

# INSTRUCTION MANUAL



OMRON Activity Monitor  
Active style Pro  
HJA-750C

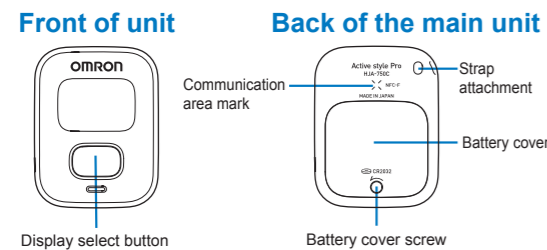
All for Healthcare

## 1. PACKAGE CONTENTS

1. Main unit
2. Strap
3. Clip
4. Holder
5. Instruction Manual



## 2. KNOW YOUR UNIT



## 3. IMPORTANT SAFETY INFORMATION

To assure the correct use of the product basic safety measures should always be followed including the warnings and cautions listed in this instruction manual.

SAFETY SYMBOLS USED IN THIS INSTRUCTION MANUAL	
<b>WARNING</b>	Indicates a potentially hazardous situation which, if not avoided, could result in death or serious injury.
<b>CAUTION</b>	Indicates a potentially hazardous situation which, if not avoided, may result in minor or moderate injury to the user or patient or damage to the equipment or other property.

### OPERATING THE DEVICE

- Consult your doctor or healthcare provider before beginning a weight loss or exercise program. Do not make any decisions on your own.
  - Weight loss or exercise therapy based on self-judgment may harm your health.
- Always keep the main unit out of reach of young children.
  - Should a young child swallow the battery, battery cover, or screw, immediately consult a doctor.
- Turn off the Bluetooth® communication function in areas where use of wireless equipment is prohibited, such as aircraft and in hospitals.
- Keep a distance of 22 cm or more away from implanted medical devices (such as heart pacemakers). (→ "7. TURNING COMMUNICATION OFF/ON")
- Do not throw the battery into a fire.
  - Doing so may cause the battery to explode.

- Do not swing the main unit by the strap.
  - Doing so may cause an injury.
- Do not put the main unit in the back pocket of your shorts or trousers.
  - Doing so may cause an injury or damage the main unit.
- Should battery fluid get on your skin or clothing, immediately rinse it off using plenty of clean water.
  - Otherwise, a personal injury may occur.
- Ensure that the battery is positioned with the correct polarity.
  - If the life of a battery expires, replace it with a new one immediately.
  - If the device will not be used for a long period of time (one month or more), remove the battery from the unit.
    - Otherwise, the battery may leak, generate excessive heat, or burst, resulting in damage to the main unit.

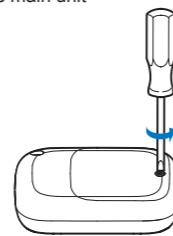
### CARE AND MAINTENANCE

- Do not disassemble the unit.
- Avoid strong impact, or drop or step on the main unit.
- The main unit is not waterproof. Do not wash or touch it with wet hands.
- Dispose of used batteries according to applicable local regulations.

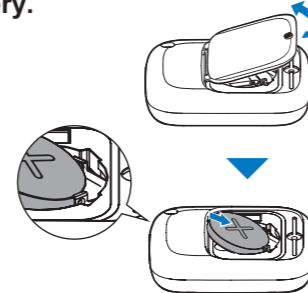
## 4. BATTERY INSTALLATION

Install the optional battery (CR2032 x 1) in the main unit before using it.

- 1 Remove the battery cover screw on the back of the main unit.
  - Use a commercially available mini screwdriver to remove the battery cover screw.



