

OMRON HEM-7196-FLEO

OMRON X3 Comfort AFib Arm Blood Pressure Monitor User Manual

Model: HEM-7196-FLEO

1. INTRODUCTION

The OMRON X3 Comfort AFib is an advanced arm blood pressure monitor designed for reliable and intuitive home use. It incorporates features to support cardiovascular health monitoring, including early detection of Atrial Fibrillation (AFib).

This device is equipped with the Intelli Wrap Cuff, ensuring accurate readings regardless of cuff positioning on the arm. Its Intellisense™ technology provides comfortable and controlled inflation. The monitor also features a 3x Measurement function for averaged readings and detects irregular heartbeats and body movements for enhanced reliability.

The OMRON X3 Comfort AFib allows storage of up to 60 measurements for two users, plus a guest mode. It comes with a 5-year warranty, reflecting OMRON's commitment to quality.

2. IMPORTANT SAFETY INFORMATION

Warning: Always read the label, warnings, and instructions provided with the product before use. The product packaging may contain information that differs from what is presented in this manual. Consult your healthcare professional for any health concerns or before making any medical decisions.

This device is clinically validated for use by pregnant women and individuals with diabetes.

3. WHAT'S IN THE BOX

Upon opening the package, please ensure all the following components are present:

- OMRON X3 Comfort AFib Digital Sphygmomanometer

- Intelli Wrap Cuff (22-42 cm)
- Instruction Manual
- 4 AA Batteries
- Carrying Case



Image: The OMRON X3 Comfort AFib blood pressure monitor, Intelli Wrap cuff, and carrying case are shown together, indicating the contents of the product box.

4. SETUP

4.1. Installing Batteries

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

4.2. Connecting the Arm Cuff

1. Insert the air plug of the arm cuff firmly into the air jack on the left side of the main unit.

2. Ensure the connection is secure to prevent air leakage during measurement.

5. OPERATING INSTRUCTIONS

5.1. Preparation Before Measurement

For accurate readings, observe the following guidelines before taking a measurement:

- Avoid eating, drinking caffeine or alcohol, smoking, and exercising for at least 30 minutes prior to measurement.
- Rest for 5 minutes in a quiet room with a comfortable temperature.
- Do not talk or move during the measurement.



Image: Visual representation of activities to avoid before taking blood pressure: no food/drink, no medication, no smoking, no exercise.

5.2. Applying the Intelli Wrap Cuff

The Intelli Wrap Cuff (22-42 cm) is designed for ease of use and accuracy. It ensures precise readings regardless of its position around the upper arm.

1. Sit comfortably with your back supported and feet flat on the floor.
2. Place the cuff on your left upper arm, approximately 1-2 cm above your elbow. The air tube should run down the inside of your arm.
3. Ensure the cuff is at the same level as your heart.
4. The Intelli Wrap Cuff's design allows for 360-degree accuracy, minimizing errors from incorrect placement.



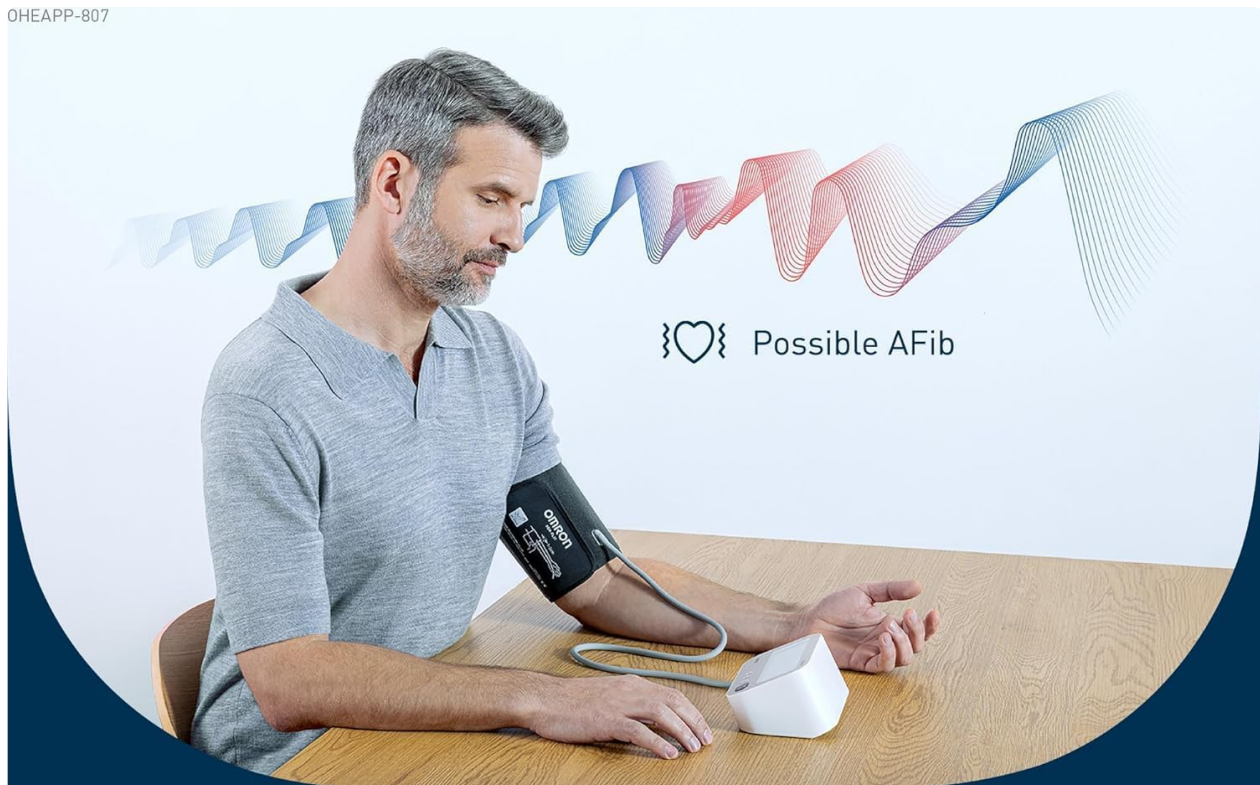
Image: A diagram illustrating the Intelli Wrap Cuff and its ability to provide accurate measurements around the entire circumference of the arm.



