OMRON®

INSTRUCTION MANUAL

Intelli **sense**®

Automatic Blood Pressure Monitor with ComFit™ Cuff
Model **HEM-790ITCAN**

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INTRODUCTION

Thank you for purchasing the Omron® HEM-790ITCAN IntelliSense®
Automatic Blood Pressure Monitor with ComFit™ Cuff.

> *Fill in for future reference.*
>
> DATE PURCHASED: _____
>
> SERIAL NUMBER: _____

> *Staple your purchase receipt here*

Your new digital blood pressure monitor uses the oscillometric method
of blood pressure measurement. This means the monitor detects your
blood's movement through your brachial artery and converts the
movements into a digital reading. The monitor stores measurement
results for two people and features Morning and Evening Averages.
TruRead™ allows for three consecutive measurements with timed
intervals for an average reading.

Omron Health Management Software included with this unit allows you
to view, process and print data about blood pressure measured by the
HEM-790ITCAN.

The HEM-790ITCAN comes with the following components:

• Monitor   • ComFit™ Cuff   • AC Adapter
• 4 "AA" Batteries • Storage Case
• Instruction Manual printed in English and French
• USB Cable   • CD-ROM   • Warranty Card

The HEM-790ITCAN IntelliSense® Automatic Blood Pressure Monitor
is intended for home use.

SAVE THESE INSTRUCTIONS

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

⚠ Contact your physician for specific information about your blood pressure. Self-diagnosis and treatment using measured results may be dangerous. Follow the instructions of your physician or licensed healthcare provider.

⚠ If battery fluid should get in your eyes, immediately rinse with plenty of clean water. Contact a physician immediately.

⚠ Read all of the information in the instruction manual and any other literature in the box before operating the unit.

⚠ This device is intended for use in measuring blood pressure and pulse rate in the adult population. Do not use this device on infants or persons who cannot express their intentions.

SAFETY INFORMATION

OPERATING THE DEVICE (continued)

⚠ Read the Special Conditions section (page 36) of the instruction manual if your systolic pressure is known to be more than 220 mmHg. Inflating to a higher pressure than necessary may result in bruising where the cuff is applied.

⚠ Operate the device only as intended. Do not use the device for any other purpose.

⚠ Dispose of the device, components and optional accessories according to applicable local regulations. Unlawful disposal may cause environmental pollution.

⚠ Do not use a cellular phone near the device. It may result in an operational failure.

⚠ Use only Omron authorized parts and accessories. Parts and accessories not approved for use with the device may damage the unit.

⚠ Use only 1.5V manganese or alkaline batteries with this device. Do not use other types of batteries. This may damage the unit.

⚠ Do not play the CD-ROM disc included with this monitor on general audio players, DVD players or personal game devices. It may damage the speaker of the device and may harm your eardrums.

SAFETY INFORMATION

RISK OF ELECTRICAL SHOCK

⚠ Do not plug or unplug the power cord into the electrical outlet with wet hands.

⚠ Do not overload power outlets. Plug the device into the appropriate voltage outlet.

CARE AND MAINTENANCE

⚠ Do not subject the monitor to strong shocks, such as dropping the unit on the floor.

⚠ Do not submerge the device or any of the components in water .

⚠ Store the device and the components in a clean, safe location.

⚠ Changes or modification not approved by Omron Healthcare will void the user warranty. Do not disassemble or attempt to repair the unit or components.
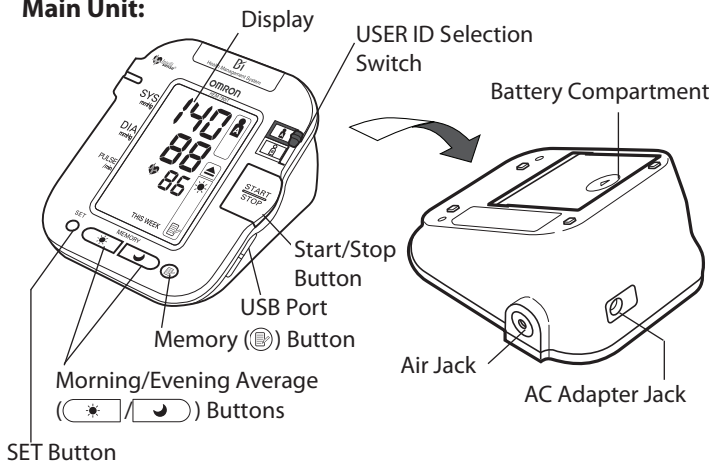
BEFORE TAKING A MEASUREMENT

To ensure a reliable reading follow these recommendations:

1. Avoid eating, drinking alcohol, smoking, exercising, and bathing for 30 minutes before taking a measurement. Rest for at least 15 minutes before taking the measurement.

2. Stress raises blood pressure. Avoid taking measurements during stressful times.

3. Measurements should be taken in a quiet place.

4. Remove tight-fitting clothing from your arm.

5. Sit in a chair with your feet flat on the floor. Rest your arm on a table so that the cuff is at the same level as your heart.

6. Remain still and do not talk during the measurement.

7. Keep a record of your blood pressure and pulse readings for your physician. A single measurement may not provide an accurate indication of your true blood pressure. You need to take and record several readings over a period of time. Try to measure your blood pressure at about the same time each day for consistency.

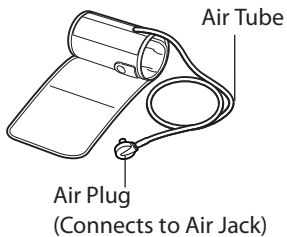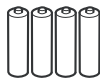# KNOW YOUR UNIT

Main Unit:

Display

USER ID Selection Switch

Battery Compartment

Start/Stop Button

USB Port

Memory (🖳) Button

Morning/Evening Average (☀ / 🌙) Buttons

SET Button

Air Jack

AC Adapter Jack

KNOW YOUR UNIT

Components:

Housing

Air Tube

Cord

AC Adapter

Air Plug
(Connects to Air Jack)

Arm Cuff

Four "AA" Batteries

Storage Case

USB Cable

CD-ROM

OMRON
INSTRUCTION MANUAL

Automatic Blood Pressure Monitor
w ith ComFit ® Cuff
Model HEM 790ITCAN

Instruction Manual

Systolic Blood Pressure

USER ID Symbol (A or B)

Diastolic Blood Pressure

Morning Hypertension Symbol

Heartbeat Symbol

Movement Symbol

Morning Average Symbol

Irregular Heartbeat Symbol

Evening Average Symbol

Deflation Symbol

Average Value Symbol

Date/Time Display

Memory Symbol

Low Battery Indicator

Pulse Display

Week Display

TruRead™ Symbol

DISPLAY SYMBOLS

IRREGULAR HEARTBEAT SYMBOL (♡)

When the monitor detects an irregular rhythm two or more times during the measurement, the Irregular Heartbeat Symbol (♡) will appear on the display with the measurement values.

