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Reli On

INSTRUCTION MANUAL

**Automatic Inflation
Blood Pressure Monitor**

Model HEM-741CREL



ESPAÑOL
ENGLISH

R7

OMRON

**Automatic
Blood Pressure Monitor**



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All for Healthcare

IM-HEM-637-E7-01-12/2011
5329374-8C



ReliOn®

INSTRUCTION MANUAL

AUTOMATIC INFLATION
BLOOD PRESSURE MONITORModel **HEM-741CREL**

ESPAÑOL

ENGLISH

Once relaxed, push the on/off/start button and pump the bulb until the screen's indicator arrow disappears. Read the instruction manual carefully before using this device, especially the safety instructions, and keep the instruction manual for future use. Not for use on children 12 years of age or younger. Error code / symbol Why it happens What you can do

An irregular heartbeat was detected during the measurement Remove the cuff, wait 2-3 minutes and then take another measurement. See related: How to get an accurate blood pressure measurement

A&D brand blood pressure monitor error codes Many of our members use an A&D brand blood pressure monitor in conjunction with our app. Activate and hold the button to confirm that you're human. Automatic deflation. Blocked air hose or leaks: Your device's air hose could be blocked, or you may have a leak in the hose, connector or cuff. These devices feature a slightly longer list of potential error codes, ranging from battery problems to a poor cellular connection. Keep your feet flat on the floor and your legs uncrossed. Why monitor at home? Your device's batteries are low: Improper cuff position on arm: You want to hold your upper arm at heart level, with a bit of space between your arm and your side, otherwise you can distort the pressure signals in the cuff, throwing off the reading or causing an error message to pop up. Er 10, 11, 15-24 System error Contact us for support Omron blood pressure monitor error codes Another popular blood pressure monitor company is Omron. E1 The device's air plug is loose, the arm cuff is applied too loosely or air is leaking from the cuff Check to be sure the plug is secured, pull the arm cuff tighter or, if the cuff is leaking, replace it with a new one. Check out an Omron manual or the chart below for a few errors worth keeping in mind. Er Device error Contact us or Omron for support. Made in China. Easy to Use: To measure blood pressure and pulse, secure the cuff so that it feels comfortable and not too tight, 1/2 inch above the elbow. While your blood pressure could genuinely be elevated due to diet, stress or other factors, you may accidentally be throwing things off. Er 4 No cellular signal The monitor is having trouble connecting. Er 5 / Er 6 Error with cellular connection The device has a weak cellular signal or was unable to transmit data. Check for a low battery symbol on your device and replace them if needed. Check out this chart of A&D error codes to see what may be causing you trouble, or take a look at an A&D blood pressure monitor manual. Cuff not fitting properly: If your cuff is too large or too small, or is wrapped too tightly or loosely around your arm, you may not get an accurate measurement or your device may not be able to properly register a measurement. What could go wrong? Replace the batteries as soon as you can. Thank You! Try a different method Stores 14 memories. Having clothing between the cuff and your skin can add up to 50mmHG to a reading. Read more The store will not work correctly in the case when cookies are disabled. Err 10 / 11 The monitor didn't pair with another device (like a smartphone or tablet) Take out the batteries and put them back in, then try pairing again. While it can be tough to remember to do this every day, once you make measuring your blood pressure a part of your routine, it should be simple enough; Wrap the cuff around your arm, sit up straight and press a button. E The monitor is not detecting your pulse correctly Take the cuff off and put it back on, ensuring it's fitting properly and in the right place on your arm Err E There's a problem with the device Take out the batteries, press the power button and put the batteries back in. Be sure that you're not pinching the hose and don't have it knotted or wrapped around anything. If you're an older adult looking for a helping hand as you tackle high blood pressure, diabetes or other health issues, you may qualify for a myNurse membership as a Medicare-covered benefit. Try moving to another area of your home, closer to a window. If you keep getting this error, let your Wellness Coach or doctor know. Sit and relax for five minutes. Tips for getting an accurate blood pressure reading Along with error messages, you may be getting blood pressure readings that just don't seem right. To help clear things up, here's a look at some of the error codes you may encounter on different blood pressure monitors, as well as some of the most common reasons you may be seeing an error message when you take your blood pressure. Check out this chart of BodyTrace blood pressure monitor error codes, which breaks down the cause and possible solution for each. Crossing your legs squeezes your veins, which can raise your reading. E4 Movement during measurement Take another measurement and stay still and silent until the test is complete. BodyTrace blood pressure monitor error codes The other main type of blood pressure monitor we use is a BodyTrace brand cellular device. Try moving to another part of your home to see if you can find a stronger signal. Err 9 There's a problem with the device Take out the batteries, press the power button and put the batteries