

Instruction Manual

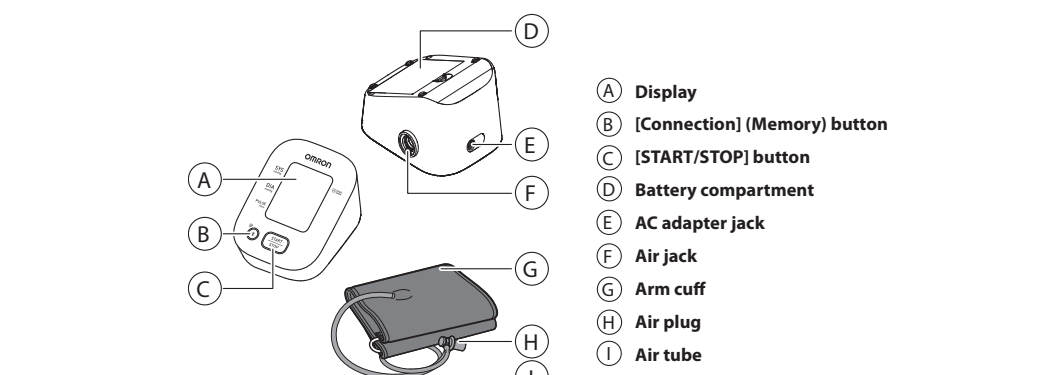
Automatic Upper Arm Blood Pressure Monitor

M2 Intelli IT+ (HEM-7146T2-EBK)

English

Read Instruction manual 1 and 2 before use. For symbols information, refer to "Symbols Description" on the back side of the another "Instruction manual 1".

All for Healthcare



Introduction

Thank you for purchasing the M2 Intelli IT+ 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.

Safety Instructions

This instruction manual provides you with important information for the M2 Intelli IT+ Automatic Upper Arm Blood Pressure Monitor. To ensure the safe and proper use of this product, please 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.

Intended Use

This device is a digital monitor intended for use in measuring blood pressure and pulse rate in a adult target population. This monitor detects the appearance of irregular heartbeats during measurement and indicates this by visual warnings. 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 OMRON retail outlet or distributor.

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 newborns. DO NOT use this monitor on anyone who is pregnant. DO NOT use this monitor on anyone who has a heart condition. DO NOT use this monitor on anyone who has a blood pressure reading above 180 mmHg. DO NOT use this monitor on anyone who has a heart condition. DO NOT use this monitor on anyone who has a blood pressure reading above 180 mmHg. DO NOT use this monitor on anyone who has a heart condition. DO NOT use this monitor on anyone who has a blood pressure reading above 180 mmHg.

General Precautions

- When you take a measurement on the right arm, the left arm blood pressure will be displayed. 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 all measurements.
- NEVER diagnose or treat yourself based on your readings. ALWAYS consult with your physician.
- NEVER use the monitor on anyone who has a heart condition, poor perfusion, diabetes, pregnancy, rest-clampata or renal insufficiency.
- When using an optional AC adapter, make sure not to place your monitor in a location where it is difficult to plug and unplug the AC adapter.

Battery Handling and Usage

- DO NOT insert batteries or replace the batteries 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.
- Do not use this monitor on anyone who has a heart condition.
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2. Maintenance

- DO NOT disassemble or attempt to repair this monitor or other components. This repair cause an inaccurate reading.
- DO NOT use this monitor on anyone who has a heart condition.
- DO NOT use this monitor on anyone who has a heart condition.

3. Specifications

- Product category: Electronic Sphygmomanometers
- Product description: Automatic Upper Arm Blood Pressure Monitor
- Model (Code): M2 Intelli IT+ (HEM-7146T2-EBK)
- Display: LCD digital display
- Cuff pressure range: 0 to 299 mmHg
- Blood pressure measurement range: SYS: 60 to 260 mmHg, DIA: 40 to 160 mmHg
- Pulse measurement range: 40 to 180 beats/min
- Accuracy: Pressure: ± 3 mmHg, Pulse: $\pm 5\%$ of displaying reading
- Inflation: Automatic by electric pump
- Deflation: Automatic pressure release valve
- Measurement method: Oscillometric method
- Transmission method: "Bluetooth" Low Energy
- Frequency range: 2.4 GHz
- Modulation: GFSK
- Effective radiated power: < 20 dBm
- Operation mode: Continuous operation

1. Error Messages and Troubleshooting

- Remove the arm cuff from the monitor.
- Gently fold the air tube into the air cuff.
- 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 vibrations or shocks. In locations exposed to extreme temperatures or shocks.
- 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. Remove the arm cuff if it does not start deflating or does not deflate properly. Do not use gasoline, thinners or other solvents to clean your monitor and arm cuff.
- 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 it inspected every two years to ensure correct function and accuracy. Please consult your authorized OMRON dealer or the OMRON Customer Service at the address given on the packaging or attached literature.

Display/Problem Possible Cause Solution

- The (START/STOP) button was pressed while the screen is not applied. Press the (START/STOP) button again to turn the screen on. If the screen is still not applied, insert the air plug securely and apply the arm cuff correctly, then press the (START/STOP) button.
- Air plug is not completely plugged into the monitor. Insert the air plug securely.
- The arm cuff is not applied correctly. Apply the arm cuff correctly, then take another measurement. Refer to section 6 of instruction manual 1.
- The arm is leaking from the air cuff. Replace the arm cuff to the new one. Refer to section 12 of instruction manual 1.
- 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 on the screen, the arm cuff does not inflate sufficiently. Replace the arm cuff to the new one. Refer to section 12 of instruction manual 1.
- The arm cuff is inflated exceeding the maximum allowable pressure. Do the systolic pressure is 210 mmHg, or the diastolic pressure is 135 mmHg, or the pulse rate is 180 bpm or more. Do not use this monitor in high pressure environments such as a car or on an aircraft.
- DO NOT use this monitor on anyone who has a heart condition. DO NOT use this monitor on anyone who has a heart condition. DO NOT use this monitor on anyone who has a heart condition.