An irregular heartbeat rhythm is defined as a rhythm that is more than 25% slower or 25% faster from the average rhythm detected while the monitor is measuring the systolic blood pressure and the diastolic blood pressure.

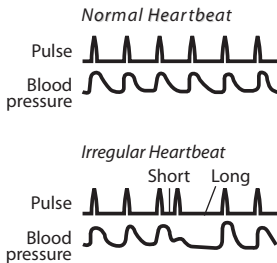If the irregular heartbeat symbol (♡) displays with your measurement results, we recommend you consult your physician. Follow the directions of your doctor.

Normal Heartbeat

Pulse

Blood pressure

Irregular Heartbeat

Short   Long

Pulse

Blood pressure

MOVEMENT ERROR SYMBOL (⌂)

The Movement Error Symbol is displayed if you move your body during the measurement. Please remove the arm cuff, and wait 2-3 minutes. Take another measurement.

USER ID SYMBOL (A / B)

The USER ID Symbol indicates USER A or USER B as selected by the user to take a measurement or when using the memory function. The USER ID Symbol is not displayed when using the Guest Mode to take a measurement.

DISPLAY SYMBOLS

The Canadian Hypertension Society (CHS)[1] recommends the following guideline for upper limit of normal for home blood pressure readings:

CHS Home Guideline for Upper Limit of Normal BP	
Systolic Blood Pressure	135 mmHg
Diastolic Blood Pressure	85 mmHg

This is a general guideline because blood pressure depends on age and morbidity. The CHS recommends a lower home blood pressure goal for certain patients, including people with diabetes or kidney disease[1].

The monitor is not intended to be a diagnostic device.

⚠ WARNING

Contact your physician for specific information about your blood pressure. Self-diagnosis and treatment using measured results may be dangerous. Follow the instructions of your physician or licensed healthcare provider.

Omron Healthcare recommends you contact your physician if the MORNING HYPERTENSION SYMBOL and/or the HEARTBEAT SYMBOL appear on the display with your measurement values.

MORNING HYPERTENSION SYMBOL (⏶)

The Morning Hypertension Symbol is displayed if the morning average reading for a week is above 135 for the Systolic Blood Pressure value and/or 85 for the Diastolic Blood Pressure value when viewing the Morning Averages and the Evening Averages in the memory.

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[1]Canadian Hypertension Education Program 2006 Public Recommendations

DISPLAY SYMBOLS

HEARTBEAT SYMBOL (❤)

TAKING A MEASUREMENT
The Heartbeat Symbol flashes on the display during the measurement. The Heartbeat Symbol flashes at every heartbeat.

When the measurement is complete, the Heartbeat Symbol flashes on the display with your blood pressure and pulse rate if the reading is above 135 for the Systolic Blood Pressure value and/or 85 for the Diastolic Blood Pressure value.

USING THE MEMORY FUNCTION
The Heartbeat Symbol flashes when the blood pressure reading stored in the memory is above 135 for the Systolic Blood Pressure value and/or 85 for the Diastolic Blood Pressure value.

AVERAGE VALUE SYMBOL (⏱)

The Average Value Symbol is displayed when you press the memory button. The most recent average reading appears on the display screen.

MORNING AVERAGE SYMBOL (☀)

The Morning Average symbol is displayed when viewing Morning Averages using the Memory Function.

EVENING AVERAGE SYMBOL (☾)

The Evening Average symbol is displayed when viewing Evening Averages using the Memory Function.

BATTERY INSTALLATION

Battery Cover

1. Press the ▼ indicator on the battery cover and slide the cover off in the direction of the arrow.

2. Install 4 "AA" size batteries so the + (positive) and - (negative) polarities match the polarities of the battery compartment as indicated.
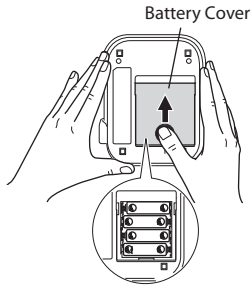
3. Replace the battery cover.
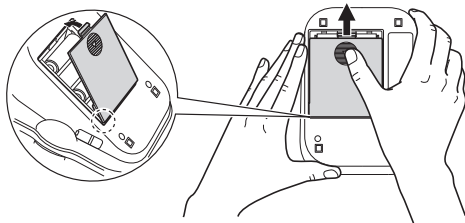
BATTERY INSTALLATION

BATTERY REPLACEMENT

Low Battery Indicator

When the Low Battery Indicator appears on the display screen turn the monitor off and remove all the batteries. Replace with four new batteries at the same time. Longlife alkaline batteries are recommended.

⚠ **CAUTION**

If battery fluid should get in your eyes, immediately rinse with plenty of clean water. Contact a physician immediately.

NOTES: • Turn the unit off before replacing the batteries. If the batteries are removed while the unit is still on, the date and time will be reset to that of the previous use. However , the measurement results are not deleted.
• When the batteries are replaced, you may need to reset the date and time. If the year is flashing on the display screen, refer to page 22, RESETTING THE DATE AND TIME.
• The supplied batteries may have a shorter life.

⚠ **CAUTION**

Dispose of the device, components and optional accessories according to applicable local regulations. Unlawful disposal may cause environmental pollution.

USING THE AC ADAPTER

Use only the authorized Omron AC Adapter with this monitor.
We recommend you install the batteries even if the AC Adapter is used.
If no batteries are installed, you may need to reset the date and time if
the AC Adapter is disconnected. The measurement results will not be
deleted.

⚠ CAUTION

Use only Omron authorized parts and accessories. Parts and
accessories not approved for use with the device may damage
the unit.

USING THE AC ADAPTER

IMPORTANT SAFETY INSTRUCTIONS
SAVE THESE INSTRUCTIONS

-DANGER-
TO REDUCE THE RISK OF
FIRE OR ELECTRIC SHOCK,
CAREFULLY FOLLOW THESE INSTRUCTIONS.

⚠ For connection to a power supply not in the U.S.A. or Canada, use an attachment plug adapter of the proper configuration for the power outlet.

⚠ The power unit (AC Adapter) is intended to be correctly oriented in a vertical or floor mount position.

NOTES: • Use only the authorized Omron AC Adapter that came with this monitor:
  • We recommend you install the batteries even if the AC Adapter is used. If no batteries are installed, you may need to reset the date and time if the AC Adapter is disconnected. The measurement results will not be deleted.
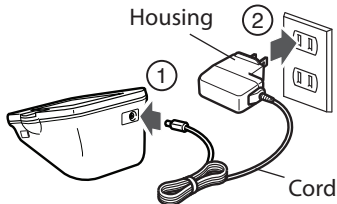
⚠ CAUTION

Use only authorized parts and accessories. Parts and accessories not approved for use with the device may damage the unit.

