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› OMRON X4 Smart Blood Pressure Monitor User Manual

Omron HEM-7155T-ESL

OMRON X4 Smart Blood Pressure Monitor User Manual

Model: HEM-7155T-ESL | Brand: Omron

1. INTRODUCTION

This manual provides essential information for the safe and effective use of your OMRON X4 Smart Blood Pressure Monitor. Please read all instructions thoroughly before use and retain this manual for future reference. This device is designed for home use to measure blood pressure and pulse rate in adults.

Key features include Bluetooth connectivity for data transfer to the OMRON connect app, Intelli Wrap Cuff technology for accurate readings, and detection of irregular heartbeats.



Image 1: OMRON X4 Smart Blood Pressure Monitor with its Intelli Wrap Cuff and a smartphone displaying the OMRON connect app interface.

2. IMPORTANT SAFETY INFORMATION

Always consult your physician regarding specific blood pressure information. Self-diagnosis and treatment based on measured results can be dangerous. Follow these general safety guidelines:

- Do not use this device for diagnosis or treatment of any health problem or disease.
- Consult your doctor before using the device if you have any medical conditions.
- Keep the device out of reach of infants and children.
- Do not use the device in a moving vehicle or airplane.
- Only use the OMRON Intelli Wrap Cuff provided with the device.

3. PACKAGE CONTENTS

Verify that all components are present in the package:

- 1x OMRON X4 Smart Blood Pressure Monitor
- 1x Intelli Wrap Cuff (arm circumference 22–42cm)
- 4x AA Batteries
- 1x Instruction Manual
- 1x Storage Case



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- Étui de rangement
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Image 2: The OMRON X4 Smart Blood Pressure Monitor, Intelli Wrap Cuff, and other included accessories as packaged.

4. SETUP

4.1. Installing Batteries

Open the battery compartment on the back of the monitor. Insert the four AA batteries, ensuring correct polarity (+/-). Close the battery compartment securely.

4.2. Attaching the Arm Cuff

Connect the air plug of the Intelli Wrap Cuff firmly into the air jack on the left side of the monitor. Ensure the cuff is suitable for your arm circumference (22-42 cm).



Des résultats aussi fiable
que chez le docteur

Image 3: The OMRON X4 Smart Blood Pressure Monitor connected to its Intelli Wrap Cuff.

4.3. Pairing with OMRON connect App (Bluetooth)

The OMRON X4 Smart can transfer your measurement data to your smartphone via Bluetooth. To set up:

1. Download the free OMRON connect app from the App Store (iOS) or Google Play Store (Android).
2. Enable Bluetooth on your smartphone.
3. Open the OMRON connect app and follow the on-screen instructions to pair your device.
4. Press and hold the Bluetooth button on the monitor until the Bluetooth symbol flashes.
5. Confirm pairing in the app. Your data will automatically synchronize after each measurement.



Image 4: A smartphone screen showing the OMRON connect app with blood pressure measurement history.

5. OPERATING THE DEVICE

5.1. Taking a Measurement

For accurate readings, follow these steps:

1. **Prepare for Measurement:** Sit comfortably in a chair with your feet flat on the floor. Rest your arm on a table so the cuff is at heart level. Avoid talking or moving during the measurement.
2. **Apply the Cuff:** Wrap the Intelli Wrap Cuff around your upper arm. The cuff can be placed in any position around the upper arm, but ensure the air tube runs down the inside of your arm. The cuff guide on the monitor will indicate if it is correctly placed.
3. **Start Measurement:** Press the **START/STOP** button. The cuff will begin to inflate automatically.
4. **Read Results:** Once the measurement is complete, your systolic pressure, diastolic pressure, and pulse rate will be displayed on the large LCD screen.



Brassard Intelli Wrap



Image 5: An individual correctly positioning the Intelli Wrap Cuff on their arm for a blood pressure measurement.

