OMRON

M3 Comfort AFib (HEM-7196-FLE)

Automatic Upper Arm Blood Pressure Monitor
Tensiomètre automatique brassard
Automatisches Oberarm-Blutdruckmessgerät
Misuratore automatico di pressione arteriosa da braccio
Monitor de presión arterial automático de brazo
Automatische bovenarmbloeddrukmeter
Измеритель артериального давления и частоты пульса автоматический
Otomatik Üst Kol Kan Basıncı Ölçüm Cihazı
جهاز قياس ضغط الدم الآلي القابل للتثبيت بأعلى الذراع

Instruction Manual 1: Safety and Other Information
Mode d'emploi 1 : Sécurité et autres informations
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دليل الإرشادات 1: الأمان ومعلومات أخرى

Intelli sense AFib

UK CA 0086

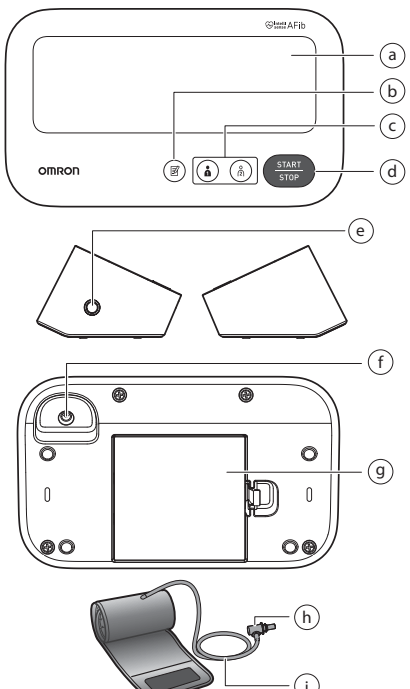
CE 0197

EN
FR
DE
IT
ES
NL
RU
TR
AR
Symbols

Symbols / Symboles / Symbole / Simboli / Símbolos / Symbolen / Символы / Semboller / الرموز

Overview

FR Présentation générale
DE Überblick
IT Presentazione del prodotto
ES Descripción general
NL Overzicht
RU Описание
TR Genel Bakış
AR نظرة عامة



a	**Display** **Affichage** **Display** **Display**	**Pantalla** **Display** **Дисплей** **Ekran**	**الشاشة**
b	**[Memory] button** **Bouton [Mémoire]** **Speichertaste** **Pulsante [Memoria]** **Botón [Memoria] (Conexión)** **Knop [Memory] (Geheugen)** **Кнопка [Память]** **[Hafıza] düğmesi** **[Memory] الزر**		
c	**[User ID 1]/[User ID 2] buttons** **Boutons [ID Utilisateur 1]/[ID Utilisateur 2]** **Tasten für Benutzer-ID 1/2** **Pulsanti [ID utente 1]/[ID utente 2]** **Botones [ID de usuario 1]/[ID de usuario 2]** **Knoppen [User ID 1]/[User ID 2] (Gebruikers-ID 1/Gebruikers-ID 2)** **Кнопки [Пользователь 1]/[Пользователь 2]** **[Kullanıcı Kimliği 1]/[Kullanıcı Kimliği 2] düğmeleri** **[User ID 1]/[User ID 2] الزران**		
d	**[START/STOP] button** **Bouton [START/STOP]** **[START/STOP]-Taste** **Pulsante [START/STOP]** **Botón [START/STOP]** **Knop [START/STOP]** **Кнопка [START/STOP]** **[START/STOP] düğmesi** **[START/STOP] الزر**		
e	**Air jack** **Prise à air** **Luftschlauchbuchse**	**Presa per il tubo dell'aria** **Toma de aire** **Luchtslangaansluiting**	**Воздушное гнездо** **Hava jakı** **مقبس خرطوم الهواء**

(f)	**AC adapter jack (for optional AC adapter)** **Prise pour l'adaptateur secteur (pour adaptateur secteur en option)** **Netzteilanschluss (für das optionale Netzteil)** **Presa per l'alimentatore CA (per l'alimentatore CA opzionale)** **Toma del adaptador de CA (para el adaptador de CA opcional)** **Netadapteraansluiting (voor de optionele netadapter)** **Гнездо адаптера переменного тока (для дополнительного адаптера переменного тока)** **AC adaptörü jakı (isteğe bağlı AC adaptörü için)** **مقبس مهايئ التيار المتردد (لمهايئ التيار المتردد الاختياري)**		
(g)	**Battery compartment** **Compartiment des piles** **Batteriefach** **Alloggiamento batterie** **Compartimento de las pilas**	**Batterijvak** **Отсек для элементов питания** **Pil bölümü** حجيرة البطاريات	
(h)	**Air plug** **Prise de gonflage** **Luftschlauchstecker** **Attacco del tubo dell'aria**	**Conector para tubo de aire** **Plug van de luchtslang**	**Воздушный штекер** **Hava tapası** قابس خرطوم الهواء
(i)	**Air tube** **Tuyau à air** **Luftschlauch** **Tubo dell'aria**	**Tubo de aire** **Luchtslang** **Воздуховодная трубка**	**Hava borusu** **Luftslang** خرطوم الهواء

EN

1 Introduction

Thank you for purchasing the OMRON Automatic Upper Arm Blood Pressure Monitor. This blood pressure monitor uses the oscillometric method of blood pressure measurement. This means this monitor detects your blood movement through your brachial artery and converts the movements into a digital reading.

1.1 Safety Instructions

This instruction manual provides you with important information about the OMRON Automatic Upper Arm Blood Pressure Monitor. To ensure the safe and proper use of this monitor, READ and UNDERSTAND all of these instructions. **If you do not understand these instructions or have any questions, contact your OMRON retail outlet or distributor before attempting to use this monitor. For specific information about your own blood pressure, consult with your physician.**

1.2 Intended Use

Intended Purpose

This device is a digital monitor intended for use in measuring blood pressure and pulse rate in adult patient population. The device can detect an irregular pulse suggestive of Atrial Fibrillation (AFib). Please note that the device is not intended to diagnose AFib.

***Note:** A diagnosis of AFib can only be confirmed by a physician with an Electrocardiogram (ECG). If the AFib symbol appears, consult with your physician.

Intended Patients

Adult patient population

Intended Users

Adult population (may include patients themselves) who can understand this instruction manual.

Clinical Benefit

Patient's blood pressure can be measured non-invasively and simply, and the possibility of AFib is detected from the pulse wave obtained from the blood pressure measurement and provided to the user.

Type of Use

This monitor is intended to be multiple patient multiple use.

Limitation

Patient's arm circumference must be 22 - 42 cm.

Indication

This device is used by healthy individuals, patients with hypertension, patients with health-conscious individuals, mainly in a general household situation, and can be used in a healthcare facility under control by healthcare professionals, for the following purpose.

- measure blood pressure and pulse rate
- evaluate the possibility of AFib

1.3 Receiving and Inspection

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

2 Important Safety Information

Read the Important Safety Information in this instruction manual before using this monitor. Follow this instruction manual thoroughly for your safety. Keep for future reference. **For specific information about your own blood pressure, consult with your physician.**

2.1 Contraindications

- DO NOT use this monitor on an injured arm or an arm under medical treatment.
- DO NOT apply the arm cuff on your arm while on an intravenous drip or blood transfusion.
- DO NOT use this monitor on infants, toddlers, children or persons who cannot express themselves.

2.2 Side Effects

- Taking measurements more often than necessary may cause bruising due to blood flow interference.
- Inflating to a higher pressure than necessary may result in bruising of the arm where the cuff is applied. NOTE: refer to "If your systolic pressure is more than 210 mmHg" in the end of instruction manual 2 for additional information.
- Stop using this monitor and consult with your physician if you experience skin irritation or discomfort.

2.3 Warning

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

- DO NOT adjust medication (including altering your use of any drug or treatment) based on readings from this blood pressure monitor. Take medication as prescribed by your physician. ONLY a physician is qualified to diagnose and treat high blood pressure and heart related conditions.
- NEVER diagnose or treat yourself based on your readings. ALWAYS consult with your physician.
- The possible AFib screening feature evaluates for a possibility of AFib ONLY. It will NOT detect other potentially life-threatening arrhythmias or diseases, such as a possibility of other cardiac arrhythmias or heart attack.
- If you are experiencing any symptoms or concerns, consult with your physician.
- DO NOT postpone/stop regular checkups or physician visits based on the results that you are getting from this monitor.
- The possible AFib screening feature is not intended to be used for the users who have already been diagnosed with AFib.

- This monitor may not detect a possibility of AFib in people with pacemakers or defibrillators. People with pacemakers or defibrillators should therefore not use this monitor to detect a possibility of AFib.
- DO NOT use this monitor in areas containing high frequency (HF) surgical equipment, magnetic resonance imaging (MRI) equipment, computerized tomography (CT) scanners. This may result in incorrect operation of the monitor and/or cause an inaccurate reading.
- DO NOT use this monitor in oxygen rich environments or near flammable gas.
- Consult with your physician before using this monitor if you have common arrhythmias such as atrial or ventricular premature beats or atrial fibrillation; arterial sclerosis; poor perfusion; diabetes; pregnancy; pre-eclampsia or renal disease. NOTE that any of these conditions in addition to patient motion, trembling, or shivering may affect the measurement reading.
- To help avoid strangulation, keep the air tube and AC adapter cable away from infants, toddlers and children.
- This product contains small parts that may cause a choking hazard if swallowed by infants, toddlers and children.

AC Adapter (optional accessory) Handling and Usage

- DO NOT use the AC adapter if this monitor or the AC adapter cable is damaged. If this monitor or the cable is damaged, turn off the power and unplug the AC adapter immediately.
- Plug the AC adapter into the appropriate voltage outlet. DO NOT use in a multi-outlet plug.
- NEVER plug in or unplug the AC adapter from the electric outlet with wet hands.
- DO NOT disassemble or attempt to repair the AC adapter.

Battery Handling and Usage

- Keep the batteries out of the reach of infants, toddlers and children.