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

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Display/Problem	Possible Cause	Solution
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 1.
does not flash during a measurement	The pulse rate is not detected correctly.	Apply the arm cuff correctly, then take another measurement. Refer to section 6 of instruction manual 1.
E6 appears	The monitor has failed.	Refer to section 12 of instruction manual 1.
E7 appears	The monitor has failed.	Refer to section 12 of instruction manual 1.
E8 appears	The monitor has failed.	Refer to section 12 of instruction manual 1.
E9 appears	The monitor has failed.	Refer to section 12 of instruction manual 1.
E10 appears	The monitor has failed.	Refer to section 12 of instruction manual 1.
E11 appears	The monitor has failed.	Refer to section 12 of instruction manual 1.
E12 appears	The monitor has failed.	Refer to section 12 of instruction manual 1.
E13 appears	The monitor has failed.	Refer to section 12 of instruction manual 1.
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E20 appears	The monitor has failed.	Refer to section 12 of instruction manual 1.
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E22 appears	The monitor has failed.	Refer to section 12 of instruction manual 1.
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E24 appears	The monitor has failed.	Refer to section 12 of instruction manual 1.
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E35 appears	The monitor has failed.	Refer to section 12 of instruction manual 1.
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E37 appears	The monitor has failed.	Refer to section 12 of instruction manual 1.
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E81 appears	The monitor has failed.	Refer to section 12 of instruction manual 1.
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E91 appears	The monitor has failed.	Refer to section 12 of instruction manual 1.
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E93 appears	The monitor has failed.	Refer to section 12 of instruction manual 1.
E94 appears	The monitor has failed.	Refer to section 12 of instruction manual 1.
E95 appears	The monitor has failed.	Refer to section 12 of instruction manual 1.
E96 appears	The monitor has failed.	Refer to section 12 of instruction manual 1.
E97 appears	The monitor has failed.	Refer to section 12 of instruction manual 1.
E98 appears	The monitor has failed.	Refer to section 12 of instruction manual 1.
E99 appears	The monitor has failed.	Refer to section 12 of instruction manual 1.
E100 appears	The monitor has failed.	Refer to section 12 of instruction manual 1.

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 81060-2:2014.
- During pregnancy and pre-eclampsia patients. In the clinical validation study, 15 subjects were used on 15 subjects for the purpose of clinical blood pressure.
- If clinical studies of degrees of protection for determination of the accuracy of the cuff pressure measurement, the cuff pressure measurement is protected against falling objects of 12.5 mm diameter and greater such as a finger. The optional AC adapter (HFP-BFH01) is protected against falling water drops which may cause issues during a normal operation. The optional AC adapter (HFP-BFH01) is protected against falling water drops which may cause issues during a normal operation.
- Operation mode classification complies with IEC 60601-1.

Data Transmission

- DO NOT replace 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.
- DO NOT use 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

- 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 pull on the cable. Do not break it. Do not twist it. Do not bend it. Do not use it as a handle. Do not use it as a support. Do not use it as a stand. Do not use it as a shelf. Do not use it as a table. Do not use it as a chair. Do not use it as a bed. Do not use it as a sofa. Do not use it as a couch. Do not use it as a bench. Do not use it as a stool. Do not use it as a step. Do not use it as a ladder. Do not use it as a ramp. Do not use it as a platform. Do not use it as a base. Do not use it as a support. Do not use it as a stand. Do not use it as a shelf. Do not use it as a table. Do not use it as a chair. Do not use it as a bed. Do not use it as a sofa. Do not use it as a couch. Do not use it as a bench. Do not use it as a stool. Do not use it as a step. Do not use it as a ladder. Do not use it as a ramp. Do not use it as a platform. Do not use it as a base. Do not use it as a support. Do not use it as a stand. 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Do not use it as a shelf. Do not use it as a table. Do not use it as a chair. Do not use it as a bed. Do not use it as a sofa. Do not use it

