23I020_HEM-7143T1-AP_IM1_OH-IM_en_zhtw_ko_my_hi.fm Page 1 Tuesday, October 31, 2023 2:22 PM

Instruction Manual 1

OMRON

5653098-8G

Automatic Blood Pressure Monitor

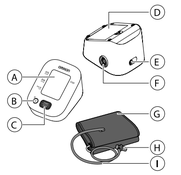
Model HEM-7143T1

English

Read Instruction manual ① and ② before use.

For symbols information, refer to "Symbols Description" on the back side of the another "Instruction manual③".

All for Healthcare



Ⓐ **Display**
Ⓑ **[Connection] (Memory) button**
Ⓒ **[START/STOP] button**
Ⓓ **Battery compartment**
Ⓔ **AC adapter jack**
Ⓕ **Air jack**
Ⓖ **Arm cuff**
Ⓗ **Air plug**
Ⓘ **Air tube**

Introduction

Thank you for purchasing the OMRON Automatic 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.

Safety Instructions

This instruction manual provides you with important information about the OMRON Automatic 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 local OMRON representative before attempting to use this monitor. For specific information about your own blood pressure, consult with your physician.**

Intended Use

This device is a digital monitor intended for use in measuring blood pressure and pulse rate in the adult patient population. This monitor detects the appearance of irregular heartbeats during measurement and indicates this via a symbol with measurement result. It is mainly designed for general household use.

Receiving and Inspection

Remove this monitor from the packaging and inspect for damage. If this monitor is damaged, DO NOT USE and consult with your local OMRON representative.

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.

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

- **DO NOT use this monitor on infants, toddlers, children or persons who cannot express themselves.**
- **DO NOT adjust medication 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.**
- **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 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.**
- **NEVER diagnose or treat yourself based on your readings. ALWAYS consult with your physician.**
- **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.**

Data Transmission

- **This product emits radio frequencies (RF) in the 2.4 GHz band. DO NOT use this product in locations where RF is restricted, such as on an aircraft or in hospitals. Turn off the Bluetooth® feature in this monitor, remove batteries and/or unplug the AC adapter when in RF restricted areas.**

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 batteries out of the reach of infants, toddlers and children.**

⚠Caution **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.**

- **Stop using this monitor and consult with your physician if you experience skin irritation or discomfort.**
- **Consult with your physician before using this monitor on an arm where intravascular access or therapy, or an arteriovenous (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.**
- **Consult with your physician before using this monitor if you have severe blood flow problems or blood disorders as cuff inflation can cause bruising.**
- **DO NOT take measurements more often than necessary because bruising, due to blood flow interference, may occur.**
- **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.**
- **During measurement, make sure that no mobile device or any other electrical device that emit 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 3.**
- **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. OMRON recommends waiting 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 3.**
- **DO NOT use this monitor after the durable period has ended. Refer to section 3.**
- **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.**
- **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.**

Data Transmission

- **DO NOT place batteries or unplug the AC adapter while your readings are being transferred to your smart device. This may result in incorrect operation of this monitor and failure to transfer your blood pressure data.**

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 cleaning 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 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 dates in addition to patient motion, trembling, or shivering may affect the measurement reading.**
- **NEVER diagnose or treat yourself based on your readings. ALWAYS consult with your physician.**
- **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.**

Data Transmission

- **This product emits radio frequencies (RF) in the 2.4 GHz band. DO NOT use this product in locations where RF is restricted, such as on an aircraft or in hospitals. Turn off the Bluetooth® feature in this monitor, remove batteries and/or unplug the AC adapter when in RF restricted areas.**

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 batteries out of the reach of infants, toddlers and children.**

⚠Caution **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.**

- **Stop using this monitor and consult with your physician if you experience skin irritation or discomfort.**
- **Consult with your physician before using this monitor on an arm where intravascular access or therapy, or an arteriovenous (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.**
- **Consult with your physician before using this monitor if you have severe blood flow problems or blood disorders as cuff inflation can cause bruising.**
- **DO NOT take measurements more often than necessary because bruising, due to blood flow interference, may occur.**
- **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.**
- **During measurement, make sure that no mobile device or any other electrical device that emit 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 3.**
- **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. OMRON recommends waiting 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 3.**

General Precautions

- 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.
- To stop a measurement, press the [START/STOP] button while taking a measurement.

