(Insert Practice Logo)

Self-Measuring Blood Pressure Monitoring

Patient Instructional Checklist

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

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

**Model:** BP7450

**Website with forms, videos, resources:** www.msv.org/smbp

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

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

* + If you have difficulty downloading the APP, verify you have a compatible device. Listing:

<https://omronhealthcare.com/service-and-support/connected-health/connected-device-compatibility/>

1. If you are recording readings manually, mark them each day on the sheet provided

🞏 **Training:**

1. How to prepare, position and measure blood pressure:
   * Video (English) <https://www.ama-assn.org/sites/ama-assn.org/files/2019-07/SMBP-Training-English.mp4>

(Spanish) <https://www.ama-assn.org/sites/ama-assn.org/files/2019-07/SMBP-Training-Spanish.mp4>

* Refer to infographic provided

1. How to use Omron upper arm blood pressure monitor device:

Refer to *Quick Start Guide* and/or *Instruction Manual* provided with the unit

🞏 **Recording:**

1. Readings should be taken daily

* 2x in morning and 2x in evening
* Rest 1 minute between readings

1. If reading is above \_\_\_\_\_\_\_ contact the office at (phone number)

🞏 **Sending Data From Device:**

1. On the 30th or 31st **each month**, send readings to the office by:
   * 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