Introduction
Thank you for purchasing the OMRON RS3 Wrist Blood Pressure Monitor. The OMRON RS3 is a compact and easy-to-use blood pressure monitor, operating on the oscillometric principle. It measures your blood pressure and pulse rate simply and quickly. For comfortable, controlled inflation without the need of pressure pre-setting or re-inflation the device uses its advanced "IntelliSense" technology.

Intended Use
This product is designed to measure the blood pressure and pulse rate of people within the range of the designated wrist cuff. Following the instructions in this instruction manual it is mainly designed for general household use. Please read the Important Safety Information in this instruction manual before using the unit.

Please read this instruction manual thoroughly before using the unit. Please keep for future reference. For specific information about your own blood pressure, consult your doctor.

Important Safety Information
Consult your doctor prior to using in pregnancy or if diagnosed with arrhythmia or arrhythmias.

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

Caution:
- Indicates a potentially hazardous situation which, if not avoided, may result in minor or moderate injury to the user or patient or damage to the equipment or other property.

Batteries Usage
- If battery fluid should get into your eyes, immediately rinse with plenty of clean water. Consult a doctor immediately.

(General Usage)
- Do not use the unit unattended with infants or persons who cannot express their consent.
- Do not use the unit for any purpose other than measuring blood pressure.
- Do not use a mobile phone or other devices that emit electromagnetic fields, near the unit. This may result in incorrect operation of the unit.
- Do not disassemble the unit or wrist cuff.
- Do not operate the unit in a moving vehicle (car, airplane).

(Battery Usage)
- If battery fluid should get on your skin or clothing, immediately rinse with plenty of clean water. Consult a doctor immediately.
- Do not use mobile phone or other devices that emit electromagnetic fields, near the display. This may result in incorrect operation of the unit.
- Do not disassemble the unit or wrist cuff.
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General Precautions:
- Do not apply strong shocks and vibrations to or drop the unit.
- Do not take measurements after bath, drinking alcohol or caffeine, smoking, exercising or eating.
- Do not store with any sudden shock when it is not wrapped around your wrist.
- Read and follow the "Correct Disposal of This Product" in the Technical Data Section.
- Read and follow the "Correct Disposal of This Product" in the Technical Data Section when disposing of the device and any used accessories or optional parts.

1. Overview

Main unit:
- A. Wrist cuff
- B. Battery compartment
- C. Display
- D. Memory ( ) button
- E. Date/Time setting ( ) button
- F. START/STOP button

Model RS3 Instruction Manual

2. Preparation

2.1 Installing/Replacing the Batteries

1. Remove the battery cover.

2. Insert two 1.5V "AA" alkaline batteries as indicated in the battery compartment and then replace the battery cover.

Notes:
- If the battery low symbol ( ) appears on the display, turn off the unit then replace both batteries at the same time.
- The measurement values continue to be stored in memory even after the batteries are replaced.

3. Setting the Date and Time

1. Press and hold the button until the year flashes on the display.

2. Set the monitor to the correct date and time before taking a measurement for the first time.

Important:
- If the batteries have been removed, the date and time setting will need to be reset.
- Recent research suggests that the actual reading is closer to skin level.

1. Press the START/STOP button.

All the symbols appear on the display.

Date/Time display
- A. Blood pressure level indicator
- B. Pulse display and Memory number
- C. Deflation symbol
- D. Cuff wrapping guide
- E. Movement error symbol
- F. Irregular heartbeat symbol

Cuff Wrapping Guide
The Cuff Wrapping Guide is a unique feature that indicates if the cuff is not wrapped tightly enough around the wrist. Even when the symbol is displayed, a blood pressure reading will be taken.

Note: This reading is NOT reliable due to the incorrect wrapping of the cuff. Please wrap the cuff again, take care to wrap it correctly and take the measurement again. When the symbol is displayed, the cuff is correctly wrapped tightly enough on the wrist and the reading is accurate and reliable.

2. Undo the wrist cuff and remove the unit.

3. Press the START/STOP button to turn off the monitor.

The monitor automatically stores the measurement in its memory. It will automatically turn off after two minutes.

Important:
- Recent research suggests that the following values can be used as a guide to high blood pressure for measurements taken at home.

Systolic Blood Pressure Above 135 mmHg
Diastolic Blood Pressure Above 85 mmHg

This criterion is for home blood pressure measurement.

