

How to measure your blood pressure

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.

This is how you measure your blood pressure and transfer the information to your app:

Now that you've paired your blood pressure monitor with your app, it's time to measure your blood pressure! The following describes how you proceed to carry out the measurement and then transfer the measured value to the app.



1. Open the app

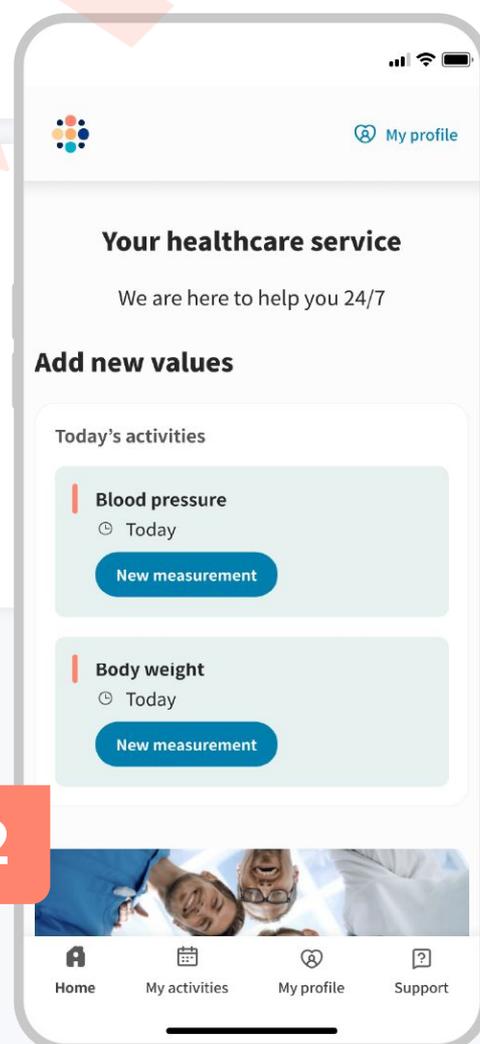
Open the app on your mobile device and log in.

2. App navigation

On the app's start page, you'll find your current activities.

Choose **New Blood Pressure Measurement** under **Today's Activities** or **Always Available**.

If it is the first time you are going to take a blood pressure measurement, you first need to pair your blood pressure monitor and your app before you can carry out the measurement. See separate instruction sheet on how to do this.

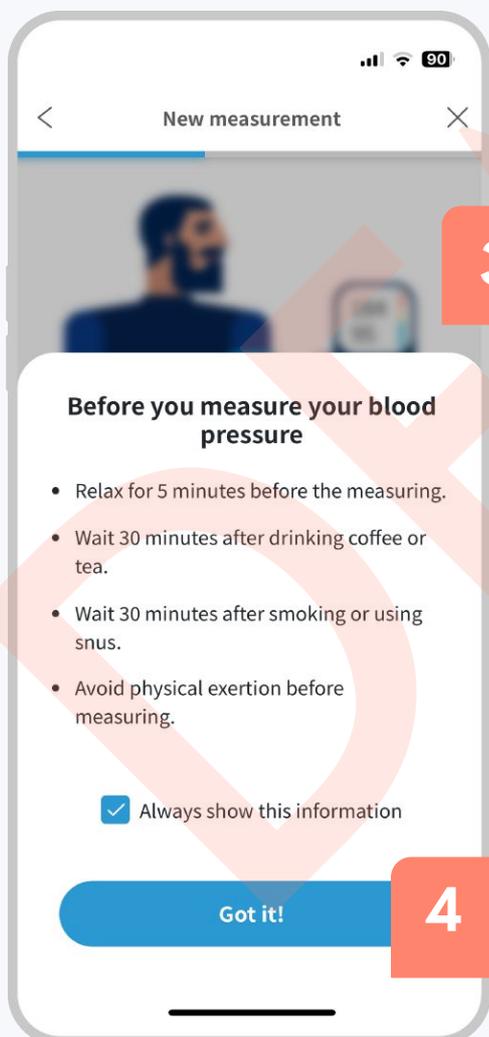


3. Prepare yourself for blood pressure measurement

Before carrying out your blood pressure measurement, it is important that you prepare yourself in the right way:

- Sit down and rest for five minutes before your measurement.
- Both feet should be on the ground and your legs should not be crossed.
- If you have drunk coffee, tea, or have used tobacco products, you must wait 30 minutes before taking your measurement.
- Avoid strenuous activity prior to measurement.

These preparation instructions are also displayed in the app, unless you have actively chosen to hide this information.



3

Before you measure your blood pressure

- Relax for 5 minutes before the measuring.
- Wait 30 minutes after drinking coffee or tea.
- Wait 30 minutes after smoking or using snus.
- Avoid physical exertion before measuring.

