OMRON

Instruction Manual

Intelli sense®

Ultra Premium
Wrist Blood Pressure Monitor
with Advanced Positioning Sensor (APS®)
and Omron Health Management Software

Model HEM-670IT

ESPAÑOL

ENGLISH

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INTRODUCTION

Thank you for purchasing the Omron® HEM-670IT Wrist Blood Pressure Monitor with Advanced Positioning Sensor (APS®) and PC Software.

Fill in for future reference.

DATE PURCHASED:_____

SERIAL NUMBER:_____

Staple your purchase receipt here

The Omron wrist monitor uses the oscillometric method of blood pressure measurement. This means the monitor detects your blood's movement through the artery in your wrist and converts the movements into a digital reading.

Clinical research has proven a direct relationship between blood pressure in the wrist and blood pressure in the arm. Changes in wrist blood pressure reflect changes in arm blood pressure because the arteries in the arm and wrist connect.

The software included with this monitor can help you provide important trending information for your physician of changes in your blood pressure.

The HEM-670IT comes with the following components:

- Main Unit
- 2 "AAA" Batteries
- Storage Case
- Warranty Card
- Serial/USB Cable
- CD-ROM
- Instruction Manual printed in English and Spanish

The Omron HEM-670IT Wrist Blood Pressure Monitor is intended for home use.

SAVE THESE INSTRUCTIONS

SAFETY INFORMATION

To assure the correct use of the product basic safety measures should always be followed including the warnings and cautions listed in this instruction manual.

SAFETY SYMBOLS USED IN THIS INSTRUCTION MANUAL	
⚠ **WARNING**	Indicates a potentially hazardous situation which, if not avoided, could result in death or serious injury.
⚠ **CAUTION**	Indicates a potentially hazardous situation which, if not avoided, may result in minor or moderate injury to the user or patient or damage to the equipment or other property.

OPERATING THE DEVICE

⚠ Contact your physician for specific information about your blood pressure. Self-diagnosis and treatment using measured results may be dangerous. Follow the instructions of your physician or licensed healthcare provider.

⚠ If battery fluid should get in your eyes, immediately rinse with plenty of clean water. Contact a physician immediately.

⚠ If you have a condition that may compromise circulation, you may get an inaccurate reading with this device. Consult your physician before using this device.

⚠ Read all of the information in the instruction manual and any other literature in the box before operating the unit.

⚠ This device is intended for use in measuring blood pressure and pulse rate in the adult population. Do not use this device on infants or persons who cannot express their intentions.

SAFETY INFORMATION

OPERATING THE DEVICE (continued)

⚠ Operate the device only as intended. Do not use the device for any other purpose.

⚠ Dispose of the device, components and optional accessories according to applicable local regulations. Unlawful disposal may cause environmental pollution.

⚠ Do not use a cellular phone near the device. It may result in an operational failure.

⚠ Use only Omron authorized parts and accessories. Parts and accessories not approved for use with the device may damage the unit.

⚠ Use only 1.5V alkaline batteries with this device. Do not use other types of batteries. This may damage the unit.

⚠ Do not play the CD-ROM disc included with this monitor on general audio players, DVD players or personal game devices. It may damage the speaker of the device and may harm your eardrums.

CARE AND MAINTENANCE

⚠ Do not subject the monitor to strong shocks, such as dropping the unit on the floor.

⚠ Do not submerge the device or any of the components in water.

⚠ Store the device and the components in a clean, safe location.

⚠ Changes or modification not approved by Omron Healthcare will void the user warranty. Do not disassemble or attempt to repair the unit or components.

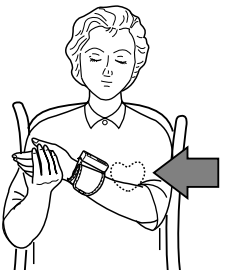
BEFORE TAKING A MEASUREMENT

To ensure a reliable reading follow these recommendations:

1. Avoid eating, drinking alcohol, smoking, exercising and bathing for at least 30 minutes before taking measurement. Rest for at least 15 minutes before taking a measurement.

2. Stress raises blood pressure. Avoid taking measurements during stressful times.

3. The cuff can be applied to your left or right wrist.



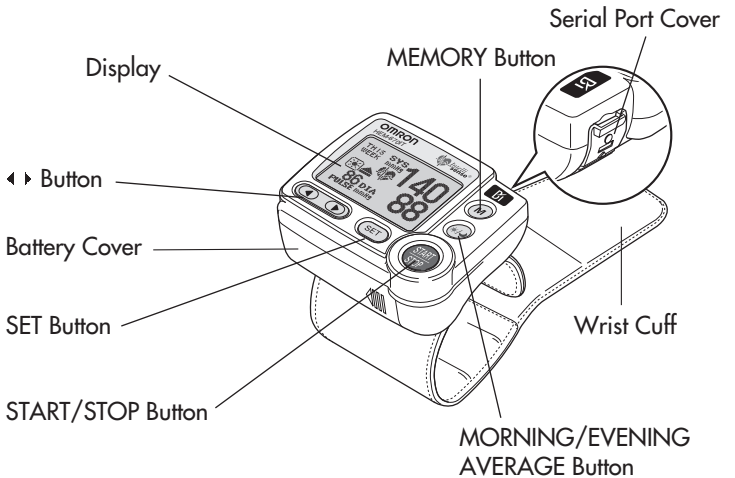
4. Measurements should be taken in a quiet place and you should be in a relaxed, seated position.

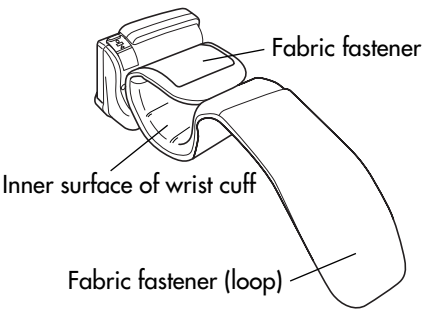
5. Remain still and do not talk during the measurements.

6. Keep a record of your blood pressure and pulse for your physician. A single measurement may not provide an accurate indication of your true blood pressure. You need to take and record several readings over a period of time. Try to measure your blood pressure at the same time each day for consistency.

KNOW YOUR UNIT

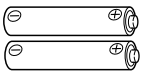
Main Unit:



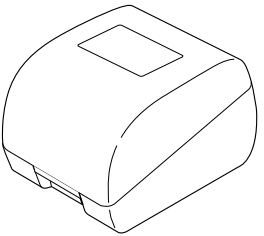


KNOW YOUR UNIT

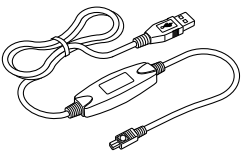
Components:



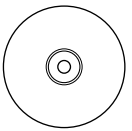
Two "AAA" Batteries



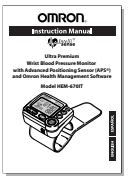
Storage Case



Serial/USB Cable



CD-ROM



Instruction Manual

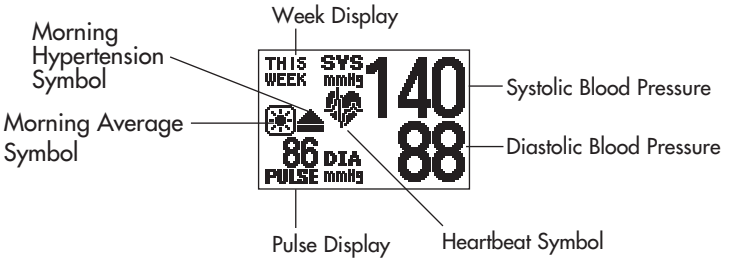
INTELLISENSE® TECHNOLOGY IS AN ASSURANCE OF ACCURACY

Blood pressure changes throughout the day. IntelliSense® Technology automatically determines the optimum amount of pressure required to quickly and comfortably measure your blood pressure. This helps to ensure an accurate measurement.

