

4. Using Your Monitor with a Smart Device

4.3 Taking Activity Measurements

Your monitor automatically measures your activities when you are wearing your monitor. The following items will be measured:

- Steps
- Calories burned
- Distance
- Aerobic steps

Refer to “Readings Details” in section 6 (page 45) for more information.

Note

Do not wear your monitor other than on your wrist.

1. Pair your monitor with your smart device.

Refer to sub-section 4.1 (page 32). The personal information you are asked to provide on the app is to help calculate measurements accurately.

You can also set your daily target steps on the app.

2. Set your stride length.

The initial stride length displayed on the app is an estimated value calculated by your height setting.

You may choose to adjust your stride length by adding the new value in the app. For instructions on calculating your stride manually, refer to the instructions below.

1. Walk 10 steps with your normal stride as illustrated below.
2. Measure the distance from START to END in inches.
3. Calculate your stride length by dividing the total distance by 10.

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Example:

Total distance = 320"

$320 \div 10 = 32''$

(2 feet 8 inches)

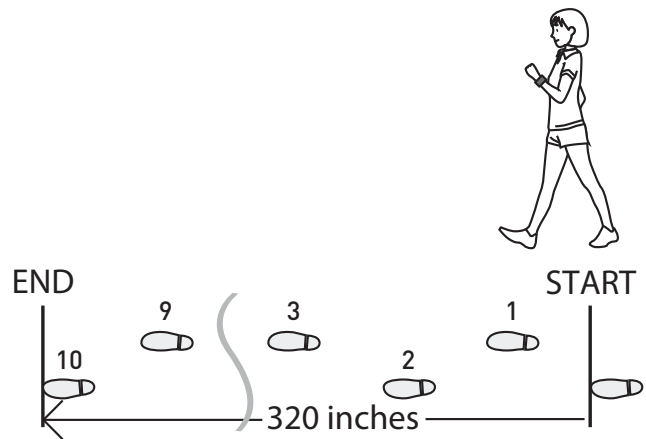
Conversion Chart

12 inches = 1 foot

24 inches = 2 feet

36 inches = 3 feet

48 inches = 4 feet



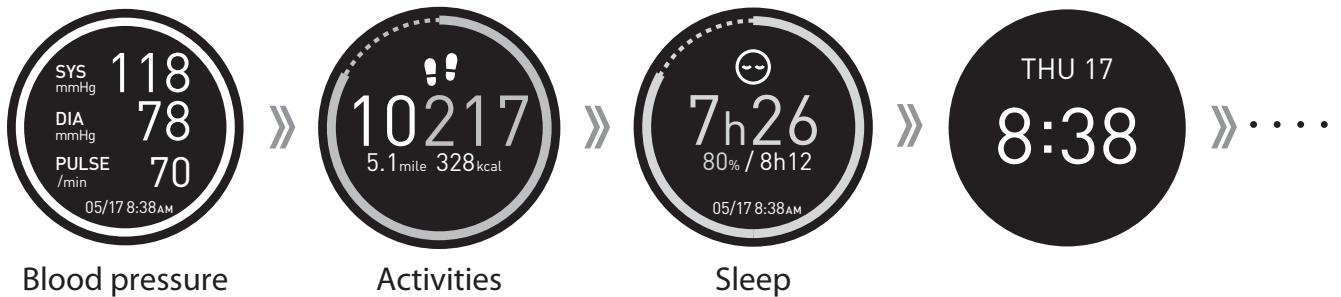
3. Wear your monitor wherever you go.

When your target steps are achieved, the achievement screen appears.



4. Press the [FORWARD] button to view the readings stored in the memory.

Refer to section 6 (page 43) for more information.



4. Using Your Monitor with a Smart Device

Your monitor may not track your activity data in the following conditions:

Improperly Wearing

- Wearing your monitor somewhere other than your wrist.
- Putting your monitor inside a bag or pocket.

Moving Irregularly

- Placing your monitor inside or attached to a bag, and the bag moves irregularly.
- Moving your arm continuously when not walking.
- Carrying a bag
- Extremely slow arm movements.
- Doing housework without walking.

Walking at an Inconsistent Pace

- Shuffling or wearing sandals.
- Constantly starting and stopping walking, or moving at some other inconsistent pace.
- Walking extremely slowly.

Moving Up and Down

- Standing up and sitting down.
- Playing sports other than walking.
- Going up or down stairs or a steep slope.

Vibrations from a Moving Vehicle

- You are on a bicycle, automobile, train or bus.

