

How to get an accurate blood pressure reading

Positioning errors can cause inaccurate blood pressure measurements.

30 mins before you get started:

Empty bladder

No exercise

No caffeine

No smoking/vaping

Rest quietly for 5 mins

Put cuff on bare arm half-inch above elbow



On Phone

Turn on Bluetooth & Location

USER 1 visible:

lower-left of monitor

Support back & feet

Keep legs uncrossed

Support arm heart-level

Press START/STOP button on monitor

Don't have a conversation

Is Reading done?

Cuff deflates & monitor displays reading

If time permits, or reading is abnormal/high: Wait 1-2 mins and retake reading

How to transfer:

Open OMRON connect app

After a few seconds monitor screen shows spinning circle & transfer icon in lower-left corner

Is transfer done?

Monitor shows four circles & "OK" next to transfer icon

You completed your blood pressure reading

You're all set!

Bryan Los: Tech Support

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