ADVANCED POSITIONING SENSOR (APS®) ENSURES A RELIABLE MEASUREMENT

Correct cuff positioning is critical when monitoring blood pressure. The Omron Wrist Blood Pressure Monitor with APS® has a unique positioning sensor that confirms the cuff is level with the user's heart. This helps ensure that each reading is accurate and reliable.

UNIT DISPLAY



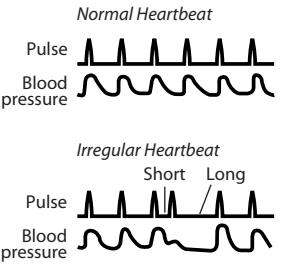
DISPLAY SYMBOLS

IRREGULAR HEARTBEAT SYMBOL ( )

When the monitor detects an irregular rhythm two or more times during the measurement, the Irregular Heartbeat Symbol ( ) will appear on the display with the measurement values.

An irregular heartbeat rhythm is defined as a rhythm that is more than 25% slower or 25% faster from the average rhythm detected while the monitor is measuring the systolic blood pressure and the diastolic blood pressure.

If the irregular heartbeat symbol ( ) displays with your measurement results, we recommend you consult your physician. Follow the directions of your doctor.



DISPLAY SYMBOLS

The American Heart Association[1] recommends the following guideline for upper limit of normal for home blood pressure readings:

AHA Home Guideline for Upper Limit of Normal BP	
Systolic Blood Pressure	135 mmHg
Diastolic Blood Pressure	85 mmHg

This is a general guideline because blood pressure depends on age and morbidity. The AHA recommends a lower home blood pressure goal for certain patients, including diabetic patients, pregnant women, and patients with renal failure[1].

The monitor is not intended to be a diagnostic device.

⚠ WARNING

Contact your physician for specific information about your blood pressure. Self-diagnosis and treatment using measured results may be dangerous. Follow the instructions of your physician or licensed healthcare provider.

Omron Healthcare recommends you contact your physician if the MORNING HYPERTENSION SYMBOL and/or the HEARTBEAT SYMBOL appear on the display with your measurement values.

MORNING HYPERTENSION SYMBOL ( )

The Morning Hypertension Symbol is displayed if the morning average reading for a week is above 135 for the Systolic Blood Pressure value and/or 85 for the Diastolic Blood Pressure value when viewing the Morning Averages and the Evening Averages in the memory.

[1]American Heart Association Scientific Statement 2004

DISPLAY SYMBOLS

HEARTBEAT SYMBOL ( )

TAKING A MEASUREMENT

The Heartbeat Symbol flashes on the display during the measurement. The Heartbeat Symbol flashes at every heartbeat.

When the measurement is complete, the Heartbeat Symbol flashes on the display with your blood pressure and pulse rate if the reading is above 135 for the Systolic Blood Pressure value and/or 85 for the Diastolic Blood Pressure value.

USING THE MEMORY FUNCTION

The Heartbeat Symbol flashes when the blood pressure reading stored in the memory is above 135 for the Systolic Blood Pressure value and/or 85 for the Diastolic Blood Pressure value.

AVERAGE VALUE SYMBOL ( )

The Average Value Symbol is displayed when you press the MEMORY button. The most recent average reading appears on the display screen.

MORNING AVERAGE SYMBOL ( )

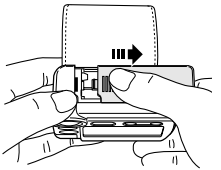
The Morning Average symbol is displayed when viewing Morning Averages using the Memory Function.

EVENING AVERAGE SYMBOL ( )

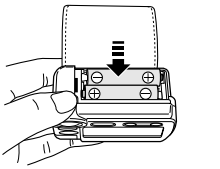
The Evening Average symbol is displayed when viewing Evening Averages using the Memory Function.

BATTERY INSTALLATION

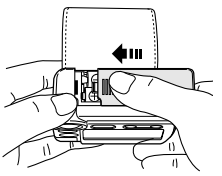
1. Press the (⫼) indicator on the battery cover and slide the cover off in the direction of the arrow.



2. Install 2 “AAA” size batteries so the + (positive) and - (negative) polarities match the polarities of the battery compartment as indicated.



3. Replace the Battery Cover by sliding the cover as illustrated until the cover clicks securely over the battery compartment.



BATTERY INSTALLATION

BATTERY REPLACEMENT

Near Low Battery Indicator

Low Battery Indicator

When the Low Battery Indicator appears on the display screen turn the monitor off and remove all the batteries. Replace with two new batteries at the same time.

> ⚠ **WARNING**
> If battery fluid should get in your eyes, immediately rinse with plenty of clean water. Contact a physician immediately.

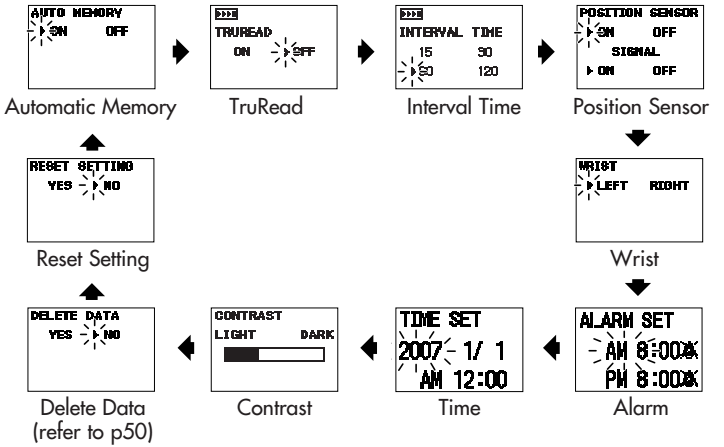
NOTES:
- Turn the unit off before replacing the batteries. Measurement values stored in the memory are not deleted during battery replacement.
- When the batteries are replaced, you may need to reset the date and time. If the year is flashing on the display screen, refer to "Setting the Date and Time" Section.
- The supplied batteries may have a shorter life.

⚠ **CAUTION**

Dispose of the device, components and optional accessories according to applicable local regulations. Unlawful disposal may cause environmental pollution.

ADJUSTING SETTINGS

THE SETTINGS FOR THE MONITOR CAN BE ADJUSTED



SETTING THE MEMORY FUNCTION

The Monitor stores up to 84 sets of measurement values (blood pressure and pulse rate) with the date and time. When 84 sets of measurement values are stored in the memory, the oldest record is deleted to save the most recent measurement values.

The monitor is designed to store the measurement values for one person in the memory. If more than one person uses this monitor, we recommend setting the Automatic Memory Function to OFF.

1. TO CHANGE THE SETTING

Press the START/STOP button to turn the power off, then press the SET button.

Automatic Memory Screen

The Auto Memory Screen is displayed with the current setting. The unit is set to ON at the time of purchase.

2. SELECTING ON OR OFF

Press the (▸) button to change the setting to OFF.

Press the (◂) button to change the setting to ON.

Automatic Memory OFF Screen

3. CONFIRM THE SETTING

To continue to change other settings, press the SET button to confirm the Memory Function you selected. The TruRead™ Screen is displayed.

If no other changes are needed, press the START/STOP button to turn the power off.

SETTING THE TruRead™ FUNCTION

The TruRead™ Mode takes three consecutive measurements. The monitor will inflate, take a measurement, and deflate three times separated by a short interval of time between each measurement.

Note: The default setting is OFF, which means the monitor is set to the Single Mode to take one measurement.

When the TruRead is set to ON, the INTERVAL TIME can be set to 15, 30, 60 or 120 seconds.

Note: When the Automatic Memory Function is set to OFF, the TruRead™ function can not be set to ON.

1. TO CHANGE THE SETTING

Press the START/STOP button to turn the power off, then press the SET button.

Press the SET button again.

The TruRead Screen is displayed with the current setting.

TruRead Screen

The TruRead is set to OFF at the time of purchase.

2. SELECTING ON OR OFF

Press the (▸) button to change the TruRead setting to OFF.

Press the (◂) button to change the TruRead setting to ON.

