

Get started with your blood pressure measurements

Step by step

This information is intended for individuals who are participating in a self-monitoring plan that involves measuring blood pressure.

Please be aware that these instructions have been tailored to the **Omron M2 Intelli IT**, **Omron M4 Intelli IT** and **Omron M7 Intelli IT blood pressure monitors**. If you are using a different blood pressure monitor, variations in design and usage might exist.

Here's how to accurately measure your blood pressure and seamlessly transfer the data to your app:

Before you begin your first blood pressure measurement, you have to establish a connection between your blood pressure monitor and the app. Here's a step-by-step guide to help you through the pairing process.

1. Mobile Setup



Make sure Bluetooth is enabled on the mobile device where you have the app installed.

Open the Platform24 app and login.

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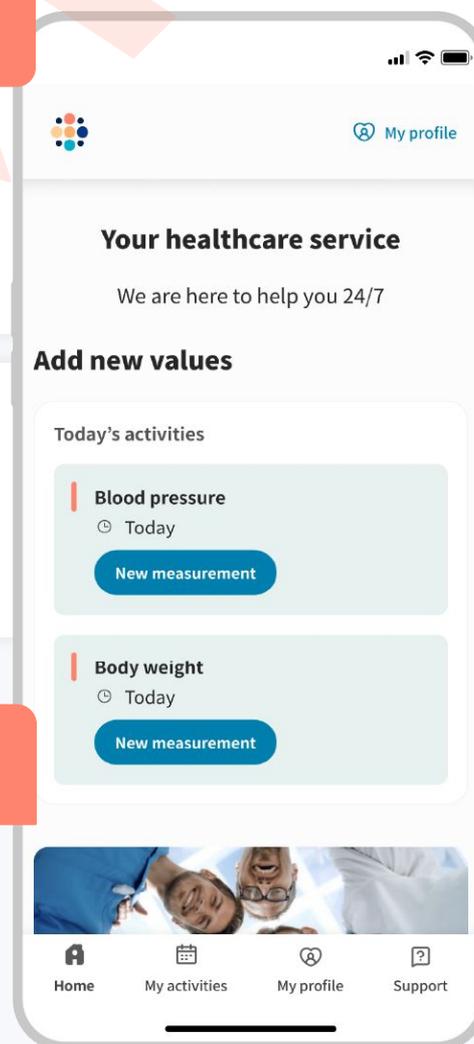
2. App Navigation



Once logged in, you'll see your current activities on the app's start page.

