

## Omron HCR-7104

# Omron Upper Arm Blood Pressure Monitor

MODEL: HCR-7104

Your guide to accurate and reliable blood pressure monitoring.

### Product Overview

The Omron HCR-7104 is an automatic electronic blood pressure monitor designed for non-invasive measurement of systolic and diastolic blood pressure. It is intended for general health management and features a 'Cuff Fit Check' function to ensure proper cuff placement for accurate readings.



## Important Safety Information

**Always read and understand the full instruction manual before use.**

### Prohibitions and Restrictions

- **Self-diagnosis or self-treatment:** Do not self-diagnose measurement results or self-treat based on them. This may lead to worsening of symptoms.
- **Injured or treated arm:** Do not measure on an arm that is injured or undergoing medical treatment. This may lead to worsening of symptoms.
- **Intravenous drip or blood transfusion:** Do not measure on an arm undergoing intravenous drip or blood transfusion. This may lead to worsening of symptoms.
- **Flammable gases:** Do not use near flammable or combustible gases. This may cause ignition, fire, or explosion.
- **Beyond service life:** Do not use the device beyond its specified service life. This may result in incorrect measurements.
- **Public use:** Do not use by an unspecified number of people in medical institutions or public places. This may cause accidents or problems.

### Precautions for Use

- **Blood disorders:** Individuals with severe blood disorders or blood diseases should use this device only under the guidance of a physician.
- **Abnormalities:** If an abnormality occurs during measurement, immediately remove the dedicated cuff from your arm.
- **Infants and incapacitated individuals:** Do not use on infants or individuals who cannot express themselves or understand the instructions.
- **Cuff pressure:** Do not pressurize the dedicated cuff above 300 mmHg.
- **Intended use:** Do not use this device for purposes other than blood pressure measurement.
- **Cuff compatibility:** Use only the dedicated cuff provided with the device.
- **Electronic interference:** Do not use mobile phones or smartphones near the blood pressure monitor, as they may cause interference.
- **Modification:** Do not disassemble or modify the main unit or the dedicated cuff.
- **Battery polarity:** Insert batteries with the correct polarity ( $\oplus$  and  $\ominus$ ).
- **Battery type:** Use only the specified type of batteries.
- **Long-term storage:** Remove batteries from the device when it will not be used for a long period.

# 免責事項について

必ずオムロンヘルスケア(株)が製造している  
純正品のACアダプタをご使用ください。

模造品を使用されると、

- ☑ 火災や感電、本体故障の原因になります
- ☑ 機器に不具合が生じる可能性があります

純正品以外を使用した場合の  
不具合や事故につきましては、  
当社では一切の責任を負いかねますので、  
ご了承ください。

Image: Important notice regarding the use of genuine Omron AC adapters to prevent malfunction or accidents.

## Package Contents

Before starting, ensure all items are present in the package:

- Omron HCR-7104 Blood Pressure Monitor Unit
- Arm Cuff (Standard size: 22-32cm)
- AA Alkaline Batteries (4 pieces)
- Instruction Manual (with Quality Guarantee)



Image: The blood pressure monitor unit, arm cuff, and instruction manual as included in the package.

## Setup

### 1. Battery Installation

1. Open the battery compartment cover on the back of the main unit.
2. Insert the four AA alkaline batteries, ensuring correct polarity ( $\oplus$  and  $\ominus$ ) as indicated inside the compartment.
3. Close the battery compartment cover securely.

### 2. Cuff Connection

1. Locate the air jack on the side of the main unit.
2. Firmly insert the air plug of the arm cuff into the air jack until it clicks into place.

## Operation

### 1. Proper Cuff Placement

Accurate measurement depends on correct cuff placement. Ensure the cuff is wrapped snugly around your upper arm, approximately 1-2 cm above your elbow.



Image: A person demonstrating how to correctly place the arm cuff on their upper arm.

### 2. Taking a Measurement

1. Sit comfortably with your back supported and feet flat on the floor. Rest your arm on a table so the cuff is at heart level.

2. Press the START/STOP button to begin the measurement. The cuff will inflate automatically.
3. Remain still and do not talk during the measurement.
4. Once the measurement is complete, your systolic, diastolic, and pulse readings will be displayed on the screen.



Image: A hand pressing the START/STOP button on the blood pressure monitor to initiate a reading.

### 3. Cuff Fit Check

The 'Cuff Fit Check' feature automatically verifies if the cuff is wrapped with appropriate tightness. An 'OK' symbol will appear on the screen if the cuff is correctly applied.



Image: The blood pressure monitor display showing an 'OK' symbol, indicating the cuff is correctly wrapped.



Image: Visual representation of the 'Cuff Fit Check' feature, showing the 'OK' symbol for a correct fit and a warning symbol for a loose fit.