2.4 Precaution

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

- Consult with your physician before using this monitor on an arm where intravascular access or therapy, or an arterio-venous (A-V) shunt, is present because of temporary interference to blood flow and could result in injury.
- Consult with your physician before using this monitor if you have had a mastectomy or lymph node clearance.
- Consult with your physician before using this monitor if you have severe blood flow problems or blood disorders as cuff inflation can cause bruising.
- ONLY inflate the arm cuff when it is applied on your upper arm.
- Remove the arm cuff if it does not start deflating during a measurement.
- DO NOT use this monitor for any purpose other than measuring blood pressure and/or detecting a possibility of AFib.
- During measurement, make sure that no mobile device or any other electrical device that emits electromagnetic fields is within 30 cm of this monitor. This may result in incorrect operation of the monitor and/or cause an inaccurate reading.
- DO NOT disassemble or attempt to repair this monitor or other components. This may cause an inaccurate reading.
- DO NOT use in a location where there is moisture or a risk of water splashing this monitor. This may damage this monitor.
- DO NOT use this monitor in a moving vehicle such as in a car or on an aircraft.
- DO NOT drop or subject this monitor to strong shocks or vibrations.
- DO NOT use this monitor in places with high or low humidity or high or low temperatures. Refer to section 6.
- During measurement, observe the arm to ensure that the monitor is not causing prolonged impairment to blood circulation.
- DO NOT use this monitor with other medical electrical (ME) equipment simultaneously. This may result in incorrect operation of the devices and/or cause an inaccurate reading.
- Avoid bathing, drinking alcohol or caffeine, smoking, exercising and eating for at least 30 minutes before taking a measurement.
- Rest for at least 5 minutes before taking a measurement.
- Remove tight-fitting or thick clothing from your arm while taking a measurement.
- Remain still and DO NOT talk while taking a measurement.
- ONLY use the arm cuff on persons whose arm circumference is within the specified range of the cuff.
- Ensure that this monitor has acclimated to room temperature before taking a measurement. Taking a measurement after an extreme temperature change could lead to an inaccurate reading. It is recommended that you wait for approximately 2 hours for the monitor to warm up or cool down when the monitor is used in an environment within the temperature specified as operating conditions after it is stored either at the maximum or at the minimum storage temperature. For additional information on operating and storage / transport temperature, refer to section 6.
- DO NOT use this monitor after the durable period has ended. Refer to section 6.
- DO NOT crease the arm cuff or the air tube excessively.
- DO NOT fold or kink the air tube while taking a measurement. This may cause an injury by interrupting blood flow.
- To unplug the air plug, pull on the plastic air plug at the base of the tube, not the tube itself.
- ONLY use the AC adapter, arm cuff, batteries and accessories specified for this monitor. Use of unsupported AC adapters, arm cuffs and batteries may damage and/or may be hazardous to this monitor.
- ONLY use the approved arm cuff for this monitor. Use of other arm cuffs may result in incorrect readings.
- Read and follow the “Correct Disposal of This Product” in section 7 when disposing of the device and any used accessories or optional parts.

AC Adapter (optional accessory) Handling and Usage

- Fully insert the AC adapter into the outlet.
- When unplugging the AC adapter from the outlet, be sure to safely pull from the AC adapter. DO NOT pull from the AC adapter cable.
- When handling the AC adapter cable:
  DO NOT damage it. / DO NOT break it. / DO NOT tamper with it. / DO NOT pinch it. / DO NOT forcibly bend or pull it. / DO NOT twist it. / DO NOT use it if it is gathered in a bundle. / DO NOT place it under heavy objects.
- Wipe any dust off of the AC adapter.
- Unplug the AC adapter when not in use.
- Unplug the AC adapter before wiping this monitor.

Battery Handling and Usage

- DO NOT insert batteries with their polarities incorrectly aligned.
- ONLY use 4 "AA" alkaline or manganese batteries with this monitor. DO NOT use other types of batteries. DO NOT use new and used batteries together. DO NOT use different brands of batteries together.
- Remove the batteries if this monitor will not be used for a long period of time.
- If battery fluid should get in your eyes, immediately rinse with plenty of clean water. Consult with your physician immediately.
- If battery fluid should get on your skin, wash your skin immediately with plenty of clean, lukewarm water. If irritation, injury or pain persists, consult with your physician.
- DO NOT use batteries after their expiration date.
- Periodically check the batteries to ensure they are in good working condition.

2.5 General Notices

- To stop a measurement, press the [START/STOP] button while taking a measurement.
- When you take a measurement on the right arm, the air tube should be at the side of your elbow. Be careful not to rest your arm on the air tube.



- Blood pressure may differ between the right and left arm, and may result in a different measurement value. Always use the same arm for measurements. If the values between both arms differ substantially, check with your physician on which arm to use for your measurements.
- When using an optional AC adapter, make sure not to place your monitor in a location where it is difficult to plug and unplug the AC adapter.
- We recommend keeping batteries in your monitor at all times, even if you choose to use the optional AC adapter. The readings will not be deleted.

Battery Handling and Usage

- Disposal of used batteries should be carried out in accordance with local regulations.
- The supplied batteries may have a shorter life span than new batteries.
- Replacing batteries will not delete previous readings.

3 Error Messages and Troubleshooting

If any of the below problems occur during measurement, check to make sure that no other electrical device is within 30 cm of the monitor. If the problem persists, refer to the table below.

Display/Problem		Possible Cause	Solution
E1	appears or the arm cuff does not inflate.	The [START/STOP] button was pressed while the arm cuff is not applied.	Press the [START/STOP] button again to turn the monitor off.
		Air plug is not completely plugged into the monitor.	Insert the air plug securely.
		The arm cuff is not applied correctly.	Apply the arm cuff correctly, then take another measurement. Refer to section 4 of instruction manual 2.
		Air is leaking from the arm cuff.	Replace the arm cuff with a new one. Refer to section 10 of instruction manual 2.
E2	appears or a measurement cannot be completed after the arm cuff inflates.	Moving or talking during a measurement causes the arm cuff to not inflate sufficiently.	Remain still and do not talk during a measurement. If "E2" appears repeatedly, inflate the arm cuff manually until the systolic pressure is 30 to 40 mmHg above your previous readings. Refer to the end of instruction manual 2.
		The systolic pressure is above 210 mmHg and a measurement cannot be taken.	
E3	appears	The arm cuff is inflated exceeding the maximum allowable pressure.	Do not touch the arm cuff and/or bend the air tube while taking a measurement. If inflating the arm cuff manually, refer to the end of instruction manual 2.
E4	appears	Moving or talking during a measurement results in vibrations that disrupt the measurement.	Remain still and do not talk during a measurement.
E5	appears	The pulse rate is not detected correctly.	Apply the arm cuff correctly, then take another measurement. Refer to section 4 of instruction manual 2. Remain still and sit correctly during a measurement.
Er	appears	The monitor has malfunctioned.	Press the [START/STOP] button again. If "Er" still appears, contact your OMRON retail outlet or distributor.
	appears	The pulse rate is not detected correctly.	Apply the arm cuff correctly, then take another measurement. Refer to section 4 of instruction manual 2. Remain still and sit correctly during a measurement. If the irregular heartbeat symbol "  " continues to appear, it is recommended that you consult with your physician.
	appears		
	does not flash during a measurement		

Display/Problem	Possible Cause	Solution
 flashes	Batteries are low.	Replacing all 4 batteries with new ones is recommended. Refer to section 3 of instruction manual 2.
 and  appears, or the monitor is turned off unexpectedly during a measurement.	Batteries are depleted.	Immediately replace all 4 batteries with new ones. Refer to section 3 of instruction manual 2.
Nothing appears on the display of the monitor.	Battery polarities are not properly aligned.	Check the battery installation for proper placement. Refer to section 3 of instruction manual 2.
Readings appear too high or too low.	Blood pressure varies constantly. Many factors including stress, time of day, and/or how you apply the arm cuff, may affect your blood pressure. Review sections 2, 4 and 5 of instruction manual 2.	
Any other problem occurs.	Press the [START/STOP] button to turn the monitor off, then press it again to take a measurement. If the problem continues, remove all batteries and wait for 30 seconds. Then re-install the batteries. If the problem still persists, contact your OMRON retail outlet or distributor.	

4 Limited Warranty

Thank you for buying an OMRON product. This product is constructed of high quality materials and great care has been taken in its manufacturing. It is designed to give you a high level of comfort, provided that it is properly operated and maintained as described in the instruction manual.
This product is warranted by OMRON for a period of 5 years after the date of purchase. The proper construction, workmanship and materials of this product is warranted by OMRON. During this period of warranty OMRON will, without charge for labour or parts, repair or replace the defect product or any defective parts.
The warranty does not cover any of the following:

A. Transport costs and risks of transport.
B. Costs for repairs and / or defects resulting from repairs done by unauthorised persons.
C. Periodic check-ups and maintenance.
D. Failure or wear of optional parts or other attachments other than the main device itself, unless explicitly warranted above.
E. Costs arising due to non-acceptance of a claim (those will be charged for).
F. Damages of any kind including personal caused accidentally or from misuse.
G. Calibration service is not included within the warranty.
H. Optional parts have a one (1) year warranty from date of purchase. Optional parts include, but are not limited to the following items: cuff and cuff tube.

Should warranty service be required please apply to the dealer whom the product was purchased from or an authorised OMRON distributor. For the address refer to the product packaging / literature or to your specialised retailer. If you have difficulties in finding OMRON customer services, visit our website (www.omron-healthcare.com) for contact information.
Repair or replacement under the warranty does not give rise to any extension or renewal of the warranty period.
The warranty will be granted only if the complete product is returned together with the original invoice / cash ticket issued to the consumer by the retailer.

5 Maintenance

5.1 Maintenance

To protect your monitor from damage, follow the directions below:
Changes or modifications not approved by the manufacturer will void the user warranty.

⚠ Precaution

DO NOT disassemble or attempt to repair this monitor or other components. This may cause an inaccurate reading.

5.2 Storage

- Keep your monitor and other components in the storage case when not in use.
- Store your monitor and other components in a clean, safe location.
- Gently fold the air tube into the arm cuff. Note: Do not bend or crease the air tube excessively.
- Place your monitor and other components in the storage case.
- Do not store your monitor and other components:
  - If your monitor and other components are wet.
  - In locations exposed to extreme temperatures, humidity, direct sunlight, dust or corrosive vapors such as bleach.
  - In locations exposed to vibrations or shocks.

5.3 Wiping the Monitor

- Do not use any abrasive or volatile cleaners.
- Use a soft dry cloth or a soft cloth moistened with mild (neutral) detergent to wipe your monitor and arm cuff, and then wipe them with a dry cloth.
- Do not wash or immerse your monitor and arm cuff or other components in water.
- Do not use gasoline, thinners or similar solvents to wipe your monitor and arm cuff or other components.

