHg do que a sua presumível pressão sistólica. Não insufla acima de 299 mmHg. Si tu presión arterial sistólica es superior a 210 mmHg: después de que se infla el manguito, mantenga pulsado el botón [START/STOP] hasta que el monitor alcance entre 30 y 40 mmHg por encima de su presión arterial sistólica prevista. No inflé el manguito por encima de 299 mmHg. Als uw systolische druk hoger is dan 210 mmHg, moet u zodra de armmanchet wordt opgeblazen de [START/STOP] knop indrukken en ingedrukt houden totdat de manchet is opgeblazen tot een druk die 30 tot 40 mmHg hoger is dan uw verwachte systolische druk. Blaas de manchet niet verder op dan tot 299 mmHg.

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Hersteller	Producent	Fabricante	شركة امرون هيلث كير المحدودة 53 كرونوسوبو، تيرادو-شوموكو، كايوتو، اليابان 617-0002
EC REP	EU-representative	AB temsilcisi	OMRON HEALTHCARE EUROPE B.V.
Mandataire dans l'UE	Vertegenwoordiger in de EU	Przedstawiciel handlowy w UE	Wegalaan 73, 2132 JD Hoofddorp, THE NETHERLANDS
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Produktionsstätte	Plantă de producție	Produsioficialitet	No.28 VSP II, Street 2, Vietnam-Singapore Industrial Park II, Binh Duong Industry-Service-Urban Complex, Hoa Phu Ward, Thu Dau Mot City, Binh Duong Province, Vietnam
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