USING THE AC ADAPTER

TO CONNECT THE AC ADAPTER

① Insert the AC Adapter Plug into the AC Adapter Jack on the back side of the monitor as illustrated.

② Plug the AC Adapter into a 120V AC outlet (60 cycles).

TO DISCONNECT THE AC ADAPTER

① Hold the Housing to remove the AC Adapter from the electrical outlet.

② Remove the AC Adapter plug from the monitor.

⚠ **WARNING**

Do not plug or unplug the power cord into the electrical outlet with wet hands.

⚠ **CAUTION**

Do not overload power outlets. Plug the device into the appropriate voltage outlet.

SETTING THE DATE AND TIME

Set the monitor to the current date and time before taking a measurement for the first time. If the date and time are not set correctly , the measurement values stored in the memory and the average values may not be correct.

The Blood Pressure Monitor automatically stores up to 84 individual measurements values with the dates and times. The monitor also calculates weekly averages for measurements in the morning and in the evening. Morning and Evening averages are stored for this week and the last seven weeks.

The monitor can also calculate an average reading based on the three most recent measurements taken within 10 minutes of the last reading.

NOTE: • If only two readings are stored in the memory for the 10-minute period, the average is based on the two readings.

• If one reading is stored in the memory for the 10-minute period, this reading is displayed as the average.

1. TO START THE SETTING

Press and hold the SET button to adjust the date and time.
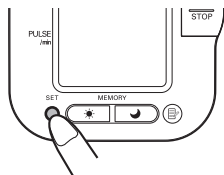
The year flashes on the display.
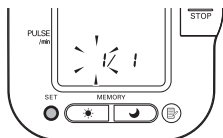
SETTING THE DATE AND TIME

2. SETTING THE YEAR

The year can be set between 2007 and 2030. When the display reaches 2030, it will return to 2007.

Press the Memory button (⬛) to advance by increments of one year.

Press the SET button to set the current year.
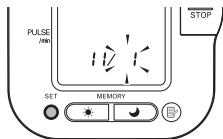
The month flashes on the display.

NOTE: Press and hold the Memory button (⬛) to advance the date and time values faster.

3. SETTING THE MONTH

Press the Memory button (⬛) to advance by increments of one month.

Press the SET button to set the current month.
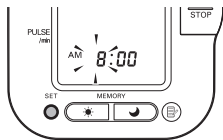
The day flashes on the display.

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SETTING THE DATE AND TIME

4. SETTING THE DAY

Press the Memory button (⬚) to advance by increments of one day.

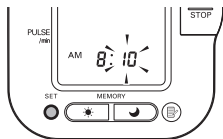Press the SET button to set the current day.

The hour flashes on the display.

5. SETTING THE HOUR

The time is set using AM or PM.

Press the Memory button (⬚) to advance by increments of one hour.

Press the SET button to set the current hour.

The minute flashes on the display.

6. SETTING THE MINUTE

Press the Memory button (⬚) to advance by increments of
one minute.

Press the SET button to set the minute setting.

7. TO TURN THE MONITOR OFF

Press the START/STOP button.

NOTE: The monitor will automatically turn off after the minute has
been set after battery replacement.

SETTING THE DATE AND TIME

RESETTING THE DATE AND TIME

To adjust the date or time after it has been setup when you first use the unit.

Start with the monitor in the off position.

1. Press and hold the SET button.

   The TruRead™ symbol ▶▶▶3 and the current setting (on or oFF) will appear on the display for the USER ID selected.

   To change the on or oFF setting press the Memory button, then press the SET button.

   The interval time flashes on the display. Press the Memory button to select the desired interval time, then press the SET button.

   The year flashes on the display.

2. Refer to page 19, SETTING THE DATE AND TIME.

   NOTE: If you need to change the Date and Time, always adjust the Date and Time setting before taking the next measurement.
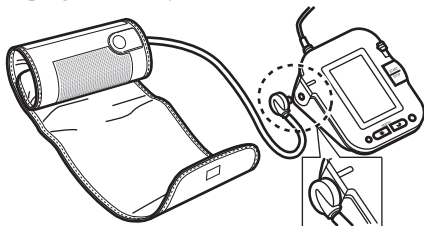
APPLYING THE ARM CUFF

⚠ CAUTION

Read all of the information in the instruction manual and any other literature in the box before operating the unit.
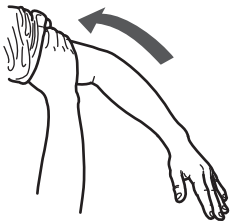
⚠ CAUTION

This device is intended for use in measuring blood pressure and pulse rate in the adult population. Do not use this device on infants or persons who cannot express their intentions.

APPLYING THE CUFF ON THE LEFT ARM

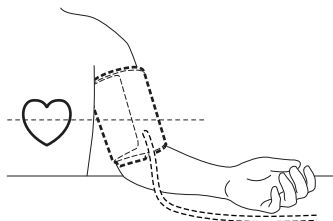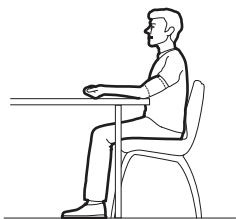1. Make sure the air plug is securely inserted in the main unit.

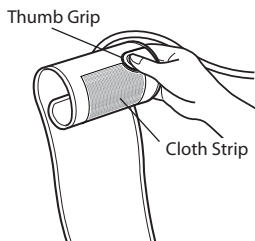2. Remove tight-fitting clothing from your upper left arm.
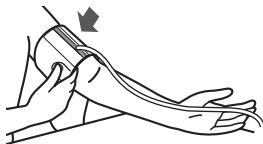
APPLYING THE ARM CUFF

3. Sit in a chair with your feet flat on the floor . Place your left arm on a table so the cuff is level with your heart.

4. Hold the grip on the cuff securely with your right hand, placing your thumb on the thumb grip.

Thumb Grip

Cloth Strip

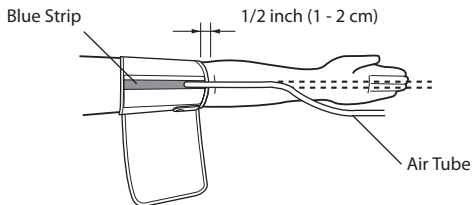5. Turn the palm of your left hand upward.
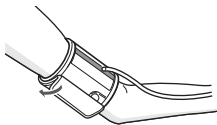
6. Apply the cuff to your left upper arm so the blue strip is on the inside of your arm and aligned with your middle finger . The air tube runs down the inside of your arm. The bottom of the cuff should be approximately 1/2" above your elbow.

Blue Strip   1/2 inch (1 - 2 cm)

Air Tube

7. Wrap the cuff firmly in place around your arm using the cloth strip.

APPLYING THE ARM CUFF

APPLYING THE CUFF ON THE RIGHT ARM

When taking a measurement using the right arm use this instruction for Step 6 on page 25.

