

**OMRON**

# Manual Inflation Blood Pressure Monitor

MODEL **HEM-4030**

**Slim, Compact  
design for easy  
measurement  
and storage**



**Hypertension Indicator**  
(when systolic/ diastolic is  
out of standard range of 135/85mm Hg)



**Memory - 21 sets of readings**



**Durable, easy to use inflation bulb**



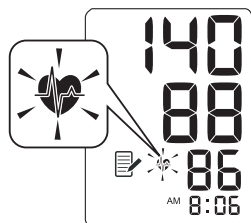
**A Good Sense of Health**



**TRUSTED  
WORLDWIDE**

Omron HEM-4030 Manual Inflation Blood Pressure Monitor uses the oscillometric method of blood pressure measurement. It comes with an easy to use inflation bulb for quick and easy manual inflation.

## Hypertension Indicator

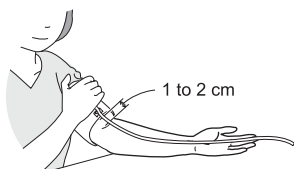


If your systolic or diastolic pressure is outside the standard range, the heartbeat symbol will blink when the measurement result is displayed. Recent research suggests that the following values can be used as a guide to high blood pressure for measurements taken at home.

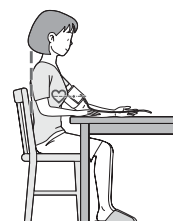
Systolic Blood Pressure	Above 135 mmHg
Diastolic Blood Pressure	Above 85 mmHg

This criteria is for home blood pressure measurement.

## Correct usage and cuff application



- The bottom edge of the cuff should be 1 to 2 cm above the elbow.
- Marker (arrow under tube) is centred on the middle of your inner arm.



- Sit on a chair with your feet flat on the floor.
- Sit upright with your back straight.
- The cuff should be at the same level as your heart.

## Specifications:

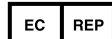
Model	HEM-4030
Display	LCD Digital Display
Measurement Range	Pressure: 0-299 mmHg Pulse: 40-180/minute
Accuracy	Pressure : $\pm 3$ mmHg Pulse : $\pm 5\%$ of reading
Measurement method	Oscillometric method
Inflation	Manual by Inflation bulb
Deflation	Automatic pressure release valve
Pressure Detection	Capacitive Pressure Sensor
Power source	2 "AAA" batteries 1.5V
Battery life	Approx. 1500 uses when used twice a day
Operating Temperature	10°C to 40°C, 30% to 85% RH
Storage Temperature	-20°C to 60°C, 10% to 95% RH
Console weight	Approx. 75g (excluding batteries)
Unit Dimensions	Approx. 105 (L) x 64 (W) x 35 (H) mm
Cuff Dimensions	Approx. 146 (W) x 446 (L) mm (Medium cuff: fits arm circumference 22-32cm)
Cuff Material	Nylon and polyester
Contents	Main unit, Cuff, Inflation bulb, Instruction Manual, storage case, batteries
Optional	S size fan cuff (fits arm circumference 17-22cm), M size fan cuff (fits arm circumference 22-32cm), L size fan cuff (fits arm circumference 32-42cm), Small cuff and bulb combination, Regular bulb

**Note:** Should a small cuff is required, please note that the small cuff and small bulb should be used together. Specifications are subject to change without prior notice.

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