

## Automatic Upper Arm Blood Pressure Monitor

جهاز قياس ضغط الدم الآلي القابل للتثبيت بأعلى الذراع

**M6 Comfort (HEM-7360-E)**

إم 6 كومفورت

**X6 Comfort (HEM-7360-EO)**

اكس 6 كومفورت

EN

FR

DE

IT

ES

NL

RU

TR

AR

Symbols

**Read Instruction manual ① and ② before use.**

**FR** Lire le mode d'emploi ① et ② avant l'utilisation.

**DE** Lesen Sie vor der Verwendung Gebrauchsanweisung ① und ②.

**IT** Leggere il manuale di istruzioni ① e ② prima dell'uso.

**ES** Lea el manual de instrucciones ① y ② antes del uso.

**NL** Lees gebruiksaanwijzing ① en ② voor gebruik.

**RU** Прочтите руководства по эксплуатации ① и ② перед использованием.

**TR** Kullanmadan önce, kullanım kılavuzu ① ve ②'yi okuyun.

**AR** اقرأ دليل الإرشادات ① و ② قبل الاستخدام.

Symboles / Symbole / Simboli / Símbolos /  
Symbolen / Символы / Semboller / الرمز

## 1. Introduction

Thank you for purchasing the OMRON 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.

### 1.1 Safety Instructions

This instruction manual provides you with important information about the OMRON Automatic Upper Arm Blood Pressure Monitor. To ensure the safe and proper use of this monitor, READ and UNDERSTAND all of the safety and operating 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.**

### 1.2 Intended Use

The device is a digital monitor intended for use in measuring blood pressure and pulse rate in adult patient population. The device detects the appearance of irregular heartbeats during measurement and indicates this via a symbol with the measurement results. It is mainly designed for general household use. The device can detect an irregular pulse suggestive of Atrial Fibrillation (Afib). Please note that the device is not intended to diagnose Afib. A diagnosis of Afib can only be confirmed by an Electrocardiogram (ECG). If the Afib symbol appears, consult with your physician.

### 1.3 Receiving and Inspection

Remove this monitor and other components from the packaging and inspect for damage. If this monitor or any other components is damaged, DO NOT USE and consult with your OMRON retail outlet or distributor.

## 2. 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.



### 2.1 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 and Afib.
- 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.

### 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.



### 2.2 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 and/or detecting the possibility of Afib.

- 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 6.
- 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 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, thick clothing and any accessories 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 6.
- DO NOT use this monitor after the durable period has ended. Refer to section 6.
- 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 11 of instruction manual (2) for additional information.

- Read and follow the "Correct Disposal of This Product" in section 7 when disposing of the device and any used accessories or optional parts.

### 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 date.
- Periodically check batteries to ensure they are in good working condition.

### 2.3 General Precautions

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




### 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.






### 3. 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
E1 appears or the arm cuff does not inflate.	The [START/STOP] button was pressed while the arm cuff is not applied.	Press the [START/STOP] button again to turn the monitor off. After inserting the air plug securely and applying the arm cuff correctly, 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 5 of instruction manual (2).
E2 appears or a measurement cannot be completed after the arm cuff inflates.	Air is leaking from the arm cuff.	Replace the arm cuff to the new one. Refer to section 12 of instruction manual (2).
	You move or talk during a measurement and the arm cuff does not inflate sufficiently. Due to the systolic pressure is above 210 mmHg, a measurement cannot be taken.	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 11 of instruction manual (2).
E3 appears	The arm cuff is inflated exceeding the maximum allowable pressure.	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 11 of instruction manual (2).
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 5 of instruction manual (2). Remain still and sit correctly during a measurement.
  appears		If the "  " symbol continues to appear, we recommend you to consult with your physician.
 does not flash during a measurement		
E6 appears	Blood pressure measurements were not taken correctly in an Afib mode measurement.	Apply the arm cuff correctly, then take another measurement. Refer to section 5 of instruction manual (2). Remain still and sit correctly during a measurement. Refer to section 6 of instruction manual (2).

Display/Problem	Possible Cause	Solution
 appears	The monitor has malfunctioned.	Press the [START/STOP] button again. If “Er” still appears, contact your OMRON retail outlet or distributor.
 flashes	Batteries are low.	Replacing all 4 batteries with new ones is recommended. Refer to section 3 of instruction manual (2).
 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).
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 problem occurs.	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 OMRON retail outlet or distributor.	

#### Troubleshooting for Afib indicator function:

What is different between the Afib indicator function and ECG?	The Afib indicator function and ECG use completely different technologies. An ECG measures the electrical activity of the heart and can be used to diagnose Afib. The Afib indicator function detects irregular heartbeat and can suggest the possibility of Afib with a sensitivity of 95.5 % and specificity of 93.8 %. Refer to section 11 for details.
If the “  ” symbol does not appear, it means there is no possibility of Afib?	Even if the “  ” symbol does not appear, there is still a possibility of Afib.
Should I consult with my physician if the “  ” symbol appears?	We recommend you to consult with your physician because there is a possibility of Afib. However, the “  ” symbol may be displayed for other reasons, such as other heart arrhythmias.
What is different between Afib indicator function and irregular heart beat function?	The irregular heartbeat function detects irregularities in the pulse waves in one measurement. The Afib indicator function suggests the possibility of Afib when blood pressure is measured 3 consecutive times.
What should I do if the “  ” symbol sometimes appears?	Afib does not always have symptoms. We recommend you to consult with and follow the directions of your physician.

Display/Problem	Possible Cause	Solution
I have been diagnosed with Afib by the physician, but the “  <p>* Prof. Roland Asmar et al. European Society of Hypertension Recommendations for Conventional, Ambulatory and Home Blood Pressure Measurement</p>		

## 4. Limited Warranty

Thank you for buying an OMRON product. This product is constructed of high quality materials and great care has been taken in its manufacturing. It is designed to give you every satisfaction, provided that it is properly operated and maintained as described in the instruction manual.

This product is warranted by OMRON for a period of 5 years after the date of purchase. The proper construction, workmanship and materials of this product is warranted by OMRON. During this period of warranty OMRON will, without charge for labour or parts, repair or replace the defect product or any defective parts.

The warranty does not cover any of the following:

- A. Transport costs and risks of transport.
- B. Costs for repairs and / or defects resulting from repairs done by unauthorised persons.
- C. Periodic check-ups and maintenance.
- D. Failure or wear of optional parts or other attachments other than the main device itself, unless explicitly warranted above.
- E. Costs arising due to non-acceptance of a claim (those will be charged for).
- F. Damages of any kind including personal caused accidentally or from misuse.
- G. Calibration service is not included within the warranty.
- H. Optional parts have a one (1) year warranty from date of purchase. Optional parts include, but are not limited to the following items: cuff and cuff tube. Should warranty service be required please apply to the dealer whom the product was purchased from or an authorised OMRON distributor. For the address refer to the product packaging / literature or to your specialised retailer. If you have difficulties in finding OMRON customer services, contact us for information:

[www.omron-healthcare.com](http://www.omron-healthcare.com)

Repair or replacement under the warranty does not give rise to any extension or renewal of the warranty period.

The warranty will be granted only if the complete product is returned together with the original invoice / cash ticket issued to the consumer by the retailer.

## 5. Maintenance

### 5.1 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.

### 5.2 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.
- Store your monitor and other components in a clean, safe location.
  - 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.

- To protect your monitor during storage, an optional LCD cover is available as accessory. Refer to section 13 of Instruction Manual (2).

### 5.3 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.

### 5.4 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.

## 6. Specifications

Product Category	Electronic Sphygmomanometers
Product description	Automatic Upper Arm Blood Pressure Monitor
Model (Code)	M6 Comfort (HEM-7360-E) / X6 Comfort (HEM-7360-EO)
Display	LCD digital display
Cuff pressure range	0 to 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: $\pm 3$ mmHg Pulse: $\pm 5$ % of display reading
Inflation	Automatic by electric pump
Deflation	Automatic pressure release valve
Measurement method	Oscillometric method
Operation mode	Continuous operation

IP classification	Monitor: IP20 Optional AC adapter: IP21 (HHP-CM01) or IP22 (HHP-BFH01)
Rating	DC6 V 4.0 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 1000 measurements (using new alkaline batteries) The number of times may decrease when using Afib mode because one Afib indication consists of 3 regular measurements.
Durable period (Service life)	Monitor: 5 years / 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 (HEM-FL31), 4 "AA" batteries, Instruction Manual (1) and (2), storage case
Protection against electric shock	Internally powered ME equipment (When using only batteries) Class II ME equipment (Optional AC adapter)
Weight	Monitor: approximately 460 g (not including batteries) Arm cuff: approximately 163 g
Dimensions (approximately value)	Monitor: 191 mm (W) $\times$ 85 mm (H) $\times$ 120 mm (L) / Arm cuff: 145 mm $\times$ 532 mm (air tube: 750 mm)
Cuff circumference applicable to the monitor	220 to 420 mm
Memory	Stores up to 100 readings per user
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, K5 was used on 85 subjects for determination of diastolic blood pressure.
- This device has been validated for use on pregnant and pre-eclampsia patients according to the Modified European Society of Hypertension Protocol\*.
- This device has been validated for use on diabetic (Type II) population\*\*.
- 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 adapter HHP-CM01 is protected against vertically falling water drops which may cause issues during a normal operation. The optional AC adapter HHP-BFH01 is protected against oblique falling water drops which may cause issues during a normal operation.

\* Topouchian J et al. Vascular Health and Risk Management 2018;14 189–197

\*\* Chahine M.N. et al. Medical Devices: Evidence and Research 2018;11 11–20

## 7. 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.

## 8. Important Information regarding Electromagnetic Compatibility (EMC)

HEM-7360-E/EO conforms to the EN60601-1-2:2015 Electromagnetic Compatibility (EMC) standard.

Further documentation in accordance with this EMC standard is available at OMRON HEALTHCARE EUROPE at the address mentioned in this instruction manual or at: [www.omron-healthcare.com](http://www.omron-healthcare.com).

## 9. 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.
- 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.

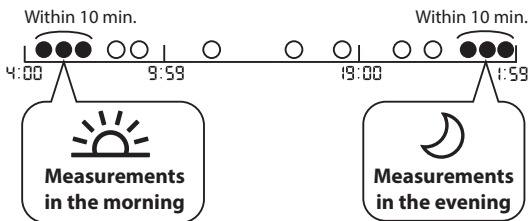
## 10. How to Calculate Weekly Averages

### Morning Weekly Average Calculation

This is the average for the measurements taken during the morning (4:00 - 9:59) between Sunday and Saturday. The 2 or 3 readings taken within the first 10 minute timeframe in the morning between 4:00 - 9:59 will be used to calculate the morning average for each day.

### Evening Weekly Average Calculation

This is the average for the measurements taken during the evening (19:00 - 1:59) between Sunday and Saturday. The 2 or 3 readings taken within the last 10 minute timeframe in the evening between 19:00 - 1:59 will be used to calculate the evening average for each day.





## 11. Useful Information

### What is Blood Pressure?

Blood pressure is a measure of the force of blood flowing against the walls of the arteries. Arterial blood pressure is constantly changing during the course of the heart's cycle.

The highest pressure in the cycle is called the Systolic Blood Pressure; the lowest is the Diastolic Blood Pressure. Both pressures, the Systolic and Diastolic, are necessary to enable a physician to evaluate the status of a patient's blood pressure.

### What is Arrhythmia?

Arrhythmia is a condition where the heartbeat rhythm is abnormal due to flaws in the bio-electrical system that drives the heartbeat. Typical symptoms are skipped heartbeats, premature contraction, an abnormally rapid (tachycardia) or slow (bradycardia) pulse.

### What is Afib?

Atrial fibrillation (also called Afib or AF) is a quivering or irregular heartbeat (arrhythmia) that can lead to blood clots, stroke, heart failure and other heart-related complications. During atrial fibrillation, the heart's two upper chambers (the atria) beat chaotically and irregularly — out of coordination with the two lower chambers (the ventricles) of the heart. Episodes of atrial fibrillation can come and go, or you may develop atrial fibrillation that doesn't go away and may require treatment.

Afib indicator function detects the possibility of Afib with an accuracy of 94.2 % (with sensitivity of 95.5 % and specificity of 93.8 %) as demonstrated in the study\* with Single-lead ECG as reference measurement.

