

OMRON

Instruction Manual

Ultra Compact Wrist Blood Pressure Monitor

with  **IntelliTM
sense**

Model HEM-630



Thank you for purchasing the Omron Ultra Compact Wrist Blood Pressure Monitor with IntelliSense™. Please read this instruction manual thoroughly before operating to assure proper use.

For specific information on your own blood pressure,
CONTACT YOUR PHYSICIAN.

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Thank you for purchasing the Omron HEM-630 Ultra Compact Wrist Blood Pressure Monitor. This remarkable instrument is ideal for people who frequently monitor their own blood pressure because it's so compact and easy to use. There is no tricky arm cuff, just a small, pre-formed wrist cuff that is easy to apply. With the push of a button the Omron Wrist Monitor measures your blood pressure and pulse and displays the reading on a clear digital panel. Perfect for quick, easy readings at home, at work, almost anywhere!

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. An oscillometric monitor does not need a stethoscope so the monitor is simple to use and measurements are easy to obtain.

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 wrist and the arm connect. Frequently measuring the blood pressure in your wrist will provide you and your doctor with an accurate indication of changes in your true blood pressure.

Please read this instruction manual thoroughly before using the Omron Ultra Compact Wrist Blood Pressure Monitor. For specific information on your own blood pressure, CONTACT YOUR PHYSICIAN.

Know Your Unit

Main unit

Diastolic Blood Pressure /
Pulse Display

Systolic Blood
Pressure Display

START/STOP
Button

Wrist Cuff

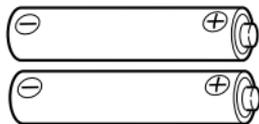
Battery Cover

Memory Call Button

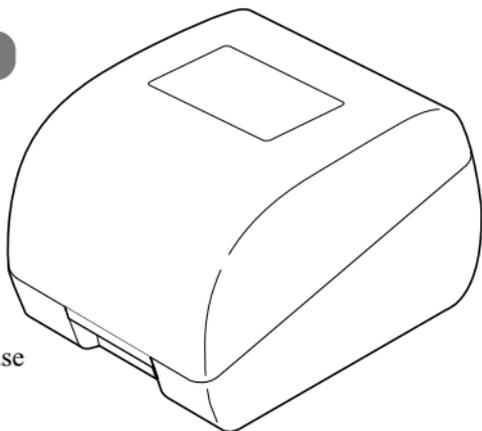
Time Setting Button

Accessories

Two AAA Alkaline
batteries (LR03)



Storage case



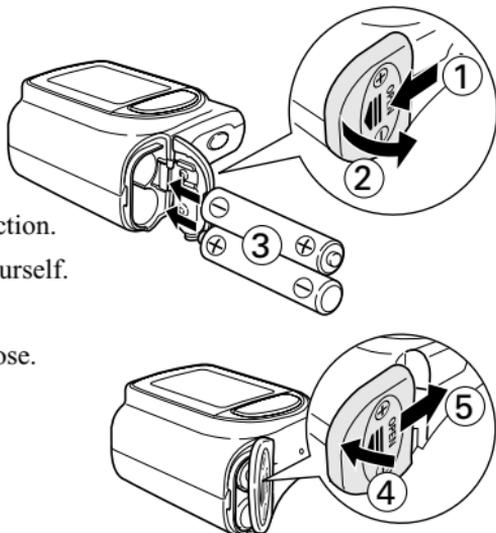
INTELLISENSE™ Blood Pressure Monitor is a global brand name of blood pressure monitor equipped with bio-information sensing and high performance fuzzy logic technology, which are the key technologies of OMRON. With this excellent sensing technology, the monitor can achieve "accurate measurement".

Battery Installation/Replacement

Insert the batteries.

- (1) Slide the Battery Cover in the direction of an arrow.
- (2) Open the Battery Cover.
- (3) Insert two AAA batteries with the polarities in correct direction.
- (4) Pull the Battery Cover toward yourself.
- (5) Slide the Battery Cover to close.

* Battery Cover slides to open and close.
Please be careful that if you force to open or close the Battery Cover, it may be damaged.



