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Omron HEMFL31B

Omron Easy-Wrap Comfit Cuff Instruction Manual

Model: HEMFL31B | Brand: Omron

1. PRODUCT OVERVIEW

The Omron Easy-Wrap Comfit Cuff (Model HEMFL31B) is a pre-formed, expanded coverage blood pressure cuff designed for accurate and comfortable blood pressure measurement. It inflates around the entire upper arm to accommodate both standard and large-sized arms, ranging from 9 inches to 17 inches (22 cm to 42 cm) in circumference. This cuff is an essential component for compatible Omron blood pressure monitors, ensuring reliable readings for effective health monitoring.



Figure 1: Omron Easy-Wrap Comfit Cuff (Model HEMFL31B).

This image displays the black Omron Easy-Wrap Comfit Cuff, showing its pre-formed shape and the attached air tube with a blue connector. The cuff features the Omron logo and model number HEM-FL31, along with arm circumference guidelines (22-42cm / 9-17inch) and an illustration demonstrating proper arm placement.

2. SETUP INSTRUCTIONS

Proper setup of your Omron Easy-Wrap Comfit Cuff is crucial for accurate blood pressure readings. Follow these steps to prepare your cuff for use:

1. **Unpack the Cuff:** Carefully remove the cuff and its attached air tube from the packaging.



Figure 2: Close-up of the air tube and connector.

This image provides a detailed view of the gray air tube connected to the Omron cuff, highlighting the blue plastic connector at the end of the tube, which plugs into the blood pressure monitor unit.

2. **Connect to Monitor:** Locate the air jack on your compatible Omron blood pressure monitor. Insert the

blue connector at the end of the cuff's air tube firmly into this jack until it clicks into place. Ensure a secure connection to prevent air leakage during measurement.

- 3. Install Batteries (if applicable):** If your monitor is battery-operated and not already set up, open the battery compartment (usually on the back or bottom of the unit) and insert the required batteries, ensuring correct polarity. Close the compartment securely.
- 4. Familiarize with Cuff Markings:** The cuff has markings indicating the correct placement on the arm and the arm circumference range it supports (9-17 inches or 22-42 cm). These markings help ensure the cuff is positioned correctly for accurate readings.



Figure 3: Cuff with arm placement diagram.

This image shows the Omron cuff with a clear diagram illustrating how to correctly position the cuff on the upper arm, indicating the proper distance from the elbow and the alignment of the air tube. The arm circumference range is also visible.

For visual guidance on setting up the blood pressure monitor and cuff, please refer to the following video:

No official seller videos were found for setup. Please refer to the written instructions and diagrams.

3. OPERATING INSTRUCTIONS

Once the cuff is properly connected to your Omron blood pressure monitor, follow these steps for accurate measurement:

1. Prepare for Measurement:

- Sit in a chair with your feet flat on the floor, uncrossed.
- Rest your arm on a table or flat surface so that the cuff is at heart level.
- Ensure you are relaxed and have not exercised, consumed caffeine, or smoked for at least 30 minutes prior to measurement.
- Avoid talking or moving during the measurement process.

2. Apply the Cuff:

- Slide your arm through the cuff loop.
 - Position the cuff on your upper arm, approximately 1-2 cm (0.5-1 inch) above your elbow, ensuring the air tube runs down the center of your arm.
 - Wrap the cuff snugly around your arm using the Velcro fasteners. It should be tight enough that you can barely slide two fingers underneath.
3. **Start Measurement:** Press the "START/STOP" button on your Omron blood pressure monitor. The cuff will begin to inflate. Remain still and quiet until the measurement is complete and the readings are displayed on the monitor.
4. **Review Readings:** Your monitor will display your systolic pressure (SYS), diastolic pressure (DIA), and pulse rate. Consult your healthcare professional for interpretation of your readings.

For a demonstration of the cuff's application and measurement process, please refer to the following video:

No official seller videos were found for operating instructions. Please refer to the written instructions and your monitor's specific user manual.

