

Omron HEM-7194T1-FLBIN

Omron HEM-7194T1-FLBIN Upper Arm Automatic Blood Pressure Monitor User Manual

INTRODUCTION

This manual provides instructions for the safe and proper use of the Omron HEM-7194T1-FLBIN Upper Arm Automatic Blood Pressure Monitor. This device is designed for measuring blood pressure and pulse rate in adults, and includes features for Atrial Fibrillation (AFib) detection.

Key Features:

- **IntelliSense AFib Technology:** An algorithm designed for precise AFib screening during blood pressure measurement.
- **IntelliWrap Cuff (360° Accuracy):** A pre-formed cuff designed to provide accurate readings from various angles, simplifying correct cuff placement.
- **Large Display:** A clear screen for easy viewing of systolic, diastolic, pulse, and AFib indicators.
- **Bluetooth Connectivity:** Allows synchronization of readings with the OMRON app for tracking and sharing data.
- **Upper Arm Automatic Monitoring:** Provides automatic inflation and deflation for convenient blood pressure tracking.

IMPORTANT SAFETY INFORMATION

Read all instructions thoroughly before using the device. Consult your physician regarding specific blood pressure information. Self-diagnosis and treatment based on measurement results can be dangerous. Always follow the instructions of your medical professional. Do not use this device on infants, toddlers, or individuals unable to express consent. Keep the device out of reach of children and pets. Do not use the device in areas with strong electromagnetic fields.

PACKAGE CONTENTS

Verify that all components are present in the package:

- Automatic Blood Pressure Monitor (HEM-7194T1-FLBIN)
- IntelliWrap™ 360° Fit Cuff
- Instruction Manual
- AC Adapter
- 4 x 'AA' Batteries
- Storage Case



2 User

Supports 2 users with separate BP reading records.



60 memory

Stores 60 measurements for your records



3 Measurements

Takes 3 readings and averages them for reliable results.



Cuff wrapping guide

Guides if the cuff is wrapped correctly
Not too loose, not too tight

Image: Contents of the Omron HEM-7194T1-FLBIN Blood Pressure Monitor package.

SETUP

1. Install Batteries

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

2. Connect AC Adapter (Optional)

If using the AC adapter, plug the adapter into the AC adapter jack on the side of the monitor, then plug the other end into a wall outlet. Using the AC adapter will bypass battery power.

3. Connect the Arm Cuff

Insert the air plug of the arm cuff into the air jack on the left side of the monitor until it clicks securely.

OPERATING INSTRUCTIONS

Preparing for Measurement

For accurate readings, follow these guidelines:

5 Easy Tips for Getting an Accurate Blood Pressure Reading at Home



- 1 **Sit calmly** for 5-10 minutes before checking your BP.
- 2 **Sit upright** with your back straight and palm facing up.
- 3 **Place the cuff** on your upper arm, should be snug but not too tight.
- 4 **Rest your arm** on a table so the cuff is at your heart level.
- 5 **Place your feet flat** on the floor. Do not cross your legs.

Image: Five easy tips for obtaining an accurate blood pressure reading at home.

1. **Sit Calmly:** Rest quietly for 5-10 minutes before taking your blood pressure.
2. **Sit Upright:** Sit with your back straight and supported, with your palm facing up.
3. **Cuff Placement:** Place the cuff on your upper arm. It should be snug but not overly tight.
4. **Arm Position:** Rest your arm on a table so the cuff is at the same level as your heart.
5. **Foot Position:** Keep your feet flat on the floor and do not cross your legs.

Applying the IntelliWrap Cuff

The IntelliWrap Cuff is designed for easy and accurate placement. Ensure the air tube is positioned on the inside of your arm and aligned with your middle finger. The cuff should be wrapped directly on your bare skin, approximately 1-2 cm above your elbow.

Taking a Measurement

1. Press the **START/STOP** button. The cuff will begin to inflate automatically.
2. Remain still and do not talk during the measurement.

3. Once the measurement is complete, the cuff will deflate, and your systolic pressure, diastolic pressure, and pulse rate will be displayed.
4. If AFib is detected, an AFib indicator will appear on the display.
5. Press the **START/STOP** button again to turn off the monitor. The measurement will be automatically stored.

Understanding the Display

The large display shows your readings clearly. The top number is your Systolic Blood Pressure, the middle number is your Diastolic Blood Pressure, and the bottom number is your Pulse Rate. An icon will indicate if Atrial Fibrillation (AFib) was detected during the measurement.



Large Display

Large display for better viewing



Bluetooth Connectivity

Measure, track and share your readings.



Image: Monitor display showing readings and Bluetooth connectivity.