Apply the cuff to your right upper arm so the thumb grip is centered on the inside of your inner arm. The bottom of the cuff should be approximately 1/2" above your elbow.

Thumb Grip
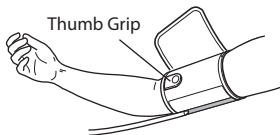
NOTE: Be careful not to rest your arm on the air tube. This will restrict the flow of air to the cuff.

TAKING A MEASUREMENT

The monitor is designed to take measurements and store the measurement values in the memory for two people using USER ID A and USER ID B.

The monitor can also be used to take a single measurement for other persons using the GUEST Mode. The USER ID symbol is not displayed when using the GUEST Mode. Measurements taken using the GUEST Mode are not stored in the memory.

⚠ CAUTION

Operate the device only as intended. Do not use the device for any other purpose.

USING THE GUEST MODE

1. Press and hold the START/STOP button.

   The A and B Symbols disappear from the display.

A and B Symbols disappear
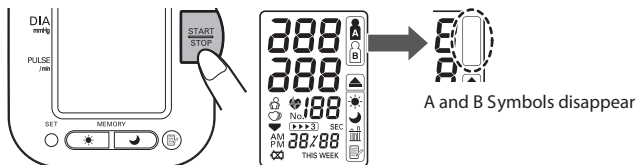
2. Release the START/STOP button.

   The cuff starts to inflate automatically.

   NOTE: To stop the inflation press the START/STOP button.

   The monitor will stop inflating, start deflation and turn off.

TAKING A MEASUREMENT

3. Inflation stops and the measurement is started. When the measurement is completed, your blood pressure and pulse rate appear on the display.

SELECTING THE USER ID

Select your USER ID. Always use the same USER ID when taking a measurement. The monitor stores the measurement values in the memory by the USER ID selected. These measurement values are used to calculate the Morning Averages and Evening Averages.

Slide the USER ID Selection Switch up or down to select USER A or B.
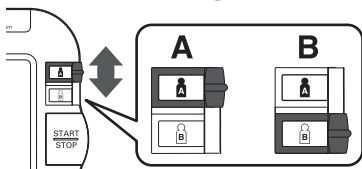
USING THE USER ID

When you select a USER ID the monitor can be set to take one measurement using the Single Mode or three consecutive measurements using the TruRead™ Mode when you press the START/STOP button.

NOTE: The default value is set to the Single Mode to take one measurement.

The TruRead™ Mode takes three consecutive measurements. The monitor will inflate, take a measurement, and deflate three times separated by a short interval of time between each measurement.

TAKING A MEASUREMENT

SELECTING THE TRUREAD™ MODE

1. Select your USER ID (A or B).
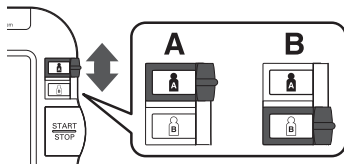
2. Press and hold the SET button.

   The TruRead™ symbol ▶▶▶3 and the oFF setting appears on the display.

3. Press the Memory button (▤)
   to select on.

   NOTE: Press the Memory button to alternate between on and oFF.

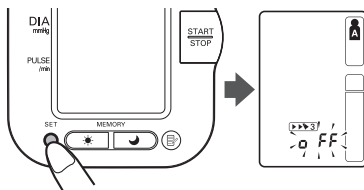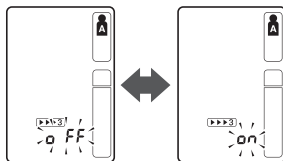4. Press the SET button to confirm the change.
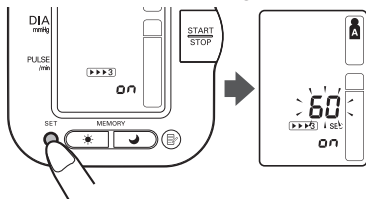
The number of seconds between each measurement is displayed.

NOTE: The default value between each measurement is 60 seconds.

5. Press the MEMORY button (⊞) to change the interval of time between each measurement.

The interval can be set to 15 seconds, 30 seconds, 60 seconds or 120 seconds. Continue to press the MEMORY button until the desired interval appears on the display.

6. Press the SET button to confirm the setting.

The year flashes on the display.

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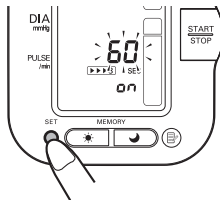
7. If the date and time are correct, press the START/STOP button to turn the monitor off.

   To change the date and time refer to page 19, SETTING THE DATE AND TIME.
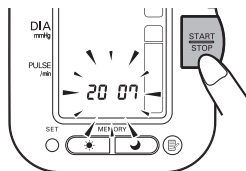
⚠ **CAUTION**

   Do not use a cellular phone near the device. It may result in an operational failure.

USING THE SINGLE MODE

1. Select your USER ID (A or B).
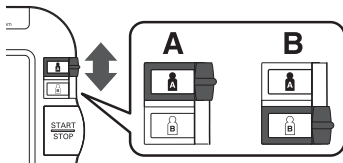
2. Press the START/STOP button.

All symbols appear on the display. The USER ID Symbol you selected flashes on the display.

The cuff starts to inflate automatically. As the cuff inflates, the monitor automatically determines your ideal inflation level. This monitor detects the pulse during inflation. Do not move your arm and remain still until the entire measurement process is completed.
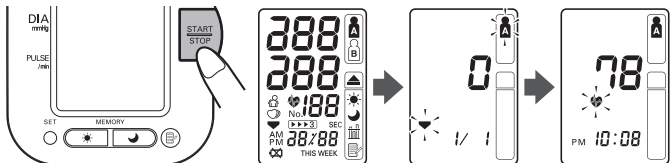
NOTE: To stop the inflation or measurement, press the START/STOP button. The monitor will stop inflating, start deflating and will turn off.

3. Inflation stops automatically and the measurement is started.

As the cuff deflates, decreasing numbers appear on the display. The Heartbeat Symbol (♥) flashes at every heartbeat.

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TAKING A MEASUREMENT

4. When the measurement is complete, the arm cuff completely deflates. Your blood pressure and pulse rate are displayed.

5. Press the START/STOP button to turn the monitor off.

   NOTE: The monitor will automatically turn off after five minutes.
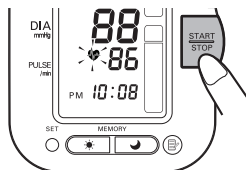
TAKING A MEASUREMENT

USING THE TRUREAD™ MODE

1. Select your USER ID (A or B).

2. Press the START/STOP button.

   All symbols appear on the display. The USER ID Symbol you selected flashes on the display. The cuff starts to inflate automatically.

   NOTE: To stop the inflation or measurement, press the START/STOP button. The monitor will stop inflating, start deflating and will turn off.

