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Omron BP8000-M

Omron HeartGuide Smart Watch Blood Pressure Monitor User Manual

Model: BP8000-M | Brand: Omron

1. INTRODUCTION TO OMRON HEARTGUIDE

The Omron HeartGuide is the first clinically accurate, wearable blood pressure monitor designed as a wrist-worn device. It allows users to conveniently measure blood pressure anytime, anywhere, and track vital health metrics throughout their day and night. This device is intended to support widespread cardiovascular health by providing actionable insights into how lifestyle affects blood pressure.



The Omron HeartGuide Smart Watch, showcasing its display with blood pressure (SYS, DIA) and pulse readings. The watch features a sleek, modern design with a black band and silver casing.

2. GETTING STARTED: SETUP AND CHARGING

Before first use, ensure your HeartGuide is fully charged. Connect the charging cable to the watch and a USB power source. A full charge typically takes approximately 2 hours. Once charged, download the **OMRON Connect app** (or HeartAdvisor app) from your smartphone's app store. Follow the in-app instructions to pair your HeartGuide via Bluetooth and complete the initial setup, including personal profile creation and time synchronization.

2.1 Initial Device Pairing

1. Ensure your smartphone's Bluetooth is enabled.
2. Open the OMRON Connect app and follow the prompts to add a new device.
3. The app will guide you through the pairing process with your HeartGuide.

3. OPERATING INSTRUCTIONS

3.1 Taking a Blood Pressure Measurement

For accurate readings, proper positioning is crucial. The HeartGuide features an oscillometric measurement method, similar to traditional arm cuffs, but integrated into the wristband.

1. **Positioning:** Ensure the monitor is positioned properly on your wrist, approximately 1 inch from your hand.
2. **Posture:** Sit in a comfortable chair with your feet flat on the floor.
3. **Initiate Measurement:** Press the blue button on the side of the watch to start the measurement.
4. **Heart Level:** Place the monitor over your heart with approximately 2 inches of space between your wrist and chest.
5. **Remain Still:** Remain still and silent until the measurement is complete and the results are displayed on the screen.

How to take an accurate blood pressure measurement

1. Ensure the monitor is positioned properly on your wrist.
2. Sit in a comfortable chair with your feet flat on the floor.
3. Press the blue button to start the measurement.
4. Place the monitor over your heart with 2 inches of space between your wrist and chest.
5. Remain still until the end of the measurement.

*Refer to Instruction Manual for more details.



A woman demonstrates the correct posture and arm position for taking an accurate blood pressure measurement using the Omron HeartGuide. Key steps are listed alongside the image for clarity.

3.2 Monitoring Sleep Patterns

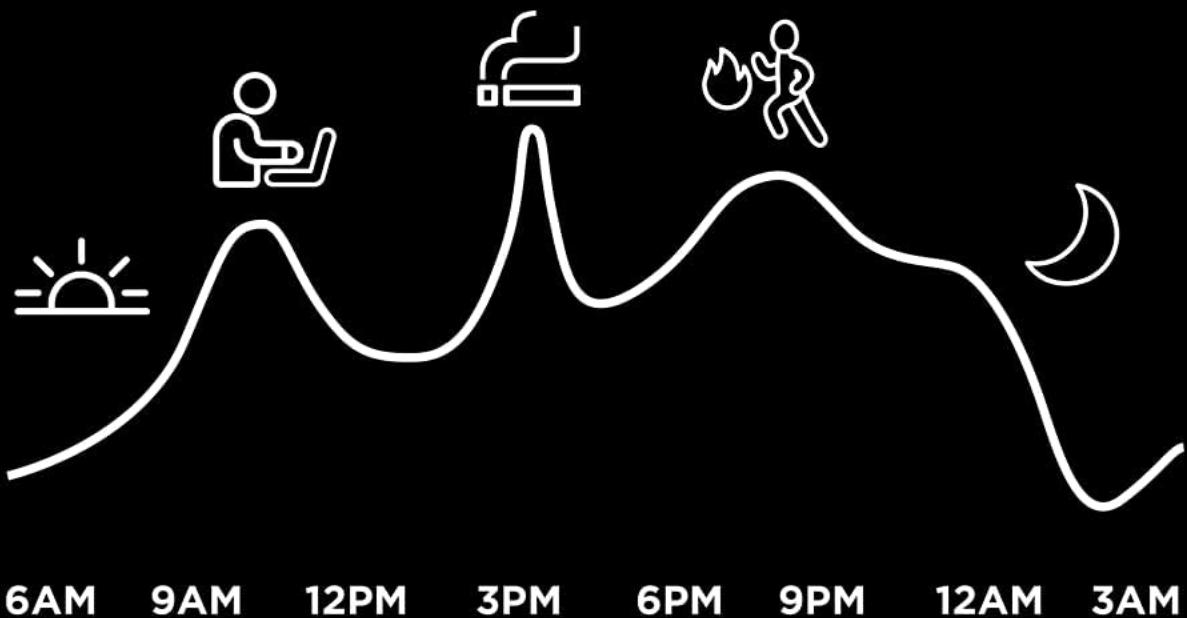
Wear the HeartGuide to bed to track your sleep habits. The device automatically monitors sleep duration and quality, providing insights into how your sleep patterns may affect your heart health. Data is synced to the OMRON Connect app for detailed analysis.