TruRead ON Screen

SETTING THE TruRead™ FUNCTION

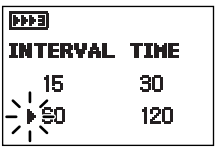
3. CONFIRM THE TruRead SETTING

Press the SET button to confirm the TruRead setting. The Interval Time Screen is displayed.

4. TO SELECT THE INTERVAL

Press the (▸) or (◂) button to change the setting to the desired time interval between measurements.

The INTERVAL TIME is set to 60 at the time of purchase.



Interval Time Screen

5. CONFIRM THE INTERVAL SETTING

To continue to change other settings, press the SET button to confirm the Interval setting. The Position Sensor Screen is displayed.

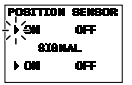
If no other changes are needed, press the START/STOP button to store your setting and turn the power off.

SETTING THE ADVANCED POSITIONING SENSOR

The Advanced Positioning Sensor (APS®) will assure you the unit is in the correct position level with the user's heart before the monitor starts to take the measurement. When the APS Sensor is set to ON, the SIGNAL can be set to ON or OFF. When the SIGNAL is set to ON, the monitor beeps when correctly positioned.

1. TO CHANGE THE SETTING

Press the START/STOP button to turn the power off, then press the SET button.



Position Sensor Screen

Continue to press the SET button until the Position Sensor Screen is displayed

The Position Sensor Screen is displayed with the current setting.

The Position Sensor and the SIGNAL are set to ON at the time of purchase.

2. SELECTING ON OR OFF

Press the (▸) button to change the setting to OFF.

Press the (◂) button to change the setting to ON.

Position Sensor OFF Screen

To set the SIGNAL press ON or OFF using the (◂ ▸) button.

Position Sensor ON and SIGNAL ON Screen

Position Sensor ON and SIGNAL OFF Screen

3. CONFIRM THE SETTING

To continue to change other settings, press the SET button to confirm the APS Function you selected. The Wrist Screen is displayed.

If no other changes are needed, press the START/STOP button to turn the power off.

SETTING THE MEASUREMENT WRIST

The monitor is designed to take measurements on the left wrist or the right wrist. The monitor is set to take measurements on the left wrist at the time of purchase.

1. TO CHANGE THE SETTING

Press the START/STOP button to turn the power off, then press the SET button.

Continue to press the SET button until the Wrist Screen displays.

Wrist Screen set to LEFT

The Wrist Screen displays with the current setting.

2. SELECTING LEFT WRIST OR RIGHT WRIST

Press the (▸) button to change the wrist setting to RIGHT.

Press the (◂) button to change the wrist setting to LEFT.

Wrist Screen set to RIGHT

3. CONFIRM THE SETTING

To continue to change other settings, press the SET button to confirm the Measurement Wrist you selected. The Alarm Set Screen is displayed.

If no other changes are needed, press the START/STOP button to turn the power off.

SETTING THE ALARM

The alarm can be set to sound twice a day to alert the user to take a measurement. The alarm can be set to AM or PM alerts. The alarm is set to off (🔕) at the time of purchase.

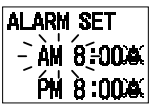
NOTES:

- Press any button on the monitor to stop the alarm.
- The alarm will automatically stop sounding after 2 minutes.
- The alarm will not sound when the monitor is in use; setting the monitor, taking a measurement, using the memory or using the graph function.

1. TO CHANGE THE SETTING

Press the START/STOP button to turn the power off, then press the SET button.

Continue to press the SET button until the Alarm Set Screen displays.



Alarm Set Screen

The Alarm Set Screen displays with the current setting.

2. SETTING THE ALARM

Set the time on the alarm using the (▶) button to advance or the (◀) button to move back.

NOTE: Press and hold the button to fast forward or backward.

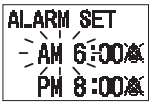
Illustrated Example : Setting the alarm to sound at 6:30 AM and 8:00 PM.

SETTING THE ALARM

Setting the Hour
Press the (◂ ▸) button to select the hour.

Press the SET button to confirm the setting.

The minute flashes on the display.



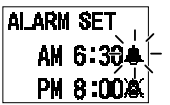
Setting the Minute
Press the (◂ ▸) button to select the minute.

Press the SET button to confirm the setting.

The sound symbol (🔔) flashes on the display.

Setting the Alarm Sound
Press the (◂ ▸) button to turn the sound on (🔔) or off (🔕).

Press the SET button to confirm the setting.

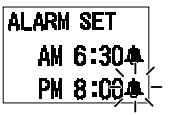


Setting the Second Alarm
Follow the same instructions for setting the first alarm.

To continue to change other settings, press the SET button to confirm the setting for the Second Alarm.

The Time Set Screen is displayed.

If no changes are needed, press the START/STOP button to turn the power off.



Screen indicating the alarm sounds at 6:30 a.m. and 8 p.m.

Display Screen when alarm is sounding.

Screen indicating the alarm is sounding

SETTING THE DATE AND TIME

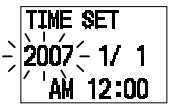
Set the monitor to the current date and time before taking a measurement for the first time. If the date and time are not set correctly, the measurement values stored in the memory will have the wrong date and time.

Set the date and time in the following situations:

1. Before you use the monitor for the first time
2. After battery replacement
3. After resetting the monitor

1. TO CHANGE THE SETTING

Press the START/STOP button to turn the power off, then press the SET button.



Time Screen

Continue to press the SET button until the Time Set Screen displays.

The year flashes on the display with the current setting.

2. SETTING THE YEAR

Press the (◂ ▸) button to set the year to the current year.

Press the SET button to confirm the setting.

The month flashes on the display.

3. SETTING THE MONTH

Press the (◂ ▸) button to set the month to the current month.

Press the SET button to confirm the current month.

The day flashes on the display.

SETTING THE DATE AND TIME

4. SETTING THE DAY

Press the (◂ ▸) button to set the day to the current day.

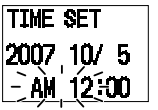
Press the SET button to confirm the setting.

The hour flashes on the display.

5. SETTING THE HOUR

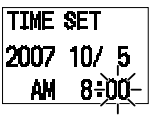
The time is set using AM or PM.

Press the (◂ ▸) button to select AM or PM and the hour.



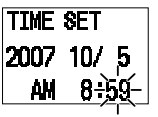
Press the SET button to confirm the setting.

The minute flashes on the display.



6. SETTING THE MINUTE

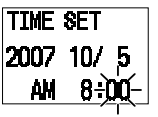
Press the (◂ ▸) button to set the minute.



To continue to change other settings, press the SET button to confirm the setting for minute.

The CONTRAST Screen is displayed.

If no changes are needed, press the START/STOP button to turn the power off.



Set to 8 a.m. on October 5, 2007

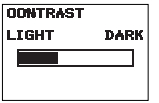
SETTING THE CONTRAST

The monitor is designed to adjust the contrast of the display.

1. TO CHANGE THE SETTING

Press the START/STOP button to turn the power off, then press the SET button.

Continue to press the SET button until the Contrast Screen displays.



Contrast Screen

The Contrast Screen displays with the current setting.

2. SELECTING DARKER OR LIGHTER

Press the (▶) button to darken the display.

Press the (◀) button to lighten the display.

3. CONFIRM THE SETTING

To continue to change other settings, press the SET button to confirm the Contrast setting. The Delete Data Screen is displayed. (Refer to Page 50.)

If no other changes are needed, press the START/STOP button to store your setting and turn the power off.

RESETTING THE MONITOR

The monitor can be reset to the default values settings at the time of purchase.

NOTES:

- After initialization, be sure to set the date and time.
- Measurement values stored in the memory are not deleted when the monitor is reset. To delete all values stored in the memory refer to page 50.

1. TO CHANGE THE SETTING

Press the START/STOP button to turn the power off, then press the SET button.

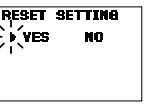
Continue to press the SET button until the Reset Setting Screen displays.