4.4 Taking Sleep Measurements

Your monitor measures your sleep by detecting movement of your body while you sleep. The following items will be measured:

- Sleep period time
- Awake time

Refer to “Readings Details” in section 6 (page 45) for more information.

Note

- Do not wear your monitor other than on your wrist.
- During the sleep mode, your monitor does not count your steps.
- If you set the sleep mode manually, you cannot take a blood pressure measurement, transfer data, or change settings.

1. Pair your monitor with your smart device.

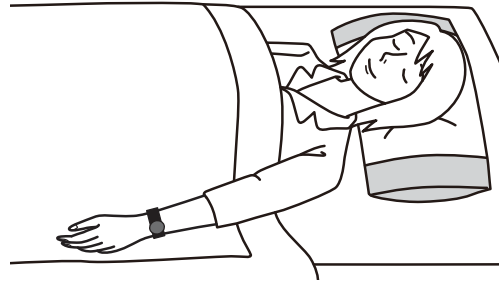
Before taking a measurement, pair your monitor with your smart device. Refer to sub-section 4.1 (page 32).

You can also set your daily target sleep period time on the app.

4. Using Your Monitor with a Smart Device

2. Go to sleep with your monitor on.

To detect and track your sleep automatically, set your approximate daily bedtime and wake-up time on the app first.



Note

- When you take a measurement, do not place your monitor on the floor, bed, or shelf.
- To enable the sleep mode manually, refer to the “OMRON connect US/CAN” app.

3. Get up.

Your monitor will detect rising and disable the sleep mode automatically.

Your monitor may not track your sleep data in the following instances:

- Wearing your monitor somewhere other than your wrist.
- Wearing your monitor too loosely, so that you can insert more than one pointer finger in between your wrist and the band.
- Sleeping in a Chair or Couch

4. Using Your Monitor with a Smart Device

4.5 Receiving Notification from Your Smart Device

Your monitor receives a notification (phone call, message and email) from your smart device.

When your monitor receives a notification, your monitor vibrates.

Press any button to close the notification.



Phone call



Message



Email

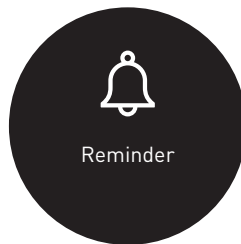
Note

- Refer to "OMRON connect app US/CAN" for compatible email apps or any other information.
- Your monitor cannot receive a notification from your smart device during the following:
 - During taking a blood pressure measurement.
 - When the Bluetooth function of your monitor or smart device is disabled.
- Your monitor only displays English characters.

4. Using Your Monitor with a Smart Device

4.6 Receiving a Reminder

The reminder function will alert you at a specific time of day with vibration and the “Reminder” icon on the display. The time for the reminder can only be set on the app.



Note

- To stop the vibration, press any button.
- Reminder can be set within 24 hours.

5. Recording an Event

You can record the time of your action or activity as an “Event”, such as time you ate, took a medicine, exercised or had another event.

Note

The recorded time of your events can be viewed on the app only.

1. **Press and hold the [FORWARD] button for more than 3 seconds.**



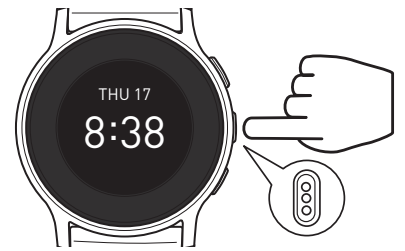
2. **“Record” appears on the display.**



6. Viewing the Readings Stored in Memory

Only your latest reading can be viewed on the monitor's display. Use the "OMRON connect US/CAN" app to view all the readings stored in the memory.

1. Press the [FORWARD] button.



2. Press the [FORWARD] button one by one.

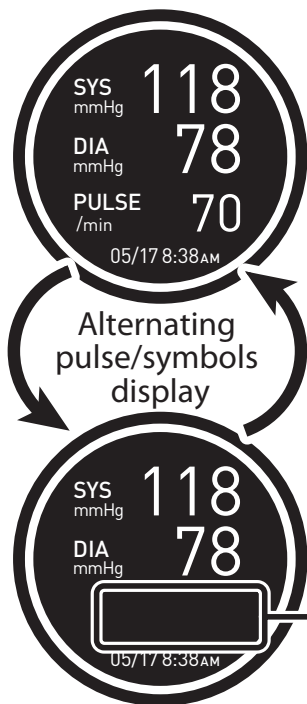
The display of your readings changes as below.




