



## M2 Essential (HEM-7188-E)

**Product Name:**

M2 Essential (HEM-7188-E)

**Product Description:**

Automatic Upper Arm Blood Pressure Monitor

**Product Category:**

Electronic Sphygmomanometers

**Features**

- Intellisense
- Irregular heartbeat detection
- Body Movement Detection
- Cuff wrap guide
- Clinically Validated
- Comes with Medium Cuff (22-32 cm) and compatible with Medium-Large Cuff (22-42 cm) and Small Cuff (17-22 cm)
- 1 user x 30 memories

**Packaging content**

- Monitor
- Arm Cuff (HEM-CR24-E)
- 4 "AA" batteries
- Instruction Manual 1 and 2

**General description**

M2 Essential Automatic Upper Arm 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.

**Purpose**

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

**How to use the device**

Please refer to the IM1 and IM2 for full details on the application of this product.

**Main steps:**

1. Prepare for a measurement. 30 mins before it you shouldn't drink alcohol, smoke, have a hot shower, consume hot beverages, eat or exercise. 5 minutes before the measurement relax and rest.
2. Install the batteries.
3. Apply the arm cuff on the left arm. (On using the right arm instead, consult "General Notices" chapter in IM1).
4. Sit correctly and place your arm at your heart's level. Remain still and don't talk.
5. Take a measurement by pressing the START/STOP button.
6. Check readings. Consult Section 7 of IM2 on the symbols that may appear.

Please, review Instruction Manual 1 and 2 for the full details on the application of this product.

### Technical data

<b>Product category</b>	Electronic Sphygmomanometers
<b>Product description</b>	Automatic Upper Arm Blood Pressure Monitor
<b>Model (code)</b>	M2 Essential (HEM-7188-E)
<b>Display</b>	LCD digital display
<b>Cuff pressure range</b>	0 to 299 mmHg
<b>Pulse measurement range</b>	40 to 180 beats / min.
<b>Blood pressure measurement range</b>	SYS: 60 to 260 mmHg, DIA: 40 to 215 mmHg
<b>Accuracy</b>	Pressure $\pm$ 3mmHg, Pulse $\pm$ 5% of display reading
<b>Inflation</b>	Automatic by electric pump
<b>Deflation</b>	Automatic pressure release valve
<b>Measurement method</b>	Oscillometric method
<b>Operating mode</b>	Continuous operation
<b>IP classification</b>	Monitor: IP21 / Optional AC adapter: IP21 (HHP-CM01) or IP22 (HHP-BFH01)
<b>Rating</b>	DC6 V 4.0 W
<b>Applied part</b>	Type BF (arm cuff)
<b>Power Source</b>	4 "AA" batteries 1.5 V or optional AC adapter (input AC 100-240 V 50-60 Hz 0.12 -0.065 A)
<b>Battery life</b>	Approximately 900 measurements (using new alkaline batteries and included arm cuff. Depending on the type of battery and arm cuff.)
<b>Durable period (Service life)</b>	Monitor: 5 years or 30000 uses / Cuff: 5 years or 10000 uses / Optional AC adapter: 5 years
<b>Operating conditions</b>	+10 to +40 °C / 15 to 90% RH (noncondensing)/800 to 1060 hPA
<b>Storage / Transport conditions</b>	-20 to +60 °C / 10 to 90% RH (noncondensing)
<b>Protection against electric shock</b>	Internally powered ME equipment (when using only batteries) Class II ME equipment (optional AC adapter)
<b>Cuff circumference applicable to the monitor</b>	17 to 42 cm (included arm cuff: 22 to 32 cm)
<b>Memory</b>	Stores up to 30 reading
<b>Warranty</b>	Monitor: 5 years / Optional parts: 1 year
<b>Weight</b>	Monitor: approximately 260 g (not including batteries) / Arm cuff: approximately 110 g
<b>Dimensions (approximate value)</b>	Monitor: 98 mm (W) x 79 mm (H) x 138 mm (L), Arm cuff: 146mm x 466 mm (air tube: 610 mm)
<b>Contents</b>	Monitor, arm cuff (HEM-CR24), 4 "AA" batteries, Instruction Manual 1 and 2
<b>Optional accessories</b>	AC Adapter (HHP-CM01), AC Adapter UK version (HHP-BFH01), Arm cuff (HEMRML31), Arm cuff (HEM-CS24), Arm cuff (HEM-CR24-E).

### Logistic information

Package	Amount	Approx. weight	Approx. dimensions W x D x H, mm
Main Unit	1	260 g (w/o batteries)	98 mm (w) x 138 mm (d) x 79 mm (h)
Single Package	1	600 g	117 mm x 117 mm x 172 mm
Master Carton	10	6.9 kg	618 mm x 260 mm x 212 mm
EAN code	401567211425 8		