Reset Setting Screen

2. SELECT YES OR NO.

NOTE: The RESET SETTING automatically defaults to (▸) NO after resetting the monitor.

Press the (◂) button to change the Reset Setting to YES.



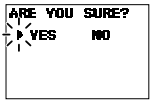
Reset Setting YES Screen

RESETTING THE MONITOR

Press the SET button.

ARE YOU SURE? displays on the screen.

To reset the monitor press the (◂) button to select YES, then press the SET button.



Are You Sure YES Screen

To cancel this change press the (▸) button to select NO, then press the SET button.

The Auto Memory screen displays.

Press the START/STOP button to turn the power off.

Automatic Memory ON Screen

APPLYING THE WRIST CUFF

The monitor is designed to take measurements on the left wrist or the right wrist. The monitor is set to take measurements on the left wrist at the time of purchase.

⚠ CAUTION

Read all of the information in the instruction manual and any other literature in the box before operating the unit.

⚠ CAUTION

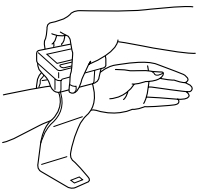
This device is intended for use in measuring blood pressure and pulse rate in the adult population. Do not use this device on infants or persons who cannot express their intentions.

APPLYING THE WRIST CUFF

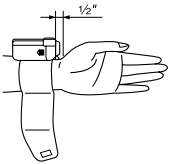
APPLYING THE WRIST CUFF ON THE LEFT WRIST

1. Roll up sleeve. Make sure your sleeve is not rolled up too tightly on your arm. This may constrict the flow of blood in your arm.

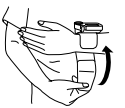
2. Wrap the cuff directly against your skin. Do not apply over clothing. Place the cuff over your left wrist with your left thumb facing upward.



3. Position the cuff leaving a clearance of approximately 1/2 to 1 inch between the cuff and the bottom of your palm as illustrated.



4. Hold the bottom part of the cuff and wrap it around the wrist so it fits comfortably and securely around your wrist.



5. Fold the remaining part of the wrist cuff back out of the way. Lightly press the cloth closure with your finger so the cuff is securely fastened.

APPLYING THE WRIST CUFF

NOTES:

- If the cuff is not securely fastened, the wrist cuff may become loose during measurement and the measurement may not be possible.
- Users with a wrist circumference of less than 5 3/4 inches may feel the wrist cuff move if the cloth fastener is not wrapped snugly. In this case, do not wrap the wrist cuff any tighter, it will not affect the measurement.
- Fold and fasten the extra portion of wrist cuff as shown to the right. If the extra portion of wrist cuff is not fastened, it will not affect the measurement.

APPLYING THE WRIST CUFF ON THE RIGHT WRIST

When taking a measurement using the right wrist, position the cuff as shown in the illustration. Make sure the right wrist measurement symbol is displayed. To change the setting, refer to Setting the Measurement Wrist.

TAKING A MEASUREMENT

⚠ CAUTION

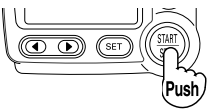
Operate the device only as intended. Do not use the device for any other purpose.

⚠ CAUTION

Do not use a cellular phone near the device. It may result in an operational failure.

USING THE SINGLE READ MODE

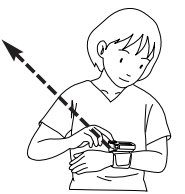
The POSITION SENSOR and SIGNAL are set to ON and the TruRead is set to OFF.



1. Press the START/STOP button.

   The Position Sensor Screen is displayed.

Time Screen



NOTE: If the date and time is not set, the Time Screen is displayed. Be sure to set the date and time before using the monitor.

Hold your elbow firmly to avoid body movement.

Remain still and do not talk during measurement.

TAKING A MEASUREMENT

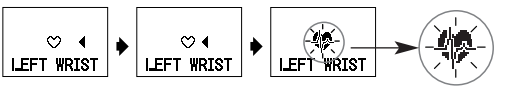
2. Adjust the height of your wrist by using your elbow as the axis so that the (▸) mark can be aligned with the (♡) mark.

The wrist movement is indicated with the (▸) mark.

Slowly move your wrist up and down so that the wrist comes to the level of your heart (♡) mark.

Please be careful not to raise your wrist too high.
If your wrist is raised higher than the level of your heart, the monitor will let it know with the display of a (◂) mark.

Slowly lower your wrist so that the (◂) mark aligns with the level of your heart (♡) mark using your elbow as the axis.

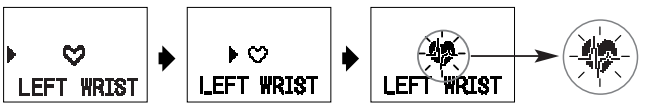


TAKING A MEASUREMENT

When your wrist reaches the level of your heart, the monitor beeps and the ♡ symbol changes to the ♥ symbol. Hold your wrist in this position. Do not move until the measurement is complete and the measurement values are displayed on the screen.

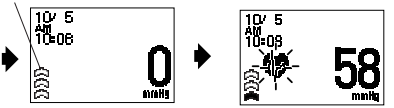
NOTE: If you move your wrist higher or lower than your heart during the measurement, the measurement will stop. An error will display on the screen.

Turn the monitor off. Take another measurement and do not move your arm.



When your wrist reaches the proper position, the monitor beeps and automatically starts inflation and measurement.

Mark Indicating Inflation in Progress

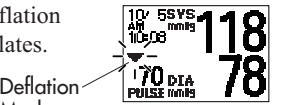


Inflation Start Screen

Inflation in Progress Screen

TAKING A MEASUREMENT

3. When the measurement finishes, the deflation mark (▼) flashes and the wrist cuff deflates.



Deflation Start Screen

The measurement results (blood pressure values, pulse rate, date and time) are displayed.

Measurement Results Display Screen

NOTE: To stop the inflation or measurement, press the START/STOP button. The monitor will stop inflating, start deflating and will turn off.

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

NOTE: The monitor will automatically turn off after 2 minutes.

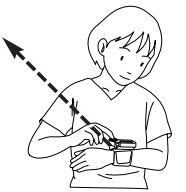
TAKING A MEASUREMENT

USING THE TruRead™ MODE

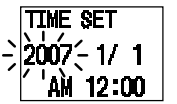
The TruRead and the POSITION SENSOR are set to ON.

1. Press the START/STOP button.

   The Position Sensor Screen is displayed.



NOTE: If the date and time is not set, the Time Screen is displayed. Be sure to set the date and time before using the monitor.



Time Screen

Hold your elbow firmly to avoid body movement.

Remain still and do not talk during measurement.

TAKING A MEASUREMENT

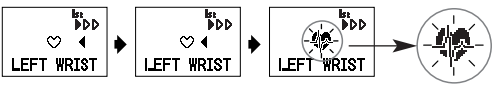
2. Adjust the height of your wrist by using your elbow as the axis so that the (▸) mark can be aligned with the (♡) mark.

The wrist movement is indicated with the (▸) mark.

Slowly move your wrist up and down so that the wrist comes to the level of your heart (♡) mark.

Please be careful not to raise your wrist too high.
If your wrist is raised higher than the level of your heart, the monitor will let it know with the display of a (◂) mark.

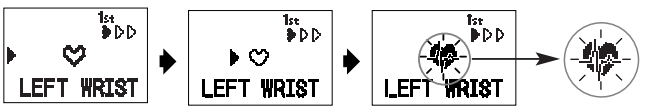
Slowly lower your wrist so that the (◂) mark aligns with the level of your heart (♡) mark using your elbow as the axis.



TAKING A MEASUREMENT

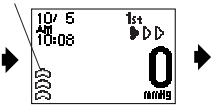
When your wrist reaches the level of your heart, the monitor beeps and the ♡ symbol changes to the ♥ symbol. Hold your wrist in this position. Do not move until the measurement is complete.

NOTE: If you move your wrist higher or lower than your heart during the measurement, the measurement will stop. An error will display on the screen.

