

Automatic Blood Pressure Monitor

Model HEM-7156T



All for Healthcare

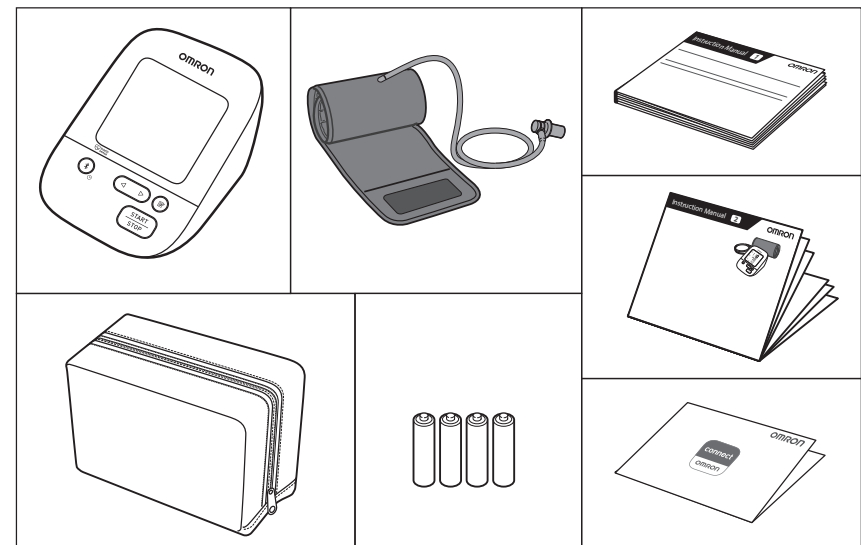
Read Instruction manual ① and ② before use.

- Read instruction manual in multiple languages: Chinese, Korean, Hindi, Thai, Vietnamese, Indonesian, and Malay.

5660287-3B

1 Package Contents

- List of package contents: OMRON device, cuff, manual, and batteries.



2 Preparing for a Measurement

- Preparation instructions in multiple languages: Thai, Indonesian, Vietnamese, Hindi, and Malay.

30 minutes before

- Instructions for 30 minutes before measurement in multiple languages.



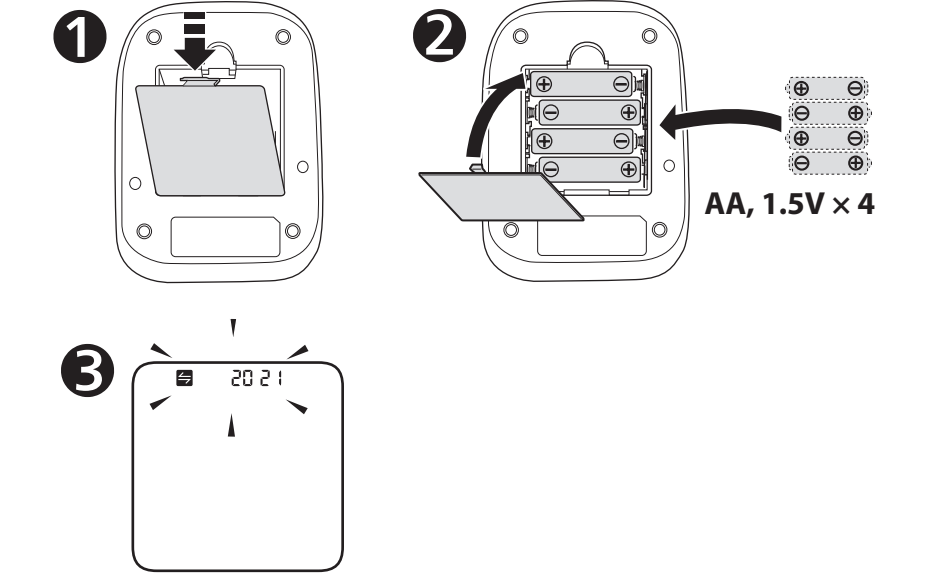
5 minutes before: Relax and rest.

- Instructions for relaxing and resting 5 minutes before measurement in multiple languages.



4 Installing Batteries

- Battery installation instructions in multiple languages: Thai, Korean, Vietnamese, Hindi, and Malay.

