

**OMRON**

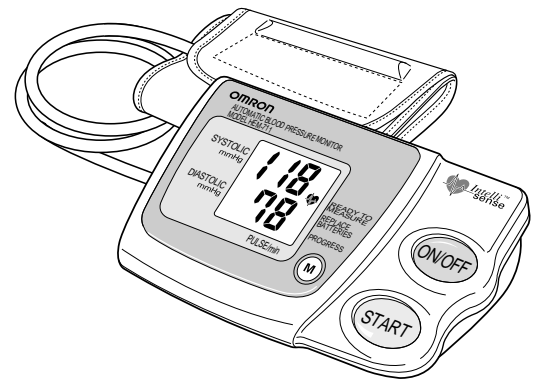
**INSTRUCTION MANUAL**



Automatic Blood Pressure Monitor  
with IntelliSense™

Model **HEM-711**

For Customer Service  
Call Toll Free  
**1-800-634-4350**



Manufactured by OMRON

Distributed by:  
**OMRON HEALTHCARE, INC.**  
300 Lakeview Parkway  
Vernon Hills, Illinois 60061  
[www.omron.com/ohi](http://www.omron.com/ohi)

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## INTRODUCTION


Thank you for purchasing the Omron Automatic Blood Pressure Monitor with IntelliSense™, HEM-711. Although your blood pressure fluctuates throughout the day, no self-adjustment is necessary as the monitor intelligently adjusts to your changing conditions. The IntelliSense™ monitor uses fuzzy logic intelligence to sense both your systolic and diastolic blood pressure values, and the result is personalized inflation with every reading. Arm discomfort and misreading due to improper cuff inflation are virtually eliminated.

Your new OMRON monitor uses the oscillometric method of blood pressure measurement. This means the monitor detects your blood's movement through your brachial artery and converts the movements into a digital reading. At the push of a button, the monitor automatically fills the cuff with air, starts deflation, then displays your systolic, diastolic, and pulse readings on an extra large display panel.







**Please read this instruction manual thoroughly before using this unit. For specific information on your own blood pressure, CONTACT YOUR PHYSICIAN.**





## NOTES ON SAFETY

- The warning signs and the sample icons shown here are listed for you to use the product safely and correctly as well as to prevent the risk and the damage to you and others from happening.
- The icons and meanings are as follow.

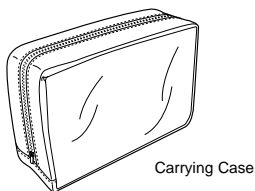
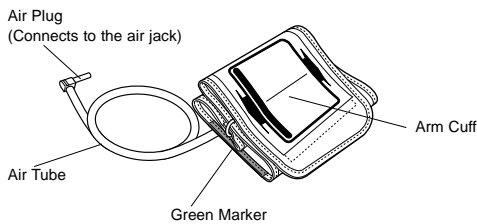
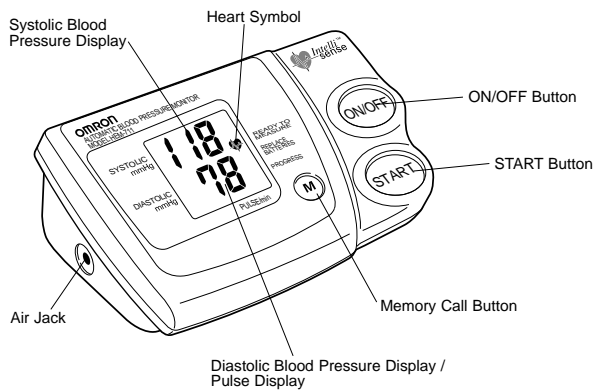
Warning sign	Contents
 <b>Caution</b>	Indicates matters in which bodily harm or material damage* may arise as a result of incorrect handling.

\* Material damage refers to a wide range of damage involving your house, household goods, domestic animals, and pets.

