OMRON

GETTING STARTED

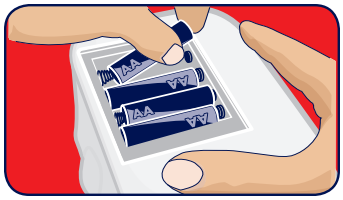
AUTOMATIC ARM BLOOD PRESSURE MONITOR

HEM-741CAN

STEP 1

Insert four AA batteries *(not included)* into bottom of unit.

Plug arm cuff into the main unit.



STEP 2

DATE AND TIME SETTING OPTION

To Set Date and Time Go To **A.** Or To Bypass Date and Time Go To **B.**

A Press **START/STOP** button once. The year will flash. Press **MEMORY** button to advance to current year, then press ◔ to confirm.

Change month, day and time the same way. Unit will shut off when complete.

B Press **START/STOP** button to turn unit on. The year will flash. Press **START/STOP** again to turn unit off. You have now bypassed setting the Date and Time. Go to **STEP 3**.

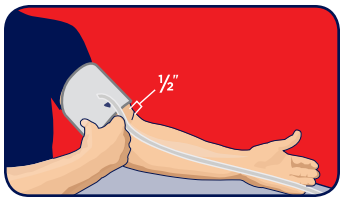
For more information on date and time setting, see pages 9-11 in the instruction manual.

STEP 3

Place cuff directly on bare skin of upper left arm, with cuff edge 1/2 inch above elbow.

Align cuff so the blue arrow ▼ is centered on the inside of your arm with the tubing pointing down toward your hand. Close cuff snugly.

To use on right arm, see page 13 in instruction manual.



STEP 4

To turn unit on and take a measurement, press **START/STOP** button once.

The cuff will inflate automatically. Hold still until cuff deflates and results are displayed.

FREQUENTLY ASKED QUESTIONS

Q. Why are my blood pressure readings sometimes different?

A. Your blood pressure changes constantly based on your daily activities and time of day. Because of this, some fluctuations can be expected. That's why it is important to use averages over time to compare readings. Because each person is different, it's important to consult with your doctor about what your numbers mean to you.

Q. Why could my doctor's reading be different than my readings taken at home?

A. Having your blood pressure measured by a healthcare professional in a doctor's office can cause nervousness and may result in an elevated reading. Because these readings can vary considerably, you should take your blood pressure on a regular basis at home and share your results with your healthcare provider.

OTHER IMPORTANT TIPS

- For accurate readings, sit quietly with feet flat on the floor and rest for five minutes before taking measurements. Do not measure within 30 minutes after eating, exercising, bathing, smoking or drinking alcohol.
- To review readings, press the MEMORY button to scroll through readings.
- To use the Advanced Averaging function and display averages, see page 16 in the instruction manual.
- To keep your monitor in the best condition, follow the Care and Maintenance directions on page 18 of the instruction manual.

The Canadian Hypertension Society (CHS) recommends the following guideline for upper limit of normal for home blood pressure readings: **135** mmHg systolic **85** mmHg diastolic

Please read the instruction manual for complete product information. Call our Toll-Free Consumer Help Line at **800-634-4350** for assistance with your Omron product. **WWW.OMRONHEALTHCARE.COM**