Symbols Description

PA Opis symboli CZ Popis symbolů HU Szimbólumok leírása SK Opis symbolov SI Opis simbolov HR Opis simbola	 Applied part - Type BF Degree of protection against electric shock (leakage current) PA Część wchodząca w kontakt z ciałem pacjenta – typu BF (stopień ochrony przed porażeniem prądem (prąd upływu)) CZ Hlídaná část - typ BF - Stupeň ochrany před úrazem elektrickým proudem (svodový proud) HU érintkezé rész - BF típus Az áramütés ellen védelem szintje (áramszivárgás) SK Hlíbená časť - Typ BF Stupeň ochrany pred zášahom elektrickým prúdom (svodovým prúdom) SI Del v stiku z bolnikom - pripomoček tipa BF Stopnja zaščite pred električnim udarom (uhajavi tok) HR Primijenjeni dio - Tip BF Stopanj zaštite od strujnog udara (isjecanje struje) CE CE CE Marking PA Označenje CE CZ Označení CE HU CE jelölés SK Označenie CE SI Označka CE HR Oznaka CE UKCA UKCA UKCA Marking PA Označenje UKCA CZ Značení UKCA HU UKCA jelölés SK Označenie UKCA (hodnotenie súladu vo Veľkej Británii) SI Označka UKCA HR Oznaka UKCA Class II equipment, Protection against electric shock PA Urządzenie klasy II. Ochrona przed porażeniem prądem. CZ Zařízení třídy II. Ochrana proti úrazu elektrickým proudem HU II. osztályba tartozó berendezés. Áramütés elleni védelem SK Zariadenie triedy II. Ochrana pred zasahnutím elektrickým prúdom SI Oprema razreda II. Zaščita pred električnim udarom HR Oprema klase II. Zaštita od strujnog udara IP XX IP XX Ingress protection degree provided by IEC 60529 PA Stopień ochrony przed wnikaniem substancji wg normy IEC 60529 CZ Stupeň ochrany proti vniknutí látky IEC 60529 HU Az IEC 60529 által nyújtott IP-védettség fokja SK Stupeň ochrany proti vniknutiu podľa IEC 60529 SI Oprema zaščite pred vdorom tuje snovi zagotovljena po IEC 60529 HR Stupanj zaštite od prodora prema normi IEC 60529 SN SN Serial number PA Numer serii CZ Sériové číslo HU sorozatsám SK Sériové číslo SI Serijska številka HR Serijski broj UDI UDI Unique device identifier PA Unikatowy identyfikator urządzenia CZ Jedinčný identifikátor prostriedku HU Egyedi eszközazonosító SK Unikátny identifikátor pomôcky (UDI) SI Edinstveni identifikator pripomočka HR Jedinstvena identifikacija proizvoda MD MD Medical device PA Wyrób medyczny CZ Zdravotnický prostředek HU Orvostechikai eszköz SK Zdravotnícka pomôcka SI Medicinski pripomoček HR Medicinski proizvod For indoor use only PA Wyłącznie do użytku wewnętrznego CZ Pouze pro použití uvnitř budov HU Csak beltéri használatra SK Len na vnútorné použitie SI Samo za uporabo v zaprtih prostorih HR Za upotrebu samo u zatvorenom prostoru Temperature limitation PA Ograniczenia dot. temperatury CZ Omezení teploty HU hőmérsékletre vonatkozó korlát SK teplotné obmedzenie SI Omejitev temperature HR Ograničenje temperature Humidity limitation PA Ograniczenia dot. wilgotności CZ Omezení vlhkosti HU páratartalomra vonatkozó korlát SK vlhkosťné obmedzenie SI Omejitev vlažnosti HR Ograničenje vlažnosti Atmospheric pressure limitation PA Ograniczenia dot. ciśnienia atmosferycznego CZ Omezení atmosférického tlaku HU légnyomásra vonatkozó korlát SK obmedzenie atmosférického tlaku SI Omejitev atmosferskega tlaka HR Ograničenje atmosferskog tlaka Indication of connector polarity PA Oznaczenie biegunowości złącza CZ Označení polarity konekturu HU A megfelelő csatlakoztatási polaritás jelzése SK označenie polarity konektora SI oznaka polarnosti priključka HR Oznaka polariteta priključka
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 Identifier of cuffs compatible for the device PA Sposób identyfikacji mankietów zgodnych z urządzeniem CZ Identifikátor manžet kompatibilních se zařízením HU A készülékkel kompatibilis mankizettak azonosítója SK Identifikátor manžet kompatibilných so zariadením SI Oznaka manšet, združljivih s tem pripomočkom HR Identifikacija manšeta kompatibilnih s uređajem	OMRON's trademarked technology for blood pressure measurement PA Opatrzona znakiem towarowym technologia firmy OMRON dotycząca pomiaru ciśnienia krwi CZ Technologie společnosti OMRON s ochrannou známkou pro měření krevního tlaku HU Az OMRON védjeggyel védett vérnyomásmérési technológiája SK technológia merania krvného tlaku spoločnosti OMRON s ochrannou známkou SI zaščitena tehnologija podjetja OMRON za meritve krvnega tlaka HR zaštitni znaci tehnologije za mjerenje krvnog tlaka proizvođača OMRON Arm circumference PA Obwód ramienia CZ Obvod paže HU Karakerület SK obvod ramena SI Obseg roke HR Opseg ruke Cuff positioning indicator for the left arm PA Wskaźnik umiejscowienia mankieta na lewym ramieniu CZ indikátor umístění manžety pro levou ruku HU Mankizettapozícionáló jelzés a bal karhoz SK Ukazovateľ polohy manžety pre ľavú ramienu SI Indikator za namestitev manšete na levi roki HR Indikator pozicioniranja manšete za lijevu ruku Marker on the cuff to be positioned above the artery PA Znacznik na mankiecie, wskazujący pozycję umieszczenia nad tętnicą CZ značka na manžetě musí být umístěna nad arterií HU jelzés a mankizettán az artéria felett, pozícionáláshoz SK značka na manžeti, ktorá má byť umiestnená nad cievu SI oznaka na manšeti, ki mora biti nameščena nad arterijo HR oznaka na manžeti koju treba postaviti iznad arterije Range pointer and brachial artery alignment position PA Wskaźnik zakresu i dostosowania pozycji do tętnicy ramiennej CZ Ukazatel rozsahu a poloha pro zarovnání na brachiální tepnu HU Méretsáv kijelzés és a felkarverő igazítási pozíciója SK Ukazovateľ rozsahu a správnej polohy voči brachálnej arterii SI kazalnik razpona in položaj za poravnavo z nadlaktčno arterijo HR pokazivač raspona i pozicije poravnava nadlaktične arterije Range indicator of arm circumferences to help selection of the correct cuff size PA Wskaźnik zakresu obwodu ramienia pomagający w doborze mankieta o właściwym rozmiarze CZ Indikátor rozsahu obvodu paže, který pomáhá volbě správné velikosti manžety HU Karkérület méretsávjának kijelzése a megfelelő méretű mankizetta kiválasztásához SK Ukazovateľ rozsahu obvodu ramena ako pomôcka pri výbere správnej veľkosti manžety SI Indikator obsega roke, ki pomaga pri izbiri pravilne velikosti manšete HR Indikator opsega ruke pomaže u odabiru primjerene veličine manšete Necessity for the user to consult this instruction manual PA Użytkownik powinien zapoznać się z niniejszą instrukcją obsługi CZ Uživatel si musí prostudovat tento návod k obsluze HU A felhasználónak követeen kell a használati útmutatót elolvasni SK Je potrebné, aby používateľ nahliadol do tohoto návodu na použitie SI Uporabnik mora obvezno prebrati priročnik z navodili HR Korisnik treba pogledati ovaj priručnik za upotrebu
Need for the user to follow this instruction manual thoroughly for your safety PA Dla zachowania bezpieczeństwa użytkownik musi ściśle przestrzegać niniejszej instrukcji obsługi CZ Uživatel musí pečlivě dodržovat pokyny v tomto návodu k obsluze kvůli zajištění bezpečnosti HU A felhasználó biztonságára érdekében a használati útmutató elolvasának pontos betartására van szükség SK Je potrebné, aby používateľ z dôvodu vlastnej bezpečnosti presne dodržiaval tento návod na použitie SI Uporabnik mora za svojo varnost dožledno upoštevati ta priročnik z navodili HR Korisnik mora potpuno slijediti ovaj priručnik s uputama radi sigurnosti.	Direct current PA Prąd stały CZ Stejnoseměrný proud HU egyenáram SK jednosmerný prúd SI enosmerni tok HR istosmjerna struja Alternating current PA Prąd zmienny CZ Střídavý proud HU váltakozó áram SK striedavý prúd SI zmenični tok HR izmjenična struja Date of manufacture PA Data produkcji CZ Datum výroby HU A gyártás időpontja SK dátum výroby SI Datum izdelave HR Datum proizvodnje

