

OMRON HEM-6185-JAZ

OMRON HEM-6185-JAZ Wrist Blood Pressure Monitor Instruction Manual

Model: HEM-6185-JAZ

1. IMPORTANT SAFETY INFORMATION

Please read this instruction manual thoroughly before using the OMRON HEM-6185-JAZ Wrist Blood Pressure Monitor. Failure to follow these instructions may result in inaccurate readings or injury.

Prohibitions and Restrictions:

- Do not self-diagnose or self-treat based on measurement results. This may lead to worsening of symptoms.
- Do not measure on an injured arm or an arm undergoing medical treatment. This may lead to worsening of symptoms.
- Do not measure on an arm receiving intravenous drip or blood transfusion. This may lead to worsening of symptoms.
- Do not use near flammable or combustible gases. This may cause ignition, fire, or explosion.
- Do not use beyond the product's service life. This may result in inaccurate measurements.
- Do not use for an unspecified number of people in medical institutions or public places. This may cause accidents or problems.

Precautions for Use:

- If you have severe circulatory disorders or blood diseases, use this device only under the guidance of a physician.
- Temporary subcutaneous bleeding may occur due to cuff pressure.
- Do not use on infants or individuals who cannot express themselves.
- Do not use for purposes other than blood pressure measurement.
- Do not disassemble or modify the main unit or the dedicated cuff.
- Insert batteries with correct polarity (+/-).
- Use only specified batteries.
- Remove batteries if the device will not be used for a long period.

2. PRODUCT OVERVIEW

The OMRON HEM-6185-JAZ is a compact wrist blood pressure monitor designed for easy and accurate home health management. It features quick start, memory for 60 readings, a cuff wrap guide, body movement detection, and irregular heartbeat detection to support precise measurements.



Image: OMRON HEM-6185-JAZ Wrist Blood Pressure Monitor. The display shows blood pressure readings and pulse rate. Key features like 1.5-second quick start and 60-reading memory are highlighted.

Included Components:

- Main Unit (OMRON HEM-6185-JAZ)
- Storage Case
- 2 x AAA Alkaline Batteries (for trial)
- Medical Device Attachment Document
- Instruction Manual (with Quality Guarantee)



Image: The main unit of the blood pressure monitor, a black storage case, and text indicating batteries and manuals are included.

3. SETUP

Battery Installation:

1. Open the battery compartment cover on the back of the main unit.
2. Insert two AAA alkaline batteries, ensuring the positive (+) and negative (-) terminals are aligned correctly according to the indicators inside the compartment.
3. Close the battery compartment cover securely.

The device is now ready for use. No further initial settings are typically required.

4. OPERATION

Correct Cuff Placement:

Accurate cuff placement is crucial for reliable blood pressure readings.

1. **Position the Cuff:** Place the cuff on your left wrist (or right, if preferred, but consistently use the same wrist). Ensure your palm is facing upwards and the blood pressure monitor's display is facing upwards.
2. **Adjust Position:** Adjust the cuff so that it is 1 to 1.5 cm away from the wrist bone. Avoid placing the cuff directly over the wrist bone.
3. **Wrap Snugly:** Pull the end of the cuff and wrap it snugly around your wrist. The cuff should be firm but not uncomfortably tight.



Image: Two diagrams illustrating cuff placement. The left image shows a correctly wrapped cuff with an 'OK' indicator. The right image shows a loosely wrapped cuff with an indicator for incorrect placement.

Measurement Posture:

For accurate readings, ensure your wrist is at heart level during measurement. The device features a measurement posture guide.

- Sit comfortably with your back supported and feet flat on the floor.
- Rest your arm on a table or support it so that the blood pressure monitor on your wrist is at the same height as your heart.
- The device will automatically detect if your wrist is at the correct height and begin measurement.



Image: Diagrams showing correct and incorrect wrist positions relative to the heart. The central image shows the correct posture with the wrist at heart level, initiating measurement. The side images show incorrect positions (wrist too high or too low) which can lead to inaccurate readings.

Starting a Measurement:

1. Once the cuff is correctly placed and your wrist is at heart level, press the **Start/Stop** button.
2. The cuff will begin to inflate, and the measurement will start automatically. Remain still and do not talk during the measurement.
3. After the measurement is complete, the systolic blood pressure, diastolic blood pressure, and pulse rate will be displayed.