3. Inflation stops automatically and the measurement is started.

   As the cuff deflates, decreasing numbers appear on the display. The Heartbeat Symbol (♥) flashes at every heartbeat. When the measurement is complete, the arm cuff completely deflates.

   NOTE: Do not move your arm and remain still until the entire measurement process is completed.

4. Check the progress of the consecutive measurements.

   NOTE: If a measurement fails, the monitor will repeat taking a measurement up to five times during the consecutive measurement process.

   The first measurement is complete, waiting to start the next measurement. The interval of time set between each measurement will appear on the display.
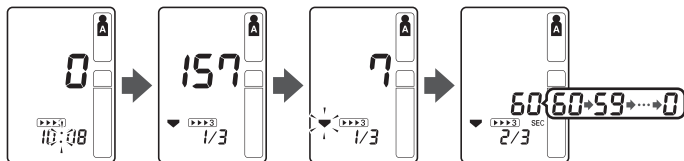
TAKING A MEASUREMENT

The second measurement is complete, waiting to start the next measurement.
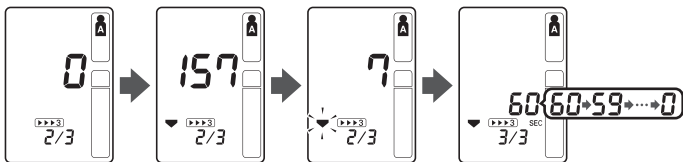
The consecutive measurements are complete. The average for three measurements appears on the display.
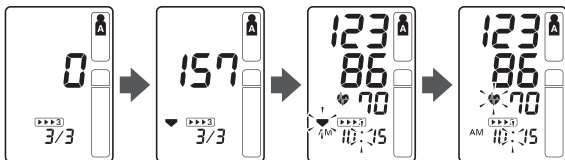
5. Press the SET button to display the blood pressure and pulse rate for the first measurement. Press the SET button again to display the next measurement.

6. Press the START/STOP button to turn the monitor off.

TAKING A MEASUREMENT

SPECIAL CONDITIONS

⚠ CAUTION

Inflating to a higher pressure than necessary may result in bruising where the cuff is applied.

If your systolic pressure is known to be more than 220 mmHg, press and hold the START/STOP button until the monitor inflates 30 to 40 mmHg higher than your expected systolic pressure.
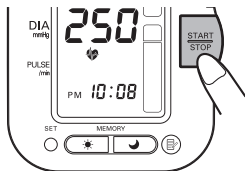
NOTE: • Do not apply more pressure than necessary.

• The monitor will not inflate above 299 mmHg.

When the measurement is complete, the arm cuff completely deflates. Your blood pressure and pulse rate are displayed.

USING THE MEMORY FUNCTION

The monitor is designed to store the blood pressure and the pulse rate in the memory for two people (USER A and USER B) every time a measurement is completed.

The monitor automatically stores up to 84 sets of measurement values (blood pressure and pulse rate) for each user (A and B). When 84 sets of measurement values are stored, the oldest record is deleted to save the most recent values. The monitor also stores 8 weeks of Morning Averages and 8 weeks of Evening Averages for each user (A and B).

AVERAGING FUNCTION

The monitor calculates the average reading based on the three most recent sets of measurement values taken within 10 minutes of the most recent reading.

NOTE: If two sets of measurement values are stored in the memory for the 10 minutes period, the average is based on the two sets of measurement values. If one set of measurement values is stored, this is displayed as the average.

USING THE MEMORY FUNCTION

TO DISPLAY THE MEASUREMENT VALUES

1. Select your USER ID (A or B).

2. Press the Memory button (⬛).

   The Average Symbol (🏛) appears on the display when the average reading is shown.
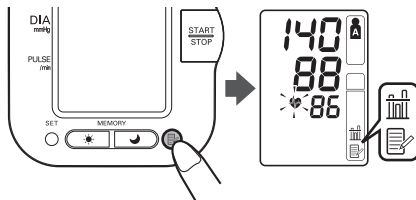
3. Press the Memory button (⬛) to display the most recent set of measurement values on the screen. The values are displayed from the most recent to the oldest.

NOTE: The date and time are alternately displayed with the measurement values.

Alternating display
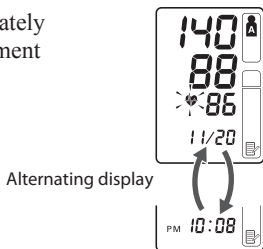
Press the Memory button to display the next set of values.

Press and hold the Memory button to display the values faster.

TruRead™ Mode

The average for the consecutive measurements appears on the display with the TruRead™ symbol (▶▶▶3). To display the values for the individual measurements press the SET button while the average is displayed.
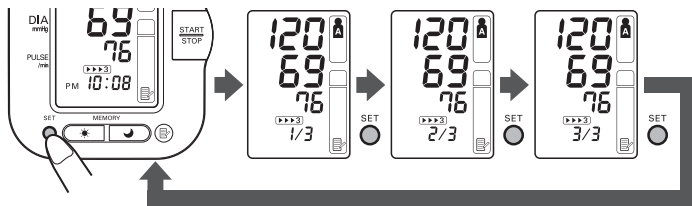
4. Press the START/STOP button to turn the power off.

USING THE MEMORY FUNCTION

MORNING AND EVENING AVERAGES

The monitor calculates and displays a weekly average for measurements taken in the morning (☀) and evening (☽). The monitor stores 8 weeks of Morning Averages and 8 weeks of Evening Averages for each user (A and B).

NOTE: The week begins Sunday at 4:00 AM

MORNING AVERAGES

Morning averages are based on the first average reading using the TruRead™ Mode or the first reading using the Single Mode.

Measurement times must be between:

4:00 AM and 9:59 AM.

EVENING AVERAGES

Evening averages are based on the last average reading using the TruRead™ Mode or the last reading using the Single Mode.

Measurement times must be between:

7:00 PM and 1:59 AM.

USING THE MEMORY FUNCTION

TO DISPLAY MORNING AND EVENING AVERAGES

1. Select your USER ID (A or B).

2. Press the Morning Average button
   (☀) or the Evening Average
   button (☽).

   The average for the current week
   "THIS WEEK" appears on
   the display.
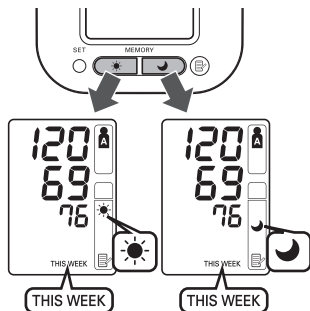
3. Continue to press the Morning Average button (☀) or the
   Evening Average button (☽) to display the previous weeks.
   The monitor displays "-1 WEEK" for the previous week to "-7
   WEEK" for the oldest set of averages.

   NOTE: If no measurement is taken in a given week, the
   display will appear as illustrated.
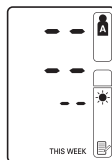
4. Press the START/STOP button to turn the monitor off.

