OMRON

M7 Intelli IT AFib (HEM-7380T1-EBK)

ام7 انتلي اي تي افيب

Automatic Upper Arm Blood Pressure Monitor

Tensiomètre automatique brassard
Automatisches Oberarm-Blutdruckmessgerät
Misuratore automatico di pressione arteriosa da braccio
Monitor de presión arterial automático de brazo
Automatische bovenarmbloeddrukmeter
Измеритель артериального давления и частоты пульса автоматический
Otomatik Üst Kol Kan Basıncı Ölçüm Cihazı
جهاز قياس ضغط الدم الآلي القابل للتثبيت بأعلى الذراع

Instruction Manual 1: Safety and Other Information

Mode d'emploi 1 : Sécurité et autres informations
Gebrauchsanweisung 1: Sicherheitshinweise und andere Informationen
Manuale di istruzioni 1: Sicurezza e altre informazioni
Manual de instrucciones 1: Seguridad y otra información
Gebruiksaanwijzing 1: Veiligheid en andere informatie
Руководство по эксплуатации 1: Информация о безопасности и другие сведения
Kullanım kılavuzu 1: Güvenlik bilgileri ve diğer bilgiler
دليل الإرشادات 1: الأمان ومعلومات أخرى

All for Healthcare

Intelli sense AFib

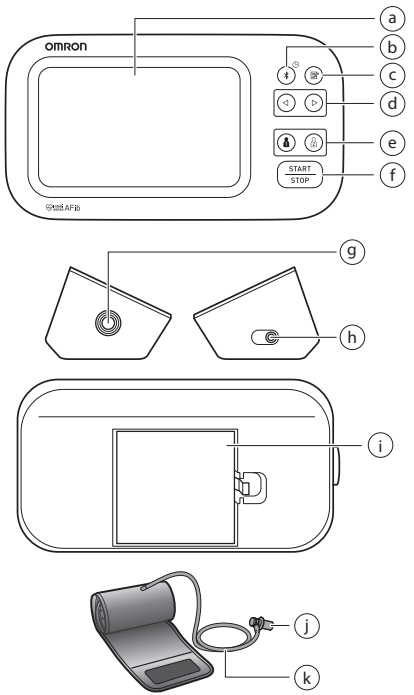
UK CA 0086

CE 0197

EN
FR
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ES
NL
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TR
AR
Symbols
Symboles / Symbole / Simboli / Símbolos / Symbolen / Символы / Semboller / الرموز

Overview

FR Présentation générale
DE Überblick
IT Presentazione del prodotto
ES Descripción general
NL Overzicht
RU Описание
TR Genel Bakış
نظرة عامة **AR**



a	**Display**	Display	Дисплей
	Affichage	Pantalla	Ekran
	Display	Scherm	الشاشة
b	**[Connection] button (Date/Time)**		
	Bouton [Connexion] (Date/Heure)		
	Verbindungstaste (Datum/Uhrzeit)		
	Pulsante [Connessione] (Data/Ora)		
	Botón [Conexión] (Fecha/Hora)		
	Knop [Verbinding] (Datum/tijd)		
	Кнопка [Подключение] (Дата/Время)		
	[Bağlantı] düğmesi (Tarih/Saat)		
	الزر [الاتصال] (التاريخ/الوقت)		
c	**[Memory] button**	Knop [Geheugen]	
	Bouton [Mémoire]	Кнопка [Память]	
	Taste [Speicher]	[Hafıza] düğmesi	
	Pulsante [Memoria]	الزر [الذاكرة]	
	Botón [Memoria]		
d	**[Forward]/[Backward] buttons**		
	Boutons [Avant]/[Arrière]		
	Vor-/Zurück-Tasten		
	Pulsanti [Avanti]/[Indietro]		
	Botones [Siguiente]/[Atrás]		
	Knoppen [Vooruit]/[Terug]		
	Кнопки [Вперед]/[Назад]		
	[İleri]/[Geri] düğmeleri		
	الزران [التقدم/الرجوع]		
e	**[User ID 1]/[User ID 2] buttons**		
	Boutons [ID Utilisateur 1]/[ID Utilisateur 2]		
	Tasten für Benutzer-ID 1/2		
	Pulsanti [ID utente 1]/[ID utente 2]		
	Botones [ID de usuario 1]/[ID de usuario 2]		
	Knoppen [Gebruikers-ID 1]/[Gebruikers-ID 2]		
	Кнопки [Пользователь 1]/[Пользователь 2]		
	[Kullanıcı Kimliği 1]/[Kullanıcı Kimliği 2] düğmeleri		
	الزران [هوية المستخدم ١/هوية المستخدم ٢]		
f	**[START/STOP] button**	Knop [START/STOP]	
	Bouton [START/STOP]	Кнопка [START/STOP]	
	[START/STOP]-Taste	[START/STOP] düğmesi	
	Pulsante [START/STOP]	الزر [START/STOP]	
	Botón [START/STOP]		

g	**Air jack**		Luchtslangaansluiting
	Prise à air		Воздушное гнездо
	Luftschlauchbuchse		Hava jakı
	Presa per il tubo dell'aria		مقبس خرطوم الهواء
	Toma de aire		
h	**AC adapter jack (for optional AC adapter)**		
	Prise pour l'adaptateur secteur (pour adaptateur secteur en option)		
	Netzteilanschluss (für das optionale Netzteil)		
	Presa per l'alimentatore CA (per l'alimentatore CA opzionale)		
	Toma del adaptador de CA (para el adaptador de CA opcional)		
	Netadapteraansluiting (voor de optionele netadapter)		
	Гнездо адаптера переменного тока (приобретаемого дополнительно)		
	AC adaptörü jakı (isteğe bağlı AC adaptörü için)		
	مقبس مهايئ التيار المتردد (لمهايئ التيار المتردد الاختياري)		
i	**Battery compartment**		Batterijvak
	Compartiment des piles		Отсек для элементов питания
	Batteriefach		Pil bölmesi
	Vano batterie		حجيرة البطاريات
	Compartimento de las pilas		
j	**Air plug**		Plug van de luchtslang
	Prise de gonflage		Воздушный штекер
	Luftschlauchstecker		Hava tapası
	Attacco del tubo dell'aria		قابس خرطوم الهواء
	Conector para tubo de aire		
k	**Air tube**	Tubo dell'aria	Воздуховодная трубка
	Tuyau à air	Tubo de aire	Hava borusu
	Luftschlauch	Luchtslang	خرطوم الهواء

EN

1. Introduction

Thank you for purchasing the OMRON Automatic Upper Arm Blood Pressure Monitor. This blood pressure monitor uses the oscillometric method of blood pressure measurement. This means this monitor detects your blood movement through your brachial artery and converts the movements into a digital reading.

1.1 Safety Instructions

This instruction manual provides you with important information about the OMRON Automatic Upper Arm Blood Pressure Monitor. To ensure the safe and proper use of this monitor, READ and UNDERSTAND all of these instructions. **If you do not understand these instructions or have any questions, contact your OMRON retail outlet or distributor before attempting to use this monitor. For specific information about your own blood pressure, consult with your physician.**

1.2 Intended Use

Intended Purpose

This device is a digital monitor intended for use in measuring blood pressure and pulse rate in adult patient population. The device can detect an irregular pulse suggestive of Atrial Fibrillation (AFib). Please note that the device is not intended to diagnose AFib. A diagnosis of AFib can only be confirmed by a physician with an Electrocardiogram (ECG). If the AFib symbol appears, consult with your physician.

Intended Patients

Adult patient population

Intended Users

Adult population (may include patients themselves) who can understand this instruction manual.

Clinical Benefit

Patient's blood pressure can be measured non-invasively and simply, and the possibility of AFib is detected from the pulse wave obtained from the blood pressure measurement and provided to the user.

Type of Use

This monitor is intended to be multiple patient multiple use.

Limitation

Patient's arm circumference must be 22 - 42 cm.

Indication

This device is used by healthy individuals, patients with hypertension, patients with health-conscious individuals, mainly in a general household situation, and can be used in a healthcare facility under control by healthcare professionals, for the following purpose.
- measure blood pressure and pulse rate
- evaluate the possibility of AFib

1.3 Receiving and Inspection

Remove this monitor and other components from the packaging and inspect for damage. If this monitor or any other components is damaged, DO NOT USE and consult with your OMRON retail outlet or distributor.

2. Important Safety Information

Read the Important Safety Information in this instruction manual before using this monitor. Follow this instruction manual thoroughly for your safety. Keep for future reference. **For specific information about your own blood pressure, consult with your physician**.

2.1 Contraindications

- DO NOT use this monitor on an injured arm or an arm under medical treatment.
- DO NOT apply the arm cuff on your arm while on an intravenous drip or blood transfusion.
- DO NOT use this monitor on infants, toddlers, children or persons who cannot express themselves.

2.2 Side Effects

- Taking measurements more often than necessary may cause bruising due to blood flow interference.
- Inflating to a higher pressure than necessary may result in bruising of the arm where the cuff is applied. NOTE: refer to "If your systolic pressure is more than 210 mmHg" in section 10 of instruction manual 2 for additional information.
- Stop using this monitor and consult with your physician if you experience skin irritation or discomfort.

2.3 ⚠ Warning

Indicates a potentially hazardous situation which, if not avoided, could result in death or serious injury.

- DO NOT adjust medication (including altering your use of any drug or treatment) based on readings from this blood pressure monitor. Take medication as prescribed by your physician. ONLY a physician is qualified to diagnose and treat high blood pressure and heart related conditions.
- NEVER diagnose or treat yourself based on your readings. ALWAYS consult with your physician.
- The possible AFib screening feature evaluates for a possibility of AFib ONLY. It will NOT detect other potentially life-threatening arrhythmias or diseases, such as a possibility of other cardiac arrhythmias or heart attack.
- If you are experiencing any symptoms or concerns, consult with your physician.
- DO NOT postpone/stop regular checkups or physician visits based on the results that you are getting from this monitor.
- This monitor may not detect a possibility of AFib in people with pacemakers or defibrillators. People with pacemakers or defibrillators should therefore not use this monitor to detect a possibility of AFib.

- DO NOT use this monitor in areas containing high frequency (HF) surgical equipment, magnetic resonance imaging (MRI) equipment, computerized tomography (CT) scanners. This may result in incorrect operation of the monitor and/or cause an inaccurate reading.
- DO NOT use this monitor in oxygen rich environments or near flammable gas.
- Consult with your physician before using this monitor if you have common arrhythmias such as atrial or ventricular premature beats or atrial fibrillation; arterial sclerosis; poor perfusion; diabetes; pregnancy; pre-eclampsia or renal disease. NOTE that any of these conditions in addition to patient motion, trembling, or shivering may affect the measurement reading.
- To help avoid strangulation, keep the air tube and AC adapter cable away from infants, toddlers and children.
- This product contains small parts that may cause a choking hazard if swallowed by infants, toddlers and children.

Data Transmission

- After the pairing process is completed, this product always emits radio frequencies (RF) in the 2.4 GHz band. DO NOT use this product in locations where RF is restricted, such as on an aircraft or in hospitals. Disable the **Bluetooth®** feature in this monitor, or remove the batteries and unplug the AC adapter when in RF restricted areas.

AC Adapter (optional accessory) Handling and Usage

- DO NOT use the AC adapter if this monitor or the AC adapter cable is damaged. If this monitor or the cable is damaged, turn off the power and unplug the AC adapter immediately.
- Plug the AC adapter into the appropriate voltage outlet. DO NOT use in a multi-outlet plug.
- NEVER plug in or unplug the AC adapter from the electric outlet with wet hands.
- DO NOT disassemble or attempt to repair the AC adapter.

Battery Handling and Usage

- Keep the batteries out of the reach of infants, toddlers and children.

2.4 ⚠ Precaution **Indicates a potentially hazardous situation which, if not avoided, may result in minor or moderate injury to the user or patient, or cause damage to the equipment or other property.**

- Consult with your physician before using this monitor on an arm where intravascular access or therapy, or an arterio-venous (A-V) shunt, is present because of temporary interference to blood flow and could result in injury.
- Consult with your physician before using this monitor if you have had a mastectomy or lymph node clearance.
- Consult with your physician before using this monitor if you have severe blood flow problems or blood disorders as cuff inflation can cause bruising.
- ONLY inflate the arm cuff when it is applied on your upper arm.
- Remove the arm cuff if it does not start deflating during a measurement.
- DO NOT use this monitor for any purpose other than measuring blood pressure and/or detecting a possibility of AFib.
- During measurement, make sure that no mobile device or any other electrical device that emits electromagnetic fields is within 30 cm of this monitor. This may result in incorrect operation of the monitor and/or cause an inaccurate reading.
- DO NOT disassemble or attempt to repair this monitor or other components. This may cause an inaccurate reading.
- DO NOT use in a location where there is moisture or a risk of water splashing this monitor. This may damage this monitor.
- DO NOT use this monitor in a moving vehicle such as in a car or on an aircraft.
- DO NOT drop or subject this monitor to strong shocks or vibrations.
- DO NOT use this monitor in places with high or low humidity or high or low temperatures. Refer to section 6.
- During measurement, observe the arm to ensure that the monitor is not causing prolonged impairment to blood circulation.
- DO NOT use this monitor with other medical electrical (ME) equipment simultaneously. This may result in incorrect operation of the devices and/or cause an inaccurate reading.
- Avoid bathing, drinking alcohol or caffeine, smoking, exercising and eating for at least 30 minutes before taking a measurement.
- Rest for at least 5 minutes before taking a measurement.
- Remove tight-fitting or thick clothing from your arm while taking a measurement.
- Remain still and DO NOT talk while taking a measurement.
- ONLY use the arm cuff on persons whose arm circumference is within the specified range of the cuff.
- Ensure that this monitor has acclimated to room temperature before taking a measurement. Taking a measurement after an extreme temperature change could lead to an inaccurate reading. It is recommended that you wait for approximately 2 hours for the monitor to warm up or cool down when the monitor is used in an environment within the temperature specified as operating conditions after it is stored either at the maximum or at the minimum storage temperature. For additional information on operating and storage / transport temperature, refer to section 6.
- DO NOT use this monitor after the durable period has ended. Refer to section 6.
- DO NOT crease the arm cuff or the air tube excessively.
- DO NOT fold or kink the air tube while taking a measurement. This may cause an injury by interrupting blood flow.
- To unplug the air plug, pull on the plastic air plug at the base of the tube, not the tube itself.
- ONLY use the AC adapter, arm cuff, batteries and accessories specified for this monitor. Use of unsupported AC adapters, arm cuffs and batteries may damage and/or may be hazardous to this monitor.
- ONLY use the approved arm cuff for this monitor. Use of other arm cuffs may result in incorrect readings.
- Read and follow the "Correct Disposal of This Product" in section 7 when disposing of the device and any used accessories or optional parts.

Data Transmission

- DO NOT replace the batteries or unplug the AC adapter while your readings are being transferred to your smart device. This may result in incorrect operation of this monitor and failure to transfer your blood pressure data.

AC Adapter (optional accessory) Handling and Usage

- Fully insert the AC adapter into the outlet.
- When unplugging the AC adapter from the outlet, be sure to safely pull from the AC adapter. DO NOT pull from the AC adapter cable.
- When handling the AC adapter cable:
  DO NOT damage it. / DO NOT break it. / DO NOT tamper with it. / DO NOT pinch it. / DO NOT forcibly bend or pull it. / DO NOT twist it. / DO NOT use it if it is gathered in a bundle. / DO NOT place it under heavy objects.
- Wipe any dust off of the AC adapter.
- Unplug the AC adapter when not in use.
- Unplug the AC adapter before wiping this monitor.

Battery Handling and Usage

- DO NOT insert batteries with their polarities incorrectly aligned.
- ONLY use 4 "AA" alkaline or manganese batteries with this monitor. DO NOT use other types of batteries. DO NOT use new and used batteries together. DO NOT use different brands of batteries together.
- Remove the batteries if this monitor will not be used for a long period of time.
- If battery fluid should get in your eyes, immediately rinse with plenty of clean water. Consult with your physician immediately.
- If battery fluid should get on your skin, wash your skin immediately with plenty of clean, lukewarm water. If irritation, injury or pain persists, consult with your physician.
- DO NOT use batteries after their expiration date.
- Periodically check the batteries to ensure they are in good working condition.

2.5 General Notices

- To stop a measurement, press the [START/STOP] button while taking a measurement.
- When you take a measurement on the right arm, the air tube should be at the side of your elbow. Be careful not to rest your arm on the air tube.



- Blood pressure may differ between the right and left arm, and may result in a different measurement value. Always use the same arm for measurements. If the values between both arms differ substantially, check with your physician on which arm to use for your measurements.
- Be aware that OMRON will not be responsible for the loss of data and/or information in the app.
- "OMRON connect" is the only app that we recommend to use with your monitor to transfer data correctly.
- When using an optional AC adapter, make sure not to place your monitor in a location where it is difficult to plug and unplug the AC adapter.
- We recommend keeping batteries in your monitor, even if you choose to use the optional AC adapter. If only the AC adapter is used without keeping batteries in your monitor, you may need to reset the date and time each time you unplug and plug back the AC adapter. The readings will not be deleted.

Battery Handling and Usage

- Disposal of used batteries should be carried out in accordance with local regulations.
- The supplied batteries may have a shorter life span than new batteries.
- Replacing batteries will not delete previous readings.

3. Error Messages and Troubleshooting

If any of the below problems occur during measurement, check to make sure that no other electrical device is within 30 cm of the monitor. If the problem persists, refer to the table below.

Display/Problem	Possible Cause	Solution
E1 appears or the arm cuff does not inflate.	The [START/STOP] button was pressed while the arm cuff is not applied.	Press the [START/STOP] button again to turn the monitor off.
	Air plug is not completely plugged into the monitor.	Insert the air plug securely.
	The arm cuff is not applied correctly.	Apply the arm cuff correctly, then take another measurement. Refer to section 8 of instruction manual 2.
	Air is leaking from the arm cuff.	Replace the arm cuff with a new one. Refer to section 15 of instruction manual 2.
E2 appears or a measurement cannot be completed after the arm cuff inflates.	Moving or talking during a measurement causes the arm cuff to not inflate sufficiently.	Remain still and do not talk during a measurement. If "E2" appears repeatedly, inflate the arm cuff manually until the systolic pressure is 30 to 40 mmHg above your previous readings. Refer to section 10 of instruction manual 2.
	The systolic pressure is above 210 mmHg and a measurement cannot be taken.	
E3 appears	The arm cuff is inflated exceeding the maximum allowable pressure.	Do not touch the arm cuff and/or bend the air tube while taking a measurement. If inflating the arm cuff manually, refer to section 10 of instruction manual 2.
E4 appears	Moving or talking during a measurement results in vibrations that disrupt the measurement.	Remain still and do not talk during a measurement.
E5 appears	The pulse rate is not detected correctly.	Apply the arm cuff correctly, then take another measurement. Refer to section 8 of instruction manual 2. Remain still and sit correctly during a measurement.
Er appears	The monitor has malfunctioned.	Press the [START/STOP] button again. If "Er" still appears, contact your OMRON retail outlet or distributor.
E rr appears	The monitor cannot connect to a smart device or transmit data correctly.	Follow the instructions shown in the "OMRON connect" app. If the "Err" still appears after checking the app, contact your OMRON retail outlet or distributor.