Examples of signs	
	The  icon indicates prohibitions (what you cannot do). Matters involving actual prohibitions are indicated by text or pictures in or near  . The left icon refers to "prohibition to disassemble".
	The  icon indicates something compulsory (always follow). Matters involving actual compulsory actions are indicated by text or pictures in or near  . The left icon refers to "general compulsion".

⚠ Caution	
Self-diagnosis of measured results and treatment are dangerous. Please follow the instructions of your doctor.	
Do not use the unit on infants or persons who cannot express one's intention. Do not use the unit for any purpose other than measuring blood pressure. Do not use a cellular phone near the unit. Improper operation may result.	
Do not disassemble, repair, or remodel the main unit or the arm cuff of the blood pressure monitor.	
The battery liquid may leak and damage the main unit. Please observe the following points. <ul style="list-style-type: none"> <li>• When you are not going to use the unit for a long period of time (approximately three months or more), take out the batteries.</li> <li>• Replace the worn batteries with new ones immediately.</li> <li>• Do not use worn and new batteries together.</li> <li>• Do not insert the batteries with their polarities in wrong direction.</li> </ul> Do not force to bend the arm cuff or the air tube excessively. When removing the air tube, pull at the connector. Do not apply strong shock or drop the main unit. Do not inflate the arm cuff without it being wrapped on the arm.	

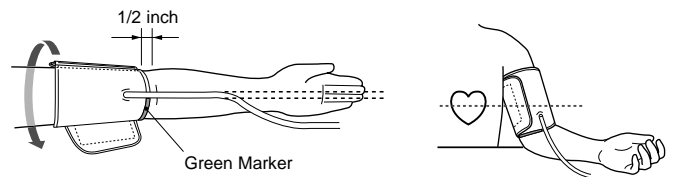
## KNOW YOUR UNIT



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## QUICK REFERENCE GUIDE

1. Avoid eating, smoking, and exercising for at least 30 minutes before taking a measurement.
2. Remove tight-fitting clothing from your upper arm.
3. Sit in a chair with your feet flat on the floor and place your arm on a table so that the cuff is at the same level as your heart.
4. Put your arm through the cuff loop making sure that the bottom edge of the cuff is approximately one-half inch above the elbow and that the Green Marker on the cuff is above brachial artery.

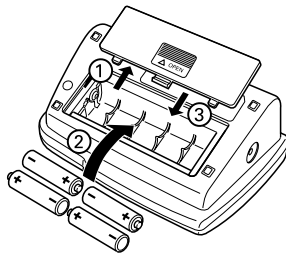


5. Pull the end of the cuff so that the entire cuff is evenly tightened around your arm and press the hook material firmly against the pile side of the cuff.
6. Press the ON/OFF button.
7. After the Heart Symbol (♥) appears on the digital panel, press the Start button, and remain still until the measurement is complete.
8. When measurement is complete, the monitor displays your blood pressure and pulse rate, and automatically deflates the cuff.
9. Wait 2-3 minutes before taking another blood pressure measurement. You may require more rest time between readings depending on your individual physiological characteristics.

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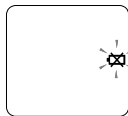
## BATTERY INSTALLATION/REPLACEMENT

1. Slide the battery cover off in the direction of the arrow.
2. Install or replace 4 "AA" size batteries so the + (positive) and - (negative) polarities match the polarities of the battery compartment as indicated.
3. Replace the battery cover.



### Notes:

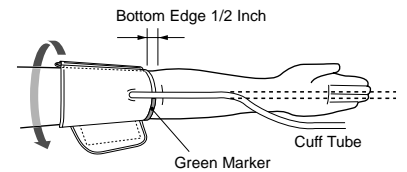
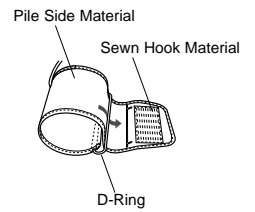
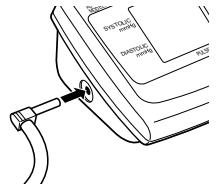
If the Low Battery Indicator (⊗) appears on the display, replace all four batteries. Long-life alkaline batteries are recommended.