- Your blood pressure monitor includes an irregular heartbeat feature. Irregular heartbeat readings can influence the results of the measurement. The irregular heartbeat algorithm automatically determines if the measurement is usable or needs to be repeated. If the measurement results are affected by irregular heartbeats but the result is valid, the result is shown together with the irregular heartbeat symbol ( ).
- If the irregular heartbeat feature isett to measure the blood pressure to be invalid, no result is shown. If the irregular heartbeat symbol ( ) is shown after you have taken a measurement, repeat the measurement. If the irregular heartbeat symbol ( ) is shown frequently, please make your doctor aware of it.

- If you move during measurement, the movement error symbol ( ) will appear on the display. Keep still and repeat the measurement.

Warning:
Self-diagnosis of measured results and treatment are dangerous. Please follow the instructions of your doctor.

3.2 How to Sit Correctly
To take a measurement, you need to be relaxed and comfortably seated, under comfortable room temperature. No bathing, drinking alcohol or caffeine, smoking, exercising or eating 30 minutes before taking a measurement.

- Sit on a chair with your feet flat on the floor
- Sit upright with your back straight.
- The cuff should be at the same level as your heart.

- Relax your wrist and hand. Do not bend your wrist back, clench your fist, or bend your wrist forward.

3.3 Taking a Reading

Notes:
- To cancel a measurement, press the START/STOP button at any time during measurement.
- Remain still while taking a measurement.

1. Press the START/STOP button.

All the symbols appear on the display.

2. Wrap the wrist cuff around your wrist.

3. Press the START/STOP button to store the setting.

Notes:
- If the batteries have been removed, the date and time setting will need to be reset.
- If the date and time are not set, "- - -" appears during or after measurement.

4. Using the Unit

3.1 Applying the Wrist Cuff

Do not apply over clothing.

1. Place the wrist cuff over your wrist.

Your palm should face upward.

2. Wrap the wrist cuff around your wrist.

Wrap the wrist cuff securely around the wrist for taking accurate measurements.

Notes:
- You can take a measurement on either your left or right wrist.

Make sure that the wrist cuff does not cover the protruding part of the wrist bone (ulna) on the outside of the wrist.

Diastolic Blood Pressure Above 85 mmHg

Warning:
- If the blood pressure can differ between the right arm and the left arm, and therefore also the measured values between the two arms differ substantially, please check with your physician which arm to use for your measurement.
3.4 Using the Memory Function

The unit automatically stores up to 60 sets of measurement data (blood pressure and pulse rate). It can also calculate an average reading based on the measurements from the last three readings taken within 10 minutes. If there are only two readings in memory for that period, the average will be based on two readings. If there is one reading in memory for that period, the average will be based on one reading.

Notes:
- If the memory is full, the monitor will delete the oldest readings.
- When viewing the reading taken without setting the date and time, “- - - - " is displayed instead of the date and time.

To View the Average Value

Press the [Memory] button.

Note: If there are no measurements results stored in the memory, the screen on the right is displayed.

To View the Readings Stored in Memory

1. Press the [Memory] button, while the average value is displayed.

The Memory number appears for one second before the pulse rate is displayed. The newest set is numbered "1".

2. Press the [Memory] button repeatedly to view the readings stored in memory.

To Delete All the Values Stored in Memory

When the memory symbol (  symbol) appears, first press the [Memory] button. Then while holding it down, press the [START/STOP] button simultaneously for about 2 - 3 seconds.

Note: You cannot partially delete the stored readings.

4.2 Troubleshooting and Maintenance

<table>
<thead>
<tr>
<th>Problem</th>
<th>Cause</th>
<th>Remedy</th>
</tr>
</thead>
<tbody>
<tr>
<td>The wrist cuff is not at heart level.</td>
<td>Measure while in the correct posture. Refer to section 3.2.</td>
<td></td>
</tr>
<tr>
<td>The cuff is not wrapped snugly around the wrist.</td>
<td>Wrap the cuff correctly. Refer to section 3.1.</td>
<td></td>
</tr>
<tr>
<td>The arms and shoulders are tense.</td>
<td>Relax and try taking the measurement again. Refer to section 3.3.</td>
<td></td>
</tr>
<tr>
<td>Movement or taking measurements during measurement.</td>
<td>Press the [Memory] button and repeat measurement.</td>
<td></td>
</tr>
<tr>
<td>The blood pressure is different each time. The reading is extremely low (or high).</td>
<td>Blood pressure readings constantly vary with time of day and how relaxed you are. Take several deep breaths and try to remain relaxed before taking a measurement.</td>
<td></td>
</tr>
<tr>
<td>The unit loses power during measurement.</td>
<td>Replace the batteries with new ones. Refer to section 2.1.</td>
<td></td>
</tr>
<tr>
<td>The batteries are exhausted.</td>
<td>Insert the batteries with the + and - poles as indicated. Refer to section 2.1.</td>
<td></td>
</tr>
<tr>
<td>Nothing happens when you press the buttons.</td>
<td>Press the [START/STOP] button and repeat measurement. If the problem continues, try replacing the batteries with new ones.</td>
<td></td>
</tr>
<tr>
<td>Other problems.</td>
<td>Refer to section 2.1.</td>
<td></td>
</tr>
</tbody>
</table>