Bluetooth Connectivity and OMRON Connect App

The monitor can connect to the OMRON Connect app via Bluetooth to store and track your readings. Download the OMRON Connect app from your device's app store.

1. Enable Bluetooth on your smartphone or tablet.

2. Open the OMRON Connect app and follow the on-screen instructions to pair your device.
3. Your measurements will automatically sync to the app, providing a digital logbook, health insights, daily reminders, and doctor-friendly reports.




	 HEM-7181	 HEM-7183T1-FL	 HEM-7194T1-FLB
Features			
Pulse	✓	✓	✓
Cuff Wrapping Guide	✓	✓	✓
Auto Power off	✓	✓	✓
Body Movement Detection	✓	✓	✓
Irregular Heartbeat Detection	✓	✓	✓
Low Battery Indicator	✓	✓	✓
Trend Indicator	✓	✓	✓
Hypertension Indicator	✓	✓	✓
Bluetooth Connectivity		✓	✓
AC Adapter			✓
2 User Compatibility			✓
Average of Last 3 Measurements			✓
Afib Indicator			✓
Cuff Type	Regular Fan Cuff	360° Fit Cuff	360° Fit Cuff

Image: OMRON Connect app interface demonstrating data tracking features.

MAINTENANCE

Cleaning the Monitor and Cuff

- 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 device or cuff in water.

Storage

- Store the device and cuff in the provided storage case when not in use.
- Keep the device in a clean, dry place, away from direct sunlight, extreme temperatures, and humidity.
- Avoid storing the device in areas where it may be exposed to strong vibrations or impacts.

Battery Replacement

When the low 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

If you encounter issues with your blood pressure monitor, refer to the following common solutions:

Problem	Possible Cause	Solution
No power / Display is blank	Batteries are dead or incorrectly inserted; AC adapter not connected properly.	Replace batteries with new ones, ensuring correct polarity. Check AC adapter connection.
Inaccurate or inconsistent readings	Improper cuff placement; movement or talking during measurement; incorrect body position; recent physical activity or caffeine intake.	Ensure cuff is correctly applied and snug. Remain still and silent during measurement. Follow the 'Preparing for Measurement' guidelines. Wait 15-30 minutes after exercise, eating, or caffeine before measuring.
Cuff does not inflate or inflates too little	Air plug not securely connected; air leakage from cuff.	Ensure the air plug is fully inserted into the monitor. Check the cuff for any visible damage or leaks.
AFib indicator appears frequently	Irregular heartbeat detected.	This indicates a possible irregular heartbeat. Consult your physician for interpretation of these results.

If the problem persists after attempting these solutions, contact Omron customer support.

PRODUCT SPECIFICATIONS

Specification	Detail
Model Number	HEM-7194T1 FLBIN
Power Source	4 AA batteries (included) or AC Adapter
Display Type	Large Digital Display
Cuff Type	IntelliWrap™ 360° Fit Cuff
Measurement Method	Oscillometric method
Measurement Range	Pressure: 0 to 299 mmHg, Pulse: 40 to 180 beats/min
Accuracy	Pressure: ±3 mmHg, Pulse: ±5% of display reading
Memory	60 measurements per user (supports 2 users)
Connectivity	Bluetooth®
Item Weight	350 Grams
Package Dimensions	16.5 x 9.8 x 7 cm

Specification	Detail
Manufacturer	OMRON HEALTHCARE MANUFACTURING VIETNAM CO., LTD.

No.1 RECOMMENDED BRAND BY DOCTORS*

High Accuracy + High Quality
 We design blood pressure monitors that minimize the impact of various factors, ensuring that every individual can measure their blood pressure accurately and comfortably at home.

TECHNOLOGY BY OMRON HEALTHCARE IN JAPAN

Clinically Validated

400million units* sold

*Home BP Monitor Brand Health Evaluation, MIMS, survey with doctors in India, Indonesia, Philippines and Vietnam (May 2025)
 *Global Home Appliance Market Comprehensive Survey 2025, Fuji Keizai Co., Ltd. (forecast for 2024)

Image: Feature comparison table for Omron blood pressure monitor models.

WARRANTY AND SUPPORT

Warranty Information

This Omron Blood Pressure Monitor comes with a **2-year manufacturer warranty** from the date of purchase. Please retain your purchase receipt for warranty claims. The warranty covers defects in materials and workmanship under normal use.

Customer Support

For technical assistance, troubleshooting, or warranty service, please contact Omron Healthcare India PVT Ltd. at the following address:

OMRON Healthcare India PVT Ltd.
 6th Floor, B-Block, Sewa Tower, Plot no.19,
 Sector -18, Udyog Vihar, Maruti Industrial complex,
 Gurgaon, Haryana 122008, India

Please refer to the official Omron website or your warranty card for the most current contact information and support options.