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Omron BP5100

OMRON Bronze Blood Pressure Monitor User Manual

Model: BP5100

INTRODUCTION

This manual provides essential information for the safe and effective use of your OMRON Bronze Blood Pressure Monitor. Please read it thoroughly before first use and keep it for future reference.



Image: The OMRON Bronze Blood Pressure Monitor, a compact white device with a digital display showing blood pressure readings, accompanied by its black upper arm cuff.

The OMRON Bronze monitor is designed for easy home use, capturing blood pressure readings, detecting irregular heartbeats, and identifying body movement during measurement. It stores up to 14 readings, allowing for easy tracking and sharing of vital information.

Key Features:

- Memory Storage:** Stores up to 14 blood pressure readings for one user.
- Irregular Heartbeat Detection:** Alerts the user to irregular heartbeats during measurement.
- One-Touch Use:** Simplifies the measurement process.
- Body Movement Detection:** Helps ensure accurate readings by indicating excessive movement.
- Wide-Range D-Ring Cuff:** Accommodates upper arm circumferences from 9 to 17 inches (22-42 cm).
- Clinically Validated Accuracy:** Tested according to major standards for reliable results.

FEATURES

Memory Storage

Stores up to 14 blood pressure readings

Easy-to-Read Display

Large digital screen for easy viewing

One-Touch Design

Simply press the button to start



Image: A graphic highlighting the features of the OMRON Bronze monitor, including Memory Storage (stores up to 14 readings), Easy-to-Read Display (large digital screen), and One-Touch Design (simply press to start).

FEATURES

Irregular Heartbeat Detection

Alerts you to irregular heartbeats while your blood pressure is being measured

Clinically Validated Accuracy

Each model is tested according to the protocols of three major standards developing organizations



Image: A graphic detailing additional features: Irregular Heartbeat Detection (alerts to irregular heartbeats) and Clinically Validated Accuracy (tested according to major standards).

SAFETY INFORMATION

Important Safety Precautions:

- This monitor is not designed for children or individuals with arm sizes smaller than 9 inches (23 cm) in circumference.
- Do not use this device on an injured arm or an arm under medical treatment.
- Consult your physician before using this monitor if you have any medical conditions.
- During measurement, portable RF communications devices (including peripherals such as antenna cables and external antennas) should be used no closer than 12 inches (30 cm) to any part of the monitor, including cables specified by OMRON. Otherwise, degradation of the performance of the monitor could result.

SETUP

What's in the Box:



What's in the box?

- Blood Pressure Monitor
- 4 AA Batteries
- Wide-Range D-Ring Cuff (9"-17")
- Instruction Manual
- Quick Start Guide



Image: A visual representation of the OMRON Bronze Blood Pressure Monitor package contents, including the monitor unit, 4 AA batteries, the wide-range D-ring cuff (9"-17"), the instruction manual, and a quick start guide.

- OMRON Bronze Blood Pressure Monitor Unit
- Wide-Range D-Ring Cuff (9"-17" / 22-42 cm)
- 4 AA Batteries
- Instruction Manual (this document)
- Quick Start Guide

Installing Batteries:

1. Open the battery compartment cover on the back of the monitor.
2. Insert the 4 AA batteries, ensuring the correct polarity (+/-) as indicated inside the compartment.
3. Close the battery compartment cover securely.

Attaching the Arm Cuff:

1. Insert the air plug of the arm cuff into the air jack on the left side of the monitor unit. Ensure it is firmly inserted.
2. Wrap the arm cuff around your left upper arm, approximately 1-2 cm (0.5-1 inch) above your elbow. The air tube should run down the inside of your arm.
3. Ensure the cuff is snug but not too tight. You should be able to fit two fingers comfortably between the cuff and your arm.

OPERATING INSTRUCTIONS

Taking a Measurement:

1. Sit in a chair with your feet flat on the floor. Rest your arm on a table so the cuff is at heart level. Remain still and quiet.
2. Press the **START/STOP** button. The arm cuff will begin to inflate automatically.
3. The monitor will measure your blood pressure and pulse rate. Remain still until the measurement is complete.
4. Your systolic pressure, diastolic pressure, and pulse rate will be displayed on the screen.
5. If an irregular heartbeat or body movement is detected, the corresponding indicator will appear on the display.
6. 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 2 minutes.

Advanced Accuracy Technology

Measures **five times more data points** for more accurate readings to minimize the impact of breathing or movement.



Image: A woman seated at a table, demonstrating the proper use of the OMRON Bronze Blood Pressure Monitor with the cuff correctly placed on her upper arm, illustrating the "Advanced Accuracy Technology" in action.