Display/Problem	Possible Cause	Solution
 appears	The pulse rate is not detected correctly.	Apply the arm cuff correctly, then take another measurement. Refer to section 8 of instruction manual 2. Remain still and sit correctly during a measurement. If the irregular heartbeat symbol " " continues to appear, it is recommended that you consult with your physician.
 appears		
 does not flash during a measurement		
 flashes	The monitor is waiting for pairing with the smart device.	Refer to section 5 of instruction manual 2 for pairing your monitor with your smart device, or press the [START/STOP] button to cancel pairing and turn your monitor off.
 flashes	There are more than 80 readings in memory to be transferred.	Pair or transfer your readings to the "OMRON connect" app so you can keep them in memory in the app, and this symbol disappears.
	The date and time are not set.	
 appears	There are 100 readings in memory to be transferred.	
 flashes	Batteries are low.	Replacing all 4 batteries with new ones is recommended. Refer to section 4 of instruction manual 2.
 appears, or the monitor is turned off unexpectedly during a measurement. and 	Batteries are depleted.	Immediately replace all 4 batteries with new ones. Refer to section 4 of instruction manual 2.
Nothing appears on the display of the monitor.	Battery polarities are not properly aligned.	Check the battery installation for proper placement. Refer to section 4 of instruction manual 2.
Readings appear too high or too low.	Blood pressure varies constantly. Many factors including stress, time of day, and/or how you apply the arm cuff, may affect your blood pressure. Review sections 2, 8 and 9 of instruction manual 2.	
Any other communication issue occurs.	Follow the instructions shown in the smart device, or visit the "Help" section in the "OMRON connect" app for further help. If the problem still persists, contact your OMRON retail outlet or distributor.	
Any other problem occurs.	Press the [START/STOP] button to turn the monitor off, then press it again to take a measurement. If the problem continues, remove all batteries and wait for 30 seconds. Then re-install the batteries. If the problem still persists, contact your OMRON retail outlet or distributor.	

4. Limited Warranty

Thank you for buying an OMRON product. This product is constructed of high quality materials and great care has been taken in its manufacturing. It is designed to give you a high level of comfort, provided that it is properly operated and maintained as described in the instruction manual.

This product is warranted by OMRON for a period of 5 years after the date of purchase. The proper construction, workmanship and materials of this product is warranted by OMRON. During this period of warranty OMRON will, without charge for labour or parts, repair or replace the defect product or any defective parts.

The warranty does not cover any of the following:

A. Transport costs and risks of transport.
B. Costs for repairs and / or defects resulting from repairs done by unauthorised persons.
C. Periodic check-ups and maintenance.
D. Failure or wear of optional parts or other attachments other than the main device itself, unless explicitly warranted above.
E. Costs arising due to non-acceptance of a claim (those will be charged for).
F. Damages of any kind including personal caused accidentally or from misuse.
G. Calibration service is not included within the warranty.
H. Optional parts have a one (1) year warranty from date of purchase. Optional parts include, but are not limited to the following items: cuff and cuff tube.

Should warranty service be required please apply to the dealer whom the product was purchased from or an authorised OMRON distributor. For the address refer to the product packaging / literature or to your specialised retailer. If you have difficulties in finding OMRON customer services, visit our website (www.omron-healthcare.com) for contact information.

Repair or replacement under the warranty does not give rise to any extension or renewal of the warranty period.

The warranty will be granted only if the complete product is returned together with the original invoice / cash ticket issued to the consumer by the retailer.

5. Maintenance

5.1 Maintenance

To protect your monitor from damage, follow the directions below:
Changes or modifications not approved by the manufacturer will void the user warranty.

⚠ Precaution

DO NOT disassemble or attempt to repair this monitor or other components. This may cause an inaccurate reading.

5.2 Storage

- Keep your monitor and other components in the storage case when not in use.
- Store your monitor and other components in a clean, safe location.
- Gently fold the air tube into the arm cuff. Note: Do not bend or crease the air tube excessively.
- Place your monitor and other components in the storage case.
- Do not store your monitor and other components:
  - If your monitor and other components are wet.
  - In locations exposed to extreme temperatures, humidity, direct sunlight, dust or corrosive vapors such as bleach.
  - In locations exposed to vibrations or shocks.

5.3 Wiping the Monitor

- Do not use any abrasive or volatile cleaners.
- Use a soft dry cloth or a soft cloth moistened with mild (neutral) detergent to wipe your monitor and arm cuff, and then wipe them with a dry cloth.
- Do not wash or immerse your monitor and arm cuff or other components in water.
- Do not use gasoline, thinners or similar solvents to wipe your monitor and arm cuff or other components.

5.4 Calibration and Service

- The accuracy of this blood pressure monitor has been carefully tested and is designed for a long service life.
- It is generally recommended to have the unit inspected every two years to ensure correct functioning and accuracy. Please consult your authorised OMRON dealer or the OMRON Customer Service at the address given on the packaging or attached literature.

6. Specifications

Product Category	Electronic Sphygmomanometers
Product description	Automatic Upper Arm Blood Pressure Monitor
Model (Code)	M7 Intelli IT AFib (HEM-7380T1-EBK)
Display	LCD digital display
Cuff pressure range	0 to 299 mmHg
Blood pressure measurement range	SYS: 60 to 260 mmHg DIA: 40 to 215 mmHg
Pulse measurement range	40 to 180 beats / min.
Accuracy	Pressure: ±3 mmHg Pulse: ±5 % of display reading
Inflation	Automatic by electric pump
Deflation	Automatic pressure release valve
Measurement method	Oscillometric method
Transmission method	**Bluetooth**® Low Energy
Wireless communication	Frequency range: 2.4 GHz (2400 - 2483.5 MHz) / Modulation: GFSK Effective radiated power: < 20 dBm
Operation mode	Continuous operation
IP classification	Monitor: IP21 Optional AC adapter: IP21 (HHP-CM01) or IP22 (HHP-BFH01)
Rating	DC6 V 4 W
Power source	4 "AA" batteries 1.5 V or optional AC adapter (INPUT AC 100 - 240 V 50 - 60 Hz 0.12 - 0.065 A)
Battery life	Approx. 700 measurements (using new alkaline batteries) The number of times may decrease when using TruRead mode because one TruRead mode consists of 3 regular measurements.
Durable period (Service life)	Monitor: 5 years or the time when reaching 30000 times of use. / Cuff: 5 years or the time when reaching 10000 times of use. / Optional AC adapter: 5 years
Operating conditions	+10 to +40 °C / 15 to 90 % RH (non-condensing) / 800 to 1060 hPa
Storage / Transport conditions	-20 to +60 °C / 10 to 90 % RH (non-condensing)
Weight	Monitor: approx. 440 g (not including batteries) Arm cuff: approx. 163 g
Dimensions	Monitor: approx. 191 mm (W) × 85 mm (H) × 117 mm (L) / Arm cuff: approx. 145 mm × 532 mm (air tube: 750 mm)
Cuff circumference applicable to the monitor	22 to 42 cm
Memory	Stores up to 100 readings per user
Contents	Monitor, arm cuff (HEM-FL31), 4 "AA" batteries, Instruction Manual 1 and 2, storage case, blood pressure pass
Protection against electric shock	Internally powered ME equipment (when using only batteries) Class II ME equipment (when using optional AC adapter)
Applied part	Type BF (arm cuff)

Note

- These specifications are subject to change without notice.

- This monitor is clinically investigated according to the requirements of EN ISO 81060-2:2014 and complies with EN ISO 81060-2:2019+A1:2020+A2:2024 (excluding pregnant and pre-eclampsia patients). In the clinical validation study, K5 was used on 85 subjects for determination of diastolic blood pressure.
- This device has been validated for use on pregnant and pre-eclampsia patients according to the Modified European Society of Hypertension Protocol*.
- This device has been validated for use on diabetic (Type II) population**.
- IP classification is degrees of protection provided by enclosures in accordance with IEC 60529. This monitor and optional AC adapter are protected against solid foreign objects of 12.5 mm diameter and greater such as a finger. The monitor and optional AC adapter HHP-CM01 are protected against vertically falling water drops which may cause issues during a normal operation. The optional AC adapter HHP-BFH01 is protected against oblique falling water drops which may cause issues during a normal operation.
- Operation mode classification complies with IEC 60601-1.
- Communication with a smart device is paired and encrypted according to Bluetooth Low Energy specifications. Pairing requires user interaction.

* Topouchian J et al. Vascular Health and Risk Management 2018:14 189 -197
** Chahine M.N. et al. Medical Devices: Evidence and Research 2018:11 11 -20

About a wireless communication interference

The Bluetooth option in the product is used to connect to dedicated apps on mobile devices to synchronize date/time data from mobile device to the product, and to synchronize measurement data from the product to mobile device. Further handling of the data on the mobile device is up to the user's discretion. This product operates in an unlicensed ISM band at 2.4 GHz where any third party can intercept the radio waves, willfully or accidentally, for any unknown purpose. In the event this product is used near other wireless devices such as microwave and wireless LAN, which operate on the same frequency band as this product, there is a possibility that interference may occur. If interference occurs, stop the operation of the other devices or relocate this product away from other wireless devices before attempting to use it.

7. Correct Disposal of This Product (Waste Electrical & Electronic Equipment)



This marking shown on the product or its literature, indicates that it should not be disposed of, with other household wastes at the end of its working life.
To prevent possible harm to the environment or human health from uncontrolled waste disposal, please separate this product from other types of wastes and recycle it responsibly to promote the sustainable reuse of material resources.
Household users should contact either the retailer where they purchased this product, or their local government office, for details of where and how they can return this item for environmentally safe recycling.
Business users should contact their supplier and check the terms and conditions of the purchase contract. This product should not be mixed with other commercial waste for disposal.

8. Important Information regarding Electromagnetic Compatibility (EMC)

HEM-7380T1-EBK conforms to the EN 60601-1-2:2015+A1:2021 Electromagnetic Compatibility (EMC) standard.
Further documentation in accordance with this EMC standard is available at: https://healthcare.omron.com/electro-magnetic-compatibility.
Refer to the EMC information for HEM-7380T1-EBK on the website.

9. Guidance and Manufacturer's Declaration

- Hereby, OMRON HEALTHCARE Co., Ltd., declares that the radio equipments type HEM-7380T1-EBK is in compliance with Directive 2014/53/EU.
- The full text of the EU declaration of conformity is available at the following internet address: https://healthcare.omron.com/declaration-of-conformity
- This OMRON product is produced under the strict quality system of OMRON HEALTHCARE Co., Ltd., Japan. The Core component for OMRON blood pressure monitors, which is the Pressure Sensor, is produced in Japan. The AFib algorithm was developed using several databases published by PhysioNet that are available under the ODC Attribution License. For more information, please visit the product page: www.omron-healthcare.com
- Please report to the manufacturer and the competent authority of the Member State in which you are established about any serious incident that has occurred in relation to this device.

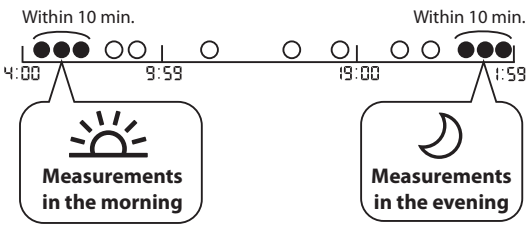
10. How to Calculate Weekly Averages

Morning Weekly Average Calculation

This is the average for the measurements taken during the morning (4:00 - 9:59) between Sunday and Saturday. The 2 or 3 readings taken within the first 10 minute timeframe in the morning between 4:00 - 9:59 will be used to calculate the morning average for each day.

Evening Weekly Average Calculation

This is the average for the measurements taken during the evening (19:00 - 1:59) between Sunday and Saturday. The 2 or 3 readings taken within the last 10 minute timeframe in the evening between 19:00 - 1:59 will be used to calculate the evening average for each day.



11. Additional Information

What is Blood Pressure?

Blood pressure is a measure of the force of blood flowing against the walls of the arteries. Arterial blood pressure is constantly changing during the course of the heart's cycle.
The highest pressure in the cycle is called the Systolic Blood Pressure; the lowest is the Diastolic Blood Pressure. Both pressures, the Systolic and Diastolic, are necessary to enable a physician to evaluate the status of a patient's blood pressure.

What is Arrhythmia?

An arrhythmia, or irregular heartbeat, is an abnormal heart rhythm. These are caused by flaws in the electrical impulses that manage the speed and rhythm of the heart. The heart may skip beats, beat too quickly (tachycardia), too slowly (bradycardia), or with an irregular rhythm.
Source: Desai DS, Hajouli S. Arrhythmias. [Updated 2023 Jun 5]. In: StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing; 2024 Jan-.

What is AFib?

Atrial Fibrillation (AFib) is a type of arrhythmia, in which the heart rhythm is irregular and often very rapid. During an episode of AFib, the upper chambers of the heart, called atria, beat chaotically and irregular. AFib can lead to the formation of blood clots in the heart. This can lead to major health problems, such as strokes, Transient Ischemic Attacks (TIA's), heart failure and other heart related complications.
Source : Nesheiwat Z, Goyal A, Jagtap M. Atrial Fibrillation. [Updated 2023 Apr 26]. In: StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing; 2024 Jan.

Possible AFib Detection

IntelliSense AFib

OMRON's trademarked technology alerts you once possible AFib is detected, even with a single measurement.
The monitor will notify you of a possibility of AFib if your monitor determines an irregularity from pulse to pulse intervals during a measurement.
The possible AFib screening feature ONLY evaluates for a possibility of AFib after taking a measurement. It does NOT continuously monitor your heart and therefore cannot alert you if AFib happens at any other time. This monitor cannot detect all forms of AFib. If the irregularity of the heart rhythm is too small, it may not be detected. For example, if there is an abnormality in the conduction between the atria and the ventricle, the heart rhythm may be in sinus rhythm, in which case a possibility of AFib cannot be detected by this monitor.
The state in which " / AFib " symbol is displayed can influence your blood pressure measurements and make it difficult to get an accurate reading. If this occurs, it is recommended that you consult with your physician.

EN

What is the difference between the possible AFib screening feature and ECG?

The possible AFib screening feature uses pulse wave detection to detect a possibility of AFib with a sensitivity of 95.1 % and specificity of 98.6 %*. ECG measures the electrical activity of the heart and can be used by a physician to diagnose AFib.

* Janik M et al. Diagnostic accuracy for detecting atrial fibrillation using a novel machine learning algorithm in a blood pressure monitor. Heart Rhythm. 2024 Apr 30:S1547-5271(24)02520-7

If the " / AFib " symbol does not appear, does it mean there is no possibility of AFib?

Even if the " / AFib " symbol does not appear, there is still a possibility of AFib. If taking a measurement at a time when AFib does not occur, possible AFib might not be detectable. This monitor cannot detect all forms of AFib.

⚠ Warning

- The possible AFib screening feature evaluates for a possibility of AFib ONLY. It will NOT detect other potentially life-threatening arrhythmias or diseases, such as a possibility of other cardiac arrhythmias or heart attack.

Should I consult with my physician if the " / AFib " symbol appears?

It is recommended that you consult with your physician if the " / AFib " symbol appears. This symbol may be displayed for other reasons, such as other heart arrhythmias.

What should I do if the " / AFib " symbol sometimes appears?

AFib does not always have symptoms. It is recommended that you consult with, and follow the directions of your physician.

I have been diagnosed with AFib by my physician, but the " / AFib " symbol does not appear.

AFib may not occur at the time of specific blood pressure measurements. It is recommended that you consult with your physician regularly.

Is the blood pressure reading reliable when the " / AFib " symbol or the irregular heartbeat symbol " / " appears?

AFib or an irregular heartbeat can influence your blood pressure measurements and make it difficult to get an accurate reading. Repeated measurements may be required to overcome variabilities.* The monitor will indicate an error message (E5) if the influence of the irregular heartbeat is too severe to give a measurement result. If this occurs repeatedly, it is recommended that you consult with your physician.

* O'Brien E, et al.; J Hypertens. 2003; 21: 821-848.

Symbols Description

FR Description des symboles
DE Beschreibung der Symbole
IT Descrizione dei simboli
ES Descripción de los símbolos
NL Beschrijving van symbolen
RU Описание символов
TR Simgelerin Açıklaması
شرح الرموز **AR**

1. 
2. 
3. IP XX
4. 
5. 
6. 
7. 
8. 
9. 
10. 
11. 
12. 
13. 
14. 
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17. LATEX FREE
18. 
19. 
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21.
22.
23. 
24. 
25. 
26. 
27. 
28. 

