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### Omron HEM-6232T-E

# OMRON RS7 Intelli IT Wrist Blood Pressure Monitor User Manual

Model: HEM-6232T-E (RS7 Intelli IT)

Brand: Omron

## 1. PRODUCT OVERVIEW

The OMRON RS7 Intelli IT is a clinically validated wrist blood pressure monitor designed for accurate and convenient blood pressure and pulse rate measurement. It is suitable for home use and on-the-go monitoring, including for individuals with obesity. The device integrates smart features such as a cuff wrap guide, positioning sensor, and Bluetooth connectivity for seamless data transfer to the OMRON connect smartphone application.



Figure 1.1: The OMRON RS7 Intelli IT monitor alongside a smartphone displaying the OMRON connect app, highlighting its compact design and digital integration.

Key features include:

- **Clinically Validated:** Ensures reliable and accurate measurements.
- **Cuff Wrap Guide:** Indicates if the cuff is correctly applied for accurate readings.
- **Positioning Sensor:** Guides the user to position the wrist correctly at heart level.
- **Irregular Heartbeat Detection:** Alerts the user to potential irregular heart rhythms.
- **Hypertension Indicator:** Flags readings that suggest hypertension.
- **Bluetooth Connectivity:** Automatically transfers readings to the OMRON connect app.
- **Compact and Silent:** Allows for discreet use anywhere, anytime.
- **Two User Memory:** Stores up to 100 readings per user.



Morning hyper-tension indicator



Connected



Advanced positioning sensor



2 users  
x 100 readings



5 year guarantee



Figure 1.2: Visual representation of key features including morning hypertension indicator, Bluetooth connectivity, advanced positioning sensor, dual user memory, and 5-year guarantee.

## 2. PACKAGE CONTENTS

Verify that all items are present in the package:

- OMRON RS7 Intelli IT Wrist Blood Pressure Monitor
- Storage Case
- 2 x AAA Alkaline Batteries
- Instruction Manual
- Setup Instructions
- Blood Pressure Pass



## What's in the box

- OMRON RS7 Intelli IT
- Setup instructions
- Instruction manual
- Storage case
- Batteries

Figure 2.1: Illustration of the items included in the product packaging: the OMRON RS7 Intelli IT monitor, storage case, batteries, setup instructions, and instruction manual.

## 3. SETUP GUIDE

### 3.1 Installing Batteries

1. Open the battery compartment cover on the back of the monitor.
2. Insert the two AAA alkaline batteries, ensuring correct polarity (+/-).
3. Close the battery compartment cover securely.

### 3.2 Pairing with OMRON connect App

The OMRON RS7 Intelli IT can connect to your smartphone via Bluetooth to transfer and manage your readings using the free OMRON connect app.

1. Download the OMRON connect app from your smartphone's app store (iOS/Android).
2. Enable Bluetooth on your smartphone.
3. Follow the in-app instructions to pair your OMRON RS7 Intelli IT monitor. The app will guide you through the pairing process, which typically involves pressing a button on the monitor to activate pairing mode.



Securely store your heart data in the OMRON connect app

Figure 3.1: The OMRON RS7 Intelli IT monitor shown with a smartphone displaying the OMRON connect app logo, illustrating the secure storage of heart data.

## 4. OPERATING INSTRUCTIONS

### 4.1 Applying the Wrist Cuff

1. Remove any tight clothing from your wrist.
2. Apply the cuff to your left wrist (or right, if specified by a healthcare professional), ensuring the monitor is on the inside of your wrist, approximately 1-2 cm from your palm.

3. Wrap the cuff snugly around your wrist. The Cuff Wrap Guide symbol on the display will illuminate if the cuff is applied correctly.

## 4.2 Taking a Measurement

1. Sit comfortably with your back supported and feet flat on the floor.
2. Rest your elbow on a table and raise your wrist so that the monitor is at heart level. The Positioning Indicator on the display will guide you to the correct height.
3. Press the **START/STOP** button. The cuff will begin to inflate.
4. Remain still and silent during the measurement.
5. Once the measurement is complete, your systolic pressure, diastolic pressure, and pulse rate will be displayed on the screen.
6. The readings will automatically be transferred to the OMRON connect app if paired.



Figure 4.1: Detailed view of the OMRON RS7 Intelli IT display, showing indicators for User ID, Positioning, Irregular Heartbeat, Cuff Wrap Guide, and the START/STOP button for one-touch operation.

## 5. UNDERSTANDING YOUR READINGS

The monitor displays three main values: Systolic (SYS), Diastolic (DIA), and Pulse rate. It also provides indicators for specific conditions:

- **Irregular Heartbeat Symbol:** Appears if an irregular heartbeat is detected during the measurement. Consult your doctor if this symbol appears frequently.
- **Hypertension Indicator:** The monitor will indicate if your blood pressure reading is above the recommended levels for hypertension.
- **Morning Hypertension Indicator:** This feature, when used with the OMRON connect app, helps identify morning hypertension trends.

For a comprehensive understanding of your readings and trends, regularly sync your monitor with the OMRON connect app.