Image: An infographic detailing the correct posture and environmental conditions for accurate blood pressure measurement, including sitting position, cuff placement, and resting period.

5.3. Taking a Measurement

1. Press the **START/STOP** button. The cuff will begin to inflate automatically using Intellisense™ technology, which adjusts to your arm size for comfortable inflation.
2. Remain still and silent during the measurement.
3. Once the measurement is complete, the cuff will deflate, and your systolic, diastolic, and pulse readings will be displayed on the screen.
4. The device will automatically store the reading in the selected user's memory.



{♡} Possible AFib

Riduci il rischio di ictus del 66% grazie alla rilevazione precoce della fibrillazione atriale*.

*Gutierrez C, Blanchard DG. Diagnosis and Treatment of Atrial Fibrillation. Am Fam Physician. 2016 Sep 15;94(6):442-52.

Image: The OMRON X3 Comfort AFib monitor showing a digital display with systolic, diastolic, and pulse readings, along with various indicators.

5.4. AFib Detection Function

The OMRON X3 Comfort AFib is equipped with an Atrial Fibrillation (AFib) indicator. If the device detects an irregular heartbeat that may indicate AFib during a measurement, the AFib indicator will flash on the display.

Note: The AFib detection feature is for screening purposes only. It is not a diagnosis. If the AFib indicator frequently appears, consult your doctor for further evaluation.

OMRON

X3 Comfort AFib

Esegui uno screening della fibrillazione atriale ad ogni misurazione della pressione arteriosa da casa tua

Nº1 RACCOMANDATO
DAI
CARDIOLOGI*



Image: A man is shown using the blood pressure monitor, with a graphic overlay indicating 'Possible AFib' and wave patterns, highlighting the device's AFib detection capability.

5.5. Multiple User Function (2 Users x 60 Memories)

The device can store up to 60 measurements for two different users (User 1 and User 2). It also includes a guest mode for occasional measurements that are not stored.

1. Before starting a measurement, select the desired user (User 1 or User 2) by pressing the user selection button.
2. To use guest mode, do not select a user profile.
3. To review past measurements, press the **MEMORY** button and navigate through the stored readings.



Image: The OMRON X3 Comfort AFib monitor's display highlighting the user selection icons (User 1 and User 2), indicating its capability to store measurements for two individuals.

5.6. 3x Measurement Function with Average Calculation

This function automatically takes three consecutive measurements at 30-second intervals and displays the average reading. This provides a more reliable representation of your blood pressure.

1. To activate this function, press and hold the **START/STOP** button for 3 seconds.
2. The device will perform three measurements with a 30-second pause between each.
3. After the third measurement, the average of the three readings will be displayed.



Image: A man is shown using the blood pressure monitor, with a '30 sec' timer graphic overlay, illustrating the interval between consecutive measurements in the 3x measurement function.

6. MAINTENANCE AND STORAGE

6.1. 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 the device in water.

6.2. Storage

- Store the device and cuff in the provided carrying case when not in use.
- Keep the device in a clean, dry place, away from direct sunlight, extreme temperatures, and humidity.
- Remove batteries if the device will not be used for an extended period.

7. TROUBLESHOOTING

If you encounter any issues with your OMRON X3 Comfort AFib monitor, please refer to the following common solutions:

- **No Power:** Check if the batteries are inserted correctly and are not depleted. Replace with new batteries if necessary.
- **Error Message on Display:** Refer to the full instruction manual for specific error codes and their meanings. Common issues include incorrect cuff placement or movement during measurement.
- **Inaccurate Readings:** Ensure the cuff is applied correctly and positioned at heart level. Avoid talking or moving during measurement. Ensure you have rested for 5 minutes before taking a reading.
- **Cuff Not Inflating:** Check that the air plug is securely connected to the main unit. Ensure the cuff is not damaged.

If the problem persists after attempting these solutions, please contact OMRON customer support or consult your retailer.

8. SPECIFICATIONS

Feature	Specification
Model Name	X3 Comfort AFib
Item Model Number	HEM-7196-FLEO
Brand	OMRON
Power Source	Battery powered (4 AA batteries included)
Display Type	LCD
Cuff Type	Intelli Wrap Cuff (22-42 cm)
Memory	60 measurements for 2 users + Guest Mode
Special Features	AFib Detection, Intellisense Technology, 3x Measurement Function, Clinically Validated (including for diabetic and pregnant patients)
Product Dimensions	16.5 x 9.8 x 7 cm
Item Weight	350 Grams
Manufacturer	OMRON Healthcare Co., Ltd
Country of Origin	Vietnam

9. WARRANTY AND SUPPORT

The OMRON X3 Comfort AFib Blood Pressure Monitor comes with a **5-year warranty** from the date of purchase. This warranty covers defects in materials and workmanship under normal use.

For warranty claims, technical support, or any questions regarding your device, please contact OMRON customer service through their official website or the contact information provided in the full instruction manual.

Always retain your proof of purchase for warranty purposes.