1.
Applied part - Type BF Degree of protection against electric shock (leakage current)
Pièce appliquée - Type BF Degré de protection contre les chocs électriques (courant de fuite)
Anwendungsteil – Typ BF Schutz vor Stromschlägen (Ableitstrom)
Parti applicate - Tipo BF Livello di protezione contro le folgorazioni (corrente di dispersione)
Partes en contacto: Tipo BF Grado de protección contra descargas eléctricas (corriente de fuga)
Toegepast onderdeel - Type BF-beschermingsgraad tegen elektrische schokken (lekstroom)
Рабочая часть аппарата - Степень защиты от поражения электрическим током (токи утечки) Тип BF
Uygulanan parça - Tip BF Elektrik çarpmasına karşı koruma derecesi (kaçak akım)
الجزء المطبق: درجة الحماية ضد الصدمات الكهربائية (التيار المتسرب) للنوع BF

2.
Class II equipment. Protection against electric shock
Équipement de classe II. Protection contre les chocs électriques
Gerät der Klasse II. Schutz vor Stromschlägen
Apparecchiatura di Classe II. Protezione contro le folgorazioni
Equipo de Clase II. Protección contra descargas eléctricas
Apparatuur van Klasse II. Bescherming tegen elektrische schokken
Изделие класса II Защита от поражения электрическим током
Sınıf II ünite. Elektrik çarpmasına karşı koruma
جهاز من الفئة II. الحماية ضد الصدمات الكهربائية

3.
Ingress protection degree provided by IEC 60529
Degré de protection selon CEI 60529
Grad des Eindringschutzes gemäß IEC 60529
Livello di protezione IP in base a IEC 60529
Grado de protección según la norma internacional IEC 60529
Beschermingsklasse volgens IEC 60529
Степень защиты, обеспечиваемая оболочками, согласно IEC 60529
Su girmesine karşı koruma derecesi IEC 60529 tarafından verilmiştir
درجة حماية الدخول المقدمة بواسطة معيار IEC 60529

4.
CE Marking
Marquage CE
CE-Kennzeichnung
Contrassegno CE
Marcado CE
CE-merkteken
Знак соответствия директиве ЕС
CE İşareti
(CE) علامة التوافق مع اللجنة الأوروبية

5.
UKCA Marking
Marquage UKCA
UKCA-Kennzeichnung
Marchio UKCA
Marcado UKCA
UKCA-markering
Знак соответствия требованиям для Великобритании
UKCA İşareti
UKCA علامة

6.
Serial number
Numéro de série
Seriennummer
Numero di serie
Número de serie
Serienummer
Порядковый (серийный) номер
Seri numarası
الرقم المتسلسل

7.
Unique device identifier
Identifiant unique des dispositifs
Produktidentifizierungsnummer
Identificatore univoco del dispositivo
Identificador único del producto
Unieke apparaat-ID
Уникальный идентификатор медицинского изделия в Европейском Союзе
Benzersiz cihaz tanımlayıcısı
معرّف الجهاز الفريد

8.
Medical device
Dispositif médical
Medizinprodukt
Dispositivo medico
Producto sanitario
Medisch apparaat
Медицинское изделие в соответствии с правилами/директивой по медицинским изделиям Европейского Союза
Tıbbi cihaz
جهاز طبي

9.
Temperature limitation
Limitation de température
Temperaturbegrenzung
Limite di temperatura
Limitación de la temperatura
Temperatuurbegrenzing
Температурный диапазон
Sıcaklık sınırlaması
حدود درجة الحرارة المناسبة

10.
Humidity limitation
Limitation d'humidité
Luftfeuchtigkeitsbegrenzung
Limite di umidità
Limitación de la humedad
Vochtigheidsbegrenzing
Диапазон влажности
Nem sınırlaması
حدود الرطوبة المناسبة

11.
Atmospheric pressure limitation
Limitation de pression atmosphérique
Luftdruckbegrenzung
Limite di pressione atmosferica
Limitación de la presión atmosférica
Luchtdrukbegrenzing
Ограничение атмосферного давления
Atmosferik basınç sınırlaması
حدود الضغط الجوي المناسب

12.
Indication of connector polarity
Indication de la polarité des connecteurs
Anzeige der Steckerpolarität
Indicazione della polarità dei connettori
Indicación de la polaridad del conector
Indicatie van polariteit van aansluiting
Полярность разъема адаптера
Bağlantı polarite göstergesi
علامة تشير لقطبية الموصل

13.
For indoor use only
Pour un usage à l'intérieur uniquement
Nur für die Nutzung in Innenbereichen
Solo per uso in interni
Para uso solo en interiores
Alleen voor gebruik binnenshuis
Для использования только внутри помещений
Sadece iç mekanda kullanım için
صالح للاستخدام في المناطق المغلقة فقط

14.
OMRON's trademarked technology alerts you once possible AFib is detected, even with a single measurement.
La technologie brevetée d'OMRON vous alerte dès qu'un risque de fibrillation auriculaire est détecté, même avec une seule mesure.
Die markenrechtlich geschützte Technologie von OMRON warnt bei möglichem Vorhofflimmern – auch bei einer Einzelmessung.
La tecnologia brevettata da OMRON avvisa l'utilizzatore una volta rilevata la potenziale presenza di fibrillazione atriale, anche con una misurazione singola.
La tecnología de OMRON le notifica la detección de una posible fibrilación auricular incluso con una única medición.
De technologie voor bloeddrukmeting onder handelsmerk van OMRON waarschuwt u wanneer mogelijk AFib is gedetecteerd, zelfs bij een enkele meting.
Зарегистрированная технология OMRON сразу предупреждает Вас о выявлении вероятности ФП, даже при однократном измерении.
OMRON'un ticari markalı teknolojisi, tek bir ölçümle bile olası AFib tespit edildiğinde sizi uyarır.
تقوم تقنية OMRON المسجلة بعلامة تجارية، بتنبيهك بمجرد اكتشاف رجفان أذيني محتمل، حتى مع قياس واحد.

15.
Identifier of cuffs compatible for the device
Identificateur des brassards compatibles avec l'appareil
Kennzeichnung der mit dem Gerät kompatiblen Manschetten
Identifica i bracciali compatibili con il dispositivo
Identificador para manguitos compatibles con el dispositivo
Identificatie van manchetten die compatibel zijn met het apparaat
Манжеты совместимые с устройством
Cihaz ile uyumlu kolluların tanıtım işareti
علامات تحديد الشرائط الضاغطة المتوافقة مع الجهاز

16.
Artery mark
Marque d'artère
Arterienmarkierung
Contrassegno per l'arteria
Marca de la arteria
Adersymbool
Маркер артерии
Arter işareti
علامة دالة على الشريان

17.
Not made with natural rubber latex
Ne contient pas de latex de caoutchouc naturel
Enthält kein Naturlatex
Non contiene lattice di gomma naturale
No contiene látex de caucho natural
Bevat geen natuurrubberlatex
Не содержит натуральный латекс
Doğal kauçuk lateksten üretilmemiştir
تم التصنيع دون استخدام لاتيكس المطاط الطبيعي

18.
Arm circumference
Circonférence du bras
Armumfang
Circonferenza del braccio
Perímetro de brazo
Armomtrek
Окружность плеча
Kol çevresi
محيط الذراع

19.
Need for the user to consult this instruction manual
L'utilisateur doit consulter le présent mode d'emploi
Der Benutzer muss diese Gebrauchsanweisung lesen
L'utente deve consultare il presente manuale di istruzioni
Es necesario que el usuario consulte este manual de instrucciones
Noodzaak voor de gebruiker om deze gebruiksaanwijzing te raadplegen
Необходимо ознакомиться с данным руководством по эксплуатации
Kullanıcının bu kullanım kılavuzuna başvurması gerekir
حاجة المستخدم إلى الرجوع إلى المعلومات الواردة بدليل الإرشادات هذا

20.
Need for the user to follow this instruction manual thoroughly for your safety. (Background: blue)
L'utilisateur doit suivre attentivement ce mode d'emploi pour votre sécurité. (Fond : bleu)
Damit die Sicherheit gewährleistet ist, muss der Benutzer diese Gebrauchsanweisung sorgfältig befolgen. (Hintergrund: blau)
Per la propria sicurezza, l'utente deve seguire attentamente il presente manuale di istruzioni. (Sfondo: blu)
Es necesario que el usuario siga rigurosamente este manual de instrucciones para su seguridad. (Fondo: azul)
Noodzaak voor de gebruiker om zich voor de eigen veiligheid zorgvuldig aan deze gebruiksaanwijzing te houden (Achtergrond: blauw)
Обратитесь к руководству по эксплуатации (Фон: синий)
Güvenlik açısından kullanıcının bu kullanım kılavuzuna dikkatle uyması gerekir. (Arka plan: mavi)
حاجة المستخدم إلى اتباع الإرشادات الواردة في دليل الإرشادات بالكامل هذا للحفاظ على السلامة. (الخلفية: زرقاء)

21.
Direct current
Courant continu
Gleichstrom
Corrente diretta
Corriente directa
Gelijkstroom
Постоянный ток
Doğru akım
التيار المباشر

22.
Alternating current
Courant alternatif
Wechselstrom
Corrente alternata
Corriente alterna
Wisselstroom
Переменный ток
Alternatif akım
التيار المتناوب

23.
Date of manufacture
Date de fabrication
Herstellungsdatum
Data di fabbricazione
Fecha de fabricación
Productiedatum
Дата изготовления в формате ГГГГММДД
Üretim tarihi
تاريخ التصنيع

24.
Efficiency level of power supply
Niveau d'efficacité de l'alimentation électrique
Effizienz der Stromversorgung
Livello di efficienza dell'alimentazione
Grado de eficiencia de la alimentación
Efficiëntieniveau van de voeding
Уровень эффективности источника питания
Güç kaynağının verimlilik seviyesi
مستوى كفاءة مصدر الطاقة

25.
Prohibited action
Action interdite
Verbotene Aktion
Operazione proibita
Acción prohibida
Verboden handeling
Запрещенное действие
Yasaklanmış eylem
إجراء محظور

26.
To indicate generally elevated, potentially hazardous, levels of non-ionizing radiation, or to indicate equipment or systems. e.g. in the medical electrical area that include RF transmitters or that intentionally apply RF electromagnetic energy for diagnosis or treatment.
Indique des niveaux de rayonnement non ionisant, potentiellement dangereux, généralement élevés, ou un équipement ou des systèmes, par exemple dans le domaine médical électrique, incluant des émetteurs RF ou utilisant intentionnellement de l'énergie électromagnétique RF pour le diagnostic ou le traitement.
Als Hinweis auf allgemein erhöhte, potenziell gefährliche Stufen nicht-ionisierender Strahlung oder als Hinweis auf Geräte oder Systeme zum Beispiel im medizinisch-elektrischen Bereich, etwa HF-Übertragungsgeräte, bzw. auf solche, die elektromagnetische HF-Strahlung zur Diagnose oder Behandlung verwenden.
Indica livelli generalmente elevati, potenzialmente pericolosi, di radiazioni non ionizzanti oppure indica apparecchiature o sistemi, ad esempio per le aree elettromedicali in cui sono presenti trasmettitori RF o in cui viene intenzionalmente applicata energia elettromagnetica a radiofrequenza per la diagnosi o il trattamento.
Para indicar niveles de radiación no ionizante generalmente elevados y potencialmente peligrosos, o bien para indicar equipos o sistemas, como los usados en el ámbito electromédico, que incorporen transmisores de radiofrecuencia o que apliquen energía electromagnética de radiofrecuencia intencionadamente para diagnósticos o tratamientos.
Geeft in het algemeen verhoogde, potentieel gevaarlijke niveaus aan van niet-ioniserende straling of duidt op apparatuur of systemen, bijvoorbeeld in de medische elektrische omgeving, die RF-zenders bevatten of die opzettelijk elektromagnetische RF-energie toepassen voor diagnose of behandeling.
Для указания повышенных и потенциально опасных уровней неионизирующей радиации или же оборудования или систем (например, в зоне размещения медицинского электрооборудования), включающих в себя радиопередатчики или устройства, использующие радиочастотную электромагнитную энергию в целях диагностики или терапии.
Genellikle yüksek ve zararlı olabilecek iyonlaşmayan radyasyon seviyelerini belirtir veya RF vericileri içeren veya tanı ya da tedavi amacıyla bilinçli olarak RF elektromanyetik enerji uygulayan (örneğin medikal elektrik alanında bulunan) ekipman ve sistemleri belirtir.
للإشارة بوجه عام إلى المستويات المرتفعة عن الحد المعتاد من الأشعة غير المؤينة التي من المحتمل أن تكون خطرة، أو للإشارة إلى الأجهزة أو الأنظمة، مثل تلك التي توجد في الأماكن المحتوية على أجهزة طبية كهربائية تشتمل على أجهزة إرسال تنبعث منها ترددات لاسلكية أو حيث يتم استخدام الطاقة الكهرومغناطيسية ذات الترددات اللاسلكية عن عمد لأغراض التشخيص أو العلاج.

27.
Recycle mark X: Material number Y: Material abbreviation Refer to 97/129/EC for more information.
Marque de recyclage X : Numérotation des matériaux Y : Abréviation pour les matériaux Voir 97/129/CE pour plus d'informations.
Recyclingsymbol X: Materialnummer Y: Materialabkürzung Weitere Informationen siehe 97/129/EG.
Simbolo di riciclaggio X: Codice materiale Y: Abbreviazione materiale Fare riferimento a 97/129/CE per ulteriori informazioni.
Marca de reciclaje X: Número de material Y: Abreviatura del material Consulte 97/129/CE para más información.
Recycleer markering X: Materiaalnummer Y: Materiaalafkorting Raadpleeg 97/129/EG voor meer informatie.
Знак переработки X: Числовое обозначение материала Y: Подробнее о сокращенном названии материалов см. 97/129/EC.
Geri dönüşüm işareti X: Malzeme numarası Y: Malzeme kısaltması Daha fazla bilgi için bkz. 97/129/EC.
علامة إعادة التدوير X: رقم المادة Y: اختصار المادة راجع 97/129/EC للمزيد من المعلومات.

28.

Recycling instruction for packaging elements

Instruction de recyclage pour les éléments d'emballage
Recycling-Anleitung für Verpackungselemente
Istruzioni per il riciclaggio dei componenti dell'imballaggio
Instrucciones de reciclaje de los elementos de embalaje
Hergebruikinstructies voor verpakkingsonderdelen
Инструкция по переработке элементов упаковки для Франции
Ambalaj öğeleri için geri dönüştürme talimatı
إرشادات إعادة التدوير لعناصر التغليف

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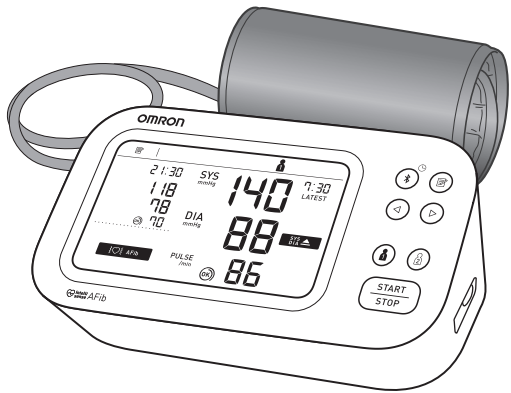
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M7 Intelli IT AFib (HEM-7380T1-EBK) ام7 انتلي اي تي افيب
X7 Smart AFib (HEM-7380T1-EOSL) اكس7 سمارت افيب

OMRON

Automatic Upper Arm Blood Pressure Monitor

Tensiomètre automatique brassard
Automatisches Oberarm-Blutdruckmessgerät
Misuratore automatico di pressione arteriosa da braccio
Monitor de presión arterial automático de brazo
Automatische bovenarmbloeddrukmeter
Измеритель артериального давления и частоты пульса автоматический
Otomatik Üst Kol Kan Basıncı Ölçüm Cihazı
Medidor de tensão arterial automático de braço
Automatyczny ciśnieniomierz naramienny
Automatisk blodtrycksmätare för överarmen
جهاز قياس ضغط الدم الآلي القابل للتثبيت بأعلى الذراع



Instruction Manual 2: Operational Instructions

FR Mode d'emploi 2 : Instructions de fonctionnement
DE Gebrauchsanweisung 2: Betriebsanweisungen
IT Manuale di istruzioni 2: Istruzioni operative
ES Manual de instrucciones 2: Instrucciones operativas
NL Gebruiksaanwijzing 2: Operationele instructies
RU Руководство по эксплуатации 2: Инструкция по эксплуатации
TR Kullanım kılavuzu 2: Çalıştırma talimatları
PT Manual de instruções 2: Instruções operacionais
PL Instrukcja obsługi 2: Instrukcje operacyjne
SV Instruktionsmanual 2: Driftsinstruktioner
AR دليل الإرشادات ٢: إرشادات التشغيل

Read Instruction Manual 1 and 2 before use.
Lire les modes d'emploi 1 et 2 avant l'utilisation.
Lesen Sie vor der Verwendung Gebrauchsanweisung 1 und 2.
Leggere il manuale di istruzioni 1 e 2 prima dell'uso.
Lea el manual de instrucciones 1 y 2 antes del uso.
Lees gebruiksaanwijzing 1 en 2 voor gebruik.
Прочтите руководства по эксплуатации 1 и 2 перед использованием.
Kullanmadan önce, kullanım kılavuzu 1 ve 2'yi okuyun.
Leia o Manual de instruções 1 e 2 antes de utilizar.
Przed użyciem należy przeczytać instrukcję obsługi 1 i 2.
Läs bruksanvisning 1 och 2 före användning.
اقرأ دليل الإرشادات ١ و٢ قبل الاستخدام.

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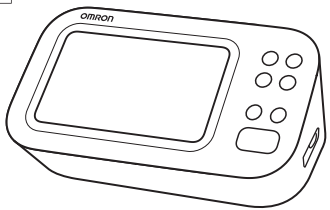
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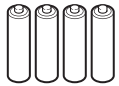
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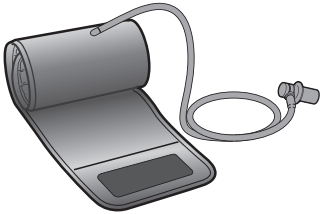
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- PT Conteúdo da embalagem
- PL Zawartość opakowania
- SV Förpackningens innehåll
- AR محتويات العبوة

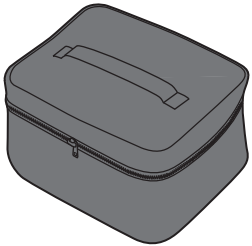












(M7 Intelli IT AFib)



2 Preparing for a Measurement

FR **Préparation pour une prise de mesure**

DE **Vorbereiten einer Messung**

IT **Preparazione per la misurazione**

ES **Preparación para una medición**

NL **Een meting voorbereiden**

RU **Подготовка к измерению**

TR **Ölçüm Hazırlığı**

PT **Preparação de uma medição**

PL **Przygotowanie do pomiaru**

SV **Förbereder för en mätning**

AR **التجهيز لعملية القياس**

30 minutes before
30 minutes avant
30 Minuten vorher
30 minuti prima
30 minutos antes
30 minuten ervoor
За 30 минут до
30 dakika önce
30 minutos antes
30 minut wcześniej
30 minuter innan
قبل القياس بمدة تبلغ ٣٠ دقيقة

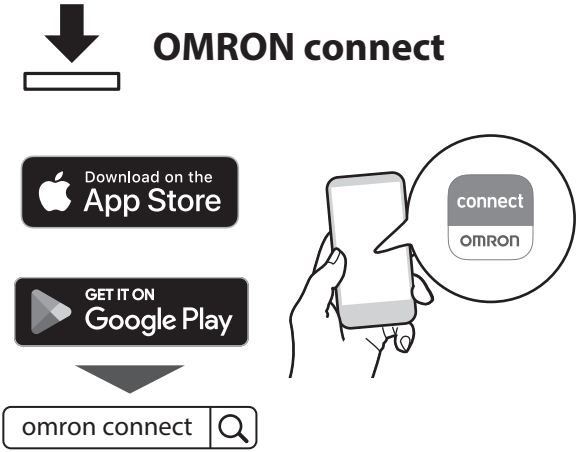


5 minutes before: Relax and rest.
5 minutes avant : détente et repos.
5 Minuten vorher: ruhig hinsetzen.
5 minuti prima: rilassarsi e stare a riposo.
5 minutos antes: relájese y descanse.
5 minuten ervoor: ontspan en rust.
За 5 минут до: расслабьтесь и отдохните.
5 dakika önce: Gevşeyin ve dinlenin.
5 minutos antes: descontrair e repousar.
5 minut wcześniej: Zrelaksuj się i odpocznij.
5 minuter innan: Slappna av och vila.
قبل القياس بمدة تبلغ ٥ دقائق: استرح واسترخِ.



