Memorial Sloan Kettering Cancer Center

PATIENT & CAREGIVER EDUCATION

How To Set Up Your Blood Pressure Monitor at Home

This information explains how to install blood pressure monitors as part of your care at MSK. They are the Withings BPM Connect, OMRON Silver BP5250, OMRON 5 Series BP7250, and the iHealth Track.

The blood pressure measurements you take at home will help your care team make decisions about your care. They can help them diagnose high blood pressure. They also can use your home blood pressure measurements to adjust your blood pressure medications, if needed.

How to install the Withings Health Mate app

This information will explain how to setup and use the Withing BPM Connect blood pressure machine.

How to set up the Withings BMP Connect blood pressure machine

1. Download the Withings Health Mate app from iOS or Google Play Store (see Figure 1).

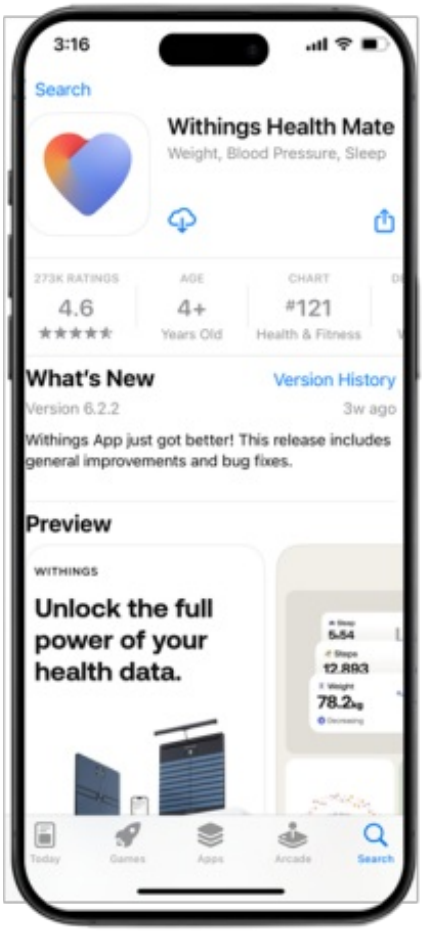

Figure 1. Withings Health Mate app

2. Select “Get Started” (see Figure 2).

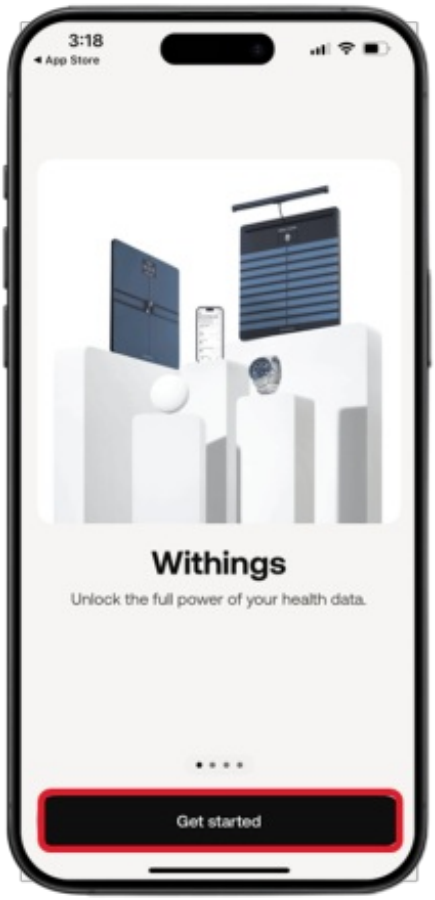

Figure 2. Get started

3. Enter the email address you would like to login with and click “Continue” (see Figure 3).

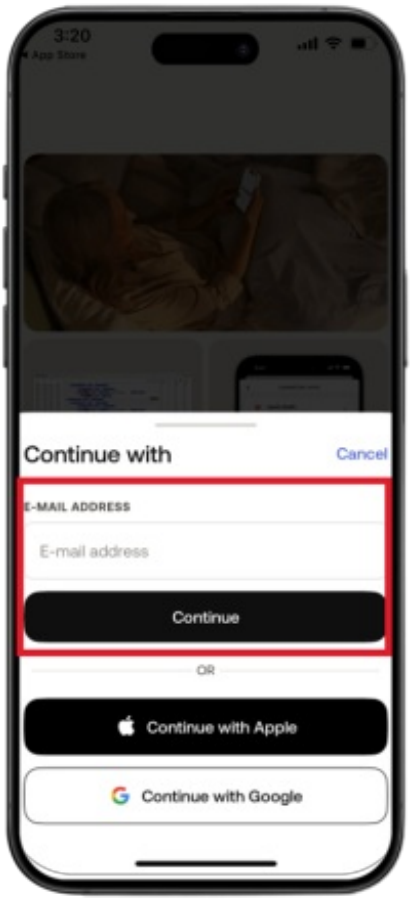

Figure 3. Enter email

4. Check your email address for a Withings verification code. Enter the code into the Withings Health Mate App and click “Continue” (see Figure 4).