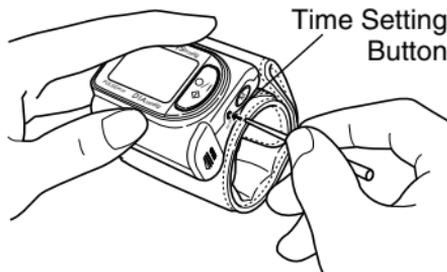
Battery Life and Replacement

- High performance alkaline dry cell batteries (2 “AAA”) should be good for approximately 400 readings.
- Battery life varies with ambient temperature. Battery life is shorter under cold conditions such as during the winter.
- The dry cell batteries provided are for monitoring and may run down before 400 readings.
- If the battery replacement symbol blinks while measuring or if pressure is not applied when the START / STOP button is pressed, replace both batteries (use the same type).
- Holding the START / STOP button down may shorten battery life. To avoid pressure on the button when transporting or storing, use the case provided.

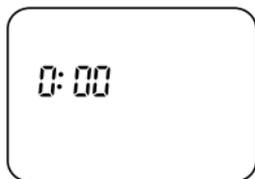
Program Date and Time

Set the year, month, date, and time.

Press the Time Setting button with something having a sharp point (such as ball-point pen) while the power is off.



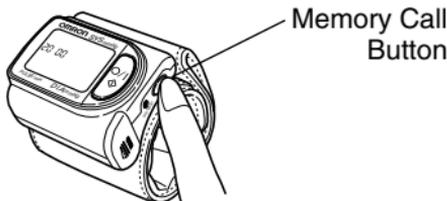
- "0:00" or the current time (when the time is already set) is displayed. (If you insert batteries for the first time after purchasing this monitor, the display will flash.)



1. Set the "Year".

Press the Time Setting button again. The display flashes "2000"

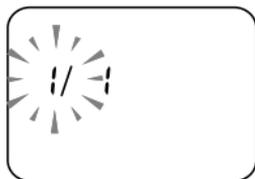
- "2000" (year) is displayed with flashing.
- Press the Memory Call button and set the number representing the "Year"



2. Set the "Month".

Press the Time Setting button.

- "1/" (month representing January in this case) is displayed.
- Press the Memory Call button and set the number representing the "Month".

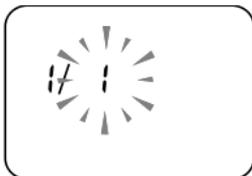


Program Date and Time

3. Set the "Date".

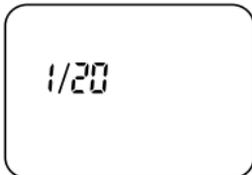
Press the Time Setting button.

- "/1" (date) is displayed.
- Press the Memory Call button and set the number representing the "Date".



4. In the same manner, set the "Hour" and "Minute".

- The number representing the "Hour" is displayed in the 12-hour unit of morning and afternoon. (For the hour in the afternoon, PM is displayed.)



5. Lastly, the correct time can be set by pressing the Time Setting button according to the time signal when "00" is displayed.

- The current time is displayed and the time setting is completed.



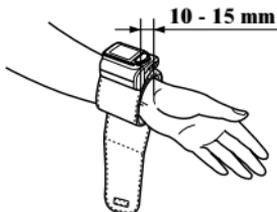
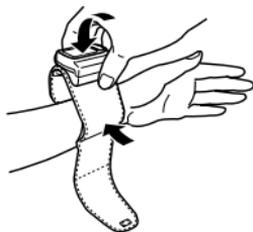
If you measure blood pressure without setting the date and time, blood pressure values will be saved with the incorrect date and time. When you use this monitor for the first time, or after taking out batteries for a long period of time, be sure to adjust the date and time, then use the monitor. After battery replacement, confirm the time first, then use the monitor. If batteries are removed for more than one minute, you must reset the time.

How to Apply the Wrist Cuff

Wrap the Wrist Cuff.

1. Place the wrist cuff over your left wrist with your left thumb facing upward.

- * Wrap the wrist cuff over bare skin.
- * Be sure not to roll in the sleeve of your cloth into the wrist cuff.
- * As shown in the Figure, cover



the wrist cuff by leaving a space of 10 to 15 mm (a space almost equal to the width of an index finger) between the edge of the wrist cuff and the border of arm and the palm of a hand.

