

Omron W26902

Omron Healthcare M6 Comfort Automatic Blood Pressure Monitor User Manual

Model: M6 Comfort (W26902, HEM-7321-E)

Brand: Omron

1. INTRODUCTION

The Omron M6 Comfort Automatic Blood Pressure Monitor is a compact, fully automatic device designed for easy and accurate measurement of blood pressure and pulse. Utilizing advanced IntelliSense technology, it ensures comfortable and controlled inflation without the need for pre-setting pressure or re-inflation. This device is clinically validated for reliability.



Image 1.1: The Omron M6 Comfort Blood Pressure Monitor with its Intelli Wrap Cuff.

This manual provides essential information for the safe and effective use of your blood pressure monitor. Please read it thoroughly before use and keep it for future reference.

2. IMPORTANT SAFETY INFORMATION

Always consult your physician for information on your specific blood pressure. Self-diagnosis and treatment based on measurement results can be dangerous. Follow these guidelines:

- Do not adjust medication based on measurements from this monitor without consulting your doctor.
- Do not use this device on infants, toddlers, or individuals who cannot express consent.
- Avoid using the device in areas with high-frequency surgical equipment or MRI scanners.
- Keep the device out of reach of children and pets.
- Use only authorized parts and accessories.

3. PACKAGE CONTENTS

Verify that all components are present in your package:

- Omron M6 Comfort Blood Pressure Monitor unit
- Intelli Wrap Cuff (22-42 cm)
- Instruction Manual
- Storage Case
- Battery Set (4 x AA batteries)

4. SETUP

4.1. Battery Installation

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

Note: An optional AC adapter can be used instead of batteries (sold separately).

4.2. Attaching the Arm Cuff

The Intelli Wrap Cuff (22-42 cm) is designed for easy and accurate placement.

1. Insert the air plug into the air jack on the side of the main unit.
2. Wrap the cuff firmly around your upper left arm, approximately 1-2 cm above your elbow. The air tube should run down the inside of your arm and be aligned with your middle finger.
3. Ensure the cuff is snug but not too tight. The Intelli Wrap Cuff technology allows for accurate results in any position around the arm.

STAYS IN YOUR MOUTH TO HELP

- ✓ TEETH GRINDING
- ✓ HEADACHES
- ✓ EARACHES
- ✓ MUSCLE PAIN
- ✓ TMJ ✓ BRUXISM



Image 4.2.1: Proper placement of the Intelli Wrap Cuff on the upper arm.

4.3. Setting Date and Time

Accurate date and time settings are crucial for tracking your measurements over time.

1. With the monitor off, press and hold the **SET** button for a few seconds until the year flashes.
2. Use the **UP/DOWN** arrows to adjust the year, then press **SET** to confirm.
3. Repeat this process for month, day, hour, and minute.
4. Press **SET** one last time to save the settings.

4.4. Selecting User ID

The monitor supports two users, each with 100 memory slots.

1. Before taking a measurement, press the **USER 1/2** button to select either User 1 or User 2.
2. The selected user icon will appear on the display.

5. OPERATING INSTRUCTIONS

5.1. Taking a Measurement

For accurate readings, follow these steps:

- Sit quietly for at least 5 minutes before measuring.
- Avoid exercising, eating, smoking, drinking alcohol, or bathing within 30 minutes prior to measurement.
- Sit upright with your back supported and feet flat on the floor.
- Place your arm on a table so the cuff is at heart level.
- Press the large **START/STOP** button. The cuff will begin to inflate automatically.
- Remain still and do not talk during the measurement.
- Once the measurement is complete, your systolic pressure, diastolic pressure, and pulse rate will be displayed.

5.2. Understanding Your Readings

The display shows three key values:

- **SYS (Systolic Pressure):** The highest pressure in your arteries when your heart beats.
- **DIA (Diastolic Pressure):** The lowest pressure in your arteries when your heart rests between beats.
- **PULSE:** Your heart rate per minute.