4. MAINTENANCE

To ensure the longevity and accuracy of your Omron Easy-Wrap Comfit Cuff, proper maintenance is recommended:

- **Cleaning:** Wipe the cuff with a soft, dry cloth. If necessary, use a damp cloth with mild soap and water, then wipe dry. Do not immerse the cuff or air tube in water. Avoid harsh chemicals or abrasive cleaners.
- **Storage:** Store the cuff in a clean, dry place away from direct sunlight, extreme temperatures, and humidity. Avoid folding the air tube tightly, which could cause damage.
- **Inspection:** Regularly inspect the cuff and air tube for any signs of wear, cracks, or damage. If any damage is observed, replace the cuff to ensure accurate readings.

5. TROUBLESHOOTING

If you encounter issues with your Omron Easy-Wrap Comfit Cuff, consider the following common troubleshooting tips:

- **Cuff Not Inflating/Deflating Properly:**
 - Check that the air tube is securely connected to the monitor.
 - Ensure there are no kinks or blockages in the air tube.
 - Verify that the cuff is wrapped snugly around the arm and the Velcro is properly fastened.
- **Inaccurate Readings:**
 - Confirm correct cuff size for your arm circumference (9-17 inches).

- Ensure proper cuff placement on the arm, as indicated by the cuff markings.
 - Avoid movement, talking, or muscle tension during measurement.
 - Ensure your arm is at heart level during measurement.
 - Check battery levels in your blood pressure monitor.
- **Cuff Compatibility:** This cuff (Model HEMFL31B) is designed for specific Omron blood pressure monitors. Refer to your monitor's manual or the compatibility charts below to ensure it is compatible with your device.

OMRON													
Blood Pressure Accessories Chart													
Product Name	Easy-Wrap ComFit Cuff 9" to 17"	Wide-Range D-Ring Cuff 9" to 17"	Small D-Ring Cuff 7" to 9"	Easy-Wrap ComFit Cuff 9" to 17"	Wide-Range D-Ring Cuff 9" to 17"	Small D-Ring Cuff 7" to 9"	Wide-Range ComFit Cuff 9" to 17"	Standard D-Ring Cuff 9" to 13"	Large D-Ring Cuff 9" to 17"	Small D-Ring Cuff 7" to 9"	AC Adapter	LCD Cover	Small Carrying Case
Model Number	HEM-FL31-B	HEM-RML31-B	HEM-CS24-B	CFX-WR17	CD-WR17	CD-CS9	H-CL22	H-CR24	H-003D	H-003DS	HEM-ADPTW5	HEM-CACO-734	3778106-6
BP7000													✓
BP7100					✓	✓					✓		✓
BP7200		✓	✓								✓		✓
BP7250		✓	✓								✓		✓
BP7350	✓										✓	✓	
BP7450	✓										✓	✓	
BP7900		✓	✓										
BP6100													✓
BP6350													✓
BP5100					✓	✓					✓		✓
BP5250	✓										✓		✓
BP5350		✓	✓								✓	✓	
BP5450		✓	✓								✓	✓	
BP4350													✓
BP710								✓	✓				✓
BP710N					✓	✓							✓
BP742								✓	✓		✓		✓
BP742N					✓	✓					✓		✓
BP755-CD6							✓				✓		
BP760							✓				✓		
BP760N				✓							✓		
BP761				✓							✓		
BP761N				✓							✓		
BP762-CD6							✓				✓		
BP785							✓				✓		
BP785N				✓							✓		
BP785SC-CD6							✓				✓		
BP786				✓							✓		
BP786N				✓							✓		
BP629N													✓
BP652N													✓
BP654													✓
BP790ITN							✓						
BP791IT							✓						
BP792IT							✓						
Elite7300W													
Elite7300IT								✓	✓				
HEM-412C								✓	✓	✓			
HEM-432CN2								✓	✓	✓			
HEM-705CPN								✓	✓	✓			
HEM-711ACN2								✓	✓	✓	✓		
HEM-711DLX							✓				✓		
HEM-712C								✓	✓		✓		
HEM-712CLCN2								✓	✓		✓		
HEM-712CN2								✓	✓				
HEM-737								✓	✓				
HEM-747IC								✓	✓				
HEM-773AC							✓			✓			
HEM-790IT							✓				✓		

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Figure 4: Omron Blood Pressure Accessories Chart.