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\*M. Ishizawa, T. Noma, T. Minamino et al., Multiple measurements with automated blood pressure monitor can detect atrial fibrillation with high sensitivity and specificity in general cardiac patients, ESC Congress 2018

# Symbols Description

**FR** Description des symboles  
**DE** Beschreibung der Symbole  
**IT** Descrizione dei simboli  
**ES** Descripción de los símbolos

**NL** Beschrijving van symbolen  
**RU** Описание символов  
**TR** Simgelerin Açıklaması

**AR** وصف الرموز



## Applied part - Type BF Degree of protection against electric shock (leakage current)

**FR** Partie appliquée - Type BF Degré de protection contre les chocs électriques (courant de fuite)  
**DE** Anwendungsteil - Typ BF Schutz vor Stromschlägen (Ableitstrom)  
**IT** Parti applicate - Tipo BF Livello di protezione contro le folgorazioni (corrente di dispersione)  
**ES** Partes en contacto: Tipo BF Grado de protección contra descargas eléctricas (corriente de fuga)  
**NL** Toegepast onderdeel - Type BF- beschermingsgraad tegen elektrische schokken (lekstroom)  
**RU** Рабочая часть аппарата - Тип BF Степень защиты от поражения электрическим током (токи утечки)  
**TR** Uygulanan parça - Tip BF Elektrik çarpmasına karşı koruma derecesi (kaçak akım)  
**AR** جزء مطبق من النوع BF - درجة الحماية ضد الصدمات الكهربائية (التيار المتسرب)



## Class II equipment. Protection against electric shock

**FR** Équipement de classe II. Protection contre les chocs électriques  
**DE** Gerät der Klasse II. Schutz vor Stromschlägen  
**IT** Apparecchiatura di Classe II. Protezione contro le folgorazioni  
**ES** Equipo de Clase II. Protección contra descargas eléctricas  
**NL** Apparatuur van Klasse II. Bescherming tegen elektrische schokken  
**RU** Оборудование класса II. Защита от поражения электрическим током  
**TR** Sınıf II ekipman. Elektrik çarpmasına karşı koruma  
**AR** جهاز من الفئة II. الحماية ضد الصدمات الكهربائية

IP XX

## Ingress protection degree provided by IEC 60529

**FR** Degré de protection selon CEI 60529  
**DE** Grad des Eindringenschutzes gemäß IEC 60529  
**IT** Livello di protezione IP in base a IEC 60529  
**ES** Grado de protección según la norma internacional IEC 60529  
**NL** Beschermingsklasse volgens IEC 60529  
**RU** Степень защиты, обеспечиваемая оболочкой, в соответствии со стандартом IEC 60529  
**TR** Su girmesine karşı koruma derecesi IEC 60529 tarafından verilmiştir  
**AR** درجة الحماية من التسرب وفقاً لمعيار IEC 60529



## CE Marking

**FR** Marquage CE  
**DE** CE-Kennzeichnung  
**IT** Contrassegno CE  
**ES** Marcado CE  
**NL** CE-merkteken  
**RU** Знак соответствия директиве ЕС  
**TR** CE İşareti  
**AR** علامة التوافق مع اللجنة الأوروبية (CE)

UK CA

## UKCA marking

**FR** Marquage UKCA  
**DE** UKCA-Kennzeichnung  
**IT** Marchio UKCA  
**ES** Marcado UKCA  
**NL** UKCA-markering  
**RU** Маркировка UKCA  
**TR** UKCA işareti  
**AR** علامة تقييم التوافق الخاص بالمملكة المتحدة

SN



## Serial number




**FR** Numéro de série  
**DE** Seriennummer  
**IT** Numero di serie  
**ES** Número de serie  
**NL** Seriennummer  
**RU** Серийный номер  
**TR** Seri numarası  
**AR** الرقم المتسلسل



LOT



## LOT number




**FR** Numéro de LOT  
**DE** LOT-Nummer  
**IT** Numero di lotto  
**ES** Número de lote  
**NL** Partijnummer  
**RU** Номер ПАРТИИ  
**TR** Parti numarası  
**AR** رقم التشغيل





<b>UDI</b>	<b>Unique device identifier</b> <b>FR</b> Identifiant unique des dispositifs <b>DE</b> Produktidentifizierungsnummer <b>IT</b> Identificatore univoco del dispositivo <b>ES</b> Identificador único del producto	<b>NL</b> Unieke apparaat-ID <b>RU</b> Уникальный идентификатор устройства <b>TR</b> Benzersiz cihaz tanımlayıcısı <b>AR</b> معرف الجهاز الفريد
<b>MD</b>	<b>Medical device</b> <b>FR</b> Dispositif médical <b>DE</b> Medizinprodukt <b>IT</b> Dispositivo medico <b>ES</b> Producto sanitario	<b>NL</b> Medisch apparaat <b>RU</b> Медицинский прибор <b>TR</b> Tıbbi cihaz <b>AR</b> جهاز طبي
<b>REF</b>	<b>Indicates the manufacturer's catalogue number</b> <b>FR</b> Indique le numéro de catalogue du fabricant <b>DE</b> Angabe der Hersteller-Katalognummer <b>IT</b> Indica il numero di catalogo del produttore <b>ES</b> Indica el número de catálogo del fabricante	<b>NL</b> Geeft het catalogusnummer van de fabrikant aan <b>RU</b> Указывает номер в каталоге производителя <b>TR</b> Üreticinin katalog numarasını belirtir <b>AR</b> للإشارة إلى رقم القائمة الخاص بالشركة المصنعة
	<b>Temperature limitation</b> <b>FR</b> Limitation de température <b>DE</b> Temperaturbegrenzung <b>IT</b> Limite di temperatura <b>ES</b> Limitación de la temperatura	<b>NL</b> Temperatuurbegrenzing <b>RU</b> Температурный диапазон <b>TR</b> Sıcaklık sınırlaması <b>AR</b> حدود درجة الحرارة المناسبة
	<b>Humidity limitation</b> <b>FR</b> Limitation d'humidité <b>DE</b> Luftfeuchtigkeitsbegrenzung <b>IT</b> Limite di umidità <b>ES</b> Limitación de la humedad	<b>NL</b> Vochtigheidsbegrenzing <b>RU</b> Диапазон влажности <b>TR</b> Nem sınırlaması <b>AR</b> حدود الرطوبة المناسبة

	<b>Atmospheric pressure limitation</b> <b>FR</b> Limitation de pression atmosphérique <b>DE</b> Luftdruckbegrenzung <b>IT</b> Limite di pressione atmosferica <b>ES</b> Limitación de la presión atmosférica	<b>NL</b> Luchtdrukbeperking <b>RU</b> Диапазон атмосферного давления <b>TR</b> Atmosferik basınç sınırlaması <b>AR</b> حدود الضغط الجوي المناسب
	<b>Indication of connector polarity</b> <b>FR</b> Indication de la polarité des connecteurs <b>DE</b> Anzeige der Steckerpolarität <b>IT</b> Indicazione della polarità dei connettori <b>ES</b> Indicación de la polaridad del conector	<b>NL</b> Indicatie van polariteit van aansluiting <b>RU</b> Индикация полярности разъема <b>TR</b> Bağlantı polarite göstergesi <b>AR</b> علامة تشير إلى قطبية الموصل
	<b>For indoor use only</b> <b>FR</b> Pour un usage à l'intérieur uniquement <b>DE</b> Nur für die Nutzung in Innenbereichen <b>IT</b> Solo per uso in interni <b>ES</b> Para uso solo en interiores	<b>NL</b> Alleen voor gebruik binnenshuis <b>RU</b> Для использования только внутри помещений <b>TR</b> Sadece iç mekanda kullanım için <b>AR</b> صالح للاستخدام في الأماكن المغلقة فقط

	<b>OMRON's trademarked technology for blood pressure measurement</b>	
	<b>FR</b> Technologie brevetée OMRON pour la mesure de la pression artérielle <b>DE</b> Markenrechtlich geschützte Technologie von OMRON zur Blutdruckmessung <b>IT</b> Tecnologia brevettata OMRON per la misurazione della pressione arteriosa <b>ES</b> La tecnología de OMRON para medir la presión arterial	<b>NL</b> Technologie voor bloeddrukmeting onder handelsmerk van OMRON <b>RU</b> Зарегистрированная технология измерения артериального давления OMRON <b>TR</b> OMRON'un kan basıncı ölçümü için ticari markalı teknolojisidir <b>AR</b> تقنية العلامة التجارية OMRON لقياس ضغط الدم
	<b>Identifier of cuffs compatible for the device</b>	
<b>FR</b> Identificateur des brassards compatibles avec l'appareil <b>DE</b> Kennzeichnung der mit dem Gerät kompatiblen Manschetten <b>IT</b> Identifica i bracciali compatibili con il dispositivo <b>ES</b> Identificador para manguitos compatibles con el dispositivo	<b>NL</b> Identificatie van manchetten die compatibel zijn met het apparaat <b>RU</b> Манжеты, совместимые с устройством <b>TR</b> Cihaz ile uyumlu kollukların tanıtım işareti <b>AR</b> علامات تحديد الشرائط الضاغطة المتوافقة مع الجهاز	

	<b>Marker on the cuff to be positioned above the artery</b>	
	<b>FR</b> Repère sur le brassard, à positionner au-dessus de l'artère <b>DE</b> Markierung auf der Manschette, die oberhalb der Arterie liegen muss <b>IT</b> Contrassegno sul bracciale da posizionare al di sopra dell'arteria <b>ES</b> La marca del manguito debe colocarse sobre la arteria	<b>NL</b> Markering op de manchet die boven de slagader moet worden geplaatst <b>RU</b> Указатель на манжете для расположения над артерией <b>TR</b> Kolluk üzerindeki işaretin konumu arterin üzerine gelmelidir <b>AR</b> علامة بالشريط الضاغطة للإشارة إلى وجوب وضعه فوق الشريان
<b>QUALITY PASS</b> 	<b>Manufacturer's quality control mark</b>	
<b>FR</b> Marque de contrôle de la qualité du fabricant <b>DE</b> Qualitätskontrollzeichen des Herstellers <b>IT</b> Contrassegno controllo qualità del produttore <b>ES</b> Marca del control de calidad del fabricante	<b>NL</b> Symbool voor kwaliteitscontrole van fabrikant <b>RU</b> Отметка производителя к контроле качества <b>TR</b> Üreticinin kalite kontrol işareti <b>AR</b> علامة التحكم في الجودة الخاصة بالشركة المصنعة	
<b>LATEX FREE</b>	<b>Not made with natural rubber latex</b>	
<b>FR</b> Ne contient pas de latex de caoutchouc naturel <b>DE</b> Enthält kein Naturlatex <b>IT</b> Non contiene lattice di gomma naturale <b>ES</b> No contiene látex de caucho natural	<b>NL</b> Bevat geen natuurrubberlatex <b>RU</b> Не содержит натуральный латекс <b>TR</b> Doğal kauçuk lateksten üretilmemiştir <b>AR</b> تم التصنيع دون استخدام لاتيكس المطاط الطبيعي	

	<p><b>Arm circumference</b></p> <p><b>FR</b> Circonférence du bras <b>DE</b> Armmumfang <b>IT</b> Circonferenza del braccio <b>ES</b> Perímetro de brazo</p> <p><b>NL</b> Armomtrek <b>RU</b> Окружность плеча <b>TR</b> Kol çevresi</p> <p><b>AR</b> محيط الذراع</p>
	<p><b>Necessity for the user to consult this instruction manual</b></p> <p><b>FR</b> L'utilisateur doit consulter le mode d'emploi <b>DE</b> Der Benutzer muss diese Gebrauchsanweisung lesen <b>IT</b> L'utente deve consultare il presente manuale di istruzioni <b>ES</b> Es necesario que el usuario consulte este manual de instrucciones</p> <p><b>NL</b> De gebruiker dient deze gebruiksaanwijzing te raadplegen <b>RU</b> Необходимость для пользователя обратиться к данному руководству по эксплуатации <b>TR</b> Kullanıcı, bu kullanım kılavuzuna başvurmalıdır</p> <p><b>AR</b> ضرورة رجوع المستخدم إلى دليل الإرشادات هذا</p>
	<p><b>Need for the user to follow this instruction manual thoroughly for your safety.</b></p> <p><b>FR</b> L'utilisateur doit suivre attentivement ce mode d'emploi pour votre sécurité. <b>DE</b> Damit die Sicherheit gewährleistet ist, muss der Benutzer diese Gebrauchsanweisung sorgfältig befolgen. <b>IT</b> Per la propria sicurezza, l'utente deve seguire attentamente il presente manuale di istruzioni. <b>ES</b> Es necesario que el usuario siga rigurosamente este manual de instrucciones para su seguridad.</p> <p><b>NL</b> Voor de eigen veiligheid dient de gebruiker zich zorgvuldig aan deze gebruiksaanwijzing te houden. <b>RU</b> В целях обеспечения безопасности строго следуйте указаниям в данном руководстве по эксплуатации. <b>TR</b> Güvenlik açısından kullanıcının bu kullanım kılavuzuna dikkatle uyması gerekir.</p> <p><b>AR</b> حاجة المستخدم إلى اتباع دليل الإرشادات بالكامل للحفاظ على السلامة.</p>