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.

1. 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
	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.
E1 appears or the arm cuff does not inflate.	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 to the new one. Refer to section 12 of instruction manual ②.
E2 appears or a measurement cannot be completed after the arm cuff inflates.	You move or talk during a measurement and the arm cuff does 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.
	Due to the systolic pressure is above 210 mmHg, a measurement cannot be taken.	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.
E3 appears	The arm cuff is inflated exceeding the maximum allowable pressure.	Remain still and do not talk during a measurement.
E4 appears	You move or talk during a measurement. Vibrations disrupt a measurement.	Remain still and do not talk during a measurement.
E5 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.
appears		Remain still and sit correctly during a measurement.
does not flash during a measurement		If the "♡" symbol continues to appear, we recommend you to consult with your physician.
Er appears	The monitor has malfunctioned.	Press the [START/STOP] button again. If "Er" still appears, contact your local OMRON representative.
E err appears	The monitor cannot connect to a smart device or transmit data correctly.	Follow the instructions shown in the "OMRON connect" app. If the "Err" symbol still appears after checking the app, contact your local OMRON representative.
P flashes	The monitor is waiting for pairing with the smart device.	Refer to section 5 of instruction manual ② for pairing your monitor with your smart device, or press the [START/STOP] button to cancel pairing and turn your monitor off.
	More than 24 readings are not transferred.	Pair or transfer readings to the "OMRON connect" app so you can keep them in memory in the app, and this error symbol disappears.
flashes	Your monitor is not paired or not connected with your smart device.	
appears	There are 30 readings in memory to be transferred.	
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.
	Batteries are depleted.	
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 section 2 of instruction manual ②.	
Any other communication issue occurs.	Follow the instructions shown in the smart device, or visit the "Help" section in the "OMRON connect" app for further help. If the problem still persists, contact your local OMRON representative.	
Any other problems occur.	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 batteries. If the problem still persists, contact your local OMRON representative.	

2. Maintenance

2.1 Maintenance

To protect your monitor from damage, follow the directions below:

- Changes or modifications not approved by the manufacturer will void the user warranty.

⚠Caution

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

2.2 Storage

Keep your monitor in the storage case when not in use.

1. Remove the arm cuff from the monitor.

⚠Caution

- 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.

2.3 Cleaning

- Do not use any abrasive or volatile cleaners.
- Use a soft dry cloth or a soft cloth moistened with mild (neutral) detergent to clean 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 clean your monitor and arm cuff or other components.

2.4 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.

3. Specifications

Product description	Automatic Blood Pressure Monitor
Model	HEM-7143T1
Cuff pressure range	0～299 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: ±5% of display reading
Inflation	Automatic by electric pump
Deflation	Automatic pressure release valve
Measurement method	Oscillometric method
Transmission method	**Bluetooth**® Low Energy
Wireless communication	Frequency range: 2.4 GHz (2400 - 2483.5 MHz) Modulation: GFSK Effective radiated power: < 20 dBm
Operating mode	Continuous operation
IP classification	Monitor: IP20 Optional AC adapter: IP22 for HHP-CH01, HHP-BH01 and HHP-BFH01, IP21 for other AC adapters
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	Approximately 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 Arm cuff: 5 years 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)
Contents	Monitor, arm cuff, 4 "AA" batteries, storage case, Instruction Manual (1) and (2), setup instructions, warranty card
Protection against electric shock	Internally powered ME equipment (when using only battery) Class II ME equipment (optional AC adapter)
Weight (not including batteries)	Monitor: approximately 250 g Arm cuff: approximately 110 g
Dimensions (approximately value)	Monitor: 103 mm (W) × 82 mm (H) × 140 mm (L) Arm cuff: 146 mm × 466 mm (air tube: 610 mm)
Cuff circumference applicable to the arm	17 to 42 cm (included arm cuff: 22 to 32 cm)
Memory	Stores up to 30 readings
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. In the clinical validation study, KS was used on 85 subjects for determination of diastolic blood pressure.
- 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 optional AC adapters (except for HHP-CH01, HHP-BH01 and HHP-BFH01) are protected against vertically falling water drops which may cause issues during a normal operation. The optional AC adapter HHP-CH01, HHP-BH01 and HHP-BFH01 are protected against oblique falling water drops which may cause issues during a normal operation.
- Operation mode is classification in accordance with IEC 60601-1.