QUALITY PASS 	Manufacturer's quality control mark PA Znak kontroli jakości producenta CZ značka kontroly kvality výrobce HU gyártó minőség-ellenőrzési jelzése SK značka kontroly kvality výrobcu SI oznaka kontrole kakovosti proizvajalca HR Oznaka kontrole kvalitete proizvođača Prohibited action PA Czynność niedozwolona CZ zakázaný postup HU tiltott tevékenység SK zakázané kroky SI prepovedano dejanje HR Zabranjena radnja Recycle mark X: Material number Y: Material abbreviation Refer to 97/129/EC for more information. PA Znak recyklingu X: Numer materiału Y: Skrócona nazwa materiału Więcej informacji można znaleźć w dyrektywie 97/129/WE. CZ značka recyklace X: Číslo materiálu Y: Zkratka materiálu Další informace uvidí 97/129/ES. HU Újrahasznosítási jel X: Anyagszám Y: Anyag rövidítése További információkért lásd a 97/129/EK biztossági határozatot. SK značka recyklácie X: Číslo materiálu Y: Skratka materiálu Ďalšie informácie uvidíte 97/129/ES. SI znak za recikliranje X: Številka materiala Y: Kratica za material Za več informacij glejte 97/129/ES. HR Oznaka za recikliranje X: Broj materijala Y: Kratica materijala Pogledajte 97/129/EC za više informacija. To indicate generally elevated, potentially hazardous, levels of non-ionizing radiation, or to indicate equipment or systems, e.g. in the medical electrical area that include RF transmitters or that intentionally apply RF electromagnetic energy for diagnosis or treatment. PA Symbol ogólnie podwyższonych, potencjalnie niebezpiecznych poziomów promieniowania niejonizującego lub oznaczenie urządzeń lub systemów, np. medycznych obszarów elektrycznych, które obejmują nadajniki częstotliwości radiowych lub urządzenia celowo wykorzystujące energię elektromagnetyczną do diagnostyki lub leczenia. CZ Indikaci obecně zvýšených, potenciálně nebezpečných úrovní neionizujícího záření, nebo k indikaci zařízení či systémů, např. v oblasti zdravotnických elektrických zařízení, která obsahují radiofrekvenční vysíláče nebo která záměrně používají radiofrekvenční elektromagnetickou energii k diagnostice nebo léčbě HU Jelemez a magasabb, potenciálisan veszélyes ionizáló sugárzás szintek jelzéséhez, vagy olyan eszközök és rendszerek jelzéséhez, mint pl. orvosi elektromos körvezetek RF-berendezéseivel, amelyek diagnosztikai vagy terápiás célokra RF elektromágneses energiát használnak. SK Na označenie všeobecne zvýšených, potenciálne nebezpečných úrovní neionizujúceho žiarenia alebo na označenie zariadení alebo systémov, napr. v oblasti lekárskej elektrotechniky, ktoré zahŕňajú RF-vysieláče alebo zámerne využívajú RF elektromagnetickú energiu na diagnostiku a liečbu. SI Za označevanje v splošnem povišanih, potencialno nevarnih ravni neionizirajočega sevanja, ali za označevanje opreme ali sistemov, npr. električnih medicinskih pripomočkov, ki vključujejo RF-oddajnike ali namenoma oddajajo radiofrekvenčno elektromagnetno energijo za diagnostiranje ali zdravljenje. HR Oznaka općenito povećanje razine neionizirajućeg zračenja koje može biti opasno ili označava opremu ili sustave, primjerice u području medicinske električne struje koja obuhvaćaju radiofrekvencijske odašiljače ili u kojima se namjerno primjenjuje radiofrekvencijska elektromagnetska energija u svrhu dijagnostike ili liječenja.
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Automatic Upper Arm Blood Pressure Monitor

M2 Intelli IT+ (HEM-7146T2-EBK)



All for Healthcare

Read Instruction manual ① and ② before use.

PL Przed rozpoczęciem korzystania z ciśnieniomierza należy przeczytać instrukcję obsługi ① i ②.

Cestina Před použitím si přečtěte Návod k obsluze ① a ②.

Magyar Használat előtt olvassa el a(z) ① és a ② használati útmutatókat.

Slovenčina Pred použitím si prečítajte návod na použitie ① a ②.

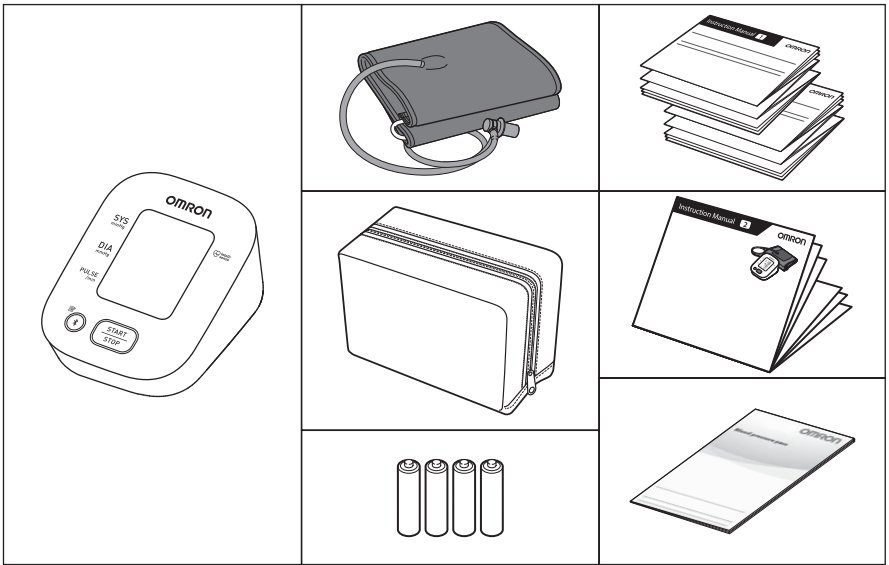
Slovensčina Pred uporabo preberite priročnik z navodili ① in ②.

Hrvatski Pročitajte priručnik s uputama ① i ② prije upotrebe.