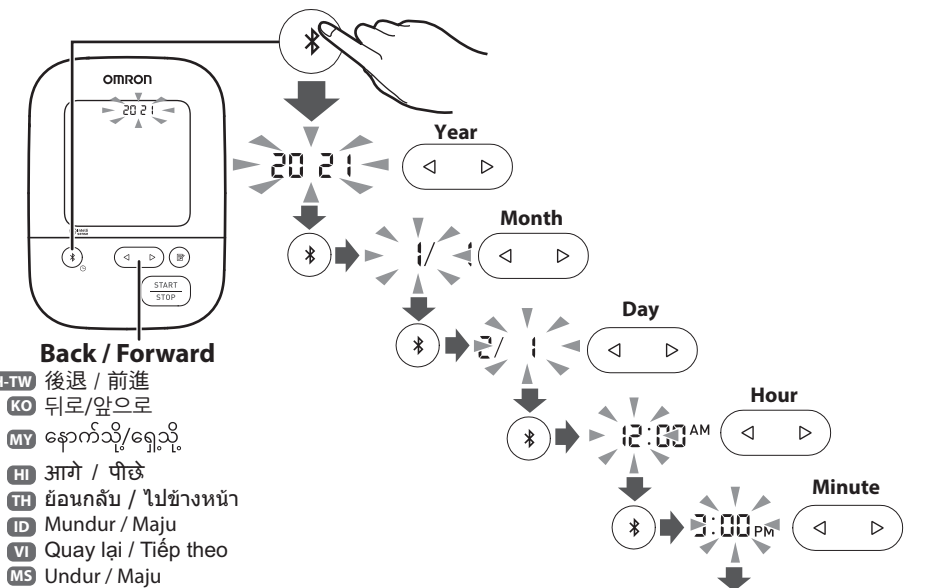


6 Setting Date and Time Manually

- Date and time setting instructions in multiple languages: Thai, Korean, Vietnamese, Hindi, and Malay.

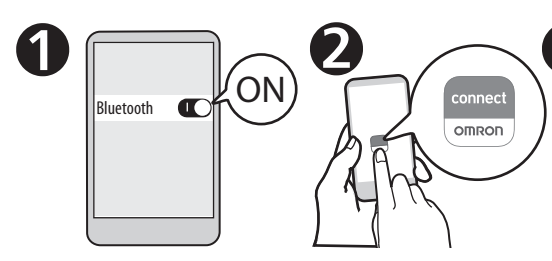
If your monitor is paired with your smart device, date and time is set automatically. When you need to set them manually, set year > month > day > hour > minute.

- Manual date and time setting instructions in multiple languages: Thai, Korean, Vietnamese, Hindi, and Malay.



5 Pairing Your Smart Device

- Smart device pairing instructions in multiple languages: Thai, Korean, Vietnamese, Hindi, and Malay.



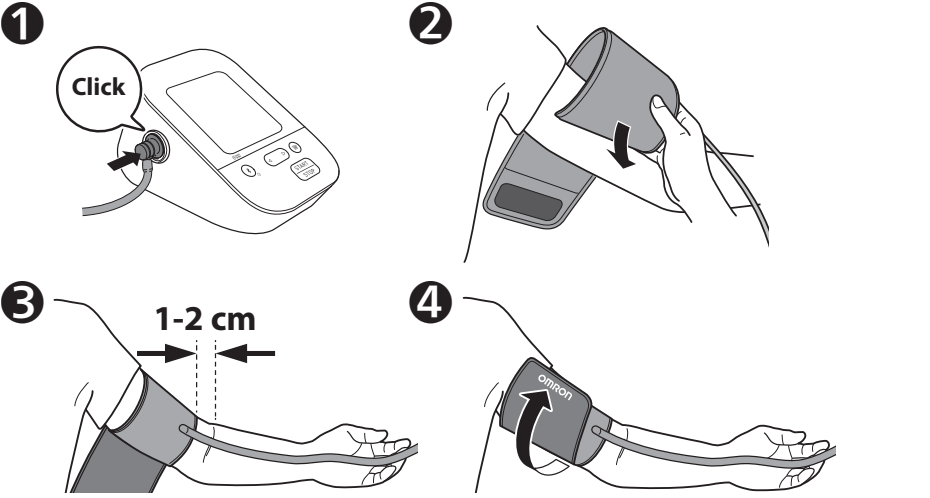
- Smart device pairing instructions in multiple languages: Thai, Korean, Vietnamese, Hindi, and Malay.