3 Downloading the App

- FR **Téléchargement de l'application**
- DE **Herunterladen der App**
- IT **Download dell'app**
- ES **Descarga de la aplicación**
- NL **De app downloaden**
- RU **Загрузка приложения**
- TR **Uygulamasını İndirme**
- PT **Transferência da aplicação**
- PL **Pobieranie aplikacji**
- SV **Ladda ner appen**
- AR **تنزيل التطبيق**



4 Inserting Batteries

FR Mise en place des piles

DE Einlegen von Batterien

IT Inserimento delle batterie

ES Introducción de las pilas

NL De batterijen plaatsen

RU Установка элементов питания

TR Pilleri Takma

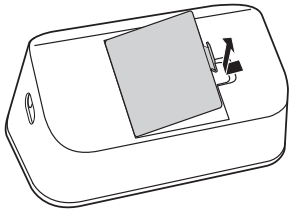
PT Inserção de pilhas

PL Wkładanie baterii

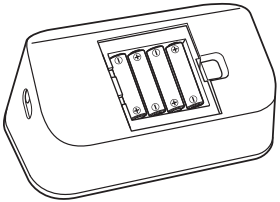
SV Sätta i batterier

AR إدخال البطاريات

1

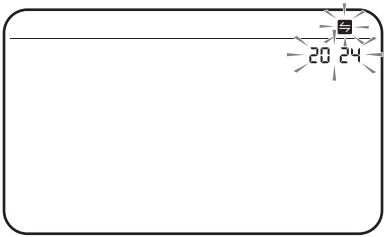


2



AA, 1.5V × 4

3



Your monitor automatically turns off after 3 minutes.

Votre tensiomètre s'éteint automatiquement après 3 minutes.

Ihr Monitor schaltet sich nach 3 Minuten automatisch aus.

Il monitor si spegne automaticamente dopo 3 minuti.

Su monitor se apaga automáticamente después de 3 minutos.

Uw monitor wordt na 3 minuten automatisch uitgeschakeld.

Монитор автоматически выключается через 3 минуты.

Ölçüm cihazınız 3 dakika sonra otomatik olarak kapanır.

O medidor desliga-se automaticamente após 3 minutos.

Monitor wyłączy się automatycznie po 3 minutach.

Din bildskärm stängs av automatiskt efter 3 minuter.

يتم إيقاف تشغيل جهاز القياس تلقائيًا بعد مرور ٣ دقائق.

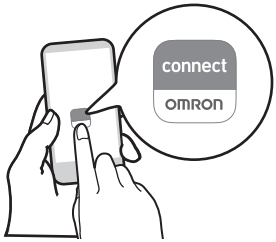
5 Pairing

FR **Couplage**
DE **Paarung**
IT **Accoppiamento**
ES **Emparejamiento**
NL **Koppelen**
RU **Сопряжение**
TR **Eşleştirme**
PT **Emparelhamento**
PL **Parowanie**
SV **Parning**
AR **الإقران**

1



2



3 **Follow the instructions.**
Suivez les instructions.
Befolgen Sie die Anweisungen.
Attenersi alle istruzioni.
Siga las instrucciones.
Volg de instructies.
Выполняйте инструкции.
Talimatları izleyin.
Siga as instruções.
Postępuj zgodnie z instrukcją.
Följ instruktionerna.
اتبع الإرشادات.

The date and time will automatically be set when your monitor is paired with the app.

La date et l'heure seront automatiquement réglées lorsque votre tensiomètre sera couplé avec l'application.

Wenn Ihr Messgerät mit der App verknüpft ist, werden Datum und Uhrzeit automatisch eingestellt.

La data e l'ora verranno impostate automaticamente una volta che il misuratore verrà associato alla app.

La fecha y la hora se ajustarán automáticamente cuando el monitor se sincronice con la aplicación.

De datum en tijd worden automatisch ingesteld wanneer uw bloeddrukmeter is gekoppeld aan de app.

Дата и время установятся автоматически после синхронизации с приложением.

Ölçüm cihazınız uygulamayla eşleştirildiğinde tarih ve saat otomatik olarak ayarlanır.

A data e hora serão automaticamente acertadas se o medidor for emparelhado com a aplicação.

Data i godzina zostaną ustawione automatycznie po sparowaniu monitora z aplikacją.

Datum och tid ställs in automatiskt när din monitor paras ihop med appen.

سيتم ضبط الوقت والتاريخ تلقائيًا عند إقران جهاز القياس الخاص بك بالتطبيق.

6 Setting the Date and Time Manually

FR **Réglage manuel de la date et de l'heure**

DE **Manuelles Einstellen von Datum und Uhrzeit**

IT **Impostazione manuale di data e ora**

ES **Ajuste manual de la fecha y la hora**

NL **Datum en tijd handmatig instellen**

RU **Установка даты и времени вручную**

TR **Tarih ve Saatin Manuel Olarak Ayarlanması**

PT **Acerto manual da data e hora**

PL **Ręczne ustawianie daty i godziny**

SV **Ställa in datum och tid manuellt**

AR **ضبط التاريخ والوقت يدويًا**

Only for non-smart device users. Skip this step if you paired with your smart device.

Uniquement pour les utilisateurs sans appareil intelligent. Sautez cette étape si vous avez procédé au couplage avec votre appareil intelligent.

Nur für Benutzer von Nicht-Smart-Geräten. Überspringen Sie diesen Schritt, wenn Sie ein Pairing mit Ihrem Smart Device durchgeführt haben.

Solo per gli utenti di dispositivi non intelligenti. Saltare questo passaggio se è stato effettuato l'accoppiamento con il vostro dispositivo intelligente.

Sólo para usuarios de dispositivos no inteligentes. Sáltese este paso si lo ha emparejado con su dispositivo inteligente.

Alleen voor niet-gebruikers van slimme apparaten. Sla deze stap over als u hebt gekoppeld met uw slimme apparaat.

Только для пользователей не смарт-устройств. Пропустите этот шаг при сопряжении с интеллектуальным устройством.

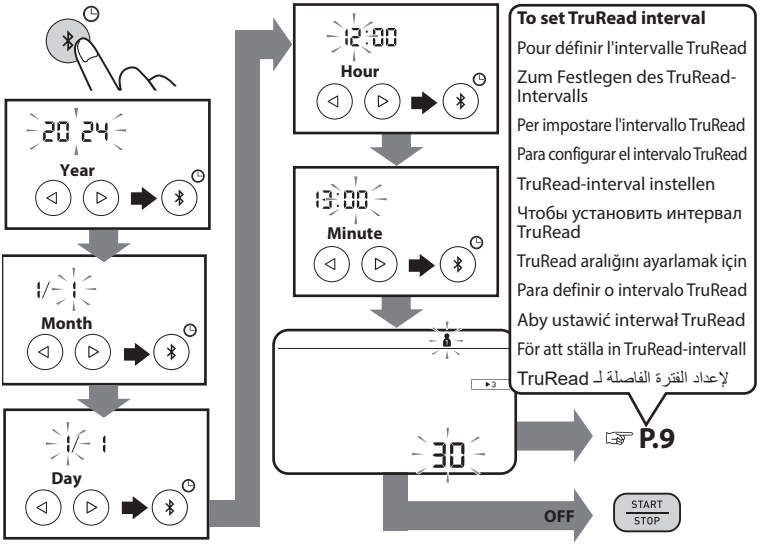
Yalnızca akıllı olmayan cihaz kullanıcıları için. Akıllı cihazınızla eşleştirdiyseniz bu adımı atlayın.

Apenas para utilizadores de dispositivos não inteligentes. Ignore este passo se tiver emparelhado com o seu dispositivo inteligente.

Tylko dla użytkowników urządzeń innych niż inteligentne. Pomiń ten krok, jeśli sparowano urządzenie inteligentne.

Endast för användare som inte har smarta enheter. Hoppa över det här steget om du har parat med din smarta enhet.

لمستخدمي الأجهزة غير الذكية فقط. تجاوز هذه الخطوة إذا قمت بالإقران مع جهازك الذكي.



☞ P.9

7 Setting the TruRead Mode Interval

☞ P.8

FR **Définition de l'intervalle du mode TruRead**

DE **Festlegen des TruRead-Modusintervalls**

IT **Impostazione dell'intervallo della modalità TruRead**

ES **Configuración del intervalo del modo TruRead**

NL **Het TruRead-modusinterval instellen**

RU **Настройка интервала режима TruRead**

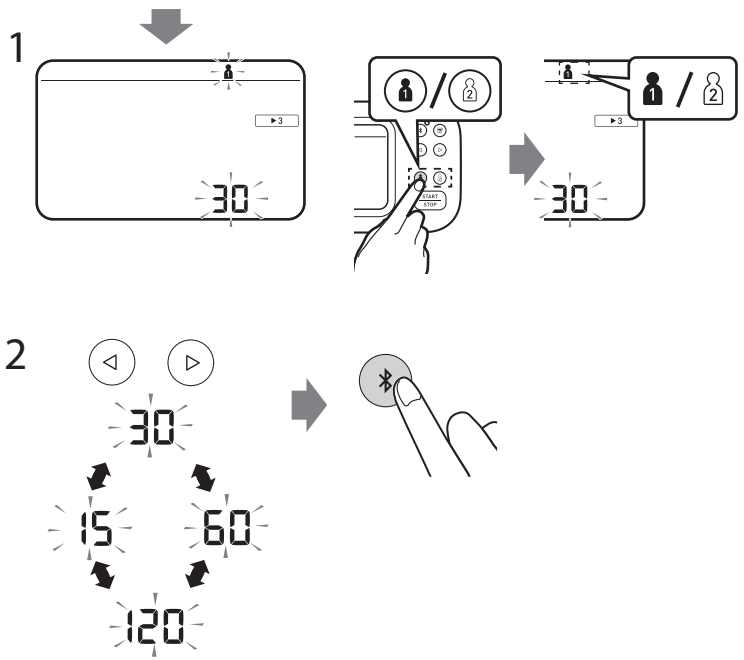
TR **TruRead Modu Aralığını Ayarlama**

PT **Definição do intervalo do modo TruRead**

PL **Ustawianie interwału trybu TruRead**

SV **Ställa in TruRead-lägesintervallet**

AR **ضبط الفترة الفاصلة لوضع TruRead**



In the TruRead mode, your monitor automatically takes 3 consecutive readings at selected intervals and displays the average. The interval is set to 30 seconds by default.
Refer to "Taking a measurement in TruRead mode" on page 17.

En mode TruRead, votre tensiomètre prend automatiquement 3 mesures consécutives à des intervalles sélectionnés et affiche la moyenne. L'intervalle est défini par défaut sur 30 secondes.
Reportez-vous à « Réalisation d'une mesure en mode TruRead » à la page 17.

Im TruRead-Modus nimmt Ihr Monitor automatisch drei aufeinanderfolgende Messwerte in ausgewählten Intervallen vor und zeigt den Durchschnitt an. Das Intervall ist standardmäßig auf 30 Sekunden eingestellt.
Siehe „Vornehmen einer Messung im TruRead-Modus“ auf Seite 17.

Nella modalità TruRead, il monitor effettua automaticamente 3 letture consecutive a intervalli selezionati e visualizza la media. Per impostazione predefinita, l'intervallo è impostato su 30 secondi.
Fare riferimento a "Misurazione in modalità TruRead" a pagina 17.

En el modo TruRead, su monitor toma automáticamente 3 lecturas consecutivas a intervalos seleccionados y muestra el promedio. El intervalo está establecido en 30 segundos de forma predeterminada.
Consulte "Obtención de una lectura en modo TruRead" en la página 17.

In de TruRead-modus voert uw monitor automatisch 3 opeenvolgende metingen uit met geselecteerde intervallen en geeft het gemiddelde weer. Het interval is standaard ingesteld op 30 seconden.
Zie "Een meting in TruRead-modus afnemen" op pagina 17.

В режиме TruRead ваш монитор автоматически снимает 3 последовательных показания через выбранные интервалы и отображает среднее значение. По умолчанию интервал установлен на 30 секунд.
См. «Выполнение измерений в режиме TruRead» на странице 17.

TruRead modunda ölçüm cihazınız seçilen aralıklarla otomatik olarak ardışık 3 ölçüm alır ve ortalamasını görüntüler. Aralık varsayılan olarak 30 saniyeye ayarlanmıştır.
Bkz. “TruRead modunda ölçüm yapma” sayfa 17.

No modo TruRead, o medidor faz automaticamente 3 leituras consecutivas em intervalos selecionados e apresenta a média. O intervalo está predefinido nos 30 segundos.
Consulte "Realização de uma medição no modo TruRead" na página 17.

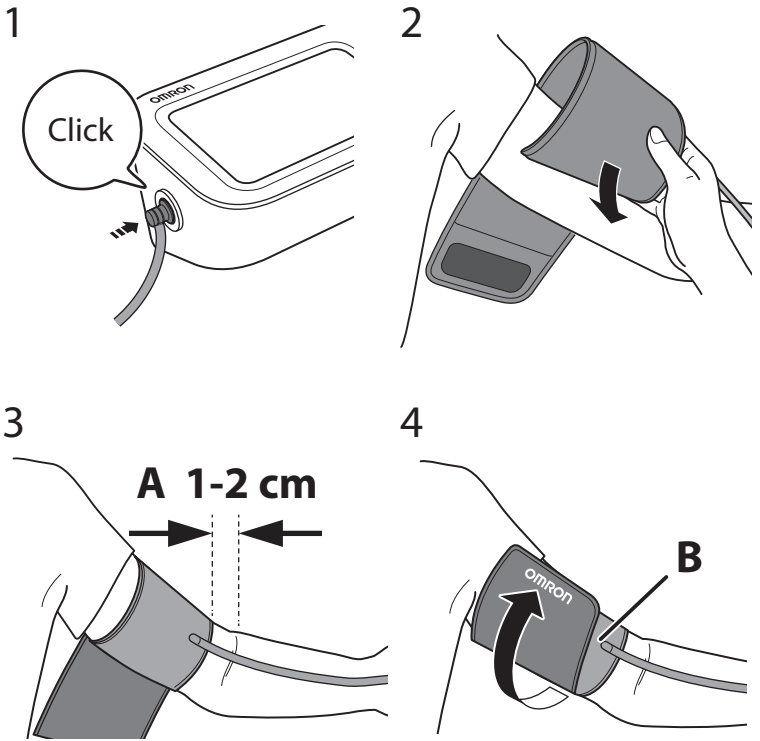
W trybie TruRead monitor automatycznie wykonuje 3 kolejne odczyty w wybranych odstępach czasu i wyświetla średnią. Domyślnie odstęp jest ustawiony na 30 sekund.
Patrz „Wykonywanie pomiaru w trybie TruRead” na stronie 17.

I TruRead-läget gör din monitor automatiskt 3 avläsningar i följd med valda intervall och visar medelvärdet. Intervallet är inställt på 30 sekunder som standard.
Se "Gör en mätning i TruRead-läge" på sidan 17.

في وضع TruRead، يقوم جهاز القياس بالتقاط ٣ قراءات متتابعة تلقائيًا على فترات منتظمة، ومن ثم يعرض المعدل. يتم إعداد الفترة الفاصلة على ٣٠ ثانية كإعداد افتراضي.
ارجع إلى «تسجيل قياس في وضع TruRead» في الصفحة ١٧.

8 Applying the Arm Cuff

- **FR** Pose du brassard
- **DE** Anbringen der Manschette
- **IT** Applicazione del bracciale
- **ES** Colocación del manguito
- **NL** De manchet aanbrengen
- **RU** Расположение манжеты
- **TR** Kolluğun Takılması
- **PT** Colocar a braçadeira
- **PL** Zakładanie mankietu
- **SV** Applicering av armmanschetten
- **AR** وضع الشريط الضاغط للذراع



A. Tube side of the cuff should be 1 - 2 cm above the inside elbow.

B. Make sure that the air tube is on the inside of your arm and wrap the cuff securely so it can no longer slip round.

A. Le côté tuyau du brassard doit être positionné 1 à 2 cm au-dessus de l'intérieur du coude.
B. Assurez-vous que le tuyau à air se trouve du côté intérieur de votre bras et enroulez fermement le brassard de manière qu'il ne puisse plus tourner.

A. Das Manschettenstück mit dem Schlauch muss 1 bis 2 cm oberhalb des Ellbogens liegen.
B. Stellen Sie sicher, dass der Luftschlauch an der Arminnenseite sitzt, und befestigen Sie die Manschette sicher, so dass sie nicht verrutscht.

A. Il lato del bracciale con il tubo deve trovarsi al di sopra del gomito interno, a una distanza di circa 1 o 2 cm.
B. Assicurarsi che il tubo dell'aria si trovi all'interno del braccio e avvolgere il bracciale saldamente in modo che non possa ruotare.

A. El lado del tubo del manguito deberá quedar 1 o 2 cm por encima de la parte interna del codo.
B. Asegúrese de que el tubo de aire se encuentra en la cara interna del brazo y enrolle el manguito con firmeza para que no pueda deslizarse.