About a wireless communication interference
This product operates in an unlicensed ISM band at 2.4 GHz. In the event this product is used near other wireless devices such as microwave and wireless LAN, which operate on the same frequency band as this product, there is a possibility that interference may occur.
If interference occurs, stop the operation of the other devices or relocate this product away from other wireless devices before attempting to use it.

4. Guidance and Manufacturer's Declaration

- This blood pressure monitor is designed according to the European Standard EN1060, Non-invasive sphygmomanometers Part 1: General Requirements and Part 3: Supplementary requirements for electromechanical blood pressure measuring systems.
- Hereby, OMRON HEALTHCARE Co., Ltd., declares that the radio equipment type HEM-7143T1 is in compliance with Directive 2014/53/EU.
- The full text of the EU declaration of conformity is available at the following internet address:
  https://www.omronhealthcare-ap.com/ap/support
- 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.
- 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.
- Please refer to "UDI [8012] x.x.x" for the software version/build number; "x.x.x" may consist of a set of 2 to 6 numbers.

Important information regarding Electromagnetic Compatibility (EMC)

HEM-7143T1 manufactured by OMRON HEALTHCARE Co., Ltd. conforms to EN60601-1-2 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-7143T1 on the website.

Correct Disposal of This Product (Waste Electrical & Electronic Equipment)

This marking shown on the product or its literature, indicates that it should not be disposed of, with other household wastes at the end of its working life.
To prevent possible harm to the environment or human health from uncontrolled waste disposal, please separate this 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.

The **Bluetooth**® word mark and logos are registered trademarks owned by Bluetooth SIG, Inc. and any use of such marks by OMRON HEALTHCARE Co., Ltd. is under license. Other trademarks and trade names are those of their respective owners. Apple and the Apple logo are trademarks of Apple Inc., registered in the U.S. and other countries and regions. App Store is a service mark of Apple Inc. Google Play and Google Play logo are trademarks of Google LLC.

使用說明書 1

電子血壓計

型號 HEM-7143T1

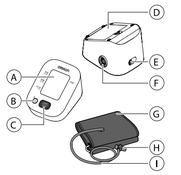
繁體中文

使用前請閱讀使用說明書①和②。

如需符號資訊，請參閱另一份「使用說明書③」背面的「符號描述」。

使用前請務必詳閱原廠之使用說明書並遵照指示使用。

本產品涉及個人資料之蒐集、處理及利用，應遵守個人資料保護之規範。



Ⓐ **顯示**
Ⓑ **[Connection](記憶體) 按鈕**
Ⓒ **[START/STOP] 按鈕**
Ⓓ **電池蓋**
Ⓔ **AC 轉接頭**
Ⓕ **插孔**
Ⓖ **臂帶**
Ⓗ **進氣接頭**
Ⓘ **空氣管**

簡介

感謝您選購 OMRON 電子血壓計。本血壓計採用示波震盪法測量血壓。這表示，本血壓計可偵測您的肱動脈血液流動，並將血液流動轉換為數位數值。

安全指示

本使用說明書為您提供有關 OMRON 電子血壓計的重要資訊。為了確保您能安全正確地使用本血壓計，請閱讀並確實了解所有這些指示。**在使用本血壓計之前，若您對這些指示有任何不了解或疑問之處，請洽當地 OMRON 代表，如需個人血壓的詳細資訊，請諮詢醫師。**

