

Omron HEM-6123

OMRON HEM-6123 Wrist Blood Pressure Monitor Instruction Manual

Your Guide to Accurate Blood Pressure Measurement

1. INTRODUCTION

Thank you for purchasing the OMRON HEM-6123 Wrist Blood Pressure Monitor. This device is designed for accurate and convenient measurement of blood pressure at home. Its compact and portable design, combined with an intuitive interface, makes it easy to use for adults. This manual provides essential information for the safe and effective use of your monitor.



TECNOLOGÍA DE
OMRON HEALTHCARE
EN JAPÓN

CONSULTE A SU MÉDICO. LEA LAS INSTRUCCIONES DE USO.
*Basado en estudio cuantitativo realizado por IQVIA en México en 2019 con 200 médicos locales.

Image 1.1: OMRON HEM-6123 Monitor and Packaging. This image shows the device alongside its retail packaging, emphasizing its key features and benefits.

2. IMPORTANT SAFETY INFORMATION

Please read this section carefully before using the device. Failure to follow these instructions could result in inaccurate readings or injury.

- **Consult Your Doctor:** Always consult your physician regarding your blood pressure readings and any health concerns. Self-diagnosis and treatment based on measurements can be dangerous.
- **Read Instructions:** Ensure you read and understand the entire instruction manual before first use.
- **Medical Conditions:** If you have any medical conditions, especially those affecting circulation or blood disorders, consult your doctor before using this device.
- **Avoid Use on Injured Arm:** Do not apply the cuff to an arm with an injury or undergoing medical treatment.
- **Keep Out of Reach of Children:** This device is not a toy. Keep it and its components away from infants and children.

3. PRODUCT OVERVIEW

Familiarize yourself with the components and display indicators of your OMRON HEM-6123 monitor.



Image 3.1: Front View of the Monitor. This image displays the main unit, including the digital screen showing systolic, diastolic, and pulse readings, along with the prominent START/STOP button.

Display Indicators:



Image 3.2: Display Indicators. This image highlights the different sections of the monitor's display, indicating where systolic pressure, diastolic pressure, pulse rate, and the memory symbol are shown.

- **SYS (Systolic Blood Pressure):** The top number, indicating the pressure in your arteries when your heart beats.
- **DIA (Diastolic Blood Pressure):** The bottom number, indicating the pressure in your arteries between beats.
- **PULSE:** Your heart rate per minute.
- **Memory Symbol:** Indicates that the current reading is stored in memory.
- **Irregular Heartbeat Symbol:** Appears if an irregular heartbeat is detected during measurement.
- **Position Sensor Symbol:** Guides you to ensure correct wrist positioning for accurate readings.

4. SETUP

4.1 Battery Installation

1. Open the battery cover on the back of the monitor.

2. Insert two "AAA" alkaline batteries, ensuring the correct polarity (+/-).
3. Close the battery cover securely.

4.2 Cuff Application

Proper cuff placement is crucial for accurate readings. The OMRON HEM-6123 features a position sensor to assist you.

1. Remove tight-fitting clothing from your left wrist.
2. Place the monitor on your left wrist with the display facing you. The cuff should be positioned approximately 1 to 2 cm from the bottom of your palm.
3. Fasten the wrist cuff snugly around your wrist. Ensure it is not too tight or too loose.
4. Rest your elbow on a table so that the monitor is at the same level as your heart.



Brazalete universal
(13.5 -21.5 cm)



Sensor de posición para
una medición precisa.



Image 4.1: Correct Cuff Placement. This image illustrates how to properly position the wrist cuff on the arm and align the monitor with the heart level for accurate measurement.



Image 4.2: Wrist Cuff Side View. This image provides a side perspective of the monitor on the wrist, demonstrating the snug and appropriate fit of the cuff.

5. OPERATING INSTRUCTIONS

5.1 Taking a Measurement

1. Sit comfortably with your back supported and feet flat on the floor. Relax for 5 minutes before measuring.
2. Ensure the cuff is correctly applied as described in Section 4.2.
3. Press the **START/STOP** button. The cuff will begin to inflate automatically.
4. Remain still and silent during the measurement.
5. The monitor will deflate and display your systolic pressure, diastolic pressure, and pulse rate.
6. Press the **START/STOP** button again to turn off the monitor. If you forget, it will automatically shut off after 2 minutes.

5.2 Understanding Your Readings

The monitor provides clear readings for systolic, diastolic, and pulse. Additionally, it features specific indicators for your health.

- **Irregular Heartbeat Detection:** The monitor will display a symbol if it detects an irregular heartbeat during the measurement. If this symbol appears frequently, consult your doctor.
- **Position Sensor:** This technology guides you to ensure your wrist is at the correct height relative to your heart, which is essential for accurate readings. The sensor will indicate if your wrist needs to be

adjusted.



