

Omron HEM-6181

Omron HEM 6181 Fully Automatic Wrist Blood Pressure Monitor User Manual

1. INTRODUCTION

The Omron HEM 6181 is a fully automatic wrist blood pressure monitor designed for convenient and accurate measurement of blood pressure. This device utilizes the oscillometric method to detect blood pressure by sensing pressure pulsations of the artery underneath the cuff during inflation. The electronic pressure sensor then displays a digital reading of your blood pressure.

This manual provides essential information for the proper use and maintenance of your Omron HEM 6181 blood pressure monitor. Please read it thoroughly before use.



Image 1: Omron HEM 6181 Wrist Blood Pressure Monitor

2. WHAT'S IN THE BOX

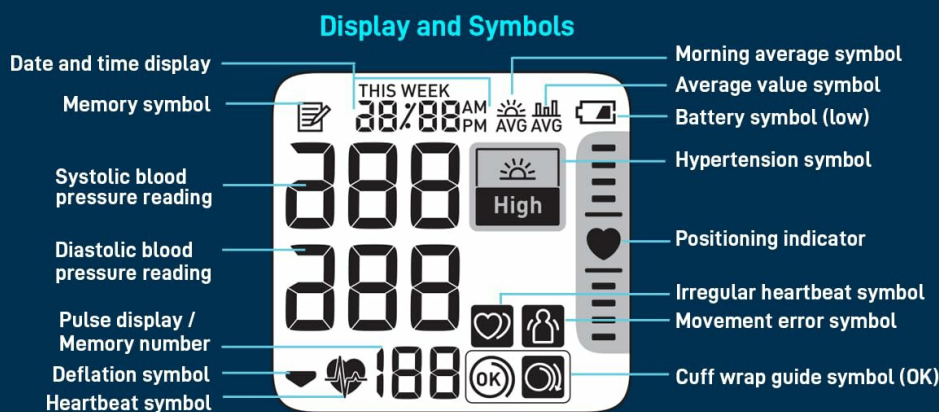
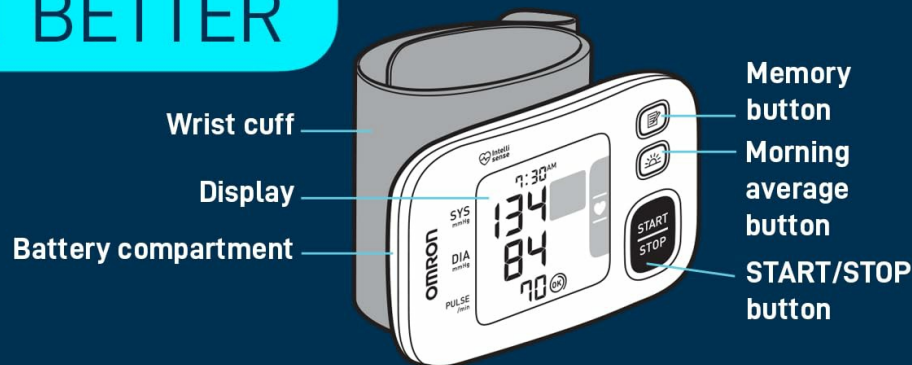
Upon opening the package, ensure all the following components are present:

- Omron HEM 6181 Device
- Wrist Cuff
- 4 AA Batteries
- User Manual (this document)

3. PRODUCT OVERVIEW

Familiarize yourself with the components and display symbols of your blood pressure monitor:

KNOW YOUR UNIT BETTER



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Image 2: Detailed view of the Omron HEM 6181 display and buttons, indicating the wrist cuff, display, battery compartment, memory button, morning average button, and START/STOP button. The display shows various symbols including date and time, memory, systolic and diastolic blood pressure, pulse rate, deflation, heartbeat, morning average, average value, low battery, hypertension, positioning indicator, irregular heartbeat, movement error, and cuff wrap guide (OK).

Display and Symbols:

- **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.
- **Date and Time Display:** Shows the current date and time.
- **Memory Symbol:** Indicates that the current reading is stored in memory.
- **Morning Average Symbol:** Appears when viewing morning average readings.
- **Average Value Symbol:** Indicates the average of the last 2-3 readings within 10 minutes.
- **Low Battery Symbol:** Appears when batteries need replacement.
- **Hypertension Symbol:** Indicates a high blood pressure reading.
- **Positioning Indicator:** Guides you to position your wrist correctly for accurate measurement.
- **Irregular Heartbeat Symbol:** Appears if an irregular heartbeat rhythm is detected during measurement.

- **Movement Error Symbol:** Indicates body movement during measurement, which can affect accuracy.
- **Cuff Wrap Guide (OK) Symbol:** Confirms that the cuff is wrapped correctly.

