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- › [Omron](#) /
- › [Omron 5 Series Wireless Upper Arm Blood Pressure Monitor Instruction Manual](#)

Omron BP7250

Omron 5 Series Wireless Upper Arm Blood Pressure Monitor - Instruction Manual

Model: BP7250

1. PRODUCT OVERVIEW

The Omron 5 Series Wireless Upper Arm Blood Pressure Monitor is designed for accurate and convenient home blood pressure monitoring. It features Bluetooth connectivity to sync readings with the Omron Connect app, allowing for comprehensive tracking and sharing of health data.



Figure 1: Omron 5 Series Wireless Upper Arm Blood Pressure Monitor and Cuff.



2. SETUP

2.1 Battery Installation

The monitor requires 4 AA batteries (included). Open the battery compartment on the back of the device and insert the batteries, ensuring correct polarity.

2.2 Cuff Placement

Proper cuff placement is crucial for accurate readings. Follow these steps:

1. Apply the cuff directly on your upper arm, ensuring it is snug but not tight.
2. The air tube should run down the inside of your arm, aligned with your middle finger.
3. The bottom edge of the cuff should be about 1-2 cm (0.5-1 inch) above your elbow.
4. The cuff is designed to comfortably fit standard and large adult arms, 9" to 17" in circumference.



Figure 3: Correct placement of the Omron cuff on the upper arm.

2.3 Bluetooth Pairing with Omron Connect App

To utilize the full features of your monitor, pair it with the free Omron Connect app on your iOS or Android device. This provides unlimited memory for your readings and allows for trend analysis.

Video 1: Instructions on how to pair your Omron monitor with a smartphone.

Video 2: A comprehensive guide on using the Omron Bluetooth blood pressure monitor, including setup.

3. OPERATING INSTRUCTIONS

3.1 Taking a Blood Pressure Measurement

Before taking a measurement, find a quiet place to rest for 5-15 minutes. Sit in a chair with your back straight and your feet flat on the floor; do not cross your legs. Rest your arm on a table or surface so the cuff is at heart level.

1. Ensure the cuff is correctly placed on your upper arm.
2. Press the **START/STOP** button to begin the measurement. The cuff will inflate automatically.
3. Remain still and silent during the measurement.
4. The monitor will display your Systolic (SYS), Diastolic (DIA), and Pulse readings once complete.

Video 3: Demonstration of taking a blood pressure reading with the Omron monitor.

3.2 Understanding Your Readings

The monitor displays your Systolic (top number) and Diastolic (bottom number) blood pressure, along with your pulse rate. An enhanced Irregular Heartbeat Counter displays the number of irregular heartbeats detected (up to 3) during your measurement.

The Hypertension indicator will display if your systolic and/or diastolic readings are above the normal range. Refer to the chart below for general blood pressure categories:



Figure 4: ACC/AHA 2017 Blood Pressure Clinical Practice Guideline categories.

Note: Blood pressure varies constantly due to many factors including stress, time of day, and how you wrap the cuff, which may affect your blood pressure. Always consult a doctor for interpretation of your readings.

4. MAINTENANCE

To ensure the longevity and accuracy of your Omron Blood Pressure Monitor, follow these general maintenance guidelines:

- Keep the device clean by wiping it with a soft, dry cloth. Do not use abrasive cleaners or immerse the unit in water.
- Store the monitor and cuff in a cool, dry place, away from direct sunlight and extreme temperatures.
- Avoid dropping the device or subjecting it to strong shocks.
- Replace batteries when the low battery indicator appears on the display.

5. TROUBLESHOOTING

If you encounter issues with your monitor, consider the following:

- **Inaccurate Readings:** Ensure correct cuff placement and proper posture. Blood pressure can fluctuate due to stress, time of day, and cuff application.
- **Error Codes:** If an error code (e.g., E2) appears, it may indicate an issue with cuff inflation or movement during measurement. Re-apply the cuff and try again, ensuring you remain still.
- **Bluetooth Connectivity:** If the app is not syncing, ensure Bluetooth is enabled on your device and the monitor is within range. You may need to re-pair the device.

For persistent issues, refer to the full User Manual or contact Omron customer support.

6. SPECIFICATIONS

Feature	Detail
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Feature	Detail
Product Dimensions	4.2 x 6 x 3.4 inches
Item Model Number	BP7250
Batteries	4 AA batteries (included)
Weight	0.75 Pounds
Power Source	Corded Electric & Battery powered
Cuff Size	9" to 17" (Wide Range D-Ring contoured cuff)
Display Type	Digital
Memory	Up to 60 readings for 1 user (unlimited with Omron Connect app)
Irregular Heartbeat Detection	Yes (displays up to 3 detected irregular heartbeats)
Hypertension Indicator	Yes

7. WARRANTY AND SUPPORT

Omron is a highly recommended brand for home blood pressure monitors, known for clinically accurate home monitoring for over 40 years.

For detailed warranty information, troubleshooting guides, and further assistance, please refer to the official documents provided with your product:

- [Instructions for Use \(IFU\) \(PDF\)](#)
- [User Guide \(PDF\)](#)
- [User Manual \(PDF\)](#)