

HEM7156 Blood Pressure Monitor PRODUCT RELEASE SHEET

PRODUCT FEATURES:



INTELLISENSE TECHNOLOGY - AUTOMATICALLY APPLIES THE RIGHT AMOUNT OF PRESSURE FOR FAST, ACCURATE AND MORE COMFORTABLE MEASUREMENTS



60 DATA MEMORY WITH DATE & TIME



360° INTELLIWRAP™ CUFF (MEDIUM TO LARGE SIZE CUFF - 22-42CM) - SNAPS EASILY ONTO YOUR ARM, ALLOWING ACCURATE READINGS



CUFF WRAPPING GUIDE - INDICATOR CONFIRMS THE CUFF HAS BEEN WRAPPED CORRECTLY ON THE USER'S ARM



IRREGULAR HEARTBEAT DETECTION - IF AN IRREGULAR HEARTBEAT IS DETECTED, AN INDICATOR ICON WILL APPEAR ALERTING THE USER TO CONSULT WITH A MEDICAL PROFESSIONAL



BODY MOVEMENT DETECTION - ALERTS USER IF ANY BODY MOVEMENT HAS OCCURRED DURING THE BLOOD PRESSURE READING



HYPERTENSION INDICATOR - ALERTS YOU IF YOUR BLOOD PRESSURE READING EXCEEDS INTERNATIONALLY RECOGNISED GUIDELINES FOR NORMAL HOME BLOOD PRESSURE LEVELS



AVERAGE OF LAST 3 READINGS - EXCLUSIVE TECHNOLOGY DISPLAYS THE AVERAGE OF THE LAST 2 OR 3 READINGS TAKEN WITHIN A 10 MINUTE SPAN



STORAGE CASE INCLUDED



POWER SOURCE - 4 x AA BATTERIES



5 YEAR STANDARD WARRANTY

MODEL: HEM7156
ARTG No. 137264

PRODUCT RELEASE DATE

✓ AVAILABLE NOW



**CLINICALLY
VALIDATED**



PURCHASING INFORMATION

- ✓ RRP **\$179.00**
- ✓ APPROX LIST PRICE TO PHARMACY \$131.76
- ✓ SIZE - W X 109MM D X 189MM H X 176MM | WEIGHT - 789G
- ✓ BARCODE: 4975479496707

PDE Codes

Symbion : 685275

API : 58708

Sigma : 961623

CH2 : 2485566

Blood Pressure Facts

What is blood pressure?

Blood pressure is simply a measure of the pressure of your blood in the arteries as your heart is pumping it around your body. You may have heard phrases like 140 over 88.

So what does that mean?

The first figure (140) is called the **systolic blood pressure**, while the second figure (88) is called the **diastolic blood pressure**.

Systolic blood pressure (SYS)

Systolic (*sis-sol-ick*) blood pressure is a measure of the pressure as the heart pumps the blood into the arteries when it beats.

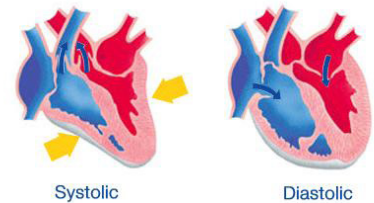
Diastolic blood pressure (DIA)

Diastolic (*die-a-stollic*) pressure is the smaller number. It is the pressure when the heart is at rest, between beats.

Pulse = Heartbeats per minute

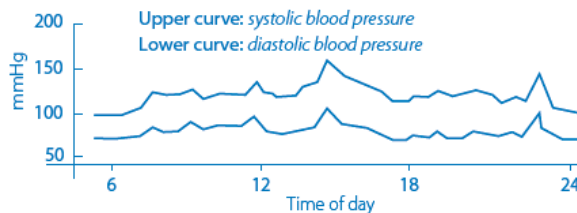


Systolic and diastolic blood pressure



Blood pressure monitoring at home

- High blood pressure (hypertension) can lead to serious health problems.
- Regular self-check with an Omron Blood Pressure Monitor can assist your Healthcare Professional to evaluate your blood pressure trend.
- A single measurement may not be sufficient for an accurate evaluation.
- Many factors such as physical activity, anxiety, or the time of day can influence blood pressure.
- Thus it is best to try and measure blood pressure at the same time each day to get an accurate indication of any changes in blood pressure.
- Blood pressure is typically low in the morning and increases from afternoon to evening.



Interpreting readings

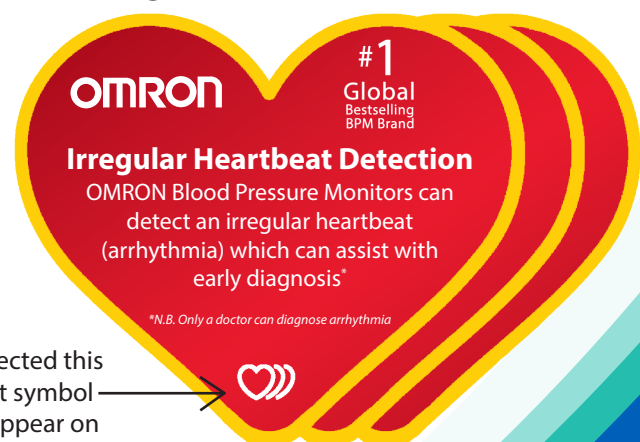
Only a Healthcare Professional can interpret individual blood pressure readings.

High blood pressure classifications[#]

	HEALTHCARE PROFESSIONAL ENVIRONMENT	HOME ENVIRONMENT
SYSTOLIC	≥ 140 mmHg	≥ 135 mmHg
DIASTOLIC	≥ 90 mmHg	≥ 85 mmHg

[#]Adapted from Williams et al. 2018 ESC/ESH Guidelines for the management of arterial hypertension. *European Heart Journal* (2018), 39, 3021–3104

Irregular Heartbeat Detection



If detected this heart symbol will appear on the screen.

Recording readings

You can download our blood pressure diaries online to track readings manually. Alternatively, the Bluetooth® Blood Pressure Monitors will allow you to track readings via the OMRON connect App by wirelessly syncing to your smartphone.



Always read & follow the instructions for use & health warnings. For people with high blood pressure. Consult your doctor to evaluate the readings. Check your device periodically for accuracy.

Pharmacy Use Only