

Omron HEM 7156A

Omron HEM 7156A Digital Blood Pressure Monitor User Manual

Model: HEM 7156A

1. INTRODUCTION

Thank you for purchasing the Omron HEM 7156A Digital Blood Pressure Monitor. This device is designed to measure blood pressure and pulse rate simply and quickly. It utilizes the IntelliWrap Cuff, which provides 360° accuracy, ensuring reliable readings regardless of how the cuff is positioned on the arm. This manual provides essential information for the proper use and maintenance of your blood pressure monitor.

2. IMPORTANT SAFETY INFORMATION

Please read this manual thoroughly before using the unit. For specific information about your own blood pressure, consult your physician. This device is intended for adult use only. Do not use this device on infants, toddlers, or children.

- Do not self-diagnose or self-treat based on measurement results. Always consult your physician for evaluation of the results.
- Do not use the device for any purpose other than measuring blood pressure.
- Avoid using the device in a moving vehicle or airplane.
- Keep the device out of reach of children and pets.
- Use only the authorized AC adapter and cuff specified for this unit.

3. PACKAGE CONTENTS

Verify that all components are present in the package:

- Main Unit (Blood Pressure Monitor)
- Intelli Wrap Cuff (HEM-FL31)

- AC Adapter
- Storage Bag
- Instruction Manual (this document)



Figure 1: Omron HEM 7156A Blood Pressure Monitor with Intelli Wrap Cuff, AC Adapter, and Storage Bag.

4. SETUP

4.1. Installing Batteries

The monitor can be powered by 4 "AA" alkaline batteries (not included) or the included AC adapter.

1. Open the battery cover on the back of the main unit.
2. Insert 4 "AA" batteries according to the polarity indications (+/-) inside the battery compartment.
3. Close the battery cover securely.

4.2. Connecting the AC Adapter

For continuous use, the AC adapter is recommended.

1. Insert the AC adapter plug into the AC adapter jack on the side of the monitor.
2. Plug the AC adapter into a suitable electrical outlet.

4.3. Attaching the Air Tube to the Main Unit

1. Firmly insert the air plug of the cuff into the air jack on the left side of the main unit until it clicks.

5. OPERATING INSTRUCTIONS

5.1. Applying the Intelli Wrap Cuff

The Intelli Wrap Cuff is designed for 360° accuracy, allowing for accurate readings regardless of cuff placement around the arm.

1. Place your arm through the cuff loop. The bottom edge of the cuff should be 1 to 2 cm above your elbow. The air tube should run down the inside of your arm.
2. Wrap the cuff firmly around your upper arm. Ensure the blue strip aligns with the center of your inner arm.
3. The cuff should fit snugly but not too tight. You should be able to insert two fingers between the cuff and your arm.



Figure 2: Proper application of the Intelli Wrap Cuff.

5.2. Taking a Measurement

1. Sit in a chair with your feet flat on the floor. Rest your arm on a table so the cuff is at heart level.
2. Press the **START/STOP** button. The cuff will begin to inflate automatically.
3. Remain still and do not talk during the measurement.
4. Once the measurement is complete, the cuff will deflate, and your systolic pressure, diastolic pressure, and pulse rate will be displayed on the screen.
5. Press the **START/STOP** button again to turn off the unit. The measurement will be automatically stored in memory.

5.3. Memory Function

The monitor stores up to 60 measurements with date and time. To view past readings:

1. With the unit off, press the **Memory** button (usually indicated by a symbol of a book or memory card).
2. Use the arrow buttons to scroll through previous readings.

6. PRODUCT FEATURES

The Omron HEM 7156A is equipped with advanced features to ensure accurate and convenient blood pressure monitoring:

- **IntelliWrap™ Cuff:** Provides 360° accuracy, ensuring reliable readings regardless of how the cuff is positioned on the arm.
- **Enhanced IntelliSense Technology:** Automatically applies the right amount of pressure for fast, accurate, and comfortable measurements.
- **Body Movement Detection:** Alerts the user if excessive movement is detected during measurement, which can affect accuracy.
- **Irregular Heartbeat Detection:** Indicates if an irregular heartbeat is detected during the measurement. Consult your physician if this symbol appears frequently.
- **Hypertension Indicator:** A symbol appears on the display if your systolic or diastolic pressure is outside the standard range (typically 135/85 mmHg or above).
- **60 Measurement Memory:** Stores up to 60 readings with date and time for tracking progress over time.
- **Cuff Wrapping Guide:** An icon on the display indicates if the cuff is wrapped correctly, ensuring accurate readings.
- **Average of Last 3 Readings:** Calculates the average of the last three readings taken within 10 minutes, providing a more stable indicator of blood pressure.

ADVANTAGES & FEATURES

OMRON



IntelliWrap™ Cuff



Intellisense



60 Memory



**Body Movement
Detection**



**Hypertension
Indicator**



**Average of
Last 3 Readings**



Pulse



**Cuff Wrapping
Guide**



**Irregular Heartbeat
Detection**



Figure 3: Key features of the Omron HEM 7156A.

7. MAINTENANCE

7.1. Cleaning

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

7.2. Storage

- Store the device in its storage bag when not in use.
- Keep the device in a clean, dry place, away from direct sunlight, extreme temperatures, and humidity.
- Do not store the device in places where it may be exposed to strong vibrations or shocks.

8. TROUBLESHOOTING

If you experience any issues with your monitor, refer to the table below for common problems and solutions.

Problem	Possible Cause	Solution
No power / Display does not turn on.	Batteries are dead or inserted incorrectly. AC adapter is not connected properly.	Replace batteries with new ones, ensuring correct polarity. Check AC adapter connection to the unit and power outlet.
"E1" or "E2" error displayed.	Cuff is not applied correctly or air tube is disconnected.	Re-apply the cuff correctly. Ensure the air plug is firmly inserted into the main unit.
Measurement is too high or too low.	Incorrect cuff size, improper posture, or movement during measurement.	Ensure correct cuff size for your arm. Sit still and quietly during measurement. Refer to section 5.2 for proper measurement technique.
Irregular Heartbeat symbol appears frequently.	Indicates detection of irregular heartbeats.	This is an informational indicator. If this symbol appears frequently, consult your physician.

9. SPECIFICATIONS

Feature	Detail
Product Name	Digital Automatic Blood Pressure Monitor
Model Number	HEM 7156A
Display Type	Digital LCD 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
Memory	60 measurements with date and time
Power Source	4 "AA" batteries or AC adapter (included)

Feature	Detail
Product Dimensions	Approx. 19 x 17.8 x 11.4 cm (Main Unit)
Product Weight	Approx. 780 g (excluding batteries)
Cuff Type	Intelli Wrap Cuff (HEM-FL31)
Cuff Arm Circumference	22 to 42 cm
Operating Temperature/Humidity	10°C to 40°C (50°F to 104°F) / 15% to 90% RH
Storage Temperature/Humidity	-20°C to 60°C (-4°F to 140°F) / 10% to 95% RH
Manufacturer	Omron Healthcare Co., Ltd

10. WARRANTY AND SUPPORT

Omron products are manufactured under strict quality standards. For information regarding the warranty period and terms for your specific region, please refer to the warranty card included with your product or visit the official Omron Healthcare website.

For technical support, service, or inquiries, please contact Omron customer service in your country. Contact details can typically be found on the Omron Healthcare website or on the product packaging.

Omron Healthcare Official Website: www.omron-healthcare.com

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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