Remove the batteries if the monitor will not be used for an extended period of time.

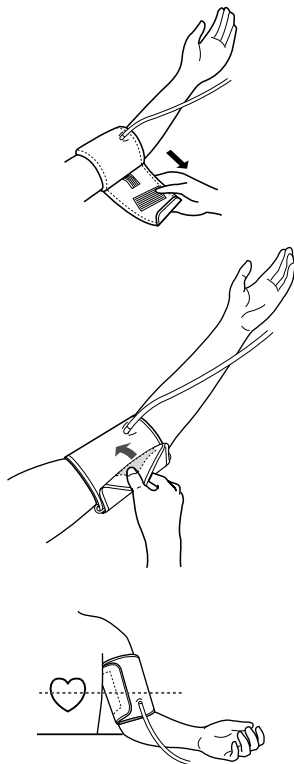
## HOW TO APPLY THE ARM CUFF

1. If the cuff is assembled correctly, the hook material will be on the outside of the cuff loop and the metal D-ring will not touch your skin.
2. If the cuff is not assembled, pass the end of the cuff furthest from the tubing through the metal D-ring to form a loop. The smooth cloth should be on the inside of the cuff loop.
3. Sit in a chair with your feet flat on the floor and place your arm on a table so that the cuff is at the same level as your heart.
4. Put your arm through the cuff loop. The bottom of the cuff should be approximately 1/2" above the elbow. The Green Marker on the cuff should lie over the brachial artery on the inside of the arm. Tube should run down center of arm approximately even with middle finger.



## HOW TO APPLY THE ARM CUFF

5. Pull the cuff so that the top and bottom edges are tightened evenly around your arm.
6. When the cuff is positioned correctly, press the sewn hook material **FIRMLY** against the pile side of the cuff.
7. Make certain the cuff fits snugly around your arm. The cuff should make good contact with your skin. **You should be able to fit one finger between the cuff and your arm.**
8. Relax your arm and turn your palm upward.
9. Be sure there are no kinks in the air tubing.



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## HOW TO TAKE A READING

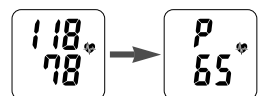
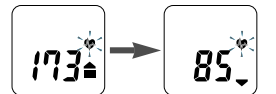
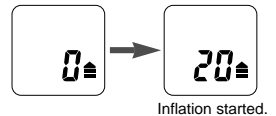
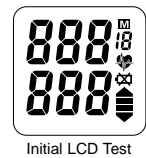
1. Press the ON/OFF button.
  - a) All display symbols appear for approximately one second.
  - b) When the monitor becomes ready to measure, the Heart Symbol appears on the display.
2. Press the START button and remain still.
 

As the cuff begins to inflate, the monitor automatically determines your ideal inflation level. Because this monitor detects the pulse even during inflation, do not move your arm and remain still until the entire measurement completes.
3. Inflation stops automatically and measurement is started.
 

As the cuff slowly deflates, decreasing numbers appear on the display and the Heart Symbol (♥) flashes at every heartbeat. In rare circumstances, a higher inflation may be necessary. In those cases, the monitor reinflates the cuff up to 30 mmHg higher than initial inflation and restarts the measurement.
4. When the measurement is complete, the arm cuff completely deflates and your blood pressure and pulse rate are displayed.
 

NOTE: The monitor automatically stores blood pressure and pulse rate into the memory.
5. Press the ON/OFF button to turn the monitor off.
 

NOTE: If you forget to turn the monitor off, it will automatically shut itself off after five minutes.



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## HOW TO TAKE A READING

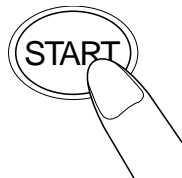
### Instructions for special conditions:

- If your systolic pressure is known to be more than 220 mmHg, push and hold the START button until the monitor inflates 30 to 40 mmHg higher than your suspected systolic pressure.

**NOTE: Do not apply more pressure than necessary.**

**The monitor will not inflate above 300 mmHg.**

- If you want to stop the measurement, push the ON/OFF button. The monitor will stop inflating and start deflating rapidly, then the monitor will power off.