For activities and sleep, the ring around the reading describes the level of achievement against your target.



6. Viewing the Readings Stored in Memory

If this monitor detects any errors during a measurement, the following symbols will appear on the display.



Symbol	Meaning
	This monitor is not at the correct height.
	Irregular heartbeats are detected.
	Movement during measuring.

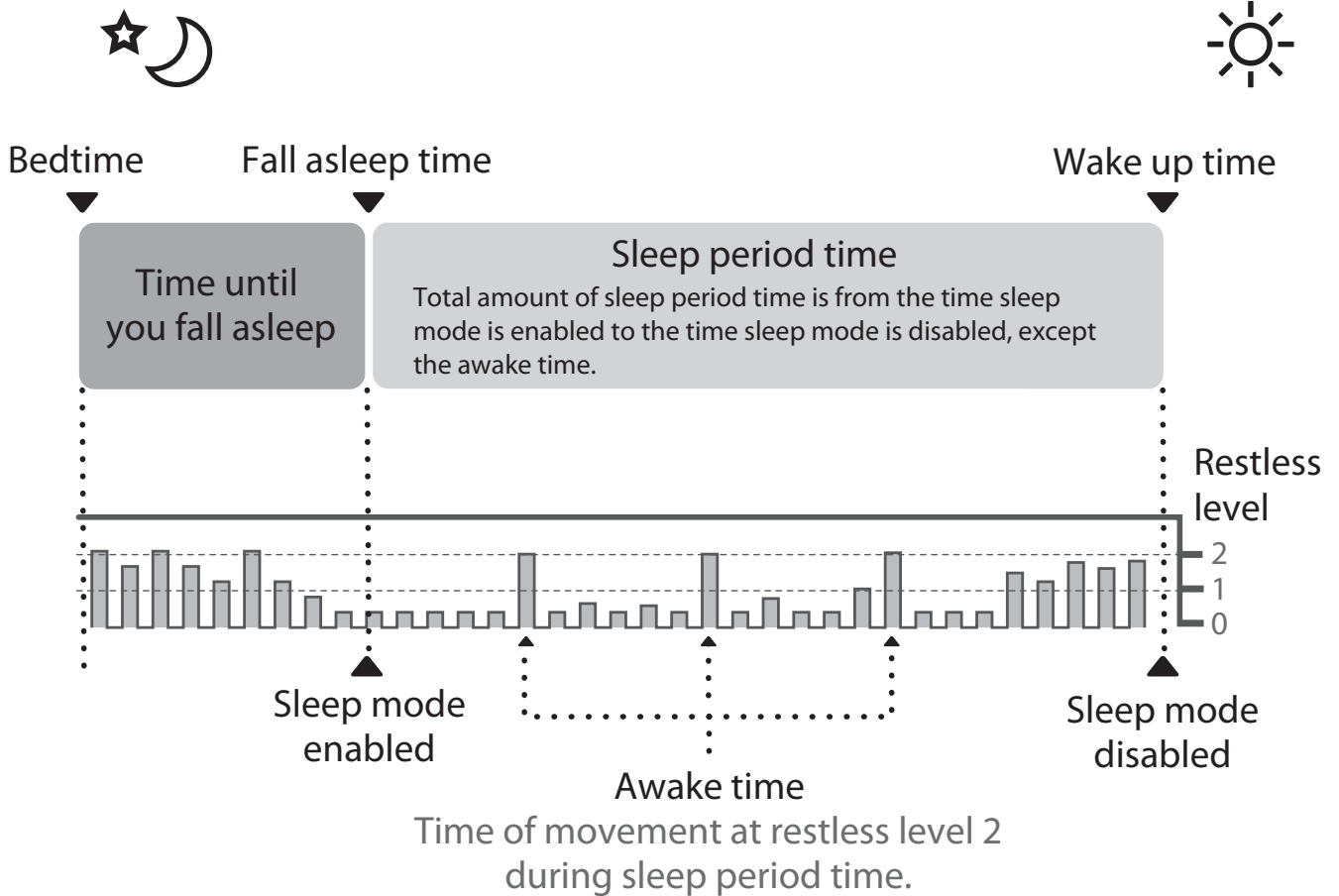
6. Viewing the Readings Stored in Memory

Readings Details

Calories burned	Indicates the amount of calories burned by measuring the intensity of your activity.
Distance	Indicates you distance traveled by using your step count. Note If you have jogged, climbed up or down stairs, or walked at brisk walking pace, some errors may occur in the value.
Aerobic steps	Aerobic steps are the physical exercise that helps us stay healthy. Aerobic steps are counted separately when walking more than 60 steps per minute and more than 10 minutes successively. If a rest of less than 1 minute is taken after a continuous walk of more than 10 minutes, this will be regarded as part of "a continuous walk". Note Aerobic steps can be viewed on the app only.
Sleep period time	Indicates your actual time asleep.
Awake time	Indicates the time of movement at "restless level 2" after you fell asleep. For more information on restless levels, refer to "Sleep Mode Details" on the next page. Note Awake time can be viewed on the app only.