5.4 Calibration and Service

- The accuracy of this blood pressure monitor has been carefully tested and is designed for a long service life.
- It is generally recommended to have the unit inspected every two years to ensure correct functioning and accuracy. Please consult your authorised OMRON dealer or the OMRON Customer Service at the address given on the packaging or attached literature.

6 Specifications

Product Category	Electronic Sphygmomanometers
Product description	Automatic Upper Arm Blood Pressure Monitor
Model (Code)	M3 Comfort AFib (HEM-7196-FLE)
Display	LCD digital display
Cuff pressure range	0 to 299 mmHg
Blood pressure measurement range	SYS: 60 to 260 mmHg DIA: 40 to 215 mmHg
Pulse measurement range	40 to 180 beats / min.
Accuracy	Pressure: ±3 mmHg Pulse: ±5 % of display reading
Measurement method	Oscillometric method
Operation mode	Continuous operation
IP classification	Monitor: IP21 Optional AC adapter: IP21 (HHP-CM01 / HHP-AM01) or IP22 (HHP-BFH01)
Rating	DC6 V 4 W
Power source	4 “AA” batteries 1.5 V or optional AC adapter (INPUT AC 100 - 240 V 50 - 60 Hz 0.12 - 0.065 A)
Battery life	Approx. 900 measurements (Using new alkaline batteries and included arm cuff. Depending on the type of battery and arm cuff.)
Durable period (Service life)	Monitor: 5 years or the time when reaching 30000 times of use. / Cuff: 5 years or the time when reaching 10000 times of use. / Optional AC adapter: 5 years
Operating conditions	+10 to +40 °C / 15 to 90 % RH (non-condensing) / 800 to 1060 hPa
Storage / Transport conditions	-20 to +60 °C / 10 to 90 % RH (non-condensing)
Weight	Monitor: approx. 350 g (not including batteries) Arm cuff: approx. 163 g
Dimensions	Monitor: approx. 165 mm (W) × 70 mm (H) × 98 mm (L) / Arm cuff: approx. 145 mm × 532 mm (air tube: 750 mm)
Cuff circumference applicable to the monitor	22 to 42 cm
Memory	Stores up to 60 readings per user
Contents	Monitor, arm cuff (HEM-FL31), 4 “AA” batteries, Instruction Manual 1 and 2, storage case
Protection against electric shock	Internally powered ME equipment (when using only batteries) Class II ME equipment (when using optional AC adapter)
Applied part	Type BF (arm cuff)

Note

- These specifications are subject to change without notice.
- This monitor is clinically investigated according to the requirements of EN ISO 81060-2:2014 and complies with EN ISO 81060-2:2019+A1:2020+A2:2024 (excluding pregnant and pre-eclampsia patients). In the clinical validation study, K5 was used on 85 subjects for determination of diastolic blood pressure.
- This device has been validated for use on pregnant and pre-eclampsia patients according to the Modified European Society of Hypertension Protocol*.
- This device has been validated for use on diabetic (Type II) population**.
- IP classification is degrees of protection provided by enclosures in accordance with IEC 60529. This monitor and optional AC adapter are protected against solid foreign objects of 12.5mm diameter and greater such as a finger. The monitor and optional AC adapter HHP-CM01 and HHP-AM01 are protected against vertically falling water drops which may cause issues during a normal operation. The optional AC adapter HHP-BFH01 is protected against oblique falling water drops which may cause issues during a normal operation.
- Operation mode classification complies with IEC 60601-1.

* Topouchian J et al. Vascular Health and Risk Management 2018:14 189 -197
** Chahine M.N. et al. Medical Devices: Evidence and Research 2018:11 11 -20

7 Correct Disposal of This Product (Waste Electrical & Electronic Equipment)



This marking shown on the product or its literature, indicates that it should not be disposed of, with other household wastes at the end of its working life.
To prevent possible harm to the environment or human health from uncontrolled waste disposal, please separate this product from other types of wastes and recycle it responsibly to promote the sustainable reuse of material resources.
Household users should contact either the retailer where they purchased this product, or their local government office, for details of where and how they can return this item for environmentally safe recycling.
Business users should contact their supplier and check the terms and conditions of the purchase contract. This product should not be mixed with other commercial waste for disposal.

8 Important Information regarding Electromagnetic Compatibility (EMC)

This device conforms to the EN 60601-1-2:2015+A1:2021 Electromagnetic Compatibility (EMC) standard.
Further documentation in accordance with this EMC standard is available at https://healthcare.omron.com/electro-magnetic-compatibility
Refer to the EMC information for this device on the website.

9 Guidance and Manufacturer's Declaration

- This OMRON product is produced under the strict quality system of OMRON HEALTHCARE Co., Ltd., Japan. The Core component for OMRON blood pressure monitors, which is the Pressure Sensor, is produced in Japan. The AFib algorithm was developed using several databases published by PhysioNet that are available under the ODC Attribution License.
  For more information, please visit the product page:
  www.omron-healthcare.com
- Please report to the manufacturer and the competent authority of the Member State in which you are established about any serious incident that has occurred in relation to this device.

10 Additional Information

What is Blood Pressure?

Blood pressure is a measure of the force of blood flowing against the walls of the arteries. Arterial blood pressure is constantly changing during the course of the heart's cycle.
The highest pressure in the cycle is called the Systolic Blood Pressure; the lowest is the Diastolic Blood Pressure. Both pressures, the Systolic and Diastolic, are necessary to enable a physician to evaluate the status of a patient's blood pressure.

What is Arrhythmia?

An arrhythmia, or irregular heartbeat, is an abnormal heart rhythm. These are caused by flaws in the electrical impulses that manage the speed and rhythm of the heart. The heart may skip beats, beat too quickly (tachycardia), too slowly (bradycardia), or with an irregular rhythm.
Source: Desai DS, Hajouli S. Arrhythmias. [Updated 2023 Jun 5]. In: StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing; 2024 Jan-.

What is AFib?

Atrial Fibrillation (AFib) is a type of arrhythmia, in which the heart rhythm is irregular and often very rapid. During an episode of AFib, the upper chambers of the heart, called atria, beat chaotically and irregular. AFib can lead to the formation of blood clots in the heart. This can lead to major health problems, such as strokes, Transient Ischemic Attacks (TIA's), heart failure and other heart related complications.
Source: Nesheiwat Z, Goyal A, Jagtap M. Atrial Fibrillation. [Updated 2023 Apr 26]. In: StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing; 2024 Jan.

Possible AFib Detection

Intelli sense AFib

OMRON's trademarked technology alerts you once possible AFib is detected, even with a single measurement.
The monitor will notify you of a possibility of AFib if your monitor determines an irregularity from pulse to pulse intervals during a measurement.
The possible AFib screening feature ONLY evaluates for a possibility of AFib after taking a measurement. It does NOT continuously monitor your heart and therefore cannot alert you if AFib happens at any other time. This monitor cannot detect all forms of AFib. If the irregularity of the heart rhythm is too small, it may not be detected. For example, if there is an abnormality in the conduction between the atria and the ventricle, the heart rhythm may be in sinus rhythm, in which case a possibility of AFib cannot be detected by this monitor.

The state in which " AFib " symbol is displayed can influence your blood pressure measurements and make it difficult to get an accurate reading. If this occurs, it is recommended that you consult with your physician.

What is the difference between the possible AFib screening feature and ECG?

The possible AFib screening feature uses pulse wave detection to detect a possibility of AFib with a sensitivity of 95.1 % and specificity of 98.6 %*. ECG measures the electrical activity of the heart and can be used by a physician to diagnose AFib.

* Janik M et al. Diagnostic accuracy for detecting atrial fibrillation using a novel machine learning algorithm in a blood pressure monitor. Heart Rhythm. 2024 Apr 30:S1547-5271(24)02520-7

If the " AFib " symbol does not appear, does it mean there is no possibility of AFib?

Even if the " AFib " symbol does not appear, there is still a possibility of AFib. If taking a measurement at a time when AFib does not occur, possible AFib might not be detectable. This monitor cannot detect all forms of AFib.

⚠ Warning

The possible AFib screening feature evaluates for a possibility of AFib ONLY. It will NOT detect other potentially life-threatening arrhythmias or diseases, such as a possibility of other cardiac arrhythmias or heart attack.

Should I consult with my physician if the " AFib " symbol appears?

It is recommended that you consult with your physician if the " AFib " symbol appears. This symbol may be displayed for other reasons, such as other heart arrhythmias.

What should I do if the " AFib " symbol sometimes appears?

AFib does not always have symptoms. It is recommended that you consult with, and follow the directions of your physician.

I have been diagnosed with AFib by my physician, but the " AFib " symbol does not appear.

AFib may not occur at the time of specific blood pressure measurements. It is recommended that you consult with your physician regularly.

Is the blood pressure reading reliable when the " AFib " symbol or the irregular heartbeat symbol " ♡ " appears?

AFib or an irregular heartbeat can influence your blood pressure measurements and make it difficult to get an accurate reading. Repeated measurements may be required to overcome variabilities.* The monitor will indicate an error message (E5) if the influence of the irregular heartbeat is too severe to give a measurement result. If this occurs repeatedly, it is recommended that you consult with your physician.

* O'Brien E, et al.; J Hypertens. 2003; 21: 821-848.

Symbols Description

FR Description des symboles
DE Beschreibung der Symbole
IT Descrizione dei simboli
ES Descripción de los símbolos
NL Beschrijving van symbolen
RU Описание символов
TR Simgelerin Açıklaması
AR شرح الرموز

1. 
2. 
3. IP XX
4. 
5. 
6. 
7. 
8. 
9. 
10. 
11. 
12. 
13. 
14. 
15. 
16. 
17. 
18. LATEX FREE
19. 
20. 
21.
22. 
23. 
24. 
25. 
26. 
27. 
28. LOT
29. 

1.

Applied part - Type BF Degree of protection against electric shock (leakage current)
Pièce appliquée - Type BF Degré de protection contre les chocs électriques (courant de fuite)
Anwendungsteil – Typ BF
Schutz vor Stromschlägen (Ableitstrom)
Parti applicate - Tipo BF Livello di protezione contro le folgorazioni (corrente di dispersione)
Partes en contacto: Tipo BF Grado de protección contra descargas eléctricas (corriente de fuga)
Toegepast onderdeel - Type BF-beschermingsgraad tegen elektrische schokken (lekstroom)
Рабочая часть аппарата - Степень защиты от поражения электрическим током (токи утечки) Тип BF
Uygulanan parça - Tip BF Elektrik çarpmasına karşı koruma derecesi (kaçak akım)
الجزء المطبق: درجة الحماية ضد الصدمات الكهربائية (التيار المتسرب) للنوع BF

2.

