

HEM7156T Plus Blood Pressure Monitor

Product Features



Bluetooth® Connectivity

OMRON connect App Compatible



360° IntelliWrap™ Cuff

(Medium - Large Cuff - 22 - 42cm)

Snaps easily onto your arm, allowing accurate readings



Irregular Heartbeat Detection

Helps to detect any abnormal rhythm of your heartbeat, so you can consult your physician for early diagnosis and treatment



Average of Last 3 Readings



Irregular Heartbeat Detection

Helps to detect any abnormal rhythm of your heartbeat, so you can consult your physician for early diagnosis and treatment



60 Memory



Hypertension Indicator

Notifies you when blood pressure is outside the normal range according to international guidelines



Cuff Wrapping Guide

Guides you to wrap the cuff correctly by indicating 'OK'



Body Movement Detection

Alerts you of any body movements that will affect the blood pressure readings



Monitor Pulse



Power Source

4 x AA Batteries



Storage Case



5 Year Standard Warranty

Model: HEM7156T

ARTG No: 137264

Available July



Purchasing Information

\$194.95 RRP

Size: wx186mm Dx114mm Hx174mm | Weight: 776g

Barcode: 4975479497094

PTO for more information | Call us on 1800 807 464

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

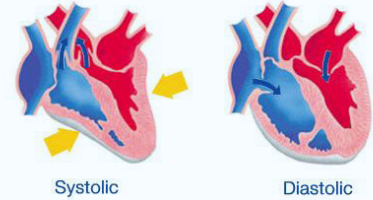
Diastolic blood pressure (DIA)

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

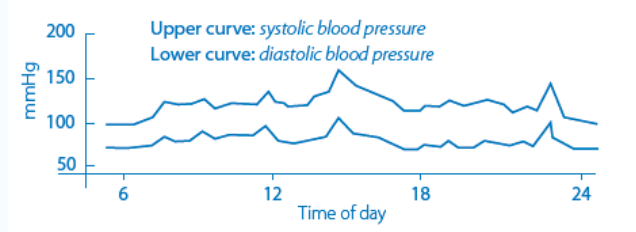


Systolic and diastolic blood pressure



Blood pressure monitoring at home

- Regular self-check can assist Healthcare Professionals to evaluate blood pressure trends.
- 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

Recording readings

Download the free OMRON connect App to easily track your readings wirelessly by syncing to your smartphone. Results can then be easily shared with your healthcare professional.



**CLINICALLY
VALIDATED**

**Intelli™
sense**



Always read the label and follow the directions for use. For people with high blood pressure. Consult your doctor to evaluate the readings. Check your device periodically for accuracy.

*Source: "Global Home Appliance Market Comprehensive Survey 2022"; Fuji Keizai Co., Ltd (data for 2021) **IQVIA, National Australian Pharmacy Sell-Out Sales, Blood Pressure Monitors MAT March 2022.