用途

本產品是數位血壓計，主要用於測量成人患者族群的血壓及脈搏數。本產品會偵測測量過程中出現的不規則脈波，並會透過符號及測量結果來指出此結果。本產品主要用於一般居家使用。

收貨與檢驗

請拆開本血壓計的包裝，並檢查是否有破損。若血壓計損壞，請勿使用並洽當地 OMRON 代表。

重要安全須知

使用本血壓計前，請閱讀使用說明書的重要安全須知。為了您的安全，請嚴格遵守本使用說明書。
請妥善保存本說明書，以便日後隨時查閱。如需個人血壓的詳細資訊，請諮詢醫師。

⚠警告 **表示否未避免，可能會導致人員死亡或重傷等具有潛在危險狀態。**

- **嬰幼兒、兒童或無法表達個人意願的人，請勿使用本產品。**
- **請勿依據本產品的測量數值，自行調整藥物。請依醫師處方服藥，唯有醫師具備診斷及治療高血壓之資格。**
- **請勿在受傷的手臂上，或正在接受治療的手臂上使用本產品。**
- **請勿在靜脈滴注或輸血過程中套上手臂壓脹帶。**
- **請勿在有高頻率 (HF) 外科手術設備、核磁共振造影 (MRI) 或電腦斷層 (CT) 掃描儀的區域中使用本產品，以免導致血壓計運作異常或造成量測結果不精確。**
- **請勿在多氧環境或可燃氣體附近使用本血壓計。**
- **若您有下列任何情況，在使用本產品之前請先諮詢您的醫師：心房或心室期外搏動或心房顫動等常見的心律不整、動脈硬化、灌流不佳、糖尿病、懷孕、妊娠毒血症、腎臟疾病。請注意，上述情況以及病患的動作、發抖或顫抖，可能會影響測量數值。**
- **根對不要依據測量數值自行診斷或自行治療，請精時請教您的醫師。**
- **為避免窒息的發生，請讓空氣管和交流變壓器續線遠離嬰幼兒和兒童。**
- **本產品組成包含細小零件，若嬰幼兒和兒童不慎吞入，可能會造成嗆窒息。**

資料傳輸

- **本產品發射 2.4 GHz 頻段的射頻 (RF)。請勿在 RF 受限的位置使用本產品，例如在飛機上或醫院內。在 RF 受限的區域，請關閉此血壓計中的 Bluetooth® 功能，取出電池和 / 或拔下交流變壓器。**

交流變壓器（可選購配件）處理和使用

- **如果本產品或交流變壓器續線受損，請勿使用交流變壓器。如果本產品或續線受損，請關閉電源並立即拔下交流變壓器。**
- **將交流變壓器插入適當的電壓插座。請勿用於多插孔插頭。**
- **切勿用濕手插入或拔出電源插座上的交流變壓器。**
- **請勿拆卸或嘗試修理交流變壓器。**

