

OMRON

Silver Upper Arm Blood Pressure MonitorModel BP5255
Instruction Manual

IntelliSense®

314689-3A

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Introduction

Thank you for purchasing the OMRON BP5255 Upper Arm Blood Pressure Monitor. This monitor can be used by multiple users. This blood pressure monitor uses the oscillometric method of blood pressure measurement. This means this monitor detects your blood movement through your brachial artery and converts the movements into a digital reading.

Safety Instructions

This instruction manual provides you with important information about the OMRON BP5255 Upper Arm Blood Pressure Monitor. To ensure the safe and proper use of this monitor, READ and UNDERSTAND all of these instructions. If you do not understand these instructions or have any questions, contact 1-800-634-4350 before attempting to use this monitor. For specific information about your own blood pressure, consult with your physician.

Intended Use

This device is a digital monitor intended for use in measuring blood pressure and pulse rate in the adult patient population. The device detects the appearance of irregular heartbeats during measurement and indicates this via a symbol with readings.

Environments of Use: Home
Patient Population: Adult

Receiving and Inspection

Remove this monitor and other components from the packaging and inspect for damage. If this monitor or any other components is damaged, DO NOT USE and contact 1-800-634-4350.

Symbols Glossary
For symbol information, visit:
OmronHealthcare.com/symbols-glossary

Contraindications

- This monitor is contraindicated for use in ambulatory environments.
- This monitor is contraindicated for use on aircraft.

Important Safety Information

Read the Important Safety Information in this instruction manual before using this monitor.

Follow this instruction manual thoroughly for your safety.

Keep for future reference. For specific information about your own blood pressure, CONSULT WITH YOUR PHYSICIAN.

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

- DO NOT use this monitor on infants, toddlers, children or persons who cannot express themselves.
- DO NOT adjust medication (including altering your use of any drug or treatment) based on readings from this blood pressure monitor. Take medication as prescribed by your physician. ONLY a physician is qualified to diagnose and treat high blood pressure and heart related conditions.
- NEVER diagnose or treat yourself based on your readings. ALWAYS consult with your physician.
- If you are experiencing any symptoms or concerns, consult with your physician.
- DO NOT postpone/stop regular checkups or physician visits based on the results that you are getting from this monitor.
- DO NOT use this monitor on an injured arm or an arm under medical treatment.
- DO NOT apply the arm cuff on your arm while on an intravenous drip or blood transfusion.
- DO NOT use this monitor in areas containing high frequency (HF) surgical equipment, magnetic resonance imaging (MRI) equipment, computerized tomography (CT) scanners. This may result in incorrect operation of the monitor and/or cause an inaccurate reading.
- DO NOT use this monitor in oxygen rich environments or near flammable gas.

Consult with your physician before using this monitor if you have common arrhythmias such as atrial or ventricular premature beats or atrial fibrillation; arterial sclerosis; poor perfusion; diabetes; pregnancy; pre-eclampsia or renal disease. NOTE that any of these conditions in addition to patient motion, trembling, or shivering may affect the measurement reading.

To help avoid strangulation, keep the air tube and AC adapter cable away from infants, toddlers and children.

This product contains small parts that may cause a choking hazard if swallowed by infants, toddlers and children.