	<p><b>Direct current</b></p> <p><b>FR</b> Courant continu <b>DE</b> Gleichstrom <b>IT</b> Corrente diretta <b>ES</b> Corriente directa</p> <p><b>NL</b> Gelijkstroom <b>RU</b> Постоянный ток <b>TR</b> Doğru akım</p> <p><b>AR</b> التيار المباشر</p>
	<p><b>Alternating current</b></p> <p><b>FR</b> Courant alternatif <b>DE</b> Wechselstrom <b>IT</b> Corrente alternata <b>ES</b> Corriente alterna</p> <p><b>NL</b> Wisselstroom <b>RU</b> Переменный ток <b>TR</b> Alternatif akım</p> <p><b>AR</b> التيار المتردد</p>
	<p><b>Date of manufacture</b></p> <p><b>FR</b> Date de fabrication <b>DE</b> Herstellungsdatum <b>IT</b> Data di fabbricazione <b>ES</b> Fecha de fabricación</p> <p><b>NL</b> Productiedatum <b>RU</b> Дата изготовления <b>TR</b> Üretim tarihi</p> <p><b>AR</b> تاريخ التصنيع</p>
	<p><b>Prohibited action</b></p> <p><b>FR</b> Action interdite <b>DE</b> Verbotene Aktion <b>IT</b> Operazione proibita <b>ES</b> Acción prohibida</p> <p><b>NL</b> Verboden handling <b>RU</b> Запрещенные действия <b>TR</b> Yasaklanmış eylem</p> <p><b>AR</b> إجراء محظور</p>

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IM1-HEM-7360-E-06-01/2022  
2897001-8E

## Automatic Upper Arm Blood Pressure Monitor

جهاز قياس ضغط الدم الآلي القابل للتثبيت بأعلى الذراع

### M6 Comfort (HEM-7360-E)

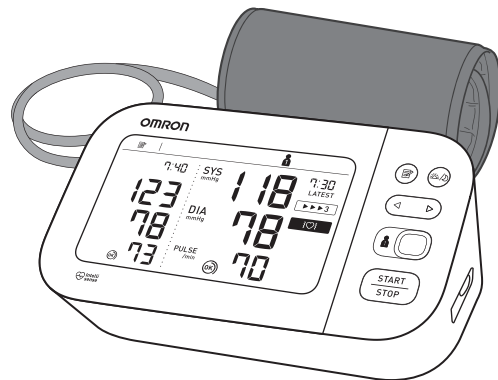
إم 6 كومفورت

### X6 Comfort (HEM-7360-EO)

اكس 6 كومفورت



All for Healthcare



### Read Instruction manual ① and ② before use.

**FR** Lire le mode d'emploi ① et ② avant l'utilisation.

**DE** Lesen Sie vor der Verwendung Gebrauchsanweisung ① und ②.

**IT** Leggere il manuale di istruzioni ① e ② prima dell'uso.

**ES** Lea el manual de instrucciones ① y ② antes del uso.

**NL** Lees gebruiksaanwijzing ① en ② voor gebruik.

**RU** Прочтите руководства по эксплуатации ① и ② перед использованием.

**TR** Kullanmadan önce, kullanım kılavuzu ① ve ②'yi okuyun.

**AR** اقرأ دليل الإرشادات ① و② قبل الاستخدام.

### 1 Package Contents.....3

<b>FR</b> Contenu de l'emballage	<b>NL</b> Inhoud van de verpakking
<b>DE</b> Packungsinhalt	<b>RU</b> Комплект поставки
<b>IT</b> Contenuto della confezione	<b>TR</b> Paketin İçindekiler
<b>ES</b> Contenido del envase	<b>AR</b> محتويات العبوة

### 2 Preparing for a Measurement.....4

<b>FR</b> Préparation pour une prise de mesure	<b>NL</b> Een meting voorbereiden
<b>DE</b> Vorbereiten einer Messung	<b>RU</b> Подготовка к измерению
<b>IT</b> Preparazione per la misurazione	<b>TR</b> Ölçüm Hazırlığı
<b>ES</b> Preparación para una medición	<b>AR</b> التجهيز لعملية القياس

### 3 Inserting Batteries.....5

<b>FR</b> Mise en place des piles	<b>NL</b> De batterijen plaatsen
<b>DE</b> Einlegen von Batterien	<b>RU</b> Установка элементов питания
<b>IT</b> Inserimento delle batterie	<b>TR</b> Pilleri Takma
<b>ES</b> Introducción de las pilas	<b>AR</b> إدخال البطاريات

### 4 Setting Date and Time.....6

<b>FR</b> Réglage de la date et de l'heure	<b>NL</b> Datum en tijd instellen
<b>DE</b> Einstellen von Datum und Uhrzeit	<b>RU</b> Установка даты и времени
<b>IT</b> Impostazione di data e ora	<b>TR</b> Tarih ve Saatin Ayarlanması
<b>ES</b> Ajuste de la fecha y la hora	<b>AR</b> ضبط الوقت و التاريخ

### 5 Applying the Cuff on the Left Arm.....7

<b>FR</b> Pose du brassard sur le bras gauche	<b>NL</b> De manchet op de linkerarm aanbrengen
<b>DE</b> Anbringen der Manschette am linken Arm	<b>RU</b> Расположение манжеты на левой руке
<b>IT</b> Applicazione del bracciale sul braccio sinistro	<b>TR</b> Kolluğun Sol Kola Takılması
<b>ES</b> Colocación del manguito en el brazo izquierdo	<b>AR</b> لف الشريط الضاغط على الذراع الأيسر

### 6 Sitting Correctly.....9

<b>FR</b> Position assise correcte	<b>NL</b> Correct zitten
<b>DE</b> Korrekte Körperhaltung	<b>RU</b> Сядьте правильно
<b>IT</b> Come sedersi nel modo corretto	<b>TR</b> Düzgün Oturma
<b>ES</b> Cómo sentarse correctamente	<b>AR</b> الجلوس بشكل صحيح

### 7 Selecting User ID (1 or 2).....11

<b>FR</b> Sélection de l'ID Utilisateur (1 ou 2)	<b>NL</b> Gebruikers-ID selecteren (1 of 2)
<b>DE</b> Auswahl der Benutzer-ID (1 oder 2)	<b>RU</b> Выберите идентификатор пользователя (1 или 2)
<b>IT</b> Selezione dell'ID utente (1 o 2)	<b>TR</b> Kullanıcı Kimliğini Seçme (1 veya 2)
<b>ES</b> Selección de ID de usuario (1 o 2)	<b>AR</b> تحديد هوية المستخدم (١ أو ٢)

### 8 Taking a Measurement.....12

<b>FR</b> Réalisation d'une mesure	<b>NL</b> Een meting verrichten
<b>DE</b> Eine Messung vornehmen	<b>RU</b> Выполнение измерений
<b>IT</b> Misurazione	<b>TR</b> Bir Ölçüm Yapma
<b>ES</b> Obtención de una lectura	<b>AR</b> إجراء قياس



## 9 Checking Readings in Comparison Mode.....16

- FR** Vérification des mesures en mode de comparaison **NL** Metingen bekijken in vergelijkingsmodus
- DE** Überprüfen von Messwerten im Vergleichsmodus **RU** Проверка результатов измерений в режиме сравнения
- IT** Controllo dei risultati in modalità Confronto **TR** Karşılaştırma Modunda Ölçüm Değerlerini Kontrol Etme
- ES** Comprobación de las lecturas en modo comparativo **AR** التحقق من القراءات في وضع المقارنة

## 10 Using Memory Functions.....21

- FR** Utilisation des fonctions de mémoire **NL** Geheugenfuncties gebruiken
- DE** Verwendung der Speicherfunktionen **RU** Использование функции памяти
- IT** Uso delle funzioni di memoria **TR** Hafıza Fonksiyonunun Kullanılması
- ES** Uso de las funciones de memoria **AR** استخدام وظائف الذاكرة

## 11 Other Settings.....24

- FR** Autres réglages **NL** Andere instellingen
- DE** Weitere Einstellungen **RU** Другие настройки
- IT** Altre impostazioni **TR** Diğer Ayarlar
- ES** Otros ajustes **AR** الإعدادات الأخرى

## 12 Optional Medical Accessories.....26

- FR** Accessoires médicaux en option **NL** Optionele medische accessoires
- DE** Medizinisches optionales Zubehör **RU** Дополнительно принадлежности
- IT** Accessori medicali opzionali **TR** Opsiyonel Tibbi Aksesuarlar
- ES** Accesorios médicos opcionales **AR** الملحقات الطبية الاختيارية

## 13 Other Optional Parts.....27

- FR** Autres pièces en option **NL** Overige optionele onderdelen
- DE** Weitere optionale Teile **RU** Другие дополнительно приобретаемые запасные части
- IT** Altri componenti opzionali **TR** Diğer Aksesuarlar
- ES** Otras piezas opcionales **AR** أجزاء اختيارية أخرى