#### 4. Understanding Display Indicators

- **Blood Pressure High Indicator:** An icon may appear if your blood pressure reading is above a certain threshold. Consult your physician for interpretation.
- **Body Movement Indicator:** If excessive body movement is detected during measurement, an icon will appear, indicating a potential for inaccurate results.
- **Irregular Heartbeat Indicator:** If an irregular heartbeat is detected more than twice during a measurement, an icon will appear. If this occurs frequently, consult your physician.



Image: The blood pressure monitor display highlighting the 'Blood Pressure High' indicator.



Image: Icons indicating detection of body movement and irregular heartbeat during measurement.

#### 5. Optimal Measurement Times

For consistent and comparable readings, it is recommended to measure your blood pressure at the same times each day. Common recommendations include:

- Within 1 hour of waking up, before breakfast or taking medication.
- Before going to bed in the evening.



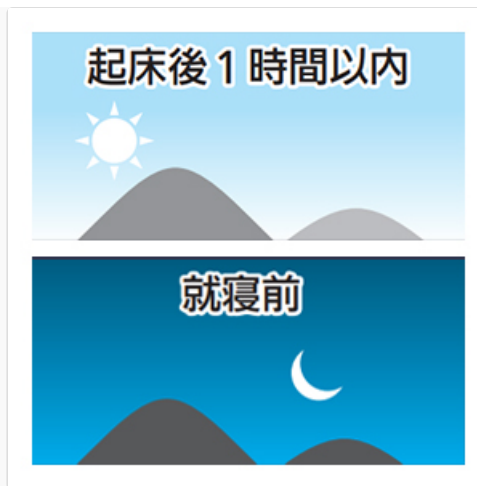


Image: Visual guide for recommended blood pressure measurement times: within one hour of waking and before sleep.

## Features

- **Cuff Fit Check:** Ensures the cuff is wrapped correctly for accurate readings.
- **Large Display:** Easy-to-read digital display for clear visibility of results.
- **Memory Function:** Stores up to 60 readings for one user, allowing you to track your blood pressure trends over time.
- **Simple One-Button Operation:** Designed for ease of use, making daily measurements straightforward.
- **Body Movement Detection:** Alerts you if significant body movement occurs during measurement, which can affect accuracy.
- **Irregular Heartbeat Detection:** Indicates if an irregular heartbeat is detected during the measurement.

## シンプルで使いやすいエントリーモデル OMRON

簡単操作で初めての方でも安心  
シンプルな機能で毎日の健康管理をサポート



Image: The Omron HCR-7104, highlighting its simple, easy-to-read display and the cuff fit check feature.

## Upper Arm vs. Wrist Measurement

The Omron HCR-7104 is an upper arm type blood pressure monitor, which is generally recommended by medical professionals for its accuracy due to the measurement being taken closer to the heart.

Comparison of Measurement Types

Feature	Upper Arm Type	Wrist Type
Recommendation	Recommended by doctors for blood pressure measurement.	Measures by wrapping cuff around the wrist.
Usage Location	Primarily for home use.	Convenient for use on the go.
Portability	Best for stationary use.	Compact and easy to carry.
Ease of Measurement	Easy to measure accurately at heart level.	Requires attention to correct positioning for accurate measurement.



	上腕式	手首式
		
特徴	医師がすすめる 血圧測定方式の スタンダード	手首にカフを巻いて 測定するタイプ
利用場所	 ご自宅で	 外出先で
持ち運びの しやすさ	 据え置きがおすすめ	 小型で持ち運びに便利
測定の簡単さ	 心臓の高さで測りやすく 正しい測定がしやすい	 正しい位置での測定に 注意する必要がある

Image: A visual comparison highlighting the differences and advantages of upper arm versus wrist blood pressure monitors.



Image: Diagram illustrating the measurement areas and the importance of measuring at heart level for accuracy, comparing upper arm and wrist devices.

## Specifications

Specification	Detail
Model Number	HCR-7104
Manufacturer	Omron (OMRON)
Product Dimensions (W x D x H)	105mm x 153mm x 87mm
Product Weight	310 grams
Color	White
Cuff Type	Soft Cuff
Applicable Arm Circumference	22-32 cm
Memory Function	1 user x 60 readings
Power Source	Battery operated (4 x AA alkaline batteries included)
Operating Environment Conditions	+10~+40 °C / 15~90%RH (non-condensing) / 800 ~ 1060 hPa
Medical Device Certification Number	301AABZX00022000

## Maintenance and Care

- **Cleaning:** Wipe the main unit and cuff with a soft, dry cloth. If necessary, use a cloth lightly dampened with water or mild detergent, then wipe dry. Do not use abrasive cleaners or solvents.
- **Storage:** Store the device in a clean, dry place away from direct sunlight, extreme temperatures, and humidity.
- **Battery Replacement:** Replace all four batteries when the low battery indicator appears on the display. Ensure to use new AA alkaline batteries.
- **Long-term Storage:** If the unit will not be used for an extended period (e.g., three months or more), remove the batteries to prevent leakage and damage.

