

TAKING YOUR OWN BLOOD PRESSURE – 5 STEP GUIDE

These instructions will help you when you first start taking your blood pressure with your Omron Blood Pressure Monitor.



How a blood pressure monitor works

A blood pressure monitor consists of an inflatable cuff that is wrapped around your arm, roughly level with your heart, and a monitoring device that measures the cuff's pressure.

Omron blood pressure monitors are digital, so the whole measurement process is automatic once you've placed the cuff around your arm. The cuff inflates until it fits tightly around your arm, and then the valve opens to deflate the cuff and measure your blood pressure.

Blood pressure monitors measure two pressures: systolic (SYS), and diastolic (DIA). Systolic and Diastolic blood pressure are measured in units of millimetres mercury (mmHg).

Systolic blood pressure: This is the first, or top, number. It measures the force your heart exerts on the walls of your arteries each time it beats.

Diastolic blood pressure: This is the bottom number, which measures the force your heart exerts on the walls of your arteries in between beats.

Pulse. This is the number of times your heart beats per minute, this is measured automatically during the blood pressure measurement.

STEP 1. PREPARING TO TAKE A MEASUREMENT (INCLUDING ASSEMBLING THE DEVICE)

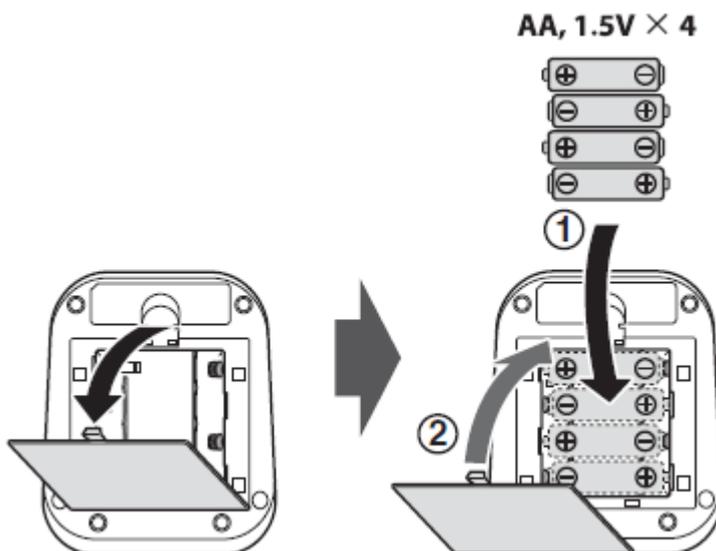


As a rule, you should always take your measurements at the same time of day – so you’re comparing like with like. To get the best result you should measure in the morning and the evening.

Assembling your device

Before taking a measurement, assemble the device. There are 2 simple steps:

1. If using the device for the first time, or if new batteries are needed.
Insert the batteries into the device.



2. Connect the Cuff to the device.



The blue plug at the end of the air tube attached to the cuff should be inserted into the side of the blood pressure monitor.

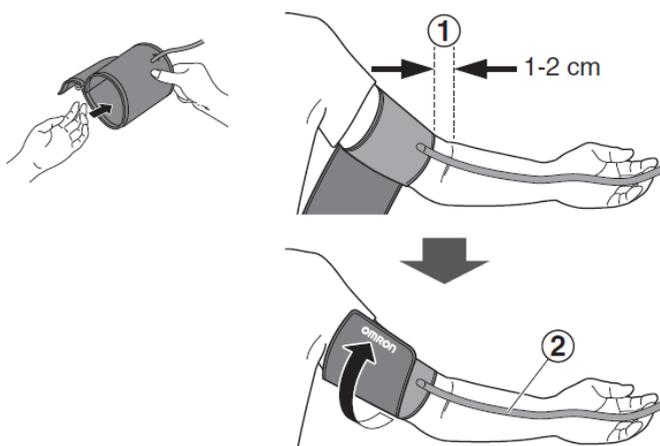
Before taking a measurement

Measuring at home is extremely easy and convenient, but there are a few things to remember to make sure your readings are accurate every time:

- Relax and steer clear of caffeine and exercise for 30 minutes.
- Rest for a few minutes before taking a measurement.