2

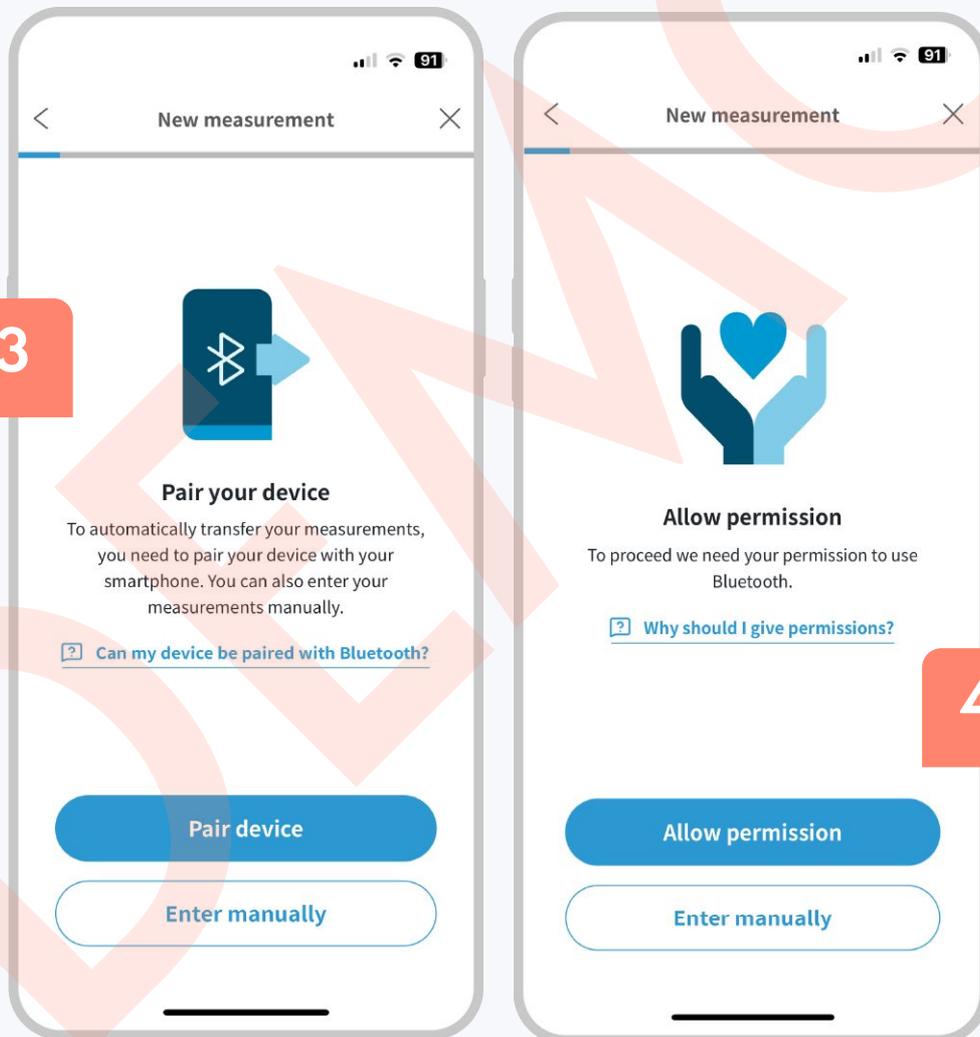
Under **Today's Activities**, choose **New Blood Pressure Measurement**.



3. Initiating Pairing

The app will automatically prompt you to pair your blood pressure monitor.

4. Bluetooth Permissions

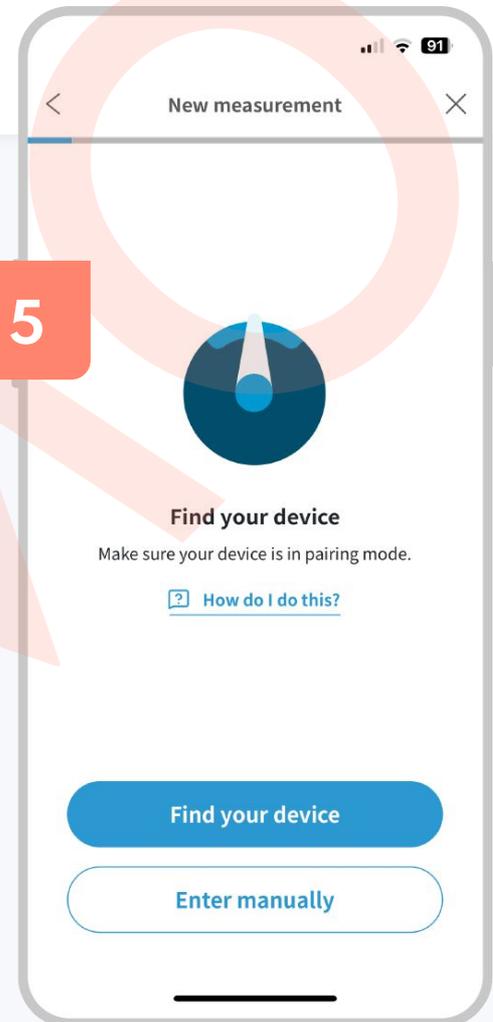


Tap **Pair Device** within the app.

You might need to grant the app permission to use Bluetooth. Allow this by selecting **Allow Permission**.



5. Finding Your Device



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Tap **Find Your Device** in the app. The app will search for your blood pressure monitor.

6. Blood Pressure Monitor Setup

Make sure your blood pressure monitor is **turned off**. If it's on, press the **START/STOP** button 1 time to turn it off.



Press and hold the Bluetooth button  until a flashing "P" appears on the monitor screen. This might take a few seconds.