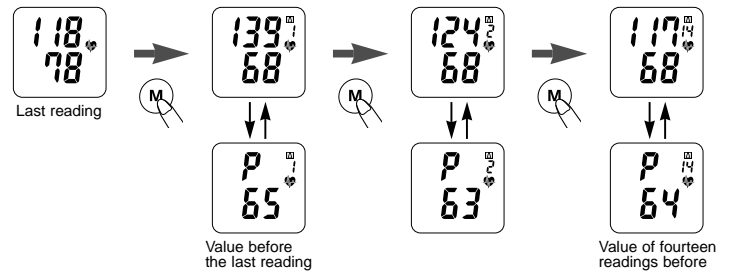


Continue to press button

## HOW TO USE THE MEMORY FUNCTION

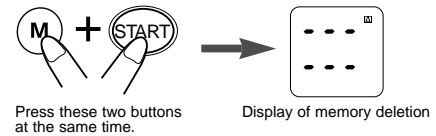
This monitor has a memory capable of storing fourteen sets of readings. Every time you complete the measurement, the monitor automatically stores blood pressure and pulse rate.

- Push the (M) button to recall stored readings while the Heart Symbol (♥) is displayed.
- When the memory is holding fourteen sets of readings, the oldest set will be deleted to store a new set.



- To delete stored readings, press the (M) button and the Start button **at once**, then all the readings will be deleted.

NOTE: You can not delete the stored readings partially.



## HOW TO USE THE OPTIONAL AC ADAPTER (ACCESSORY ITEM SOLD SEPARATELY)

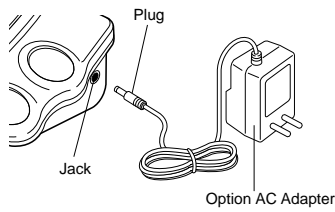
To avoid potential damage to the monitor, use only the exclusive AC adapter (Model HEM-ADPT1) which can be purchased from:

Omron Healthcare, Inc.  
300 Lakeview Parkway  
Vernon Hills, IL 60061  
Toll Free Phone #: 1-800-634-4350

### To connect AC adapter

1. Insert the AC adapter plug into the jack on the side of the monitor.

2. Insert the AC adapter plug into a 120V AC outlet (50 - 60 cycles).



### To remove the AC adapter

To remove the AC adapter, disconnect the adapter plug from the AC outlet first and then disconnect the cord from the monitor's jack.

**NOTE:** The monitor is designed not to draw power from the batteries when the AC adapter is in use.

## TROUBLESHOOTING

Error Indicator	Cause	Correction
	Cuff under-inflated.	Turn monitor off, wait 2-3 minutes and take another measurement. Repeat steps listed under "How to Take a Reading." If "EE" is displayed again, take another measurement by pressing and holding the START button as instruction page 12 under "How to Take a Reading", instructions for special conditions.
	Movement during measurement.	Turn the monitor off, carefully read and repeat steps listed under "How to Take a Reading."
	Cuff over-inflated (more than 300 mmHg).	Turn the monitor off, carefully read and repeat steps listed under "How to Take a Reading."
	Battery voltage is excessively low.	Replace all four "AA" batteries with new batteries.
	Problem caused by abnormal memory function.	Contact OMRON Customer Service Toll Free 1-800-634-4350

If you continue to have difficulty obtaining a reading, call **OMRON HEALTHCARE CUSTOMER SERVICE TOLL FREE 1-800-634-4350**. Please tell the representative you have an OMRON Model HEM-711.



## CAUTION

### CAUTION:

Changes or modifications not expressly approved by Omron Healthcare, Inc. could void the user's warranty.

#### NOTE:

POTENTIAL FOR RADIO/TELEVISION INTERFERENCE (for U.S.A. only)  
This product has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC rules.

