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Omron HEM-6113-E

OMRON RS2 Electronic Wrist Blood Pressure Monitor User Manual

Model: HEM-6113-E

INTRODUCTION

The OMRON RS2 Electronic Wrist Blood Pressure Monitor is a compact and easy-to-use device designed for accurate blood pressure measurement at home or on the go. It features irregular heartbeat detection and stores up to 30 measurements for tracking your health over time. This device is clinically validated to ensure reliable results.



Image: The OMRON RS2 Wrist Blood Pressure Monitor, showing its compact design and digital display with blood pressure readings.

SETUP

1. Battery Installation

The OMRON RS2 requires two AAA alkaline batteries (included). To install:

1. Open the battery compartment cover on the back of the monitor.
2. Insert the two AAA batteries according to the polarity markings (+/-) inside the compartment.
3. Close the battery compartment cover securely.

2. Applying the Wrist Cuff

Proper cuff placement is crucial for accurate readings. Ensure the monitor is positioned correctly on your wrist.

- Remove any tight-fitting clothing from your left wrist.
- Place the monitor on your left wrist with the display facing upwards. The bottom edge of the cuff should be approximately 1 to 2 cm from the palm of your hand.
- Wrap the cuff snugly around your wrist, ensuring it is not too tight or too loose. The cuff should feel firm but comfortable.



Image: A person demonstrating the correct way to wrap the wrist cuff around their left wrist, ensuring a snug fit.



Image: The OMRON RS2 monitor correctly positioned on a wrist, with the display facing up and the cuff properly secured.

OPERATING INSTRUCTIONS

Taking a Measurement

For accurate readings, follow these steps:

1. Sit quietly for at least 5 minutes before taking a measurement.
2. Sit in a chair with your feet flat on the floor and your back supported.
3. Place your elbow on a table so that the monitor is at the same level as your heart.
4. Press the **START/STOP** button. The cuff will begin to inflate automatically.
5. Remain still and do not talk during the measurement.
6. Once the measurement is complete, your blood pressure (systolic and diastolic) and pulse rate will be displayed.

Understanding Your Readings

- **SYS (Systolic Pressure):** The top number, indicating the pressure in your arteries when your heart beats.
- **DIA (Diastolic Pressure):** The bottom number, indicating the pressure in your arteries between beats.
- **PULSE:** Your heart rate, measured in beats per minute.
- **Irregular Heartbeat Detection:** If an irregular heartbeat is detected during the measurement, a symbol will appear on the display. Consult your doctor if this symbol appears frequently.
- **Hypertension Indicator:** If your systolic pressure is 135 mmHg or higher, or your diastolic pressure is 85 mmHg or higher, the heartbeat symbol will blink, indicating potential hypertension.
- **Correct Cuff Wrapping Indicator:** An "OK" symbol indicates that the cuff has been wrapped correctly, ensuring accurate measurement.



Image: Close-up of the OMRON RS2 monitor's display, showing typical readings for systolic, diastolic, and pulse, along with the "OK" indicator for correct cuff placement.

Memory Function

The OMRON RS2 automatically stores up to 30 measurements. To view past readings, press the **Memory** button (represented by a notebook icon on the device). Pressing it repeatedly will cycle through the stored measurements from most recent to oldest.

MAINTENANCE

Cleaning

Wipe the monitor and cuff with a soft, dry cloth. If necessary, use a cloth dampened with water and a mild soap, then wipe dry. Do

not use abrasive cleaners or immerse the unit in water.

Storage

Store the monitor in its protective case (if included) in a clean, dry place. Avoid extreme temperatures, humidity, direct sunlight, and dust.

