

Omron HEM-7155-E

OMRON M3 Comfort Blood Pressure Monitor User Manual

Model: HEM-7155-E

1. INTRODUCTION

Thank you for purchasing the OMRON M3 Comfort Blood Pressure Monitor. This device is designed for accurate and reliable blood pressure measurement at home. It features IntelliWrap Cuff technology for precise readings from any position around the upper arm, and Intellisense technology for automatic detection of the correct inflation pressure. The monitor also detects irregular heartbeats and indicates if measured values exceed recommended guidelines for home self-measurement.

Please read this manual thoroughly before using the unit to ensure safe and correct operation. Keep this manual for future reference.

2. PACKAGE CONTENTS

The OMRON M3 Comfort Blood Pressure Monitor package includes the following items:

- OMRON M3 Comfort Blood Pressure Monitor unit
- IntelliWrap Cuff (22-42 cm)
- 4 AA Batteries
- Storage Bag
- Instruction Manual (this document)



Image: All components included in the OMRON M3 Comfort Blood Pressure Monitor package, showing the main unit, IntelliWrap cuff, four AA batteries, and the instruction manual.

3. SETUP

3.1. Installing Batteries

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

3.2. Connecting the Air Tube

Insert the air plug of the cuff firmly into the air jack on the left side of the monitor until it clicks.

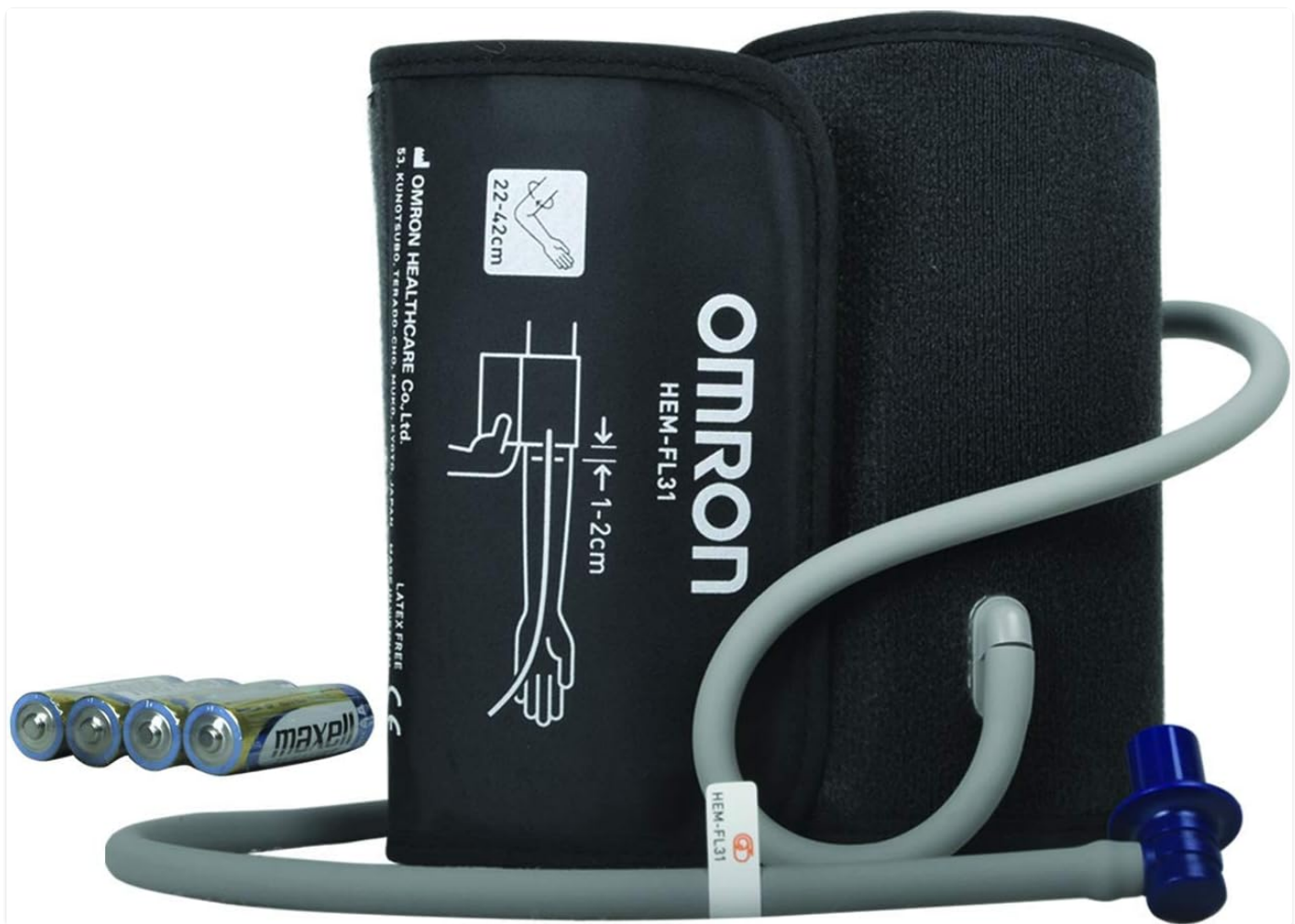


Image: The IntelliWrap cuff with its air tube and plug, alongside four AA batteries, ready for connection to the monitor.