Data Transmission

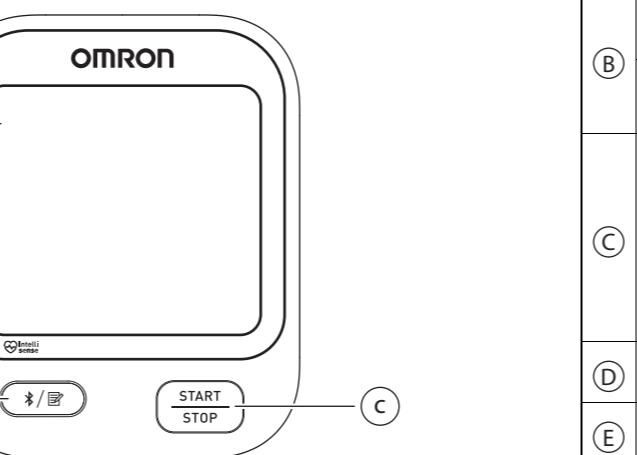
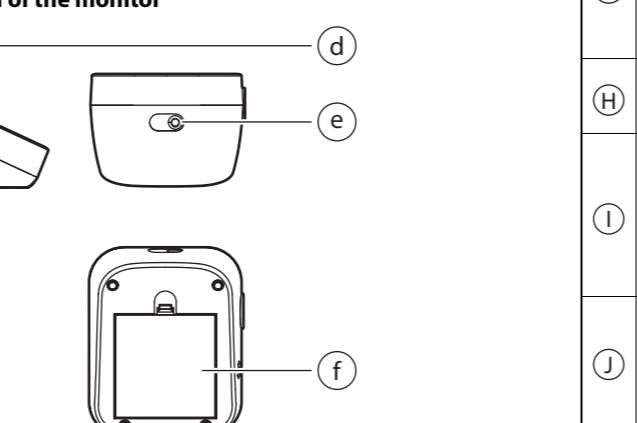
- After the pairing process is completed, this product always emits radio frequencies (RF) in the 2.4 GHz band. DO NOT use this product in locations where RF is restricted, such as on an aircraft or in hospitals. Disable the Bluetooth® feature in this monitor, or remove the batteries and unplug the AC adapter when in RF restricted areas. For further information on potential restrictions refer to documentation on the Bluetooth usage by the FCC/IC.
- AC Adapter (optional accessory) Handling and Usage**
 - DO NOT use the AC adapter if this monitor or the AC adapter cable is damaged. If this monitor or the cable is damaged, turn off the power and unplug the AC adapter immediately.
 - Plug the AC adapter into the appropriate voltage outlet. DO NOT use in a multi-outlet plug.
 - NEVER plug in or unplug the AC adapter from the electric outlet with wet hands.
 - DO NOT disassemble or attempt to repair the AC adapter.
- Battery Handling and Usage**
 - DO NOT insert batteries with their polarities incorrectly aligned.
 - ONLY use 4 "AA" alkaline or manganese batteries with this monitor. DO NOT use other types of batteries. DO NOT use new and used batteries together. DO NOT use different brands of batteries together.
 - Remove the batteries if this monitor will not be used for a long period of time.
 - If battery fluid should get in your eyes, immediately rinse with plenty of clean water. Consult with your physician immediately.
 - If battery fluid should get on your skin, wash your skin immediately with plenty of clean, lukewarm water. If irritation, injury or pain persists, consult with your physician.
 - DO NOT use batteries after their expiration date.
 - Periodically check the batteries to ensure they are in good working condition.

Battery Handling and Usage

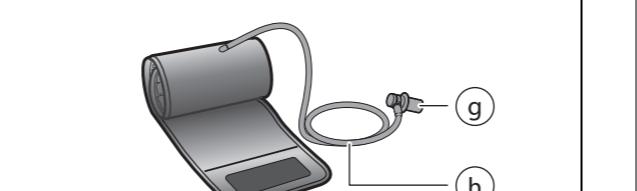
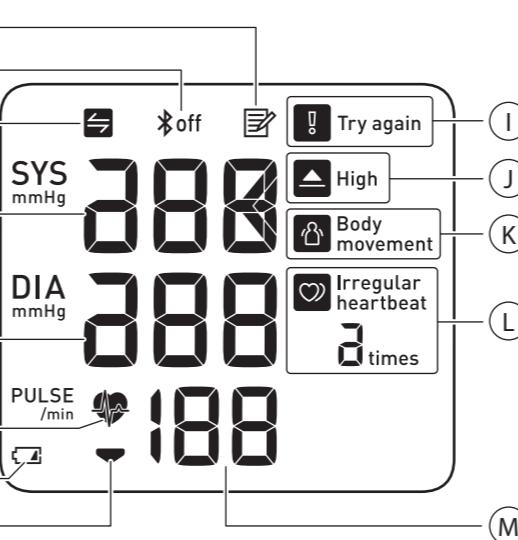
- DO NOT insert batteries with their polarities incorrectly aligned.
- ONLY use 4 "AA" alkaline or manganese batteries with this monitor. DO NOT use other types of batteries. DO NOT use new and used batteries together. DO NOT use different brands of batteries together.
- Remove the batteries if this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

1. Know Your Monitor**1.1 Contents/Product Includes**

Monitor, Easy Wrap ComFit Cuff, 4 "AA" batteries, storage case, instruction manual, quick start guide

