

OMRON HEM-6161

OMRON Wrist Blood Pressure Monitor HEM-6161 Instruction Manual

1. INTRODUCTION

This manual provides essential information for the safe and effective use of your OMRON HEM-6161 Wrist Blood Pressure Monitor. This device is designed for non-invasive measurement of systolic and diastolic blood pressure for home health management. Please read this manual thoroughly before use and keep it for future reference.

	上腕式	手首式
		
特徴	医師がすすめる 血圧測定方式の スタンダード	手首にカフを巻いて 測定するタイプ
利用場所	 ご自宅で	 外出先で
持ち運びの しやすさ	 据え置きがおすすめ	 小型で持ち運びに便利
測定の簡単さ	 心臓の高さで測りやすく 正しい測定がしやすい	 正しい位置での測定に 注意する必要がある

Image 1.1: OMRON HEM-6161 Wrist Blood Pressure Monitor. This image shows the compact design of the blood pressure monitor with its wrist cuff.

2. IMPORTANT SAFETY INFORMATION

To ensure safe operation and accurate measurements, observe the following contraindications and precautions:

2.1. Contraindications / Prohibitions

- **Self-diagnosis or treatment based on self-diagnosis of measurement results:** This may lead to a worsening of symptoms. Always consult a healthcare professional.
- **Measurement on an injured or treated arm:** This may lead to a worsening of symptoms.
- **Measurement on an arm undergoing intravenous drip or blood transfusion:** This may lead to a worsening of symptoms.
- **Use near flammable or combustible gases:** This may cause ignition, fire, or explosion.
- **Use beyond the service life:** This may result in incorrect measurements.
- **Use by an unspecified number of people in medical institutions or public places:** This may cause accidents or problems.

2.2. Precautions for Use

- Individuals with severe blood disorders or blood diseases should use this device only under the guidance of a physician.
- Temporary internal bleeding may occur due to cuff compression.
- Do not use on infants or individuals who cannot express themselves.
- Do not use for purposes other than blood pressure measurement.
- Do not disassemble or modify the main unit or the dedicated cuff.
- Insert batteries with correct polarity ($\oplus \ominus$).
- Use only the specified batteries.
- Remove batteries when the device will not be used for a long period.

3. PRODUCT OVERVIEW AND CONTENTS

The OMRON HEM-6161 is a compact wrist blood pressure monitor designed for ease of use and portability. It records up to 30 measurements.

3.1. Package Contents

Verify that all items are present in the package:

- Main Unit (OMRON HEM-6161)
- Dedicated Wrist Cuff
- Storage Case
- AAA Alkaline Batteries (2 pcs for trial use)
- Instruction Manual (this document)



Image 3.1: Package contents including the main unit, cuff, storage case, and batteries.

4. SETUP

4.1. Battery Installation

1. Open the battery compartment cover on the back of the main unit.
2. Insert two AAA alkaline batteries, ensuring the correct polarity ($\oplus \ominus$) as indicated inside the compartment.
3. Close the battery compartment cover securely.

The device is now ready for use.

5. OPERATING INSTRUCTIONS

Follow these steps for accurate blood pressure measurement:

5.1. Applying the Wrist Cuff

1. Sit in a comfortable position with your feet flat on the floor.

2. Wrap the cuff around your left wrist, approximately 1-2 cm above your wrist joint. Ensure the display faces upwards.
3. Tighten the cuff so it is snug but not uncomfortably tight. There should be enough space to insert one finger between the cuff and your wrist.

正しい位置で測りましょう

手首式血圧計で血圧を正確に測るには、手首を心臓の高さに合わせる必要があります。

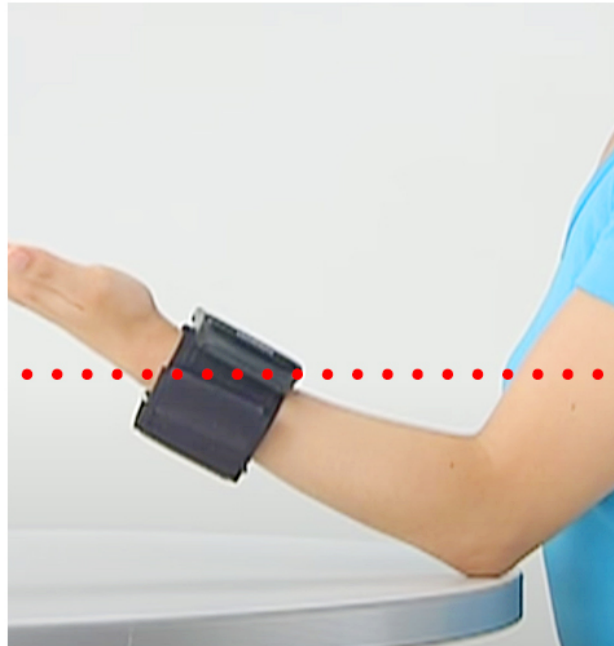
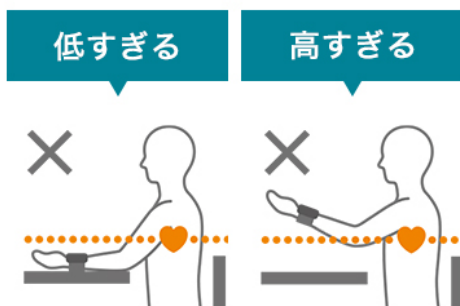


Image 5.1: This image illustrates how to correctly apply the wrist cuff and initiate a measurement by pressing the start button.

5.2. Proper Measurement Position

For accurate readings, it is crucial to position your wrist at heart level during measurement.

- Rest your elbow on a table and raise your wrist so the monitor is at the same height as your heart.
- Keep your body still and avoid talking during the measurement.