PREMIUM FEATURES FOR OPTIMAL HEART-HEALTH MANAGEMENT

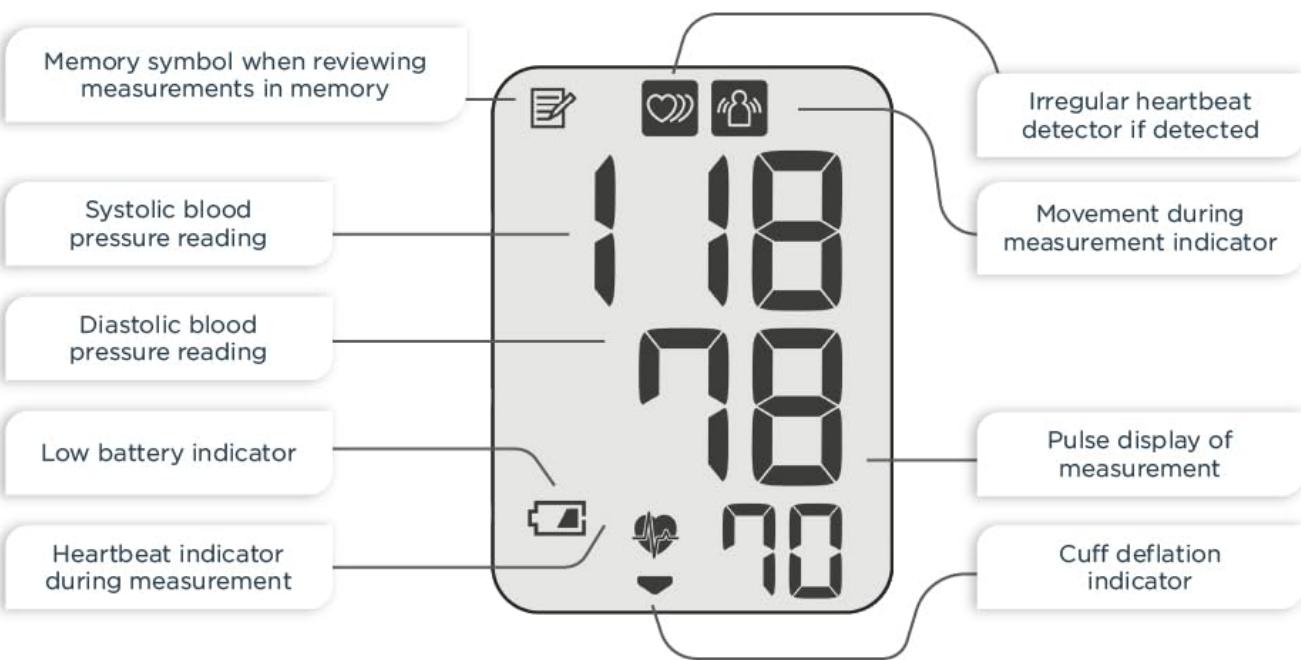


Image: A detailed diagram of the OMRON Bronze Blood Pressure Monitor's digital display, with labels pointing to and explaining each indicator, including systolic and diastolic readings, pulse, irregular heartbeat detector, movement indicator, low battery indicator, and memory symbol.

Reviewing Readings:

The monitor automatically stores up to 14 readings. To review past measurements:

1. With the monitor off, press the **Memory** button (usually indicated by a symbol resembling a book or list).
2. The most recent reading will be displayed first.
3. Press the **Memory** button repeatedly to scroll through older readings.

MAINTENANCE

Cleaning:

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

Storage:

- Store the monitor and cuff in a clean, dry place.
- Avoid extreme temperatures, humidity, direct sunlight, and dust.
- If not using the monitor for an extended period, remove the batteries.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Monitor does not turn on.	Batteries are dead or incorrectly inserted.	Replace batteries with new ones, ensuring correct polarity.
Error message displayed.	Cuff not applied correctly, excessive movement during measurement, or air leakage.	Re-apply cuff correctly, remain still and quiet, check cuff and tube for damage. Repeat measurement.
Readings seem inconsistent.	Improper measurement posture, talking during measurement, or recent physical activity.	Ensure proper posture, avoid talking, rest for 5 minutes before measuring. Take multiple readings over time.

If problems persist, please contact OMRON customer support.

SPECIFICATIONS

Feature	Detail
Model Name	BP5100
Product Dimensions	5.98" L x 4.13" W x 3.34" Th (15.19 x 10.49 x 8.48 cm)
Item Weight	8.8 ounces (249.5 grams)
Cuff Size	Wide-Range D-Ring Cuff, 9" to 17" (22-42 cm) in circumference
Power Source	4 AA batteries (included)
Display Type	Digital
Memory	14 readings for 1 user
Manufacturer	AmazonUs/OMRC7

WARRANTY AND SUPPORT

Warranty Information:

The OMRON Bronze Blood Pressure Monitor is backed by a **2-year warranty**. OMRON is committed to the accuracy and quality of its products and the longevity of its blood pressure monitors. This device is registered with the FDA as a medical device and meets the Validated Device Listing (VDL) for Clinical Accuracy.

Customer Support:

For technical assistance, troubleshooting, or warranty claims, please visit the official OMRON website or contact their customer service department. Refer to the contact information provided in the Quick Start Guide or on the OMRON website.

You can visit the Omron Store on Amazon for more information:[Omron Store](#)