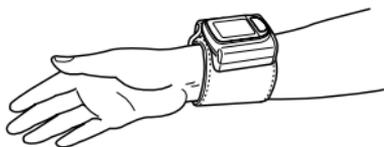
2. Hold the bottom part of the wrist cuff and wrap it around the wrist while pulling so that it fits snugly.



- * Unless the wrist cuff is wrapped snugly, correct measurement may not be possible.
- * The remaining part of the wrist cuff can be conveniently folded back out of the way.
- * For the slender wrist (wrist circumference of less than 145 mm), the wrist cuff may not be wrapped snugly and give a feeling of loose wrap. In this case, do not force to wrap since the measurement is not affected.
- * Fasten the Velcro tape tightly by closely adhering both sides.

When measuring on the right wrist

Measurement can also be made on the right wrist. Fit the monitor as shown in the Figure.



Suggestions Before Measureing Blood Pressure

Align the wrist cuff with the level of your heart (breast height) and gently support your left hand with your right hand.

1. Avoid eating, smoking and exercising for at least 30 minutes before taking measurement. Also rest for at least 10 to 15 minutes before taking a reading.
2. Stress raises blood pressure. Avoid taking measurements during stressful times.
3. The cuff should be applied to your left wrist.
4. Measurements should be taken in a quiet place and you should be in a relaxed, seated position. Gently support your left hand in your right hand. **Do not place your right hand on the cuff itself.**
5. Remain still and do not talk during the measurements.
6. Keep a record of you blood pressure and pulse for you doctor. Remeber, a single measurement does not provide an accurate reading of your true blood pressure. You need to take and record several readings over a period of time. Try to mesure your blood pressure at the same time each day for consistnecy.
7. Wait 2-3 minutes between successive measurements. Waiting allows the engorged blood vessels to return to normal. You may require more rest time between readings depending on your individual physiological characteristics.



How to Take a Reading

When it is ready to measure, take the measurement in the following procedure.
To start measurement, simply press the START/STOP button.

1. Press the START/STOP button.

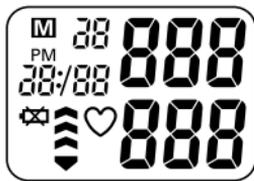
- (1) Press the START/STOP button.
Release the Button when the display turns on.



(2) Initial display

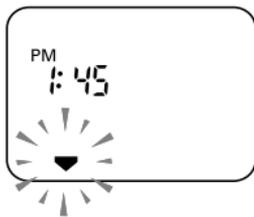
All display symbols turn on for about 0.5 seconds.

* The battery replacement mark shown here does not mean the worn batteries.



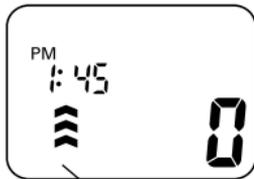
(3) Deflation display

A  mark starts to flash.



- (4) The monitor starts to inflate and measure.

* Because measurement is made during inflation, do not move your hand, wrist, or arm after the monitor starts to inflate.



These marks disappear one by one as the measurement proceeds.

How to Take a Reading

2. Measurement is over and blood pressure values, pulse, time, and date are displayed.

When the measurement is over, a  mark flashes, and the cuff deflates automatically. Then a  mark turns on and blood pressure and time are displayed alternately, and pulse rate and date are displayed alternately.

Display of measurement results



Alternating display



Display of pulse rate



- * If a measurement cannot be made or the blood pressure values are displayed abnormally high (low), refer to Page 28.
- * If the Velcro tape comes off during the measurement, wrap the wrist cuff snugly as shown in Page 10 and measure again after fastening the Velcro tape.

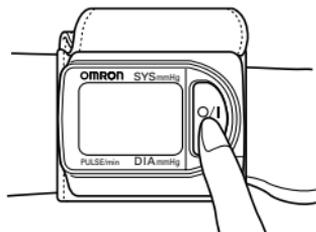
3. Turn off the power.

Blood pressure measurement is complete now.

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

To make another measurement, repeat the procedure in Step 1 above.

- * Even if you forget to turn off the power, the monitor will turn off automatically in approximately 2 minutes.