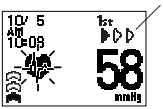


When your wrist reaches the proper position, the monitor beeps and automatically starts inflation and measurement.

Mark Indicating Inflation in Progress



Inflation Start Screen



Indicates first TruRead measurement

Inflation in Progress Screen

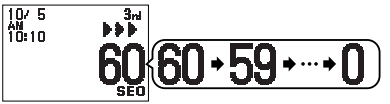
NOTES:
- To stop the inflation or measurement, press the START/STOP button. The monitor will stop inflating, start deflating and will turn off.
- Adjust the height of your wrist before each measurement starts.

TAKING A MEASUREMENT

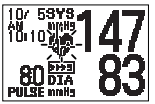
3. Check the progress of the consecutive measurements.

   The first measurement is complete, waiting to start the next measurement. The interval of time set between each measurement will appear on the display.

   The second measurement is complete, waiting to start the next measurement.



   The consecutive measurements are complete. The average for three measurements appears on the display.



TAKING A MEASUREMENT

4. Press the SET button to display the blood pressure and pulse rate for the first measurement. Press the (▸) button to display the next measurement. Press the SET button to display the average of the three measurements.
5. Press the START/STOP button to turn the monitor off.

NOTES:
- The three individual measurement results are not displayed during the consecutive measurements. However, the results for each individual measurement can be displayed after all the measurements are completed.
- During the consecutive measurements the unit will repeat the measurement in case of an error. After 3 errors the unit will stop taking further measurements. If only two measurements are successful, the average of these two measurements will be displayed. If only one measurement is successful, this result will be displayed.

USING THE MEMORY FUNCTION

When the AUTO MEMORY is set to ON, the monitor stores up to 84 sets of measurement values with the date and time. When 84 sets of measurement values are stored, the oldest record is deleted to save the most recent values.

If the AUTO MEMORY is set to OFF, measurement values are not stored in the memory.

AVERAGING FUNCTION

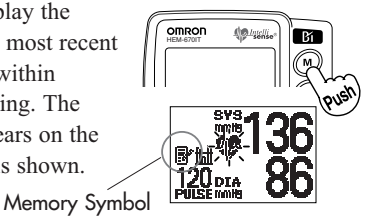
The monitor calculates the average reading based on the three most recent sets of measurement values taken within 10 minutes of the most recent reading.

NOTE: If two sets of measurement values are stored in the memory for the 10 minutes period, the average is based on the two sets of measurement values. If one set of measurement values is stored, this is displayed as the average.

USING THE MEMORY FUNCTION

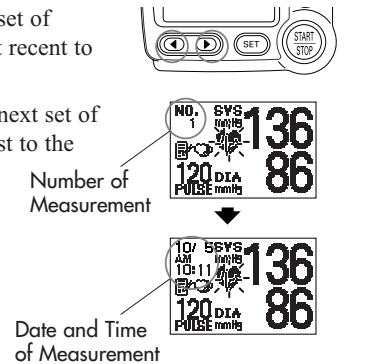
TO DISPLAY THE MEASUREMENT VALUES

1. Press the MEMORY button to display the average reading based on the three most recent sets of measurement values taken within 10 minutes of the most recent reading. The Average Value Symbol ( ) appears on the display when the average reading is shown.



2. Press the (◀) button to display the set of measurement values from the most recent to the oldest.

   Press the (▶) button to display the next set of measurement values from the oldest to the most recent.



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

USING THE MEMORY FUNCTION

MORNING AND EVENING AVERAGES

The monitor calculates and displays a weekly average for measurements taken in the morning ( ) and evening ( ). The monitor stores 8 weeks of Morning Averages and 8 weeks of Evening Averages.

NOTE: The week begins Sunday at 4:00 AM

MORNING AVERAGES

Morning averages are based on the first average reading using the TruRead™ Mode or the first 3 reading within 10 minutes using the Single Mode.

Measurement times must be between:

4:00 AM and 9:59 AM.

EVENING AVERAGES

Evening averages are based on the last average reading using the TruRead™ Mode or the last 3 reading within 10 minutes using the Single Mode.

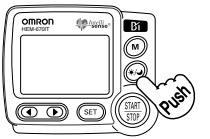
Measurement times must be between:

7:00 PM and 1:59 AM.

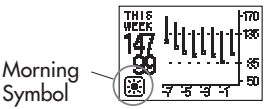
USING THE MEMORY FUNCTION

TO DISPLAY THE GRAPH

1. Press the MORNING/EVENING AVERAGE button.



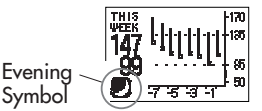
The Morning Data graph is displayed.



Morning Data Graph

Press the MORNING/EVENING AVERAGE button again.

The Evening Data graph is displayed.



Evening Data Graph

NOTE: Continue to press the MORNING/EVENING AVERAGE button to display the data again.

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

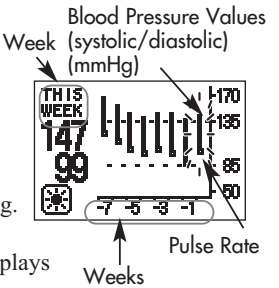
USING THE MEMORY FUNCTION

INTERPRETING THE GRAPH

The example used is the Morning Data graph.

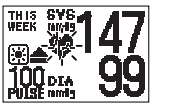
When you press the MORNING/EVENING AVERAGE button, the this week measurement values flash on the display.

In the illustration shown, the measurement was taken on this week. The top of the vertical bars display the systolic blood pressure of 147 mmHg. The bottom of the vertical bar displays the diastolic pressure of 99 mmHg. The (▪) box displays the pulse rate of 100 beats per minute.



TO VIEW THE DATA FLASHING ON THE DISPLAY

Press the SET button during the Graph display to view the measurement values for the data flashing on the screen.



Measurement values for data flashing on screen

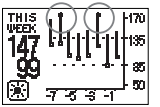
Press the (◂ ▸) button to view later or more recent weekly averages.

Press the MORNING/EVENING AVERAGE button to return to the GRAPH display.

USING THE MEMORY FUNCTION

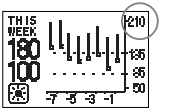
SYSTOLIC VALUES ABOVE 170 mmHg

1. If the systolic blood pressure value is measured at 170 mmHg or higher twice during 8 weeks of data displayed in the graph, the (▲) symbol appears at the top of the vertical bar.



Display screen higher than 170 mmHg

2. If the systolic blood pressure value is measured at 170 mmHg or higher three of more times during 8 weeks of data displayed in the graph, the screen automatically changes to display the values on the graph up to 210 mmHg.

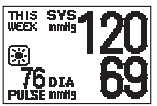
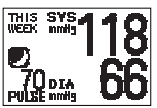


Display Screen at 210 mmHg

USING THE MEMORY FUNCTION

DISPLAY COMBINATIONS

In addition to the Morning Average and Evening Average Symbols, the monitor may also display the Morning Hypertension Symbol if the morning average for that week is above the AHA guidelines. (See page 12 for details.) Depending on your measurement results, these may be displayed in the following combinations.

	Display	
Morning Average	 Morning average from This Week with Morning Average Symbol	 Morning average from 7 weeks ago with Morning Average Symbol + blinking Heartbeat Symbol + Morning Hypertension Symbol
Evening Average	 Evening average from This Week with Evening Average Symbol	 Evening average from 7 weeks ago with Evening Average Symbol + blinking Heartbeat Symbol + Morning Hypertension Symbol
	Average within AHA guidelines	**Average above AHA guidelines + Morning Hypertension**

USING THE MEMORY FUNCTION

The Morning Hypertension Symbol (⏏) appears if the weekly average for morning measurements is above 135/85.

In this case the Morning Hypertension Symbol (⏏) is displayed when the Evening Average is displayed, regardless of the values for the Evening Average.

USING THE MEMORY FUNCTION

TO DELETE ALL VALUES STORED IN THE MEMORY

You cannot partially delete measurement values stored in the memory.