電池管理與使用

- **請將電池收在嬰幼兒與兒童接觸不到的地方。**

⚠注意 **表示若未避免，可能導致使用者或病患的輕度或中度受傷，或者設備或其他財產損壞等具有潛在危險的情況。**

- **若您發生皮膚發炎或不適，請停止使用本產品並諮詢您的醫師。**
- **使用本產品測量時，可能會導致下列人士的血流遭受暫時干擾：手臂上曾進行血管內通路、血管內療法或動靜脈 (A-V) 分流；也可能造成傷害，使用前請諮詢醫師。**
- **若您接受過乳房切除手術，使用本產品之前，請諮詢您的醫師。**
- **若您患有顯著血流量問題或血液病變，由於壓脹帶加壓時可能會造成瘀血，使用本產品之前，請諮詢您的醫師。**
- **請勿連續好幾次的測量，否則可能會因為血流動不順暢而造成瘀血。**
- **如未在手臂上施緊手臂壓脹帶，請勿加壓。**
- **若測量時手臂壓脹帶未致動減壓，請取下手臂壓脹帶。**
- **本產品僅能用來測量血壓，請勿用於其他用途。**
- **測量時，請確認距離血壓計 30 cm 以內沒有行動裝置或其他會散發電磁場的電子裝置，以免導致本產品運作異常或造成血壓測數值不精確。**
- **請勿拆解或嘗試修理本產品及其他配件，否則可能會造成測量數值不正確。**
- **請勿在測量或可能讓水浸漬在本產品的地方使用，以免造成本產品損壞。**
- **請勿在移動中的交通工具（例如汽車）內或飛機上操作本血壓計。**
- **請避免讓本產品掉落地面或遭受強力撞擊、震動。**
- **請避免將本產品置於溫濕度或低溫度處，或者高溫、低溫處，請參閱第 3 節。**
- **測量過程中，觀察手臂以確保血壓計不會對血液循環造成長期損害。**
- **請勿在頻繁使用血壓計的場所，例如醫療診所或醫師診間，使用本產品。**
- **請勿與其他醫療電氣 (ME) 設備同時使用，以免導致裝置運作異常或造成量測數值不精確。**
- **在進行測量之前至少 30 分鐘，請避免沐浴、飲酒或喝咖啡、抽煙、運動與進食。**
- **測量前請休息至少 5 分鐘。**
- **測量時，請捲起手臂上的緊身或厚重衣物，並取下任何飾品。**
- **測量時請保持身體靜止不動，並且請勿交談。**
- **如果測量不在壓脹帶進行期間結束之前，請使用手臂壓脹帶。**
- **在測量血壓之前，請讓認本產品已在常溫狀態。在極端溫度變化下測量血壓，可能導致測量數值不準確。若血壓計是在最高或最低的存放溫度下收納，那麼在您使用血壓計之前，OMRON 建議您將其靜置於您的使用環境條件的溫度中約 2 小時，以讓血壓計溫度調整到常溫。若需使用環境條件和存放 / 運輸溫度的進一步資訊，請參閱第 3 節。**
- **請勿在超過耐用期間之後使用本產品。請參閱第 3 節。**
- **請勿過度擠壓手臂壓脹帶或空氣管。**
- **請勿將手臂、腕勿折疊或扭結空氣管。這可能會阻礙空氣流動，造成傷害。**
- **請勿使用過期的電池。**
- **請定期檢查電池，以確保電池可正常運作。**

一般注意事項

- 當在右臂上進行測量時，空氣管應位於肘部的一側。小心不要將手臂置在空氣管上。

- 右臂和左臂之間的血壓可能不同，並可能導致不同的測量值。請持續使用相同的手臂進行測量。如果左右手臂的測量值出現極大差異，請向醫師確認應使用哪一隻手臂來測量血壓。
- 使用選購的交流變壓器時，切勿將血壓計放置在難以插入和拔出交流變壓器的位置。
- 若要停止測量，請測量期間按下 [START/STOP] (開始 / 停止) 按鈕。

