Memorial Sloan Kettering
Cancer Center

How To Take Your Blood Pressure Using the OMRON BP5250 or BP7250

This information will explain how to use the OMRON Connect app to take your blood pressure reading using an OMRON BP5250 or OMRON BP7250 blood pressure machine.

1. Open the OMRON Connect app on your phone or tablet.

2. Place the blood pressure cuff on your arm. Use your OMRON BP5250 or OMRON BP7250 blood pressure machine.

3. Press the start button your blood pressure machine.

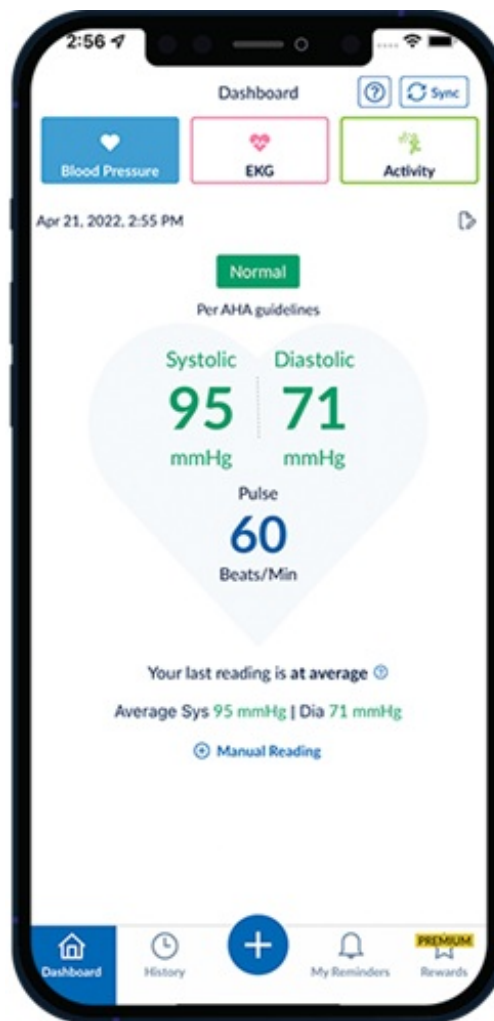4. Once the reading has been taken it will appear on your OMRON Connect app dashboard (see Figure 1).

Figure 1. OMRON Connect Dashboard

5. If you do not see the reading after a few minutes, select the "Sync" button in the app to send the reading (see Figure 2). The "Synch button is in the upper right corner.
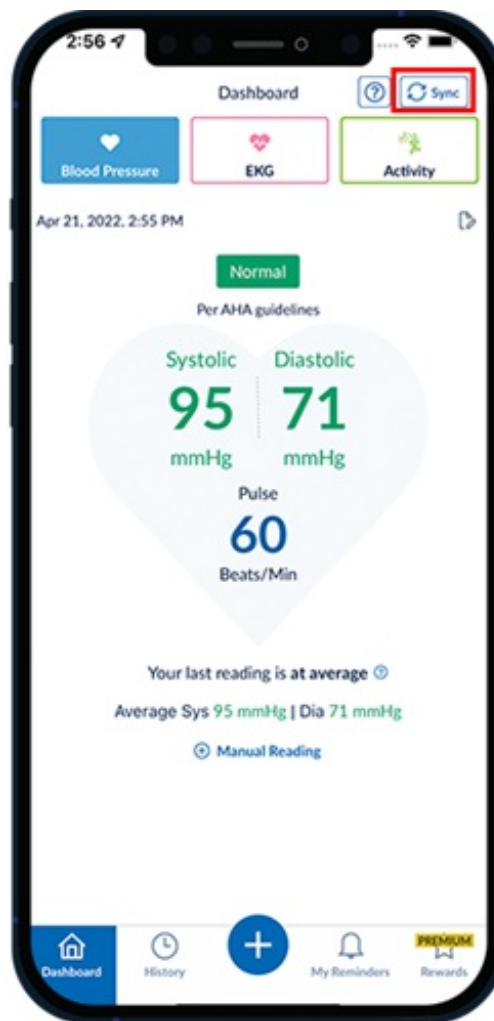
Figure 2. Use synch button if needed

If you have questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you're not sure how to reach your healthcare provider, call 212-639-2000.

For more resources, visit www.mskcc.org/pe to search our virtual library.

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