Figure 4. Enter verification code

5. From top right-hand corner of the Home screen, tap the Devices icon (see Figure 5).

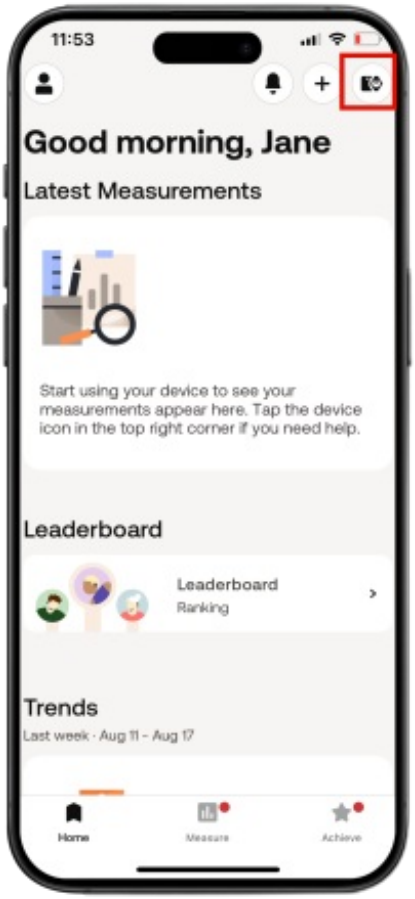

Figure 5. Tap device icon

6. Tap the “Install a device” (see Figure 6).

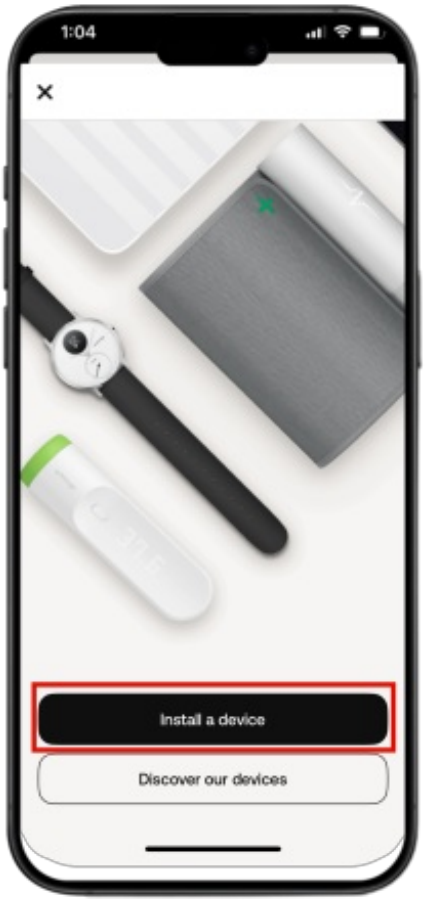

Figure 6. Install device

7. Select “Blood pressure monitors” from list (see Figure 7).

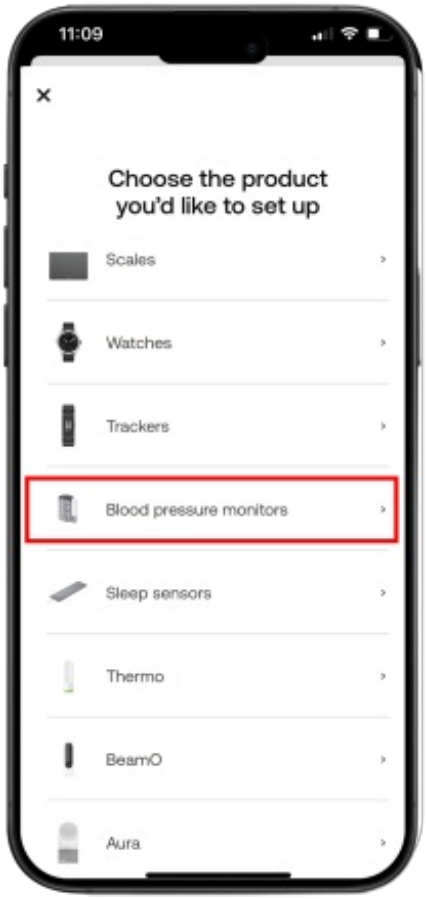

Figure 7. Select blood pressure monitors

8. Select the “BPM Connect” (see Figure 8).

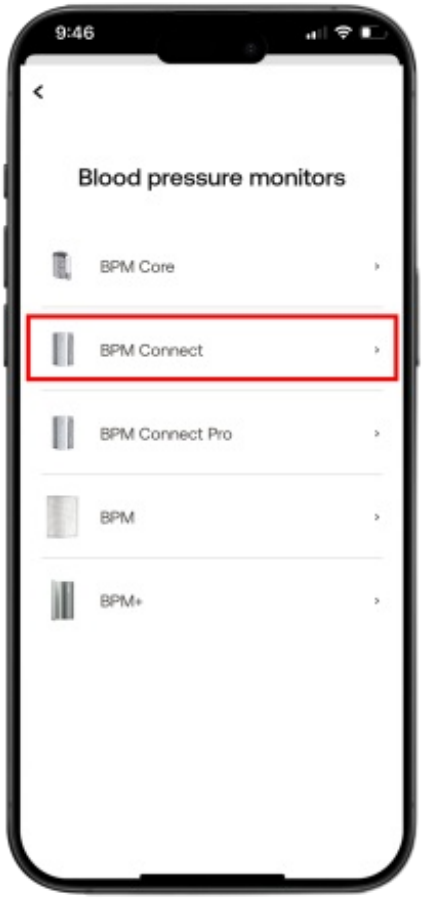

Figure 8. Select BPM Connect

9. Select “Install” (see Figure 9).

Figure 9. Install BPM Connect