4.3 Maintenance

To protect your unit from damage, please observe the following:

- Do not subject the main unit and the cuff to extreme temperatures, humidity, moisture or direct sunlight.
- Do not disassemble the unit.
- Do not subject the unit to strong shocks or vibrations (for example, dropping the unit on the floor).
- Do not use volatile liquids to clean the unit.
- Do not subject the unit to any moisture other than water.
- Do not use petroleum ether, thinners or similar solvents to clean the unit.
- Do not carry out repairs of any kind yourself. If a defect occurs, consult your OMRON retail outlet or distributor as mentioned on the packaging.

- The unit should be cleaned with a soft, dry cloth. Use a soft, moistened cloth and soap to clean the main unit.
- The unit should be cleaned with a soft, dry cloth. Use a soft, moistened cloth and soap to clean the cuff.
- The unit should be stored in its case when not in use.
- Fold the cuff into the storage case.

Do not store the unit in the following situations:

- If the unit is wet.
- Locations exposed to extreme temperatures, humidity, direct sunlight, dust or corrosive vapours.
- Locations exposed to vibrations, shocks or where it will be at an angle.

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.

5. Technical Data

<table>
<thead>
<tr>
<th>Product Description</th>
<th>Wrist Blood Pressure Monitor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Model</td>
<td>OMRON Ri95 Model HEM-6130/E</td>
</tr>
<tr>
<td>Display</td>
<td>LCD Digital Display</td>
</tr>
<tr>
<td>Measurement Method</td>
<td>Oscilometric measurement</td>
</tr>
<tr>
<td>Measurement Range</td>
<td>Pressure: 0 to 209 mmHg</td>
</tr>
<tr>
<td>Accuracy</td>
<td>Pressure: ±3 mmHg</td>
</tr>
<tr>
<td>Inflation</td>
<td>Automatic inflation by pump</td>
</tr>
<tr>
<td>Deflation</td>
<td>Automatic rapid deflation</td>
</tr>
<tr>
<td>Memory</td>
<td>60 Measurements</td>
</tr>
<tr>
<td>Power Source</td>
<td>2 “AA” alkaline (LR03) batteries 1.5V</td>
</tr>
<tr>
<td>Battery Life</td>
<td>Approx. 300 measurements with new alkaline batteries at a room temperature of 23°C</td>
</tr>
</tbody>
</table>

4.1 The Icons and Error Messages

<table>
<thead>
<tr>
<th>Error Display</th>
<th>Cause</th>
<th>Remedy</th>
</tr>
</thead>
<tbody>
<tr>
<td>[ irregular heartbeat ] detected.</td>
<td>Remove the wrist cuff. Wait 3 minutes and take another measurement. Refer to section 3.3. If this error continues to appear, contact your doctor.</td>
<td></td>
</tr>
<tr>
<td>Movement during measurement.</td>
<td>Carefully read and repeat the steps in section 3.3.</td>
<td></td>
</tr>
<tr>
<td>Blink</td>
<td>The batteries are low.</td>
<td>You should replace them with new ones ahead of time. Refer to section 2.1.</td>
</tr>
<tr>
<td>[ lit ]</td>
<td>The batteries are exhausted.</td>
<td>You should replace them with new ones at once. Refer to section 2.1.</td>
</tr>
<tr>
<td>[ Wrist cuff not applied correctly. ]</td>
<td>Apply the wrist cuff correctly. Refer to section 3.1.</td>
<td></td>
</tr>
<tr>
<td>Movement during measurement.</td>
<td>Repeat measurement while remaining still and refrain from talking during the measurement. Refer to section 3.3.</td>
<td></td>
</tr>
<tr>
<td>Wrist cuff not applied correctly, or movement during measurement.</td>
<td>Apply the wrist cuff correctly and repeat measurement while remaining still and refrain from talking during the measurement. Refer to section 3.1 and 3.3.</td>
<td></td>
</tr>
<tr>
<td>Device error.</td>
<td>Contact your OMRON retail outlet or distributor.</td>
<td></td>
</tr>
</tbody>
</table>

Note: The irregular heartbeat symbol [ ] may also be displayed with error messages.