A. De kant met de slang van de manchet moet 1 - 2 cm boven de binnenkant van de elleboog liggen.
B. Zorg ervoor dat de luchtslang zich aan de binnenkant van uw arm bevindt en wikkel de manchet stevig rond uw arm zodat deze niet meer kan wegglijden.

A. Край манжеты с трубкой должен находиться на 1 - 2 см выше локтевого сгиба.
B. Убедитесь, что воздуховодная трубка находится на внутренней поверхности плеча и надежно оберните манжету, чтобы она не прокручивалась вокруг руки.

A. Kolluğun boru tarafı, dirsek içinin 1-2 cm üstünde olmalıdır.
B. Hava borusunun kolunuzun iç tarafında olduğundan emin olun ve kolluğu kaymayacak şekilde sabit şekilde sarın.

A. O lado do tubo da braçadeira deve estar 1 - 2 cm acima do interior do cotovelo.
B. Certifique-se de que o tubo de ar está na parte interior do braço e enrole a braçadeira firmemente, para que não deslize.

A. Rurka mankietu powinna znajdować się 1–2 cm powyżej wewnętrznego łokcia.
B. Upewnij się, że przewod powietrza znajduje się po wewnętrznej stronie ramienia, i owiń mocno mankiet, tak aby nie mogł się już ślizgać.

A. Manschettens rörsida ska vara 1–2 cm ovanför insidan av armbågen.
B. Se till att luftslangen är på insidan av armen och linda manschetten ordentligt så att den inte längre kan glida runt.

A. يجب أن يرتفع جانب الخرطوم من الشريط الضاغط من ١ إلى ٢ سم عن المرفق.
B. تأكد من أن خرطوم الهواء على الجانب الداخلي من ذراعك، ولف الشريط الضاغط بإحكام بحيث لا ينزلق حول الذراع.

If taking measurements on the right arm, refer to:

Pour la prise de mesures au bras droit, voir:

Bei Messungen am rechten Arm siehe:

Se la misurazione viene eseguita al braccio destro, fare riferimento a:

Si va a realizar mediciones en el brazo derecho, consulte:

Als u metingen aan de rechterarm uitvoert, raadpleeg dan:

При измерении на правой руке см.

Sağ koldan ölçüm yapıyorsanız aşağıdakilere bakın:

Se fizer as medições no braço direito, consulte:

Jeśli dokonujesz pomiarów na prawym ramieniu, zapoznaj się z:

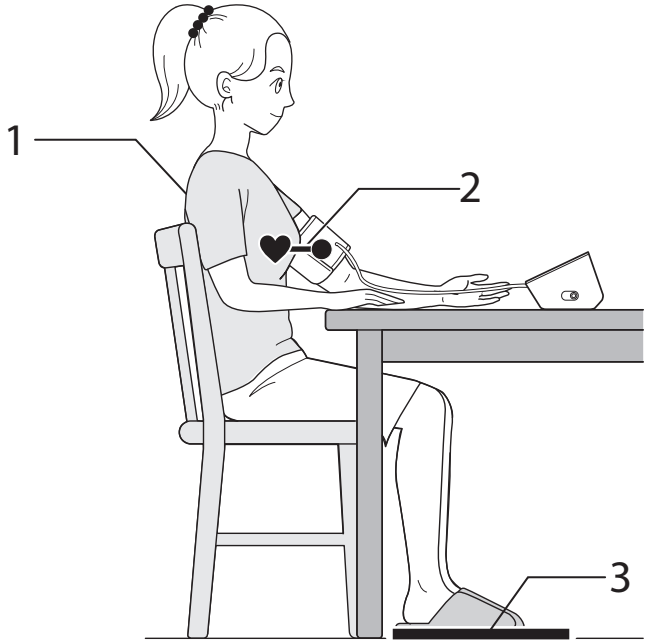
Om du gör mätningar på höger arm, se:

في حال إجراء القياس على الذراع الأيمن، ارجع إلى:

Instruction Manual 1 ☞ 2.5

9 Sitting Correctly

FR	Position assise correcte
DE	Korrekte Körperhaltung
IT	Come sedersi nel modo corretto
ES	Cómo sentarse correctamente
NL	Correct zitten
RU	Сядьте правильно
TR	Düzgün Oturma
PT	Como sentar-se corretamente
PL	Prawidłowa pozycja
SV	Rätt sittställning
AR	الجلوس بشكل صحيح



Relax and sit comfortably. Remain still and do not talk.
1. Keep your back and arm supported.
2. Keep the arm cuff at the same level as your heart.
3. Keep your feet flat and your legs uncrossed.

Détendez-vous et asseyez-vous confortablement. Restez immobile et ne parlez pas.
1. Gardez votre dos et vos bras soutenus.
2. Gardez le brassard au même niveau que votre cœur.
3. Gardez vos pieds à plat et vos jambes décroisées.

Entspannen Sie sich und sitzen Sie bequem. Bleiben Sie still und reden Sie nicht.
1. Halten Sie Rücken und Arm gestützt.
2. Halten Sie die Armmanschette auf Herzhöhe.
3. Halten Sie Ihre Füße flach und die Beine nicht übereinander gekreuzt.

Rilassarsi e sedersi comodamente. Rimanere fermi e non parlare.
1. Mantenere la schiena e il braccio supportati.
2. Mantenere il bracciale allo stesso livello del cuore.
3. Tenere i piedi piatti e le gambe non incrociate.

Relájese y siéntese cómodamente. Quédese quieto y no hable.
1. Mantenga la espalda y el brazo apoyados.
2. Mantenga el manguito al mismo nivel que su corazón.
3. Mantenga los pies planos y las piernas sin cruzar.

Ontspan en zit comfortabel. Zit stil en praat niet.
1. Houd uw rug en arm ondersteund.
2. Houd de armmanchet op dezelfde hoogte als uw hart.
3. Houd uw voeten plat en uw benen niet over elkaar.

Расслабьтесь и сядьте удобно. Сохраняйте спокойствие и не разговаривайте.
1. Обопритесь спиной и рукой.
2. Держите манжету на уровне сердца.
3. Держите ступни ровно и не скрещенными.

Rahatlayın ve rahatça oturun. Hareketsiz kalın ve konuşmayın.
1. Sırtınızı ve kolunuzu destekleyin.
2. Kolluğu kalbinizle aynı seviyede tutun.
3. Ayaklarınızı düz tutun ve bacaklarınızı çaprazlamayın.

Descontraia e sente-se confortavelmente. Mantenha-se imóvel e não fale.
1. Mantenha as costas e o braço apoiados.
2. Mantenha a braçadeira no mesmo nível do coração.
3. Mantenha os pés assentes no chão e as pernas descruzadas.

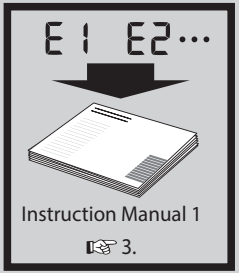
Zrelaksuj się i usiądź wygodnie. Pozostań nieruchomo i nie rozmawiaj.
1. Trzymaj plecy i ramiona podparte.
2. Trzymaj mankiet na tym samym poziomie co serce.
3. Trzymaj stopy płasko i nie skrzyżowane.

Koppla av och sitt bekvämt. Förbli stilla och prata inte.
1. Håll ryggen och armen stödda.
2. Håll armmanschetten på samma nivå som ditt hjärta.
3. Håll fötterna platta och benen okorsade.

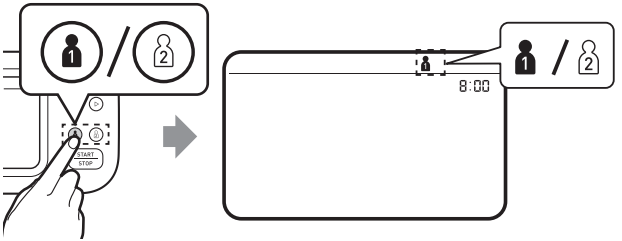
استرح في جلستك واسترخ تمامًا. ابق ساكنًا ولا تتحدث.
1. يجب أن يكون ظهرك وذراعك في وضع استناد.
2. يجب أن يكون الشريط الضاغط للذراع في نفس مستوى القلب.
3. حافظ على قدميك منبسطتين وساقيك غير متقاطعتين.

10 Taking a Measurement

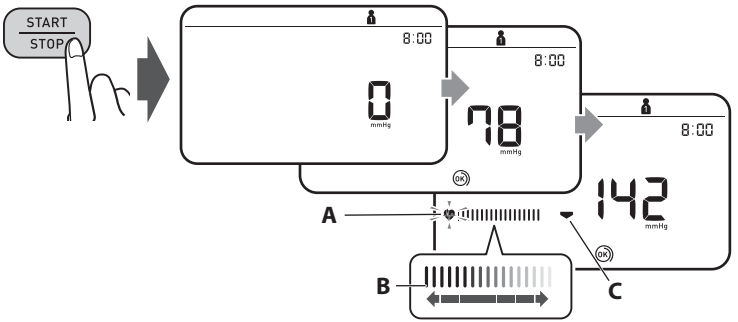
FR **Réalisation d'une mesure**
DE **Eine Messung vornehmen**
IT **Misurazione**
ES **Realizar una medición**
NL **Een meting verrichten**
RU **Выполнение измерений**
TR **Bir Ölçüm Yapma**
PT **Realização de uma medição**
PL **Wykonywanie pomiaru**
SV **Ta en mätning**
AR **إجراء القياس**



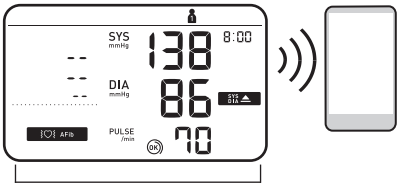
1



2



3



☞ P.21~

1. Select your user ID from buttons "1" or "2".
2. Press the [START/STOP] button.
   A: Flashes at every heartbeat.
   B: Moves along with the pulse strength while the cuff is deflating.
   C: Appears while the cuff is deflating.
3. The reading is saved automatically.
   Open the app to transfer the reading.

1. Sélectionnez votre identifiant utilisateur à l'aide des boutons « 1 » ou « 2 ».
2. Appuyez sur le bouton [START/STOP].
   A : Clignote à chaque battement de cœur.
   B : Se déplace avec la force du pouls pendant que le brassard se dégonfle.
   C : S'affiche pendant que le brassard se dégonfle.
3. La mesure est enregistrée automatiquement. Ouvrez l'application pour transférer la mesure.

1. Wählen Sie über die Schaltflächen „1“ oder „2“ Ihre Benutzer-ID aus.
2. Drücken Sie die Taste [START/STOP].
   A: Blinkt bei jedem Herzschlag.
   B: Bewegt sich mit der Pulsstärke, während die Manschette entlüftet wird.
   C: Blinkt, während die Manschette entlüftet wird.
3. Der Messwert wird automatisch gespeichert. Öffnen Sie die App, um den Messwert zu übertragen.

1. Selezionare il proprio ID utente dai pulsanti "1" o "2".
2. Premere il pulsante [START/STOP].
   A: Lampeggia ad ogni battito cardiaco.
   B: Si muove insieme alla forza del polso mentre il bracciale si sgonfia.
   C: Lampeggia mentre il bracciale si sta sgonfiando.
3. La lettura viene salvata automaticamente. Aprire l'app per trasferire la lettura.

1. Seleccione su ID de usuario en los botones "1" o "2".
2. Presione el botón [START/STOP].
   A: Parpadea con cada latido del corazón.
   B: Se mueve junto con la fuerza del pulso mientras el manguito se desinfla.
   C: Aparece mientras el manguito se está desinflando.
3. La lectura se guarda automáticamente. Abra la aplicación para transferir la lectura.

1. Selecteer uw gebruikers-ID via knop "1" of "2".
2. Druk op de [START/STOP]-knop.
   A: Knippert bij elke hartslag.
   B: Beweegt mee met de polssterkte terwijl de manchet leegloopt.
   C: Knippert terwijl de manchet leegloopt.
3. De meting wordt automatisch opgeslagen. Open de app om de meting over te dragen.

1. Выберите свой идентификатор пользователя с помощью кнопок «1» или «2».
2. Нажмите кнопку [START/STOP].
   A: Мигает при каждом ударе сердца.
   B: Изменяется вместе с силой пульса, пока манжета сдувается.
   C: Мигает во время спуска воздуха из манжеты.
3. Показания сохраняются автоматически. Откройте приложение, чтобы передать показания.

1. “1” veya “2” tuşlarından kullanıcı kimliğinizi seçin.
2. [START/STOP] düğmesine basın.
   A: Her kalp atışında yanıp söner.
   B: Kolluğun havası sönerken nabız kuvvetiyle birlikte hareket eder.
   C: Kolluğun havası inerken yanıp söner.
3. Okuma otomatik olarak kaydedilir. Okumayı aktarmak için uygulamayı açın.

1. Selecione a ID de utilizador nos botões "1" ou "2".
2. Prima o botão [START/STOP].
   A: Pisca a cada batimento cardíaco.
   B: Move-se juntamente com a força do pulso enquanto a braçadeira está a esvaziar.
   C: Pisca enquanto a braçadeira está a esvaziar.
3. A leitura é gravada automaticamente. Abra a aplicação para transferir a leitura.

1. Wybierz swój identyfikator użytkownika za pomocą przycisków „1” lub „2”.
2. Naciśnij przycisk [START/STOP].
   A: Miga przy każdym uderzeniu serca.
   B: Porusza się wraz z siłą tętna podczas opróżniania mankietu.
   C: Miga podczas opróżniania mankietu.
3. Odczyt zostaje zapisany automatycznie. Otwórz aplikację, aby przesłać odczyt.

1. Välj ditt användar-ID från knapparna "1" eller "2".
2. Tryck på knappen [START/STOP].
   A: Blinkar vid varje hjärtslag.
   B: Rör sig med pulsstyrkan medan manschetten töms.
   C: Blinkar medan manschetten töms.
3. Avläsningen sparas automatiskt. Öppna appen för att överföra läsningen.

1. حدد هوية المستخدم الخاصة بك «١» أو «٢».
2. اضغط على زر [START/STOP] (بدء/إيقاف).
   A. يومض مع كل نبضة قلب.
   B. يتحرك مع قوة النبضة أثناء تفريغ الشريط الضاغط.
   C. يومض أثناء تفريغ الشريط الضاغط.
3. يتم حفظ القراءة تلقائيًا. افتح التطبيق لنقل القراءة.

▶3

Taking a measurement in TruRead mode

FR **Réalisation d'une mesure en mode TruRead**

DE **Vornehmen einer Messung im TruRead-Modus**

IT **Misurazione in modalità TruRead**

ES **Obtención de una lectura en modo TruRead**

NL **Een meting in TruRead-modus afnemen**

RU **Выполнение измерений в режиме TruRead**

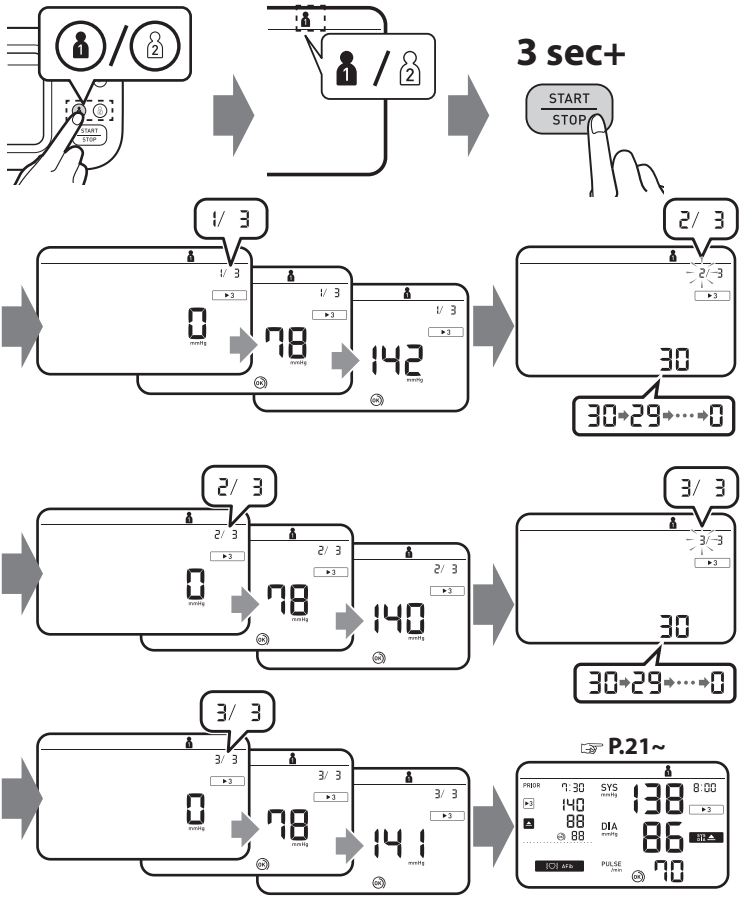
TR **TruRead modunda ölçüm yapma**

PT **Realização de uma medição no modo TruRead**

PL **Wykonywanie pomiaru w trybie TruRead**

SV **Gör en mätning i TruRead-läge**

AR **تسجيل قياس في وضع TruRead**



In the TruRead mode, your monitor automatically takes 3 consecutive readings at selected intervals and displays the average. The interval is set to 30 seconds by default.
Refer to "Setting the TruRead Mode Interval" on page 9.

En mode TruRead, votre tensiomètre prend automatiquement 3 mesures consécutives à des intervalles sélectionnés et affiche la moyenne. L'intervalle est défini par défaut sur 30 secondes.
Reportez-vous à « Définition de l'intervalle du mode TruRead » à la page 9.

Im TruRead-Modus nimmt Ihr Monitor automatisch drei aufeinanderfolgende Messwerte in ausgewählten Intervallen vor und zeigt den Durchschnitt an. Das Intervall ist standardmäßig auf 30 Sekunden eingestellt.
Siehe „Festlegen des TruRead-Modusintervalls“ auf Seite 9.

Nella modalità TruRead, il monitor effettua automaticamente 3 letture consecutive a intervalli selezionati e visualizza la media. Per impostazione predefinita, l'intervallo è impostato su 30 secondi.
Fare riferimento a "Impostazione dell'intervallo della modalità TruRead" a pagina 9.

En el modo TruRead, su monitor toma automáticamente 3 lecturas consecutivas a intervalos seleccionados y muestra el promedio. El intervalo está establecido en 30 segundos de forma predeterminada.
Consulte "Configuración del intervalo del modo TruRead" en la página 9.