Always show this information

Got it!

4

4. Prepare measurement in the app

Tap **Get Started** to proceed.

5. Blood Pressure Monitor Setup

- Place the cuff on your arm, just above the elbow. **Remember to use the same arm for each measurement, primarily the left arm.**
- Make sure no fabric from your clothing is between the cuff and your skin.
- Rest your arm on your knee, aligning the cuff's tube toward your ring finger.



5



6. Start Measurement

- When the app prompts you to begin your measurement, press the **START/STOP** button on your blood pressure monitor.
- The measurement starts now. Wait until the measurement is finished.





7. Data Transfer

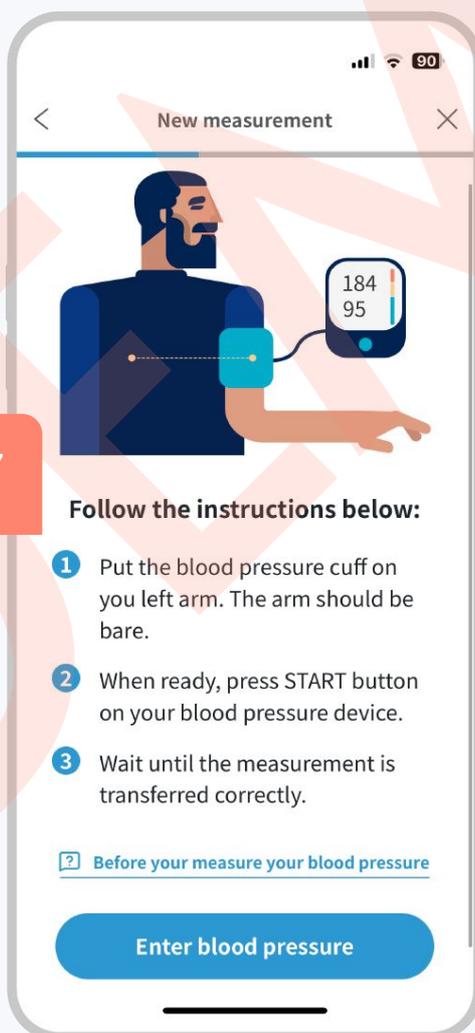
7

When the measurement is complete, the value is automatically transferred from the measurement device to the app.



7

Verify that the displayed value in the app matches the monitor's reading. If needed, you can manually adjust the value in the app.

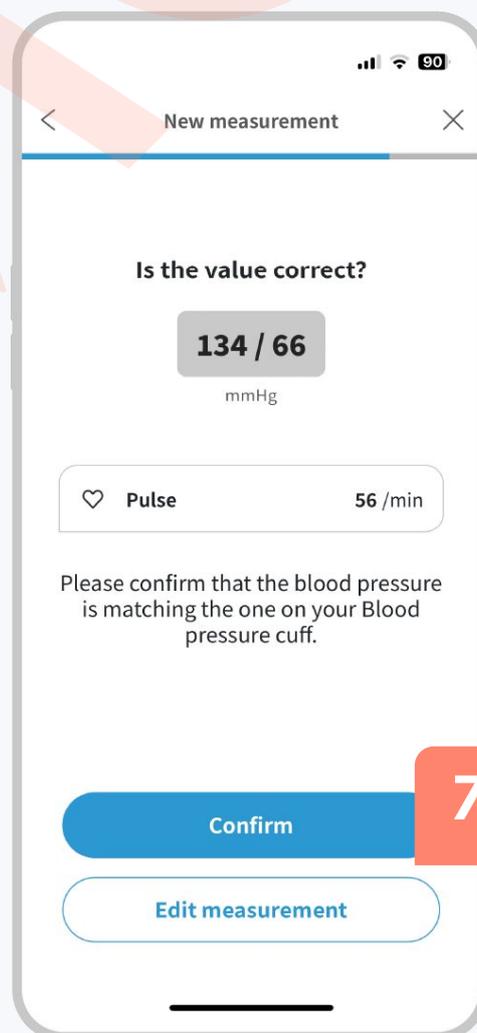


Follow the instructions below:

- 1 Put the blood pressure cuff on your left arm. The arm should be bare.
- 2 When ready, press START button on your blood pressure device.
- 3 Wait until the measurement is transferred correctly.

[Before your measure your blood pressure](#)

Enter blood pressure



Is the value correct?

134 / 66

mmHg

♥ Pulse 56 /min

Please confirm that the blood pressure is matching the one on your Blood pressure cuff.

Confirm

Edit measurement

7

Tap **Confirm**.

Completed

Good work! You are now done with the measurement.

Your blood pressure value is sent directly to your healthcare provider. The app provides insights about your reading's significance, such as whether it's high, low, or normal.