3.3 Tracking Activity Levels

The HeartGuide includes an activity tracker that monitors daily steps, distance, and calories burned. You can set activity goals and receive reminders to encourage a more active lifestyle. This data is also integrated into the OMRON Connect app for comprehensive health tracking.

Monitor blood pressure fluctuations

Over the course of any normal day, your blood pressure fluctuates. Monitor these fluctuations with clinical accuracy with HeartGuide™.



A visual representation showing how blood pressure fluctuates over a 24-hour period, from 6 AM to 3 AM, highlighting the importance of continuous monitoring with HeartGuide.

3.4 Smartwatch Notifications and Reminders

Beyond health monitoring, the HeartGuide also functions as a smartwatch, allowing you to receive notifications for calls, texts, and emails directly on your wrist. You can also set custom reminders for blood pressure measurements or medication intake.

4. KEY FEATURES

- **Clinically Accurate Blood Pressure Monitoring:** Take precise blood pressure readings in as little as 30 seconds, directly from your wrist.
- **Health Trend Tracking:** Monitor blood pressure and track trends over time with colored charts and personalized data through the OMRON Connect app.
- **Activity Tracking:** Set goals and monitor daily activity levels, including steps, distance, and calories, to achieve a more active lifestyle.

- **Sleep Pattern Monitoring:** Wear the device to bed to track sleep habits and learn how they affect your heart health.
- **FDA Registered Medical Device:** HeartGuide is registered with the FDA, ensuring its reliability and accuracy for medical use.
- **Seamless App Integration:** Syncs with the OMRON Connect app (HeartAdvisor) to turn personal data into actionable knowledge, helping you understand how lifestyle affects your heart health.

What can HeartGuide™ do?