Class II equipment. Protection against electric shock
Équipement de classe II. Protection contre les chocs électriques
Gerät der Klasse II. Schutz vor Stromschlägen
Apparecchiatura di Classe II. Protezione contro le folgorazioni
Equipo de Clase II. Protección contra descargas eléctricas
Apparatuur van Klasse II. Bescherming tegen elektrische schokken
Изделие класса II Защита от поражения электрическим током
Sınıf II ünite. Elektrik çarpmasına karşı koruma
جهاز من الفئة II. الحماية ضد الصدمات الكهربائية

3.

Ingress protection degree provided by IEC 60529
Degré de protection selon CEI 60529
Grad des Eindringschutzes gemäß IEC 60529
Livello di protezione IP in base a IEC 60529
Grado de protección según la norma internacional IEC 60529
Beschermingsgraad tegen binnendringing volgens IEC 60529
Степень защиты, обеспечиваемая оболочкой, в соответствии со стандартом IEC 60529
Su girmesine karşı koruma derecesi IEC 60529 tarafından verilmiştir
درجة الحماية من دخول المواد والتي يوفرها معيار IEC 60529

4.

CE Marking
Marquage CE
CE-Kennzeichnung
Contrassegno CE
Marcado CE
CE-merkteken
Знак соответствия директиве ЕС
CE İşareti
علامة التوافق مع اللجنة الأوروبية (CE)

5.

UKCA marking
Marquage UKCA
UKCA-Kennzeichnung
Marchio UKCA
Marcado UKCA

UKCA-markering
Знак соответствия требованиям для Великобритании
UKCA işareti

UKCA علامة

6.

Serial number
Numéro de série
Seriennummer
Seriennummer
Numero di serie

Número de serie
Serienummer
Порядковый (серийный) номер

Seri numarası
الرقم المتسلسل

7.

Unique device identifier
Identifiant unique des dispositifs
Produktidentifizierungsnummer
Identificatore univoco del dispositivo
Identificador único del producto

Unieke apparaat-ID
Уникальный идентификатор медицинского изделия в Европейском Союзе
Benzersiz cihaz tanımlayıcısı
معرّف الجهاز الفريد

8.

Medical device
Dispositif médical
Medizinprodukt
Dispositivo medico
Producto sanitario
Medisch apparaat

Медицинское изделие в соответствии с правилами/директивой по медицинским изделиям Европейского Союза
Tıbbi cihaz
جهاز طبي

9.

Temperature limitation
Limitation de température
Temperaturbegrenzung
Limite di temperatura
Limitación de la temperatura

Temperatuurbegrenzing
Температурный диапазон
Sıcaklık sınırlaması
حدود درجة الحرارة المناسبة

10.

Humidity limitation
Limitation d'humidité
Luftfeuchtigkeits-begrenzung

Limite di umidità
Limitación de la humedad
Vochtigheidsbegrenzing

Диапазон влажности
Nem sınırlaması
حدود الرطوبة المناسبة

11.

Atmospheric pressure limitation
Limitation de pression atmosphérique
Luftdruckbegrenzung
Limite di pressione atmosferica
Limitación de la presión atmosférica

Luchtdrukbegrenzing
Ограничение атмосферного давления
Atmosferik basınç sınırlaması
حدود الضغط الجوي المناسب

12.

Indication of connector polarity
Indication de la polarité des connecteurs
Anzeige der Steckerpolarität
Indicazione della polarità dei connettori

Indicación de la polaridad del conector
Indicatie van polariteit van aansluiting
Полярность разъема адаптера
Bağlantı polarite göstergesi
علامة تشير لقطبية الموصل

13.

For indoor use only
Pour un usage à l'intérieur uniquement
Nur für die Nutzung in Innenbereichen
Solo per uso in interni

Para uso solo en interiores
Alleen voor gebruik binnenshuis
Для использования только внутри помещений
Sadece iç mekanda kullanım için
صالح للاستخدام في المناطق المغلقة فقط

14.

OMRON's trademarked technology alerts you once possible AFib is detected, even with a single measurement.
La technologie brevetée d'OMRON vous alerte dès qu'un risque de fibrillation auriculaire est détecté, même avec une seule mesure.
Die markenrechtlich geschützte Technologie von OMRON warnt bei möglichem Vorhofflimmern – auch bei einer Einzelmessung.
La tecnologia brevettata da OMRON avvisa l'utilizzatore una volta rilevata la potenziale presenza di fibrillazione atriale, anche con una misurazione singola.
La tecnología de OMRON le notifica la detección de una posible fibrilación auricular incluso con una única medición.
De technologie voor bloeddrukmeting onder handelsmerk van OMRON waarschuwt u wanneer mogelijk AFib is gedetecteerd, zelfs bij een enkele meting.
Зарегистрированная технология OMRON сразу предупреждает Вас о выявлении вероятности ФП, даже при однократном измерении.
OMRON'un ticari markalı teknolojisi, tek bir ölçümle bile olası AFib tespit edildiğinde sizi uyarır.
تقوم تقنية OMRON المسجلة بعلامة تجارية، بتنبيهك بمجرد اكتشاف رجفان أذيني محتمل، حتى مع قياس واحد.

15.

Identifier of cuffs compatible for the device
Identificateur des brassards compatibles avec l'appareil
Kennzeichnung der mit dem Gerät kompatiblen Manschetten
Identifica i bracciali compatibili con il dispositivo
Identificador para manguitos compatibles con el dispositivo
Identificatie van manchetten die compatibel zijn met het apparaat
Манжеты совместимые с устройством
Cihaz ile uyumlu kollukların tanıtım işareti
علامات تحديد الشرائط الضاغطة المتوافقة مع الجهاز

16.

Artery mark	**Contrassegno per l'arteria**	**Маркер артерии**
Marque d'artère	**Marca de la arteria**	**Arter işareti**
Arterienmarkierung	**Adersymbool**	علامة دالة على الشريان

17.

Arm circumference	**Circonferenza del braccio**	**Окружность плеча**
Circonférence du bras	**Perímetro de brazo**	**Kol çevresi**
Armumfang	**Armomtrek**	محيط الذراع

18.

Not made with natural rubber latex	**No contiene látex de caucho natural**
Ne contient pas de latex de caoutchouc naturel	**Bevat geen natuurrubberlatex**
Enthält kein Naturlatex	**Не содержит натуральный латекс**
Non contiene lattice di gomma naturale	**Doğal kauçuk lateksten üretilmemiştir**
	تم التصنيع دون استخدام لاتيكس المطاط الطبيعي

19.

Need for the user to consult this instruction manualL'utilisateur doit consulter le présent mode d'emploi
Der Benutzer muss diese Gebrauchsanweisung lesen
L'utente deve consultare il presente manuale di istruzioni
Es necesario que el usuario consulte este manual de instrucciones
Noodzaak voor de gebruiker om deze gebruiksaanwijzing te raadplegen
Необходимо ознакомиться с данным руководством по эксплуатации
Kullanıcının bu kullanım kılavuzuna başvurması gerekir
حاجة المستخدم إلى الرجوع إلى المعلومات الواردة بدليل الإرشادات هذا

20.

Need for the user to follow this instruction manual thoroughly for your safety. (Background: blue)
L'utilisateur doit suivre attentivement ce mode d'emploi pour votre sécurité. (Fond : bleu)
Damit die Sicherheit gewährleistet ist, muss der Benutzer diese Gebrauchsanweisung sorgfältig befolgen. (Hintergrund: blau)
Per la propria sicurezza, l'utente deve seguire attentamente il presente manuale di istruzioni. (Sfondo: blu)
Es necesario que el usuario siga rigurosamente este manual de instrucciones para su seguridad. (Fondo: azul)
Noodzaak voor de gebruiker om zich voor de eigen veiligheid zorgvuldig aan deze gebruiksaanwijzing te houden. (Achtergrond: blauw)
Обратитесь к руководству по эксплуатации (Фон: синий)
Güvenlik açısından kullanıcının bu kullanım kılavuzuna dikkatle uyması gerekir. (Arka plan: mavi)
حاجة المستخدم إلى اتباع الإرشادات الواردة في دليل الإرشادات بالكامل هذا للحفاظ على السلامة. (الخلفية: زرقاء)

21.

Direct current	**Corrente diretta**	**Постоянный ток**
Courant continu	**Corriente directa**	**Doğru akım**
Gleichstrom	**Gelijkstroom**	التيار المباشر

22.

Alternating current	**Corrente alternata**	**Переменный ток**
Courant alternatif	**Corriente alterna**	**Alternatif akım**
Wechselstrom	**Wisselstroom**	التيار المتناوب

23.

Date of manufacture	**Data di fabbricazione**	**Дата изготовления в формате ГГГГММДД**
Date de fabrication	**Fecha de fabricación**	**Üretim tarihi**
Herstellungsdatum	**Productiedatum**	تاريخ التصنيع

24.

Efficiency level of power supply	**Grado de eficiencia de la alimentación**
Niveau d'efficacité de l'alimentation électrique	**Efficiëntieniveau van de voeding**
Effizienz der Stromversorgung	**Уровень эффективности источника питания**
Livello di efficienza dell'alimentazione	**Güç kaynağının verimlilik seviyesi**
	مستوى كفاءة مصدر الطاقة

25.

Prohibited action	**Operazione proibita**	**Запрещенное действие**
Action interdite	**Acción prohibida**	**Yasaklanmış eylem**
Verbotene Aktion	**Verboden handeling**	إجراء محظور

26.

Recycle mark X: Material number Y: Material abbreviation
Refer to 97/129/EC for more information.
Marque de recyclage X : Numérotation des matériaux Y : Abréviation pour les matériaux Voir 97/129/CE pour plus d'informations.
Recyclingsymbol X: Materialnummer Y: Materialabkürzung
Weitere Informationen siehe 97/129/EG.
Simbolo di riciclaggio X: Codice materiale Y: Abbreviazione materiale
Fare riferimento a 97/129/CE per ulteriori informazioni.
Marca de reciclaje X: Número de material Y: Abreviatura del material
Consulte 97/129/CE para más información.
Recyclemarkering X: Materiaalnummer Y: Materiaalafkorting
Raadpleeg 97/129/EG voor meer informatie.
Знак переработки X: Числовое обозначение материала Y: Подробнее о сокращенном названии материалов см. 97/129/EC.
Geri dönüşüm işareti X: Malzeme numarası Y: Malzeme kısaltması
Daha fazla bilgi için bkz. 97/129/EC.
X: علامة إعادة التدوير **Y:** رقم المادة **97/129/EC** اختصار المادة راجع للمزيد من المعلومات.