6. Viewing the Readings Stored in Memory

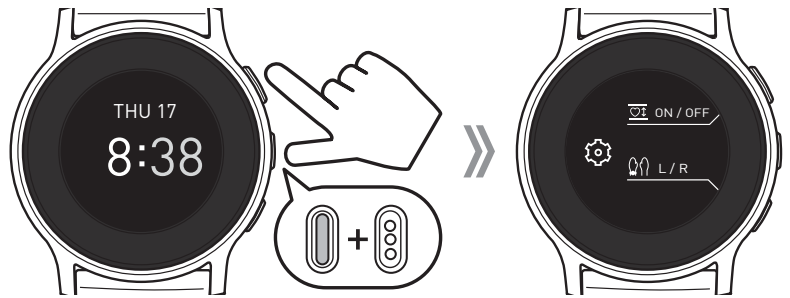
Sleep Mode Details



7. Settings

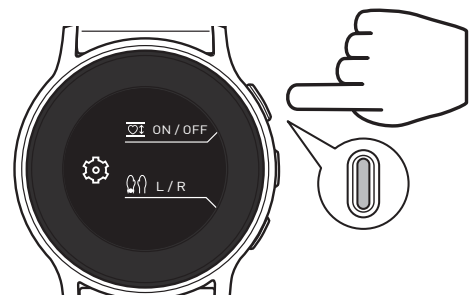
7.1 Function settings

To change the function settings on your monitor, press and hold both [START/STOP] button and [FORWARD] button for more than 3 seconds.



7.1.1 Enabling/Disabling Heart Zone Indicator ()

1. Press the [START/STOP] button for heart zone indicator setting.



2. Press [START/STOP] button to enable, or press [HOME] button to disable.

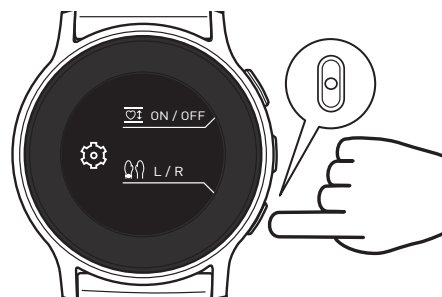
Note

The heart zone indicator is enabled by default. The current setting is shown in the bracket.

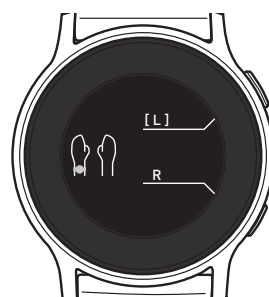


7.1.2 Selecting Your Wrist to Wear (Left or Right)

1. Press the [HOME] button for wrist setting.



2. Press [START/STOP] button if you wear your monitor on the left wrist, or press [HOME] button if you wear the monitor on the right wrist.



Note

Left is set by default. Current setting is indicated in the bracket.

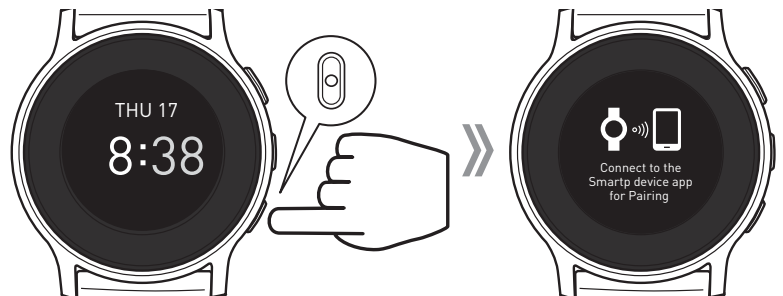
7. Settings

7.2 Bluetooth settings

To enter the pairing mode or change Bluetooth setting, follow the instructions below.

7.2.1 Entering Pairing Mode

Press and hold the [HOME] button for more than 3 seconds. Refer to sub-section 4.1 (page 32) to pair your monitor with your smart device.