0. Press and hold the button on your BPM Connect for three seconds. Tap “Next” to continue (see Figure 10).

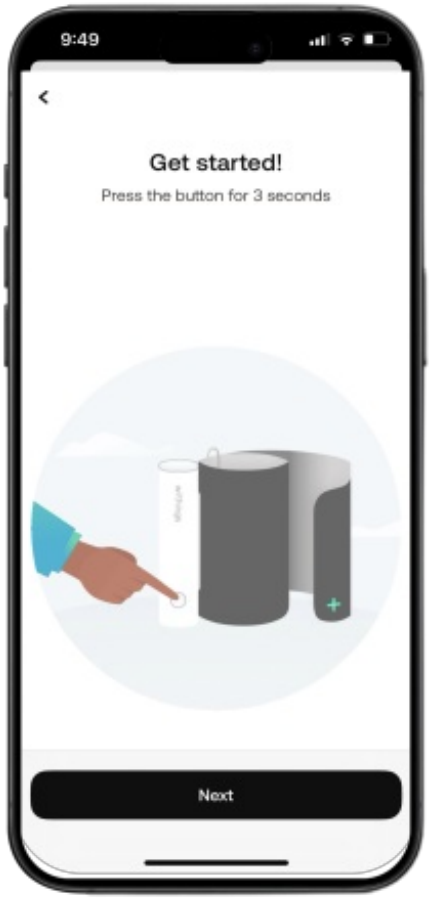

Figure 10. Press button on device and hold

11. Once the BPM Connect is detected tap “Next” (see Figure 11).

Figure 11. BPM Connect is detected

12. Tap “Pair” to start pairing the BPM Connect to your mobile device (see Figure 12).

Figure 12. Start pairing

13. Tap “Pair” when the Bluetooth Pairing Request appears (see Figure 13).

Figure 13. Bluetooth pairing

4. Your BPM Connect has connected. Tap “Next” (see Figure 14).

Figure 14. BPM Connect pairing complete