5.2. Understanding Your Readings

- **Systolic Pressure (SYS):** The top number, indicating the pressure in your arteries when your heart beats.
- **Diastolic Pressure (DIA):** The bottom number, indicating the pressure in your arteries between beats.
- **Pulse:** Your heart rate per minute.
- **High Blood Pressure Indicator:** If your systolic pressure is 135 mmHg or above, or your diastolic pressure is 85 mmHg or above, a symbol will appear on the display.
- **Irregular Heartbeat Detection:** If the device detects an irregular heartbeat twice or more during a measurement, an irregular heartbeat symbol will appear. Consult your physician if this symbol appears frequently.

5.3. Using the Memory Function

The OMRON X4 Smart stores up to 60 measurements for two users (User 1 and User 2). To view past readings, press the memory button. You can switch between users using the designated user selection button.

5.4. Data Transfer to OMRON connect App

After each measurement, if your device is paired and Bluetooth is active, the readings will automatically transfer to the OMRON connect app. The app allows you to track trends, view averages, and share data with your healthcare provider.

6. MAINTENANCE

6.1. Cleaning

Wipe the monitor 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 device in water.

6.2. Storage

Store the device and cuff in the provided storage case in a clean, dry location. Avoid extreme temperatures, humidity, direct sunlight, and dust.

6.3. Battery Replacement

When the battery indicator appears on the display, replace all four AA batteries with new ones. Do not mix old and new batteries or different types of batteries.

7. TROUBLESHOOTING

If you encounter issues with your OMRON X4 Smart, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
No power/Display blank	Batteries are dead or incorrectly inserted.	Replace batteries or reinsert them correctly.
Error message (e.g., E1, E2)	Cuff not applied correctly, movement during measurement, or air leakage.	Reapply cuff, remain still, check cuff connection. Refer to full manual for specific error codes.
Cannot pair via Bluetooth	Bluetooth is off on phone, app not open, or device not in pairing mode.	Ensure phone Bluetooth is on, open OMRON connect app, and activate pairing mode on the monitor.
Inaccurate readings	Incorrect cuff placement, movement, talking, or improper body position.	Review section 5.1 for proper measurement technique. Ensure cuff is snug and at heart level.

For more detailed troubleshooting, please refer to the complete instruction manual included with your product or visit the OMRON support website.

8. SPECIFICATIONS

Feature	Detail
Model Number	HEM-7155T-ESL
Cuff Type	Intelli Wrap Cuff
Cuff Size	22-42 cm (fits most adult arms)
Display Type	LCD Digital Display

Feature	Detail
Measurement Method	Oscillometric method
Measurement Range	Pressure: 0 to 299 mmHg, Pulse: 40 to 180 beats/min
Accuracy	Pressure: ± 3 mmHg, Pulse: $\pm 5\%$ of display reading
Memory	60 measurements with date and time for 2 users
Power Source	4 "AA" batteries 1.5V or optional AC adapter (HHP-CM01)
Battery Life	Approximately 1000 measurements (with new alkaline batteries)
Dimensions (Monitor)	Approx. 105 (W) x 85 (H) x 152 (L) mm
Weight (Monitor)	Approx. 340 g (excluding batteries)
Connectivity	Bluetooth Low Energy
Operating Temperature/Humidity	10°C to 40°C (50°F to 104°F) / 15% to 90% RH (non-condensing)
Storage Temperature/Humidity	-20°C to 60°C (-4°F to 140°F) / 10% to 95% RH (non-condensing)
Country of Origin	Vietnam

9. WARRANTY AND SUPPORT

9.1. Warranty Information

The OMRON X4 Smart Blood Pressure Monitor comes with a **5-year warranty** from the date of purchase. This warranty covers defects in materials and workmanship under normal use. Please retain your proof of purchase for warranty claims. The warranty does not cover damage caused by misuse, accidents, or unauthorized modifications.



Connecté



Brassard Intelli
Wrap



Validé
cliniquement



Surveillance
smart via
Bluetooth



5 ans de garantie



Image 6: Overview of OMRON X4 Smart features, highlighting the 5-year warranty.

9.2. Customer Support

For further assistance, technical support, or warranty inquiries, please contact OMRON customer service. Contact details can typically be found on the OMRON website or in the warranty card included with your product.

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question