STEP 2. TAKING A MEASUREMENT

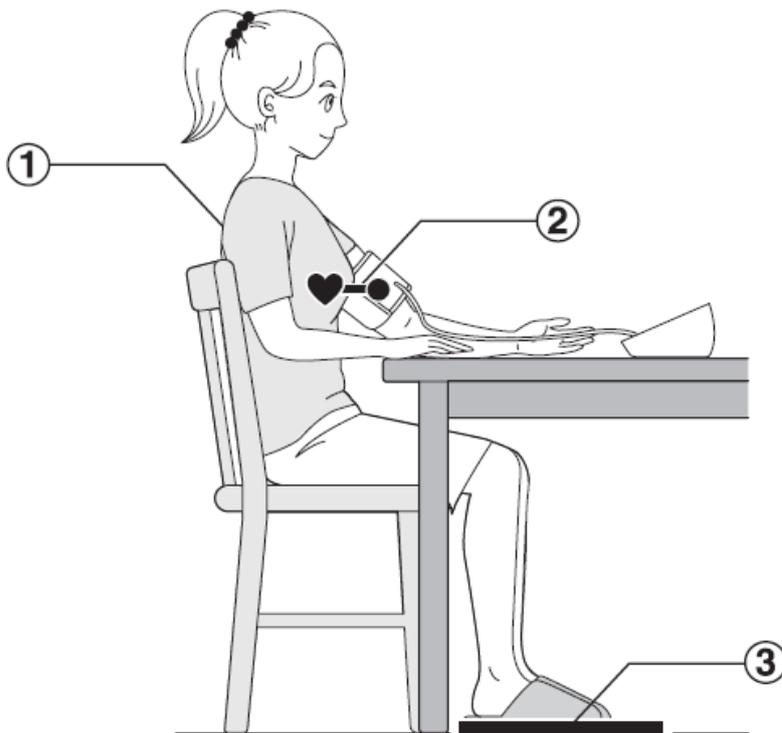
Applying the cuff



1. Apply the cuff on your left arm (if possible). Unless requested by your doctor, always try to measure on the same arm.
2. The tube side of the cuff should be 1-2cm above the inside of your elbow
3. Make sure that the air tube is on the inside of your arm

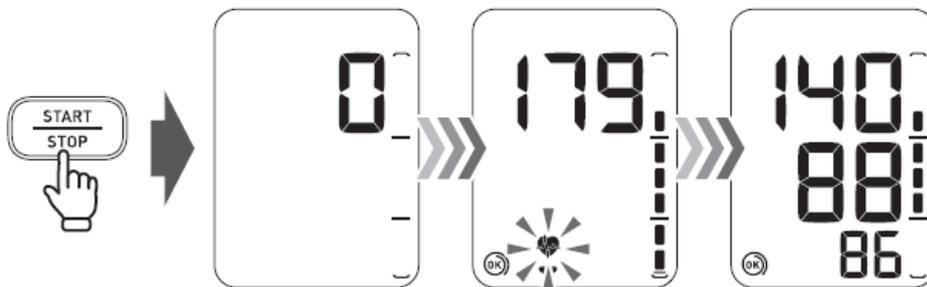
Tips for an Accurate Reading

- Sit comfortably upright with your back supported (1) and your feet flat on the floor with your legs uncrossed (3).
- Rest your arm on a flat surface, with your upper arm level with your heart (2).
- Position the cuff correctly, with the bottom edge 1-2cm above your elbow.
- Don't talk during the measurement process.
- Always take at least 2 blood pressure readings
- Wait at least 1 minute and maximum 10 minutes between readings.



STEP 3. READ AND RECORD YOUR RESULT

Taking a measurement



When the START/STOP button is pressed, the measurement is taken and saved automatically.

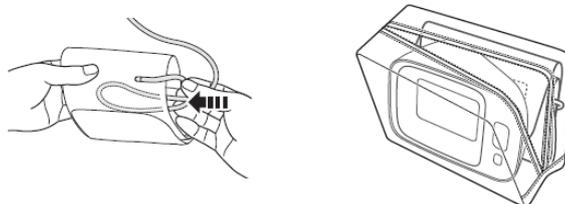
Recording your result

Write down the results from the 2 blood pressure readings on a piece of paper, or on the 'blood pressure pass' included in the box with your blood pressure monitor. Alternatively, record them directly in the Hypertension Plus app (See Step 5)

STEP 4. COMPLETING THE PROCESS, REMOVING YOUR CUFF AND STORING YOUR DEVICE

Removing the cuff and storing your device

After the measurement is complete, remove the cuff from your arm, unplug the air tube of the cuff from the device, and tuck the tube into the cuff. Keep the blood pressure monitor in a cool, dry location, ideally in a storage case, when not in use



Cleaning and Maintenance

Only use a soft, dry cloth or a cloth moistened with natural soap to clean the device and cuff.