4. SETUP

4.1. Battery Installation

1. Open the battery compartment cover located on the back of the monitor.
2. Insert the four AA batteries, ensuring the correct polarity (+/-) as indicated inside the compartment.
3. Close the battery compartment cover securely.

Note: The monitor requires 2 AA batteries for operation. The included 4 batteries are for initial use and spares.

5. OPERATING INSTRUCTIONS

5.1. Proper Measurement Posture

Correct posture is crucial for accurate blood pressure readings. Follow these guidelines:

- Sit in a chair with your legs uncrossed and your feet flat on the floor.
- Ensure your back is well supported.
- Relax your wrist and hand. Do not bend your wrist, back, forward, or clench your fist.
- Position the wrist in alignment with your heart. The position indicator on the monitor will assist you in finding the correct height.

HOW TO TAKE MEASUREMENT

Sitting Posture

Sit in a chair with your legs uncrossed and your feet flat on the floor. Sit with your back being supported. Relax your wrist and hand. Do not bend your wrist, back, forward or clench your fist as shown in the images below.



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Image 3: Illustration of correct and incorrect sitting postures for blood pressure measurement, emphasizing uncrossed legs, supported back, and relaxed wrist.

5.2. Applying the Wrist Cuff

Follow these steps to correctly apply the wrist cuff:

1. Apply the wrist cuff to your left wrist. Roll up your sleeve to ensure the cuff is not rolled up too tightly on your arm, as this may constrict blood flow.
2. Put your wrist through the cuff loop. Your palm and the monitor display should face upward.
3. Position the wrist cuff leaving a clearance of 1 to 2 cm between the cuff and the bottom of your palm.
4. Wrap the wrist cuff firmly around your wrist. Do not apply over clothing. Check to make sure there is no gap between your wrist and the cuff.

Note: Ensure the wrist cuff does not cover the protruding part of the wrist bone on the outside of your wrist.

HOW TO TAKE MEASUREMENT



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01

Apply the wrist cuff to your left wrist. Roll up sleeve. Make sure your sleeve is not rolled up too tightly on your arm. This may constrict the flow of blood in your arm.



02

Put your wrist through the cuff loop. Your palm and monitor display should both face upward.



03

Position the wrist cuff leaving a clearance of 1 to 2 cm between the cuff and the bottom of your palm.



1 to 2 cm

04

Wrap the wrist cuff firmly around your wrist. Do not apply over clothing. Check to make sure that there is no gap between your wrist and the cuff.



Note

Make sure the wrist cuff does not cover the protruding part of the wrist bone on the outside of your wrist.



Image 4: Step-by-step guide on how to correctly apply the wrist cuff, including rolling up sleeves, positioning the wrist, ensuring proper clearance from the palm, and wrapping firmly.

5.3. Taking a Measurement

1. Once the cuff is correctly applied and you are in the proper posture, press the **START/STOP** button.
2. The cuff will begin to inflate automatically. Remain still and silent during the measurement.
3. The monitor will display your systolic pressure, diastolic pressure, and pulse rate upon completion.
4. Press the **START/STOP** button again to turn off the monitor. If you do not turn it off, the monitor will automatically shut down after a period of inactivity.

6. FEATURES EXPLAINED

The Omron HEM 6181 includes several intelligent features to enhance accuracy and user experience:

ADVANTAGES & FEATURES



Morning
Average
Indicator



Solid
Storage
Case



Position
Indicator



Pre-formed
Cuff



Hypertension
Indicator



60 Memory



Body
Movement
Detection



Irregular
Heartbeat
Detection



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Image 5: Visual representation of the advantages and features of the Omron HEM 6181, including Morning Average Indicator, Solid Storage Case, Position Indicator, Pre-formed Cuff, Hypertension Indicator, 60 Memory, Body Movement Detection, and Irregular Heartbeat Detection.

6.1. Cuff Wrap Guide Function

This function provides visual feedback via illuminated indicators to confirm if the cuff is wrapped too loosely or correctly. A correct measurement can also be confirmed by a text message or symbol on the display, ensuring optimal cuff placement for accurate readings.

6.2. Irregular Heartbeat Detection

The Irregular Heartbeat Symbol will appear on the display alongside your measurement values if the monitor detects any irregular rhythm. An irregular heartbeat rhythm is defined as a rhythm that is 25% faster or slower than the average rhythm detected during blood pressure monitoring. If this symbol appears frequently, consult your physician.

6.3. Body Movement Detection

The Movement Error Symbol is displayed if you move your body during the measurement. Body movement can significantly affect the accuracy of your reading. If this symbol appears, please remove the arm cuff, wait 2-3 minutes, and then take another measurement, ensuring you remain still during inflation.