27.

Recycling mark	**Contrassegno di riciclaggio**	**Знак переработки**
Marque de recyclage	**Marca de reciclado**	**Geri dönüşüm işareti**
Recycling-Zeichen	**Recyclemarkering**	علامة إعادة التدوير

28.

LOT number	**Numero di lotto**	**Код (номер) партии**
Numéro de LOT	**Número de lote**	**Parti numarası**
LOT-Nummer	**Partijnummer**	رقم التشغيلة

29.

Recycling instruction for packaging elements
Instruction de recyclage pour les éléments d'emballage
Recycling-Anleitung für Verpackungselemente
Istruzioni per il riciclaggio dei componenti dell'imballaggio
Instrucciones de reciclaje de los elementos de embalaje
Hergebruikinstructies voor verpakkingsonderdelen
Инструкция по переработке элементов упаковки для Франции
Ambalaj öğeleri için geri dönüştürme talimatı
إرشادات إعادة التدوير لعناصر التغليف

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3149889-3B

OMRON

IM2-HEM-7196-FLE-02-12/2024
3149897-4A

Automatic Upper Arm Blood Pressure Monitor

Tensiomètre automatique brassard
Automatisches Oberarm-Blutdruckmessgerät
Misuratore automatico di pressione arteriosa da braccio
Monitor de presión arterial automático de brazo
Automatische bovenarmbloeddrukmeter
Измеритель артериального давления и частоты пульса автоматический
Otomatik Üst Kol Kan Basıncı Ölçüm Cihazı
جهاز قياس ضغط الدم الآلي العامل للتثبيت بأعلى الذراع

M3 Comfort AFib (HEM-7196-FLE)



Intelli sense AFib

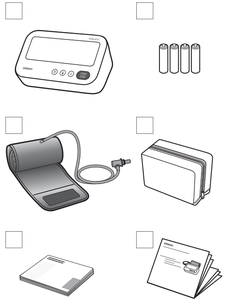
Instruction Manual 2: Operational Instructions

- **FR** Mode d'emploi 2 : Consignes d'utilisation
- **DE** Gebrauchsanweisung 2: Bedienung
- **IT** Manuale di istruzioni 2: Istruzioni operative
- **ES** Manual de instrucciones 2: Instrucciones de funcionamiento
- **NL** Gebruiksaanwijzing 2: bedieningsinstructies
- **RU** Руководство по эксплуатации 2: Инструкции по эксплуатации
- **TR** Kullanım Kılavuzu 2: Kullanım Talimatları
- **AR** دليل الإرشادات 2: إرشادات التشغيل

Read Instruction Manual 1 and 2 before use.
Lire les modes d'emploi 1 et 2 avant l'utilisation.
Lesen Sie vor der Verwendung die Gebrauchsanweisung 1 und 2.
Leggere il manuale di istruzioni 1 e 2 prima dell'uso.
Lea el Manual de instrucciones 1 y 2 antes del uso.
Lees gebruiksaanwijzing 1 en 2 voor gebruik.
Перед началом эксплуатации прочтите руководство 1 и 2.
Kullanmadan önce Kullanım Kılavuzu 1 ve 2'yi okuyun.
اقرأ دليل الإرشاد 1 و2 قبل الاستخدام.

1 Package Contents

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



2 Preparing for a Measurement

- **FR** Préparation d'une mesure
- **DE** Vorbereiten einer Messung
- **IT** Preparazione per la misurazione
- **ES** Preparación para una medición
- **NL** Een meting voorbereiden
- **RU** Подготовка к измерению
- **TR** Ölçüm Hazırlığı
- **AR** التجهيز لعملية القياس

30 minutes before
30 minutes avant
30 Minuten vorher
30 minuti prima
30minutos antes
30 minuten ervoor
За 30 минут
30 dakika önce
قبل القياس بمدة ثلاثين ٣٠ دقيقة

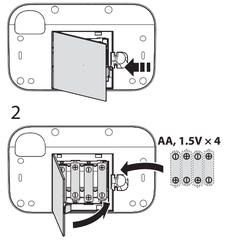


5 minutes before: Relax and rest.
5 minutes avant : détente et repos.
5 Minuten vorher: ruhig hinsetzen.
5 minuti prima: rilassarsi e stare a riposo.
5minutos antes: relájese y descanse.
5 minuten ervoor: ontspan en rust.
За 5 минут до: расслабьтесь и отдохните.
5 dakika önce: Gevşeyin ve dinlenin.
قبل القياس بمدة تبلغ ٥ دقائق: استرخ واستراح.



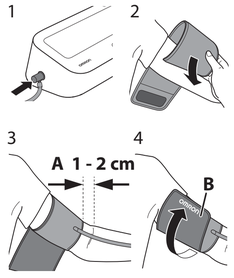
3 Inserting Batteries

- **FR** Mise en place des piles
- **DE** Einlegen der Batterien
- **IT** Inserimento delle batterie
- **ES** Introducción de las pilas
- **NL** De batterijen plaatsen
- **RU** Установка элементов питания
- **TR** Pillerin Takılması
- **AR** إدخال البطاريات



4 Applying the Arm Cuff

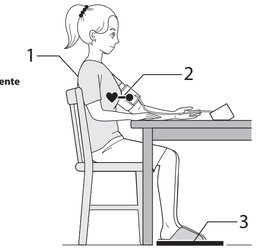
- **FR** Pose du brassard
- **DE** Anlegen der Manschette
- **IT** Applicazione del bracciale
- **ES** Colocación del manguito
- **NL** De armmanchet aanbrengen
- **RU** Расположение манжеты на плече
- **TR** Kolluğun Takılması
- **AR** وضع الشريط الضاغط للذراع



A. Tube side of the cuff should be 1 - 2 cm above the inside of your elbow.
B. Make sure that the air tube is on the inside of your arm and wrap the cuff securely so it can no longer slip round.
A. Le côté tuyau du brassard doit être positionné à 1 à 2 cm au-dessus de l'intérieur du coude.
B. S'assurer que le tuyau à air se trouve du côté intérieur du bras et enrouler fermement le brassard de manière qu'il ne puisse plus tourner.
A. Das Manschettenstück mit dem Schlauch muss 1 bis 2 cm oberhalb der Innenseite Ihres Ellbogens liegen.
B. Stellen Sie sicher, dass der Luftschlauch an der Arminnenseite sitzt, und befestigen Sie die Manschette sicher, so dass sie nicht verrutscht.
A. Il lato del bracciale con il tubo deve trovarsi al di sopra dell'interno del gomito, a una distanza di circa 1 o 2 cm.
B. Assicurarsi che il tubo dell'aria si trovi all'interno del braccio e avvolgere il bracciale saldamente in modo che non possa ruotare.
A. El lado del tubo del manguito deberá quedar 1 o 2 cm por encima de la parte interna del codo.
B. Asegúrese de que el tubo de aire se encuentra en la cara interna del brazo y ajuste el manguito con firmeza para que no pueda deslizarse.
A. De kant met de slang van de manchet moet 1-2 cm boven de binnenkant van uw elleboog liggen.
B. Zorg ervoor dat de luchtslang zich aan de binnenkant van uw arm bevindt en wikkel de manchet stevig rond uw arm zodat deze niet meer kan wegglijden.
A. Край манжеты с трубками должен находиться на 1–2 см выше локтевого сгиба.
B. Убедитесь, что воздуховодная трубка находится на внутренней стороне плеча, и плотно наложите манжету, чтобы она не перемещалась на руке.
A. Kolluğun borulu tarafı, dirsek içinizin 1 ila 2 cm yukarısında olmalıdır.
B. Hava borusunun kolunuzun iç tarafında bulunduğundan emin olun ve kolluğu, kaymayacak şekilde sıkıca sarın.
A. يجب أن يرتفع جانب الأنبوب من الشريط الضاغط من ١ إلى ٢ سم من المرفق.
B. تأكد من أن أنبوب الهواء على الجانب الداخلي من ذراعك، وقم الشريط الضاغط بإحكام بحيث لا يزلق حول الذراع.

5 Sitting Correctly

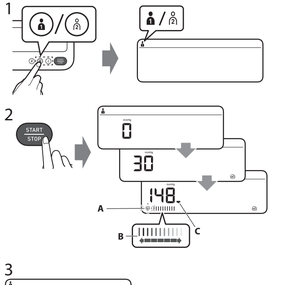
- **FR** Position assise correcte
- **DE** Korrekte Körperhaltung
- **IT** Associazione
- **ES** Cómo sentarse correctamente
- **NL** Correct zitten
- **RU** Правильная поза при измерении
- **TR** Düzgün Oturma
- **AR** الجلوس بشكل صحيح



Relax and sit comfortably. Remain still and do not talk.
1. Keep your back and arm supported.
2. Keep the arm cuff at the same level as your heart.
3. Keep your feet flat and your legs uncrossed.
Se relaxer et s'installer confortablement. Rester immobile et ne pas parler.
1. Maintenir le dos et le bras soutenus.
2. Maintenir le brassard au niveau du cœur.
3. Garder les pieds à plat et les jambes parallèles.
Setzen Sie sich entspannt und bequem hin. Halten Sie still und sprechen Sie nicht.
1. Lehnen Sie sich mit dem Rücken an und legen Sie den Arm auf eine Unterlage.
2. Die Manschette sollte sich auf Herzhöhe befinden.
3. Stellen Sie die Füße flach auf den Boden und kreuzen Sie Ihre Beine nicht.
Rilassarsi e sedersi comodamente. Rimanere fermi e non parlare.
1. Tenere la schiena e il braccio appoggiati bene.
2. Tenere il bracciale allo stesso livello del cuore.
3. Poggiare bene i piedi sul pavimento e non incrociare le gambe.
Siéntese cómodamente y relájese. Quédese quieto y no hable.
1. Mantenga la espalda y el brazo bien apoyados.
2. Mantenga el manguito al mismo nivel que el corazón.
3. Mantenga los pies planos y las piernas sin cruzar.
Ontspan en ga comfortabel zitten. Blijf stil zitten en praat niet.
1. Houd uw rug en arm ondersteund.
2. Houd de armmanchet op hetzelfde niveau als uw hart.
3. Zet uw voeten plat neer en kruis uw benen niet over elkaar.
Расслабьтесь и сядьте удобно. Не двигайтесь и не разговаривайте.
1. Нужно, чтобы спина и рука опирались на что-либо.
2. Манжета должна находиться на уровне сердца.
3. Полностью поставьте ступни на пол, не кладите ногу на ногу.
Gevşeyin ve rahat bir şekilde oturun. Hareket etmeyin ve konuşmayın.
1. Sırtınızı ve kolunuzu destekleyin.
2. Kolluğu kalbinizle aynı düzeyde tutun.
3. Ayaklarınızı düz tutun ve bacak bacak üstüne atmayın.
استرخ في جلستك، واسترخ تمامًا. ابق ساكنًا ولا تتحدث.
1. يجب أن يكون ظهرك وذراعك في وضع استناد.
2. يجب أن يكون الشريط الضاغط للذراع في نفس مستوى القلب.
3. حافظ على قدميك متسطحتين وساقيك غير متقاطعتين.

