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› Omron M6 Comfort Automatic Blood Pressure Monitor User Manual

Omron M6 Comfort

Omron M6 Comfort Automatic Blood Pressure Monitor

Model: M6 Comfort (HEM-7223-E-02)

User Manual

1. INTRODUCTION

Thank you for purchasing the Omron M6 Comfort Automatic Blood Pressure Monitor. This device is designed to measure blood pressure and pulse rate in adults. It utilizes the Intellisense™ technology for comfortable and accurate measurements. Please read this manual thoroughly before using the unit to ensure correct operation and to understand all safety information.

2. IMPORTANT SAFETY INFORMATION

Always consult your physician. Self-diagnosis of measured results and self-treatment are dangerous. This device is intended for home use. Do not use it for diagnosis or treatment of any health problem or disease. Consult your doctor before using the device if you have any of the following conditions: severe blood circulation problems, blood disorders, or if you are pregnant. Keep the device out of reach of children.

- Do not use the device on an injured arm or an arm under medical treatment.
- Do not use the device in conjunction with other medical electrical (ME) equipment simultaneously.
- Avoid using the device in strong electromagnetic fields.
- Ensure the cuff size is appropriate for your arm circumference.

3. PACKAGE CONTENTS

Upon opening the package, please verify that all components are present and undamaged:

- Omron M6 Comfort Blood Pressure Monitor Unit
- Comfort Cuff (22-42 cm)
- Instruction Manual
- Storage Case
- Battery Set (AA batteries)



Image 1: Retail packaging of the Omron M6 Comfort Blood Pressure Monitor. The box displays the device, its features, and the Omron brand logo.

4. SETUP

4.1 Battery Installation

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

4.2 Connecting the Air Tube

1. Locate the air jack on the left side of the monitor unit.
2. Firmly insert the air plug of the cuff into the air jack until it clicks into place.

5. OPERATING INSTRUCTIONS

5.1 Before Taking a Measurement

- Avoid eating, drinking alcohol, smoking, exercising, and bathing for 30 minutes before measurement.
- Rest for at least 15 minutes before taking a measurement.
- Sit in a chair with your feet flat on the floor and your back supported.
- Place your arm on a table so the cuff is at heart level.

5.2 Applying the Arm Cuff

1. Wrap the cuff around your upper arm, approximately 1-2 cm above your elbow.
2. Ensure the air tube is centered on the inside of your arm and points down towards your hand.
3. The cuff should be snug but not too tight. You should be able to insert two fingers between the cuff and your arm.



Image 2: The Omron M6 Comfort Blood Pressure Monitor unit connected to its Comfort Cuff. The cuff is designed for arm circumferences of 22-42 cm.

5.3 Taking a Measurement

1. Press the **START/STOP** button. The cuff will begin to inflate automatically.
2. Remain still and silent during the measurement.
3. Once the measurement is complete, the cuff will deflate, and your systolic pressure, diastolic pressure, and pulse rate will be displayed on the screen.

4. Press the **START/STOP** button again to turn off the monitor. The monitor will automatically turn off after 2 minutes of inactivity.

5.4 Understanding Your Readings

The display shows three main 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, or the number of times your heart beats per minute.

The monitor may also display indicators for irregular heartbeat or body movement during measurement. Consult your doctor for interpretation of your blood pressure readings.

6. MAINTENANCE

6.1 Cleaning

- Wipe the monitor unit 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 or volatile cleaners. Do not immerse the monitor or cuff in water.

6.2 Storage

- Store the device and cuff in the provided storage case.
- Keep the device 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
No display when turned on.	Batteries are dead or incorrectly inserted.	Replace batteries or reinsert them with correct polarity.
Error message (e.g., "E1", "E2").	Cuff not applied correctly, movement during measurement, or air leakage.	Reapply cuff, remain still, check air tube connection. Retake measurement.
Readings seem too high/low.	Incorrect cuff placement, improper posture, or recent activity.	Ensure proper cuff placement and body posture. Rest for 15 minutes before re-measuring.

If the problem persists after trying the solutions above, please contact Omron customer support.

8. SPECIFICATIONS

Feature	Detail
Product Name	Automatic Blood Pressure Monitor
Model	M6 Comfort (HEM-7223-E-02)
Measurement Method	Oscillometric method

Feature	Detail
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	Comfort Cuff (22-42 cm arm circumference)
Memory	100 measurements with date and time for 2 users (A/B)
Power Source	4 "AA" batteries 1.5V or optional AC adapter
Weight	Approximately 380g (monitor only)
Dimensions	Approximately 124 (W) x 90 (H) x 161 (L) mm (monitor only)

9. WARRANTY AND SUPPORT

Omron blood pressure monitors are manufactured under strict quality guidelines. This product is covered by a limited warranty against manufacturing defects. For specific warranty terms and conditions, please refer to the warranty card included in your product package or visit the official Omron website for your region.

For technical support, troubleshooting assistance, or to inquire about replacement parts, please contact Omron customer service. Contact details can typically be found on the Omron website or on the product packaging.

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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.

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