1.2 Monitor and Arm Cuff**Front of the monitor****Left side, back and bottom of the monitor**

Arm cuff
(Upper arm circumference: 9" - 17" (22 - 42 cm))

**Data Transmission****AC Adapter (optional accessory) Handling and Usage****Fully insert the AC adapter into the outlet.****When unplugging the AC adapter from the outlet, be sure to safely pull from the AC adapter. DO NOT pull from the AC adapter cable.****When handling the AC adapter cable:****DO NOT damage it.****DO NOT break it.****DO NOT tamper with it.****DO NOT forcibly bend or pull it.****DO NOT twist it.****DO NOT use it if it is gathered in a bundle.****DO NOT pinch it.****DO NOT place it under heavy objects.****Wipe any dust off of the AC adapter.****Unplug the AC adapter when not in use.****Unplug the AC adapter before wiping this monitor.****1.3 Display and Symbols****1.4 Classification of BP (Blood Pressure)**

ACC/AHA 2017 Hypertension guidelines define categories of BP in adults as below.

Categories of BP in Adults*

BP Category	Systolic BP	Diastolic BP
Normal	< 120 mmHg	and < 80 mmHg
Elevated	120 - 129 mmHg	and < 80 mmHg
Hypertension		
Stage 1	130 - 139 mmHg	or 80 - 89 mmHg
Stage 2	≥ 140 mmHg	or ≥ 90 mmHg

* Individuals with Systolic BP and Diastolic BP in 2 categories should be designated to the higher BP category.

BP indicates blood pressure (based on an average of ≥ 2 careful readings obtained on ≥ 2 occasions).

Source: ACC/AHA 2017 High Blood Pressure Clinical Practice Guideline

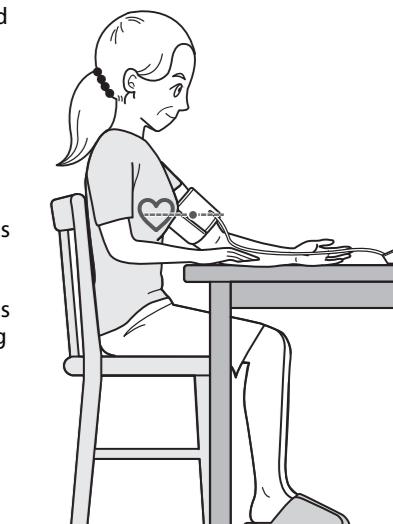
To take a measurement on your right arm

When you take a measurement on your right arm, the air tube should run along the side of your elbow, along the bottom of your arm. Be careful not to rest your arm on the air tube.

**2.4 Sitting Correctly**

To take a measurement, you need to be relaxed and comfortably seated in a room with a comfortable temperature. Place your arm on the table.

- Sit in a comfortable chair with your back and arm supported.
- Keep your feet flat and your legs uncrossed.
- The arm cuff should be placed on your arm at the same level as your heart, with the arm resting comfortably on a table.

**3. Using Your Monitor without a Smart Device**

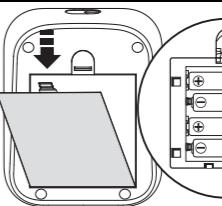
This monitor tracks readings for 1 user. If you are sharing with another, manually track your readings separately.

3.1 Taking a Measurement

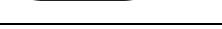
You can use your monitor without pairing to a smart device. To pair your monitor with a smart device, refer to sub-section 4.1.

Note

- To stop the measurement, press the [START/STOP] button once to deflate the arm cuff.

**3.2 Preparation****2.1 Installing Batteries**

- Remove the battery cover.
- Insert 4 "AA" batteries as indicated in the battery compartment.

**3. Close the battery cover.****Note****4. Symbols****4.1 Symbols****4.2 Symbols****4.3 Symbols****4.4 Symbols****4.5 Symbols****4.6 Symbols****4.7 Symbols****4.8 Symbols****4.9 Symbols****4.10 Symbols****4.11 Symbols****4.12 Symbols****4.13 Symbols****4.14 Symbols****4.15 Symbols****4.16 Symbols****4.17 Symbols****4.18 Symbols****4.19 Symbols****4.20 Symbols****4.21 Symbols****4.22 Symbols****4.23 Symbols****4.24 Symbols****4.25 Symbols****4.26 Symbols****4.27 Symbols****4.28 Symbols****4.29 Symbols****4.30 Symbols****4.31 Symbols****4.32 Symbols****4.33 Symbols****4.34 Symbols****4.35 Symbols****4.36 Symbols****4.37 Symbols****4.38 Symbols****4.39 Symbols****4.40 Symbols****4.41 Symbols****4.42 Symbols****4.43 Symbols****4.44 Symbols****4.45 Symbols****4.46 Symbols****4.47 Symbols****4.48 Symbols****4.49 Symbols****4.50 Symbols**

4. Using Your Monitor with a Smart Device

This monitor tracks readings for 1 user. If you are sharing with another, manually track your readings separately.