Monitor High Blood Pressure



Monitor Sleep Patterns



Track Fitness

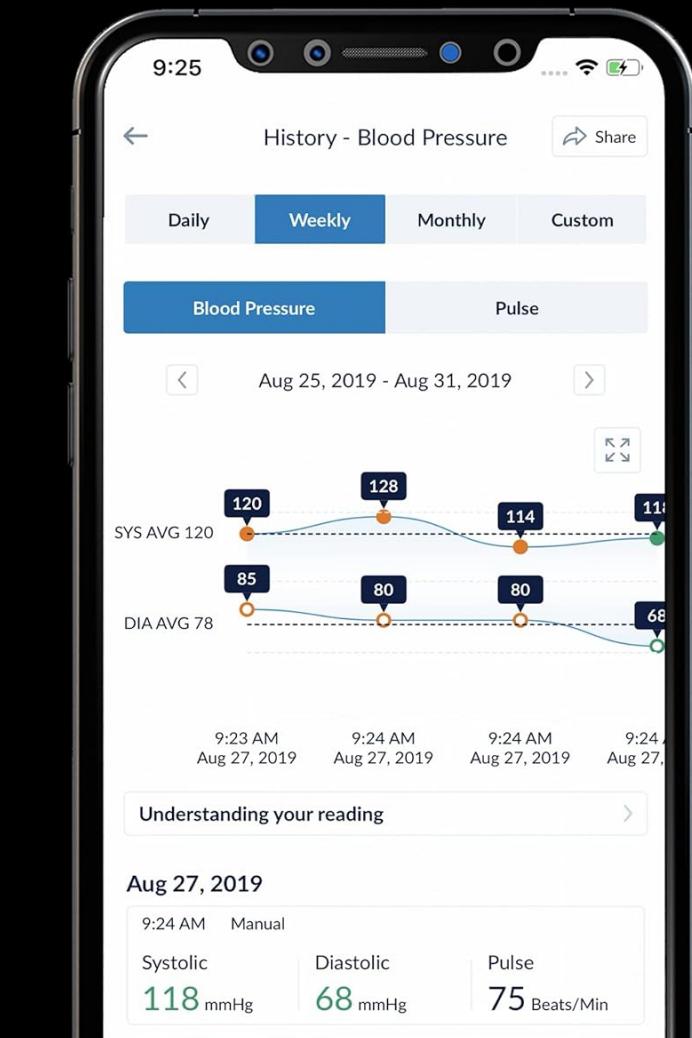


Stay Connected



An infographic summarizing the core functionalities of the HeartGuide: monitoring high blood pressure, tracking sleep patterns, fitness tracking, and staying connected with notifications.

Never miss a beat with the free OMRON Connect app



Track trends over time

Get daily actionable insights based on personalized data

Facilitate focused dialogue with your doctor

Access real-time heart health coaching

Download on the App Store

GET IT ON Google Play

A smartphone displaying the OMRON Connect app interface, highlighting features like tracking trends over time, daily actionable insights, facilitating doctor dialogue, and real-time heart health coaching. App download links are visible.

Your browser does not support the video tag.

Official product video demonstrating the Omron HeartGuide Smart Wearable Blood Pressure Monitor in various daily scenarios, highlighting its ease of use, clinical accuracy, and integration with the HeartAdvisor app for comprehensive health insights.

5. MAINTENANCE AND CARE

To ensure the longevity and accuracy of your HeartGuide, follow these maintenance guidelines:

- **Cleaning:** Wipe the device regularly with a soft, dry cloth. Do not use abrasive cleaners or immerse the device in water.
- **Battery Care:** Charge the device regularly. Avoid completely draining the battery for extended periods.
- **Storage:** Store the HeartGuide in a cool, dry place away from direct sunlight and extreme temperatures.
- **Avoid Impact:** Protect the device from strong shocks or impacts, which can damage internal components.

6. TROUBLESHOOTING

If you encounter issues with your HeartGuide, try the following common troubleshooting steps:

- **Device Not Turning On:** Ensure the device is fully charged. Connect it to the charger and wait a few minutes before attempting to turn it on.
- **Pairing Issues:** Ensure Bluetooth is enabled on your smartphone and the HeartGuide is within range. Try restarting both the watch and your phone.
- **Inaccurate Readings:** Review Section 3.1 on proper measurement technique. Ensure the watch is correctly positioned and you remain still during measurement. Environmental factors or certain medical conditions can also affect readings.
- **Data Sync Issues:** Check your internet connection and ensure the OMRON Connect app is up to date. Try closing and reopening the app.
- **Display Not Responding:** Try performing a soft reset by holding down the main button for an extended period (refer to the full manual for specific reset instructions).

For persistent issues, please refer to the comprehensive digital manual available via the OMRON Connect app or contact Omron customer support.

