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› OMRON HEM-7144T2 Arm Blood Pressure Monitor User Manual

Omron HEM-7144T2

OMRON HEM-7144T2 Arm Blood Pressure Monitor User Manual

Model: HEM-7144T2 | Brand: OMRON

INTRODUCTION

This manual provides essential instructions for the safe and effective use of your OMRON HEM-7144T2 Arm Blood Pressure Monitor. This device is designed for home use to measure blood pressure and pulse rate. It features Bluetooth connectivity for data management via the OMRON connect app, Intellisense technology for comfortable inflation, and detection for body movement and irregular heartbeats.



Image: The OMRON HEM-7144T2 Blood Pressure Monitor unit with its associated arm cuff.

SETUP

1. Battery Installation

The OMRON HEM-7144T2 operates on batteries. Ensure you install four "AA" alkaline batteries correctly before first use. An optional AC adapter can be purchased separately for continuous power.

1. Open the battery compartment cover on the back of the monitor.
2. Insert four "AA" batteries according to the polarity indicators (+/-) inside the compartment.
3. Close the battery compartment cover securely.

2. Cuff Placement

Proper cuff placement is crucial for accurate readings. The cuff is designed for arm circumferences between 22 and 42 cm.

1. Sit in a chair with your feet flat on the floor, and your arm resting on a table so the cuff is at heart level.
2. Slide your arm through the cuff loop. The air tube should run down the inside of your arm.
3. Position the cuff so the bottom edge is approximately 1-2 cm above your elbow.
4. Wrap the cuff snugly around your upper arm. Ensure it is not too tight or too loose.



Image: A user demonstrating correct arm cuff placement for a blood pressure measurement.

3. Bluetooth Pairing (OMRON connect app)

To manage your health data, pair your monitor with the OMRON connect app on your smartphone.

1. Download the "OMRON connect" app from your smartphone's app store.
2. Enable Bluetooth on your smartphone.
3. Follow the in-app instructions to pair your OMRON HEM-7144T2 monitor.

OPERATING INSTRUCTIONS

1. Taking a Measurement

Before taking a measurement, ensure you are relaxed and have rested for at least 5 minutes. Avoid eating, drinking alcohol, smoking, or exercising for 30 minutes prior.

1. Sit upright with your back supported and feet flat on the floor.
2. Place the cuff on your upper arm as described in the Setup section.
3. Press the **START/STOP** button. The cuff will begin to inflate automatically using Intellisense technology for a comfortable and accurate measurement.
4. Remain still and silent during the measurement.
5. Once the measurement is complete, your blood pressure (Systolic and Diastolic) and pulse rate will be displayed on the screen.



Image: The digital display of the OMRON HEM-7144T2 monitor showing systolic, diastolic, and pulse readings.

2. Understanding Display Indicators

- **SYS (Systolic Pressure):** The top number, indicating the pressure in your arteries when your heart beats.
- **DIA (Diastolic Pressure):** The bottom number, indicating the pressure in your arteries between beats.
- **PULSE /min:** Your heart rate per minute.
- **Body Movement Detector:** An icon will appear if significant body movement is detected during measurement, which

may affect accuracy.

- **Irregular Heartbeat Detector:** An icon will appear if an irregular heartbeat is detected more than twice during a measurement. Consult your doctor if this appears frequently.
- **Intellisense Technology:** Ensures the cuff inflates to the ideal level for each user, providing comfortable and accurate readings.



Image: Logo representing OMRON's Intellisense Technology.

3. Memory Function

The monitor stores up to 30 sequential measurements. To review past readings, press the memory button (usually indicated by a symbol resembling a sheet of paper or a book).



Image: Icon indicating the device's capacity to store 30 measurements.

MAINTENANCE

1. Cleaning

- Wipe the monitor and cuff with a soft, dry cloth.
- If necessary, use a soft cloth moistened with water and a mild soap, then wipe dry.
- Do not use abrasive cleaners or immerse the monitor or cuff in water.

2. Storage

- Store the monitor and cuff in the provided storage case or a clean, dry place.
- Avoid extreme temperatures, humidity, direct sunlight, and dust.
- Do not fold the cuff tightly or crease the air tube.

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.

TROUBLESHOOTING

Problem	Possible Cause	Solution
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Problem	Possible Cause	Solution
Monitor does not turn on.	Batteries are dead or incorrectly installed.	Replace batteries or check polarity.
Error message (e.g., "E1", "E2").	Cuff not applied correctly, movement during measurement, or air leakage.	Reapply cuff, remain still, check cuff connection. Retake measurement.
Readings are inconsistent.	Improper posture, talking during measurement, or incorrect cuff size/placement.	Ensure proper posture, remain silent, verify cuff fit and placement. Take multiple readings at different times.
Cannot pair with OMRON connect app.	Bluetooth is off on smartphone, app not updated, or pairing mode not activated.	Ensure Bluetooth is on, update app, follow app's pairing instructions.

SPECIFICATIONS

- **Model:** HEM-7144T2
- **Display Type:** Digital
- **Cuff Size:** 22 to 42 cm (Universal Cuff)
- **Memory:** 30 measurements
- **Power Source:** 4 "AA" batteries (included), optional AC adapter (not included)
- **Connectivity:** Bluetooth
- **Dimensions:** Approximately 18 x 14 x 9 cm
- **Weight:** Approximately 250 g (excluding batteries)
- **Features:** Intellisense Technology, Body Movement Detector, Irregular Heartbeat Detector
- **Certification:** ML 196 12/07/22 (Brazil specific)

WARRANTY AND SUPPORT

The OMRON HEM-7144T2 Blood Pressure Monitor comes with a **5-year warranty** from the date of purchase, covering manufacturing defects. Please retain your proof of purchase for warranty claims.



Image: Badge indicating a 5-year warranty period.

For technical support, warranty claims, or further assistance, please contact OMRON customer service. Refer to the contact information provided in the product packaging or on the official OMRON website for your region.

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