In de TruRead-modus voert uw monitor automatisch 3 opeenvolgende metingen uit met geselecteerde intervallen en geeft het gemiddelde weer. Het interval is standaard ingesteld op 30 seconden.
Raadpleeg "Het TruRead-modusinterval instellen" op pagina 9.

В режиме TruRead ваш монитор автоматически снимает 3 последовательных показания через выбранные интервалы и отображает среднее значение. По умолчанию интервал установлен на 30 секунд.
См. «Настройка интервала режима TruRead» на странице 9.

TruRead modunda ölçüm cihazınız seçilen aralıklarla otomatik olarak ardışık 3 ölçüm alır ve ortalamasını görüntüler. Aralık varsayılan olarak 30 saniyeye ayarlanmıştır.
Bkz. “TruRead Modu Aralığını Ayarlama” sayfa 9.

No modo TruRead, o medidor faz automaticamente 3 leituras consecutivas em intervalos selecionados e apresenta a média.
O intervalo está predefinido nos 30 segundos.
Consulte "Definição do intervalo do modo TruRead" na página 9.

W trybie TruRead monitor automatycznie wykonuje 3 kolejne odczyty w wybranych odstępach czasu i wyświetla średnią.
Domyślnie odstęp jest ustawiony na 30 sekund.
Patrz „Ustawianie interwału trybu TruRead” na stronie 9.

I TruRead-läget gör din monitor automatiskt 3 avläsningar i följd med valda intervall och visar medelvärdet. Intervallet är inställt på 30 sekunder som standard.
Se "Ställa in TruRead-lägesintervallet" på sidan 9.

في وضع TruRead، يقوم جهاز القياس بالتقاط ٣ قراءات متتابعة تلقائيًا على فترات منتظمة، ومن ثم يعرض المعدل. يتم إعداد الفترة الفاصلة على ٣٠ ثانية كإعداد افتراضي.
ارجع إلى «ضبط الفترة الفاصلة لوضع TruRead» في الصفحة ٩.

Taking a measurement in guest mode

FR **Réalisation d'une mesure en mode Invité**

DE **Vornehmen einer Messung im Gast-Modus**

IT **Misurazione in modalità Ospite**

ES **Realizar una medición en modo de invitado**

NL **Een meting in gastmodus afnemen**

RU **Выполнение измерений в гостевом режиме**

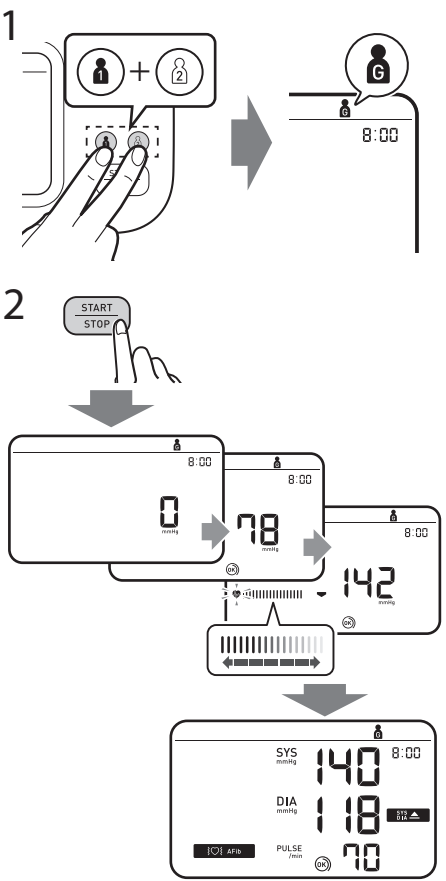
TR **Konuk modunda ölçüm yapma**

PT **Realização de uma medição no modo de convidado**

PL **Wykonanie pomiaru w trybie gościa**

SV **Gör en mätning i gästläget**

AR **تسجيل قياس في وضع الضيف**



Takes a single measurement for another user. No readings are stored in the memory and TruRead mode is unavailable.

Prend une seule mesure pour un autre utilisateur. Aucune mesure n'est stockée dans la mémoire et le mode TruRead n'est pas disponible.

Führt eine einzelne Messung für einen anderen Benutzer durch. Es werden keine Messwerte im Speicher gespeichert und der TruRead-Modus ist nicht verfügbar.

Effettua una singola misurazione per un altro utente. Nessuna lettura viene archiviata nella memoria e la modalità TruRead non è disponibile.

Toma una sola medida para otro usuario. No se almacenan lecturas en la memoria y el modo TruRead no está disponible.

Voert een enkele meting uit voor een andere gebruiker. Er worden geen metingen in het geheugen opgeslagen en de TruRead-modus is niet beschikbaar.

Выполняет одно измерение для другого пользователя. Показания не сохраняются в памяти, а режим TruRead недоступен.

Başka bir kullanıcı için tek bir ölçüm alır. Bellekte hiçbir okuma saklanmaz ve TruRead modu kullanılamaz.

Realiza uma única medição para outro utilizador. Nenhuma leitura é gravada na memória e o modo TruRead não está disponível.

Wykonuje pojedynczy pomiar dla innego użytkownika. W pamięci nie są przechowywane żadne odczyty, a tryb TruRead jest niedostępny.

Gör en enda mätning för en annan användare. Inga avläsningar lagras i minnet och TruRead-läget är inte tillgängligt.

يسجل قياس فردي لمستخدم آخر. لا يتم تخزين قراءات في الذاكرة، ووضع TruRead غير متوفر.

If your systolic pressure is more than 210 mmHg:
After the arm cuff starts to inflate, press and hold the [START/STOP] button until the monitor inflates 30 to 40 mmHg higher than your expected systolic pressure. Do not inflate above 299 mmHg.

Si votre pression systolique est supérieure à 210 mmHg :
Lorsque le brassard commence à se gonfler, appuyer sur le bouton [START/STOP] et le maintenir enfoncé jusqu'à ce que le tensiomètre atteigne une pression de gonflage supérieure de 30 à 40 mmHg à votre pression systolique attendue. Ne pas gonfler à plus de 299 mmHg.

Wenn Ihr systolischer Druck höher ist als 210 mmHg:
Nachdem die Manschette begonnen hat, sich aufzupumpen, drücken Sie die [START/STOP]-Taste, und halten Sie sie gedrückt, bis ein Druck von 30 bis 40 mmHg über Ihrem erwarteten systolischen Druck erreicht ist. Die Manschette darf nicht auf über 299 mmHg aufgepumpt werden.

Se la pressione sistolica è superiore a 210 mmHg:
Quando il bracciale inizia a gonfiarsi, premere e mantenere premuto il pulsante [START/STOP] finché il misuratore non raggiunge una pressione da 30 a 40 mmHg superiore rispetto al valore di pressione sistolica atteso. Non gonfiare a una pressione superiore a 299 mmHg.

En caso de que su presión arterial sistólica esté por encima de 210 mmHg:
Una vez que el manguito comience a inflarse, mantenga pulsado el botón [START/STOP] hasta que el monitor indique que el inflado está entre 30 y 40 mmHg por encima de la presión arterial sistólica estimada. No infle por encima de 299 mmHg.

Als uw systolische druk hoger is dan 210 mmHg:
Zodra de armmanchet wordt opgepompt, houdt u de knop [START/STOP] ingedrukt totdat de meter 30 tot 40 mmHg hoger aangeeft dan uw verwachte systolische druk. Blaas de manchet niet verder op dan tot 299 mmHg.

После того, как началось автоматическое наполнение манжеты воздухом, нажмите и удерживайте кнопку [START/STOP] до тех пор, пока прибор не поднимет давление до значения, превышающего ожидаемое систолическое давление на 30-40 мм.рт.ст. Манжету нужно наполнять воздухом так, чтобы давление в ней не превышало 299 мм рт. ст.

Sistolik basıncınız 210 mmHg'den fazlaysa:
Kolluk şişmeye başladıktan sonra, [START/STOP] düğmesine basın ve ölçüm cihazı beklediğiniz sistolik basınç değerinden 30 ila 40 mmHg daha fazla şişene kadar basılı utun. 299 mmHg'den fazla şişirmeyin.

Se a tensão sistólica estiver acima dos 210 mmHg:
Depois de a braçadeira começar a insuflar, prima e mantenha premido o botão [START/STOP] até que o medidor insufle 30 a 40 mmHg acima da tensão sistólica esperada. Não insufle acima de 299 mmHg.

Jeśli Twoje ciśnienie skurczowe przekracza 210 mmHg:
Gdy mankiet zacznie się napełniać, naciśnij i przytrzymaj przycisk [START/STOP], aż monitor napełni się o 30 do 40 mmHg wyżej niż oczekiwane ciśnienie skurczowe. Nie nadmuchuj powyżej 299 mmHg.

Om ditt systoliska tryck är mer än 210 mmHg:
När armmanschetten börjar blåsa upp trycker du på och håller ned [START/STOP]-knappen tills monitorn blåses upp 30 till 40 mmHg högre än ditt förväntade systoliska tryck. Blås inte upp över 299 mmHg.

إذا كان ضغط الدم الانقباضي أكثر من ٢١٠ ملليمترات زئبقية:
بعد بدء انتفاخ الشريط الضاغط للذراع، اضغط مع الاستمرار على الزر [START/STOP] حتى يقوم الجهاز بالنفخ من ٣٠ إلى ٤٠ ملليمترًا زئبقيًا أعلى من قيمة ضغط الدم الانقباضي المتوقعة. لا تنفخ الهواء فوق ٢٩٩ ملليمترًا زئبقيًا.

11 Checking Readings

FR **Vérification des mesures**

DE **Überprüfen von Messwerten**

IT **Controllo dei risultati**

ES **Comprobación de las lecturas**

NL **Metingen bekijken**

RU **Проверка результатов измерений**

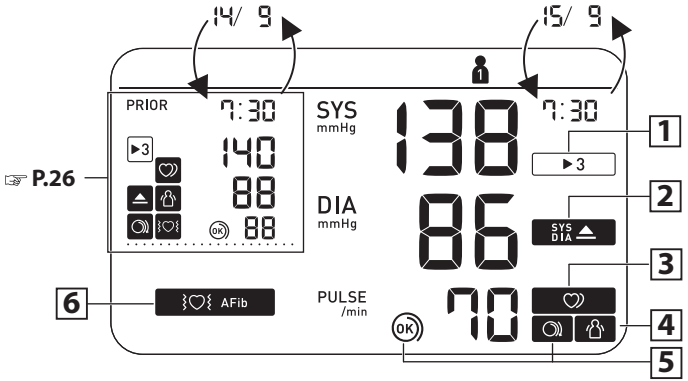
TR **Ölçüm Değerlerini Kontrol Etme**

PT **Verificar leituras**

PL **Sprawdzanie odczytów**

SV **Kontrollera avläsningar**

AR **التحقق من القراءات**



1	**Appears when the reading was taken in TruRead mode.**	Aparece cuando la lectura fue realizada en el modo TruRead.	Aparece quando a leitura foi efetuada no modo TruRead.
▶3	S'affiche lorsque la mesure a été effectuée en mode TruRead.	Verschijnt wanneer de meting in de TruRead-modus werd verricht.	Pojawia się, gdy odczyt został dokonany w trybie TruRead.
	Erscheint, wenn der Messwert im TruRead-Modus ermittelt wurde.	Отображается, если значение получено в режиме TruRead.	Visas när avläsningen gjordes i TruRead-läge.
	Appare quando la misurazione è stata effettuata in modalità TruRead.	Ölçüm TruRead moduna alınınca görünür.	يظهر عندما يتم الحصول على القراءة في وضع TruRead.

2 SYS DIA	**Appears if "SYS" is 135 mmHg or above and/or "DIA" is 85 mmHg* or above.** S'affiche si « SYS » est égale ou supérieure à 135 mmHg et/ou « DIA » égale ou supérieure à 85 mmHg*. Wird angezeigt, wenn „SYS" 135 mmHg oder mehr beträgt und/oder wenn „DIA" 85 mmHg* oder mehr beträgt. Viene visualizzato se la pressione sistolica "SYS" è pari o superiore a 135 mmHg e/o la pressione diastolica "DIA" è pari o superiore a 85 mmHg*.	Aparece si "SYS" es 135 mmHg o superior y/o "DIA" es 85 mmHg* o superior. Verschijnt als "SYS" 135 mmHg of hoger is en/of "DIA" 85 mmHg* of hoger is. Отображается, если «SYS» 135 мм рт. ст. и выше и/или «DIA» 85 мм рт. ст.* и выше. "SYS" 135 mmHg ya da üstünde olduğunda ve/veya "DIA" 85 mmHg* ya da üstünde olduğunda görünür.	Aparece se o valor de "SYS" for de 135 mmHg ou superior e/ou o valor de "DIA" for de 85 mmHg* ou superior. Pojawia się, jeśli „SYS" wynosi 135 mmHg lub więcej i/lub „DIA" wynosi 85 mmHg* lub więcej. Visas om "SYS" är 135 mmHg eller högre och/eller "DIA" är 85 mmHg* eller högre. تظهر إذا كان «SYS» يبلغ ١٣٥ ملليمترًا زئبقيًا أو أكثر و/أو «DIA» يبلغ ٨٥ ملليمترًا زئبقيًا* أو أكثر.
3	**Appears when an irregular rhythm** is detected during a measurement. If it continues to appear, consulting with your physician is recommended.** S'affiche lorsqu'un rythme irrégulier** est détecté pendant une mesure. S'il continue d'apparaître, il est recommandé de consulter votre médecin. Wird angezeigt, wenn während einer Messung ein unregelmäßiger Herzschlag** erkannt wird. Wird das Symbol weiterhin angezeigt, sollten Sie sich an Ihren Arzt wenden. Viene visualizzato se nel corso di una misurazione viene rilevato un ritmo cardiaco irregolare**. Se il simbolo continua ad apparire è consigliabile rivolgersi al proprio medico curante.	Aparece cuando se detecta un ritmo irregular** durante una medición. Si esto sigue apareciendo, le recomendamos que consulte a su médico. Verschijnt wanneer tijdens een meting een onregelmatig ritme** wordt gedetecteerd. Neem contact op met uw arts als dit blijft verschijnen. Отображается, если при измерении определяется нерегулярный ритм**. Если этот значок продолжает отображаться, рекомендуем обратиться к лечащему врачу. Bir ölçüm esnasında düzensiz ritim** saptandığında görünür. Görünmeye devam ederse doktorunuza danışmanız önerilir.	Aparece quando um ritmo irregular** é detetado durante uma medição. Se continuar a aparecer, recomenda-se que consulte o seu médico. Pojawia się, gdy podczas pomiaru wykryty zostanie nieregularny rytm**. Jeśli nadal się pojawia, zaleca się konsultację z lekarzem. Visas när en oregelbunden rytm** detekteras under en mätning. Om det fortsätter att dyka upp, rekommenderas att konsultera med din läkare. تظهر عند اكتشاف عدم انتظام ضربات القلب** في أثناء عملية القياس. إذا استمرت في الظهور، يُوصى باستشارة طبيبك المختص.

4

Appears when your body moves during a measurement*. Remove the arm cuff, wait 2-3 minutes and try again.**

S'affiche si vous bougez pendant une mesure***. Retirer le brassard, attendre 2 à 3 minutes et essayer à nouveau.

Wird angezeigt, wenn Sie sich während der Messung*** bewegen. Nehmen Sie die Manschette ab, warten Sie 2–3 Minuten und versuchen Sie es erneut.

Viene visualizzato se l'utilizzatore si muove durante la misurazione***. Rimuovere il bracciale, attendere 2-3 minuti e riprovare.

Aparece cuando se mueve el cuerpo durante una medición***. Retire el manguito, espere unos 2 o 3 minutos e inténtelo de nuevo.

Verschijnt wanneer uw lichaam tijdens een meting*** beweegt. Verwijder de armmanchet, wacht 2-3 minuten en probeer het opnieuw.

Отображается при движении тела во время измерения***. Снимите манжету, подождите 2-3 минуты и попробуйте еще раз.

Bir ölçüm esnasında vücudunuz hareket ettiğinde görünür***. Kolluğu çıkarın, 2-3 dakika bekleyip tekrar deneyin.

Aparece quando o corpo se mexe durante uma medição***. Retire a braçadeira, aguarde 2-3 minutos e tente de novo.

Pojawia się, gdy ciało porusza się podczas pomiaru***. Zdejmij mankiet, odczekaj 2–3 minuty i spróbuj ponownie.

Visas när din kropp rör sig under en mätning***. Ta bort armmanschetten, vänta 2–3 minuter och försök igen.

تظهر عندما يتحرك جسمك في أثناء عملية القياس***.
قم بإزالة الشريط الضاغط للذراع وانتظر من ٢ إلى ٣ دقائق وحاول مرة أخرى.

5

OK

The cuff is tight enough.

Le brassard est suffisamment serré.

Manschette sitzt ausreichend straff.

Il bracciale è stretto a sufficienza.

El manguito está lo suficientemente prieto.

Manchet zit strak genoeg.

Манжета затянута достаточно туго.

Kolluk yeterince sıkıdır.

A braçadeira está bem apertada.

Mankiet jest wystarczająco ciasny.

Manschetten är tillräckligt stram.

الشريط الضاغط محكم بما يكفي.

5

Apply the cuff again MORE TIGHTLY.

Poser le brassard en le serrant davantage.

Manschette STRAFFER ziehen.

Applicare di nuovo il bracciale STRINGENDOLO DI PIÙ.

Vuelva a poner el manguito MÁS PRIETO.

Breng de manchet STRAKKER aan.

Наложите манжету еще раз БОЛЕЕ ТУГО.

Kolluğu tekrar, DAHA SIKI bir şekilde takın.

Aplique a braçadeira de novo MAIS APERTADA.

Załóż mankiet ponownie, MOCNIEJ zaciskając.

Applicera manschetten igen STRAMARE.

قم بلف الشريط الضاغط مرة أخرى بشكل أكثر إحكامًا.

6

AFib

Appears if a possibility of AFib was detected during a measurement. This is not a diagnosis, it is only a potential finding for AFib. You should contact your physician to discuss the findings.

Apparaît si une possibilité de fibrillation auriculaire a été détectée lors d'une mesure. Il ne s'agit pas d'un diagnostic, mais seulement d'une découverte potentielle de fibrillation auriculaire. Vous devriez contacter votre médecin pour discuter des résultats.