## Troubleshooting

Problem	Solution
No power / Display does not turn on	<ul style="list-style-type: none"><li>◦ Check if batteries are inserted correctly with proper polarity.</li><li>◦ Replace all four batteries with new ones.</li></ul>
Cuff does not inflate or inflates too little	<ul style="list-style-type: none"><li>◦ Ensure the air plug is firmly inserted into the main unit's air jack.</li><li>◦ Check the cuff for any leaks or damage.</li></ul>
Inaccurate or inconsistent readings	<ul style="list-style-type: none"><li>◦ Ensure the cuff is wrapped correctly and snugly (use 'Cuff Fit Check').</li><li>◦ Make sure the cuff is at heart level during measurement.</li><li>◦ Avoid talking or moving during measurement.</li><li>◦ Rest for 5 minutes before taking a measurement.</li><li>◦ Avoid measuring after exercise, bathing, or consuming alcohol/caffeine.</li></ul>
Error message displayed	<ul style="list-style-type: none"><li>◦ Refer to the specific error code in the full instruction manual for detailed troubleshooting steps.</li><li>◦ Often, re-measuring after ensuring proper cuff placement and stillness resolves common errors.</li></ul>

## Warranty and Support

This product is manufactured and distributed by Omron Healthcare Co., Ltd.

For customer service, inquiries, or support, please contact:

**Omron Customer Service Center**



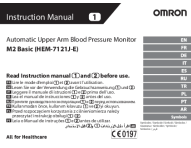


**Phone:** 0120-30-6606

Please have your product model number (HCR-7104) and purchase information ready when contacting support.

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This manual is for informational purposes only. Always consult a healthcare professional for medical advice.

## Related Documents - HCR-7104

 <p>OMRON HCR-7006 / HCR-7101 / HCR-7102 / HCR-7104 / HCR-710Y 取扱説明書 正確な測定のために</p>	<p><a href="#">OMRON Upper Arm Blood Pressure Monitor HCR-7006/7101/7102/7104/710Y User Manual</a></p> <p>This user manual provides instructions for the OMRON Upper Arm Blood Pressure Monitor models HCR-7006, HCR-7101, HCR-7102, HCR-7104, and HCR-710Y. It covers setup, measurement procedures, features, maintenance, and safety precautions for accurate blood pressure monitoring.</p>
 <p>OMRON HEM-7600T-E 取扱説明書</p>	<p><a href="#">OMRON EVOLV Automatic Upper Arm Blood Pressure Monitor User Manual</a></p> <p>User manual for the OMRON EVOLV Automatic Upper Arm Blood Pressure Monitor (HEM-7600T-E), detailing its features, operation, safety information, maintenance, and specifications.</p>
 <p>Instruction Manual Automatic Upper Arm Blood Pressure Monitor M2 Basic (HEM-7121J-E) Read instruction manual carefully before use. All for Healthcare</p>	<p><a href="#">OMRON M2 Basic Blood Pressure Monitor (HEM-7121J-E) Instruction Manual</a></p> <p>Comprehensive guide to using the OMRON M2 Basic Automatic Upper Arm Blood Pressure Monitor (HEM-7121J-E). Includes setup, usage, safety, and troubleshooting.</p>
 <p>OMRON オムロン 上腕式血圧計 HEM-7511T 取扱説明書 正確な測定のために</p>	<p><a href="#">OMRON HEM-7511T Upper Arm Blood Pressure Monitor Instruction Manual</a></p> <p>Instruction manual for the OMRON HEM-7511T Upper Arm Blood Pressure Monitor, covering setup, measurement, features like Intellisense and Bluetooth connectivity, data tracking via the OMRON connect app, safety, and blood pressure knowledge.</p>
 <p>OMRON HEM-7146-E 取扱説明書</p>	<p><a href="#">OMRON M2+ (HEM-7146-E) Automatic Upper Arm Blood Pressure Monitor Instruction Manual</a></p> <p>This document provides essential information for the safe and effective use of the OMRON M2+ Automatic Upper Arm Blood Pressure Monitor (Model: HEM-7146-E), covering setup, operation, maintenance, and troubleshooting.</p>
 <p>OMRON HEM-7600T-E 取扱説明書</p>	<p><a href="#">OMRON EVOLV Automatic Upper Arm Blood Pressure Monitor Instruction Manual</a></p> <p>Comprehensive guide for the OMRON EVOLV Automatic Upper Arm Blood Pressure Monitor (HEM-7600T-E), covering setup, usage, troubleshooting, and specifications. Learn how to accurately measure blood pressure and pulse rate at home.</p>