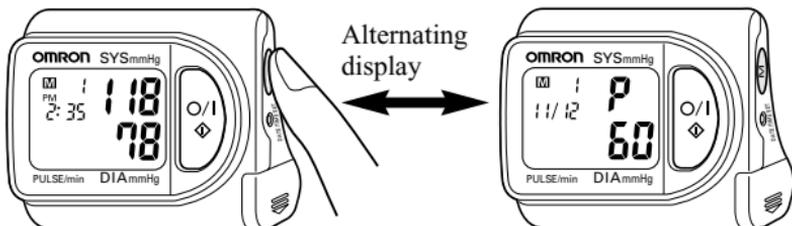
Memory Feature

How to Use the Memory Function

The HEM-630 Blood Pressure Monitor with Fuzzy Control has a function to record up to twenty-one measurements.

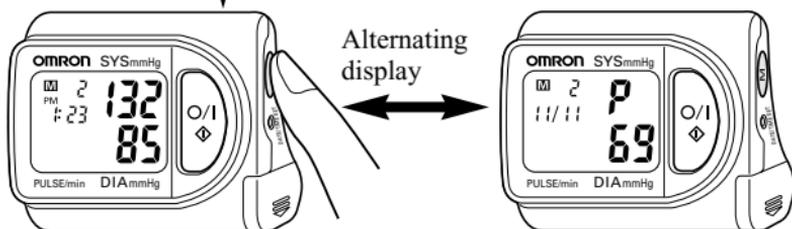
1. Press the MEMORY CALL button ("M" button).

The latest measurements are displayed.

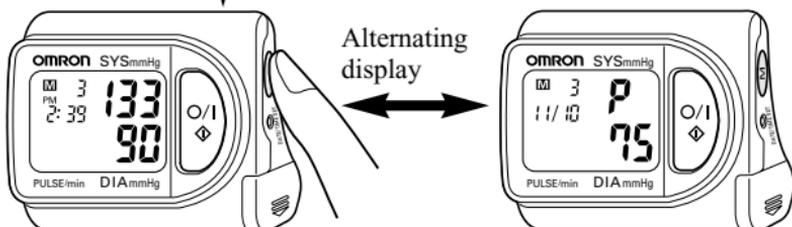


Press the "M" button.

Each time the "M" button is pressed, the measured values are called from the latest ones.



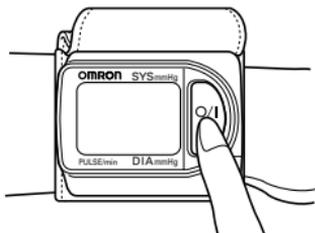
Press the "M" button.



- * You can call the memory of up to twenty-one measurements.
- * The measurements made after the twenty-second measurement will be deleted from the oldest ones.

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

After reading the blood pressure values and pulse rate stored in the monitor, press the START/STOP button to turn off the power.

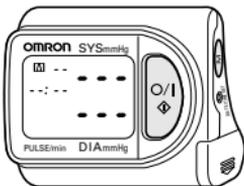
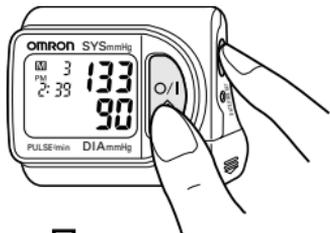


- * Even if you forget to turn off the power, the monitor will turn off automatically in approximately 2 minutes.
- * The stored measurements will remain in the memory even when the batteries are removed for battery replacement.

- To delete the memory (Everything in the memory will be deleted.)

Press the "M" button while the "M" mark is displayed, then immediately hold down the START/STOP button for more than 2 seconds. (Pressing the START/STOP button first will turn off the power.)

Release the START/STOP button when the "M" mark starts to flash and wait until it finishes to flash.