6 Taking a Measurement

- **FR** Réalisation d'une mesure
- **DE** Vornehmen einer Messung
- **IT** Misurazione
- **ES** Obtención de una lectura
- **NL** Een meting doen
- **RU** Выполнение измерений
- **TR** Ölçüm Yapma
- **AR** إجراء القياس



1. Select your user ID from buttons "1" or "2".
2. Press the [START/STOP] button.
A: Flashes at every heartbeat.
B: Moves along with the pulse strength while the cuff is deflating.
C: Appears while the cuff is deflating.
3. The reading is saved automatically.
1. Sélectionner l'ID Utilisateur avec les boutons « 1 » ou « 2 ».
2. Appuyer sur le bouton [START/STOP].
A : Clignote à chaque pulsation cardiaque.
B : Se déplace avec le pouls lorsque le brassard se dégonfle.
C : Apparaît lorsque le brassard se dégonfle.
3. La mesure est enregistrée automatiquement.
Ouvrir l'application pour transférer le résultat.
1. Wählen Sie Ihre Benutzer-ID über die Tasten „1" oder „2" aus.
2. Drücken Sie die [START/STOP]-Taste.
A: Blinkt bei jedem Herzschlag.
B: Bewegt sich mit der Pulsstärke, während die Luft aus der Manschette abgelassen wird.
C: Wird während des Luftablassens aus der Manschette angezeigt.
3. Der Messwert wird automatisch gespeichert.
Öffnen Sie die App, um die Messwerte zu übertragen.
1. Selezionare il proprio ID UTENTE con i pulsanti "1" o "2".
2. Premere il pulsante [START/STOP].
A: lampeggia ad ogni battito cardiaco.
B: si muove seguendo l'intensità delle pulsazioni mentre il bracciale si sgonfia.
C: appare mentre il bracciale si sgonfia.
3. Il risultato viene salvato automaticamente.
Aprire la app per trasferire i risultati.
1. Seleccione su ID desde los botones "1" o "2".
2. Pulse el botón [START/STOP].
A: parpadea con cada latido.
B: se mueve junto con la intensidad del pulso mientras el manguito se desinfla.
C: aparece mientras el manguito se desinfla.
3. La lectura se guarda automáticamente.
Abra la aplicación para transferir la lectura.
1. Selecteer uw gebruikers-ID met knoppen "1" of "2".
2. Druk op de knop [START/STOP].
A: knippert bij elke hartslag.
B: beweegt mee met de hartslagsterkte terwijl de manchet leegloopt.
C: verschijnt terwijl de manchet leegloopt.
3. De meting wordt automatisch opgeslagen.
Open de app om de meting te versturen.
1. Выберите идентификатор пользователя, нажав кнопку «1» или «2».
2. Нажмите кнопку [START/STOP].
A: мигает при каждом сердечном сокращении.
B: показывает напряжение пульса во время декомпрессии манжеты.
C: отображается во время декомпрессии манжеты.
3. Значение сохраняется автоматически.
1. "1" veya "2" no'lu düğmelerden kullanıcı kimliğinizi seçin.
2. [START/STOP] düğmesine basın.
A: Her kalp atışında yanıp söner.
B: Kolluk sönerken nabız şiddetiyle birlikte ilerler.
C: Kolluk söndüğü sırada görünür.
3. Ölçülen değer otomatik olarak kaydedilir.
Ölçüm değerini aktarmak için uygulamayı açın.
1. حدد هوية المستخدم الخاصة بك من الزرين "١" أو "٢".
2. اضغط على زر [START/STOP] (بدء/إيقاف).
A. يومض مع كل نبضة قلب.
B. يتحرك مع قوة النبضة أثناء تفريغ الشريط الضاغط.
C. يظهر أثناء تفريغ الشريط الضاغط.
3. يتم حفظ القراءة تلقائيًا.
افتح التطبيق لنقل القراءة.

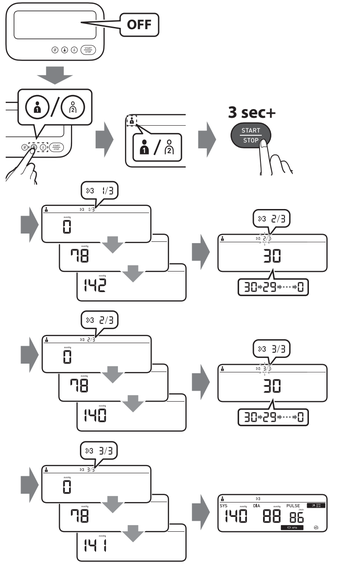
Error messages or other problems?
Refer to:
Messages d'erreur ou autres problèmes ? Voir :
Weitere Fehlermeldungen oder Probleme siehe:
Messaggi di errore o altri problemi? Fare riferimento a:
¿Hay mensajes de error u otros problemas? Consulte:
Foutmeldingen of andere problemen? Raadpleeg:
Сообщения об ошибках или другие неисправности? См.
Hata mesajları veya başka sorunlar mı var? Bkz:
رسائل الخطأ أو المشكلات الأخرى؟ ارجع إلى:

E1
E2

Instruction Manual 1
E☞3.

Three-time blood pressure mode

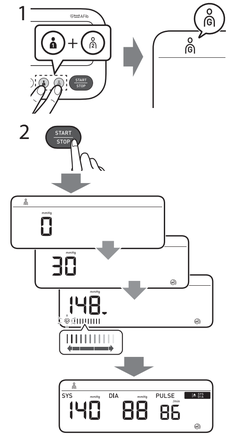
- **FR** Mode trois mesures de pression artérielle
- **DE** Dreifach-Blutdruckmessung
- **IT** Tripla misurazione con la modalità pressione arteriosa
- **ES** Modo de presión arterial de tres mediciones
- **NL** Drievoudige bloeddrukmodus
- **RU** Режим трехкратного измерения артериального давления
- **TR** Üç tekrarlı kan basıncı modu
- **AR** وضع ضغط الدم ثلاث مرات



The three-time blood pressure mode automatically takes 3 consecutive readings at 30-second intervals and displays the average.
Le mode trois mesures de pression artérielle réalise automatiquement 3 mesures consécutives à 30 secondes d'intervalle, puis affiche la valeur moyenne.
Im Modus für die Dreifach-Blutdruckmessung werden automatisch 3 aufeinanderfolgende Messungen in einem Intervall von 30 Sekunden durchgeführt. Anschließend wird der Mittelwert angezeigt.
La modalità pressione arteriosa tripla esegue automaticamente 3 misurazioni consecutive a intervalli di 30 secondi, quindi visualizza il valore medio.
El modo de presión arterial de tres mediciones toma automáticamente 3 lecturas consecutivas en intervalos de 30 segundos y muestra el promedio.
De drievoudige bloeddrukmodus voert automatisch 3 achtereenvolgende metingen uit met intervallen van 30 seconden en toont vervolgens het gemiddelde.
В режиме трехкратного измерения артериального давления автоматически выполняется 3 последовательных измерения с 30-секундным интервалом, после чего отображается среднее значение.
Üç tekrarlı kan basıncı modu, 30 saniye aralıklarla 3 ardışık ölçüm yapar ve ortalamayı görüntüler.
يقوم وضع ضغط الدم ثلاث مرات بقياس ٣ قراءات متتابعة تلقائيًا على فترات متقطعة مدتها ٣٠ ثانية ومن ثم يعرض المعدل.

Guest mode

FR **Mode Invité**
DE **Gast-Modus**
IT **Modalità Ospite**
ES **Modo de invitado**
NL **Gastmodus**
RU **Гостевой режим**
TR **Konuk modu**
AR **وضع الضيف**



Takes a single measurement for another user. No readings are stored in the memory.
Réalise une mesure unique pour un autre utilisateur. Aucune mesure n'est enregistrée dans la mémoire.
Es wird eine einzelne Messung bei einem anderen Benutzer durchgeführt. Diese Werte werden nicht im Speicher abgelegt.
Esegue una misurazione singola per un altro utente. Tali misurazioni non vengono conservate in memoria.
Realiza una única medición para otro usuario. Estas lecturas no se almacenan en la memoria.
Voert een enkele meting uit voor een andere gebruiker. Er worden geen metingen in het geheugen opgeslagen.
Выполняется однократное измерение для другого пользователя. Измерения не сохраняются в памяти.
Başka bir kullanıcı için tek ölçüm yapar. Ölçüm sonuçları hafızaya kaydedilmiyor.
يسجل قياس فردي لمستخدم آخر . لا يتم تخزين قراءات بالذاكرة.

7 Checking Readings

FR **Vérification des résultats**
DE **Prüfen der Messwerte**
IT **Controllo dei risultati**
ES **Comprobación de lecturas**
NL **Metingen bekijken**
RU **Проверка значений**
TR **Ölçüm Değerlerini Kontrol Etme**
AR **التحقق من القراءات**



1

Appears if "SYS" is 135 mmHg or above and/or "DIA" is 85 mmHg* or above.
S'affiche si la valeur « SYS » est supérieure ou égale à 135 mmHg et/ou si la valeur « DIA » est supérieure ou égale à 85 mmHg*.
Wird angezeigt, wenn „SYS" 135 mmHg oder mehr beträgt und/oder wenn „DIA" 85 mmHg* oder mehr beträgt.
Viene visualizzato se la pressione sistolica "SYS" è pari o superiore a 135 mmHg e/o la pressione diastolica "DIA" è pari o superiore a 85 mmHg*.

