

OMRON

# GETTING STARTED

Wrist Blood Pressure Monitor



BP629

2013 ESH/ESC Guidelines for the management of arterial hypertension  
Definitions of hypertension  
(by home blood pressure levels)

$\geq 135$  mmHg systolic  $\geq 85$  mmHg diastolic

Please read the instruction manual for complete product information.

Have questions?

**DO NOT RETURN THIS PRODUCT TO THE STORE.**

Call our Toll-Free Consumer Help Line at **1-800-634-4350** for assistance with your Omron product.

[www.omronhealthcare.com](http://www.omronhealthcare.com)

## STEP 1 Insert two AAA batteries into compartment.

1. Remove the battery cover.



2. Insert two AAA batteries into the battery compartment.



## STEP 2 Date and Time Setting Option: (A or B)

### A. To Set Date and Time:

While the monitor is off, press and hold the **⏸** button to show the year. Use the **⏪** button to advance to the current year, then press the **⏸** button to confirm. The screen will then show the month and day. Change month, day and time following the same steps. Press **START/STOP** button when complete to shut off the monitor.

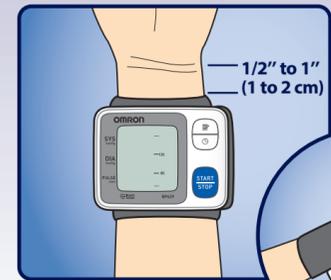
For more information on date and time setting, see the instruction manual.

### B. To Bypass Setting Date and Time:

Proceed to **STEP 3** to continue. Your readings will be recorded in the memory of the monitor, but will not have the correct date and time connected to your reading for reference.



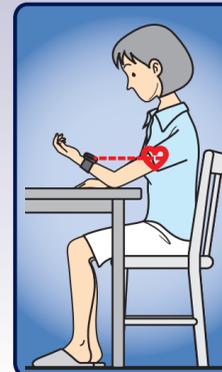
## STEP 3 Secure cuff on left wrist. Your palm should face upward. Place the cuff 1/2" to 1" (1 to 2 cm) away from the wristbone.



To use on your right wrist, follow the same process as outlined above.

## STEP 4 Taking Your Measurement:

Elevate the cuffed wrist to your heart level (as shown). Placing the cuff in your heart level ensures that you get an accurate reading. To turn the monitor on and take a measurement, press the **START/STOP** button. Hold still until the cuff deflates and results are displayed. Press the **START/STOP** button to turn off the monitor.



## FREQUENTLY ASKED QUESTIONS

**Q.** Why are my blood pressure readings sometimes different?

**A.** Your blood pressure changes constantly based on your daily activities and time of day. Because of this, some fluctuations can be expected. That's why it is important to use averages over time to compare readings. Because each person is different, it is important to consult with your doctor about what your numbers mean to you.

**Q.** Why could my doctor's reading be different than my readings taken at home?

**A.** Having your blood pressure measured by a healthcare professional in a doctor's office can cause nervousness and may result in an elevated reading. Because these readings can vary considerably, you should take your blood pressure on a regular basis at home and share your results with your healthcare provider.

## OTHER IMPORTANT TIPS:

- For accurate readings, sit quietly with feet flat on the floor and rest for 5 minutes before taking a measurement. Do not measure within 30 minutes after eating, exercising, bathing, smoking or drinking alcohol.

- Try to measure your blood pressure at the same time each day.

- To review readings, press the **⏪** button to scroll through readings.

- To keep your blood pressure monitor in the best condition, follow the Care and Maintenance directions in the instruction manual.