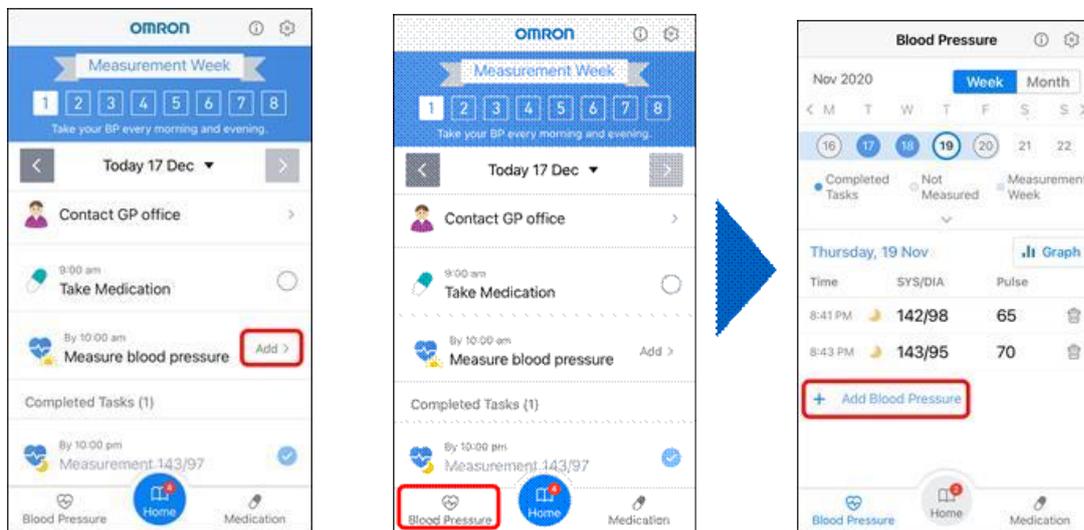
STEP 5. REPORT YOUR RESULTS

Reporting results in the Hypertension Plus App

If your doctor has asked you to join Hypertension Plus, you can report results quickly and easily through the Hypertension Plus app.

To report your results in the Hypertension Plus App, either tap [Add] on the 'Measure Blood Pressure' task on the App Home Screen, or if the task is not available tap 'Blood Pressure' at the bottom of the home screen, and tap 'Add Blood Pressure' on the following Screen.

To add measurements from previous dates, use the date selector at the top of the screen to select the date of the measurement.



After tapping 'Add' or 'Add Blood Pressure' information screens are displayed with instructions on how to measure blood pressure accurately. Tap 'Next' to move to the data entry screens.

On the first data entry screen, enter the blood pressure data from your first measurement. Enter the following information

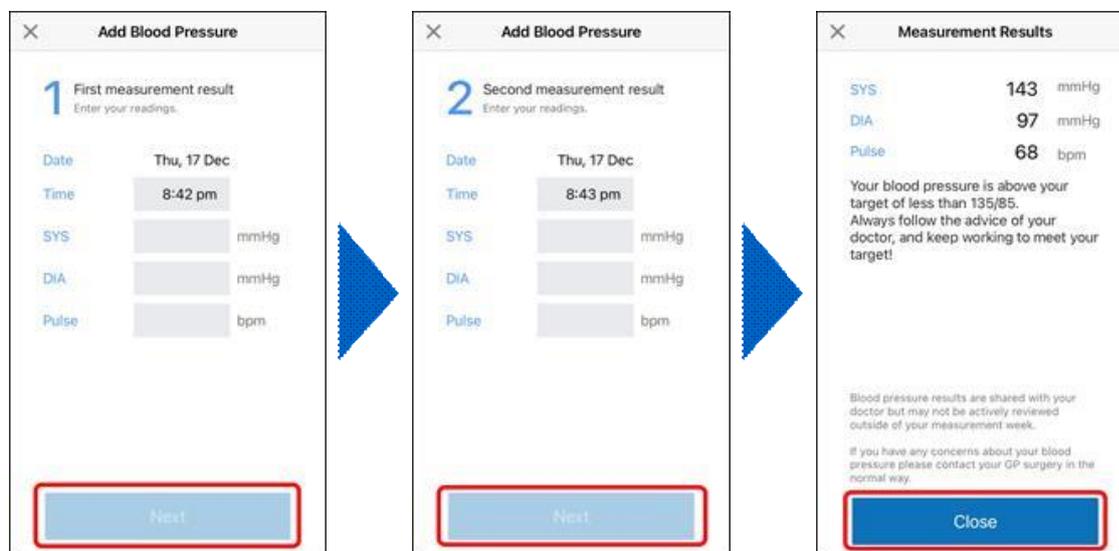
- Time** Enter the time that you the first measurement
- SYS** The systolic blood pressure. This is the top number displayed on the blood pressure monitor screen at the end of the measurement.
- DIA** The diastolic blood pressure. This is the middle number displayed on the blood pressure monitor screen at the end of the measurement
- PULSE** This is your hear rate in beats per minute. This is the bottom number displayed on the blood pressure monitor scree at the end of the measurement

After entering the data, tap [Next].

The hypertension Plus app will now ask for your second measurement result. Enter the time of your second measurement, and the SYS, DIA and PULSE data from this measurement. Tap [Next]

The final screen will show the average of your 2 measurements, and inform whether the result is above or below your target blood pressure. Tap [Close] to close.

Note: If your second blood pressure reading is higher than 170mmHg systolic or 115mmHg diastolic, or lower than 100mmHg systolic, Hypertension Plus will prompt you to enter a third measurement.



SUPPORT

For questions or support on your Omron Blood Pressure Monitor please visit:

<https://www.omron-healthcare.co.uk/customer-support>

For questions on the Hypertension Plus App or Service, please visit

<https://www.omron-healthcare.co.uk/hypertensionplus/customer-support>

Note: Many Omron devices have additional features. The information leaflets in the box can help show what these features do. However, the essential steps for taking your own blood pressure have been described above.