

Product Release Sheet

STANDARD

Model: HEM-7183-L
ARTG No. 137264

Features



IntelliSense Technology



Cuff Wrapping Guide



Irregular Heartbeat Detection



Hypertension Indicator



Trend Indicator: When reading is higher than previous reading



Body Movement Detection



30 Memory

Number of Users: 1

Included Cuff: HEM-RML31 (22 to 42cm)

Power Supply: 4 x AA Batteries (included)



REPLACING

HEM7121



RRP: \$134.95 inc GST

Purchasing Information

- RRP \$129.95 inc GST
- Size: 117mm (W) x 172mm (H) x 117mm (D)
- Weight: Approx. 622g
- Barcode: 4975479498695

For more information call us on 1800 807 464

*Please refer to your wholesaler portal for more accurate pricing.

Always read the label and follow the directions for use.

PTO for more info →

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What is blood pressure?

Blood pressure is simply a measurement 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.

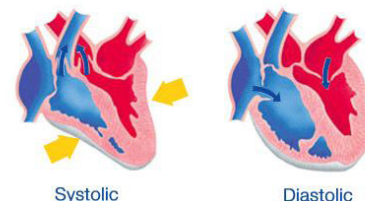
Diastolic blood pressure (DIA)

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

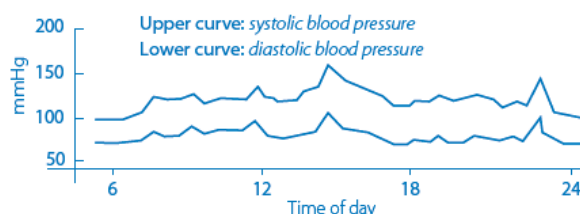


Systolic and diastolic blood pressure



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 Mancia, Kreutz et al. 2023 ESH Guidelines for the management of arterial hypertension. Journal of Hypertension 2023, 41:1874–2071.

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