# 1 Package Contents

**FR** Contenu de l'emballage

**DE** Packungsinhalt

**IT** Contenuto della confezione

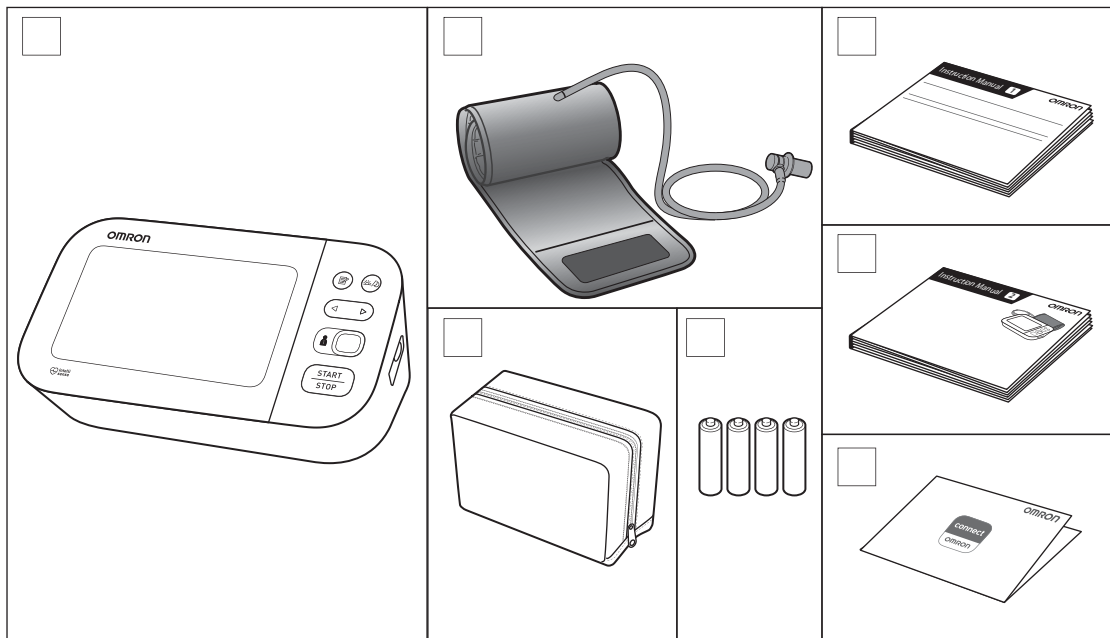
**ES** Contenido del envase

**NL** Inhoud van de verpakking

**RU** Комплект поставки

**TR** Paketin İçindekiler

محتويات العبوة **AR**



## 2 Preparing for a Measurement

**FR** Préparation pour une prise de mesure

**DE** Vorbereiten einer Messung

**IT** Preparazione per la misurazione

**ES** Preparación para una medición

**NL** Een meting voorbereiden

**RU** Подготовка к измерению

**TR** Ölçüm Hazırlığı

التجهيز لعملية القياس **AR**

### 30 minutes before

**FR** 30 minutes avant

**DE** 30 Minuten vorher

**IT** 30 minuti prima

**ES** 30 minutos antes

**NL** 30 minuten ervoor

**RU** За 30 минут до

**TR** 30 dakika önce

**AR** قبل القياس بمدة تبلغ ٣٠ دقيقة



### 5 minutes before: Relax and rest.

**FR** 5 minutes avant : détente et repos.

**DE** 5 Minuten vorher: ruhig hinsetzen.

**IT** 5 minuti prima: rilassarsi e stare a riposo.

**ES** 5 minutos antes: relájese y descanse.

**NL** 5 minuten ervoor: ontspan en rust.

**RU** За 5 минут до: расслабьтесь и отдохните.

**TR** 5 dakika önce: Gevşeyin ve dinlenin.

**AR** قبل القياس بمدة تبلغ ٥ دقائق: استرح واسترخ.



### 3 Inserting Batteries

**FR** Mise en place des piles

**DE** Einlegen von Batterien

**IT** Inserimento delle batterie

**ES** Introducción de las pilas

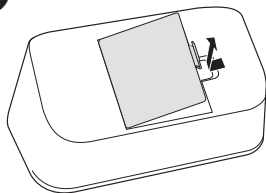
**NL** De batterijen plaatsen

**RU** Установка элементов питания

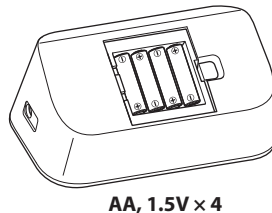
**TR** Pilleri Takma

إدخال البطاريات **AR**

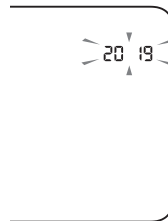
1



2



3



## 4 Setting Date and Time

**FR** Réglage de la date et de l'heure

**DE** Einstellen von Datum und Uhrzeit

**IT** Impostazione di data e ora

**ES** Ajuste de la fecha y la hora

**NL** Datum en tijd instellen

**RU** Установка даты и времени

**TR** Tarih ve Saatin Ayarlanması

**AR** ضبط الوقت والتاريخ

**Set year > month > day > hour > minute.**

**FR** Réglez l'année > le mois > le jour > les heures > les minutes.

**DE** Stellen Sie Jahr > Monat > Tag > Stunde > Minute ein.

**IT** Impostare anno > mese > giorno > ora > minuti.

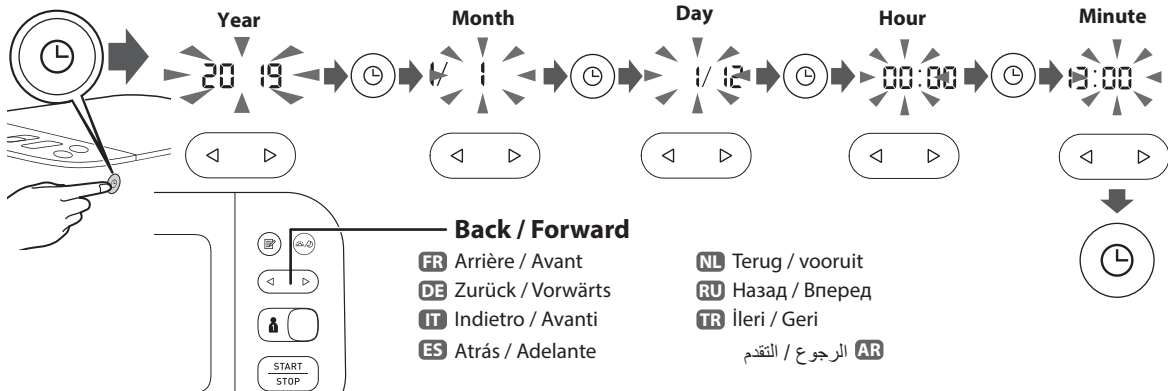
**ES** Ajuste de año > mes > día > hora > minuto.

**NL** Instellen van jaar > maand > dag > uur > minuut.

**RU** Установите год > месяц > день > час > минута.

**TR** Yıl > ay > gün > saat > dakika ayarlayın.

**AR** ضبط السنة < الشهر < اليوم < الساعة < الدقيقة.



## 5 Applying the Cuff on the Left Arm

**FR** Pose du brassard sur le bras gauche

**DE** Anbringen der Manschette am linken Arm

**IT** Applicazione del bracciale sul braccio sinistro

**ES** Colocación del manguito en el brazo izquierdo

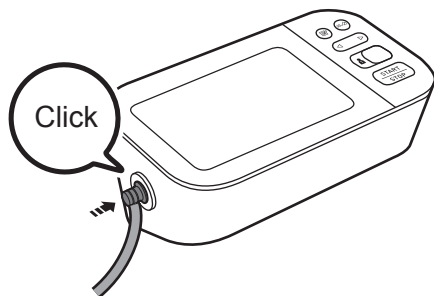
**NL** De manchet op de linkerarm aanbrengen

**RU** Расположение манжеты на левой руке

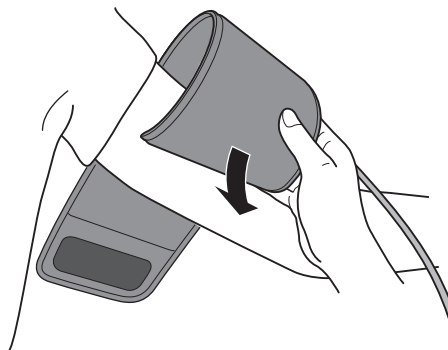
**TR** Koluğun Sol Kola Takılması

**AR** لف الشريط الضاغط على الذراع الأيسر

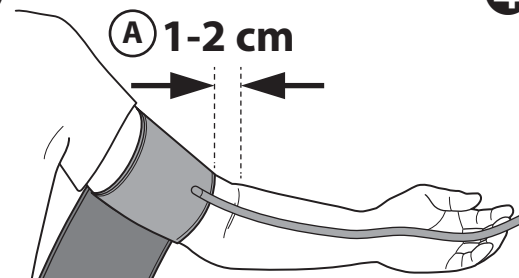
1



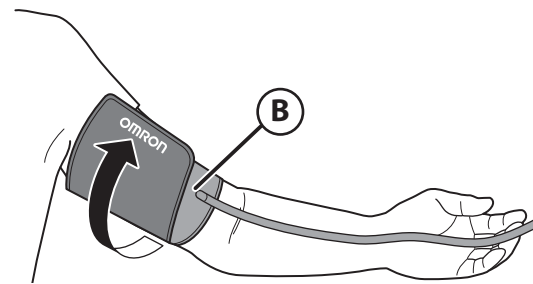
2



3



4



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

**FR** Le côté tuyau du brassard doit être positionné 1 à 2 cm au-dessus de l'intérieur du coude.

**DE** Das Manschettenstück mit dem Schlauch muss 1 bis 2 cm oberhalb des Ellbogens liegen.

**IT** Il lato del bracciale con il tubo deve trovarsi al di sopra del gomito interno, a una distanza di circa 1 o 2 cm.

**ES** El lado del tubo del manguito deberá quedar 1 o 2 cm por encima de la parte interna del codo.

**NL** De kant met de slang van de manchet moet 1 - 2 cm boven de binnenkant van de elleboog liggen.

**RU** Край манжеты с трубкой должен находиться на 1–2 см выше локтевого сгиба.

**TR** Koluğun boru tarafı, dirsek içinin 1 ila 2 cm üstünde olmalıdır.

**AR** يجب أن يرتفع جانب الخرطوم من الشريط الضاغط من ١ إلى ٢ سم عن المرفق.

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

**FR** Assurez-vous que le tuyau à air se trouve du côté intérieur de votre bras et enroulez fermement le brassard de manière qu'il ne puisse plus tourner.

**DE** Stellen Sie sicher, dass der Luftschlauch an der Arminnenseite sitzt, und befestigen Sie die Manschette sicher, so dass sie nicht verrutscht.

**IT** Assicurarsi che il tubo dell'aria si trovi all'interno del braccio e avvolgere il bracciale saldamente in modo che non possa ruotare.

**ES** Asegúrese de que el tubo de aire se encuentra en la cara interna del brazo y enrolle el manguito con firmeza para que no pueda deslizarse.

**NL** Zorg ervoor dat de luchtslang zich aan de binnenkant van uw arm bevindt en wikkel de manchet stevig rond uw arm zodat deze niet meer kan wegglijden.

**RU** Убедитесь, что воздухопроводная трубка находится на внутренней поверхности плеча и надежно оберните манжету, чтобы она не прокручивалась вокруг руки.

**TR** Hava borusunun kolunuzun iç tarafında olduğundan emin olun ve koluğu kaymayacak şekilde sabit şekilde sarın.

**AR** تأكد من أن خرطوم الهواء على الجانب الداخلي من ذراعك ولف الشريط الضاغط بإحكام بحيث لا ينزلق حول الذراع.

**If taking measurements on the right arm, refer to:**

**FR** Pour la prise de mesures au bras droit, voir :

**DE** Bei Messungen am rechten Arm siehe:

**IT** Se la misurazione viene eseguita al braccio destro, fare riferimento a:

**ES** Si va a realizar mediciones en el brazo derecho, consulte:

**NL** Als u metingen aan de rechterarm uitvoert, raadpleeg dan:

**RU** При измерении на правой руке см.

**TR** Sağ koldan ölçüm yapıyorsanız aşağıdakilere bakın:

**AR** في حال إجراء القياس على الذراع الأيمن، ارجع إلى:



Instruction Manual **1**  
2.3

## 6 Sitting Correctly

**FR** Position assise correcte

**DE** Korrekte Körperhaltung

**IT** Come sedersi nel modo corretto

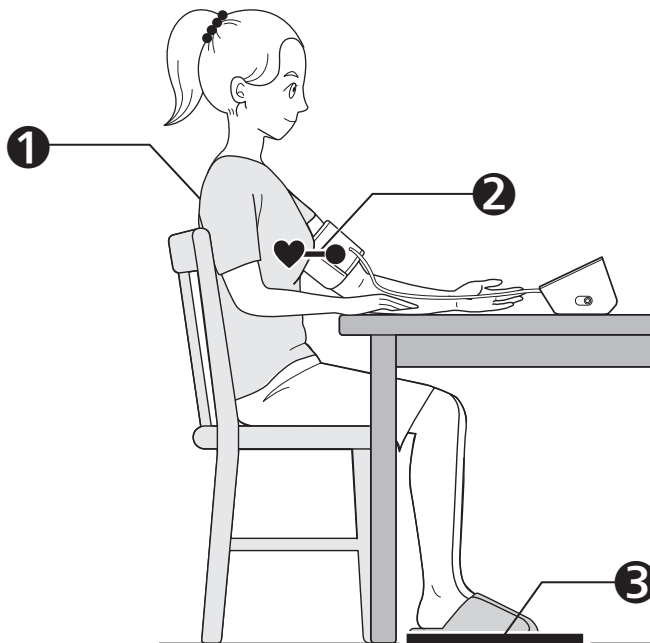
**ES** Cómo sentarse correctamente

**NL** Correct zitten

**RU** Сядьте правильно

**TR** Düzgün Oturma

الجنوس بشكل صحيح **AR**





### 1 Sit comfortably with your back and arm supported.

**FR** S'asseoir confortablement de manière à ce que le dos et le bras soient bien soutenus.

**DE** Bequem hinsetzen, mit dem Rücken anlehnen und den Arm auf eine Unterlage legen.

**IT** Sedere comodamente con la schiena e il braccio ben sostenuti.

**ES** Siéntese cómodamente de modo que la espalda y el brazo estén bien apoyados.

**NL** Neem een comfortabele zitpositie in, met uw rug en arm ondersteund.

**RU** Сядьте удобно, чтобы спина и рука опирались на что-либо.

**TR** Sirtınız ve kolunuz desteklenerek rahat bir şekilde oturun.

**AR** اجلس بشكل مريح بحيث يكون الظهر والذراع في وضع استناد.

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

**FR** Le brassard doit se trouver au même niveau que votre cœur.

**DE** Die Manschette auf Herzhöhe platzieren.

**IT** Posizionare il bracciale allo stesso livello del cuore.

**ES** Coloque el manguito al mismo nivel que el corazón.

**NL** Plaats de armband op hetzelfde niveau als uw hart.

**RU** Манжета должна находиться на уровне сердца.

**TR** Koluğu kalbinizle aynı düzeye getirin.

**AR** ضع الشريط الضاغط للذراع في مستوى القلب نفسه.

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

**FR** Garder les pieds à plat, les jambes non croisées, ne pas bouger et ne pas parler.

**DE** Füße flach auf den Boden stellen, die Beine nicht kreuzen, still halten und nicht sprechen.

**IT** Tenere i piedi ben poggiati, non incrociare le gambe, rimanere fermi e non parlare.

**ES** Mantenga los pies planos, las piernas sin cruzar, quédese quieto y no hable.

**NL** Houd de voeten plat, benen niet gekruist, zit stil en praat niet.

**RU** Поставьте ноги ровно, не перекрещивая их, не двигайтесь и не разговаривайте.

**TR** Ayaklarınızı düz, bacaklarınızı açık tutun, hareketsiz kalın ve konuşmayın.

**AR** اجعل قدميك في وضع مسطح وساقيك في وضع متباعد وحافظ على ثباتك ولا تتحدث.

## 7 Selecting User ID (1 or 2)

**FR** Sélection de l'ID Utilisateur (1 ou 2)

**DE** Auswahl der Benutzer-ID (1 oder 2)

**IT** Selezione dell'ID utente (1 o 2)

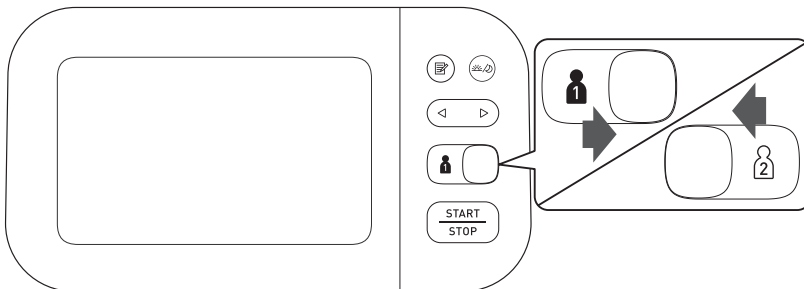
**ES** Selección de ID de usuario (1 o 2)