電池管理與使用

- 應根據當地法規丟棄舊電池。
- 包裝所隨附電池的使用壽命，可能比新電池短。

1. 錯誤訊息與疑難排解

如果在測量過程中出現以下任何問題，請檢查以確保距離血壓計 30 公分範圍內沒有其他電氣設備。如果問題仍然存在，請參閱下表。

顯示／問題	可能原因	應變處理
E1 顯示，或手臂壓脹帶未加壓。	未換緊手臂壓脹帶時按下 [START/STOP] (開始 / 停止) 鍵。	請再次按下 [START/STOP] (開始 / 停止) 鍵關閉血壓計並重試。
	進氣接頭未完全插入血壓計。	牢固插入進氣接頭。
	未正確捲好手臂壓脹帶。	以正確方式捲繞手臂壓脹帶，然後進行另一次測量。請參閱使用說明書的第 6 節 ②。
	手臂壓脹帶出現漏氣問題。	更換新的手臂壓脹帶。請參閱使用說明書的第 12 節 ②。
E2 顯示，或手臂壓脹帶加壓後無法完成測量。	您在測量過程中移動或說話，手臂壓脹帶未充分加壓。	測量時請保持身體靜止不動，並且請勿交談。如果出現提示「E2」，請手動替手臂壓脹帶加壓，直到收縮壓比之前的數值高 30 至 40 mmHg。請參閱使用說明書的第 8 節 ②。
	由於收縮壓高於 210 mmHg，無法進行測量。	測量時請保持身體靜止不動，並且請勿交談。
E3 顯示	對手臂壓脹帶加壓，超過最大允許壓力。	測量時，請勿觸摸手臂壓脹帶和 / 或彎折空氣管。如果手動替手臂壓脹帶加壓，請參閱使用說明書 ② 的第 8 節。
E4 顯示	測量時身體晃動或談話，震動會干擾測量。	測量時請保持身體靜止不動，並且請勿交談。
E5 顯示	未正確偵測脈搏數。	以正確方式捲繞手臂壓脹帶，然後進行另一次測量。請參閱使用說明書的第 6 節 ②。
顯示		測量時請保持身體靜止不動，並採用正確坐姿。
顯示 測量過程中不會閃爍		若「♡」符號持續顯示，我們建議您諮詢您的醫師。
Er 顯示	血壓計故障。	再按一次 [START/STOP] (開始 / 停止) 鍵。若「Er」仍出現，請洽當地的 OMRON 代表。
Err 顯示	血壓計無法正確連接至智慧型裝置或傳輸數據。	請遵循「OMRON connect」應用程式中顯示的說明。若在檢查應用程式後「Err」仍出現，請聯絡您當地的 OMRON 代表。
P 閃爍	血壓計正在等待與智慧型裝置配對。	請參閱使用說明書的第 5 節 ②，了解您的血壓計與您的智慧型裝置配對，或按 [START/STOP] (開始 / 停止) 鍵取消配對並關閉血壓計。
閃爍	無法傳輸超過 24 個數值。	配對或傳輸您的數據到「OMRON connect」應用程式。
閃爍	尚未設定日期和時間。	以便您將它們保存在應用程式的記憶體中，然後此訊息將不再出現。
閃爍	已有 30 組未傳輸的數值。	

關於無線通訊干擾
產品內建藍牙選項。可用於連接行動裝置上的專用應用程式，以將行動裝置的日期 / 時間數據同步至產品，並將產品上的測量數據同步到行動裝置。使用者可自行決定是否進一步處理行動裝置上的數據。本產品在 2.4 Ghz 的未授權 ISM 頻段中運行，任何其它方皆可能到意或意外擾亂此頻段的無線電波。用於任何未知目的。如果本產品在運行時所處頻段與本產品相同的其他無線裝置（如微波爐和無線區域網）附近使用，則可能會發生干擾。如果發生干擾現象，在使用本產品前請先停止操作其他裝置，或調整本產品的放置地點。使其遠離其他無線裝置。
根據 NCC LP0002 低功率射頻器材技術規範_章節 3.8.2：
取得審驗證明之低功率射頻器材，非經核准，公司、商號或使用者均不得擅自變更頻率、加大功率或變更原設計之特性及功能。低功率射頻器材之使用不得影響飛航安全及干擾合法通信；經發現有干擾現象時，應立即停用，並改善至無干擾時方得繼續使用。前述合法通信，指依電信管理法規定作業之無線電通信。低功率射頻器材須忍受合法通信或工業、科學及醫療用電波輻射性電機設備之干擾。