USING THE MEMORY FUNCTION

DISPLAY COMBINATIONS

In addition to the Morning Average and Evening Average Symbols, the monitor may also display the Morning Hypertension Symbol if the morning average for that week is above the CHS guidelines. (See page 13 for details.) Depending on your measurement results, these may be displayed in the following combinations.

	Display	
Morning Average	Morning average from This Week with Morning Average Symbol	Morning average from 7 weeks ago with Morning Average Symbol + blinking Heartbeat Symbol + Morning Hypertension Symbol
Evening Average	Evening average from This Week with Evening Average Symbol	Evening average from 7 weeks ago with Evening Average Symbol + blinking Heartbeat Symbol + Morning Hypertension Symbol
	Average within CHS guidelines	**Average above CHS guidelines + Morning Hypertension**

USING THE MEMORY FUNCTION

The Morning Hypertension Symbol (⬆) appears if the weekly average for morning measurements is above 135/85.

In this case the Morning Hypertension Symbol (⬆) is displayed when the Evening Average is displayed, regardless of the values for the Evening Average.

TO DELETE ALL VALUES STORED IN THE MEMORY

The values stored in the memory are deleted by USER ID.

You cannot partially delete values stored in the memory . All values for the user you select will be deleted.

1. Select your USER ID (A or B).

2. While holding the Memory button (🗒) and the START/STOP button simultaneously for more than 2 seconds all values will be deleted.
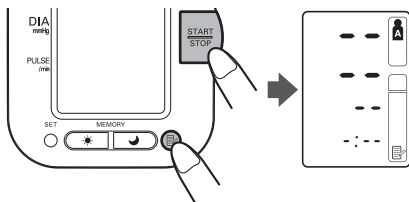
INSTALLING THE SOFTWARE

Omron Health Management Software

Omron Health Management Software allows you to view, process and print data about blood pressure and walking measured by Omron's blood pressure monitor and pedometer.

NOTE: This software is exclusive to Omron's blood pressure monitors and pedometers.

Visit http://software.omronhealthcare.com to register your customer information for online support.

⚠ CAUTION
• This is a CD-ROM disc. Do not play this disc on general audio players, DVD players or personal game devices. It may damage the speaker of the device and may harm your eardrums.

INSTALLING THE SOFTWARE

OPERATING ENVIRONMENT REQUIREMENTS

The following operating environments are required to run this software.

Supported OS:	Microsoft® Windows® 2000 Professional
	Microsoft® Windows® XP Home Edition
	Microsoft® Windows® XP Professional Edition
PC:	600 MHz or higher, Pentium compatible CPU, PC/AT compatible machine
Memory capacity:	128MB or more
Hard disc space:	32MB or more
Display:	Super VGA (800 x 600 pixel) or higher resolution video adapter and monitor
Others:	A CD-ROM or DVD drive
	USB connector (USB Revision 1.1 compliant)
	A printer
	Microsoft® Internet Explorer 5.0 or higher
	Adobe® Acrobat® Reader 5.0 or higher

Trademark and Registered trademark

• Microsoft® and Windows® are registered trademarks in the United States and other countries.

• Adobe®, Adobe logo, Acrobat® and Reader® are registered trademarks or trademarks of Adobe Systems Incorporated in the United States and other countries.

INSTALLING THE SOFTWARE

NOTE FOR USING THE OMRON HEALTH MANAGEMENT SOFTWARE

For using the Omron Health Management Software with the HEM-790ITCAN, the version needs to be 1.20 or higher.

- If you use the included CD-ROM, you can stop reading this NOTE because its version is 1.20 or higher.

- If you use the CD-ROM included with an Omron pedometer, please confirm the version. If the version is less than 1.20, update it by using the included CD-ROM or by going to **http://software.omronhealthcare.com**

1. HOW TO CONFIRM THE VERSION OF THE SOFTWARE

BEFORE INSTALLATION	AFTER INSTALLATION
Check A and B part of the CD-ROM. If you do not find any version indication like "C1.20", its version is 1.0 and it is necessary to update the software. (You can ignore the "C" of the C1.20)	Click [HELP] on the menu bar and select [Version Information]. If it is not 1.20 or higher, go to [2. How to update Omron Health Management Software]. (You can ignore the "C" of the C1.20)
The version is indicated at A or B. The version 1 0 has no indication. **NOTE:** You can ignore the "C" of the C1 20	**NOTE:** You can ignore the "C" of the C1 20

INSTALLING THE SOFTWARE

2. HOW TO UPDATE OMRON HEALTH MANAGEMENT SOFTWARE

2-1. Backup your data file

1) Open the [System] folder inside the folder in which you installed the Omron Health Management Software.

2) Copy and paste the [omron mdb] file to the desktop or a storage device.

2-2. Uninstall Omron Health Management Software

1) Select [All programs] or [Program] from [Start] on the PC.

2) Click [Omron Health Management Software].

3) Select [Uninstall Omron Health Management Software]

4) Follow the directions on the message boxes.

2-3. Install Omron Health Management Software from either a CD-ROM or the Omron Website:

A. From a CD-ROM version C1.20 or higher

1) Follow the directions in the included instruction manual.

B. From http://software.omronhealthcare.com

1) Follow the UPDATE SOFTWARE directions on the screen.

2-4. Transfer the data file

1) Copy and paste the [omron mdb] file from the desktop or the storage device to the [System] folder in the folder in which you installed the Omron Health Management Software.

INSTALLING THE SOFTWARE

- To install Omron Health Management Software onto your PC, you must have administrative privileges.

- Close all applications currently running before you install the software.

- When using anti-virus software, disable anti-virus software before installation. It may interfere with the set-up program of this software. Enable the anti-virus software again after installation is complete.

1. Insert the installation CD-ROM disc into the CD drive of your PC.

   If no screen appears

   [Windows 2000]

   i) Click [My Computer] and double-click the CD drive in which the CD-ROM disc is inserted.

   ii) When folder names of the CD-ROM are listed, double-click the [setup.exe] icon.

   [Windows XP]

   i) Click [My Computer] from the start menu.

   ii) From the [My Computer] screen, double-click the CD drive in which the installation CD-ROM disc is inserted.

INSTALLING THE SOFTWARE

2. The installation screen of
   MDAC may appear.

   Click [OK].

   If this screen does not appear,
   skip to Step 5.

3. Select the checkbox
   [I accept …], and click [Next].
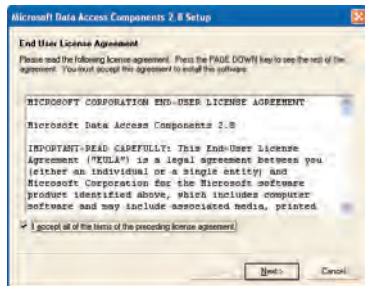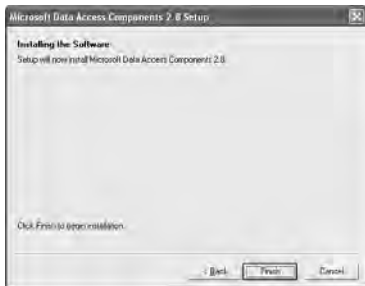
4. Click [Finish].

