

## 62-17 HEM 608 Portable Wrist Blood Pressure Monitor (Project 00-46) (5/01)



The HEM-608 Portable Wrist Blood Pressure Monitor is an innovative product that automatically measures blood pressure and pulse using a small blood pressure cuff placed around the wrist. The device is purported to be an inexpensive alternative to traditional automatic blood pressure and pulse machines. It fits securely around either wrist and has a circumference range of from 5¼ to 7¾ inches. The HEM-608, which automatically inflates and deflates, features an easy-to-read, digital, liquid crystal display, and a 14-memory storage capacity. Power is supplied by two AAA batteries. The device has a blood pressure range of from 0 to 280 mmHg and a pulse range of from 40 to 200/minute. It comes with a five-year limited warranty.



### Manufacturer:

Omron Healthcare, Inc.  
300 Lakeview Parkway  
Vernon Hills, IL 60061  
(877) 216-1333  
(847) 918-6707  
[www.omronhealthcare.com](http://www.omronhealthcare.com)

Government facilities can contact J. Michael O'Connor (Omron government representative) for information at (815) 236-8468 or via e-mail at [occonnor@mc.net](mailto:occonnor@mc.net).

### Suggested Retail Price:

\$156.00 Includes:

- 1- HEM 608 Wrist Blood Pressure Monitor
- 1- Hard-Shell Carrying Case
- 2- AAA Batteries
- 1- Instruction Manual

### Government Price:

\$86.68 Items as listed above

### ADVANTAGES:

- + Cost is very inexpensive when compared to automatic blood pressure machines.
- + Portable and lightweight.
- + Well constructed with a large, easy-to-read liquid crystal display.
- + Color-coded On/Off, Start, and Memory buttons for ease of use.
- + Fits any wrist with a circumference between 5¼ and 7¾ inches.
- + Automatically inflates and deflates.
- + 14-memory storage capacity.
- + Date/Time feature.
- + Unit was easy to operate with minimal training.
- + Patients found the unit very comfortable.
- + Fast operation (takes approximately 30 seconds to get a reading).
- + Self calibrating after each use.
- + Manufacturer's written instructions were easy to read and understand.
- + Comes with its own hard-shell carrying case, instructional manual, and 2 AAA batteries.
- + Has a 5-year limited warranty.

**DISADVANTAGES:**

- Technique sensitive (i.e., wrist must be maintained at the heart level while taking measurement).
- Questionable durability.
- Batteries did not last as long as manufacturer claims they should have.

**SUMMARY AND CONCLUSIONS:**

The many advantages of the HEM 608 Portable Wrist Blood Pressure Monitor far outweigh its disadvantages. It should be useful under field conditions, provided proper technique is observed. While the 14-memory function is a convenient feature, its usefulness is more suited for continuous, regular blood pressure checks rather than for blood pressure screenings. Because of its technique sensitivity, DIS believes this unit is best suited for routine blood pressure screenings such as those conducted during annual examinations and should not be considered an alternative to traditional automatic blood pressure machines used during invasive procedures. The one major shortcoming of this unit is its tendency to more rapidly deplete battery power than the manufacturer claims. The manufacturer purports that, if used once a day for two minutes, the battery life should last approximately one year. Rather than lasting the claimed 365 uses, the batteries lasted only 150 to 200 uses. Users would like to see an optional AC adapter for future models to help alleviate this problem. Despite this shortcoming, DIS found the device to be a very good alternative to more costly automatic blood pressure monitors. The **HEM 608 Portable Wrist Blood Pressure Monitor** is rated **Acceptable** for use by the federal dental services.