Note

Bluetooth will be enabled automatically after pairing with your smart device successfully.

7.2.1 Disabling/Enabling Bluetooth

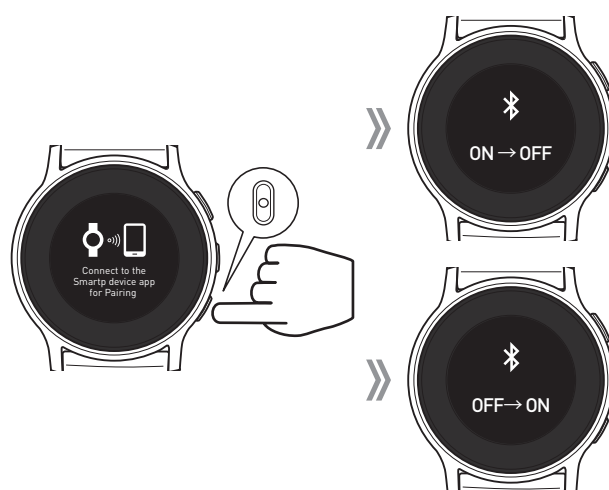
⚠ Warning

This product 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. Turn off the Bluetooth feature in those areas. For further information on potential restrictions refer to documentation on the Bluetooth usage by the FCC.

Press and hold the [HOME] button for at least 3 seconds when your monitor is in the pairing mode.

When Bluetooth is enabled, this operation will make it disabled.

When Bluetooth is disabled, this operation will make it enabled.



Note

- Bluetooth is enabled by default.

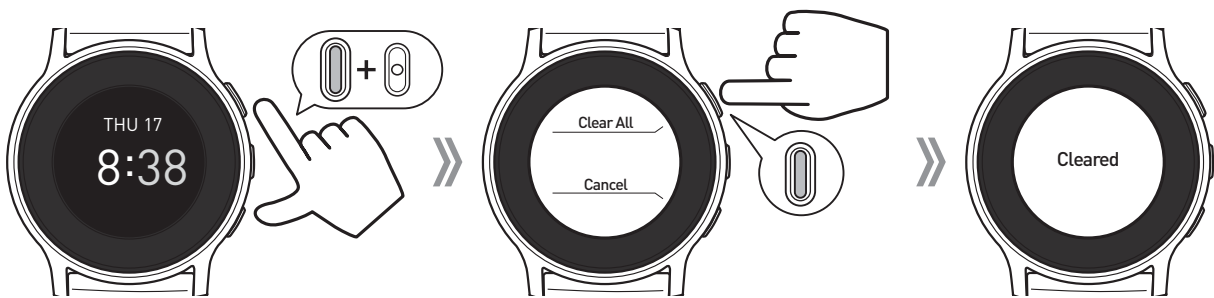
7. Settings

7.3 Restoring Your Monitor to the Default Settings

To delete all the information stored in your monitor, follow the instructions below.

Press and hold both the [START/STOP] button and the [HOME] button for at least 7 seconds.

When the confirmation screen appears, press [START/STOP] button to restore your monitor.

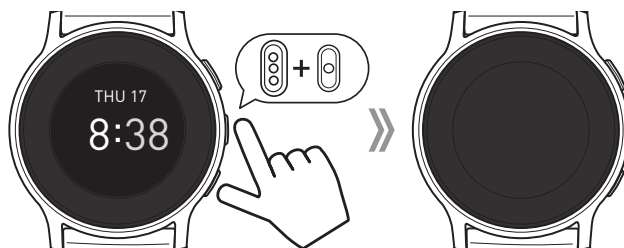


Note

- Reverting to its default setting of your monitor does not delete the information in the app.
- You will need to re-pair your monitor when using the monitor again. Without re-pairing, your readings will not be transferred to your app. Refer to sub-section 4.1 (page 32).

7.4 Turning Off Your Monitor

Press and hold both the [FORWARD] button and the [HOME] button for more than 7 seconds.



Turn off and restart your monitor if either of the following occurs:

- When “Error” with a number other than 1 to 9 appears on the display.
- Your monitor cannot be operated even though you pressed a button.

Note

- Turning off your monitor will not delete your reading or any information in the monitor and the app, however; your step numbers from the past hour may be lost.
- After restarting, open “OMRON connect US/CAN” app to communicate. The date and time will be set automatically.

When using your monitor without a smart device, you can only take blood pressure measurements.




