Self-Measuring Blood Pressure Monitoring

Patient Instructional Checklist

*For provider use with patients to train in device set up, proper use and recording*

🞏 **Blood Pressure Monitor Set up and Recording:**

* **Name of Device:** Omron 10 Series Upper Arm Blood Pressure Monitor

**Model:** BP7450

**The website with all forms, videos, resources referenced here:** [**www.msv.org/smbp**](http://www.msv.org/smbp)

* If you plan to record readings using a smart device:
  + Download the APP named: ***OMRON connect US/CAN***

*Instructions on how to download are listed on p. 29 of manual*

* + If you have difficulty downloading the APP, you will want to verify your device is compatible. For a list of compatible devices, go to the **Equipment Resources** section
* If you are recording readings manually, mark them each day on the sheet provided

🞏 **Training:**

* How to prepare, position and measure blood pressure
  + Videos are available in English and Spanish in **Practice Resources**
* Refer to infographic (provided) or in **Practice Resources**
* How to use Omron upper arm blood pressure monitor device:
* Refer to *Quick Start Guide* and/or *Instruction Manual* provided with the unit

🞏 **Recording:**

* Readings should be taken daily
* Ideally 2x in morning and 2x in evening
* Rest 1 minute between readings
* If reading is above \_\_\_\_\_\_\_ contact the office at (phone number)

🞏 **Sending Data From Device:**

* On the 30th or 31st **each month**, send readings to the office by either:
  + Downloading a file from your Omron app and emailing it to the office at (email address). Include your name and date of birth in subject line

OR

* + Bringing a printout or your handwritten monthly sheet(s) to your next appointment

***Problems with Omron Blood Pressure Monitor?***

Omron Customer Service: 1-800-634-4350