NOTES:

• This screen appears when your PC must be restarted.
  Select the checkbox [Let setup restart the system now], and click [Finish]. Your PC will restart. After restart, start the CD-ROM. (Refer to Step 1 for how to start the CD-ROM.)
• When restart is unnecessary, [Setup is complete] appears. Click [Close].

INSTALLING THE SOFTWARE

5. The installation screen of the
   .NET Framework1.1 may
   appear.

   Click [Yes].

   NOTE: If this screen does not appear, skip to Step 8.

6. Microsoft .NET Framework 1.1
   License Agreement appears.
   Read the License Agreement
   thoroughly and if you agree with
   it, select [I agree] and click
   [Install].

   NOTE: The program will not be
           installed if you disagree
           with the License
           Agreement.

7. The dialog box appears that
   informs the Microsoft .NET
   Framework 1.1 installation is
   complete.

   Click [OK].

8. The software installation guide screen of Omron Health Management Software appears. Click [Next >] to continue installation.

9. The License Agreement of Omron Health Management Software appears.

Read the License Agreement thoroughly and if you agree with it, select [I accept the terms....] and click [Next].

NOTE: The program will not be installed if you disagree with the License Agreement.
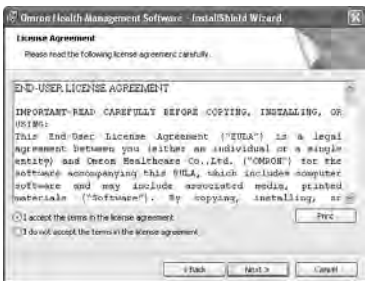
INSTALLING THE SOFTWARE

10. The installation folder
    selection screen appears.
    Check the installation
    destination folder, and click
    [Next >]. To change the
    installation destination, click
    [Change...] and select a folder
    for installation.

11. The installation confirmation
    screen appears. To continue
    installation, click [Install].
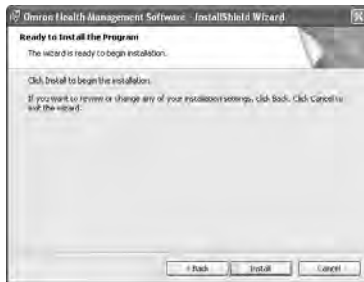
INSTALLING THE SOFTWARE

12. The InstallShield Wizard Completed screen appears.

    Click [Finish].

    NOTE: This screen below appears when your PC must be restarted. Click [Yes] to restart your PC.

13. The Omron Health Management Software shortcut icon is created on the desktop.
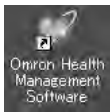
14. Remove the CD-ROM disc from the CD drive.

15. Enable anti-virus software, if it had been disabled before you installed this software.

USING THE SOFTWARE

For help using the software, double-click [Omron Health Management Software Users Manual.pdf] shortcut on desktop, or click [Help] in this software after starting up.
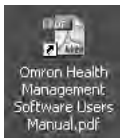
1. Double-click the [Omron Health Management Software] shortcut icon on the desktop.

   If no icon appears on the desktop: From the [Start] menu, select [All programs] or [Programs] [Omron Health Management Software], and click the [Omron Health Management Software] shortcut.
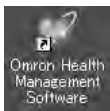
2. If you are using Omron Health Management Software for the first time, click [Add User] on the User Management screen.

3. In the New User Registration box, enter your name (e.g., Chuck) and click [OK].

NOTES:

- Omron Health Management Software can manage multiple users' data. Data is controlled by user name.

- The number of users who can register for this software varies depending on the amount of free disc space in your PC.

- The user name can be up to 28 characters.

4. Click the user name, and click [Graph Screen].

5. Click the [Blood Pressure Monitor] icon.

TRANSFERRING DATA TO A PERSONAL COMPUTER

Use only the authorized Omron USB cable, Model HHX-CABLE-USB2, included with this unit.

⚠ CAUTION

Use only Omron authorized parts and accessories. Parts and accessories not approved for use with the device may damage the unit.

1. Open the USB Port cover.
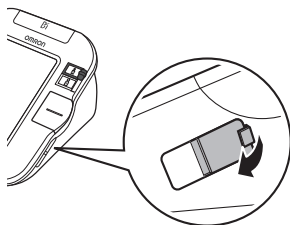
2. Plug the normal USB Connector (Large Connector) into the personal computer.

Normal USB Connector
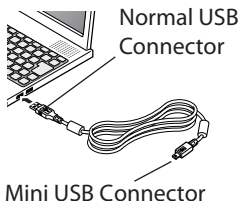
Mini USB Connector

3. Plug the mini USB connector (Small Connector) into the USB Port.
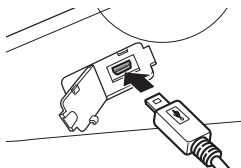
TRANSFERRING DATA TO A PERSONAL COMPUTER

4. Click [Download Data] icon to import the data.

5. The Confirm dialog appears. Make sure your cable is connected then click [Yes].
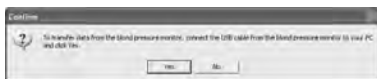
6. Select the blood pressure monitor being used and click [OK].

7. Start importing data. Click [Cancel] if you want to cancel.
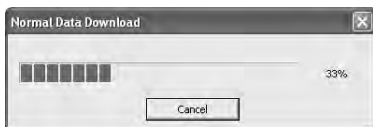
8. The dialog appears when complete. Click [OK] and view your data on the graph.

SOFTWARE TROUBLE SHOOTING TIPS

ERROR MESSAGES	CAUSE	SOLUTION
Error 1806. You have insufficient privileges to read this folder.	The logged in user does not have Administrator privileges.	Log in as an Administrator for installation.
Error 1303. The installer has insufficient privileges.		
Either the Windows 2000 or Windows XP operating system is required to install Omron Health Management Software onto your PC.	The operating system currently installed in your PC is neither Windows 2000 nor Windows XP.	You cannot run this program on your PC. Install Omron Health Management Software onto a PC on which the corresponding operating system is running as listed in [Operating environment requirement].
Out of Disc Space (Disc space required for the installation exceeds available disc space.)	The amount of free disc space is insufficient to install Omron Health Management Software.	Increase the amount of free disc space or install the software onto another hard disc.