IM2-HEM-7146T2-EBK-E2-01-06/2023

1 Package Contents

- PL** Zawartość opakowania
- CZ** Obsah balení
- HU** A csomag tartalma
- SK** Obsah balenia
- SL** Vsebina embalaže
- HR** Sadržaj pakiranja



2 Preparing for a Measurement

- PL** Przygotowanie do pomiaru
- CZ** Příprava na měření
- HU** A mérés előkészítése
- SK** Príprava na meranie
- SL** Priprava na meritve
- HR** Pripremanje za mjerenje

30 minutes before

- PL** 30 minut przed
- CZ** 30 minut před měřením
- HU** 30 perccel előtte
- SK** 30 minút vopred
- SL** 30 minut prej
- HR** 30 minuta prije



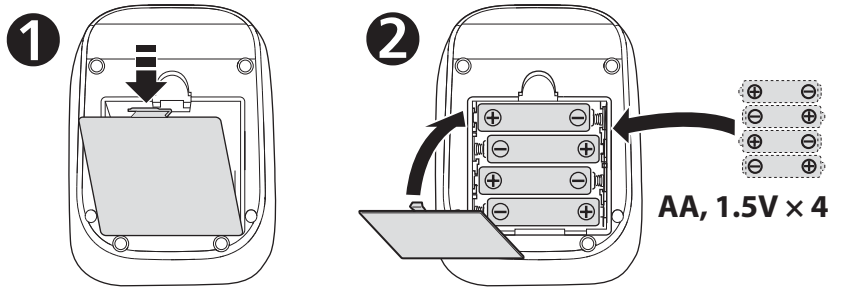
5 minutes before: Relax and rest.

- PL** 5 minut przed: odpręż się i odpocznij.
- CZ** 5 minut před měřením: Uvolněte se a odpočvejte.
- HU** 5 perccel előtte: Nyugodjon meg és pihenjen.
- SK** 5 minút vopred: Uvoľnite sa a oddychujte.
- SL** 5 minut prej: sprostito se in počivajte.
- HR** 5 minuta prije: opustite se i odmorite.



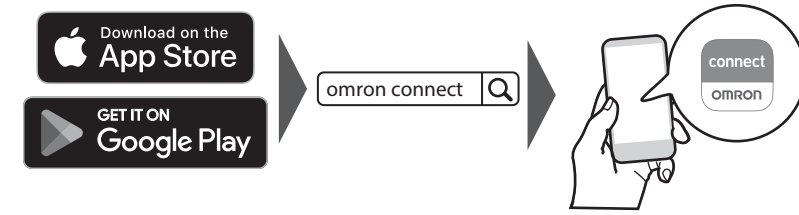
3 Installing Batteries

- PL** Instalacja baterii
- CZ** Instalace baterií
- HU** Az elemek behelyezése
- SK** Inštalácia batérií
- SL** Namestitev baterij
- HR** Stavljanje baterija



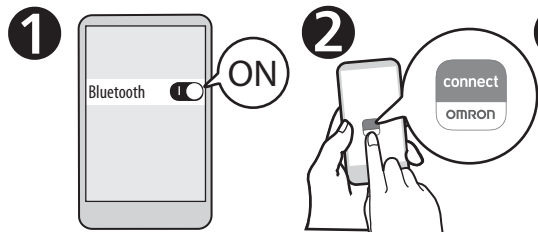
4 Downloading the “OMRON connect” App

- PL** Pobieranie aplikacji „OMRON connect”
- CZ** Stažení aplikace „OMRON connect”
- HU** Az „OMRON connect” alkalmazás letöltése
- SK** Stiahnutie aplikácie „OMRON connect”
- SL** Prenos aplikacije “OMRON connect”
- HR** Preuzimanje aplikacije „OMRON connect”



5 Pairing Your Smart Device

- PL** Parowanie ciśnieniomierza z urządzeniem inteligentnym
- CZ** Spárování s chytrým zařízením
- HU** Okoseszközzel történő párosítás
- SK** Párovanie s inteligentným zariadením
- SL** Seznanjanje s pametno napravo
- HR** Uparivanje pametnog uređaja

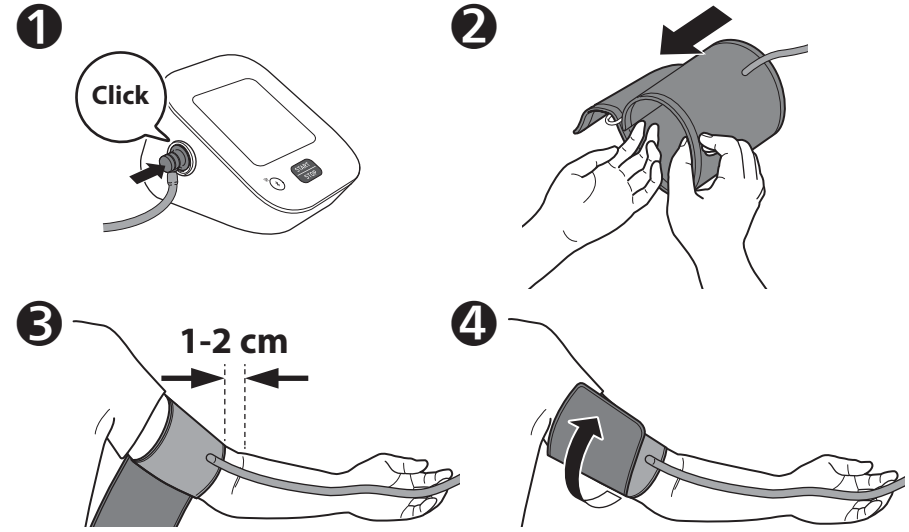


Follow the instructions.

- PL** Przestrzegać wszystkich instrukcji.
- CZ** Postupujte podle pokynů.
- HU** Kövesse az utasításokat.
- SK** Riadťe sa pokynmi.
- SL** Upoštevajte navodila.
- HR** Pridržavajte se uputa.
- 4 Make sure that air tube is on the inside of your arm and wrap the cuff securely so it can no longer slip round.**
- PL** Upewnić się, że przewód powietrza znajduje się po wewnętrznej stronie ramienia i owinać starannie mankiet, aby się nie zsuwał.
- CZ** Dbejte na to, aby vzduchová hadička byla na vnitřní straně paže, a manžetu bezpečně oviněte tak, aby se nemohla otáčet kolem ruky.
- HU** Ellenőrizze, hogy a levegőcső a kar belső részénél legyen, és a mandzsettát úgy rögzítse, hogy az ne csúszkáljon, hanem stabilan a karján maradjon.
- SK** Uistite sa, že je vzduchová hadička na vnútornej strane ramena a bezpečne obmotajte manžetu, aby sa nemohla posúvať.
- SL** Prepričajte se, da je zračna cev na notranji strani roke, in ovijte manšeto dovolj tesno, da je ni mogoče premikati.
- HR** Pobrinite se da vam je cijev za zrak s unutarnje strane ruke i čvrsto omotajte manžetu da više ne može kliziti oko.