Troubleshooting

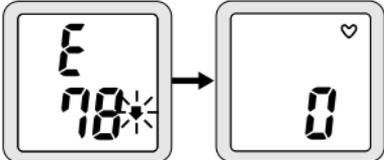
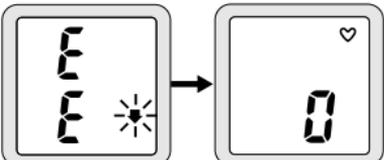
Symptom	Cause	What to do
No display appears when the START/STOP button is pressed.	Batteries are dead.	Replace with new batteries
	Batteries were inserted incorrectly.	Put the batteries in with the right (+) (-) orientation.
Cannot measure or readings are too low (or high).	Are you holding the wrist cuff at heart?	Measure with the correct posture.
	Is the cuff wrapped snugly around the wrist?	Wrap the wrist cuff correctly.
	Are your arms and shoulders tense?	Relax and then measure.
	Have you been talking or moving your hands during measurement?	Keep quiet while taking the measurement.
When the START/ STOP button is pressed there is no pressure, but a reading appears.	You are in the previous reading mode. (memory)	Turn power off once and restart measurement.
Blood pressure is different each time. The reading is extremely low (or high).	Blood pressure readings constantly vary with time of measurement and nervous condition. Take deep breaths to relax before measuring.	

If you cannot get correct measurement with the methods above, do not tamper with the internal mechanism. Contact Omron Healthcare customer service at 1.800.634.4350

Occasionally, an individual's physiological characteristics may cause too much error for measurement. In such a case, consult a medical specialist.

Troubleshooting

When measurement is not being performed as normal, the following error messages may appear to indicate what is necessary for correct measurement.

Error Display	Causes	What to do
After several seconds 	Movement of arm or body or talking during measurement.	Press the START/STOP button once turn off power. Sit still and restart measurement.
After several seconds 	Vigorous movement of arm or body during measurement.	
	The batteries are dead.	Replace with new batteries.

FCC Caution

Caution

Changes or modifications not expressly approved by Omron Healthcare, Inc. could void the user's authority to operate this product.

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 measure:

- 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.
- 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 emissions from digital apparatus as set out in the interference-causing equipment standard entitled "Digital Apparatus", ICES-003 of the Canadian Department of Communications.

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

LICENSED UNDER U.S. PAT.

4829419, 4942516, 4896260, 4531182, 4825364, 4686622, 4121284, 4396976, 4371923, 4471385, 4120583, 4435732, 4739396

Care and Maintenance

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

Subjecting your monitor to extreme temperatures, humidity, and direct sunlight

Washing or moistening the cuff

Disassembling the monitor

Subjecting the monitor to strong shocks (for example, dropping the monitor on the floor)

Cleaning the monitor with volatile liquids. **THE MONITOR SHOULD BE CLEANED WITH A SOFT, DRY CLOTH.**

Limited Five Year Warranty

Your Omron HEM-630 Ultra Compact Wrist Blood Pressure Monitor with Intellisense™ is warranted to be free from manufacturing defects for a period of five years under normal use. The five year warranty excludes the monitor cuff. The cuff is warranted for a one year period. This warranty extends only to the original retail purchaser.

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

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

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

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

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

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

Specifications

Name:	OMRON Automatic Blood Pressure Monitor
Model:	HEM-630
Display:	Digital display
Measurement:	Oscillometric method
Measurement Range:	Pressure; 0 to 280 mmHg Pulse rate; 40 to 200 beats/min
Accuracy:	Pressure; Within ± 4 mmHg Pulse rate; Within $\pm 5\%$ of reading
Inflation:	Automatic inflation by pumping
Deflation:	Automatic rapid deflation
Pressure Detection:	Electrostatic capacity semiconductor pressure sensor
Power Supply:	Two AAA batteries (LR03)
Battery Life:	Approximately 400 measurements when using alkaline batteries at the room temperature of 22°C and by using three times a day and inflating to 170 mmHg
Operating Temperature and Humidity:	+10°C to +40°C, 30 to 85% RH
Storage Temperature and Humidity:	-20°C to +60°C, 10 to 95% RH
Measurable Circumference of Wrist:	135 to 215 mm
Weight of Main Unit	Approximately 86 g (not including batteries)
External Dimensions:	58 (W) x 49 (H) x 32 (D) mm (not including the wrist cuff)
Electric Shock Protection:	Internal power supply appliance type B
Accessories:	Storage case, two AAA alkaline batteries, Instruction manual

* Please understand that specifications may be changed without prior notice.

OMRON

Manufactured For:

Omron Healthcare, Inc.

300 Lakeview Parkway

Vernon Hills, IL 60061

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www.omronhealthcare.com

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