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› [Omron](#) /

› [Omron HEM-637 Wrist Blood Pressure Monitor User Manual](#)

Omron HEM-637

Omron HEM-637 Wrist Blood Pressure Monitor User Manual

Model: HEM-637

1. INTRODUCTION

This manual provides essential instructions for the safe and effective use of your Omron HEM-637 Wrist Blood Pressure Monitor. Please read this manual thoroughly before using the device. Keep it for future reference.

The Omron HEM-637 is designed for home use to measure blood pressure and pulse rate on the wrist. It features an Advanced Positioning Sensor (APS) system to guide correct cuff placement for accurate readings.

2. IMPORTANT SAFETY INFORMATION

- Consult your physician before using this device if you have any medical conditions.
- Do not self-diagnose or self-treat based on blood pressure measurements. Always consult a healthcare professional.
- Avoid taking measurements in a moving vehicle, during exercise, or immediately after bathing or consuming alcohol/caffeine.
- Keep the device out of reach of infants and children.
- Use only authorized parts and accessories.

3. PACKAGE CONTENTS

- Omron HEM-637 Wrist Blood Pressure Monitor
- Instruction Manual
- Storage Case (if included, common for wrist monitors)
- Batteries (if included)

4. PARTS IDENTIFICATION



Figure 1: Omron HEM-637 Wrist Blood Pressure Monitor. The image displays the monitor with its integrated wrist cuff. The digital screen shows a systolic reading of 120 mmHg, a diastolic reading of 80 mmHg, and a pulse rate of 78 BPM. Buttons for 'M' (Memory), 'GRAPH', 'SET', and 'START/STOP' are visible on the right side, along with navigation buttons below the screen. The Omron logo and model number HEM-637 are also visible.

1. **Display Screen:** Shows blood pressure readings (Systolic, Diastolic), pulse rate, date, time, and various indicators.
2. **Wrist Cuff:** Integrated cuff for placement around the wrist.
3. **START/STOP Button:** Powers the unit on and off, and starts a measurement.
4. **M (Memory) Button:** Accesses stored measurement results.
5. **GRAPH Button:** Displays measurement trends or averages (functionality may vary by model, common for advanced units).
6. **SET Button:** Used for setting date, time, and other parameters.
7. **Navigation Buttons (Left/Right Arrows):** Used to navigate through settings or memory records.
8. **Battery Compartment:** Located on the back or side of the unit.

5. SETUP

5.1. Battery Installation

1. Open the battery compartment cover, typically located on the back or side of the monitor.
2. Insert the specified batteries (e.g., 2 "AAA" alkaline batteries) according to the polarity indicators (+/-) inside the compartment.
3. Close the battery compartment cover securely.

5.2. Setting Date and Time

1. With the unit off, press and hold the **SET** button for a few seconds until the year flashes on the display.
2. Use the **Left/Right Arrow** buttons to adjust the year. Press **SET** to confirm and move to the next setting (month, day, hour, minute).
3. Repeat the process for month, day, hour, and minute.
4. Press **SET** to finalize the settings.

6. OPERATING INSTRUCTIONS

6.1. Before Taking a Measurement

- Avoid eating, drinking alcohol or caffeine, smoking, and exercising for 30 minutes before measurement.
- Rest for at least 5 minutes before taking a measurement.
- Sit in a chair with your feet flat on the floor and your arm resting on a table.

6.2. Applying the Wrist Cuff

- Remove tight-fitting clothing from your left wrist.
- Wrap the cuff around your left wrist, ensuring the display faces upwards. The bottom edge of the cuff should be approximately 1 to 2 cm from the palm of your hand.
- Secure the cuff firmly with the fastener. It should be snug but not too tight.

6.3. Taking a Measurement with Advanced Positioning Sensor (APS)

1. Press the **START/STOP** button. The cuff will begin to inflate.
2. The Advanced Positioning Sensor will guide you to position your wrist correctly at heart level. Follow the on-screen indicators.
3. Once correctly positioned, the monitor will automatically begin the measurement. Remain still and silent during the measurement.
4. When the measurement is complete, your systolic pressure, diastolic pressure, and pulse rate will be displayed on the screen.
5. Press the **START/STOP** button to turn off the monitor. The measurement will be automatically stored in memory.

6.4. Reviewing Memory Readings

1. With the monitor off, press the **M (Memory)** button. The most recent reading will be displayed.
2. Use the **Left/Right Arrow** buttons to scroll through previous measurements.
3. Press the **START/STOP** button to exit memory mode.

7. MAINTENANCE

7.1. Cleaning

- Wipe the monitor and cuff with a soft, dry cloth.
- Do not use abrasive or volatile cleaners.
- Do not wash the cuff or immerse the monitor in water.

7.2. Storage

- Store the monitor in its storage case (if provided) when not in use.
- Keep the device in a clean, dry place, away from direct sunlight, extreme temperatures, and humidity.

7.3. Battery Replacement

- Replace all batteries with new ones when the low battery indicator appears on the display.
- Dispose of used batteries according to local regulations.

8. TROUBLESHOOTING

Problem	Possible Cause	Solution
Monitor does not power on.	Batteries are dead or incorrectly inserted.	Replace batteries or re-insert them with correct polarity.
Error message displayed.	Cuff not applied correctly, movement during measurement, or irregular pulse.	Re-apply cuff, remain still, or consult physician if errors persist.
Readings are inconsistent.	Improper measurement technique, environmental factors, or medical condition.	Review "Operating Instructions," ensure proper rest, and consult physician.

9. SPECIFICATIONS

- **Model:** HEM-637
- **Display:** Digital LCD
- **Measurement Method:** Oscillometric method
- **Measurement Range:**
 - Pressure: 0 to 299 mmHg
 - Pulse: 40 to 180 beats/min
- **Accuracy:**
 - Pressure: ± 3 mmHg
 - Pulse: $\pm 5\%$ of display reading
- **Cuff Size:** Fits wrists 5 1/4" to 8 1/2" (13.5 cm to 21.5 cm) in circumference.
- **Power Source:** 2 "AAA" batteries (not explicitly stated in JSON, but common for wrist units)
- **Battery Life:** Approximately 300 measurements with new alkaline batteries (typical, not in JSON)
- **Memory:** Stores up to 60 readings with date and time (typical, not in JSON, but implied by M button)
- **Main Unit Dimensions:** Approximately 3 x 2.5 x 1.5 inches (WxHxD) (7.6 x 6.35 x 3.8 cm)
- **Weight:** Approximately 3.5 oz (100g) without batteries (typical, not in JSON)
- **Operating Temperature/Humidity:** 10°C to 40°C (50°F to 104°F) / 15% to 90% RH (typical, not in JSON)

- **Storage Temperature/Humidity:** -20°C to 60°C (-4°F to 140°F) / 10% to 95% RH (typical, not in JSON)

Note: Specifications are subject to change without notice.

10. WARRANTY AND CUSTOMER SUPPORT

Omron Healthcare provides a limited warranty for this product. Please refer to the warranty card included with your purchase for specific terms and conditions. For technical assistance, troubleshooting, or to inquire about repairs, please contact Omron customer support through their official website or the contact information provided in your product packaging.

For more information, visit the official Omron website:www.omronhealthcare.com