Irregular Heartbeat Detector



Position Sensor

6. MEMORY FUNCTION

The OMRON HEM-6123 automatically stores your last measurement. To view the stored reading:

1. With the monitor off, press the **Memory** button (usually indicated by a symbol resembling a sheet of paper or a book).
2. The last measurement will be displayed.



Memory Function Icon

7. OMRON CONNECT APP COMPATIBILITY

This monitor is compatible with the OMRON connect app, allowing you to easily track and manage your blood pressure readings over time. Refer to the app's instructions for pairing and data transfer.



OMRON connect App Icon

8. MAINTENANCE AND STORAGE

8.1 Cleaning

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

8.2 Storage

- Store the device in its protective case (if provided) in a clean, dry place.
- Avoid extreme temperatures, humidity, direct sunlight, and dust.
- Remove batteries if the unit will not be used for an extended period.

9. TROUBLESHOOTING

If you encounter any issues with your monitor, refer to the table below for common problems and solutions.

Problem	Possible Cause	Solution
Monitor does not turn on	Batteries are dead or incorrectly inserted.	Replace batteries or reinsert them with correct polarity.
Inaccurate readings	Incorrect cuff placement, movement during measurement, or improper arm position.	Ensure cuff is correctly applied, remain still, and position wrist at heart level.
Irregular Heartbeat symbol appears frequently	Possible cardiac arrhythmia.	Consult your physician for evaluation.
Cuff does not inflate	Cuff is not properly connected or a leak exists.	Check cuff connection. If problem persists, contact customer support.

10. SPECIFICATIONS

- **Product Name:** Wrist Blood Pressure Monitor
- **Model:** HEM-6123
- **Brand:** Omron
- **Measurement Method:** Oscillometric method
- **Cuff Size:** Universal wrist cuff (13.5 - 21.5 cm)
- **Power Source:** 2 "AAA" batteries
- **Memory:** Stores last measurement
- **Special Features:** Position Sensor, Irregular Heartbeat Detection, OMRON connect App compatibility
- **Age Range:** Adult




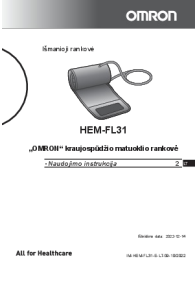
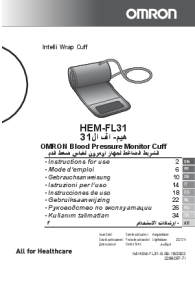
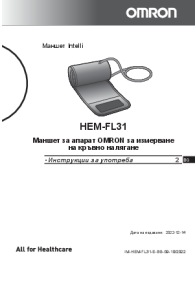
11. WARRANTY AND SUPPORT

The OMRON HEM-6123 Wrist Blood Pressure Monitor comes with a **5-year warranty** from the date of purchase. This warranty covers defects in materials and workmanship under normal use.

For warranty claims, technical support, or further assistance, please refer to the contact information provided in your product packaging or visit the official Omron Healthcare website.

Important Note: Always retain your proof of purchase for warranty purposes.

Related Documents - HEM-6123

	<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>
	<p>OMRON Intelli Wrap Cuff HEM-FL31: Instructions for Use, Specifications, and Maintenance</p> <p>Comprehensive guide to the OMRON Intelli Wrap Cuff HEM-FL31, including usage instructions, maintenance tips, technical specifications, and symbol explanations for blood pressure monitoring.</p>
	<p>OMRON HEM-6161 Wrist Blood Pressure Monitor: Instruction Manual and User Guide</p> <p>Comprehensive instruction manual for the OMRON HEM-6161 Wrist Blood Pressure Monitor. Learn how to accurately measure blood pressure and pulse rate at home, including setup, usage, safety guidelines, troubleshooting, and specifications.</p>
	<p>OMRON HEM-FL31 Smart Blood Pressure Monitor Cuff User Manual</p> <p>Comprehensive user manual for the OMRON HEM-FL31 Smart Blood Pressure Monitor Cuff, detailing usage instructions, safety precautions, specifications, care guidelines, and manufacturer information for accurate blood pressure monitoring.</p>
	<p>OMRON Intelli Wrap Cuff HEM-FL31 User Manual and Specifications</p> <p>Comprehensive user manual and specifications for the OMRON Intelli Wrap Cuff HEM-FL31, providing instructions for use, maintenance, and detailed product information.</p>
	<p>OMRON HEM-FL31 Intelli Cuff User Manual and Instructions</p> <p>Comprehensive user manual for the OMRON HEM-FL31 Intelli blood pressure monitor cuff, providing instructions for use, maintenance, and technical specifications.</p>