Figure 5.1: A smartphone displaying the OMRON connect app dashboard, showing blood pressure readings, pulse rate, and indicators for optimal readings based on ESH guidelines.

## 6. MAINTENANCE AND CARE

### 6.1 Cleaning the Monitor

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

### 6.2 Battery Replacement

When the battery indicator appears on the display, replace both AAA batteries with new ones. Refer to Section 3.1 for battery installation instructions.

### 6.3 Storage

- Store the monitor in its protective storage case when not in use.
- Keep the monitor in a clean, dry place, away from direct sunlight, extreme temperatures, and humidity.
- Avoid strong vibrations or shocks.

## 7. TROUBLESHOOTING

Problem	Possible Cause	Solution
No display when powered on	Batteries are dead or incorrectly inserted.	Replace batteries or reinsert them with correct polarity.
Inaccurate readings	Incorrect cuff placement, improper body position, or movement during measurement.	Ensure cuff is correctly wrapped (Cuff Wrap Guide), wrist is at heart level (Positioning Sensor), and remain still and silent.
Cannot pair with app	Bluetooth is off on phone, monitor not in pairing mode, or app issue.	Ensure Bluetooth is on, follow app pairing instructions, restart monitor and phone.
Irregular Heartbeat symbol appears frequently	Possible underlying heart condition.	Consult a healthcare professional for diagnosis and advice.

For more detailed troubleshooting, refer to the full instruction manual or the OMRON connect app's help section.

## 8. TECHNICAL SPECIFICATIONS

**Product Name:** Wrist Monitors - Electric

**Model Number:** HEM-6232T-E

**Display Type:** LCD

**Measurement Method:** Oscillometric method

**Measurement Range:** Blood Pressure: 0 to 299 mmHg, Pulse: 40 to 180 beats/min

**Accuracy:** Pressure:  $\pm 3$  mmHg, Pulse:  $\pm 5\%$  of display reading

**Cuff Size:** 13.5 to 21.5 cm wrist circumference

**Memory:** 100 measurements with date and time for 2 users

**Power Source:** 2 AAA alkaline batteries (included)

**Battery Life:** Approximately 300 measurements with new alkaline batteries

**Product Dimensions:** 62.48 x 26.67 x 12.95 cm

**Item Weight:** 91 Grams (excluding batteries)

**Country of Origin:** Vietnam

## 9. WARRANTY AND SUPPORT

### 9.1 Warranty Information

The OMRON RS7 Intelli IT Wrist Blood Pressure Monitor comes with an extended 5-year guarantee, reflecting Omron's commitment to quality and reliability. Please retain your proof of purchase for warranty claims.

### 9.2 Customer Support

For any questions, technical assistance, or warranty inquiries, please contact Omron Healthcare customer support:

- Manufacturer Contact:** Omron Healthcare Co. Ltd., 53 Kunotsubo, Terado-Cho, Muko, Kyoto 617-0002, Japan.
- European Contact:** Omron Healthcare Europe B.V., Scorpius 33, 2132 LR Hoofddorp, The Netherlands.
- OMRON connect App:** Download the free OMRON connect app for iOS/Android for easy access to readings, averages, and additional support resources.

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### Related Documents - HEM-6232T-E

	<p><a href="#">Omron RS7 Intelli IT Automatic Wrist Blood Pressure Monitor User Manual</a></p> <p>Comprehensive user manual for the Omron RS7 Intelli IT automatic wrist blood pressure monitor (HEM-6232T-E), covering setup, operation, measurement, memory, Bluetooth connectivity, specifications, troubleshooting, and maintenance.</p>
	<p><a href="#">OMRON RS7 Intelli IT (HEM-6232T-E) Automatic Wrist Blood Pressure Monitor Manual</a></p> <p>Comprehensive user manual for the OMRON RS7 Intelli IT automatic wrist blood pressure monitor (HEM-6232T-E), covering setup, measurement, smart device connectivity, memory functions, troubleshooting, and specifications.</p>

	<p><a href="#"><b>Omron RS7 Intelli IT (HEM-6232T-E) Wrist Blood Pressure Monitor User Manual</b></a></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>
	<p><a href="#"><b>OMRON RS7 Intelli IT Automatic Wrist Blood Pressure Monitor - Instruction Manual</b></a></p> <p>User manual for the OMRON RS7 Intelli IT Automatic Wrist Blood Pressure Monitor. Learn about setup, measurement, smart device pairing, memory functions, troubleshooting, and specifications for accurate home blood pressure monitoring.</p>
	<p><a href="#"><b>OMRON Blood Pressure Meters - Clinically Validated Guide</b></a></p> <p>An overview of OMRON blood pressure monitors, detailing features, specifications, and selection guidance for models like the M7 Intelli IT, M6 Comfort, M4 Intelli IT, M3 Comfort, and M3.</p>
	<p><a href="#"><b>Omron RS7 Intelli IT and RS2 Blood Pressure Monitors</b></a></p> <p>Information on Omron's RS7 Intelli IT and RS2 blood pressure monitors, including features, specifications, and usage for accurate blood pressure monitoring.</p>