4. OPERATING INSTRUCTIONS

4.1. Applying the Arm Cuff

The IntelliWrap Cuff is designed for easy and accurate placement. It can be applied to either arm.

1. Sit comfortably with your back supported and feet flat on the floor.
2. Place your arm on a table so the cuff is at heart level.
3. Wrap the cuff around your upper arm, approximately 1-2 cm above your elbow. Ensure the air tube runs down the inside of your arm.
4. The cuff should fit snugly but not too tightly. You should be able to insert two fingers between the cuff and your arm.



Image: A diagram illustrating the correct positioning of the IntelliWrap cuff on the upper arm, indicating the 1-2 cm distance from the elbow.

4.2. Taking a Measurement

1. Press the **START/STOP** button to turn on the monitor. The cuff will begin to inflate automatically.
2. Remain still and silent during the measurement. Avoid talking or moving.
3. Once the measurement is complete, the cuff will deflate, and your blood pressure readings (systolic, diastolic) and pulse rate will be displayed on the screen.
4. The monitor will automatically store the reading. To turn off the monitor, press the **START/STOP** button again, or it will automatically shut off after a few minutes of inactivity.



Image: The OMRON M3 Comfort monitor displaying a blood pressure reading of 118/78 mmHg and a pulse rate of 70 beats per minute, with the IntelliWrap cuff visible.

4.3. Irregular Heartbeat Detection

The monitor can detect irregular heartbeats during measurement. If an irregular heartbeat is detected, the irregular heartbeat symbol will appear on the display with your measurement results. If this symbol appears frequently, consult your doctor.

4.4. High Blood Pressure Indicator

If your systolic blood pressure is 135 mmHg or above, and/or your diastolic blood pressure is 85 mmHg or above, the High Blood Pressure symbol will appear on the display.

4.5. Memory Function

The OMRON M3 Comfort stores up to 60 measurements for two users (User 1 and User 2), plus a Guest Mode. To view past readings, press the memory button (usually indicated by a symbol resembling a person or a memory icon).

5. MAINTENANCE

5.1. Cleaning the Unit

- Wipe the monitor and cuff with a soft, dry cloth.
- Do not use abrasive or volatile cleaners.
- Do not wash the cuff or immerse the monitor in water.

5.2. Storage

- Store the unit in the provided storage bag when not in use.
- Keep the unit in a clean, dry place, away from direct sunlight, extreme temperatures, and humidity.
- Do not store the unit in places exposed to vibration or shock.

5.3. 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.

6. TROUBLESHOOTING

Problem	Possible Cause	Solution
No display when power is on.	Batteries are dead or incorrectly installed.	Replace all four batteries with new ones, ensuring correct polarity.
"E1" or "Cuff Error" displayed.	Cuff is not applied correctly or air tube is disconnected.	Re-apply the cuff snugly and ensure the air tube is securely connected.
Measurement results are inconsistent.	Movement or talking during measurement; incorrect cuff size; improper posture.	Remain still and silent. Ensure correct cuff size (22-42 cm) and proper sitting posture. Wait 2-3 minutes between measurements.
Irregular heartbeat symbol appears frequently.	Indicates frequent irregular heartbeats.	Consult your doctor for medical advice.

7. SPECIFICATIONS

- **Model:** HEM-7155-E
- **Display:** LCD Digital Display
- **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
- **Cuff:** IntelliWrap Cuff (Arm circumference 22-42 cm)
- **Memory:** 60 measurements with date and time for 2 users + Guest Mode
- **Power Source:** 4 "AA" batteries 1.5V
- **Battery Life:** Approximately 1000 measurements (using new alkaline batteries)
- **Operating Temperature/Humidity:** 10°C to 40°C (50°F to 104°F) / 15% to 90% RH
- **Storage Temperature/Humidity/Air Pressure:** -20°C to 60°C (-4°F to 140°F) / 10% to 95% RH / 700 to 1060 hPa

- **Console Weight:** Approximately 310 g (excluding batteries)
- **Cuff Weight:** Approximately 170 g
- **External Dimensions:** Approximately 105 (W) x 87 (H) x 153 (L) mm

8. WARRANTY AND SUPPORT

OMRON blood pressure monitors are manufactured under strict quality standards. For information regarding warranty, repairs, or any technical support, please refer to the warranty card included in your package or visit the official OMRON Healthcare website.

For further assistance, you may contact OMRON customer service through their official channels. Please have your model number (HEM-7155-E) and purchase date ready when contacting support.

Official OMRON Website: www.omron-healthcare.com

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

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