7. SPECIFICATIONS

Feature	Detail
Model Name	BP8000-M
Special Feature	Blood Pressure Monitor, Sleep Monitor
Connectivity Technology	Wireless (Bluetooth)
Battery Cell Composition	Lithium Polymer
Screen Size	48 Millimeters
Color	Black
Wrist Circumference (Medium)	6.3" to 7.5" (160 to 190 mm)



Registered with the FDA as a medical device.

HeartGuide is available in both Medium and Large sizes. We encourage you to measure the circumference of your wrist to help confirm the appropriate size of your HeartGuide. Please refer to the recommendations below:

- M** **Medium:** Recommended for wrist circumferences between 6.3" and 7.1"
- L** **Large:** Recommended for wrist circumferences between 7.2" and 8.5"

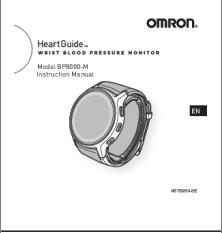
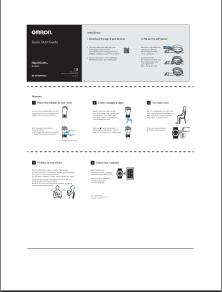
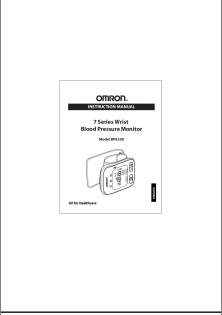
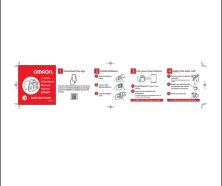
*The Medium-sized HeartGuide is designed to fit approximately 70% of the U.S. population.

An infographic confirming HeartGuide's registration with the FDA as a medical device and providing wrist circumference recommendations for Medium and Large sizes.

8. WARRANTY AND SUPPORT

The Omron HeartGuide comes with a standard manufacturer's warranty. For detailed warranty information, product support, or to register your device, please visit the official Omron Healthcare website or contact their customer service. Keep your proof of purchase for warranty claims.

Online Support: www.omronhealthcare.com

	<p><u>OMRON Heart Guide BP8000-M Wrist Blood Pressure Monitor: Instruction Manual & Features</u></p> <p>Explore the OMRON Heart Guide BP8000-M Wrist Blood Pressure Monitor with this comprehensive instruction manual. Learn about accurate blood pressure measurement, activity tracking, sleep monitoring, and seamless Bluetooth connectivity to the OMRON app. Essential safety information and troubleshooting tips are included.</p>
	<p><u>Omron HeartGuide BP8000 Quick Start Guide</u></p> <p>A concise guide to setting up and using the Omron HeartGuide BP8000 wearable blood pressure monitor, including app pairing, proper wear, and measurement instructions.</p>
	<p><u>OMRON HEM-6181 Wrist Blood Pressure Monitor: User Guide & Safety Instructions</u></p> <p>Comprehensive instruction manual for the OMRON HEM-6181 Wrist Blood Pressure Monitor. Learn how to accurately measure blood pressure and pulse rate at home, understand readings, and troubleshoot common issues.</p>
	<p><u>OMRON JPN610T Automatic Blood Pressure Monitor User Manual</u></p> <p>Comprehensive user manual for the OMRON JPN610T Automatic Blood Pressure Monitor, covering setup, operation, safety precautions, troubleshooting, and specifications. Learn how to accurately measure your blood pressure at home.</p>
	<p><u>OMRON 7 Series Wrist Blood Pressure Monitor BP6350 Instruction Manual</u></p> <p>This instruction manual provides comprehensive guidance for the OMRON BP6350 7 Series Wrist Blood Pressure Monitor, covering setup, operation, safety precautions, and troubleshooting for accurate home blood pressure monitoring.</p>
	<p><u>OMRON 7 Series BP6350 Wireless Wrist Blood Pressure Monitor Quick Start Guide</u></p> <p>A concise guide to setting up and using the OMRON 7 Series BP6350 wireless wrist blood pressure monitor, covering app download, battery installation, device pairing, cuff application, measurement, and reading checks.</p>