

Omron HEM-7121J-E

Omron M2 Basic Automatic Blood Pressure Monitor

INSTRUCTION MANUAL

1. Introduction

Thank you for purchasing the Omron M2 Basic Automatic Blood Pressure Monitor. This device is designed for accurate and comfortable measurement of blood pressure and pulse rate at home. It utilizes Omron's advanced Intellisense Technology to ensure precise and comfortable readings. Please read this manual thoroughly before using the unit to ensure safe and correct operation.

The Omron M2 Basic (Model: HEM-7121J-E) is an automatic upper arm blood pressure monitor intended for use by adults in a home environment. It is equipped with a standard cuff suitable for arm circumferences of 22-32 cm.

2. Safety Information

To ensure safe and accurate use of the Omron M2 Basic, please observe the following precautions:

- Consult your physician before using this device if you have any medical conditions, especially if you have severe blood flow problems or blood disorders as cuff inflation can cause bruising.
- Do not use this device on an injured arm or an arm under medical treatment.
- Do not use this device on infants or individuals who cannot express their consent.
- Avoid taking measurements during or immediately after strenuous exercise, bathing, or consuming alcohol or caffeine.
- Rest for at least 5 minutes before taking a measurement.
- Measurements should be taken in a quiet place and in a relaxed, seated position.
- This device is not intended to be a diagnostic tool. Always consult a healthcare professional for interpretation of blood pressure readings.
- Keep the device out of reach of children and pets.

3. Package Contents

Upon opening the package, please verify that all the following components are included:

- Omron M2 Basic Blood Pressure Monitor Unit
- Arm Cuff (22-32 cm)
- Instruction Manual
- Storage Bag
- AA Batteries (4 pieces)

A photograph of a man with dark skin and a shaved head, wearing a black t-shirt, sitting at a light-colored wooden table. He is looking down at a white Omron M2 Basic blood pressure monitor unit on the table. His left arm is resting on the table, and a white arm cuff is wrapped around his upper arm. The background is a blurred indoor setting with shelves.

 Clinically validated

 Irregular heartbeat detection

 Last result

 Intellisense technology

 5 year guarantee

Image: The Omron M2 Basic blood pressure monitor, its arm cuff, and the product packaging, illustrating the items included in the box.

4. Product Overview

The Omron M2 Basic consists of the main monitor unit and the arm cuff. Familiarize yourself with the components before use.

Main Unit:

- **Display:** Shows blood pressure readings (Systolic, Diastolic), pulse rate, and various indicators.

- **START/STOP Button:** Powers the unit on/off and starts/stops measurement.
- **Cuff Jack:** Port for connecting the air plug of the arm cuff.
- **Battery Compartment:** Located on the bottom, holds the AA batteries.

Arm Cuff:

- **Air Plug:** Connects to the cuff jack on the main unit.
- **Air Tube:** Connects the air plug to the cuff.
- **Cuff:** Fabric wrap with an inflatable bladder, designed for upper arm measurement.
- **Index Mark and Range:** Guides for correct cuff placement and fit.



Image: The Omron M2 Basic monitor unit with its large digital display and the connected arm cuff, showing the air tube and cuff markings.

5. Setup

5.1 Battery Installation

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

Note: The device requires 2 AA batteries, which are included. Ensure they are inserted correctly for proper operation.

5.2 Cuff Connection

1. Locate the air plug at the end of the arm cuff's air tube.
2. Firmly insert the air plug into the cuff jack on the left side of the main monitor unit until it clicks into place.
3. Ensure the connection is secure to prevent air leakage during measurement.

6. Operating Instructions

6.1 Preparing for Measurement

- Avoid eating, drinking alcohol, smoking, or exercising for 30 minutes before measurement.
- Sit in a chair with your feet flat on the floor. Rest your arm on a table so the cuff is at heart level.
- Relax and remain still. Do not talk or move during the measurement.

6.2 Applying the Arm Cuff

The Omron M2 Basic comes with a standard arm cuff (22-32 cm). Ensure the cuff fits your arm circumference correctly.