All values will be deleted.

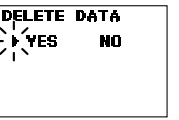
1. Press the START/STOP button to turn the power off, then press the SET button.

   Continue to press the SET button until the Delete Data Screen displays.

All Memory Erasure Screen

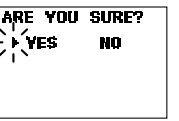
2. Select YES or NO.

   NOTE: The DELETE DATA SETTING automatically defaults to (▸) NO after deleting the measurement values stored in the memory.



All Memory Erasure YES Screen

   Press the (◂) button to change the Delete Data Setting to YES.



Are You Sure YES Screen

   Press the SET button.

   ARE YOU SURE? displays on the screen.

USING THE MEMORY FUNCTION

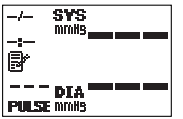
To delete the data press the (◂) button to select YES.

Press the SET button.

All data in the memory is deleted.

The Data Deleted blank screen displays.

NOTE: If you delete the data, the monitor will automatically turn off.



Data Deleted (Blank) Screen

To cancel the Delete Data press the (▸) button to select NO.

Press the SET button.
The Reset Setting Screen displays.

Press the START/STOP button to turn the power off.

INSTALLING THE SOFTWARE

Omron Health Management Software

Omron Health Management Software allows you to view, process and print data about blood pressure and walking measured by Omron's blood pressure monitor and pedometer.

NOTE: This software is exclusive to Omron's blood pressure monitors and pedometers.

Visit http://software.omronhealthcare.com to register your customer information for online support and to get software updates.

⚠ CAUTION

- This is a CD-ROM disc. Do not play this disc on general audio players, DVD players or personal game devices. It may damage the speaker of the device and may harm your eardrums.

INSTALLING THE SOFTWARE

OPERATING ENVIRONMENT REQUIREMENTS

The following operating environments are required to run this software.

Supported OS:	Microsoft® Windows® 2000 Professional
	Microsoft® Windows® XP Home Edition
	Microsoft® Windows® XP Professional Edition
PC:	600 MHz or higher, Pentium compatible CPU, PC/AT compatible machine
Memory capacity:	128MB or more
Hard disc space:	32MB or more
Display:	Super VGA (800 x 600 pixel) or higher resolution video adapter and monitor
Others:	A CD-ROM or DVD drive
	USB port (USB Revision 1.1 compliant)
	A printer
	Microsoft® Internet Explorer 5.0 or higher
	Adobe® Acrobat® Reader 5.0 or higher

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- Adobe®, Adobe logo, Acrobat® and Reader® are registered trademarks or trademarks of Adobe Systems Incorporated in the United States and other countries.

INSTALLING THE SOFTWARE

NOTE FOR USING THE OMRON HEALTH MANAGEMENT SOFTWARE

For using the Omron Health Management Software with the HEM-670IT, the version needs to be 1.21 or higher.

- If you use the included CD-ROM, you can stop reading this NOTE because its version is 1.21 or higher.
- If you use the CD-ROM included with an Omron pedometer, please confirm the version. If the version is less than 1.21, update it by using the included CD-ROM or by going to **http://software.omronhealthcare.com**

1. HOW TO CONFIRM THE VERSION OF THE SOFTWARE

BEFORE INSTALLATION	AFTER INSTALLATION
Check A and B part of the CD-ROM. If you do not find any version indication like "U1.21", its version is 1.0 and it is necessary to update the software. (You can ignore the "U" of the U1.21)	Click [HELP] on the menu bar and select [Version Information]. If it is not 1.21 or higher, go to [2. How to update Omron Health Management Software]. (You can ignore the "U" of the U1.21)
The version is indicated at A or B. The version 1.0 has no indication. **NOTE:** You can ignore the "U" of the U1.21.	 **NOTE:** You can ignore the "U" of the U1.21.

INSTALLING THE SOFTWARE

2. HOW TO UPDATE OMRON HEALTH MANAGEMENT SOFTWARE

2-1. Backup your data file

1) Open the [System] folder inside the folder in which you installed the Omron Health Management Software.
2) Copy and paste the [omron.mdb] file to the desktop or a storage device.

2-2. Uninstall Omron Health Management Software

1) Select [All programs] or [Program] from [Start] on the PC.
2) Click [Omron Health Management Software].
3) Select [Uninstall Omron Health Management Software]
4) Follow the directions on the message boxes.

2-3. Install Omron Health Management Software from either a CD-ROM or the Omron Website:

A. From a CD-ROM version U1.21 or higher

1) Follow the directions in the included instruction manual.

B. From http://software.omronhealthcare.com

1) Follow the Software Updates directions on the screen.

2-4. Transfer the data file

1) Copy and paste the [omron.mdb] file from the desktop or the storage device to the [System] folder in the folder in which you installed the Omron Health Management Software.

INSTALLING THE SOFTWARE

INSTALLING THE SOFTWARE

- To install Omron Health Management Software onto your PC, you must have administrative privileges.
- Close all applications currently running before you install the software.
- When using anti-virus software, disable anti-virus software before installation. It may interfere with the set-up program of this software. Enable the anti-virus software again after installation is complete.

1. Insert the installation CD-ROM disc into the CD drive of your PC.

   If no screen appears

   [Windows 2000]

   i) Click [My Computer] and double-click the CD drive in which the CD-ROM disc is inserted.

   ii) When folder names of the CD-ROM are listed, double-click the [setup.exe] icon.

   [Windows XP]

   i) Click [My Computer] from the start menu.

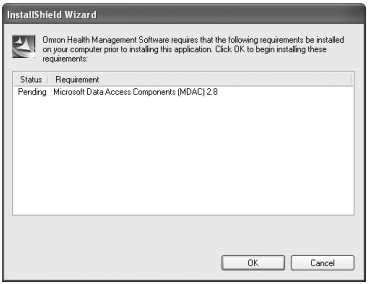
   ii) From the [My Computer] screen, double-click the CD drive in which the installation CD-ROM disc is inserted.

INSTALLING THE SOFTWARE

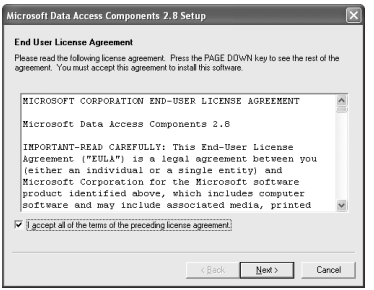
2. The installation screen of MDAC may appear.

   Click [OK].

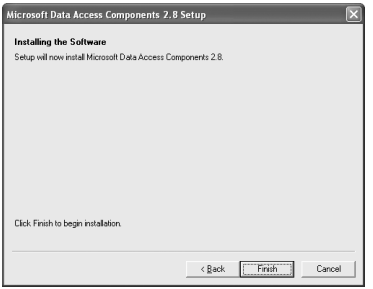
   If this screen does not appear, skip to Step 5.



3. Select the checkbox [I accept …], and click [Next].

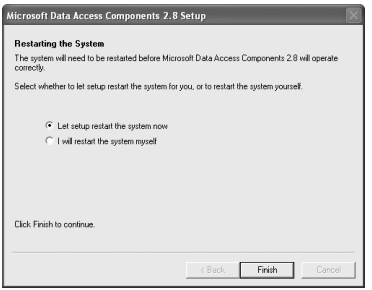


4. Click [Finish].



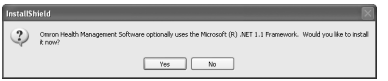
NOTES:

- This screen appears when your PC must be restarted. Select the checkbox [Let setup restart the system now], and click [Finish]. Your PC will restart. After restart, start the CD-ROM. (Refer to Step 1 for how to start the CD-ROM.)
- When restart is unnecessary, [Setup is complete] appears. Click [Close].