**NL** Gebruikers-ID selecteren (1 of 2)

**RU** Выберите идентификатор пользователя (1 или 2)

**TR** Kullanıcı Kimliğini Seçme (1 veya 2)

**AR** تحديد هوية المستخدم (١ أو ٢)



### Switching user ID enables you to save readings for 2 people.

**FR** Changer d'ID Utilisateur permet d'enregistrer les résultats pour 2 personnes.

**DE** Mit verschiedenen Benutzer-IDs lassen sich Messwerte für 2 Personen speichern.

**IT** Cambiare ID utente permette di registrare i risultati relativi a 2 persone.

**ES** Cambiar de ID de usuario le permite guardar las lecturas de 2 personas.

**NL** Door het wisselen van gebruikers-ID kunt u metingen voor 2 personen opslaan.

**RU** Переключение идентификатора пользователя позволяет сохранять результаты для 2-х людей.

**TR** Kullanıcı kimlikleri arasında geçiş yapma, 2 kişi için ölçüm değerlerini kaydetmenizi sağlar.

**AR** يتيح لك إمكانية تبديل معرف المستخدم حفظ القراءات لشخصين.

## Taking a Measurement

**FR** Réalisation d'une mesure

**DE** Eine Messung vornehmen

**IT** Misurazione

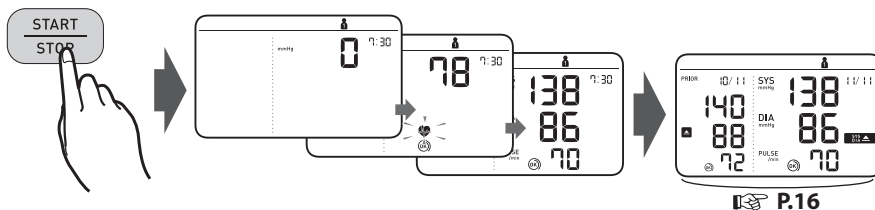
**ES** Obtención de una lectura

**NL** Een meting verrichten

**RU** Выполнение измерений

**TR** Bir Ölçüm Yapma

**AR** إجراء قياس



**When the [START/STOP] button is pressed, the measurement is taken and saved automatically.**

**FR** Après une pression sur le bouton [START/STOP], la mesure démarre et le résultat est enregistré automatiquement.

**DE** Beim Drücken der Taste [START/STOP] erfolgt die Messung. Die Messwerte werden automatisch gespeichert.

**IT** Quando si preme il pulsante [START/STOP], la misurazione viene eseguita e salvata automaticamente.

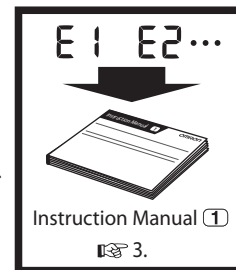
**ES** Al pulsar el botón [START/STOP], se obtiene la medición, que se guarda automáticamente.

**NL** Wanneer op de knop [START/STOP] wordt gedrukt, wordt de meting automatisch uitgevoerd en opgeslagen.

**RU** После того, как кнопка [START/STOP] нажата, измерение выполняется и сохраняется автоматически.

**TR** [START/STOP] düğmesine basıldığında ölçüm yapılır ve otomatik olarak kaydedilir.

**AR** عند الضغط على زر [START/STOP]، يتم إجراء القياس وحفظه تلقائيًا.



## Taking a measurement in Afib mode


**FR** Réalisation d'une mesure en mode Afib

**DE** Vornehmen einer Messung im Afib-Modus


**IT** Misurazione in modalità Afib

**In the Afib mode, your monitor automatically takes 3 consecutive readings at 30-second intervals and displays the average. If there is a possibility of atrial fibrillation (Afib), "Afib indicator symbol" (  ) will appear.**


**This is not a diagnosis, it is only a potential finding for Afib. You should contact your physician to discuss the findings. If you are experiencing any symptoms, contact a medical professional.**

**FR** En mode Afib, votre moniteur effectue automatiquement 3 mesures consécutives à 30 secondes d'intervalle et affiche la moyenne. S'il y a une possibilité de fibrillation auriculaire (Afib), le « symbole indicateur Afib » (  ) s'affiche.

Il ne s'agit pas d'un diagnostic mais seulement de l'indication d'une Afib possible. Vous devriez consulter votre médecin pour discuter des résultats. Si vous ressentez un symptôme quelconque, consultez un professionnel de la santé.

**DE** Im Afib-Modus nimmt das Messgerät automatisch 3 Messungen hintereinander im Abstand von je 30 Sekunden vor und zeigt den Mittelwert an. Wenn die Möglichkeit von Afib besteht, erscheint das „Afib-Hinweissymbol“ (  ).

Dabei handelt es sich nicht um eine Diagnose, sondern lediglich um einen Befund, dass Afib vorliegen könnte. Wenden Sie sich an Ihren Arzt, um den Befund weiter abzuklären. Konsultieren Sie bei Auftreten von Symptomen eine medizinische Fachkraft.

**IT** Nella modalità Afib, il misuratore esegue automaticamente 3 misurazioni consecutive a intervalli di 30 secondi e visualizza la media. In caso di potenziale presenza di fibrillazione atriale (Afib) viene visualizzato il "simbolo dell'indicatore Afib" (  ).

Questa non è una diagnosi ma è soltanto un rilevamento della potenziale presenza di Afib. È opportuno rivolgersi al proprio medico curante per discutere questo risultato. Se si dovessero riscontrare eventuali sintomi, rivolgersi a un medico.


**ES** Obtención de una lectura en modo Afib

**NL** Een meting in Afib-modus afnemen


**RU** Выполнение измерений в режиме Afib


**TR** Afib modunda ölçüm yapma


**AR** إجراء القياس باستخدام وضع

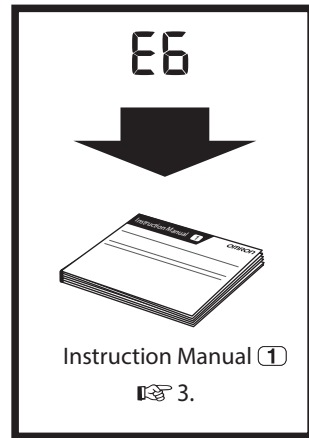
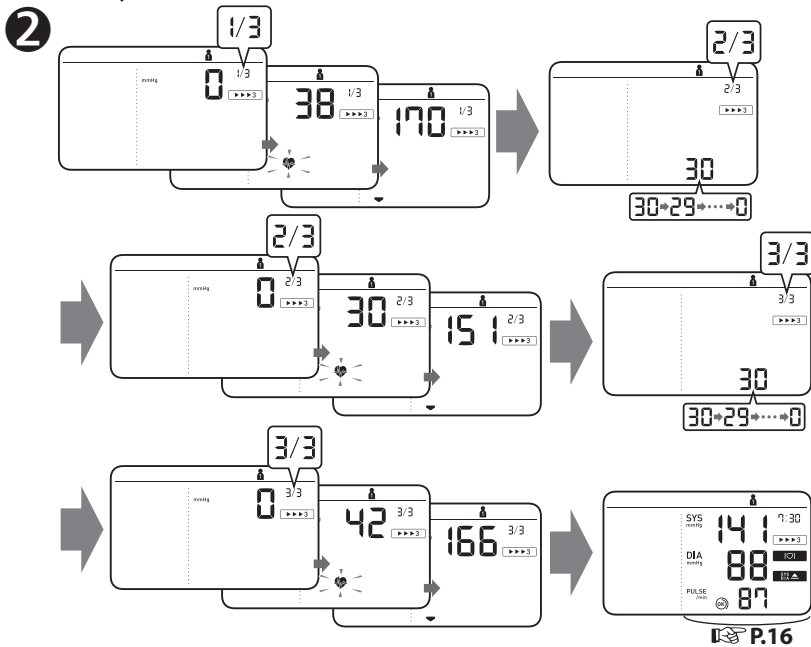
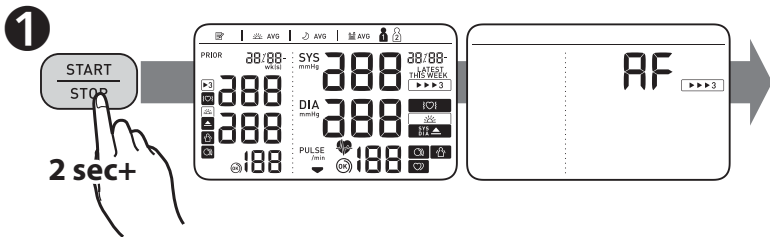
**ES** En el modo Afib, el monitor realiza 3 mediciones consecutivas automáticamente a intervalos de 30 segundos y muestra el valor promedio. Si existe una posible fibrilación auricular (Afib), aparecerá el "símbolo indicador de Afib" (  ). Esto no es un diagnóstico, simplemente la detección de una posible Afib. Deberá ponerse en contacto con su médico para hablar de los resultados. En caso de padecer síntomas, póngase en contacto con un profesional sanitario.

**NL** In de Afib-modus neemt uw meter automatisch 3 achtereenvolgende metingen met intervallen van 30 seconden en toont vervolgens het gemiddelde. Als er een mogelijkheid is op Afib verschijnt het "Afib-indicatorstelsymbool" (  ). Dit is geen diagnose, het is slechts een vaststelling dat er mogelijk sprake is van Afib. Neem contact op met uw arts om de bevindingen te bespreken. Neem contact op met een medische professional als u symptomen ondervindt.

**RU** В режиме Afib автоматически выполняются 3 последовательных измерения с 30-секундным интервалом, после чего отображается среднее значение. В случае вероятности фибрилляции предсердий (Afib) отображается «Значок индикатора Afib» (  ). Это не диагноз, а только вероятность обнаружения Afib. Для обсуждения полученных результатов необходимо обратиться к лечащему врачу. Если у Вас существуют какие-либо жалобы на самочувствие, обратитесь к врачу.

**TR** Cihazınız Afib modunda iken, otomatik olarak 30 saniyelik aralıklarda ardışık 3 ölçüm yapar ve ortalamayı gösterir. Atrial fibrilasyon (Afib) olasılığı varsa "Afib gösterege sembolü" (  ) görünür. Bu bir tanı değildir, yalnızca olası Afib bulgusudur. Doktorunuzla iletişime geçerek bulgularını konuşmanız gerekir. Semptom yaşıyorsanız bir tıp uzmanıyla iletişime geçin.

**AR** في وضع Afib ، يلتقط العداد تلقائيًا ٣ قراءات متتالية على فترات منتظمة تبلغ ٣٠ ثانية ثم يعرض المعدل. إذا كان Afib ممكنًا ، فستظهر "الرموزة مؤشر Afib" (  ) . لا يُعد هذا الإجراء تشخيصيًا، فما هو إلا اكتشاف محتمل لحدوث رجفان الأذنين. ومن ثم، يجب عليك الاتصال بالطبيب لمناقشة النتائج. إذا تعرضت لأي أعراض، فيجب عليك الاتصال بطبيب مختص.



## Taking a measurement in guest mode

- FR** Réalisation d'une mesure en mode Invité  
**DE** Vornehmen einer Messung im Gast-Modus  
**IT** Misurazione in modalità Ospite

**The guest mode can be used to take a single measurement for another user. No readings are stored in the memory, and the Afib mode is not available when the guest mode is selected.**

- FR** Le mode Invité permet de mesurer la pression artérielle d'une autre personne une seule fois. Les résultats ne sont pas enregistrés dans la mémoire et le mode fibrillation auriculaire n'est pas disponible lorsque le mode Invité est sélectionné.
- DE** Soll eine einzelne Messung bei einem anderen Benutzer durchgeführt werden, kann dafür der Gast-Modus aktiviert werden. Im Gast-Modus werden keine Messwerte gespeichert und der Afib-Modus steht nicht zur Verfügung.
- IT** La modalità Ospite può essere utilizzata per eseguire una singola misurazione su un diverso utente. I risultati ottenuti non vengono memorizzati e la modalità Afib non è disponibile quando si seleziona la modalità Ospite.