4.1 Pairing Your Monitor with a Smart Device

Review the list of compatible smart devices at OmronHealthcare.com/connect

1. Enable Bluetooth on your smart device.

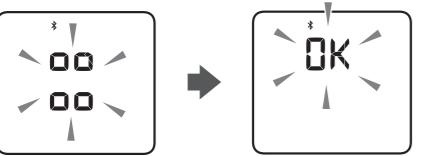
2. Scan the code below with your smart device camera or visit OmronHealthcare.com/app to find the OMRON compatible app for this product.



3. Download and install the compatible OMRON app onto your smart device. If you already have the compatible OMRON app and have created your account, open the app and add your new monitor.

4. Open the app and follow the pairing instructions shown on your smart device.

5. Confirm that your monitor is connected successfully.



When your monitor is connected successfully to your smart device, the "OK" appears.

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

Note
 • If the "Err" appears, follow the instructions in the app.
 • Your monitor automatically turns off after 10 seconds.
 • Be aware that OMRON will not be responsible for the loss of data and/or information in the app.
 • Only compatible OMRON apps should be used with this monitor to help ensure correct data transfer.

4.2 Taking a Measurement
 Refer to sub-section 3.1 to start a measurement. Open the app on your smart device and follow the instructions.

Note

• Make sure that your monitor is within 16 ft. (5 m) of your smart device.
 • When Bluetooth is enabled, the readings will be transferred to your smart device after taking a measurement.

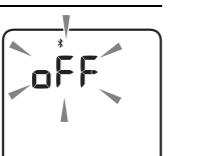
4.3 Disabling/Enabling Bluetooth

⚠ Warning

• After the pairing process is completed, this product always emits radio frequencies (RF) in the 2.4 GHz band. DO NOT USE this product in locations where RF is restricted, such as on an aircraft or in hospitals. Disable the Bluetooth feature in this monitor, or remove the batteries and unplug the AC adapter when RF restricted areas. For further information on potential restrictions refer to documentation on the Bluetooth usage by the FCC/ISED.

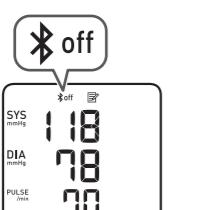
Bluetooth is enabled as default.

1. When your monitor is off, press and hold the button for more than 10 seconds. "off" flashes 3 times.



2. Press the [START/STOP] button to turn your monitor off.

Note
 • To enable Bluetooth, press and hold the button for more than 2 seconds. "on" appears on the display.
 • Your monitor automatically turns off 10 seconds after the completion.
 • When Bluetooth is disabled, the "off" symbol appears.

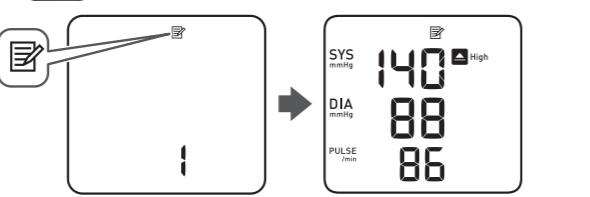


5. Using Memory Function

Your monitor automatically stores up to 30 readings. This monitor tracks readings for 1 user. If you are sharing with another, manually track your readings separately.

5.1 Viewing the Readings Stored in Memory

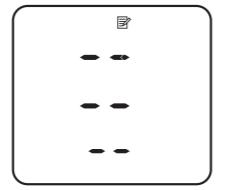
1. Press the button.



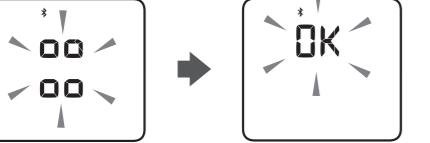
The Memory number appears for 2 seconds before the pulse rate is displayed. The most recent reading stored in the memory will be numbered as "1".