INSTALLING THE SOFTWARE

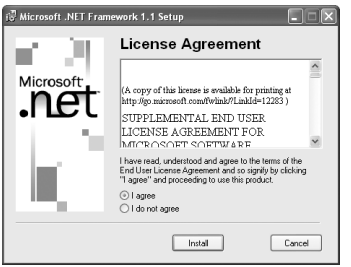
5. The installation screen of the .NET Framework1.1 may appear.



   Click [Yes].

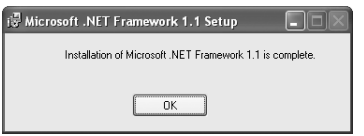
   NOTE: If this screen does not appear, skip to Step 8.

6. Microsoft .NET Framework 1.1 License Agreement appears. Read the License Agreement thoroughly and if you agree with it, select [I agree] and click [Install].



   NOTE: The program will not be installed if you disagree with the License Agreement.

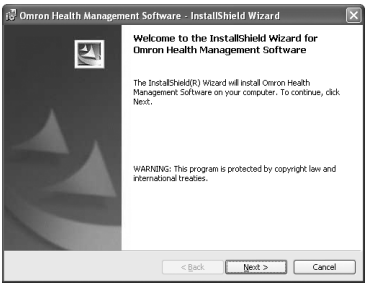
7. The dialog box appears that informs the Microsoft .NET Framework 1.1 installation is complete.



   Click [OK].

INSTALLING THE SOFTWARE

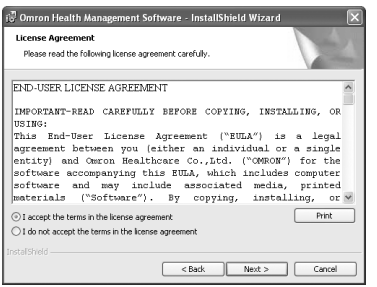
8. The software installation guide screen of Omron Health Management Software appears. Click [Next >] to continue installation.



9. The License Agreement of Omron Health Management Software appears.

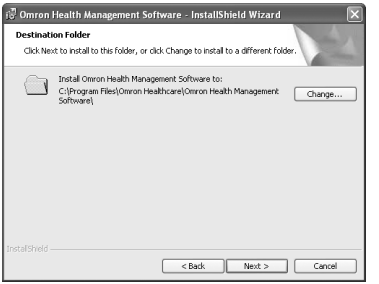
   Read the License Agreement thoroughly and if you agree with it, select [I accept the terms...] and click [Next].

   NOTE: The program will not be installed if you disagree with the License Agreement.

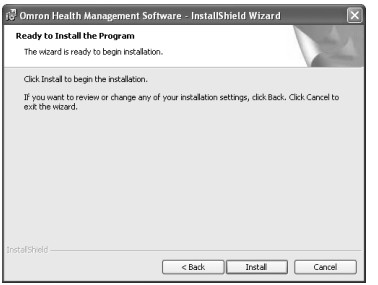


INSTALLING THE SOFTWARE

10. The installation folder selection screen appears. Check the installation destination folder, and click [Next >]. To change the installation destination, click [Change...] and select a folder for installation.



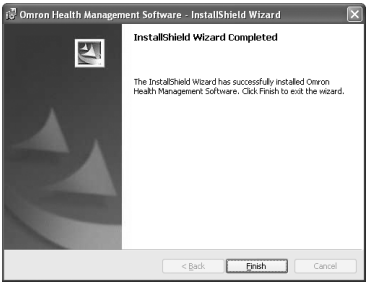
11. The installation confirmation screen appears. To continue installation, click [Install].



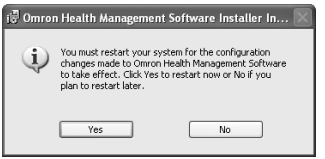
INSTALLING THE SOFTWARE

12. The InstallShield Wizard Completed screen appears.

    Click [Finish].



NOTE: This screen below appears when your PC must be restarted. Click [Yes] to restart your PC.



13. The Omron Health Management Software shortcut icon is created on the desktop.

14. Remove the CD-ROM disc from the CD drive.

15. Enable anti-virus software, if it had been disabled before you installed this software.

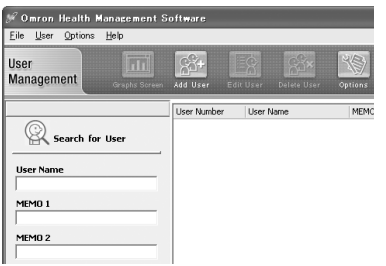
USING THE SOFTWARE

For help using the software, double-click [Omron Health Management Software Users Manual.pdf] shortcut on desktop, or click [Help] in this software after starting up.

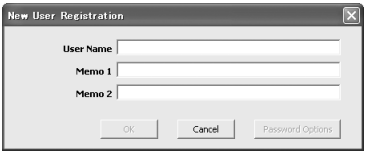
1. Double-click the [Omron Health Management Software] shortcut icon on the desktop.

   If no icon appears on the desktop: From the [Start] menu, select [All programs] or [Programs] [Omron Health Management Software], and click the [Omron Health Management Software] shortcut.

2. If you are using Omron Health Management Software for the first time, click [Add User] on the User Management screen.



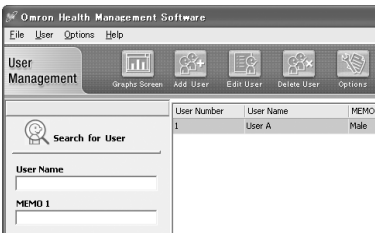
3. In the New User Registration box, enter your name (e.g., Chuck) and click [OK].



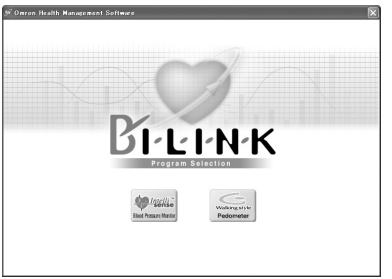
NOTES:

- Omron Health Management Software can manage multiple users' data. Data is controlled by user name.
- The number of users who can register for this software varies depending on the amount of free disc space in your PC.
- The user name can be up to 28 characters.

4. Click the user name, and click [Graph Screen].



5. Click the [Blood Pressure Monitor] icon.



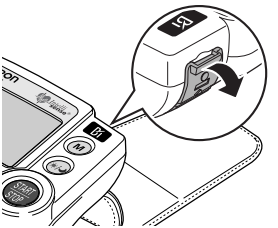
TRANSFERRING DATA TO A PERSONAL COMPUTER

Use only the authorized Omron Serial/USB cable, HHX-CABLE-USB1, included with this unit.

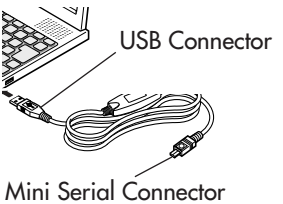
⚠ CAUTION

Use only Omron authorized parts and accessories. Parts and accessories not approved for use with the device may damage the unit.

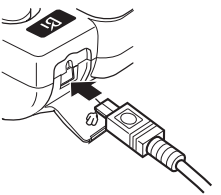
1. Open the Serial Port Cover.



2. Plug the USB Connector (large connector) into the USB port in your PC.



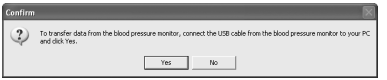
3. Plug the Mini Serial Connector (small connector) into the Serial Port in the Omron Wrist Monitor.



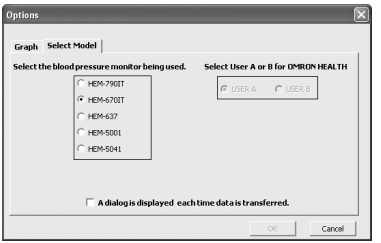
TRANSFERRING DATA TO A PERSONAL COMPUTER

4. Click [Download Data] icon to import the data.

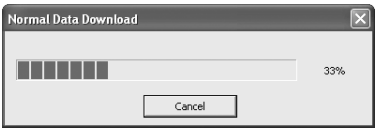
5. The Confirm dialog appears. Make sure your cable is connected then click [Yes].