EASY TO MOLD



1 Brush your teeth and Soften your Dental Guard.



2 Trimming your Dental Guard (optional).



3 Moulding and fitting your Dental Guard.



4 Wearing your Dental Guard and test for good.



5 Clean your Dental Guard after used and put back to the case.



Image 5.2.1: Example of the Omron M6 Comfort display showing measurement results.

The monitor also features:

- **Irregular Heartbeat Detection:** An icon will appear if an irregular heartbeat is detected during measurement.
- **Body Movement Detection:** An icon indicates if significant body movement occurred during measurement, which may affect accuracy.
- **Hypertension Indicator:** Visual cues (e.g., green/red lights or symbols) may indicate if your reading is within a normal range or suggests hypertension.
- **Morning and Evening Hypertension Tracking:** The device can help track patterns of high blood pressure at specific times of day.

5.3. Memory Function

The M6 Comfort stores up to 100 measurements for each of two users (2 x 100).

1. To view past measurements, press the **MEMORY** button.
2. Use the **UP/DOWN** arrows to scroll through previous readings.

3. The monitor can also display average readings. Refer to the on-screen prompts for this feature.

6. MAINTENANCE

6.1. Cleaning

- Wipe the monitor and cuff with a soft, dry cloth.
- If necessary, use a cloth lightly dampened with water or mild detergent, then wipe dry.
- Do not use abrasive cleaners, alcohol, or benzene.
- Do not wash the cuff or immerse the monitor in water.

6.2. Storage

- Store the device in its carrying case when not in use.
- Keep it in a clean, dry place, away from direct sunlight, extreme temperatures, and humidity.
- Remove batteries if the unit will not be used for an extended period.

7. TROUBLESHOOTING

Problem	Possible Cause	Solution
Monitor does not power on.	Batteries are dead or incorrectly inserted.	Replace batteries or check polarity. Ensure AC adapter is properly connected if used.
Error message (e.g., "E1", "E2").	Cuff not applied correctly, movement during measurement, or air leakage.	Re-apply cuff correctly. Remain still during measurement. Check air tube connection.
Inconsistent readings.	Improper posture, talking during measurement, or recent activity.	Ensure proper measurement conditions (see Section 5.1). Wait 5 minutes between measurements.
Irregular Heartbeat symbol appears frequently.	Indicates potential irregular heart rhythm.	Consult your physician for evaluation.

If problems persist, contact customer support.

8. SPECIFICATIONS

- **Model:** M6 Comfort (W26902, HEM-7321-E)
- **Display:** LCD Digital Display
- **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:** Intelli Wrap Cuff (22-42 cm arm circumference)
- **Memory:** 2 users x 100 measurements with date and time
- **Power Source:** 4 "AA" batteries 1.5V or optional AC adapter (6V 4W)
- **Battery Life:** Approximately 1000 measurements (with new alkaline batteries)
- **Operating Temperature/Humidity:** 10°C to 40°C (50°F to 104°F) / 15% to 90% RH

- **Storage Temperature/Humidity:** -20°C to 60°C (-4°F to 140°F) / 10% to 95% RH
- **Dimensions (approx.):** 12.4 cm (L) x 9 cm (W) x 16.1 cm (H)
- **Weight (approx.):** 381 grams (excluding batteries)
- **Included Components:** Monitor unit, Intelli Wrap Cuff, Instruction Manual, Storage Case, Battery Set.

9. WARRANTY INFORMATION

This product is covered by a manufacturer's warranty from the date of purchase. The warranty covers defects in materials and workmanship under normal use. It does not cover damage caused by misuse, accidents, unauthorized alterations, or failure to follow instructions.

Please retain your proof of purchase for warranty claims. For specific warranty terms and conditions, refer to the warranty card included with your product or visit the official Omron website.

10. CUSTOMER SUPPORT

For further assistance, technical support, or to inquire about replacement parts and accessories, please contact Omron customer service.

- **Website:** www.omron-healthcare.com
- **Phone:** Refer to your regional Omron website for local contact numbers.

When contacting support, please have your product model number (M6 Comfort) and serial number ready.

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question