Note

• If the reading was high (refer to sub-section 1.3), "High" appears.
 • If there are no readings stored in the memory, the screen to the right is displayed.
 • If the memory is full, new readings will replace the old readings, starting with the oldest reading.



2. Press the button repeatedly to scroll through the previous readings stored in the memory.



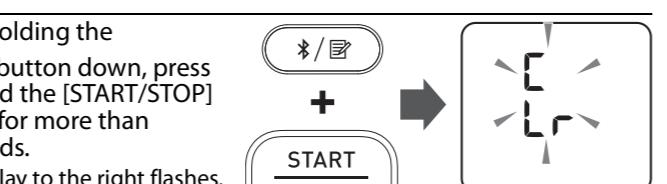
6. Other Settings

6.1 Restoring Your Monitor to the Default Settings

To delete all the information stored in your monitor, follow the instructions below. Make sure that your monitor is turned off.

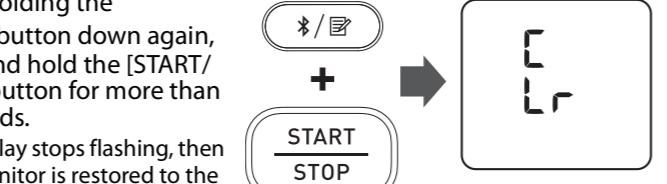
1. Press the button.

After a memory number appears, the latest reading will appear.



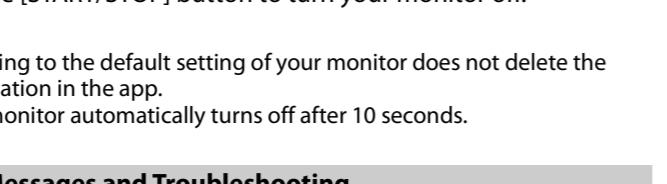
2. While holding the button down, press and hold the [START/STOP] button for more than 4 seconds.

The display to the right flashes.



3. While holding the button down again, press and hold the [START/STOP] button for more than 4 seconds.

The display stops flashing, then your monitor is restored to the default settings.



4. Press the [START/STOP] button to turn your monitor off.

Note

• Reverting to the default setting of your monitor does not delete the information in the app.

• Your monitor automatically turns off after 10 seconds.

7. Error Messages and Troubleshooting

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

Display/Problem

Possible Cause

Solution

E1 appears or the arm cuff does not inflate.

The [START/STOP] button was pressed while the arm cuff is not applied.

Air plug is not completely plugged into the monitor.

The arm cuff is not applied correctly.

Air is leaking from the arm cuff.

Replace the arm cuff with the new one. Refer to section 9.

E2 appears or a measurement cannot be completed after the arm cuff inflates.

Moving or talking during a measurement causes the arm cuff to not inflate sufficiently.

The systolic pressure is above 210 mmHg and a measurement cannot be taken.

E3 appears

The arm cuff is inflated exceeding the maximum allowable pressure.

Do not touch the arm cuff and/or bend the air tube while taking a measurement. If inflating the arm cuff manually, refer to sub-section 3.1.

E4 appears

Moving or talking during a measurement results in vibrations that disrupt the measurement.

Display/Problem

Possible Cause

Solution

E5 appears

Irregular heartbeat 2 times / Irregular heartbeat 3 times / Try again and Body movement appears

The pulse rate is not detected correctly.

Apply the arm cuff correctly, then take another measurement. Refer to sub-section 2.3. Remain still and sit correctly during a measurement. If "Irregular heartbeat" continues to appear, it is recommended that you consult with your physician.

E does not flash during a measurement

The monitor has malfunctioned.

Press the [START/STOP] button again. If "E" still appears, contact customer service. Refer to section 12.

E Err appears

The monitor cannot connect to a smart device or transmit data correctly.

Follow the instructions shown in the app. If the "Err" still appears after checking the app, contact customer service. Refer to section 12.

P flashes

The monitor is waiting for pairing with the smart device.

Refer to sub-section 4.1 for pairing your monitor with your smart device, or press the [START/STOP] button to cancel pairing and turn your monitor off.

← flashes

More than 24 readings are not transferred.

Pair or transfer your readings to the app so you can keep them in memory in the app, and this symbol disappears.