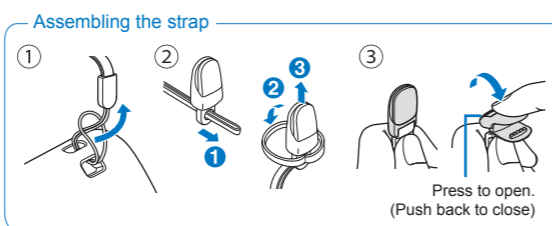
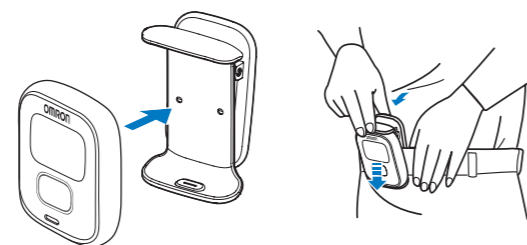
- 2 Open the battery cover and install the battery.



- 3 Attach the battery cover and tighten the screw.

## 5. ATTACHING THE UNIT

Insert the main unit into the holder and clip it to your waist.



Accurate measurements may not be obtained in the following cases.

- When the orientation of the main unit is not vertical in relation to the ground
  - When you are going up or down stairs or steep slopes
  - When you are riding a vehicle (bicycle, automobile, train, bus, etc.) that bounces or rolls
  - When you are engaged in an upper body-focused workout
  - When you are jogging, or walking extremely slowly (METs can be measured.)
- When the main unit is used during an exercise involving vertical movements or in an environment that experiences frequent vibrations.

## 6. CONFIGURING DEVICE/ TRANSFERRING DATA

You can transfer the device settings and recorded data from this product to your personal computer by using the dedicated software. \* The optional "OMRON USB communication tray (HHX-IT4)" is required to transfer data.

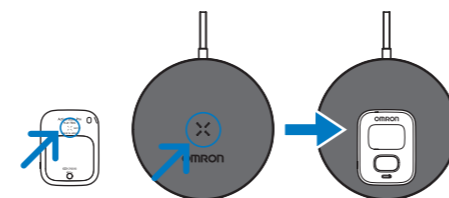
- 1 Install the dedicated software on the personal computer.
- 2 Start the dedicated software.
- 3 Configure the device/Transfer data

Connect the USB communication tray to the USB port of the personal computer, and place the main unit on the tray. Follow the procedures provided by the dedicated software to transfer the device settings or recorded data.

**NOTE:**  
Do not disconnect the cable while data is being transferred.



Align the communication area mark on the activity monitor with the communication mark on the USB communication tray.



### Recorded data

When the mark lights up or blinks, transfer the recorded data to the personal computer. When the recorded measurement data has been stored for over 36 days, the mark blinks. When it has been stored for over 45 days, the mark lights up. For details, consult the administrator.

Number of recordable days	mark blinks	mark lights up
45 days	On the 37th day and after	On the 46th day and after

## 7. TURNING COMMUNICATION OFF/ON

In areas where the use of wireless equipment is prohibited, turn off the Bluetooth® communication function of the main unit.

### Turning communication off

- 1 Hold down the button for 2 seconds, then release it.
  - The mark lights up and "OFF" blinks.



- 2 Press the button again.
  - When the blinking "OFF" stops blinking and remains lit, communication is turned off.



### Turning communication on

- 1 Hold down the button for 2 seconds, then release it.
  - The mark lights up and "ON" blinks.



- 2 Press the button again.
  - When the blinking "ON" stops blinking and remains lit, communication is turned on.



## 8. TROUBLESHOOTING

Phenomenon	Cause	Rectification
is blinking.	Battery power level is low.	Promptly replace it with a new battery (CR2032). (→ "4. BATTERY INSTALLATION")
is lit up.	Battery power is exhausted.	
The  mark is blinking.	Recorded measurement values have not been transferred after a certain period.	Transfer the data to the personal computer (→ "6. CONFIGURING DEVICE/TRANSFERRING DATA")
Error "Err" is displayed.	An operation error has occurred.	The main unit has failed. Contact your Omron's Customer Support (→ See "11. LIMITED WARRANTY")

If your problem is not solved by taking the above actions, contact your Omron's Customer Support. (→ See "11. LIMITED WARRANTY")

**NOTE:**  
Note that all measurement values including the set values and the current data obtained on that day will be lost if a failure occurs or if your unit has to be repaired.  
We recommend that you transfer the measurement results as frequently as possible as a precautionary measure.