- ES** Obtención de una lectura en modo de invitado  
**NL** Een meting in gastmodus afnemen  
**RU** Выполнение измерений в гостевом режиме  
**TR** Konuk modunda ölçüm yapma

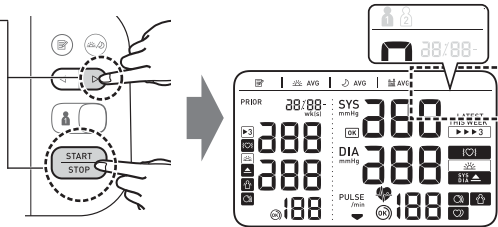
**AR** إجراء القياس باستخدام وضع الضيف.

- ES** Para realizar una única medición para otro usuario, se puede utilizar el modo de invitado. Cuando se selecciona el modo de invitado, no se guardan lecturas en la memoria y el modo de fibrilación auricular no está disponible.
- NL** De gastmodus kan worden gebruikt om één enkele meting uit te voeren voor een andere gebruiker. Er worden geen metingen opgeslagen in het geheugen en de Afib-modus is niet beschikbaar wanneer de gastmodus is geselecteerd.
- RU** Гостевой режим используется для единичного измерения артериального давления у другого лица. Если выбран гостевой режим, то измерения не сохраняются в памяти, и недоступен режим ФП.
- TR** Konuk modu, başka bir kişi için tek bir ölçüm yapmak üzere kullanılabilir. Konuk modu seçildiğinde, ölçüm değerleri hafızada saklanmaz ve Afib modu kullanılamaz.

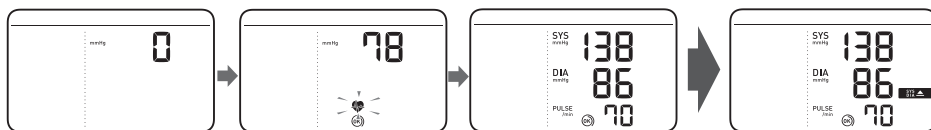
**AR** ويمكن استخدام وضع الضيف لإجراء عملية قياس واحدة لمستخدم آخر. لا يتم تخزين أي قراءة داخل الذاكرة كما أن وضع الرفعان الأذيني لا يكون متاحاً عند تحديد وضع الضيف.

### 1 While holding the button down, press the [START/STOP] button.

- FR** Tout en maintenant le bouton  enfoncé, appuyer sur le bouton [START/STOP].  
**DE** Halten Sie die Taste  gedrückt und drücken Sie gleichzeitig die Taste [START/STOP].  
**IT** Mentre si tiene premuto il pulsante , premere il pulsante [START/STOP].  
**ES** Mientras mantiene pulsado el botón , pulse el botón [START/STOP].  
**NL** Houd de knop  ingedrukt en druk tegelijkertijd op de knop [START/STOP].  
**RU** Удерживая кнопку  в нажатом положении, нажмите кнопку [START/STOP].  
**TR**  düğmesini basılı tutarken, [START/STOP] düğmesine basın.
- AR** أثناء الاستمرار في الضغط على الزر , اضغط على الزر [START/STOP] (بدء/إيقاف).

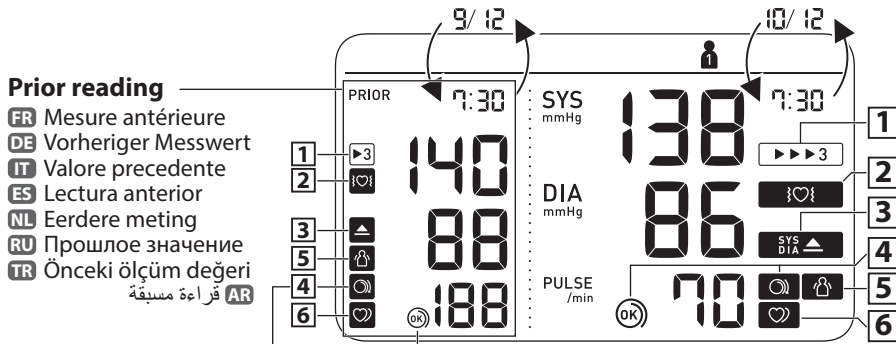


### 2



## 9 Checking Readings in Comparison Mode

**FR** Vérification des mesures en mode de comparaison **NL** Metingen bekijken in vergelijkingsmodus  
**DE** Überprüfen von Messwerten im Vergleichsmodus **RU** Проверка результатов измерений в режиме сравнения  
**IT** Controllo dei risultati in modalità Confronto **TR** Karşılaştırma Modunda Ölçüm Değerlerini Kontrol Etme  
**ES** Comprobación de las lecturas en modo comparativo **AR** التحقق من القراءات في وضع المقارنة



- 1** **Appears when the reading was taken in Afib mode.** **ES** Aparece cuando la lectura fue realizada en el modo de fibrilación auricular.
- FR** S'affiche lorsque la mesure a été effectuée en mode Fibrillation auriculaire.
- NL** Verschijnt wanneer de meting in de Afib-modus werd verricht.
- DE** Erscheint, wenn der Messwert im Afib-Modus ermittelt wurde.
- RU** Отображается, если значение получено в режиме ФП.
- IT** Appare quando la misurazione è stata effettuata in modalità Afib.
- TR** Ölçüm Afib moduna alınınca görünür.
- AR** يظهر عندما يتم الحصول على القراءة في وضع الرجفان الأذيني.

**2** **Appears if a possibility of Afib\* was detected during the Afib mode measurement. If it continues to appear, we recommend you to consult with and follow the directions of your physician.**



- FR** S'affiche si une possibilité d'Afib\* a été détectée durant une mesure en mode Afib. S'il continue d'apparaître, nous vous recommandons de consulter votre médecin et de suivre ses recommandations.
- DE** Wird angezeigt, wenn bei einer Messung im Afib-Modus ein mögliches Vorhofflimmern\* erkannt wurde. Wird das Symbol weiterhin angezeigt, sollten Sie sich an einen Arzt wenden und dessen Anweisungen befolgen.
- IT** Appare se durante la misurazione in modalità Afib è stata rilevata una potenziale Afib. Se il simbolo continua ad apparire, è consigliabile rivolgersi al proprio medico curante e seguirne le indicazioni.

- ES** Aparece si se ha detectado la posibilidad de Afib\* durante la medición en modo de Afib. Si esto sigue apareciendo, le recomendamos que consulte a su médico y siga sus recomendaciones.
- NL** Verschijnt als een mogelijkheid van Afib\* werd gedetecteerd tijdens de Afib-modusmeting. Als dit blijft verschijnen raden we u aan contact op te nemen met uw arts en zijn of haar aanwijzingen op te volgen.
- RU** Отображается, если при измерении в режиме Afib была определена вероятность Afib\*. Если эти нарушения ритма продолжают, рекомендуем обратиться к лечащему врачу и следовать его указаниям.
- TR** Afib modunda ölçüm esnasında Afib\* olasılığı saptandığında görünür. Görünmeye devam ediyorsa doktorunuza danışmanızı ve kendisinin yönergelerini izlemenizi öneririz.

**AR** تظهر حالة اكتشاف الرجفان الأذيني (Afib)\* خلال إجراء القياس باستخدام وضع Afib. وإذا استمرت في الظهور، فإننا نوصيك باستشارة الطبيب الخاص بك واتباع تعليماته.

**3** **Appears if "SYS" is 135 mmHg or above and/or "DIA" is 85 mmHg\*\* or above.**



- FR** S'affiche si « SYS » est égale ou supérieure à 135 mmHg et/ou « DIA » égale ou supérieure à 85 mmHg\*\*.
- DE** Wird angezeigt, wenn «SYS» 135 mmHg oder mehr beträgt und/oder wenn «DIA» 85 mmHg\*\* oder mehr beträgt.
- IT** Viene visualizzato se la pressione sistolica "SYS" è pari o superiore a 135 mmHg e/o la pressione diastolica "DIA" è pari o superiore a 85 mmHg\*\*.

- ES** Aparece si "SYS" es 135 mmHg o superior y/o "DIA" es 85 mmHg\*\* o superior.
- NL** Verschijnt als «SYS» 135 mmHg of hoger is en/of «DIA» 85 mmHg\*\* of hoger is.
- RU** Отображается, если «SYS» 135 мм.рт.ст. и выше и/или «DIA» 85 мм.рт.ст.\*\* и выше.
- TR** «SYS» 135 mmHg ya da üstünde olduğunda ve/veya «DIA» 85 mmHg\*\* ya da üstünde olduğunda görünür.

**AR** تظهر إذا كان "SYS" يبلغ 135 ملليمترًا زئبقيًا أو أكثر و/ أو "DIA" 85 ملليمترًا زئبقيًا\*\* أو أكثر.

**4** **Cuff is tight enough.**



- FR** Le brassard est suffisamment serré.
- DE** Manschette sitzt ausreichend straff.
- IT** Il bracciale è stretto a sufficienza.
- ES** El manguito está lo suficientemente prieto.
- NL** Manchet zit strak genoeg.
- RU** Манжета затянута достаточно туго.
- TR** Kolluk yeterince sıkıdır.

**AR** الشريط الضاغط محكم بما يكفي.

**4** **Apply cuff again MORE TIGHTLY.**



- FR** Poser le brassard en le serrant davantage.
- DE** Manschette STRAFFER ziehen.
- IT** Applicare di nuovo il bracciale STRINGENDOLO DI PIÙ.
- ES** Vuelva a poner el manguito MÁS PRIETO.
- NL** Breng de manchet STRAKKER aan.
- RU** Наложите манжету еще раз БОЛЕЕ ТУГО.
- TR** Kolluğu tekrar, DAHA SIKI bir şekilde takın.

**AR** لف الشريط الضاغط مرة أخرى بشكل أكثر إحكامًا.



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



**(The body movement function is disabled when the possibility of Afib or irregular heartbeat is detected during a Afib mode measurement.)**

**FR** S'affiche si vous bougez pendant une mesure. Retirer le brassard, attendre 2 à 3 minutes et essayer à nouveau. (La fonction de détection des mouvements du corps est désactivée lorsqu'une possibilité d'Afib ou de pulsations cardiaques irrégulières est détectée durant une mesure en mode Afib.)

**DE** Wird angezeigt, wenn Sie sich während der Messung bewegen. Nehmen Sie die Manschette ab, warten Sie 2-3 Minuten und versuchen Sie es erneut. (Die Bewegungserkennung wird deaktiviert, wenn bei einer Messung im AFib-Modus ein mögliches Afib oder unregelmäßiger Herzschlag erkannt wird.)

**IT** Viene visualizzato se l'utilizzatore si muove durante la misurazione. Rimuovere il bracciale, attendere 2-3 minuti e riprovare. (La funzione di rilevamento del movimento del corpo viene disattivata qualora vengano rilevati una potenziale Afib o un battito cardiaco irregolare durante una misurazione in modalità Afib.)

**6** **Appears when an irregular rhythm\* is detected during a measurement. If it continues to appear, it is recommended to consult your physician.**



**(It does not appear during a Afib mode measurement)**

**FR** S'affiche lorsqu'un rythme irrégulier\* est détecté pendant une mesure. S'il continue d'apparaître, il est recommandé de consulter votre médecin. (Ne s'affiche pas pendant une mesure en mode Afib)

**DE** Wird angezeigt, wenn während einer Messung ein unregelmäßiger Herzschlag\* erkannt wird. Wird das Symbol weiterhin angezeigt, sollten Sie sich an Ihren Arzt wenden. (Wird bei einer Messung im Afib-Modus nicht angezeigt)

**IT** Viene visualizzato se nel corso di una misurazione viene rilevato un ritmo cardiaco irregolare\*. Se il simbolo continua ad apparire è consigliabile rivolgersi al proprio medico curante. (Il simbolo non viene visualizzato durante le misurazioni in modalità Afib)

**ES** Aparece cuando se mueve el cuerpo durante una medición. Retire el manguito, espere unos 2 o 3 minutos e inténtelo de nuevo. (La función de movimiento corporal se inhabilita cuando se detecta la posibilidad de Afib o latido cardíaco irregular durante una medición en modo de Afib.)

**NL** Verschijnt wanneer uw lichaam tijdens een meting beweegt. Verwijder de armband, wacht 2-3 minuten en probeer het opnieuw. (De lichaamsbewegingsfunctie wordt uitgeschakeld wanneer de mogelijkheid van Afib of een onregelmatige hartslag wordt gedetecteerd tijdens de Afib-modusmeting.)

**RU** Отображается при движении тела во время измерения. Снимите манжету, подождите 2-3 минуты и попробуйте еще раз. (Если при измерении в режиме Afib определяется вероятность Afib или нерегулярного сердцебиения, функция обнаружения движения тела отключается.)

**TR** Bir ölçüm esnasında vücudunuz hareket ettiğinde görünür. Koluğu çıkarın, 2-3 dakika bekleyip tekrar deneyin. (Afib modunda ölçüm sırasında Afib olasılığı veya düzensiz kalp atışı tespit edildiğinde vücut hareketi işlevi devre dışı bırakılır.)