TROUBLESHOOTING

Problem	Possible Cause	Solution
No display when pressing START/STOP.	Batteries are dead or incorrectly inserted.	Replace batteries with new AAA alkaline batteries, ensuring correct polarity.
Error message (e.g., "E1", "E2") displayed.	Cuff not wrapped correctly, movement during measurement, or irregular pulse.	Re-wrap the cuff snugly, remain still and silent during measurement. If errors persist, consult the full manual or contact support.
Readings seem too high or too low.	Incorrect posture, cuff placement, or recent activity.	Ensure proper sitting posture, cuff at heart level, and relax for 5 minutes before measuring. Avoid caffeine, exercise, or smoking before measurement.

SPECIFICATIONS

Feature	Detail
Model Number	HEM-6113-E
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
Power Source	2 x 1.5V (LR03, AAA alkaline batteries)
Battery Life	Approximately 300 measurements with new alkaline batteries at 23°C
Console Weight	Approximately 101g without batteries
Measurable Wrist Circumference	Approximately 13.5 to 21.5 cm
Dimensions (L x W x H)	2.11 x 7.8 x 5.99 cm
Memory	30 measurements



Image: Product packaging showing detailed specifications for the OMRON Wrist Blood Pressure Monitor, model HEM-6121 (similar to RS2).

WARRANTY AND SUPPORT

OMRON Healthcare products are manufactured under strict quality control. For warranty information and customer support, please refer to the warranty card included with your product or visit the official OMRON Healthcare website. You can also contact their customer service for assistance with your OMRON RS2 monitor.

For more information, visit the [Omron Brand Store](#).

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This manual is for informational purposes only. Consult a healthcare professional for medical advice.

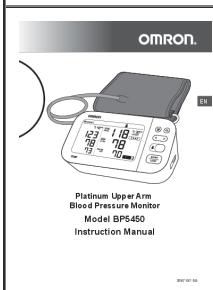
Related Documents - HEM-6113-E

	<p>Omron RS7 Intelli IT and RS2 Blood Pressure Monitors</p> <p>Information on Omron's RS7 Intelli IT and RS2 blood pressure monitors, including features, specifications, and usage for accurate blood pressure monitoring.</p>
	<p>OMRON 7 Series Wrist Blood Pressure Monitor BP6350 Instruction Manual</p> <p>This instruction manual provides comprehensive guidance for the OMRON BP6350 7 Series Wrist Blood Pressure Monitor, covering setup, operation, safety precautions, and troubleshooting for accurate home blood pressure monitoring.</p>



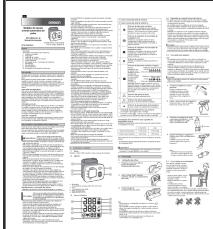
[OMRON Blood Pressure Meters - Clinically Validated Guide](#)

An overview of OMRON blood pressure monitors, detailing features, specifications, and selection guidance for models like the M7 Intelli IT, M6 Comfort, M4 Intelli IT, M3 Comfort, and M3.



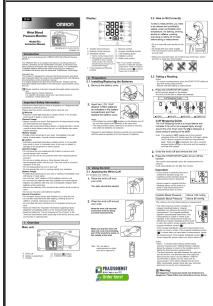
[OMRON BP5450 Platinum Upper Arm Blood Pressure Monitor Instruction Manual](#)

This instruction manual for the OMRON BP5450 Platinum Upper Arm Blood Pressure Monitor guides users through setup, operation, and safety precautions for accurate home blood pressure and pulse rate monitoring, including irregular heartbeat detection and Bluetooth connectivity.



[Omron RS2 \(HEM-6161-E\) Automatic Wrist Blood Pressure Monitor User Manual](#)

This manual provides instructions for the Omron RS2 (HEM-6161-E) automatic wrist blood pressure monitor, covering setup, usage, memory function, error messages, maintenance, and specifications. Learn how to accurately measure blood pressure at home.



[OMRON RS2 Wrist Blood Pressure Monitor Instruction Manual](#)

Comprehensive instruction manual for the OMRON RS2 Wrist Blood Pressure Monitor (Model RS2, HEM-6121-E). Learn how to use, prepare, and troubleshoot your device for accurate blood pressure and pulse rate measurements.