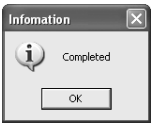
6. Select the blood pressure monitor being used and click [OK].



7. Start importing data. Click [Cancel] if you want to cancel.



8. The dialog appears when complete. Click [OK] and view your data on the graph.



SOFTWARE TROUBLESHOOTING TIPS

ERROR MESSAGES	CAUSE	SOLUTION
Error 1806. You have insufficient privileges to read this folder. Error 1303. The installer has insufficient privileges.	The logged in user does not have Administrator privileges.	Log in as an Administrator for installation.
Either the Windows 2000 or Windows XP operating system is required to install Omron Health Management Software onto your PC.	The operating system currently installed in your PC is neither Windows 2000 nor Windows XP.	You cannot run this program on your PC. Install Omron Health Management Software onto a PC on which the corresponding operating system is running as listed in [Operating environment requirements].
Out of Disc Space (Disc space required for the installation exceeds available disc space.)	The amount of free disc space is insufficient to install Omron Health Management Software.	Increase the amount of free disc space or install the software onto another hard disc.

CARE AND MAINTENANCE

To keep your digital blood pressure monitor in the best condition and protect the unit from damage, follow the directions listed below:

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

Do not fold the wrist cuff too tightly.
The fabric fastener could touch the inner surface of the cuff and damage it.

Clean the monitor with a soft dry cloth. Do not use any abrasive or volatile cleaners. Do not attempt to clean the cuff.

⚠ CAUTION

Do not submerge the device or any of the components in water. Do not subject the monitor to extreme hot or cold temperatures, humidity or direct sunlight.

⚠ CAUTION

Store the device and the components in a clean, safe location.

⚠ CAUTION

Do not subject the monitor to strong shocks, such as dropping the unit on the floor.

Remove the batteries if the unit will not be used for three months or longer. Always replace all the batteries with new ones at the same time.

⚠ CAUTION

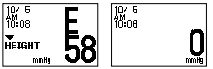
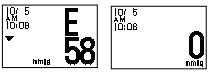
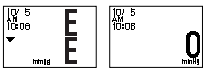
Use only Omron authorized parts and accessories. Parts and accessories not approved for use with the device may damage the unit.

⚠ CAUTION

Changes or modification not approved by Omron Healthcare will void the user warranty. Do not disassemble or attempt to repair the unit or components.

ERROR INDICATORS AND TROUBLESHOOTING TIPS

ERROR INDICATORS

SYMBOLS	CAUSE	CORRECTION
 After several seconds	Wrist movement during the measurement.	Turn the unit off. Refer to “Taking a Measurement”. Take another measurement and do not move until the measurement results display.
 After several seconds	Arm or body movement during the measurement. Talking during the measurement.	Turn the unit off. Refer to “Taking a Measurement”. Take another measurement. Do not move or talk until the measurement results display.
 After several seconds	Excessive arm or body movement during measurement.	Turn the unit off. Refer to “Taking a Measurement”. Take another measurement and do not move until the measurement results display.

ERROR INDICATORS AND TROUBLESHOOTING TIPS

SYMBOLS	CAUSE	CORRECTION
Near Low Battery Indicator flashes.	Batteries are almost worn out.	Replace both batteries with new ones as soon as possible.
Low Battery Indicator flashes.	Batteries are worn.	Replace both batteries with new ones immediately.
Only E and numerals are displayed.	Abnormal Unit Function.	Repair Service Required. Refer to Warranty.

TROUBLESHOOTING TIPS

PROBLEM	CAUSES AND SOLUTIONS
No power. No display appears on the unit.	Replace all batteries with new ones. Check the battery installation for proper placement of the battery polarities.
Measurement values appear too high or too low.	Blood pressure varies constantly. Many factors including stress, time of day, and how you wrap the cuff, may affect your blood pressure. Review the sections “Before Taking a Measurement” and “Taking a Measurement.”

FCC STATEMENT

NOTE:

POTENTIAL FOR RADIO/TELEVISION INTERFERENCE (for U.S.A. only)

This product has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC rules.

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

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

POTENTIAL FOR RADIO/TELEVISION INTERFERENCE (for Canada only)

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

Cet appareil numérique respecte les limites de bruits radioeléctriques applicables aux appareils numériques de Clase B prescrites dans la norme sur le materiel brouilleur: “Appareils Numériques”, ICES-003 édictée par le minister des communications.

Changes or modifications not expressly approved by the party responsible for compliance could void the user’s authority to operate the equipment.

WARRANTY

The Omron® HEM-670IT Wrist Blood Pressure Monitor with Advanced Positioning Sensor (APS®) and PC Software, excluding the monitor cuff and the Omron Health Management Software, is warranted to be free from defects in materials and workmanship appearing within 5 years from the date of purchase, when used in accordance with the instructions provided with the monitor. The monitor cuff is warranted to be free from defects in materials and workmanship appearing within one year from the date of purchase when the monitor is used in accordance with the instructions provided with the monitor. The above warranties extend only to the original retail purchaser.

We will, at our option, repair or replace without charge any monitor or monitor cuff covered by the above warranties. Repair or replacement is our only responsibility and your only remedy under the above warranties.

To obtain warranty service contact Omron Healthcare for the address of the repair location. Shipping instructions and repair information is available by calling **1-800-634-4350** or visit our website at www.omronhealthcare.com.

Enclose the Proof of Purchase. Include $5.00 for the return shipping and handling. Include a letter, with your name, address, phone number, and description of the specific problem. Pack the product carefully to prevent damage in transit. Because of possible loss in transit, we recommend insuring the product with return receipt requested.

ALL IMPLIED WARRANTIES, INCLUDING BUT NOT LIMITED TO THE IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR PARTICULAR PURPOSE, ARE LIMITED TO THE DURATION OF THE APPLICABLE WRITTEN WARRANTY ABOVE. Some states do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you.

OMRON SHALL NOT BE LIABLE FOR LOSS OF USE OR ANY OTHER INCIDENTAL, CONSEQUENTIAL OR INDIRECT COSTS, EXPENSES OR DAMAGES. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above exclusions may not apply to you.

This warranty gives you specific legal rights, and you may also have other rights which may vary from state to state.

FOR CUSTOMER SERVICE

Visit our web site at: www.omronhealthcare.com

Call toll free: 1-800-634-4350

SPECIFICATIONS

Model:	**HEM-670IT**
Display:	LCD Digital Display
Measurement Range:	Pressure: 0 to 299 mmHg, Pulse: 40-180/min.
Accuracy/Calibration:	Pressure: ±3mmHg or 2% of reading Pulse: ±5% of reading
Inflation:	Automatic by electric pump
Deflation:	Automatic rapid deflation pressure
Rapid Air Release:	Automatic exhaust valve
Pressure Detection:	Electrostatic capacity semi-conductor pressure sensor
Measurement Method:	Oscillometric method
Pulse Wave Detection:	Capacitance type pressure sensor
Power Source:	2 “AAA” batteries (1.5V Alkaline)
Battery Life:	Approximately 300 uses when used 3 times a day with new alkaline batteries when inflated to 170 mmHg at 72ºF.
Operating Temperature /Humidity:	50ºF to 104ºF (10ºC to 40ºC) /30 to 85% RH
Storage Temperature /Humidity/Air Pressure:	-4ºF to 140ºF (-20ºC to 60ºC) /10 to 95% RH /700 - 1060 hPa
Main Unit Weight:	Approximately 5 1/2 oz (not including batteries)
Main Unit Dimensions:	3" (W) x 2 1/2" (H) x 1 1/2" (D) (not including the wrist cuff)
Measurable Circumference of Wrist :	5 1/4" to 8 1/2"
Memory:	Up to 84
Electric Shock Protection :	Internal power supply appliance type B
Contents:	Main Unit, Two “AAA” Alkaline Batteries, Storage Case, Instruction Manual, Warranty Card, Serial/USB Cable and CD-ROM.
UPC Code:	0 73796 67090 0

NOTE: These specifications are subject to change without notice.

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