Erscheint, wenn während einer Messung die Möglichkeit von Vorhofflimmern festgestellt wurde. Dies ist keine Diagnose, sondern nur ein möglicher Befund für Vorhofflimmern. Sie sollten Ihren Arzt kontaktieren, um den Befund zu besprechen.

Appare se durante una misurazione è stata rilevata la possibilità di fibrillazione atriale. Questa non è una diagnosi, è solo un potenziale riscontro di fibrillazione atriale. È consigliabile contattare il proprio medico per discutere i risultati.

Aparece si se detectó la posibilidad de fibrilación auricular durante una medición. Esto no es un diagnóstico, es sólo un hallazgo potencial de fibrilación auricular. Debe comunicarse con su médico para discutir los hallazgos.

Verschijnt als tijdens een meting de mogelijkheid van AFib is gedetecteerd. Dit is geen diagnose, het is slechts een mogelijke bevinding voor AFib. U dient contact op te nemen met uw arts om de bevindingen te bespreken.

Появляется, если во время измерения была обнаружена возможность ФП. Это не диагноз, это всего лишь потенциальный признак мерцательной аритмии. Вам следует связаться со своим врачом, чтобы обсудить результаты.

Bir ölçüm sırasında AFib olasılığı tespit edilirse görünür. Bu bir tanı değil, yalnızca AFib için potansiyel bir bulgudur. Bulguları tartışmak için doktorunuzla iletişime geçmelisiniz.

Aparece se tiver sido detetada a possibilidade de fibrilhação auricular (AFib) durante uma medição. Não se trata de um diagnóstico, apenas de uma potencial identificação de AFib. Deve contactar o seu médico para falar sobre este assunto.

Pojawia się, jeśli podczas pomiaru wykryto możliwość wystąpienia AFib. To nie jest diagnoza, to jedynie potencjalne odkrycie AFib. Należy skontaktować się z lekarzem w celu omówienia wyników.

Visas om en möjlighet för AFib upptäcktes under en mätning. Detta är inte en diagnos, det är bara ett potentiellt fynd för AFib. Du bör kontakta din läkare för att diskutera fynden.

تظهر في حالة اكتشاف احتمال الإصابة بالرجفان الأذيني خلال إجراء القياس. لا يُعد هذا الإجراء تشخيصًا، فما هو إلا اكتشاف محتمل لحدوث رجفان أذيني. ومن ثمّ، يجب عليك الاتصال بالطبيب لمناقشة النتائج.

E1
E2
:

Error messages or other problems? Refer to:

Messages d'erreur ou autres problèmes ? Voir :

Weitere Fehlermeldungen oder Probleme siehe:

Messaggi di errore o altri problemi? Fare riferimento a:

¿Hay mensajes de error u otros problemas? Consulte:

Foutmeldingen of andere problemen? Raadpleeg:

Сообщения об ошибках или другие неисправности? См.

Hata mesajları veya başka sorunlar mı var? Bkz:

Mensagens de erro ou outros problemas? Consulte:

Komunikaty o błędach lub inne problemy? Odnosić się do:

Felmeddelanden eller andra problem? Hänvisa till:

رسائل الخطأ أو المشكلات الأخرى؟ ارجع إلى:



Instruction Manual 1
☞ 3.

*** The high blood pressure definition is based on the 2023 ESH Guideline.**

* La définition de l'hypertension est basée sur les recommandations ESH 2023.

* Definition für Bluthochdruck basiert auf der 2023 ESH Richtlinie.

* La definizione di alta pressione arteriosa si basa sulle linee guida 2023 di ESH.

* La definición de presión arterial alta se basa en la Guía de práctica clínica de la ESH 2023.

* De definitie van hoge bloeddruk is gebaseerd op de ESH-richtlijn uit 2023.

* Определение гипертонии основано на рекомендациях ЕОАГ 2023 г.

* Yüksek kan basıncı tanımı 2023 ESH Kılavuzunu temel alır.

* A definição de tensão arterial alta baseia-se na Diretriz de 2023 da ESH (European Society of Hypertension).

* Definicję wysokiego ciśnienia krwi oparto na wytycznych ESH z 2023 r.

* Definitionen av högt blodtryck baseras på ESH-riktlinjerna från 2023.

* تعريف ضغط الدم المرتفع يستند إلى إرشادات الجمعية الأوروبية لفرط ضغط الدم (ESH) لعام 2023.

**** An irregular heartbeat rhythm is defined as a rhythm that is 25 % less or 25 % more than the average rhythm detected while your monitor is measuring blood pressure.**

** Les pulsations cardiaques irrégulières sont des pulsations dont la fréquence est supérieure ou inférieure de 25 % par rapport à la moyenne détectée lorsque l'appareil mesure la pression artérielle.

** Unregelmäßiger Herzschlag ist definiert als ein Herzrhythmus, der 25 % unter oder 25 % über dem mittleren Herzrhythmus liegt, der während der Blutdruckmessung erkannt wird.

** Per battito cardiaco irregolare si intende la presenza di variazioni inferiori del 25% o superiori del 25% nel ritmo rispetto al ritmo medio rilevato dall'apparecchio durante la misurazione della pressione arteriosa.

** Un ritmo de latido cardíaco irregular se define como aquel ritmo que es el 25 % inferior o el 25 % superior al ritmo cardíaco medio detectado mientras el monitor mide la presión arterial.

** Onregelmatige hartslag is gedefinieerd als een hartritme dat meer dan 25% lager of 25% hoger is dan het gemiddelde hartritme tijdens het meten van de bloeddruk door de meter.

** нерегулярный ритм сердцебиения — это ритм, который на 25 % медленнее или на 25 % быстрее среднего ритма, определенного прибором при измерении артериального давления.

** Düzensiz kalp atışı ritmi, ölçüm cihazınız tansiyon ölçümü yaparken saptanan ortalama ritme göre %25'ten az ya da %25'ten fazla sapma gösteren ritim olarak tanımlanır.

** Um ritmo de batimento cardíaco irregular é definido como um ritmo 25% inferior ou 25% superior ao ritmo médio detetado enquanto o medidor está a medir a tensão arterial.

** Nieregularny rytm bicia serca definiuje się jako rytm o 25% mniejszy lub o 25% większy od średniego rytmu wykrytego podczas pomiaru ciśnienia krwi przez monitor.

** En oregelbunden hjärtrytm definieras som en rytm som är 25 % mindre eller 25 % mer än den genomsnittliga rytmen som upptäcks när din monitor mäter blodtrycket.

** اضطراب ضربات القلب هو إيقاع يقل بنسبة ٢٥٪، أو يزيد بنسبة ٢٥٪، عن الإيقاع المتوسط، والذي يتم اكتشافه في أثناء قياس الجهاز لضغط الدم.

***** The body movement function is disabled when a possibility of AFib or irregular heartbeat is detected during a measurement.**

*** La fonction de détection des mouvements du corps est désactivée lorsqu'une possibilité d'AFib ou de pulsations cardiaques irrégulières est détectée durant une mesure.

*** Die Bewegungserkennung wird deaktiviert, wenn bei einer Messung ein mögliches AFib oder unregelmäßiger Herzschlag erkannt wird.

*** La funzione di rilevamento del movimento del corpo viene disattivata qualora vengano rilevati una potenziale AFib o un battito cardiaco irregolare durante una misurazione.

*** La función de movimiento corporal se inhabilita cuando se detecta la posibilidad de fibrilación auricular o latido cardíaco irregular durante una medición.

*** De lichaamsbewegingsfunctie wordt uitgeschakeld wanneer de mogelijkheid van AFib of een onregelmatige hartslag wordt gedetecteerd tijdens een meting.

*** Если при измерении в режиме AFib определяется вероятность AFib или нерегулярного сердцебиения, функция обнаружения движения тела отключается.

*** AFib modunda ölçüm sırasında AFib olasılığı veya düzensiz kalp atışı tespit edildiğinde vücut hareketi işlevi devre dışı bırakılır.

*** A função de movimento do corpo é desativada quando a possibilidade de fibrilhação auricular ou batimento cardíaco irregular for detetada durante uma medição.

*** Funkcja ruchu ciała jest wyłączona, jeśli podczas pomiaru wykryta zostanie możliwość wystąpienia AFib lub nieregularnego bicia serca.

*** Kroppsrörelsefunktionen är inaktiverad när en risk för AFib eller oregelbundet hjärtslag detekteras under en mätning.

*** يتم تعطيل وظيفة حركة الجسم عندما يتم اكتشاف احتمال الإصابة بالرجفان الأذيني، أو اضطرابات ضربات القلب أثناء القياس.

Comparison Display (PRIOR Reading)

FR **Affichage de comparaison (mesure précédente)**

DE **Vergleichsanzeige (vorheriger Messwert)**

IT **Visualizzazione comparativa (lettura precedente)**

ES **Visualización de comparación (lectura previa)**

NL **Vergelijkingsweergave (eerdere meting)**

RU **Сравнительный дисплей (предварительное показание)**

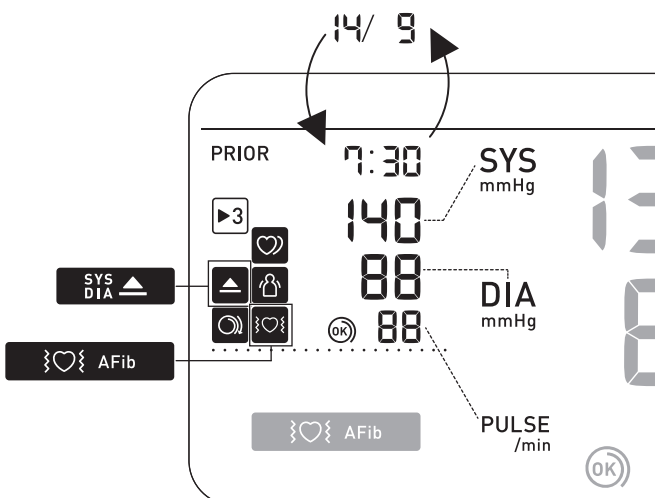
TR **Karşılaştırma Ekranı (Ön Okuma)**

PT **Visualização de comparação (leitura anterior)**

PL **Wyświetlacz porównawczy (wcześniejszy odczyt)**

SV **Jämförelsevisning (före läsning)**

AR **عرض المقارنة (قبل القراءة)**



12 Using Memory Functions

FR **Utilisation des fonctions de mémoire**

DE **Verwendung der Speicherfunktionen**

IT **Uso delle funzioni di memoria**

ES **Uso de las funciones de memoria**

NL **Geheugenfuncties gebruiken**

RU **Использование функций памяти**

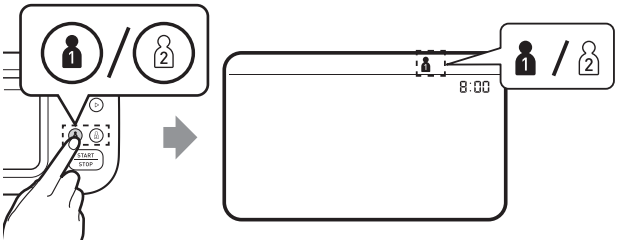
TR **Hafıza Fonksiyonunun Kullanılması**

PT **Utilização das funções de memória**

PL **Korzystanie z funkcji pamięci**

SV **Använda minnesfunktioner**

AR **استخدام وظائف الذاكرة**



Before using memory functions, select your user ID.

Avant d'utiliser les fonctions de mémoire, sélectionner votre ID Utilisateur.

Wählen Sie vor dem Verwenden der Speicherfunktionen Ihre Benutzer-ID aus.

Prima di utilizzare le funzioni di memoria selezionare il proprio ID utente.

Antes de usar las funciones de memoria, seleccione su ID de usuario.

Selecteer uw gebruikers-ID voordat u geheugenfuncties gebruikt.

Перед использованием функций памяти выберите идентификатор пользователя.

Hafıza fonksiyonunu kullanmadan önce kullanıcı kimliğinizi seçin.

Antes de utilizar as funções de memória, selecione a identificação de utilizador.

Przed użyciem funkcji pamięci wybierz swój identyfikator użytkownika.

Innan du använder minnesfunktioner, välj ditt användar-ID.

قبل استخدام وظائف الذاكرة، حدد معرف المستخدم الخاص بك.

Readings Stored in Memory

FR **Mesures stockées en mémoire**

DE **Gespeicherte Messungen**

IT **Risultati conservati in memoria**

ES **Lecturas guardadas en la memoria**

NL **Meetwaarden opgeslagen in het geheugen**

RU **Сохранение показаний в памяти**

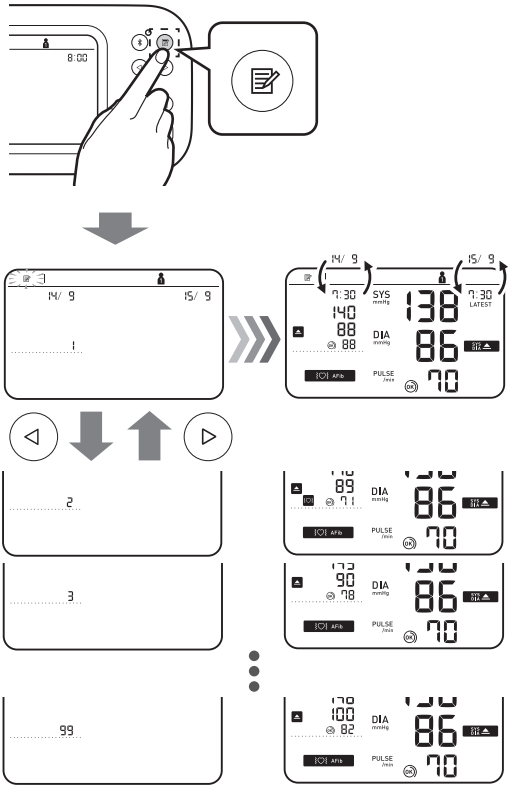
TR **Hafızada Saklanan Ölçüm Değerleri**

PT **Leituras guardadas na memória**

PL **Odczyty zapisane w pamięci**

SV **Avläsningar lagrade i minnet**

AR **تم تخزين القراءات في الذاكرة**



Stores up to 100 readings.

Mémorise jusqu'à 100 mesures.

Es werden bis zu 100 Messwerte gespeichert.

Conserva fino a 100 risultati.

Almacena hasta 100 lecturas.

Slaat tot maximaal 100 metingen op.

Сохраняется до 100 показаний.

100 adede kadar ölçüm değeri saklar.

Guarda até 100 leituras.

Przechowuje do 100 odczytów.

Lagrar upp till 100 avläsningar.

تقوم بتخزين ما يصل إلى ١٠٠ قراءة.

Individual TruRead Readings in Memory

FR **Mesures TruRead individuelles en mémoire**

DE **Individuelle TruRead-Messwerte im Speicher**

IT **Letture TruRead individuali in memoria**

ES **Lecturas individuales de TruRead en la memoria**

NL **Individuele TruRead-metingen in het geheugen**

RU **Индивидуальные показания TruRead в памяти**

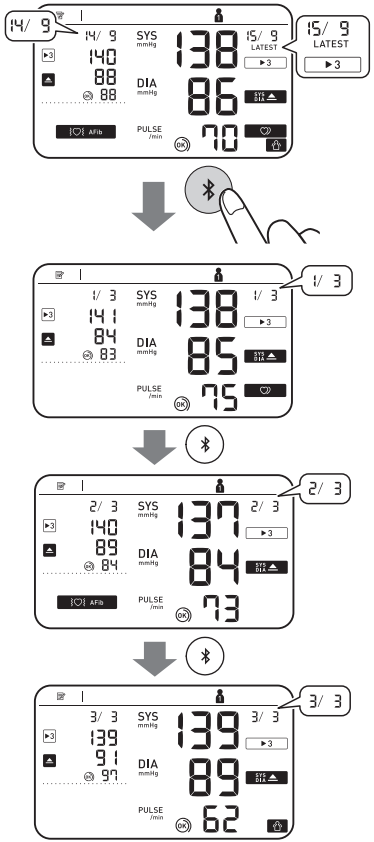
TR **Bellekteki Bireysel TruRead Okumaları**

PT **Leituras TruRead individuais na memória**

PL **Indywidualne odczyty TruRead w pamięci**

SV **Individuella TruRead-avläsningar i minnet**

AR **قراءات TruRead الفردية في الذاكرة**



While viewing the reading taken in TruRead mode, press ᛒ to view the individual readings. Individual TruRead readings will appear with ▶ 3 symbol on the left for the past, and on the right for the latest readings.

Tout en affichant une mesure prise en mode TruRead, appuyez sur ᛒ pour afficher les mesures individuelles. Les mesures TruRead individuelles apparaîtront avec le symbole ▶ 3 à gauche pour les mesures passées et à droite pour les mesures les plus récentes.

Während Sie den im TruRead-Modus erfassten Messwert anzeigen, drücken Sie ᛒ, um die einzelnen Messwerte anzuzeigen. Einzelne TruRead-Messwerte werden mit dem ▶ 3-Symbol links für die vergangenen und rechts für die neuesten Messwerte angezeigt.

Durante la visualizzazione della lettura effettuata in modalità TruRead, premere ᛒ per visualizzare le singole letture. Le letture individuali TruRead appariranno con il simbolo ▶ 3 a sinistra per le letture passate e a destra per le ultime letture.

Mientras visualiza la lectura tomada en el modo TruRead, presione ᛒ para ver las lecturas individuales. Las lecturas individuales de TruRead aparecerán con el símbolo ▶ 3 a la izquierda para las lecturas pasadas y a la derecha para las últimas lecturas.

Terwijl u de meting in de TruRead-modus bekijkt, drukt u op ᛒ om de afzonderlijke metingen te bekijken. Individuele TruRead-metingen verschijnen met het ▶ 3-symbool aan de linkerkant voor de afgelopen en aan de rechterkant voor de laatste metingen.

При просмотре показаний, снятых в режиме TruRead, нажмите ᛒ, чтобы просмотреть отдельные показания. Отдельные показания TruRead будут отображаться с символом ▶ 3 слева для прошлых показаний и справа для последних показаний.

TruRead modunda alınan okumayı görüntülerken, bireysel okumaları görüntülemek için ᛒ tuşuna basın. Bireysel TruRead okumaları, geçmiş için solda, en son okumalar için ise sağda ▶ 3 sembolüyle görünecektir.