When using your monitor without a smart device, you will not be able to view your prior readings that have been stored in memory.

- If the “Error” with a number other than 1 to 9 appears on the display after restarting, refer to section 13.




8. Error Messages and Troubleshooting

In case of any of the below problems occur during measurement, first check that no other electrical device is within 12 inches (30 cm). If the problem persists, please refer to the table below.





8.1 Error Messages

Display	Cause	Solution
 Irregular heartbeat	Irregular heartbeat detected.	Remove your monitor. Wait for 2 - 3 minutes and then take another measurement. Repeat the steps in sub-section 3.1 (page 24). If this error continues to appear, we recommend that you consult with your physician.
 Do not move and take another measurement	Your body moved during a measurement.	Carefully read and repeat the steps in sub-section 3.1 (page 24).
 Position device at heart-level.	Your monitor is not at the correct height.	Adjust the height of your wrist following the heart zone indicator. Refer to sub-section 3.1 (page 24).





8. Error Messages and Troubleshooting

Display	Cause	Solution
	The battery is depleted.	Charge the battery. Refer to sub-section 2.1 (page 19).
	The monitor cannot connect to a smart device or transmit data correctly.	Follow the instructions shown in the “OMRON connect US/CAN” app. If it still appears after checking the app, contact customer service. Refer to section 13.
	The band is not applied correctly.	Apply the band correctly, then take another measurement. Refer to sub-section 2.2 (page 21).
	Air is leaking from the cuff.	Contact customer service. Refer to section 13.
	Clothing is interfering with the band.	Remove any clothing interfering with the band. Refer to sub-section 2.2 (page 21).


8. Error Messages and Troubleshooting

Display	Cause	Solution
 <p>Please see the manual. Error 2</p>	The band may be applied too loosely.	Apply the band correctly, then take another measurement. Refer to sub-section 2.2 (page 21)
 <p>Please see the manual. Error 3</p>	The cuff was inflated exceeding the maximum allowable pressure.	Do not touch your monitor while taking a measurement.
 <p>Please see the manual. Error 4</p>	You move or talk during a measurement. Vibrations disrupt a measurement.	Remain still and do not talk during a measurement.
 <p>Please see the manual. Error 5</p>	The band was not applied correctly or was moved during a measurement.	Apply the band correctly, then take another measurement. Refer to sub-section 2.2 (page 21). Remain still and sit correctly during a measurement. Refer to sub-section 3.1 (page 24).

8. Error Messages and Troubleshooting

Display	Cause	Solution
 <p>Please see the manual. Error 7</p>	Your wrist is moved up and down during a measurement.	Take another measurement making sure not to move your wrist. Refer to sub-section 3.1 (page 24).
 <p>Please see the manual. Error 8</p>	Temperature error is detected.	Wait for few minutes, then take another measurement in a place with moderate room temperature. If the error appears again, contact customer service. Refer to section 12.
	The monitor has malfunctioned.	
 <p>Please see the manual. Error 9</p>	The band may be applied too tightly.	Apply the band correctly, then take another measurement. Refer to sub-section 2.2 (page 21).
 <p>Error</p>	Room temperature is too high to charge the battery.	Charge the battery at a moderate room temperature. If the error still appears, contact customer service. Refer to section 13.
	The monitor has malfunctioned.	

8. Error Messages and Troubleshooting

Display	Cause	Solution
	The monitor has malfunctioned.	Turn off and restart your monitor. Refer to sub-section 7.4 (page 52). If the error still appears, contact customer service. Refer to section 13.

8.2 Troubleshooting

Problem	Cause and Solution
Nothing appears on the display of the monitor.	<ul style="list-style-type: none"> • Charge the battery. Refer to sub-section 2.1 (page 19). • Your monitor is turned off. Refer to section 2.3 (page 22) to turn on your monitor.
Readings appear too high or too low.	Blood pressure varies constantly. Many factors including stress, time of day, and/or how you apply the band, may affect your blood pressure. Review sub-section 3.1 (page 24).
Any other communication issue occurs.	Follow the instructions shown in the smart device, or visit the "Support" section in the "OMRON connect US/CAN" app for further help. If the problem still persists, contact customer service. Refer to section 13.

