Memorial Sloan Kettering
Cancer Center

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).
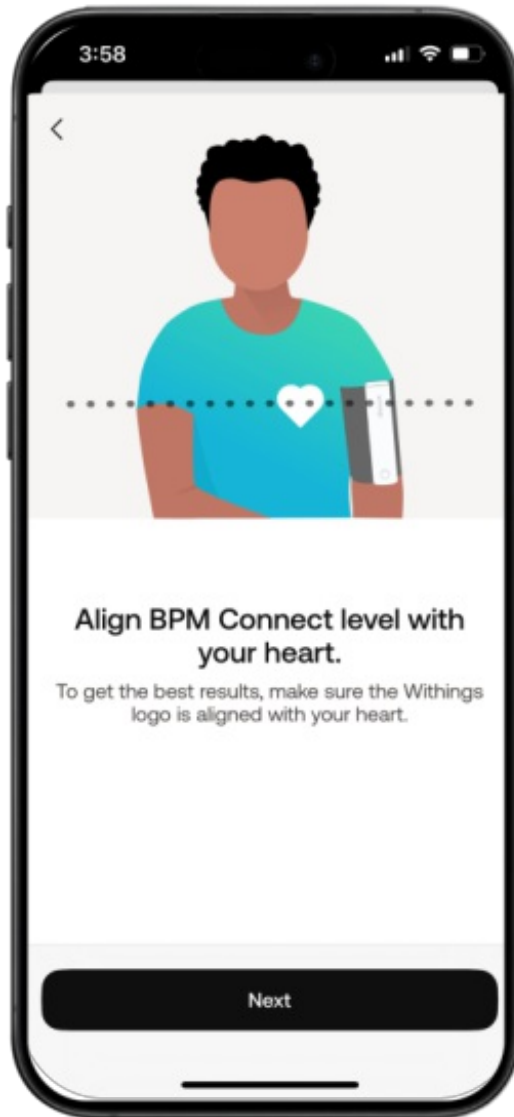
Figure 1. Correct position
for BPM Connect

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).
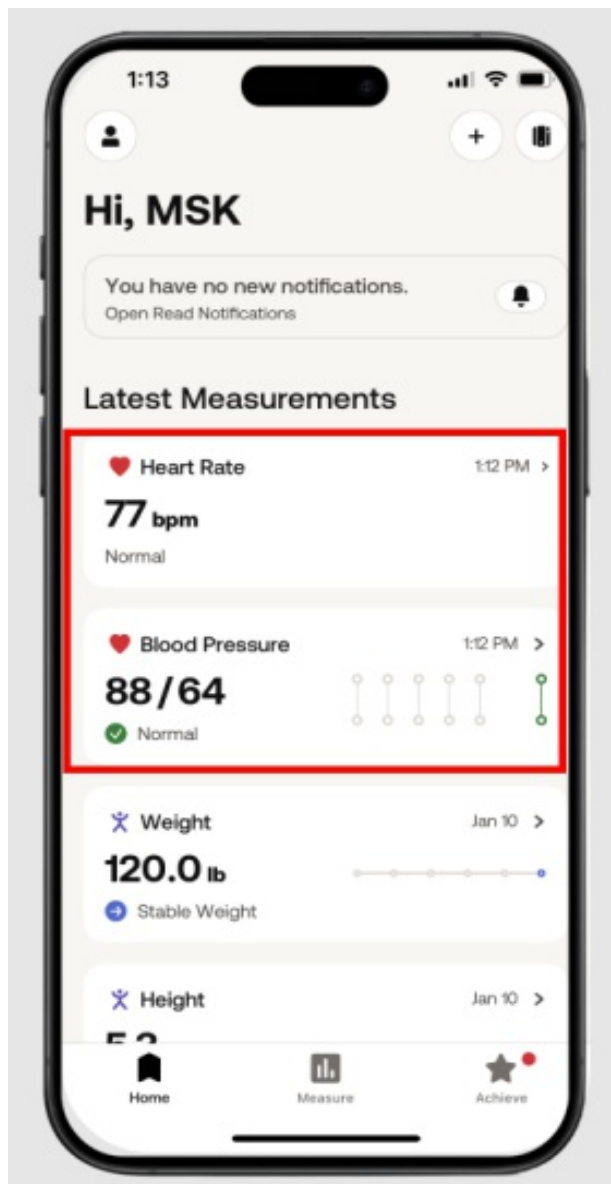
Figure 2. Real-time measurements in the app

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 any questions, contact a member of your care team directly. If you're a patient at MSK and you need to reach a provider after 5 p.m., during the weekend, or on a holiday, call 212-639-2000.

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

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