Special Features:

- **Body Movement Detection:** If your body moves during measurement, it may affect the accuracy of the results. This function detects slight movements and provides an alert, supporting more accurate measurements.
- **Irregular Heartbeat Detection:** The device will display an icon if an irregular pulse rhythm is detected during measurement. This feature helps in the early detection of potential health changes.



Image: Icons representing the body movement detection function and irregular heartbeat detection function. Text explains that body movement can affect results and the device detects slight movements, while irregular pulse rhythms are indicated by an icon to encourage awareness of health changes.

5. MAINTENANCE

Cleaning:

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

Storage:

- Store the blood pressure monitor in its provided storage case when not in use.
- Keep the device in a clean, dry place, away from direct sunlight, extreme temperatures, and high humidity.



Image: The OMRON HEM-6185-JAZ blood pressure monitor shown next to its compact storage case, emphasizing its portability and light weight (approx. 86g).

Battery Replacement:

- When the low battery indicator appears on the display, replace both AAA alkaline batteries with new ones.
- Ensure correct polarity (+/-) when inserting new batteries.

6. TROUBLESHOOTING

If you encounter any issues with your OMRON HEM-6185-JAZ, please refer to the following general troubleshooting tips.

For specific error codes or persistent problems, consult the detailed troubleshooting section in the included instruction manual or contact customer support.

Common Issues:

- **No Display/Device Not Turning On:**
 - Check if batteries are inserted correctly with the right polarity.
 - Replace old or depleted batteries with new ones.
- **Inaccurate Readings:**
 - Ensure the cuff is wrapped snugly and correctly on your wrist (refer to Section 4).
 - Verify your wrist is at heart level during measurement (refer to Section 4).
 - Avoid talking, moving, or eating during measurement.
 - Rest for at least 5 minutes before taking a measurement.
 - Avoid measuring immediately after exercise, bathing, or consuming alcohol/caffeine.
- **Cuff Not Inflating/Deflating Properly:**
 - Check for any kinks or blockages in the air tube (if applicable, though this model is wrist-based, ensure no obstruction).
 - Ensure the cuff is securely attached to the main unit.
- **Error Message Displayed:**
 - Specific error codes (e.g., 'E1') indicate different issues. Consult the full instruction manual for a list of error codes and their solutions.
 - Often, errors are related to incorrect cuff placement, body movement, or an irregular pulse. Re-measure after ensuring proper technique.

7. SPECIFICATIONS

Feature	Specification
Model	HEM-6185-JAZ
Medical Device Certification Number	230AGBZX00002000
External Dimensions (W x H x D)	Approx. 93 mm x 62 mm x 20 mm (excluding cuff)
Weight	Approx. 86 g (excluding batteries)
Operating Environment	+10 to +40°C / 15 to 90% RH (non-condensing) / 800 to 1060 hPa
Applicable Wrist Circumference	13.5 to 21.5 cm
Power Source	2 x AAA Alkaline Batteries (DC 3 V 3.0 W)
Electrical Shock Protection	Internally powered equipment, Type BF applied part: Cuff
IP Protection Rating	IP22

Feature	Specification
Clinical Performance Test Error (vs. auscultation)	Average error within ±5 mmHg, Standard deviation within 8 mmHg
Pressure Display Error (environmental)	Within ±3 mmHg for pressure range 0-299 mmHg
Stop Operation (rapid exhaust 260 to 15 mmHg)	Within 10 seconds
Blood Pressure Measurement Reproducibility	Within 3 mmHg
Maximum Pressure in Normal State	299 mmHg
Country of Origin	China

8. WARRANTY AND SUPPORT

Warranty Information:

This product comes with a quality guarantee document. Please refer to this document for detailed information regarding the warranty period, terms, and conditions.

Customer Support:

For any inquiries, technical assistance, or service requests, please contact OMRON Healthcare Customer Service Center.

Manufacturer/Distributor: OMRON Healthcare Co., Ltd.

Customer Service Phone: 0120-30-6606

Operating Hours: 9:00 - 17:00 (excluding Saturdays, Sundays, national holidays, and year-end/New Year holidays)

When contacting customer service, please be prepared to provide the following information:

- Product Model: HEM-6185-JAZ
- Manufacturing Number
- Date and Place of Purchase
- Detailed Description of the Issue



Image: Contact information for OMRON Customer Service, including the phone number and operating hours. It also lists the details to prepare before calling.

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