6 Applying the Cuff on the Left Arm

- PL** Zakładanie mankietu na lewe ramię
- CZ** Umístění manžety na levou paži
- HU** A mandzsetta bal karra történő felhelyezése
- SK** Nasadenie manžety na ľavé rameno
- SL** Namestitev manšete na levo roko
- HR** Stavljanje manžete na lijevu ruku



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

- PL** Koniec mankietu z podłączonym przewodem powietrza powinien znajdować się 1–2 cm powyżej zgięcia łokcia.
- CZ** Manžeta by měla být umístěna stranou s hadičkou 1 až 2 cm nad vnitřní stranou lokte.
- HU** A mandzsetta levegőcső felőli része körülbelül 1-2 cm-rel legyen a könyök belső része fölött.
- SK** Strana manžety s hadičkou má byť 1 až 2 cm nad vnútornou stranou lakťa.
- SL** Stran manšete s cevjo naj bo 1 do 2 cm nad notranjo stranjo komolca.
- HR** Strana cijevi manžete mora biti od 1 do 2 cm iznad unutrašnjosti lakta.

If taking measurements on the right arm, refer to:

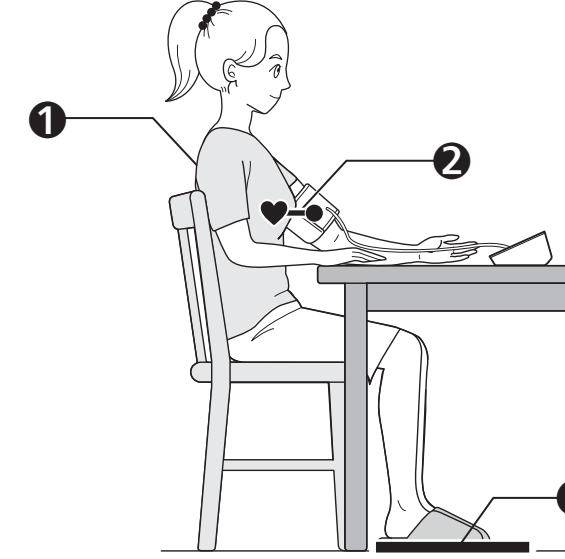
- PL** Pomiar ciśnienia na prawym ramieniu, patrz:
- CZ** Pokud provádíte měření na pravé paži, přečtěte si:
- HU** A jobb karon történő vérnyomásméréssel kapcsolatos információért lásd:
- SK** Pri meraní na pravom ramene si pozrite:
- SL** Če meritve izvajate na desni roki, glejte:
- HR** Ako obavljate mjerenja na desnoj ruci, pogledajte sljedeće:



Instruction Manual ①
General Precautions

7 Sitting Correctly

- PL** Prawidłowa pozycja ciała
- CZ** Správné sezení
- HU** A megfelelő ülőhelyzet
- SK** Správne sedenie
- SL** Pravilna postavitev
- HR** Pravilno sjedenje



1 Sit comfortably with your back and arm supported.

- PL** Usiąść wygodnie, opierając plecy i ramię.
- CZ** Posadte se pohodlně, s opěrnými zády a podepřenou rukou.
- HU** Ülőn le kényelmesen, a hátát és a karját támassza meg.
- SK** Sadnite si pohodlnie tak, aby ste mali chrbát aj hornú končatinu podoprenú.
- SL** Pri sedenju naj bosta vaš hrbet in roka podprta.
- HR** Sjednite u udoban položaj i neka su vam leđa i ruke poduprte.

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

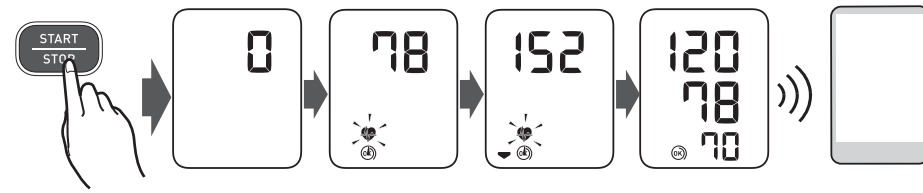
- PL** Mankiet powinien znajdować się na wysokości serca.
- CZ** Umístěte manžetu u úrovní srdce.
- HU** A mandzsetta legyen a szívével azonos magasságban.
- SK** Manžetu umiestnite do rovnakej výšky ako máte srdce.
- SL** Manšeta za roko mora biti v višini vašega srca.
- HR** Stavite manžetu za ruku na razinu sa srcem.

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

- PL** Stopy ułożyć płasko na podłodze, nie krzyżować nóg, siedzieć spokojnie, bez ruchu i nie rozmawiać.
- CZ** Chodidla položte rovně, nohy nepřekřížujte, nehybejte se a nemluvte.
- HU** Mindkét talpa legyen egyenes padlón, lábait ne tegye keresztbe, ne mozogjon és ne beszéljen.
- SK** Nohy majte vystreté, neprekrížené, nehybte sa a nerozprávajte.
- SL** Stopala naj plosko počivajo na tleh, noge ne smejo biti prekrizane, mirujte in ne govorite.
- HR** Neka vam stopala budu ravno na podu, noge neprekrizane, ostanite mirni i ne govorite.

8 Taking a Measurement

- PL** Wykonywanie pomiaru
- CZ** Měření
- HU** Mérés
- SK** Meranie tlaku krvi
- SL** Izvajanje meritve
- HR** Mjerenje



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

- PL** Po naciśnięciu przycisku [START/STOP] następuje pomiar i jego automatyczny zapis. Otworzyć aplikację, aby przesłać odczyt.
- CZ** Po stisknutí tlačítka [START/STOP] bude měření provedeno a uloženo automaticky. Otevřete aplikaci a spusťte přenos naměřených hodnot.
- HU** A [START/STOP] gomb megnyomásakor megkezdődik a vérnyomásmérés, az eredményt pedig a készülék automatikusan elmenti. Nyissa meg az alkalmazást az eredmény továbbításához.
- SK** Po stlačení tlačidla [START/STOP] sa vykoná meranie a výsledok sa automaticky uloží. Otvorte aplikáciu, aby ste výsledok preniesli.
- SL** Ko pritisnete gumb [START/STOP], se meritve izvede in samodejno shrani. Odprite aplikacijo in prenesite odčitke.
- HR** Kada pritisnete gumb [START/STOP], izvodi se mjerenje i automatski se sprema. Otvorite aplikaciju radi prijenosa očitanja.