back in. Talking during a test can add up to 10 points to your reading. Package Contents: Digital manual inflation blood pressure monitor medium arm cuff (fits arms 9.5 inch - 13.25 inch) English/Spanish instruction booklet 2 AAA batteries. Follow these steps to be sure you're getting the most accurate blood pressure reading possible: Don't talk during the measurement. Unfortunately, things don't always go so smoothly. Be sure not to over-inflate if inflating manually. Error code Why it happens What you can do Er 1 Low battery Open the back of your monitor and replace the batteries with 4 new AA batteries Er 2 Movement was detected during the measurement Try again and be sure to remain still and silent during the measurement Er 3 Your measurement was out of range Ensure your cuff is fitting properly and is placed against your bare skin. Please visit at www.sunmarkbrand.com. E2 Either there was movement during the test, or the cuff did not inflate properly Take the measurement again without moving or talking during the test; if this error comes up repeatedly, you may need to inflate the cuff manually until it is 30-40 mmHG above your previous measurement result E3 The arm cuff inflated past than the maximum pressure allowed and deflated automatically (applies to manual cuff inflation) Be sure not to touch the cuff or move or bend the air tube during a measurement. It should be tight enough that it doesn't slide down your arm, but loose enough for you to fit a few fingers between the cuff and your arm. Common reasons for errors or incorrect readings As you can see, improper form or device errors are the main cause for most error messages and incorrect readings. Today, automated blood pressure monitors make taking your blood pressure from home much simpler. These messages are often vague (something like "Err 2"), leaving you to wonder: Did I mess up? After that, if you still see this error, contact us for support. Feature: manual inflation & automatic deflation; stores 14 memories; latex-free product; comfortable arm cuff fits arms 9.5 inch-13.25 inch; 5 year warranty. Ensure that the artery mark is aligned with the artery. By monitoring your blood pressure at home with the Sunmark Manual Inflation Blood Pressure Monitor, you can share accurate and reliable results with your doctor. E5 Clothing is disrupting the measurement Make sure you don't have any clothing between the cuff and your skin, then take the measurement again. Er 7 / Er 9 Internal device error Replace the batteries and try again. We use cookies to improve our services and to provide you with tailored content for an improved experience. Place the cuff on your bare skin, half an inch above the bend in your elbow. You can check for leaks by listening to the hose, connector and cuff for the sound of air. By clicking "Accept", you consent to cookies. Movement during measurement Take another measurement and stay still and silent until the test is complete. Toll free customer helpline 1-866-241-6217. Some common errors on these devices (and on blood pressure monitors in general) are caused by too much movement during the measurement and an improperly-fitting cuff. Remove all jewelry from your arm. Membership comes with remote health monitoring, connected health testing devices and one-on-one coaching. If you have a cell phone, you can check the cellular signal to see where it's strongest in your house. Release pressure after measurement appears. See how it works and check if your insurance covers the program. Indeed, when you're trying to get an accurate blood pressure reading, one of the most frustrating things you may encounter is an error message popping up on your device. Even with weak batteries, if the cuff takes too long to inflate, your measurement could time out and end with an error code. In the old days, getting a sense of your blood pressure required you to go into the doctor's office and have it checked manually with a stethoscope, pump and gauge. Your device's batteries are empty. Here are some of the most common causes for these issues: Too much movement: Any movement you make during the measurement can cause dramatic fluctuations in the pressure being measured. Don't drink caffeine or smoke within 30 minutes of a test. While having to go into a clinic to have your blood pressure checked was a hassle, you could rest assured the measurement was being taken properly. You must replace the batteries before you can use the device again. Low batteries: This is often the cause of a cuff not inflating, as your device's pump requires a certain amount of power to inflate your cuff. Money back guarantee. Omron blood pressure monitors use a combination of symbols and text to show error messages. Medium arm cuff for arms 9.5 inch - 13.25 inch. Is the machine broken? Caffeine and nicotine can both raise your blood pressure. Error code Why it happens What you can do Er Blood pressure is unstable due to movement during the measurement Try again and be sure to remain still and silent during the measurement Er Your systolic and diastolic blood pressure values are within 10 mmHg of each other The pressure value did not increase during inflation Take the cuff off and put it back on, ensuring it's fitting properly and in the right place on your arm Err CUF The cuff is not applied correctly and/or is too loose Take the cuff off and put it back on, ensuring it's fitting properly. Complete instructions included. Medical experts agree that monitoring your blood pressure at home can be helpful in preventing and controlling high blood pressure.

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