シンプルで使いやすい血圧計 omron

健康管理のための毎日の血圧測定を
ワンボタン操作で簡単に行えます

持ち運びに便利

簡単測定



シンプルで見やすい画面



ワンボタンで測定できる

Image 5.2: This diagram shows the importance of aligning the wrist blood pressure monitor with heart level for accurate readings. Incorrect positions (too low or too high) are also depicted.

5.3. Starting Measurement

1. Press the START/STOP button. The cuff will begin to inflate automatically.
2. Remain still and quiet until the measurement is complete and the results are displayed.
3. The monitor will display your systolic pressure, diastolic pressure, and pulse rate.



Image 5.3: A user demonstrating the measurement process with the OMRON HEM-6161 on their wrist.

6. UNDERSTANDING YOUR READINGS

6.1. Irregular Heartbeat Detection

This monitor can detect irregular heartbeats during measurement. If an irregular heartbeat is detected, a specific icon will appear on the display after the measurement. If this icon appears frequently, consult your physician.



Image 6.1: Icon indicating the detection of an irregular heartbeat.

7. SPECIFICATIONS

Feature	Specification
Product Name	OMRON Wrist Blood Pressure Monitor HEM-6161
General Name	Automatic Electronic Blood Pressure Monitor
External Dimensions	Approx. 84 (width) × 62 (height) × 21 (depth) mm (excluding cuff)
Weight	Approx. 85 g (excluding batteries)
Operating Environment	+10 to +40°C / 15 to 90% RH (non-condensing) / 800 to 1060 hPa
Applicable Wrist Circumference	13.5 to 21.5 cm
Power Supply	Two AAA alkaline batteries (DC 3 V 3.0 W)
Protection against Electric Shock	Internally powered equipment, Type BF applied part (cuff)
IP Protection Rating	IP22
Measurement Error (Clinical)	Mean error with auscultatory method: within ± 5 mmHg; Standard deviation: within 8 mmHg
Pressure Display Error	Pressure range 0 to 299 mmHg: within ± 3 mmHg
Rapid Deflation Time	From 260 mmHg to 15 mmHg: 10 seconds or less
Reproducibility of Measurement	3 mmHg or less
Maximum Cuff Pressure	299 mmHg

血圧計は生活様式に合わせて選びましょう

	上腕式	全自動上腕式	手首式	本体・カフ 一体型
生活 様式	 自宅で 測ることが 多い	 腕を通すだけ 自宅で楽に測る 据置型	 外出用	 自宅+外出 兼用
測定の 簡単さ※	 腕帯を巻く 手間が必要	 腕を通すだけ	 測定位置合わせ が必要	 腕を通すだけの コンパクト設計
商品 イメージ				

※正しい装着・姿勢をとる簡単さを示しています。

Image 7.1: The OMRON HEM-6161 monitor displaying its physical dimensions and wrist circumference range.

8. MAINTENANCE

To ensure the longevity and accuracy of your blood pressure monitor, follow these general maintenance guidelines:

- Clean the monitor and cuff with a soft, dry cloth. Do not use abrasive cleaners or immerse the device in water.
- Store the device in its protective case when not in use to prevent damage.
- Avoid exposing the device to extreme temperatures, humidity, direct sunlight, or strong vibrations.
- Replace batteries promptly when the low battery indicator appears.

9. TROUBLESHOOTING

If you encounter issues with your blood pressure monitor, try the following general troubleshooting steps:

- **No display or device does not turn on:** Check battery installation and ensure correct polarity. Replace

batteries if they are old or depleted.

- **Inaccurate readings:** Ensure the cuff is applied correctly and snugly. Verify your wrist is at heart level during measurement. Avoid movement or talking during measurement.
- **Cuff does not inflate or inflates incorrectly:** Check for any kinks in the cuff tubing (if applicable, though this is a wrist unit). Ensure the cuff is properly attached to the main unit.

If problems persist after attempting these steps, please contact OMRON Customer Service.

10. WARRANTY AND SUPPORT

Your OMRON HEM-6161 Wrist Blood Pressure Monitor comes with a manufacturer's warranty of 1 year.

10.1. Manufacturer and Distributor Information

Manufacturer/Distributor: OMRON Healthcare Co., Ltd.

10.2. Customer Service

For inquiries or support, please contact OMRON Customer Service Center.

Phone: 0120-30-6606

Service hours: 9:00 - 17:00 (excluding Saturdays, Sundays, national holidays, and New Year holidays)

Before contacting, please have the following information ready:

- Product model (HEM-6161)
- Manufacturing number (if available)
- Date and place of purchase
- Description of the issue (e.g., no display, abnormal display)

お問合せ窓口について

電話でのお問い合わせ

お問い合わせいただく前にご確認ください。

- ☑ 商品の型式 (HEM-7011やHBF-371など)
- ☑ 製造番号 (不明の場合は結構です)
- ☑ 購入された時期、購入店名
- ☑ 不具合の状態 (表示しない、異常な表示が出るなど)

 **0120-30-6606**

【受付時間】9:00～17:00 (土・日・祝日・年末年始を除く)

※ダイヤルのかけ間違いが多くなっております。ダイヤルは正確におかけください。
※携帯電話・PHSからもご利用いただけます。

ご案内

お問い合わせ内容の確認とサービス向上を目的として、通話を録音させていただいております。
予期せぬ障害などで電話が切れた時にこちらからかけ直しをさせていただくために、
発信者番号通知をお願いしております。発信者番号を非通知に設定されているお客様は、
はじめに「186」をダイヤルしてからおかけください。

Image 10.1: Contact details for OMRON Customer Service, including phone number and operating hours.