CARE AND MAINTENANCE

To keep your digital blood pressure monitor in the best condition and protect the unit from damage, follow the directions listed below:

Keep the monitor in the storage case when not in use. Make sure the AC adapter is placed under the main unit so that it does not damage the display. Avoid kinking or sharply bending the AC Adapter cord.
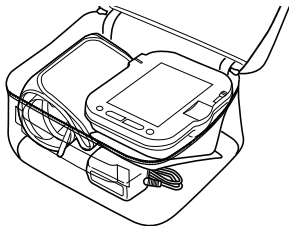
Do not forcefully bend the arm cuff or air tube. Do not fold tightly.

Clean the monitor with a soft dry cloth. Do not use any abrasive or volatile cleaners. Do not attempt to clean the cuff.

⚠ CAUTION
Do not submerge the device or any of the components in water. Do not subject the monitor to extreme hot or cold temperatures, humidity or direct sunlight.

⚠ CAUTION
Store the device and the components in a clean, safe location.

⚠ CAUTION
Do not subject the monitor to strong shocks, such as dropping the unit on the floor.

Remove the batteries if the unit will not be used for three months or longer. Always replace all the batteries with new ones at the same time.

CARE AND MAINTENANCE

Use the unit consistent with the instruction provided in this manual.

⚠ CAUTION

Changes or modification not approved by Omron Healthcare will void the user warranty. Do not disassemble or attempt to repair the unit or components.

⚠ CAUTION

Use only Omron authorized parts and accessories. Parts and accessories not approved for use with the device may damage the unit.

ERROR INDICATORS AND TROUBLESHOOTING TIPS

ERROR INDICATORS

SYMBOL	CAUSE	CORRECTION
EE 🔋 PM 10:08	Cuff under-inflated. Cuff not applied correctly.	Single Mode Remove the arm cuff. Read, "Taking a Measurement". Take another measurement.
E E 🔋 PM 10:08	Cuff over-inflated	TruRead™ Mode The monitor will repeat the process up to 5 times.
E 🔋 PM 10:08	Monitor could not detect pulse wave.	Take another measurement and remain still until the measurement is complete.
	Air plug is not connected.	
🔋✕	Batteries are worn	Replace the four batteries. Refer to "Battery Installation."

ERROR INDICATORS AND TROUBLESHOOTING TIPS

TROUBLESHOOTING TIPS

PROBLEM	CAUSES AND SOLUTIONS
No power. No display appears on the unit.	Replace all four batteries with new ones. Check the battery installation for proper placement of the battery polarities.
Measurement values appear too high or too low.	Blood pressure varies constantly. Many factors including stress, time of day, and how you wrap the cuff, may affect your blood pressure. Review the sections "Before Taking a Measurement" and "Taking a Measurement."

FCC STATEMENT

NOTE:

POTENTIAL FOR RADIO/TELEVISION INTERFERENCE (for U.S.A. only)

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 of f, 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 dif ferent from that to which the receiver is connected.

• Consult the dealer or an experienced radio/TV technician for help.

POTENTIAL FOR RADIO/TELEVISION INTERFERENCE (for Canada only)

This digital apparatus does not exceed the Class B limits for radio noise emissions from digital apparatus as set out in the interference-causing equipment standard entitled "Digital Apparatus", ICES-003 of the Canadian Department of Communications.

Cet appareil numérique respecte les limites de bruits radioélectriques applicables aux appareils numériques de Clase B prescrites dans la norme sur le materiel brouilleur: "Appareils Numériques", ICES-003 édictée par le minister des communications.

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

WARRANTY INFORMATION

LIMITED WARRANTIES

Your Omron® HEM-790ITCAN IntelliSense® Automatic Blood Pressure Monitor and PC software, excluding the arm cuff and the OHMS software, is warranted to be free from defects in materials and workmanship appearing within 5 years from the date of purchase, when used in accordance with the instructions provided with the monitor The arm cuff is warranted to be free from defects in materials and workmanship appearing within one year from the date of purchase when the monitor is used in accordance with the instructions provided with the monitor The above warranties extend only to the original retail purchaser

The Limited Warranties will not apply if the damage is caused by subjecting the product to any but the specified power source or voltage; old or worn batteries; alterations or repairs by unauthorized persons; misuse, abuse, damage during transit, lack of reasonable care with respect to the product, failure to follow the written instructions enclosed and professional use

We will, at our option, repair or replace without charge any monitor or arm cuff 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 Customer Service by calling **1-800-634-4350** for the address of the repair location and the return shipping and handling fee

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

ALL IMPLIED WARRANTIES, INCLUDING BUT NOT LIMITED TO THE IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR PARTICULAR PURPOSE, ARE LIMITED TO THE DURATION OF THE APPLICABLE WRITTEN WARRANTY ABOVE. Some states do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you

OMRON SHALL NOT BE LIABLE FOR LOSS OF USE OR ANY OTHER INCIDENTAL, CONSEQUENTIAL OR INDIRECT COSTS, EXPENSES OR DAMAGES. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above exclusions may not apply to you

This warranty gives you specific legal rights, and you may also have other rights which may vary from state to state

FOR CUSTOMER SERVICE

Visit our web site at: www.omronhealthcare.com
Call toll free: 1-800-634-4350

SPECIFICATIONS

Model:	**HEM-790ITCAN (HEM-7080-ITCAN)**
Display:	LCD Digital Display
Measurement Range:	Pressure: 0 to 299 mmHg, Pulse: 40-180/min.
Accuracy/Calibration:	Pressure: ±3mmHg or 2% of reading Pulse: ±5% of reading
Inflation:	Automatic by electric pump
Deflation:	Automatic pressure release valve
Rapid Air Release:	Automatic exhaust valve
Pressure Detection:	Capacitive pressure sensor
Measurement Method:	Oscillometric method
Pulse Wave Detection:	Capacitance type pressure sensor
Power Source:	120V 60Hz AC adapter or 4 "AA" batteries
Battery Life:	Approx. 1400 uses when used 6 times a day with 4 new alkaline batteries
Operating Temperature /Humidity:	50 F to 104 F (10 C to 40 C) /30 to 85% RH
Storage Temperature /Humidity/Air Pressure:	-4 F to 140 F (-20 C to 60 C) /10 to 95% RH /700 - 1060 hPa
Main Unit Weight:	Approximately 14 7/8 oz. (420 g) not including batteries
Main Unit Dimensions:	Approx. 6 3/32" (l) × 5 5/32" (w) × 3 5/16" (h) (155 mm × 131 mm × 84 mm)
Cuff Size:	Approximately 6" (w) (152 mm) Cuff tube 23 5/8" (l) (600 mm)
Cuff Circumference:	Fits arm circumferences 9" to 17" (220 mm to 420 mm)
Memory:	Up to 84 per user
Weekly Averages:	Up to 8 weeks
Contents:	Main Unit, ComFit™ Cuff, AC Adapter, Instruction Manual, 4 "AA" batteries, Storage Case, USB Cable, CD-ROM, Warranty Card

NOTE: These specifications are subject to change without notice.

Made in China

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