Aparece si "SYS" es 135 mmHg o superior y/o "DIA" es 85 mmHg* o superior.
Verschijnt als "SYS" 135 mmHg of hoger is en/of "DIA" 85 mmHg* of hoger is.
Отображается, если систолическое артериальное давление SYS 135 мм рт. ст. или выше и/или диастолическое артериальное давление DIA 85 мм рт. ст.* или выше.

"SYS" 135 mmHg ya da üstünde olduğunda ve/veya "DIA" 85 mmHg* ya da üstünde olduğunda görünür.
تظهر إذا كان "SYS" يبلغ ١٣٥ ملليمتر زئبق أو أكثر و/أو "DIA" يبلغ ٨٥ ملليمترًا زئبقيًا* أو أكثر.

2

Appears when an irregular rhythm is detected during a measurement. If it continues to appear, consulting with your physician is recommended.**
S'affiche lorsqu'un rythme irrégulier** est détecté pendant une mesure. S'il continue d'apparaître, il est recommandé de contacter un médecin.
Wird angezeigt, wenn während einer Messung ein unregelmäßiger Herzschlag** festgestellt wird. Wird das Symbol weiterhin angezeigt, sollten Sie sich an einen Arzt wenden.
Viene visualizzato se nel corso di una misurazione viene rilevato un ritmo cardiaco irregolare**. Se il simbolo continua ad apparire, è consigliabile consultare il medico curante.
Aparece cuando se detecta un ritmo irregular** durante una medición. Si esto sigue apareciendo, le recomendamos que consulte a su médico.
Verschijnt wanneer tijdens een meting een onregelmatig ritme** wordt gedetecteerd. Als het blijft verschijnen, is het raadzaam uw arts te raadplegen.
Отображается, если во время измерения определяется нерегулярный ритм**. Если продолжают отображаться, обратитесь к своему лечащему врачу.
Bir ölçüm esnasında düzensiz ritim** saptandığında görünür. Görüntülenmeye devam ederse doktorunuza danışmanız önerilir.
تظهر عند اكتشاف عدم انتظام ضربات القلب** في أثناء عملية القياس. إذا استمرت في الظهور، فإنه يُوصى باستشارة طبيبك المختص.

3

Alerts you of any body movement that will affect the blood pressure readings. Remove the arm cuff, wait 2 - 3 minutes and try again.
Vous avertit en cas de mouvement du corps affectant les mesures de pression artérielle. Retirez le brassard, attendez 2 à 3 minutes et essayez à nouveau.
Warnt bei Körperbewegungen, welche die Blutdruckmessung beeinträchtigen. Nehmen Sie die Manschette ab, warten Sie 2– 3 Minuten und versuchen Sie es erneut.

Avvisa di eventuali movimenti del corpo che potrebbero influire sul risultato della pressione arteriosa. Rimuovere il braccialе, attendere 2 - 3 minuti e riprovare.
Le avisa de cualquier movimiento corporal que pueda afectar a la lectura de la presión arterial. Retire el manguito, espere unos 2 o 3 minutos e inténtelo de nuevo.
Waarschuwt u bij elke lichaamsbeweging die de bloeddrukmeting kan beïnvloeden. Verwijder de armmanchet, wacht 2-3 minuten en probeer het opnieuw.
Предупреждает о каждом движении тела, которое может повлиять на значение артериального давления. Снимите манжету, подождите 2 - 3 минуты и попробуйте еще раз.
Kan basıncı ölçüm değerlerini etkileyecek vücut hareketleri konusunda sizi uyarır. Kolluğu çıkarın, 2 - 3 dakika bekleyip tekrar deneyin.
يُنبهك إلى أية حركة للجسم سوف تؤثر على قراءات ضغط الدم. قم بإزالة الشريط الضاغط الذراع وانتظر من ٢ إلى ٣ دقائق وحاول مرة أخرى.

4

The cuff is tight enough.
Le brassard est suffisamment serré.
Die Manschette sitzt ausreichend straff.
Il bracciale è stretto a sufficienza a
El manguito está lo suficientemente prieto.
De manchet zit strak genoeg.
Манжета зафиксирована плотно.
Kolluk yeterince sıkıdır.
الشريط الضاغط محكم بما يكفي.

Apply the cuff again MORE TIGHTLY.
Poser à nouveau le brassard en le serrant davantage.
Ziehen Sie die Manschette STRAFFER.
Applicare di nuovo il bracciale STRINGENDOLO DI PIÙ.
Vuelva a ajustarse el manguito MÁS PRIETO.
Breng de manchet STRAKKER aan.
Еще раз наложите манжету БОЛЕЕ ПЛОТНО.
Kolluğu tekrar DAHA SIKI bir şekilde takın.
قم بلف الشريط الضاغط مرة أخرى بشكل أكثر إحكامًا.

5

AFib

Appears if a possibility of AFib was detected during a measurement. This is not a diagnosis, it is only a potential finding for AFib. You should contact your physician to discuss the findings.
S'affiche si une possibilité de fibrillation auriculaire a été détectée pendant une mesure. Il ne s'agit pas d'un diagnostic mais seulement d'une indication de possibilité de fibrillation auriculaire. Vous devriez consulter votre médecin pour discuter des résultats.
Wird angezeigt, wenn bei einer Messung ein möglches Vorhofflimmern erkannt wurde. Dabei handelt es sich nicht um eine Diagnose, sondern lediglich um die Feststellung eines möglichen Vorhofflimmerns. Wenden Sie sich an Ihren Arzt, um den Befund weiter abzuklären.

Appare se durante la misurazione in modalità AFib è stata rilevata una potenziale fibrillazione atriale. Questa non è una diagnosi ma è soltanto un rilevamento della potenziale presenza di fibrillazione atriale (AFib). È opportuno rivolgersi al proprio medico curante per discutere questo risultato.
Aparece si se ha detectado la posibilidad de fibrilación auricular durante la medición. Esto no es un diagnóstico, simplemente la detección de una posible fibrilación auricular. Deberá ponerse en contacto con su médico para hablar de los resultados.
Verschijnt als een mogelijkheid van AFib werd gedetecteerd tijdens een meting. Dit is geen diagnose, het is slechts een vaststelling dat er mogelijk sprake is van AFib. Neem contact op met uw arts om de bevindingen te bespreken.
Отображается, если при измерении была определена вероятность ФП. Это не диагноз, а только вероятность обнаружения ФП. Для обсуждения полученных результатов необходимо обратиться к медицинскому специалисту или лечащему врачу.
Ölçüm sırasında AFib olasılığı tespit edilmesi halinde belirir. Bu bir teşhis olmayıp yalnızca olası bir AFib bulgusudur. Doktorunuzla iletişime geçerek bulguları konuşmanız gerekir.
تظهر في حالة اكتشاف احتمال الإصابة بالرجفان الأذيني خلال إجراء القياس. لا يُعد هذا الإجراء تشخيصًا، فما هو إلا اكتشاف محتمل لحدوث رجفان أذيني. ومن ثَم، يجب عليك الاتصال بالطبيب لمناقشة النتائج.

6

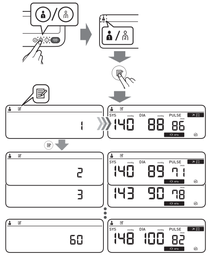
Appears when a measurement is taken in the three-time blood pressure measurement mode. The three-time blood pressure measurement mode automatically takes 3 consecutive readings at 30-second intervals and displays the average. To use the three-time blood pressure measurement mode, refer to section 6.
Apparaît lorsqu'une mesure est réalisée en mode trois mesures de pression artérielle.
Le trois mesures de pression artérielle réalise automatiquement 3 mesures consécutives à 30 secondes d'intervalle, puis affiche la valeur moyenne.
Pour utiliser le mode trois mesures de pression artérielle, se reporter à la section 6.
Wird angezeigt, wenn eine Dreifach-Blutdruckmessung durchgeführt wird. Im Modus für die Dreifach-Blutdruckmessung werden automatisch 3 aufeinanderfolgende Messungen in einem Intervall von 30 Sekunden durchgeführt. Anschließend wird der Mittelwert angezeigt.
Weitere Informationen zur Verwendung des Modus für die Dreifach-Blutdruckmessung finden Sie im Abschnitt 6.
Appare quando si esegue una misurazione in modalità pressione arteriosa tripla.
La modalità di misurazione pressione arteriosa tripla esegue automaticamente 3 misurazioni consecutive a intervalli di 30 secondi, quindi visualizza il valore medio.
Para usar el modo de presión arterial de tres mediciones, consulte la sección 6.
Aparece cuando se realiza una medición en el modo de presión arterial de tres mediciones.
En el modo de presión arterial de tres mediciones toma automáticamente 3 lecturas consecutivas en intervalos de 30 segundos y muestra el promedio.
Para usar el modo de presión arterial de tres mediciones, consulte la sección 6.
Verschijnt wanneer een meting wordt uitgevoerd in de drievoudige bloeddrukmeetmodus.
De drievoudige bloeddrukmeetmodus voert automatisch 3 achtereenvolgende metingen uit met intervallen van 30 seconden en toont vervolgens het gemiddelde.
Zie paragraaf 6 voor het gebruik van de drievoudige bloeddrukmeetmodus.
Отображается, если измерение выполняется в режиме трехкратного измерения артериального давления.
В режиме трехкратного измерения артериального давления автоматически выполняется 3 последовательных измерения с 30-секундным интервалом, после чего отображается среднее значение.
Информацию об использовании режима трехкратного измерения артериального давления см. в разделе 6.
Üç tekrarlı kan basıncı ölçüm modunda ölçüm yapıldığında görünür.
Üç tekrarlı kan basıncı ölçüm modu, 30 saniye aralıklarla 3 ardışık ölçüm yapar ve ortalamayı görüntüler.
Üç tekrarlı kan basıncı ölçüm modunu kullanmak için 6. bölüme bakın.
يظهر عند التقاط قياس في وضع قياس ضغط الدم ثلاث مرات.
يقوم وضع قياس ضغط الدم ثلاث مرات بالتقاط ٣ قراءات متتابعة تفاصل على فترات متتابعة مدتها ٣٠ ثانية ومن ثم يعرض المعدل.
لاستخدام وضع قياس ضغط الدم ثلاث مرات، راجع القسم 6.