8. Error Messages and Troubleshooting

Problem	Cause and Solution
The monitor cannot be operated.	Turn off and restart your monitor. Refer to sub-section 7.4 (page 52). If your monitor still does not operate, contact customer service. Refer to section 13.
The monitor or the AC adapter is abnormally hot when charging the battery.	The monitor or the AC adapter may be damaged. Unplug the AC adapter from the outlet immediately and contact customer service. Refer to section 13.
The operating time is short, or the monitor does not operate, even when the battery is fully charged.	This may be due to the life of the rechargeable battery. The battery cannot be replaced. Contact customer service (refer to section 13) or dispose of your monitor. Refer to sub-section 9.4.

9. Maintenance

9.1 Maintenance

To protect this monitor from damage, please follow the directions below:

- Changes or modifications not approved by the manufacturer will void the user warranty.

Caution

DO NOT disassemble or attempt to repair this monitor or other components.

9.2 Storage

- Store your monitor in a clean, safe location.
- Do not store your monitor:
 - If your monitor is wet.
 - In locations exposed to extreme temperatures, humidity, direct sunlight, dust or corrosive vapors such as bleach.
 - In locations exposed to vibrations or shocks.

9.3 Cleaning

- Do not use any abrasive or volatile cleaners.
- Use a soft dry cloth or a soft cloth moistened with neutral soap to clean your monitor, and then wipe them with a dry cloth.
- Do not wash or immerse your monitor in water.
- Do not use gasoline, thinners or similar solvents to clean your monitor.
- Do not use a wet cloth on the plugs of the AC adapter. The charging cable, or the terminal of the charging clip.

Caution

- Stop using this monitor and consult with your physician if you experience skin irritation or discomfort.
- Prolonged rubbing and pressure may irritate the skin. Give your wrist a break by removing your monitor for a while after extended wear.
- Be careful not to let chemical products such as lotions, oils, skin creams or cosmetics collect on the band. If this happens, wipe them immediately, otherwise it may impact the material and lifetime of product.

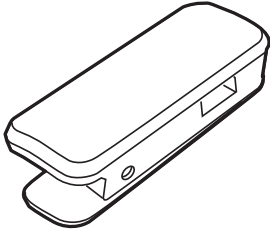
9.4 Disposal

Dispose of your monitor and other components according to applicable local regulations.

Unlawful disposal may cause environmental pollution.

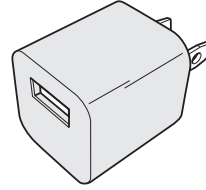
10. Optional Accessories

■ Charging clip



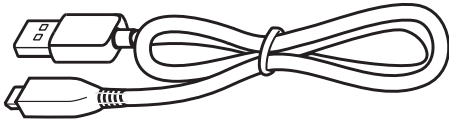
Model: HEM-CLIP-01

■ AC adapter



Model: HHP-AM02


■ Charging cable



Model: HHX-CB07U

For further information, visit our website at OmronHealthcare.com.

11. Specifications

Model	BP8000-M  HEM-6411T-ZM
Display	Transflective memory-in-pixel LCD
Memory	Blood pressure measurement: Up to 100 times Activity measurement: Up to 7 days Sleep measurement: Up to 7 times Event: Up to 100 items
Transmission method	Bluetooth® low energy technology
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: IP22 AC adapter: IPX0
Rating	DC 3.8 V 3.0 W
Power source	1 Lithium ion polymer rechargeable battery (3.8 V; Approximately 164 mAh) AC adapter (INPUT AC100-240 V, 50-60 Hz 0.2-0.13 A)
Battery lifespan	Will last for approximately 500 cycles, 8 times/day measurements in normal temperatures of 77.0 °F (25 °C) when new battery fully charged.

11. Specifications

Battery Life	Up to 2 days battery life per charge. (Approximately 16 blood pressure measurements, depending on usage and storage conditions.)
Durable period (Service life)	Monitor: 2 years AC adapter: 2 years
Operating conditions	41 to 104 °F (5 to 40 °C) / 15 to 90 % RH (non-condensing) / 800 to 1060 hPa
Charging / data transmission conditions	50 to 95 °F (10 to 35 °C)
Storage conditions	-4 to 104 °F (-20 to 40 °C) / 10 to 90 % RH (non-condensing)
Transport conditions	-4 to 140 °F (-20 to 60 °C) / 10 to 90 % RH (non-condensing)
Weight	Approximately 4.1 oz. (115 g)
Dimensions	Case diameter: Approximately 1.89" (48mm) Case thickness: Approximately 0.55" (14mm) Band width: Approximately 1.18" (30 mm)
Measurable wrist circumference	6.3" to 7.5" (160 to 190 mm)
Contents	Monitor, charging clip (HEM-CLIP-01), charging cable (HHX-CB07U), AC adapter (HHP-AM02), paper sizing guide, cuff cover, instruction manual, quick start guide
Applied part	Type BF (cuff)