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.

- PL** Jeśli ciśnienie skurczowe jest wyższe niż 210 mmHg: Po rozpoczęciu napełniania mankietu naciśnąć i przytrzymać przycisk [START/STOP], aż ciśnieniomierz napompuje mankiet do wartości o 30–40 mmHg wyższej od przewidywanego ciśnienia skurczowego.
- CZ** Je-li váš systolický tlak vyšší než 210 mmHg: Jakmile se manžeta začne nafukovat, stiskněte a přidržte tlačítko [START/STOP], dokud se přístroj nenafoukne o 30 až 40 mmHg více, než je váš očekávaný systolický tlak.
- HU** Ha a szisztolés vérnyomás értéke 210 Hgmm-nél magasabb: Miután megkezdődött a mandzsetta felfúvása, nyomja meg és tartsa lenyomva a [START/STOP] gombot, amíg a készülék a várt szisztolés vérnyomást 30–40 Hgmm-rel meg nem haladja.
- SK** Ak máte systolický tlak vyšší než 210 mmHg: Keď sa začne manžeta nafukovať, pridržte stlačené tlačidlo [START/STOP] dovtedy, kým merač nenafúkne manžetu na tlak o 30 až 40 mmHg vyšší, než je váš očakávaný systolický tlak.
- SL** Če vaš sistolični tlak presega 210 mmHg: Ko se začne manšeta za roko napihovati, pritisnite in držite gumb [START/STOP], dokler merilnik manšete ne napihne za od 30 do 40 mmHg nad vašim pričakovanim sistoličnim tlakom.
- HR** Ako je vaša sistolički tlak viši od 210 mmHg: Kad se manžeta počne napuhavati, pritisnite i držite gumb [START/STOP] dok se uređaj ne napuše na 30 do 40 mmHg više od očekivanog sistoličkog tlaka.

9	Checking Readings
PL	Sprawdzanie odczytów
CZ	Kontrola naměřených hodnot
HU	Eredmények ellenőrzése
SK	Kontrola nameraných výsledkov
SL	Preverjanje meritev
HR	Provjera mjerenja

1 Appears if “SYS” is 135 mmHg or above and/or “DIA” is 85 mmHg* or above.

PL Pojawia się, jeżeli wartość SYS (ciśnienie skurczowe) wynosi 135 mmHg lub jest wyższa i/lub wartość DIA (ciśnienie rozkurczowe) wynosi 85 mmHg* lub jest wyższa.

CZ Zobrazí se, pokud je hodnota „SYS“ 135 mmHg nebo vyšší a/nebo hodnota „DIA“ 85 mmHg* nebo vyšší.

HU Akkor jelenik meg, ha a „SYS” érték 135 Hgmm vagy magasabb, és/vagy a „DIA” érték 85 Hgmm* vagy magasabb.

SK Zobrazí sa, ak „SYS” má hodnotu 135 mmHg alebo vyššiu a/alebo „DIA” má hodnotu 85 mmHg* alebo viac.

SL Prikaže se, če je “SYS” (sistolni tlak) 135 mmHg ali višji in/ali “DIA” (diastolični tlak) 85 mmHg* ali višji.

HR Pojavljuje se ako je „SYS” 135 mmHg ili viši i/ili je „DIA” 85 mmHg* ili viši.

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

PL Pojawia się w przypadku wykrycia ruchów ciała podczas pomiaru. Zdjąć mankiet, poczekać 2–3 minuty i spróbować ponownie.

CZ Zobrazí se, pokud se vaše tělo během měření pohne. Sejměte manžetu, vyčkejte 2–3 minuty a zkuste to znovu.

HU Akkor jelenik meg, ha a mérés közben a mozog. Vegye le a mandzsettát, várjon 2 - 3 percig, majd próbálja újra a mérést.

SK Zobrazí sa, keď sa vaše telo počas merania hybe. Odstráňte manžetu, počkajte 2 až 3 minúty a skúste to znova.

SL Prikaže se, če se med meritvijo premikate. Odstranite manšeto za roko, počakajte 2–3 minute in poskusite znova.

HR Pojavljuje se kada se vaše tijelo miče tijekom mjerenja. Skinite manžetu za ruku i pričekajte od 2 do 3 minute i pokušajte ponovno.

3 Appears when an irregular rhythm is detected during a measurement. If it appears repeatedly, OMRON recommends to consult your physician.**

PL Pojawia się, gdy w czasie pomiaru wykryto arytmie**.

Jeżeli pojawia się wielokrotnie, firma OMRON zaleca konsultację z lekarzem.

CZ Zobrazí se, pokud je během měření zjištěn nepravidelný rytmus**.

Pokud se zobrazuje opakovaně, společnost OMRON doporučuje obrátit se na lékaře.

HU Akkor jelenik meg, ha a készülék a mérés közben szabálytalan szíverést** érzékel.

Ha ez ismételten megjelenik, akkor javasolt felkeresni orvosát és követni útmutatásait.

SK Zobrazí sa, keď sa počas merania zistí nepravidelný rytmus**.

Ak sa zobrazí opakovane, spoločnosť OMRON odporúča obrátiť sa na lekára.

SL Prikaže se, če merilnik zazna neenakomeren** srčni utrip.

Če se ponavlja, OMRON priporoča, da se posvetujete s svojim zdravnikom.

HR Pojavljuje se kada se tijekom mjerenja prepozna nepravilan srčani ritam**.

Ako se više puta pojavi, OMRON preporučuje da se posavjetujete sa svojim liječnikom.

4 Cuff is tight enough.

PL Mankiet jest wystarczająco ciasno założony.

CZ Manžeta je dostatečně utažená.

HU A mandzsetta elég szorosan van felhelyezve.

SK Manžeta je dostatočne utiahnutá.

■ nšeta je nameščena dovolj tesno.

■ nžeta je dovoljno stegnuta.

4 Apply cuff again MORE TIGHTLY.

PL Założyć mankiet ponownie, MOCNIEJ zaciskając.

CZ Nasadte manžetu znovu a UTÁHNĚTE JI PEVNĚJŠI.

HU Rögzítse SZOROSABBAN a mandzsettát.