→ appears

30 readings are not transferred.

Replacing all 4 batteries with new ones is recommended. Refer to sub-section 2.1.

A and **—** appears or the monitor is turned off unexpectedly during a measurement.

Batteries are depleted.

Immediately replace all 4 batteries with new ones. Refer to sub-section 2.1.

Nothing appears on the display of the monitor.

Battery polarities are not properly aligned.

Check the battery installation for proper placement. Refer to sub-section 2.1.

Readings appear too high or too low.

Blood pressure varies constantly. Many factors including stress, time of day, and/or how you apply the arm cuff, may affect your blood pressure. Review sub-sections 2.2 - 2.4 and section 3.

Any other communication issue occurs.

Follow the instructions shown in the smart device, or visit the "Help" section in the app for further help. If the problem still persists, contact customer service. Refer to section 12.

Any other problems occur.

Press the [START/STOP] button to turn the monitor off, then press it again to take a measurement. If the problem continues, remove all batteries and wait for 30 seconds. Then re-install the batteries.

If the problem still persists, contact customer service. Refer to section 12.

E1 appears or the arm cuff does not inflate.

The [START/STOP] button was pressed while the arm cuff is not applied.

Press the [START/STOP] button again to turn the monitor off.

E2 appears or a measurement cannot be completed after the arm cuff inflates.

Moving or talking during a measurement causes the arm cuff to not inflate sufficiently.

The systolic pressure is above 210 mmHg and a measurement cannot be taken.

E3 appears

The arm cuff is inflated exceeding the maximum allowable pressure.

Do not touch the arm cuff and/or bend the air tube while taking a measurement. If inflating the arm cuff manually, refer to sub-section 3.1.

E4 appears

Moving or talking during a measurement results in vibrations that disrupt the measurement.

Remain still and do not talk during a measurement.

8.2 Storage

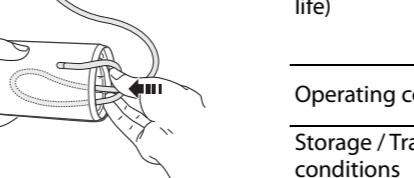
Keep your monitor and other components in the storage case when not in use. Store your monitor and other components in a clean, safe location.

1. Remove the arm cuff from the monitor.

The air plug is designed to fit securely into the monitor so it does not accidentally unplug from the monitor when in use. When removing the arm cuff from the monitor, pull the air plug out from the monitor in a straight motion, holding the plug and not using the tube. You will hear a "click" sound as the cuff plug is removed from the monitor.

⚠ Caution

• To unplug the air plug, pull on the plastic air plug at the base of the tube, not the tube itself.

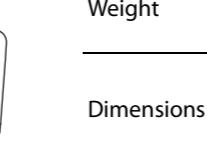


2. Gently fold the air tube into the arm cuff.

Note

• Do not bend or crease the air tube excessively.

3. Place your monitor and other components in the storage case.



Do not store your monitor and other components:

• If your monitor and other components are wet.
 • In locations exposed to extreme temperatures, humidity, direct sunlight, dust or corrosive vapors such as bleach.
 • In locations exposed to vibrations or shocks.

8.3 Wiping the Monitor

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

8.4 Disposal

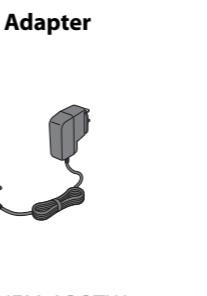
Dispose of your monitor, other components and optional accessories according to applicable local regulations. Unlawful disposal may cause environmental pollution.

9. Optional Accessories

Easy Wrap ComFit Cuff
 Arm circumference 9" - 17" (22 - 42 cm)



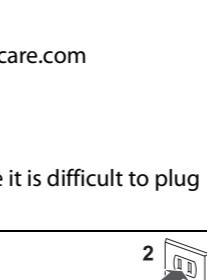
Model: HEM-FL31-B REF: HEM-FL31-BZ



Model: HEM-ADPTW5

ART. or **—**

Types of marks used to indicate the correct positioning of the artery for the upper arm



Identifies the type of cuff that is compatible with the blood pressure monitor

10. Specifications

Model BP525 REF: HEM-716BT2-ZAZ

Display LCD digital display

Cuff pressure range 0 to 299 mmHg

Blood pressure SYS: 60 to 260