

OMRON SET UP AND DATA EXPORT

Device: [OMRON Gold Blood Pressure Monitor](#)

MEASUREMENT TIPS

For the most accurate reading, follow these guidelines:

Before You Measure:

- Try to avoid measuring during periods of stress—tension can raise blood pressure.
- Choose a quiet, relaxed environment.
- Measure at the same times each day (ideally morning and evening) for consistency.
- Don't bathe, eat, smoke, exercise, or consume alcohol or caffeine for at least 30 minutes beforehand.
- Sit and rest for at least 5 minutes before taking your reading.
- Remember: A single reading isn't enough to assess your blood pressure accurately. Track your measurements over time to identify trends and share with your doctor.

Proper Sitting Position:

- Sit upright in a comfortable chair with your back supported.
- Keep your feet flat on the floor, legs uncrossed.
- Rest your arm on a table, palm up, with your upper arm supported at heart level.
- The bicep monitor cuff should be at the same height as your heart:
 - If it's too high, the reading may be falsely low.
 - If it's too low, the reading may be falsely high.
- Keep your wrist and hand relaxed—avoid bending your wrist or clenching your fist.

MEASUREMENT STEPS

1. **Prepare Your Arm:** Roll up your left sleeve, ensuring it's not too tight around your arm—tight fabric can restrict blood flow and affect accuracy.
2. **Position the Cuff:** Slide your arm through the cuff loop so the monitor display and your palm are both facing upward.
3. **Align the Cuff Properly:** Position the cuff on your upper arm, leaving about 0.5 inch (1–2 cm) between the bottom edge of the cuff and the crease of your elbow.
4. **Secure the Cuff:** Wrap the cuff snugly around your bare arm—not over clothing—ensuring it sits evenly and lies flat against your skin. There should be no gaps between your arm and the cuff.

SETTING UP THE APP

1. Enable Bluetooth on your smart device.
2. Download and install the free "[OMRON connect US/CAN](#)" app onto your smart device.
3. Open the app on your smart device and follow the instructions.
4. Confirm that your monitor is connected successfully. Once your monitor is connected successfully to your smart device, the "OK" symbol flashes.

EXPORTING DATA BEFORE VISIT

1. Tap the History tab on the bottom of the screen.
2. Tap the share icon on the top right in the screen.
3. If you are a subscribed user, tap Standard Report in the following screen.
4. In the following screen, select the type of data you want to share.
5. Select the date range for which you want to share the readings.
6. Select Excel or PDF.
7. Send your PDF in your Fold app chat.
8. Be sure to send your PDF to your team prior to your visit with your physician.

UNDERSTANDING YOUR RESULTS

This device measures your pulse and your blood pressure:

- Typical pulse measurements range from 60 to 100 beats per minute.
- Blood pressure is an estimate of the force your blood is exerting on your blood vessels. The goal for blood pressure is <120/<80.

