

## PATIENT & CAREGIVER EDUCATION

## How To Take Your Blood Pressure Using the Withings BPM Connect

## How to take your blood pressure using the Withings BPM Connect

- 1. Open the Health Mate app on your phone or tablet.
- 2. Place the Withing BPM Connect blood pressure cuff on your arm (see Figure 1).

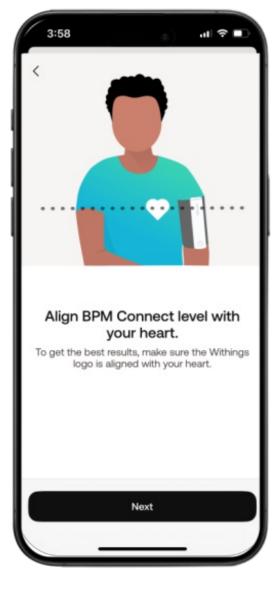


Figure 1. Correct position for BPM Connect

- 3. Press the start button your blood pressure machine.
- 4. Once the measurement has been taken it will appear on your Health Mate app dashboard (see Figure 2).

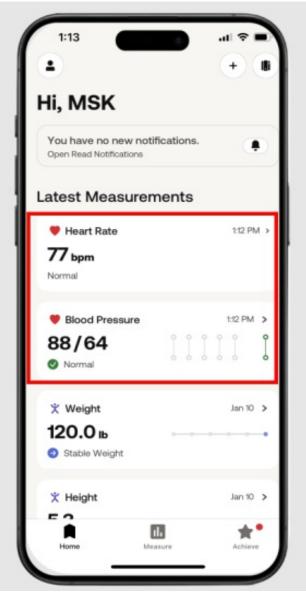


Figure 2. Real-time measurements in the app

5. If you do not see the reading after a few minutes, select the "Sync" button in the app to send the reading.

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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