**AR** تظهر عند تحرك جسمك في أثناء عملية القياس. قم بإزالة الشريط الضاغط للذراع وانتظر من ٢ إلى ٣ دقائق وحاول مرة أخرى. (لا تظهر عند اكتشاف احتمالية Afib أثناء القياس باستخدام وضع Afib)

**ES** Aparece cuando se detecta un ritmo irregular\* durante una medición. Si esto sigue apareciendo, le recomendamos que consulte a su médico. (No aparece durante una medición en modo Afib)

**NL** Verschijnt wanneer tijdens een meting een onregelmatig ritme\* wordt gedetecteerd. Neem contact op met uw arts als dit blijft verschijnen. (Het verschijnt niet tijdens een Afib-modusmeting)

**RU** Отображается, если при измерении определяется нерегулярный ритм\*. Если этот значок продолжает отображаться, рекомендуем обратиться к лечащему врачу. (Не отображается при измерении в режиме Afib)

**TR** Bir ölçüm esnasında düzensiz ritim\* saptandığında görünür. Görünmeye devam ederse doktorunuza danışmanız önerilir. (Afib modundaki ölçüm esnasında görünmez)

**AR** تظهر عند اكتشاف عدم انتظام ضربات القلب\* أثناء القياس. إذا استمرت في الظهور، يُوصى باستشارة الطبيب المختص. (لا تظهر أثناء إجراء عملية القياس باستخدام وضع Afib)

**\* Afib and an irregular heartbeat rhythm are defined as a rhythm that is 25 % less or 25 % more than the average rhythm detected while your monitor is measuring blood pressure. The difference between the Afib indicator function and irregular heartbeat function is:**

**Afib indicator function: detects Afib possibility in 3-times measurement.**

**Irregular heartbeat function: detects irregular heartbeat including Afib in 1 measurement.**

**FR** \* L'Afib et les pulsations cardiaques irrégulières sont des pulsations dont la fréquence est supérieure ou inférieure de 25 % par rapport à la moyenne détectée lorsque l'appareil mesure la pression artérielle. La différence entre la fonction indicateur Afib et la fonction pulsations cardiaques irrégulières est la suivante :

Fonction indicateur Afib : détecte la possibilité d'une Afib par une mesure répétée 3 fois.

Fonction pulsations cardiaques irrégulières : détecte des pulsations cardiaques irrégulières, y compris une Afib, en 1 mesure.

**DE** \* Afib und unregelmäßiger Herzschlag sind definiert als ein Herzrhythmus, der 25 % unter oder 25 % über dem mittleren Herzrhythmus liegt, der während der Blutdruckmessung erkannt wird. Der Unterschied zwischen Afib-Hinweisfunktion und Erkennung unregelmäßiger Herzschläge ist: Afib-Hinweisfunktion: Erkennt bei 3-maliger Messung möglicherweise vorliegendes Afib.

Erkennung unregelmäßiger Herzschläge: Erkennt unregelmäßigen Herzschlag einschließlich Afib bei 1-maliger Messung.

**IT** \* Per Afib e battito cardiaco irregolare si intende la presenza di variazioni inferiori del 25% o superiori del 25% nel ritmo rispetto al ritmo medio rilevato dall'apparecchio durante la misurazione della pressione arteriosa. La differenza tra la funzione dell'indicatore Afib e la funzione battito cardiaco irregolare è la seguente:

La funzione dell'indicatore Afib rileva la potenziale presenza di Afib mediante 3 misurazioni ripetute.

La funzione battito cardiaco irregolare rileva il battito irregolare inclusa la Afib in 1 misurazione.

**ES** \* La Afib y un ritmo de latido cardiaco irregular se definen como aquel ritmo que es el 25% inferior o el 25% superior al ritmo cardiaco medio detectado mientras el monitor mide la presión arterial. La diferencia entre la función de indicador de Afib y la función de latido cardiaco aritmico es:

Función de indicador de Afib: detecta una posible Afib en 3 mediciones.

Función de latido cardiaco irregular: detecta un latido irregular incluyendo Afib en 1 medición.

**NL** \* Afib en onregelmatige hartslag zijn gedefinieerd als een hartritme dat meer dan 25% lager of 25% hoger is dan het gemiddelde hartritme tijdens het meten van de bloeddruk door de meter. Het verschil tussen de Afib-indicatorfunctie en onregelmatige hartslagfunctie is: Afib-indicatorfunctie: detecteert de mogelijkheid op Afib in een driemaalige meting.

Onregelmatige hartslagfunctie: detecteert onregelmatige hartslag inclusief Afib in één meting.

**RU** \* Afib и нерегулярный ритм сердцебиения — это ритм, который на 25 % медленнее или на 25 % быстрее среднего ритма, определенного прибором при измерении артериального давления. Различия между функцией индикатора Afib и функцией нерегулярного сердцебиения: Функция индикатора Afib: определяет вероятность Afib при трехкратном измерении.

Функция нерегулярного сердцебиения: определяет нерегулярные сердечные сокращения, включая Afib, при однократном измерении.

**TR** \* Afib ve düzensiz kalp atışı ritmi, ölçüm cihazınızın tansiyon ölçümü yaparken saptanan ortalama ritme göre %25'ten az ya da %25'ten fazla sapma gösteren ritim olarak tanımlanır. Afib göstergesi fonksiyonu ve düzensiz kalp atışı fonksiyonu arasındaki fark şu şekildedir: Afib göstergesi fonksiyonu: 3 kez yapılan ölçümde Afib olasılığını tespit eder.

Düzensiz kalp atışı fonksiyonu: 1 ölçümde, Afib de dahil olmak üzere düzensiz kalp atışını tespit eder.

**AR** \* يعبر كل من Afib واضطراب ضربات القلب عن إيقاع يقل بنسبة ٢٥٪ أو يزيد بنسبة ٢٥٪ عن الإيقاع المتوسط الذي يتم اكتشافه أثناء قياس الجهاز لضغط الدم. الاختلاف بين وظيفة مؤشر Afib ووظيفة اضطراب ضربات القلب هو أن:

وظيفة مؤشر Afib: تكتشف احتمالية حدوث Afib عند إجراء عمليات القياس ٣ مرات.

وظيفة اضطراب ضربات القلب: تشير إلى ضربات القلب غير المنتظمة بما في ذلك Afib وذلك عند إجراء عملية قياس واحدة.

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

**FR** \*\* La définition de l'hypertension est basée sur les recommandations ESH/ESC 2018.

**DE** \*\* Die Definition für Bluthochdruck basiert auf den 2018 ESH/ESC-Richtlinien.

**IT** \*\* La definizione di alta pressione arteriosa si basa sulle linee guida 2018 di ESH/ESC.

**ES** \*\* La definición de presión arterial alta se basa en las guías 2018 ESH/ESC.

**NL** \*\* De definitie van hoge bloeddruk is gebaseerd op de ESH/ESC-richtlijnen uit 2018.

**RU** \*\* Определение высокого артериального давления основано на Рекомендациях 2018 ESH/ESC.

**TR** \*\* Yüksek tansiyon tanımı, 2018 ESH/ESC Kılavuzlarını temel alır.

**AR** \*\* تعريف ضغط الدم المرتفع يستند إلى إرشادات الجمعية الأوروبية لفرط ضغط الدم (ESH)/الجمعية الأوروبية لطب القلب (ESC) لعام 2018.

### **E 1** Error messages or other problems? Refer to:

**FR** Messages d'erreur ou autres problèmes ? Voir :

**DE** Weitere Fehlermeldungen oder Probleme siehe:

**IT** Messaggi di errore o altri problemi? Fare riferimento a:

- **ES** ¿Hay mensajes de error u otros problemas? Consulte:
- 

**NL** Foutmeldingen of andere problemen? Raadpleeg:

**RU** Сообщения об ошибках или другие неисправности? См.

**TR** Hata mesajları veya başka sorunlar mı var? Bkz:

**AR** رسائل الخطأ أو المشكلات الأخرى؟ ارجع إلى:



Instruction Manual **1**

**3**

## 10 Using Memory Functions

**FR** Utilisation des fonctions de mémoire

**DE** Verwendung der Speicherfunktionen

**IT** Uso delle funzioni di memoria

**ES** Uso de las funciones de memoria

**NL** Geheugenfuncties gebruiken

**RU** Использование функции памяти

**TR** Hafıza Fonksiyonunun Kullanılması

**AR** استخدام وظائف الذاكرة

### Before using memory functions, select your user ID.

**FR** Avant d'utiliser les fonctions de mémoire, sélectionner votre ID Utilisateur.

**DE** Wählen Sie vor dem Verwenden der Speicherfunktionen Ihre Benutzer-ID aus.

**IT** Prima di utilizzare le funzioni di memoria selezionare il proprio ID utente.

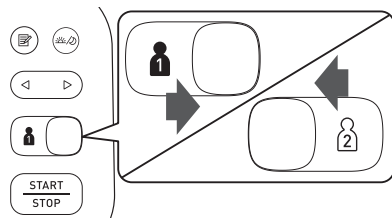
**ES** Antes de usar las funciones de memoria, seleccione su ID de usuario.

**NL** Selecteer uw gebruikers-ID voordat u geheugenfuncties gebruikt.

**RU** Перед использованием функции памяти выберите идентификатор пользователя.

**TR** Hafıza fonksiyonunu kullanmadan önce kullanıcı kimliğini seçin.

**AR** قبل استخدام وظائف الذاكرة، حدد معرف المستخدم الخاص بك.



### 10.1 Readings Stored in Memory

**FR** Mesures stockées en mémoire

**DE** Gespeicherte Messungen

**IT** Risultati conservati in memoria

**ES** Lecturas guardadas en la memoria

**NL** Meetwaarden opgeslagen in het geheugen

**RU** Сохранение результатов в памяти

**TR** Hafızada Saklanan Ölçüm Değerleri

**AR** القراءات المخزنة في الذاكرة

#### Stores up to 100 readings.

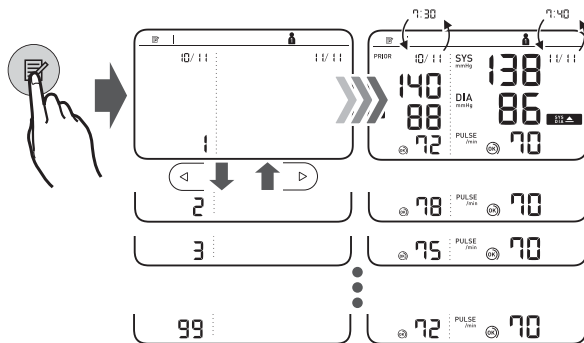
**ES** Almacena hasta 100 lecturas.

**NL** Slaat tot maximaal 100 metingen op.

**RU** Сохраняется до 100 результатов.

**TR** 100 adede kadar ölçüm değeri saklar.

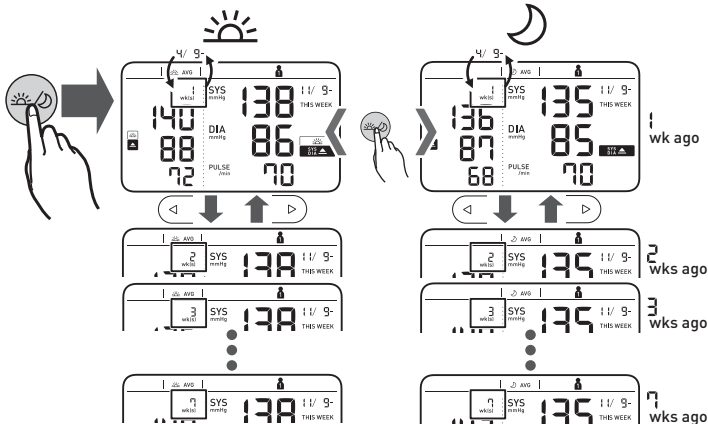
**AR** تقوم بتخزين ما يصل إلى 100 قراءة.