2. 維護

2.1 維護

為避免本血壓計受到損壞，請遵守下方的指示：

- 若使用者未經製造商許可進行變動或改造，會使保固失效。

⚠注意

- 請勿拆解或嘗試修理本產品及其他配件，否則可能會造成測量數值不正確。

2.2 存放

不使用本產品時，請將本產品存放於

ပြသမှု/ပြဿနာ	မြစ်နှင်းမြေနှိပ်သည့်အကြောင်းရင်း	ဖြေရှင်းချက်
E4 (ပုံမှန်)	သင်သည် ဖိုင်တွဲတစ်ခုတွင် လျှို့ဝှက်သည့် သို့မဟုတ် ကာကွယ်ခြင်းကိုသာ ကြည့်ရှုခြင်းရှိပါက အမှားတစ်ခုဖြစ်နေပေသည်။	ဖိုင်တွဲတစ်ခုတွင် လျှို့ဝှက်သည့် သို့မဟုတ် ကာကွယ်ခြင်းကို ပယ်ဖျက်ပါ။
E5 (ပုံမှန်)	ရေသွေးနှင့်ကြိုးမဲ့ မျက်နှာစွပ်ချထားပြီးပါက။	ဘက်တစ်ဖက်လုံးတည်ငြိမ်ရန် ပတ်ကို မျက်နှာစွပ်ထားကြောင်းနှင့် ရေတားထပ်ခြင်းကာကွယ်ရေးပစ္စည်းကို ပယ်ဖျက်ပြီးနောက် အပိုင်း 6 အား ကိုးကားပါ (2)။
ကိုင်ထားချိန်တွင်လက်နှင့် မိမိမည်သည်။	ကိုင်ထားကွဲလွဲခြင်း ပြန်ညှိခြင်းနှင့် ကာကွယ်ခြင်းကိုပယ်ဖျက်ပါ။	(2) ပယ်ဖျက်ပြီးနောက် ဆက်ကိုင်ထားပါ။
E r (ပုံမှန်)	ဖေါ့တီအချိန်ပြီးနေပါသည်။	[START/STOP] ခလုတ်သည် ရပ်မနေပဲ ဆက်ကစားပါ။ ဖေါ့တီအချိန်ပြီး "Er" ဆက်ပေါ်နေသေးပါက ဆက်ဆက်သွားပါ။ OMRON ကိုကိုးကားလျက် ဆက်လုပ်ပါပါ။
E r (ပုံမှန်)	ကြိုးမဲ့ကိရိယာသည် ဖေါ့တီအချိန်ကုန်ခဲ့ပြီးနောက် ကိုင်ထားပါသည်။	"OMRON connect" အက်ပ်သည် ပြန်လည်ကနဦးပြုလုပ်ရန် ကိုင်ထားပါ။ ဆက်ပေါ်ရှိ ဖေါ့တီ "Er" သေးပါက ဆက်ကစားပါ။ OMRON ကိုကိုးကားပါ။ ဆက်ဆက်ပြန်ပေါ်ပါက ဆက်ပြီးပြန်ကစားပါ။
P (ပေါ်ပေါင်းခြင်း)	ကြိုးမဲ့ကိရိယာသည် ဖေါ့တီအချိန်ကုန်ခဲ့ပြီးနောက် ချိတ်ဆက်ခြင်းကို ကာကွယ်ပြီးပါပြီ။	သင်ပေါ်ရှိကိရိယာအား ပေါ်ကော်ကိုပြန်ကောင့်ပါ။ ချိတ်ဆက်ခြင်းကို ကြိုးတပ်ခြင်းမပြုပဲ ပြန်ကြိုးတပ်ပါ။
P (ပေါ်ပေါင်းခြင်း)	ဖေါ့ဒီချိန်ကုန် 24 ကျော်ကို ထုတ်လုပ်ခြင်းမှစ်၍	သင်ပေါ်ရှိကိရိယာအား ပေါ်ကော်ကိုပြန်ကောင့်ပါ။ ချိတ်ဆက်ခြင်းကို ကြိုးတပ်ခြင်းမပြုပဲ ပြန်ကြိုးတပ်ပါ။
P (ပေါ်ပေါင်းခြင်း)	ပေါ်ကော်ကိုပြန်ကောင့်ခြင်းမှ ကျော်လွန်ပြီ။	ကိုင်ထားကွဲလွဲခြင်း ပြန်ညှိခြင်းနှင့် ကာကွယ်ခြင်းကိုပယ်ဖျက်ပါ။
A1 (ပေါ်ပေါင်းခြင်း)	ကိုယ်ခန္ဓာ အပူချိန်ကို ထိန်းချုပ်ခြင်းမှ ကျော်ပြီ။	ကိုယ်ခန္ဓာ ပုံမှန်ပြန်ရောက်ပြီးမှ ပြန်ကစား