1. Place the cuff on your left upper arm. If it is difficult to use on the left arm, you may use it on the right arm.
2. The air tube should run down the inside of your arm and be aligned with the middle of your inner elbow.
3. Wrap the cuff snugly around your arm, ensuring the bottom edge of the cuff is approximately 1-2 cm above your elbow.
4. The index mark on the cuff should fall within the range indicated on the cuff.



Same accuracy as in
your doctor's surgery

Image: A person demonstrating the correct placement of the arm cuff on their upper arm, ensuring it is snug and positioned properly above the elbow.

6.3 Taking a Measurement

1. Once the cuff is correctly applied and you are in a relaxed position, press the large **START/STOP** button.
2. The cuff will begin to inflate automatically using Omron's Intellisense Technology, which ensures a quick, comfortable, and accurate measurement by inflating the cuff to the ideal level for each user.
3. Remain still and quiet during the measurement. The display will show your blood pressure readings (Systolic and Diastolic) and pulse rate once the measurement is complete.
4. The large, easy-to-read digital display makes viewing your results clear and simple.
5. The device also features irregular heartbeat detection. If an irregular heartbeat is detected during the measurement, a symbol will appear on the display. Consult your physician if this symbol appears frequently.
6. Press the **START/STOP** button again to turn off the unit. The unit will automatically power off after 2 minutes of inactivity.



Image: A user's hand pressing the prominent START/STOP button on the Omron M2 Basic monitor, initiating the blood pressure measurement process.

7. Maintenance

7.1 Cleaning

- Wipe the monitor unit and cuff with a soft, dry cloth.
- If necessary, use a soft cloth moistened with water and a mild soap, then wipe dry.
- Do not use abrasive cleaners or solvents.
- Do not wash the cuff or immerse the monitor unit in water.

7.2 Storage

- Store the device in its storage bag when not in use.
- Keep the device in a clean, dry place, away from direct sunlight, extreme temperatures, and humidity.
- Do not store the device in places where it may be exposed to strong vibrations or shocks.
- Remove batteries if the unit will not be used for an extended period to prevent leakage.

8. Troubleshooting

If you experience any issues with your Omron M2 Basic, please refer to the table below for common problems and their solutions.

Problem	Possible Cause	Solution
No display when powered on	Batteries are dead or inserted incorrectly.	Replace batteries with new ones, ensuring correct polarity.
Cuff does not inflate or inflates too little	Cuff air plug is not securely connected. Air leakage from cuff.	Ensure air plug is fully inserted. Check cuff for any damage or holes.
Measurement results are inconsistent	Movement or talking during measurement. Incorrect cuff placement.	Remain still and quiet. Re-apply cuff correctly, ensuring it's at heart level.
Error message (e.g., E1, E2)	Specific error condition (refer to full manual for codes).	Turn off the unit, wait a few minutes, and try again. If error persists, consult customer support.

9. Specifications

Technical specifications for the Omron M2 Basic Automatic Blood Pressure Monitor (HEM-7121J-E):

Feature	Detail
Model	HEM-7121J-E
Display Type	Digital LCD 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	22-32 cm (Medium Cuff)
Power Source	4 "AA" batteries 1.5V
Battery Life	Approx. 1000 measurements (with new alkaline batteries)
Dimensions (Monitor)	Approx. 6.3 x 5.12 x 4.72 cm (W x H x D)
Weight (Monitor)	Approx. 250 g (excluding batteries)
Operating Temperature	10°C to 40°C (50°F to 104°F)
Storage Temperature	-20°C to 60°C (-4°F to 140°F)
Features	Intellisense Technology, Irregular Heartbeat Detection

10. Warranty and Support

The Omron M2 Basic Automatic Blood Pressure Monitor is backed by a 5-year guarantee, ensuring its quality and reliability. This warranty covers defects in materials and workmanship under normal use.

For warranty claims, technical support, or any questions regarding the operation of your device, please contact Omron customer service. Refer to the contact information provided in the product packaging or visit the official Omron website for your region.

Please retain your purchase receipt as proof of purchase for warranty purposes.