Ao visualizar a leitura efetuada no modo TruRead, prima ᛒ para visualizar as leituras individuais. As leituras individuais no modo TruRead aparecerão com o símbolo ▶ 3 à esquerda para as leituras anteriores e à direita para as leituras mais recentes.

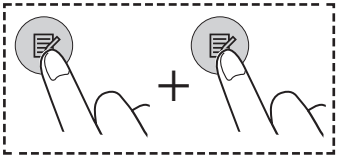
Przeglądając odczyty wykonane w trybie TruRead, naciśnij ᛒ, aby wyświetlić poszczególne odczyty. Poszczególne odczyty TruRead będą wyświetlane z symbolem ▶ 3 po lewej stronie dla poprzednich i po prawej stronie dla najnowszych odczytów.

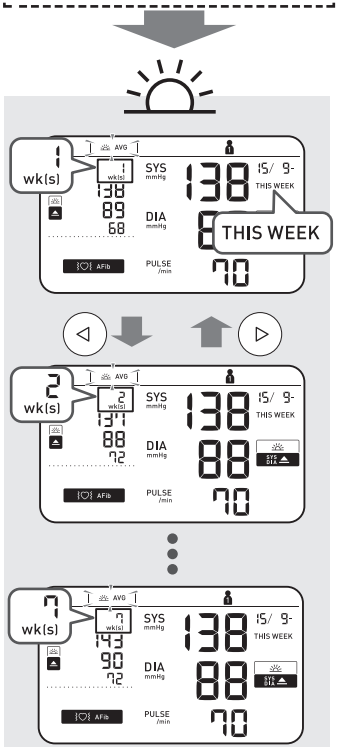
Medan du tittar på avläsningen som tagits i TruRead-läge, tryck på ᛒ för att se de individuella avläsningarna. Individuella TruRead-avläsningar kommer att visas med ▶ 3-symbolen till vänster för det förflutna och till höger för de senaste avläsningarna.

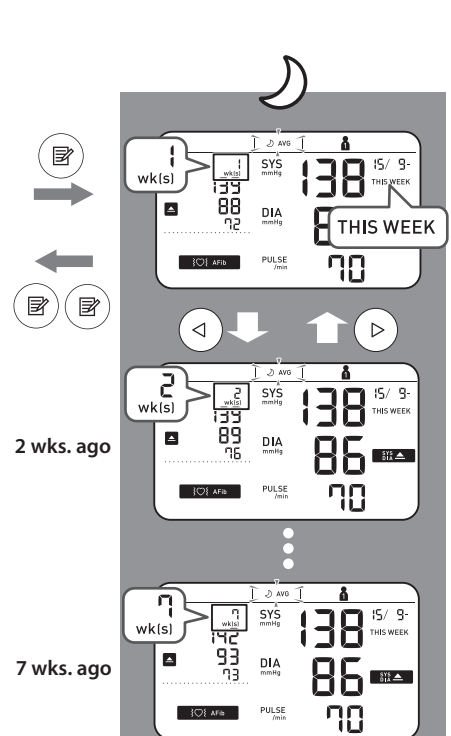
أثناء عرض القراءة المأخوذة في وضع TruRead، اضغط ᛒ لعرض القراءات الفردية. سوف تظهر قراءات TruRead الفردية مع وجود الرمز ▶ 3 إلى اليسار بالنسبة للقراءات القديمة، وإلى اليمين بالنسبة لأحدث القراءات.

AVG **Morning/Evening**
AVG **Weekly Averages**

FR	**Moyennes hebdomadaires matin/ soir**
DE	**Wöchentliche Morgen-/ Abendmittelwerte**
IT	**Media settimanale mattutina e serale**
ES	**Valor promedio semanal de mañana y noche**
NL	**Weekgemiddelden van ochtend- en avondwaarden**
RU	**Утренние/вечерние средние значения за неделю**
TR	**Sabah/Akşam Haftalık Ortalamaları**
PT	**Médias semanais da manhã/noite**
PL	**Średnie tygodniowe rano/ wieczorem**
SV	**Veckomedelvärden för morgon/ kväll**
AR	**المعدلات الأسبوعية الصباحية/المسائية**









Appears if "SYS" is 135 mmHg or above and/or "DIA" is 85 mmHg or above in the morning weekly average.

S'affiche si « SYS » est égale ou supérieure à 135 mmHg et/ou « DIA » égale ou supérieure à 85 mmHg dans la moyenne hebdomadaire du matin.

Wird angezeigt, wenn im wöchentlichen Morgenmittelwert „SYS" 135 mmHg oder mehr und/oder „DIA" 85 mmHg oder mehr beträgt.

Viene visualizzato se la pressione sistolica "SYS" è pari o superiore a 135 mmHg e/o la pressione diastolica "DIA" è pari o superiore a 85 mmHg nella media mattutina settimanale.

Aparece si "SYS" es 135 mmHg o superior y/o "DIA" es 85 mmHg o superior en el promedio semanal de mañana.

Verschijnt als "SYS" 135 mmHg of hoger is en/of "DIA" 85 mmHg of hoger is in het ochtendweekgemiddelde.

Отображается, если средние утренние значения за неделю «SYS» — 135 мм рт. ст. и выше и/или «DIA» — 85 мм рт. ст. и выше.

Sabah haftalık ortalamasında "SYS" 135 mmHg ya da üstünde olduğunda ve/veya "DIA" 85 mmHg ya da üstünde olduğunda görünür.

Aparece se o valor de "SYS" for de 135 mmHg ou superior e/ou o valor de "DIA" for de 85 mmHg ou superior na média semanal da manhã.

Pojawia się, jeśli „SYS" wynosi 135 mmHg lub więcej i/lub „DIA" wynosi 85 mmHg lub więcej w porannej średniej tygodniowej.

Visas om "SYS" är 135 mmHg eller högre och/eller "DIA" är 85 mmHg eller högre på morgonens veckomedelvärde.

تظهر إذا كان «الضغط الانقباضي» يبلغ ١٣٥ ملليمترًا زئبقيًا أو أكثر
و/أو «الضغط الانبساطي» ٨٥ ملليمترًا زئبقيًا أو أكثر في المعدل الأسبوعي الصباحي.

To know how to calculate weekly averages, refer to section 10 of the Instruction Manual 1.

Pour savoir comment calculer les moyennes hebdomadaires, se reporter à la section 10 du Mode d'emploi 1.

Wie die wöchentlichen Mittelwerte berechnet werden, ist in Abschnitt 10 der Gebrauchsanweisung 1 beschrieben.

Per sapere come calcolare le medie settimanali, consultare la sezione 10 del manuale di istruzioni 1.

Para saber cómo calcular mediciones semanales, consulte la sección 10 del manual de instrucciones 1.

Zie paragraaf 10 van de gebruiksaanwijzing 1 voor aanwijzingen hoe u het wekelijkse gemiddelde kunt berekenen.

О том, как рассчитываются средние значения за неделю, см. раздел 10 этого руководства по эксплуатации 1.

Haftalık ortalamaların nasıl hesaplanacağını öğrenmek için, Kullanım Kılavuzu 1'de bölüm 10'a bakın.

Para saber como calcular médias semanais, consulte a secção 10 do Manual de instruções 1.

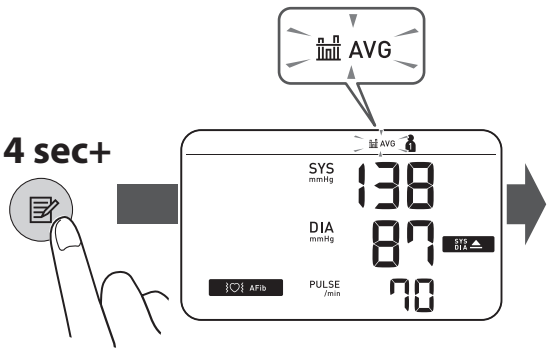
Aby dowiedzieć się, jak obliczyć średnie tygodniowe, zapoznaj się z sekcją 10 Instrukcji obsługi 1.

För att veta hur man beräknar veckomedelvärden, se avsnitt 10 i bruksanvisningen 1.

لمعرفة كيفية حساب المعدلات الأسبوعية، ارجع إلى القسم ١٠ من دليل الإرشادات ١.

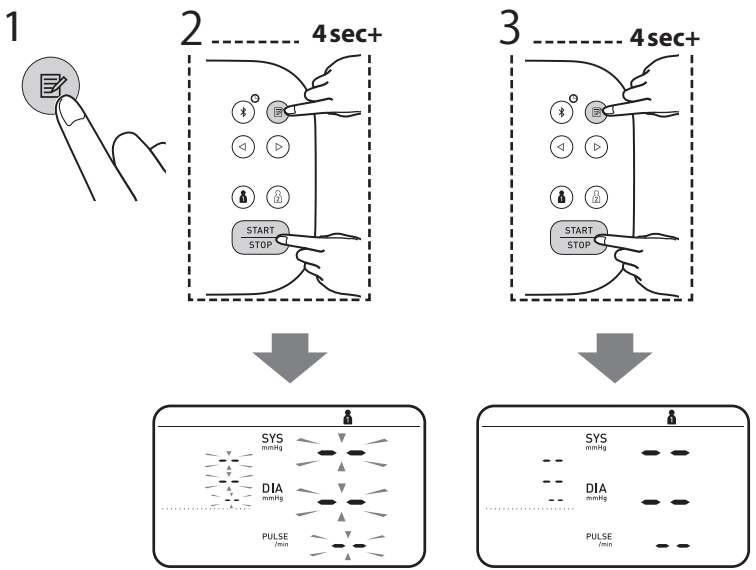
AVG Average of the Latest 2 or 3 Readings Taken within a 10 Minute Span

FR	**Moyenne des 2 ou 3 dernières mesures prises en l'espace de 10 minutes**
DE	**Mittelwert der letzten 2 oder 3 Messwerte, die in einem 10-Minuten-Zeitrahmen erfasst wurden**
IT	**Media degli ultimi 2 o 3 risultati ottenuti nell'arco di 10 minuti**
ES	**Promedio de las 2 o 3 últimas lecturas realizadas en un intervalo de 10 minutos**
NL	**Gemiddelde van de laatste 2 of 3 metingen uitgevoerd binnen een tijdspanne van 10 minuten**
RU	**Среднее значение последних 2-х или 3-х показаний, полученных в течение 10 минут**
TR	**10 Dakika Aralıkta Alınan Son 2 veya 3 Ölçüm Değerinin Ortalaması**
PT	**Média das últimas 2 ou 3 leituras efetuadas num intervalo de 10 minutos**
PL	**Średnia z ostatnich 2 lub 3 odczytów wykonanych w ciągu 10 minut**
SV	**Genomsnitt av de senaste 2 eller 3 avläsningarna som tagits inom ett intervall på 10 minuter**
AR	**معدل آخر قراءتين أو آخر ٣ قراءات مسجلة خلال مدة زمنية تبلغ ١٠ دقائق**



Deleting All Readings for 1 User

FR	Suppression de toutes les mesures pour 1 utilisateur
DE	Löschen aller Messwerte für 1 Benutzer
IT	Eliminazione di tutti i risultati relativi a 1 utente
ES	Eliminación de todas las lecturas de un usuario
NL	Alle meetresultaten voor 1 gebruiker wissen
RU	Удаление всех показаний одного пользователя
TR	1 Kullanıcı için Tüm Ölçüm Değerlerini Silme
PT	Eliminação de todas as leituras de 1 utilizador
PL	Usuwanie wszystkich odczytów dla 1 użytkownika
SV	Ta bort alla avläsningar för 1 användare
AR	مسح جميع القراءات الخاصة بمستخدم واحد



13 Disabling/Enabling Bluetooth

FR **Désactivation/activation de Bluetooth**

DE **Deaktivieren/Aktivieren der Bluetooth-Funktion**

IT **Disattivazione/attivazione della funzione Bluetooth**

ES **Activar o desactivar el Bluetooth**

NL **Bluetooth uitschakelen/ inschakelen**

RU **Выключение/включение Bluetooth**

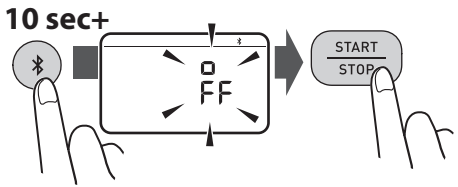
TR **Bluetooth'u Devre Dışı Bırakma/Etkinleştirme**

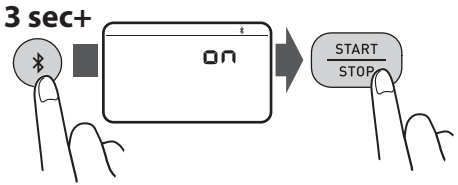
PT **Desativação/ativação do Bluetooth**

PL **Wyłączanie/włączanie Bluetootha**

SV **Inaktivera/aktivera Bluetooth**

AR **تعطيل/تمكين ميزة Bluetooth**





Bluetooth is enabled by default. ᛒ off **appears while Bluetooth is disabled.**

Bluetooth est activé par défaut. ᛒ off s'affiche quand Bluetooth est désactivé.

Die Bluetooth-Funktion ist standardmäßig aktiviert. ᛒ off erscheint, wenn Bluetooth deaktiviert ist.

La funzione Bluetooth è attiva per impostazione predefinita. ᛒ off appare quando il Bluetooth è disattivato.

El Bluetooth está activado por defecto. ᛒ off aparece mientras el Bluetooth está desactivado.

Bluetooth is standaard ingeschakeld. ᛒ off verschijnt terwijl Bluetooth is uitgeschakeld.

Bluetooth включен по умолчанию. ᛒ off появляется, когда Bluetooth отключен.

Bluetooth varsayılan olarak etkindir. ᛒ off, Bluetooth devre dışı bırakıldığında görünür.

O Bluetooth está ativado por predefinição. ᛒ off aparece quando o Bluetooth está desativado.

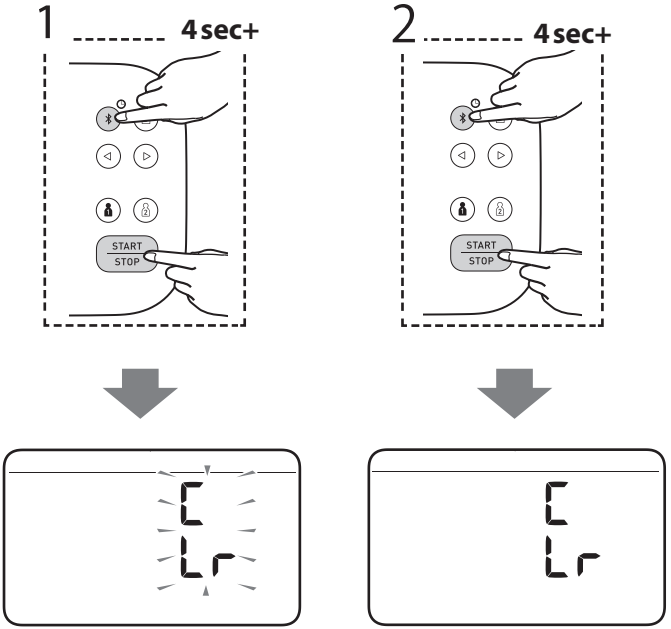
Bluetooth jest domyślnie włączony. ᛒ off pojawia się, gdy funkcja Bluetooth jest wyłączona.

Bluetooth är aktiverat som standard. ᛒ off visas när Bluetooth är inaktiverat.

يتم تمكين خاصية Bluetooth بشكل افتراضي.
يظهر ᛒ off عند تعطيل ميزة Bluetooth.

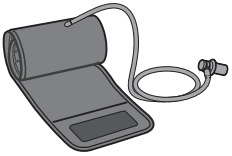
14 Restoring to the Default Settings

FR	Réinitialisation aux réglages par défaut
DE	Wiederherstellen der Standardeinstellungen
IT	Ripristino delle impostazioni predefinite
ES	Restablecimiento a los ajustes de fábrica
NL	De standaardinstellingen herstellen
RU	Восстановление настроек по умолчанию
TR	Varsayılan Ayarları Geri Yükleme
PT	Restauração das predefinições
PL	Przywracanie ustawień domyślnych
SV	Återställer till standardinställningarna
AR	استعادة الإعدادات الافتراضية

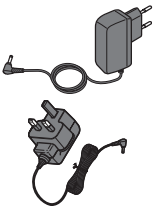


15 Optional Medical Accessories

FR	Accessoires médicaux en option
DE	Medizinisches optionales Zubehör
IT	Accessori medicali opzionali
ES	Accesorios médicos opcionales
NL	Optionele medische accessoires
RU	Дополнительные принадлежности
TR	Opsiyonel Tıbbi Aksesuarlar
PT	Acessórios médicos opcionais
PL	Opcjonalne akcesoria medyczne
SV	Medicinska tillbehör som tillval
AR	الملحقات الطبية الاختيارية



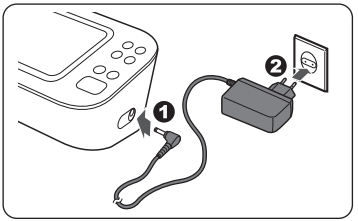
Arm Cuff
Model:
HEM-FL31
22 - 42 cm



AC Adapter

Model:
HHP-CM01

Model:
HHP-BFH01



Do not throw the air plug away. The air plug can be applicable to the optional cuff.

Ne pas jeter la prise de gonflage. La prise de gonflage peut être utilisée pour le brassard en option.

Entsorgen Sie den Luftschlauchstecker nicht. Der Luftschlauchstecker wird für die optionale Manschette verwendet.

Non gettare via l'attacco del tubo dell'aria. L'attacco del tubo dell'aria può essere applicato al bracciale opzionale.

No tire el conector para tubo de aire. El conector para tubo de aire puede ser utilizado con el manguito opcional.

Gooi de plug van de luchtslang niet weg. De plug van de luchtslang kan worden gebruikt op de optionele manchet.

Не выбрасывайте воздушный штекер. Он может подойти к дополнительной манжете.

Hava tıpasını atmayın. Hava tıpası isteğe bağlı kolluğa uygulanabilir.

Não deite fora a ficha de ar. A ficha de ar pode ser aplicável à braçadeira opcional.

Nie wyrzucaj wtyczki powietrza. Wtyczkę powietrzną można zastosować w opcjonalnym mankiecie.

Släng inte luftpluggen. Luftpluggen kan appliceras på den valfria manschetten.

لا تتخلص من سدادة الهواء. يمكن استعمال سدادة الهواء مع الشريط الضاغط الاختياري.

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