These limits are designed to provide reasonable protection against harmful interference in a residential installation. The product generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If the product does cause harmful interference to radio or television reception, which can be determined by turning the product on and off, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the product and receiver.
- Connect the product into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

POTENTIAL FOR RADIO/TELEVISION INTERFERENCE (for Canada only)

This digital apparatus does not exceed the Class B limits for radio noise emissions from digital apparatus as set out in the interference-causing equipment standard entitled "Digital Apparatus", ICES-003 of the Canadian Department of Communications.

Cet appareil numérique respecte les limites de bruits radioélectriques applicables aux appareils numériques de Classe B prescrites dans la norme sur le matériel brouilleur: "Appareils Numériques", ICES-003 édictée par le ministre des communications.

## CARE AND MAINTENANCE

To protect your monitor from damage, please AVOID the following:

- Subjecting your monitor and cuff to extreme temperatures, humidity, moisture, and direct sunlight.
- Folding the cuff and tubing tightly.
- Inflating the monitor over 280 mmHg.
- Disassembling the monitor.
- Subjecting the monitor to strong shocks (for example, dropping the monitor on the floor.)
- Do not clean the monitor with volatile liquids.  
THE MONITOR SHOULD BE CLEANED WITH A SOFT, DRY CLOTH.
- Do not clean cuff.

## FIVE YEAR LIMITED WARRANTY

Your HEM-711 IntelliSense™ Automatic Blood Pressure Monitor is warranted to be free from manufacturing defects for a period of five years under normal use. The five year warranty excludes the monitor cuff. The cuff is warranted for a one year period. This warranty extends only to the original retail purchaser.

Should repair be needed within the warranty period, ship the unit prepaid to **Omron Healthcare, Inc., 300 Lakeview Parkway, Vernon Hills, IL 60061, Attn: Repair Dept.**, together with \$5.00 for return shipping and insurance. Be sure to include the model number of your unit and your phone number on any correspondence.

We will either repair or replace (at our option) free of charge any parts necessary to correct defects in the materials or workmanship.

The above warranty is complete and exclusive. The warrantor expressly disclaims liability for incidental, special, or consequential damages of any nature. (Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above warranty may not apply to you.)

Any implied warranties arising by the operation of law shall be limited in duration to the term of this warranty. (Some states do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you.)

This warranty gives you specific legal rights, and you may have other rights which vary from state to state. As a condition to operation of your warranty, the enclosed registration card must be completed and sent to us within 10 days from the date of purchase.

FOR CUSTOMER SERVICE CALL TOLL FREE:  
1-800-634-4350

## SPECIFICATIONS

Model:	<b>HEM-711</b>
Display:	LCD Digital Display
Measurement Range:	Pressure: 0 to 280 mmHg Pulse: 40 to 180/minute
Accuracy/Calibration:	Pressure: $\pm 3$ mmHg or 2% of reading Pulse: $\pm 5\%$ of reading
Inflation:	Automatic by electric pump
Deflation:	Active electronic control valve
Rapid Pressure Release:	Active electronic control valve
Pressure Detection:	Capacitive pressure sensor
Measurement Method:	Oscillometric method
Pulse Wave Detection:	Capacitive pressure sensor
Power Source:	4 "AA" batteries or AC adapter (sold separately)
Battery Life:	Approximately 300 uses
Operating Temperature/Humidity:	50°F to 104°F (10°C to 40°C) 30 to 85% RH maximum
Storage Temperature/Humidity:	-4°F to 140°F (-20°C to 60°C) 10 to 95% RH maximum
Main Unit Weight:	Approximately 12.3 oz (350g) not including batteries
Main Unit Dimensions:	Approximately 4 1/4" (l) x 6 2/3" (w) x 2 3/5" (h) (109 mm x 170 mm x 66 mm)
Cuff Dimensions:	Approximately 5 1/2" x 19" (140 mm x 480 mm)
Cuff Circumference:	Fits arm circumference 9" to 13"
Accessories:	Arm cuff, carrying case, instruction manual

**NOTE:** These specifications are subject to change without notice.

\*Optional accessories: large cuff (fits arms 13" to 17" in circumference) and small cuff (fits arms 7" to 9" in circumference) are sold separately.