SK Znova nasadte manžetu, tentokrát PEVNEJŠIE.

SL TESNEJE namestite manšeto.

HR Ponovo stavite manžetu i STEGNITE JE JAČE.

***The high blood pressure definition is based on the 2018 ESH/ESC Guidelines.**

PL *Definicję wysokiego ciśnienia krwi oparto na wytycznych ESH/ESC z 2018 r.

CZ *Definice vysokého krevního tlaku je založena na doporučených postupech 2018 ESH/ESC.

HU *A magas vérnyomás definíciója a 2018 ESH/ESC útmutatásai alapján került meghatározásra.

SK *Definícia vysokého krvného tlaku je založená na usmerneniach ESH/ESC na rok 2018.

SL *Visok krvni tlak je opredeljen po smernicah 2018 ESH/ESC.

HR *Definicija visokog krvnog tlaka temelji se na smjernicama 2018 ESH/ESC.

****An irregular heart beat rhythm is defined as a rhythm that is 25 % less or 25 % more than the average rhythm detected during a measurement.**

PL **Jako nieregularny rytm serca określa się stan, w którym rytm uderzeń serca jest o 25% wolniejszy lub o 25% szybszy od średniej częstości uderzeń serca wykrytej podczas pomiaru.

CZ **Nepravidelný srdeční rytmus je definován jako rytmus, který je o 25 % nižší nebo o 25 % vyšší než průměrný rytmus zjištěný během měření.

HU **A szabálytalan szíverés olyan ritmus jelent, amely 25 %-kal kevesebb vagy 25 %-kal több a készülék által a vérnyomás mérése során észlelt átlagos szívritmusnál.

SK **Nepravidelný srdcový rytmus je definovaný ako rytmus, ktorý je o 25 % pomalší alebo o 25 % rýchlejší ako priemerný pulz zistený pri meraní.

SL **Neredno bitje srca je definirano kot ritem, ki je za 25 % manjši ali za 25 % večji od povprečnega ritma, zaznanega med meritvijo.

HR **Nepravilan srčani ritam jest ritam koji je za 25 % manji ili za 25 % veći od prosječnog ritma koji se prepoznaje tijekom mjerenja.

Error messages or other problems? Refer to:

PL Komunikaty o błędzie lub inny problem? Przejdź do:

CZ Vyskytla se chybová hlášení či jiné problémy? Přečtěte si:

HU Hibaüzeneteket lát vagy egyéb problémák merültek fel? Lásd:

SK Chybové hlásenia alebo iné problémy? Pozrite si:

SL Sporočila o napakah ali druge težave? Glejte:

HR Poruke o pogreškama ili drugi problemi? Pogledajte:

10 Using Memory Functions

PL Korzystanie z funkcji pamięci

CZ Použití funkcí paměti

HU A memóriafunkciók használata

SK Používanie funkcie pamäte

SL Uporaba funkcij pomnilnika

HR Upotreba memorijske funkcije

10.1 Readings Stored in Memory

PL Odczyty zapisane w pamięci

CZ Hodnoty uložené v paměti

HU A memóriaiban tárolt értékek

SK Namerané výsledky uložené v pamäti

SL Odčitki, shranjeni v pomnilniku

HR Mjerenja pohranjena u memoriju

Up to 30 readings are stored.

PL Maksymalna liczba odczytów przechowywanych w pamięci urządzenia wynosi 30.

CZ Ukládá se až 30 měření.

HU Legfeljebb 30 értéket lehet tárolni.

SK Uloží sa najviac 30 nameraných výsledkov.

SL Shranite lahko do 30 meritev.

HR Pohranjuje se do 30 mjerenja.

11 Other Settings

PL Inne ustawienia

CZ Další nastavení

HU Egyéb beállítások

SK Ďalšie nastavenia

SL Druge nastavitve

HR Ostale postavke

11.1 Disabling/Enabling Bluetooth®

PL Wyłączanie/włączanie funkcji Bluetooth®

CZ Vypnutí/zapnutí funkce Bluetooth®

HU Bluetooth® kikapcsolása/engedélyezése

SK Deaktivácia/aktivácia rozhrania Bluetooth®

SL Omogočanje/onemogočanje povezave Bluetooth®

HR Omogućavanje/onemogućavanje značajke Bluetooth®

10 sec+

3 sec+

Bluetooth is enabled by default.

PL Funkcja Bluetooth jest domyślnie włączona.

CZ Ve výchozím nastavení je funkce Bluetooth zapnuta.

HU Az alapértelmezett beállítás szerint a Bluetooth engedélyezett.

SK Rozhranie Bluetooth je predvolene aktivované.

SL Povezava Bluetooth je privzeto omogočena.

HR Značajka Bluetooth omogućena je kao zadana postavka.

11.2 Restoring to the Default Settings

PL Przywracanie ustawień domyślnych

CZ Obnovení výchozích nastavení

HU Visszaterés az alapértelmezett beállításokhoz

SK Obnova predvolených nastavení

SL Obnovitev privzetih nastavitev

HR Vraćanje na zadane postavke

12 Optional Medical Accessories

PL Opcjonalne akcesoria medyczne

CZ Volitelné zdravotnické příslušenství

HU Opcionális orvosi tartozékok

SK Voliteľné zdravotnícke príslušenstvo

SL Izbirni medicinski pripomočki

HR Opcijska dodatna medicinska oprema

**Wide Range Soft Cuff
HEM-RML31
22 - 42 cm**

**Small Cuff
HEM-CS24
17 - 22 cm**

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

PL Nie wyrzucać wtyczki przewodu powietrza. Wtyczkę przewodu powietrza można podłączyć do opcjonalnego mankietu.

CZ Vzduchovou zástrčku nevyhazujte. Vzduchovou zástrčku lze použít na volitelnou manžetu.

HU Ne dobja el a levegőcsatlakozót. A levegőcsatlakozó az opcionális mandzsettához használfatós.

SK Vzduchovú zástrčku neodhadzujte. Vzduchovú zástrčku možno použiť s voliteľnou manžetou.

SL Ne zavržite zračnega vtiča. Zračni vtič se lahko uporablja za dodatno manšeto.

HR Ne bacajte čep za zrak. Čep za zrak može biti primjenjiv za neobaveznu manžetu.

**AC Adapter
HHP-CM01 HHP-BFH01**

https://www.omron-healthcare.com/

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