This chart details the compatibility of various Omron cuffs and accessories with different Omron blood pressure monitor models. It helps users identify the correct replacement cuff or accessory for their specific device.

Upper Arm Blood Pressure Monitor Comparison Chart										
Model Number	3 Series BP7100	Bronze BP5100	5 Series BP742N	Silver BP5250	7 Series BP7350	Gold BP5350	10 Series BP7450	Platinum BP5450	Evolv BP7000	Complete BP7900
Advanced Accuracy	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Hypertension Indicator				✓	✓	✓	✓	✓		
Bluetooth®				✓	✓	✓	✓	✓	✓	✓
TruRead							✓	✓		
Extra-Large Digits w/Backlight							✓	✓		
One-Touch Use	✓		✓						✓	
Guest Mode			✓		✓	✓	✓	✓		
Two User Mode			✓		Unlimited users in Connect app	Unlimited users in Connect app	Unlimited users in Connect app	Unlimited users in Connect app	Unlimited users in Connect app	Unlimited users in Connect app
Body Movement Detection	✓	✓	✓	✓	✓	✓	✓	✓	✓	
Advanced Averaging			✓	✓	✓	✓	✓	✓		
Irregular Heartbeat Detector	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Memory per User	14	14	50	80	60	60	100	100	Unlimited users in Connect app	Unlimited users in Connect app
Morning Hypertension Indicator						✓		✓		
Morning Average/Week						✓		✓		
EKG										✓
Side-by-Side Comparison Display					✓	✓	✓	✓		
Cuff	Wide-Range D-Ring 9"-17"	Wide-Range D-Ring 9"-17"	Wide-Range D-Ring 9"-17"	Easy-Wrap ComFit 9"-17"	Easy-Wrap ComFit 9"-17"	Wide-Range D-Ring 9"-17"	Easy-Wrap ComFit 9"-17"	Wide-Range D-Ring 9"-17"	Easy-Wrap ComFit 9"-17"	Wide-Range D-Ring 9"-17"
Replacement Cuff	CD-WR17	CD-WR17	CD-WR17	HEM-FL31-B	HEM-FL31-B	HEM-RML31-B	HEM-FL31-B	HEM-RML31-B	N/A	HEM-RML31-B
Optional Cuff	CD-CS9 (7"-9")	CD-CS9 (7"-9")	CD-CS9 (7"-9")			HEM-CS24-B (7"-9")		HEM-CS24-B (7"-9")		HEM-CS24-B (7"-9")
Storage Case				✓		✓		✓		
Power Options	4 AA Not Included / Not compatible with AC Adaptor	4 AA Included / Not compatible with AC Adaptor	4 AA Included / AC Adaptor Not Included	4 AA Included / AC Adaptor Not Included	4 AA Included / AC Adaptor Not Included	4 AA Included / AC Adaptor Not Included	4 AA Included / AC Adaptor Included	4 AA Included / AC Adaptor Included	4 AAA Included / Not compatible with AC Adaptor	4 AA Included / Not compatible with AC Adaptor

Figure 5: Omron Upper Arm Blood Pressure Monitor Comparison Chart.

This comparison chart provides a detailed overview of different Omron upper arm blood pressure monitor models, highlighting their features, included components (like cuff types), and power options. It assists in understanding the capabilities and compatibility of various Omron devices.

6. SPECIFICATIONS

Feature	Detail
Model Number	HEMFL31B
Brand	Omron
Cuff Type	Easy-Wrap Comfit Cuff
Arm Circumference	9-17 inches (22-42 cm)
Included Components	Cuff, Air Tube
Product Dimensions	6.6 x 4.1 x 3.4 inches
Item Weight	7.37 ounces
Manufacturer	Omron
Date First Available	February 7, 2020
UPC	073796361723

7. WARRANTY AND SUPPORT

For specific warranty information and customer support regarding your Omron Easy-Wrap Comfit Cuff, please refer to the documentation included with your blood pressure monitor or visit the official Omron website.

Omron provides comprehensive support for its medical devices.

Legal Disclaimer:

Statements regarding dietary supplements have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition. This product is a medical device accessory and should be used in conjunction with a compatible blood pressure monitor as directed by a healthcare professional.