## 10.2 Morning/Evening Weekly Averages

- FR** Moyennes hebdomadaires matin/soir  
**DE** Wöchentliche Morgen-/Abendmittelwerte  
**IT** Media settimanale mattutina e serale  
**ES** Valor promedio semanal de mañana y noche  
**NL** Weekgemiddelden van ochtend- en avondwaarden  
**RU** Утренние/вечерние средние значения за неделю  
**TR** Sabah/Akşam Haftalık Ortalamaları

المعدلات الأسبوعية الصباحية/المسائية لضغط الدم **AR**



**Appears if "SYS" is 135 mmHg or above and/ or "DIA" is 85 mmHg or above in the morning weekly average.**

- FR** S'affiche si « SYS » est égale ou supérieure à 135 mmHg et/ou « DIA » égale ou supérieure à 85 mmHg dans la moyenne hebdomadaire du matin.  
**DE** Wird angezeigt, wenn im wöchentlichen Morgenmittelwert „SYS“ 135 mmHg oder mehr und/oder „DIA“ 85 mmHg oder mehr beträgt.  
**IT** Viene visualizzato se la pressione sistolica „SYS“ è pari o superiore a 135 mmHg e/o la pressione diastolica „DIA“ è pari o superiore a 85 mmHg nella media mattutina settimanale.  
**ES** Aparece si „SYS“ es 135 mmHg o superior y/o „DIA“ es 85 mmHg o superior en el promedio semanal de mañana.  
**NL** Verschijnt als „SYS“ 135 mmHg of hoger is en/of „DIA“ 85 mmHg of hoger is in het ochtendweekgemiddelde.  
**RU** Отображается, если средние утренние значения за неделю «SYS» 135 мм.рт.ст. и выше и/или «DIA» 85 мм.рт.ст. и выше.  
**TR** Sabah haftalık ortalamasında „SYS“ 135 mmHg ya da üstünde olduğunda ve/veya „DIA“ 85 mmHg\*\* ya da üstünde olduğunda görünür.  
**AR** تظهر إذا كان „SYS“ يبلغ ١٣٥ ملليمترًا زئبقيًا أو أكثر و/ أو „DIA“ ٨٥ ملليمترًا زئبقيًا أو أكثر في المعدل الأسبوعي الصباحي.

**To know how to calculate weekly averages, refer to section 10 of the Instruction Manual ①.**

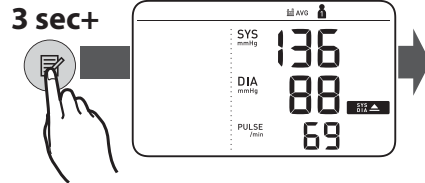
- FR** Pour savoir comment calculer les moyennes hebdomadaires, se reporter à la section 10 du Mode d'emploi ①.  
**DE** Wie die wöchentlichen Mittelwerte berechnet werden, ist in Abschnitt 10 der Gebrauchsanweisung ① beschrieben.  
**IT** Per sapere come calcolare le medie settimanali, consultare la sezione 10 del manuale di istruzioni ①.  
**ES** Para saber cómo calcular mediciones semanales, consulte la sección 10 del manual de instrucciones ①.  
**NL** Zie paragraaf 10 van de gebruiksaanwijzing ① voor aanwijzingen hoe u het wekelijkse gemiddelde kunt berekenen.  
**RU** О том, как рассчитываются средние значения за неделю, см. раздел 10 этого руководства по эксплуатации ①.  
**TR** Haftalık ortalamaların nasıl hesaplanacağını öğrenmek için, Kullanım Kılavuzu ①'de bölüm 10'a bakın.

**AR** لمعرفة كيفية حساب المعدلات الأسبوعية، ارجع إلى القسم ١٠ من دليل الإرشادات ①.

### 10.3 Average of the Latest 2 or 3 Readings Taken within a 10 Minute Span

- FR** Moyenne des 2 ou 3 dernières mesures prises en l'espace de 10 minutes
- DE** Mittelwert der letzten 2 oder 3 Messwerte, die in einem 10-Minuten-Zeitraum erfasst wurden
- IT** Media degli ultimi 2 o 3 risultati ottenuti nell'arco di 10 minuti
- ES** Promedio de las 2 o 3 últimas lecturas realizadas en un intervalo de 10 minutos
- NL** Gemiddelde van de laatste 2 of 3 metingen uitgevoerd binnen een tijdspan van 10 minuten
- RU** Среднее значение последних 2-х или 3-х результатов, полученных в течение 10 минут
- TR** 10 Dakika İçinde Alınan Son 2 veya 3 Ölçüm Değerinin Ortalaması

**AR** معدل آخر قراءتين أو 3 قراءات مسجلة خلال مدة زمنية تبلغ ١٠ دقائق



### 10.4 Deleting All Readings for 1 User

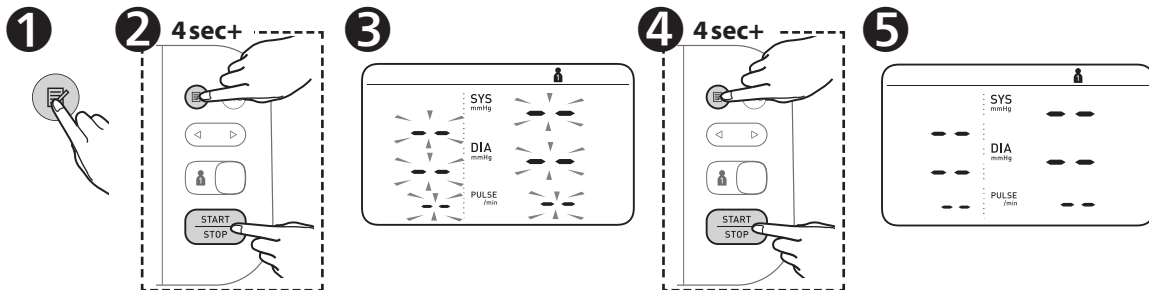
- FR** Suppression de toutes les mesures pour 1 utilisateur
- DE** Löschen aller Messwerte für Benutzer 1
- IT** Eliminazione di tutti i risultati relativi a 1 utente
- ES** Eliminación de todas las lecturas de un usuario

**NL** Alle meetresultaten voor 1 gebruiker wissen

**RU** Удаление всех измерений одного пользователя

**TR** 1 Kullanıcı için Tüm Ölçüm Değerlerini Silme

**AR** مسح جميع القراءات الخاصة بمستخدم واحد



## 11 Other Settings

**FR** Autres réglages

**DE** Weitere Einstellungen

**IT** Altre impostazioni

**ES** Otros ajustes

**NL** Andere instellingen

**RU** Другие настройки

**TR** Diğer Ayarlar

الإعدادات الأخرى **AR**

### 11.1 Restoring to the Default Settings

**FR** Réinitialisation aux réglages par défaut

**DE** Wiederherstellen der Standardeinstellungen

**IT** Ripristino delle impostazioni predefinite

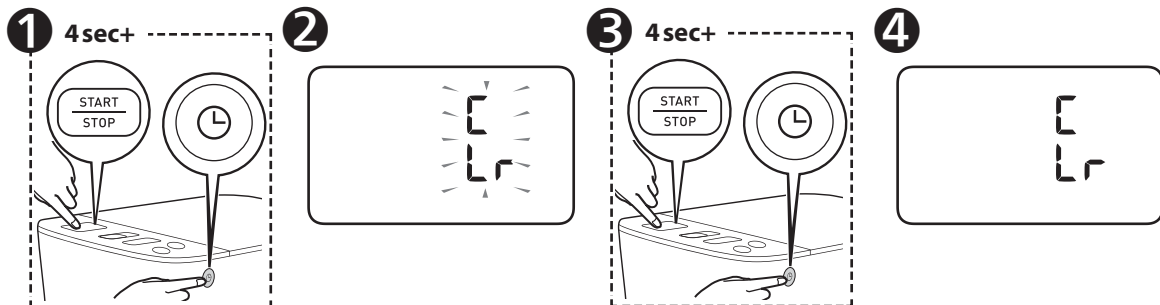
**ES** Restablecimiento a los ajustes de fábrica

**NL** De standaardinstellingen herstellen

**RU** Восстановление настроек по умолчанию

**TR** Varsayılan Ayarları Geri Yükleme

استعادة الإعدادات الافتراضية **AR**



## 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.

**FR** Si votre pression systolique est supérieure à 210 mmHg :

Lorsque le brassard commence à se gonfler, appuyer sur le bouton [START/STOP] et le maintenir enfoncé jusqu'à ce que le tensiomètre atteigne une pression de gonflage supérieure de 30 à 40 mmHg à votre pression systolique attendue.

**DE** Wenn Ihr systolischer Druck höher ist als 210 mmHg:

Nachdem die Manschette begonnen hat, sich aufzupumpen, drücken Sie die [START/STOP]-Taste, und halten Sie sie gedrückt, bis ein Druck von 30 bis 40 mmHg über Ihrem erwarteten systolischen Druck erreicht ist.

**IT** Se la pressione sistolica è superiore a 210 mmHg:

Quando il bracciale inizia a gonfiarsi, premere e mantenere premuto il pulsante [START/STOP] finché il misuratore non raggiunge una pressione da 30 a 40 mmHg superiore rispetto al valore di pressione sistolica atteso.

**ES** En caso de que su presión arterial sistólica esté por encima de 210 mmHg:

Una vez que el manguito comienza a inflarse, mantenga pulsado el botón [START/STOP] hasta que el monitor indique que el inflado está entre 30 y 40 mmHg por encima de la presión arterial sistólica estimada.

**NL** Als uw systolische druk hoger is dan 210 mmHg:

Zodra de armmanchet wordt opgepompt, houdt u de knop [START/STOP] ingedrukt totdat de meter 30 tot 40 mmHg hoger aangeeft dan uw verwachte systolische druk.

**RU** Если систолическое давление выше 210 мм.рт.ст.:

После того, как началось автоматическое наполнение манжеты воздухом, нажмите и удерживайте кнопку [START/STOP] до тех пор, пока прибор не поднимет давление до значения, превышающего ожидаемое систолическое давление на 30-40 мм.рт.ст.

**TR** Sistolik basıncınız 210 mmHg'den fazlaysa:

Manşet şişmeye başladıktan sonra, [START/STOP] düğmesine basın ve ölçüm cihazı beklediğiniz sistolik basınç değerinden 30 ila 40 mmHg daha fazla şişene kadar basılı tutun.

**AR** إذا كان ضغط الدم الانقباضي أكثر من ٢١٠ ملليمترات زئبقية:

بعد بدء انتفاخ الشريط الضاغط للذراع، اضغط مع الاستمرار على الزر [START/STOP] حتى يقوم الجهاز بالنفخ من ٣٠ إلى ٤٠ ملليمترًا زئبقيًا أعلى من قيمة ضغط الدم الانقباضي المتوقع.



## 12 Optional Medical Accessories

**FR** Accessoires médicaux en option

**DE** Medizinisches optionales Zubehör

**IT** Accessori medicali opzionali

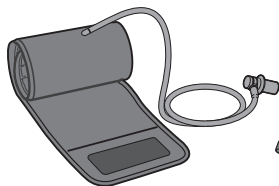
**ES** Accesorios médicos opcionales

**NL** Optionele medische accessoires

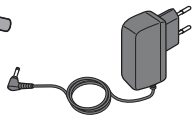
**RU** Дополнительно принадлежности

**TR** Opsiyonel Tibbi Aksesuarlar

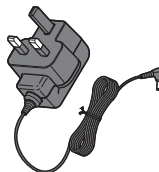
الملحقات الطبية الاختيارية **AR**



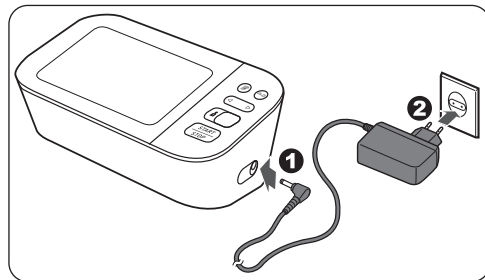
**Arm Cuff**  
**(HEM-FL31)**  
22 - 42 cm



**AC Adapter**  
**(HHP-CM01)**



**(HHP-BFH01)**



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

**FR** Ne pas jeter la prise de gonflage. La prise de gonflage peut être utilisée pour le brassard en option.

**DE** Entsorgen Sie den Luftschlauchstecker nicht. Der Luftschlauchstecker wird für die optionale Manschette verwendet.

**IT** Non gettare via l'attacco del tubo dell'aria. L'attacco del tubo dell'aria può essere applicato al bracciale opzionale.

**ES** No tire el conector para tubo de aire. El conector para tubo de aire puede ser utilizado con el manguito opcional.

**NL** Gooi de plug van de luchtslang niet weg. De plug van de luchtslang kan worden gebruikt op de optionele manchet.

**RU** Не выбрасывайте воздушный штекер. Он может подойти к дополнительной манжете.

**TR** Hava tipasını atmayın. Hava tipası isteğe bağlı kollağa uygulanabilir.

**AR** لا تتخلص من سداة الهواء. يمكن استعمال سداة الهواء مع الشريط الضاغط الاختياري.

## 13 Other Optional Parts

**FR** Autres pièces en option

**DE** Weitere optionale Teile

**IT** Altri componenti opzionali

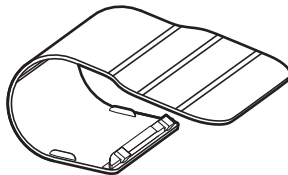
**ES** Otras piezas opcionales

**NL** Overige optionele onderdelen

**RU** Другие дополнительно приобретаемые запасные части


**TR** Diğer Aksesuarlar

**AR** أجزاء اختيارية أخرى



**Protective LCD Cover  
(HEM-CACO-734)**

**<https://www.omron-healthcare.com/>**

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