The date and time will automatically be set when your monitor is paired with the app.

- Automatic date and time setting instructions in multiple languages: Thai, Korean, Vietnamese, Hindi, and Malay.

7 Applying the Cuff on the Left Arm

- Cuff application instructions in multiple languages: Thai, Korean, Vietnamese, Hindi, and Malay.



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

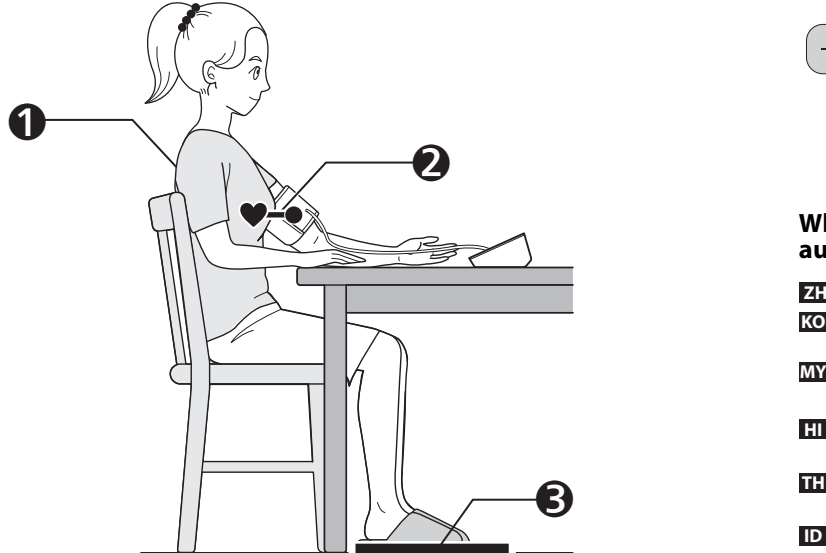
- Cuff application instructions in multiple languages: Thai, Korean, Vietnamese, Hindi, and Malay.

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

- Cuff application instructions in multiple languages: Thai, Korean, Vietnamese, Hindi, and Malay.

8 Sitting Correctly

- Sitting instructions in multiple languages: Thai, Korean, Vietnamese, Hindi, and Malay.



1 Sit comfortably with your back and arm supported.

- Sitting instructions in multiple languages: Thai, Korean, Vietnamese, Hindi, and Malay.

2 Place the arm cuff at the same level as your heart.

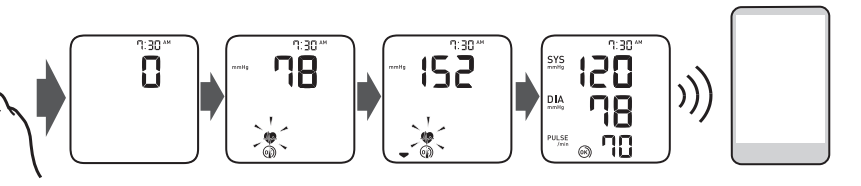
- Sitting instructions in multiple languages: Thai, Korean, Vietnamese, Hindi, and Malay.

3 Keep feet flat, legs uncrossed, remain still and do not talk.

- Sitting instructions in multiple languages: Thai, Korean, Vietnamese, Hindi, and Malay.

9 Taking a Measurement

- Measurement instructions in multiple languages: Thai, Korean, Vietnamese, Hindi, and Malay.



When the [START/STOP] button is pressed, the measurement is taken and saved automatically. Open the app to transfer the reading.

- Measurement instructions in multiple languages: Thai, Korean, Vietnamese, Hindi, and Malay.

If your systolic pressure is more than 210 mmHg:

- Instructions for high systolic pressure in multiple languages: Thai, Korean, Vietnamese, Hindi, and Malay.

Box containing instructions for right arm measurements and a reference to the instruction manual.