11. Specifications

Protection against electric shock	Internally powered ME equipment Class II ME equipment (AC adapter)
Maximum temperature of the applied part	Lower than +118.4°F (+48°C)

Blood pressure measurement

Cuff pressure range	0 to 299 mmHg
Blood pressure measurement range	SYS: 60 to 230 mmHg DIA: 40 to 160 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 rapid deflation
Measurement method	Oscillometric method

11. Specifications

Activity / Sleep measurement

Measurement range	Steps: 0 to 99,999 steps Distance: 0.0 to 621.3 mile Time: 12:00 AM to 11:59 PM Calories burned: 0 to 59,999 kcal
Setting range	Time: 12:00 AM to 11:59 PM Weight: 22 to 300 lb (in increments of 1 lb) Height: 3' 4" to 6' 6" (in increments of 1 inch) Stride length: 12" to 48" (in increments of 1 inch)



Notes

- These specifications are subject to change without notice.
- In the clinical validation study, K5 was used on 85 subjects for determination of diastolic blood pressure.
- This monitor is comply with the requirements of ISO 81060-2:2013.
- This monitor has not been validated for use on pregnant patients.
- IP classification is degrees of protection provided by enclosures in accordance with IEC 60529. This monitor is protected against ingress of dust which would cause issues during a normal operation, and against splashing water which may cause issues during a normal operation.
- This AC adapter is not protected against water.

About a wireless communication interference

This product operates in an unlicensed ISM band at 2.4 GHz. 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.

Pictogram on the Product

	Indicates the correct positioning for the band on the wrist.
	Indicates the correct positioning for the monitor on the wrist.

12. FCC Statement

FCC CAUTION

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Note

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult with the dealer or an experienced radio/TV technician for help.

This transmitter must not be co-located or operated in conjunction with any other antenna or transmitter.

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment and meets the FCC radio frequency (RF) Exposure Guidelines. This equipment has very low levels of RF energy that are deemed to comply without testing of specific absorption ratio (SAR).

13. Limited Warranty

Your BP8000-M Wrist Blood Pressure Monitor, excluding AC adapter and charging cable, is warranted to be free from defects in materials and workmanship appearing within 1 year from the date of purchase, when used in accordance with the instructions provided with the monitor. The above warranty extends only to the original retail purchaser. We will, at our option, replace without charge any monitor or band covered by the above warranty. Replacement is our only responsibility and your only remedy under the above warranty.

To obtain warranty service, contact customer service by calling 1-800-634-4350 for the address of the inspection center and the return shipping and handling fee. Enclose the original printed receipt. Include a letter with your name, address, phone number, and description of the specific problem. Pack the product carefully to prevent damage in transit. Because of possible loss in transit, we recommend insuring the product with return receipt requested.

THE FOREGOING IS THE SOLE WARRANTY PROVIDED BY OMRON IN CONNECTION WITH THIS PRODUCT, AND OMRON HEREBY DISCLAIMS ANY OTHER WARRANTIES, EXPRESS OR IMPLIED, INCLUDING IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE. IMPLIED WARRANTIES AND OTHER TERMS THAT MAY BE IMPOSED BY LAW, IF ANY, ARE LIMITED IN DURATION TO THE PERIOD OF THE ABOVE EXPRESS WARRANTY.

OMRON SHALL NOT BE LIABLE FOR LOSS OF USE OR ANY OTHER SPECIAL, INCIDENTAL, CONSEQUENTIAL OR INDIRECT COSTS, EXPENSES OR DAMAGES.

This warranty provides you with specific legal rights, and you may have other rights that vary by jurisdiction. Because of special local requirements, some of the above limitations and exclusions may not apply to you.

For Customer Service

Visit our web site at:

OmronHealthcare.com

Call toll free:

1-800-634-4350

14. Guidance and Manufacturer's Declaration

OMRON Battery-operated Blood Pressure Monitor Information for
Accompanying Documents in the Scope of IEC60601-1-2:2014

Important information regarding Electro Magnetic Compatibility (EMC)

BP8000-M manufactured by OMRON HEALTHCARE Co., Ltd. conforms to IEC60601-1-2:2014 Electro Magnetic Compatibility (EMC) standard. Further documentation in accordance with this EMC standard is available at OmronHealthcare.com/emc. Refer to the EMC information for BP8000-M on the website.

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