*** The high blood pressure definition is based on the 2023 ESH Guideline.**
**** An irregular heartbeat rhythm is defined as a rhythm that is 25 % less or 25 % more than the average rhythm detected while your monitor is measuring blood pressure.**
* La définition de l'hypertension est basée sur les recommandations ESH 2023.
** Des pulsations cardiaques irrégulières sont des pulsations dont la fréquence est supérieure ou inférieure de 25 % à la moyenne détectée lorsque le tensiomètre mesure la pression artérielle.
* Definition für Bluthochdruck basiert auf der 2023 ESH Richtlinie.
** Ein unregelmäßiger Herzschlag ist definiert als ein Herzrhythmus, der weniger als 25 % oder mehr als 25 % des mittleren Herzrhythmus beträgt, der während der Blutdruckmessung erkannt wird.
* La definizione di alta pressione arteriosa si basa sulle linee guida 2023 di ESH.
** Per battito cardiaco irregolare si intende la presenza di variazioni inferiori del 25% o superiori del 25% nel ritmo rispetto al ritmo medio rilevato dall'apparecchio durante la misurazione della pressione arteriosa.
* La definición de presión arterial alta se basa en la Guía de práctica clínica de la ESH 2023.
** Un ritmo de latido cardíaco irregular se define como aquel ritmo que es un 25 % inferior o un 25 % superior al ritmo cardíaco medio detectado mientras el monitor mide la presión arterial.
* De definitie van hoge bloeddruk is gebaseerd op de ESH-richtlijn uit 2023.
** Onregelmatige hartslag is een hartritme dat meer dan 25% lager of 25% hoger is dan het gemiddelde hartritme tijdens het meten van de bloeddruk door uw meter.
* Определение гипертонии основано на рекомендациях ESOAT 2023 г.
** Нерегулярный ритм сердцебиения — это ритм, который на 25 % медленнее или на 25 % быстрее среднего ритма, определенного при измерении артериального давления.
* Yüksek kan basıncı tanımı 2023 ESH Kılavuzunu temel alır.
** Düzensiz kalp atışı ritmi, ölçüm cihazınız kan basıncını ölçtüğü sırada saptanan ortalamadan %25 daha düşük veya %25 daha yüksek ritim olarak tanımlanır.
* تعريف ضغط الدم المرتفع يستند إلى إرشادات الجمعية الأوروبية للقرحة ضغط الدم (ESH) لعام 2023.
** تُستوفى ضربات القلب غير المنتظم عند إيقاع يقل بنسبة ٢٥٪ أو يزيد بنسبة ٢٥٪ عن الإيقاع المتوسط والذي يتم اكتشافه في أثناء قياس الجهاز لضغط الدم.

8 Using Memory Functions

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

Before using memory functions, select your user ID.
Avant d'utiliser les fonctions de mémoire, sélectionner votre ID Utilisateur.
Wählen Sie vor dem Verwenden der Speicherfunktionen Ihre Benutzer-ID aus.
Prima di utilizzare le funzioni di memoria selezionare il proprio ID utente.
Antes de usar las funciones de memoria, seleccione su ID de usuario.
Selecteer uw gebruikers-ID voordat u geheugenfuncties gebruikt.
Перед использованием функции памяти выберите идентификатор пользователя.
Hafıza fonksiyonunu kullanmadan önce kullanıcı kimliğinizi seçin.
قبل استخدام وظائف الذاكرة، حدد معرف المستخدم الخاص بك.



Readings Stored in Memory

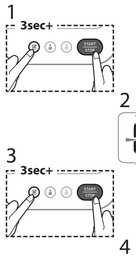
FR **Mesures stockées en mémoire**
DE **Gespeicherte Messwerte**
IT **Risultati conservati in memoria**
ES **Lecturas guardadas en la memoria**
NL **Metingen opgeslagen in het geheugen**
RU **Сохранение результатов в памяти**
TR **Hafızaya Kaydedilen Değerler**
AR **تم تخزين القراءات في الذاكرة**

Stores up to 60 readings.
Mémorise jusqu'à 60 résultats.
Es werden bis zu 60 Messwerte gespeichert.
Conserva fino a 60 risultati.
Almacena hasta 60 lecturas.
Slaat tot maximaal 60 metingen op.
Сохраняется до 60 результатов.
60 adede kadar ölçüm değeri saklar.
تقوم بتخزين ما يصل إلى ٦٠ قراءة.

Pressing and holding will scroll through the previous reading rapidly.
Une pression prolongée permet de faire défiler rapidement les mesures précédentes.
Wenn Sie die Taste gedrückt halten, blättern Sie im Schnelldurchlauf durch die vorherigen Messwerte.
Premere e mantenere premuto per scorrere rapidamente i risultati precedenti.
Si se mantiene pulsado, se desplazará rápidamente a la lectura anterior.
Door ingedrukt te houden, bladert u snel door de vorige meting.
Нажмите и удерживайте, чтобы быстро прокрутить предыдущие значения.
Basılı tutulması, önceki ölçüm değerleri arasında hızlı bir şekilde ilerlemeyi sağlar.
سيؤدي الضغط مع الاستمرار إلى التمرير عبر القراءة السابقة بسرعة.

9 Restoring to the Default Settings

FR **Réinitialisation aux réglages par défaut**
DE **Wiederherstellen der Standardeinstellungen**
IT **Ripristino delle impostazioni predefinite**
ES **Restablecimiento a los ajustes de fábrica**
NL **De standaardinstellingen herstellen**
RU **Восстановление настроек по умолчанию**
TR **Varsayılan Ayarları Geri Yükleme**
AR **استعادة الإعدادات الافتراضية**



If your systolic pressure is more than 210 mmHg: After the arm cuff starts to inflate, press and hold the [START/STOP] button until the monitor inflates 30 to 40 mmHg higher than your expected systolic pressure. Do not inflate above 299 mmHg.
Si votre pression systolique est supérieure à 210 mmHg : lorsque le brassard commence à se gonfler, appuyer sur le bouton [START/STOP] et le maintenir enfoncé jusqu'à ce que le tensiomètre gonfle 30 à 40 mmHg au-dessus de votre pression systolique attendue. Ne pas gonfler à plus de 299 mmHg.
Wenn Ihr systolischer Druck höher ist als 210 mmHg: Halten Sie die Taste [START/STOP] gedrückt, sobald die Manschette aufgepumpt wird, bis das Gerät die Manschette um 30 bis 40 mmHg höher als Ihr erwarteter systolischer Blutdruck aufpumpt. Die Manschette darf nicht auf über 299 mmHg aufgepumpt werden.
Se la propria pressione sistolica è superiore a 210 mmHg: non appena il bracciale inizia a gonfiarsi, premere e tenere premuto il pulsante [START/STOP] finché il misuratore non abbia gonfiato il bracciale fino a 30-40 mmHg in più rispetto al valore di pressione sistolica atteso. Non gonfiare a una pressione superiore a 299 mmHg.
Si su presión arterial sistólica es superior a 210 mmHg: después de que se infle el manguito, mantenga pulsado el botón [START/STOP] hasta que el monitor alcance entre 30 y 40 mmHg por encima de su presión arterial sistólica prevista. No infle el manguito por encima de 299 mmHg.
Als uw systolische druk hoger is dan 210 mmHg, moet u zodra de armmanchet wordt opgeblazen de [START/STOP]-knop indrukken en ingedrukt houden totdat de meter is opgeblazen tot een druk die 30 tot 40 mmHg hoger is dan uw verwachte systolische druk. Blaas de manchet niet verder op dan tot 299 mmHg.
Если ваше систолическое давление обычно превышает 210 мм рт. ст: после начала нагнетания в манжету воздуха нажмите и удерживайте кнопку [START/STOP], пока показание прибора не превысит ожидаемое предполагаемое систолическое давление на 30-40 мм рт. ст. Манжету нужно наполнять воздухом так, чтобы давление в ней не превышало 299 мм рт. ст.
Sistolik basıncınız 210 mmHg'den yüksekse: Kolluk şişmeye başladıktan sonra [START/STOP] düğmesine basın ve ölçüm cihazı beklediğiniz sistolik basınç değerinden 30 ila 40 mmHg daha fazla şişene kadar düğmeyi basılı tutun. Şişirirken 299 mmHg değerinin üzerine çıkmayın.
إذا كان ضغط الدم الانقباضي أكثر من ٢١٠ ملليمترات زئبقية: بعد بدء انتفاخ الذراع، اضغط مع الاستمرار على الزر [START/STOP] حتى يقوم الجهاز بالنفخ من ٣٠ إلى ٤٠ ملليمترًا زئبقيًا أعلى من قيمة ضغط الدم الانقباضي المتوقعة. لا تنفخ الهواء فوق ٢٩٩ ملليمترًا زئبقيًا.

10 Optional Accessories

FR **Accessoires en option**
DE **Optionales Zubehör**
IT **Accessori opzionali**
ES **Accesorios opcionales**
NL **Optionele accessoires**
RU **Принадлежности, приобретаемые дополнительно (аксессуары)**
TR **İsteğe Bağlı Aksesuarlar**
AR **الملحقات الاختيارية**

Arm Cuff



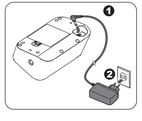
Model: HEM-FL31
22 - 42 cm

AC Adapter



Model: HHP-CM01
HHP-BFH01
HHP-AM01

Do not throw the air plug away. The air plug can be applicable to the optional cuff.
Ne pas jeter la prise de gonflage. La prise de gonflage peut être utilisée pour le brassard en option.
Entsorgen Sie den Luftschlauchstecker nicht. Der Luftschlauchstecker wird für die optionale Manschette verwendet.
Non gettare via l'attacco del tubo dell'aria. L'attacco del tubo dell'aria può essere applicato al bracciale opzionale.
No tire el conector para tubo de aire. El conector para tubo de aire puede ser utilizado con el manguito opcional.
Gooi de plug van de luchtslang niet weg. De plug van de luchtslang kan worden gebruikt op de optionele manchet.
Не выбрасывайте воздушный штекер. Он может подойти к дополнительной манжете.
Hava tıpasını atmayın. Hava tıpası isteğe bağlı kolluğa uygulanabilir.
Kasta inte bort luftkontakten. Luftkontakten kan användas på den valfria manschetten.
لا تتخلص من سدادة الهواء. يمكن استعمال سدادة الهواء مع الشريط الضاغط الاختياري.



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