6.4. Memory Function

The monitor automatically stores up to 60 sets of measurement values, including blood pressure and pulse rate. When 60 sets of measurement values are stored, the oldest record is automatically deleted to save the most recent values. This allows for tracking your blood pressure trends over time.

6.5. Morning Average Indicator

This feature calculates and displays the average of your morning readings, providing a consistent metric for monitoring your blood pressure trends.

6.6. Omron Connect App

The Omron Connect App can be used as a smart health partner for sharing accurate and reliable results from your Omron devices with your doctor. It helps manage blood pressure effectively by providing an instant health overview, tracking patterns, and allowing you to set goals. It also integrates with fitness apps.



**I'm prepared
with my OMRON
BP MONITOR, Are You?**



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HEM 6181

Image 6: Overview of the Omron Connect App, highlighting features like instant health overview, BP diary, fitness app connectivity, and health rewards.

7. CARE AND MAINTENANCE

- Keep the monitor clean by wiping it with a soft, dry cloth. Do not use abrasive cleaners or immerse the unit in water.
- Store the monitor in its solid storage case when not in use to protect it from dust and damage.
- Avoid exposing the monitor to extreme temperatures, humidity, direct sunlight, or strong vibrations.
- Remove batteries if the unit will not be used for an extended period to prevent leakage.

8. TROUBLESHOOTING

If you encounter issues with your monitor, refer to the following common problems and solutions:

- **Inaccurate Readings:** Ensure correct cuff placement, proper sitting posture, and no body movement during measurement. Check for low battery.
- **"Movement Error" Symbol Appears:** This indicates movement during measurement. Remove the cuff, wait 2-3 minutes, and re-measure while remaining completely still.
- **"Irregular Heartbeat" Symbol Appears:** This indicates an irregular pulse. If it appears frequently, consult a healthcare professional.
- **Monitor Does Not Turn On:** Check if the batteries are inserted correctly and are not depleted. Replace batteries if necessary.

For further assistance, please refer to the full user manual or contact Omron customer support.

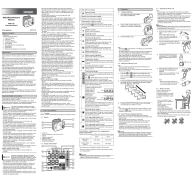


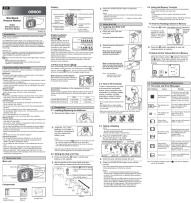

9. SPECIFICATIONS

Specification	Detail
Model Number	HEM-6181
Brand	Omron
Display Type	Digital
Measurement Method	Oscillometric
Power Source	Battery Powered (2 AA batteries)
Memory	60 sets of measurements
Product Dimensions (LxWxH)	11.2 x 11.4 x 9.6 cm
Item Weight	260 g
Country of Origin	Vietnam

10. WARRANTY AND SUPPORT

The Omron HEM 6181 Blood Pressure Monitor comes with a 3-year warranty. For warranty claims, technical support, or any product-related inquiries, please contact Omron Healthcare India PVT Ltd. or visit their official website. Keep your purchase receipt as proof of purchase for warranty services.

Related Documents - HEM-6181

	<p>Návod na obsluhu automatického zápästného merača krvného tlaku OMRON RS4 (HEM-6181-E)</p> <p>Kompletný návod na obsluhu pre automatický zápästný merač krvného tlaku OMRON RS4 (HEM-6181-E), ktorý pokrýva nastavenie, používanie, bezpečnostné pokyny, riešenie problémov a údržbu.</p>
	<p>OMRON HEM-6181 Wrist Blood Pressure Monitor: User Guide & Safety Instructions</p> <p>Comprehensive instruction manual for the OMRON HEM-6181 Wrist Blood Pressure Monitor. Learn how to accurately measure blood pressure and pulse rate at home, understand readings, and troubleshoot common issues.</p>
	<p>OMRON HEM-6181 Wrist Blood Pressure Monitor Instruction Manual</p> <p>Comprehensive instruction manual for the OMRON HEM-6181 Wrist Blood Pressure Monitor, covering setup, usage, safety precautions, troubleshooting, and specifications for accurate home blood pressure monitoring.</p>
	<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 MIT Quick Check 3 Wrist Blood Pressure Monitor Instruction Manual</p> <p>User guide and instruction manual for the OMRON MIT Quick Check 3 Wrist Blood Pressure Monitor (Model HEM-6140-E). Learn about setup, usage, troubleshooting, and maintenance.</p>
	<p>Omron RS7 Intelli IT (HEM-6232T-E) Wrist Blood Pressure Monitor User Manual</p> <p>Detailed user manual for the Omron RS7 Intelli IT (HEM-6232T-E) wrist blood pressure monitor, covering setup, operation, memory functions, troubleshooting, and specifications. Provides instructions for accurate blood pressure and pulse measurement.</p>