

M3
MODEL

OMRON

Manual Inflation Blood Pressure Monitor



- ♥ **Manual inflation**
- ♥ **Large display, easy to read**
- ♥ **Displays average of up to last 3 readings taken within 10 minutes from most recent measurement**
- ♥ **Durable fan-shaped cuff**
- ♥ **21 sets memory with date and time**

A Good Sense of Health

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The Omron M3 manual blood pressure monitor uses oscillometric method of blood pressure measurement. This means the monitor detects your blood's movement through your brachial artery and converts the movements into digital reading. An oscillometric monitor does not need a stethoscope so the monitor is easy to use.

Average function

Omron M3 displays the average of up to last 3 readings taken within 10 minutes from recent measurement, i.e. If 2 or 3 readings are taken within 10 minutes, the respective average of last 2 or 3 readings are displayed. If only 1 reading is taken within 10 minutes, this reading would be displayed as the average value.

This feature enables the user to track any variation within a short time interval.

How to avoid incorrect blood pressure measurement?

1. Avoid eating, smoking, and exercising for at least 30 minutes before taking a measurement. Also rest for at least 15 minutes before taking your first reading.
2. Stress raises blood pressure. Avoid taking measurements during stressful times.
3. Remove tight-fitting clothing from your left upper arm.
4. Measurement should be taken in a quiet place and you should be in a relaxed, seated position. Rest your left arm on the arm of a chair or on table so that the cuff is at the same level as your heart.
5. Remain still and do not talk during the measurement.
6. Do not take a measurement after bathing, alcohol or exercise.

Guide to Blood Pressure Levels

Recent research suggests that the following values can be used as a guide to high blood pressure for measurements taken at home.

Systolic Blood Pressure: Above 135 mmHg

Diastolic Blood Pressure: Above 85 mmHg

Use these figures as a guide.

* Consult your doctor if necessary.

SPECIFICATIONS

Display	LCD Digital Display
Measurement Range	Pressure: 0 to 299 mmHg, Pulse: 40-180 beats/min.
Accuracy/Calibration	Pressure: ± 3 mmHg or 2% of reading, Pulse: ± 5 % of reading
Power Source	4 "AAA" batteries
Battery Life	Approx. 1500 uses when used twice a day with new "AAA" alkaline batteries
Main Unit Weight	Approx. 210g not including batteries
Main Unit Dimensions	Approx. 106mm (w) x 80mm (h) x 136mm (l)
Cuff Size	Approx. 146mm (w) x 446mm (l), Cuff tube 600mm (l)
Cuff Circumference	Fits arm circumferences 220mm to 320mm
Contents	Main unit, Arm cuff, Storage case, 4 "AAA" Alkaline (LR03) batteries, Instruction manual

NOTE: These specifications are subject to change without notice.

Distributed by:

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