## 9. TECHNICAL DATA

Product name	OMRON Activity Monitor Active style Pro HJA-750C
Measurement function	METs, Steps
Memory	Up to 45 days (only today's data is displayed)
Power voltage	3 VDC (Lithium battery CR2032 x 1)
Communication method	NFC-F (ISO/IEC 18092 compatible) Bluetooth® Version 4.0 <sup>1</sup> (Low Energy support)
Bluetooth® communication distance	Approx. 10 m <sup>2</sup>
Operating environment	Temperature: -10 °C to +40 °C During data transfer: +5 °C to +35 °C Humidity: 30 to 85% RH Air pressure: 600 to 1050 hPa
Battery Life	Approx. 2 months (When used for 14 hours a day) New battery life based on OMRON testing.
External dimensions	52 (H) x 40 (W) x 12 (D) mm
Weight	Approx. 23 g (including battery)
Accessories	Strap, Clip, Holder and Instruction manual

These specifications are subject to change without notice.

<sup>1</sup>1. Construction type certification number is 007-AC0129.  
<sup>2</sup>2. The communication distance varies depending on the distance between communication devices, obstacles, radio wave conditions, and the states of devices used. Communication may be interrupted depending on the radio wave conditions.

The Bluetooth® word mark and logos are registered trademarks owned by Bluetooth SIG, Inc.

## 10. FCC STATEMENT

FCC ID : Q6ZHA750C  
(FCC ID is listed in the battery holder.)

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

**NOTE:**  
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.

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).

**POTENTIAL FOR RADIO/TELEVISION INTERFERENCE**  
This product 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. The product 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 the product does cause harmful interference to radio or television reception, which can be determined by turning the product on and off, 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 product and the receiver.
- Connect the product into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

## 11. LIMITED WARRANTY

Your OMRON HJA-750C Activity Monitor, excluding the battery, is warranted to be free from defects in materials and workmanship within 1 year from the date of purchase, when used in accordance with the instructions provided with the unit. The above warranties extend only to the original retail purchaser. We will, at our option, repair or replace without charge any monitor covered by the above warranties. Repair or replacement is our only responsibility and your only remedy under the above warranties. To obtain warranty service contact Omron's Customer Support at 1-800-634-4350. Information for warranty service is available on our website at [www.omronhealthcare.com](http://www.omronhealthcare.com).

Enclose the Proof of Purchase. 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: [www.omronhealthcare.com](http://www.omronhealthcare.com)  
Call toll free: 1-800-634-4350

## 12. DATA TRANSMISSION

- In case this Product is used around the other wireless devices including microwave and wireless LAN, which operate same frequency band of this Product, there is a possibility that interference occurs between this Product and such other devices. If such interference occurs, please stop the operation of other devices or relocate this Product before using this Product or do not use this Product around the other wireless devices.
- Due to the use of radio waves, third parties may intercept transmissions either deliberately or accidentally. Do not use this Product for matters related to vital secrets or human lives.
- This Product is exclusively for Europe. Do not use this Product outside Europe. Doing so may conflict the radio law of the country.

The Bluetooth® word mark and logos are registered trademarks owned by Bluetooth SIG, Inc. and any use of such marks by OMRON HEALTHCARE Co., Ltd. is under license. Other trademarks and trade names are those of their respective owners.

OMRON HEALTHCARE, INC.  
1925 West Field Court  
Lake Forest, IL 60045  
U.S.A.  
[www.omronhealthcare.com](http://www.omronhealthcare.com)  
© 2014 OMRON HEALTHCARE, INC.

Made in Japan