Press and hold the Bluetooth button  until a flashing "P" appears on the monitor screen. This might take a few seconds.



*Note: If you see a flashing square instead of a "P", turn off the monitor by first pressing the **START/STOP** button and then the Bluetooth button .*





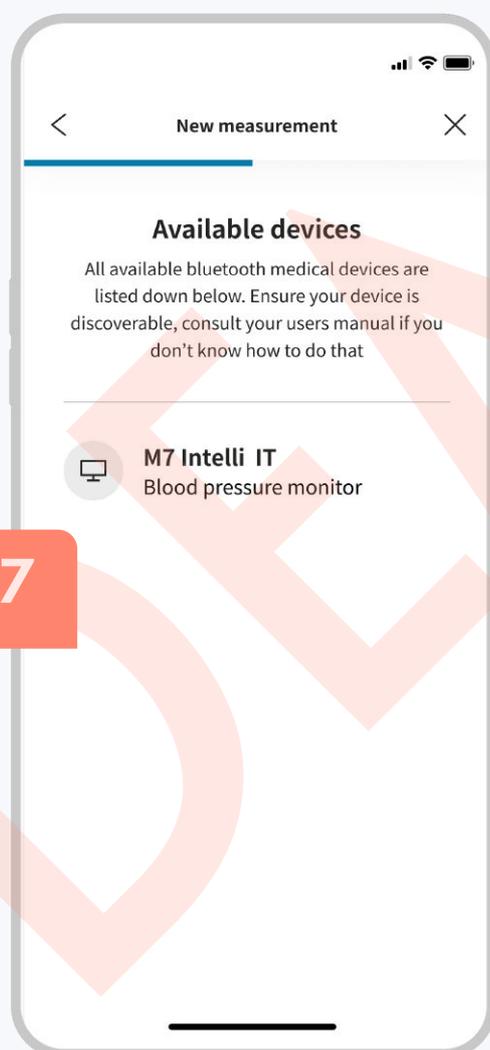
7. App Connection

Once the app detects your monitor, it will be listed as an available device.

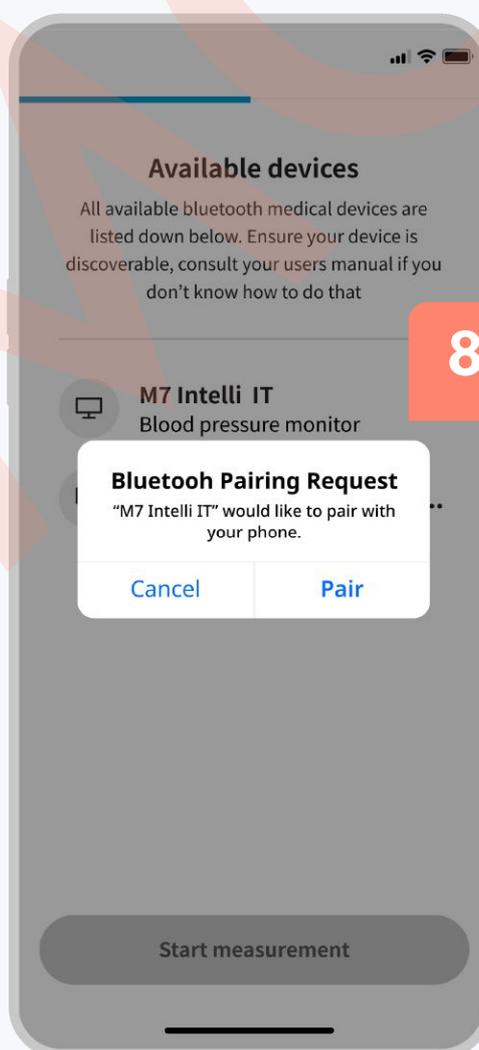


8. Complete pairing

The app will display a pairing request.



Tap the monitor's name from the list.



Tap **Pair** in the app.



9. Start measurement

When pairing is completed, press **Start measurement** to perform your blood pressure measurement.

If you require assistance with your first blood pressure measurement, refer to the instructions titled “How to Measure Your Blood Pressure”.