15. Tap “I don’t have Wi-Fi”. The phone will be setup to connect to Bluetooth (see Figure 15).

Figure 15. Wi-Fi networks

16. The BPM Connect setup is complete. You can now take a blood pressure reading. Tap “Next” (see Figure 16).

Figure 16. Setup is complete

How to take a blood pressure reading

1. Review the on-screen instructions to take your first reading. Sit with your back straight and legs uncrossed. Tap “Next” (see Figure 17).

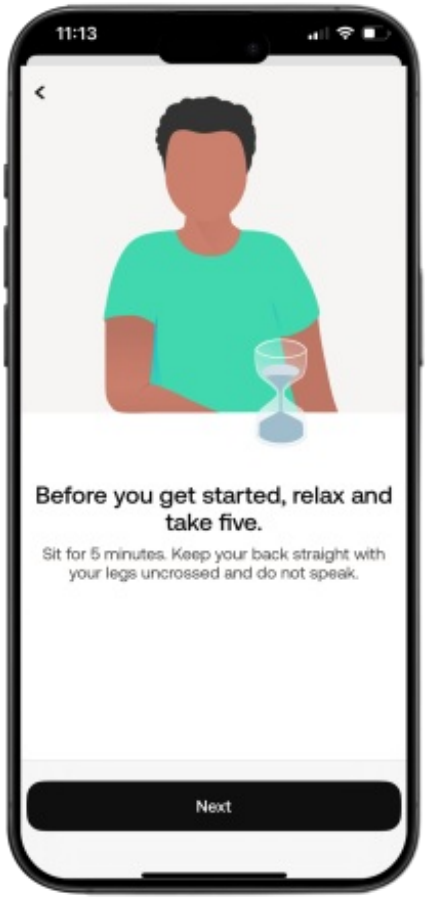

Figure 17. Get ready ro take reading

2. Place the blood pressure cuff on your left arm at heart level (see Figures 18-19). Tap “Next”.

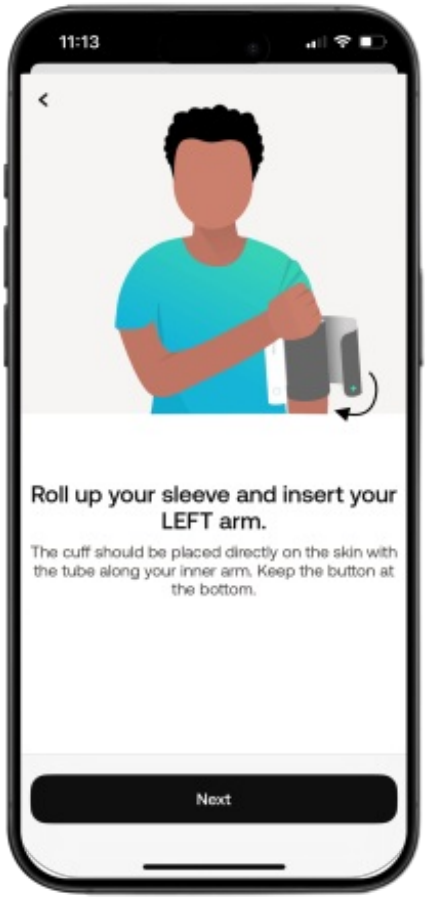

Figure 18. Place cuff on left arm

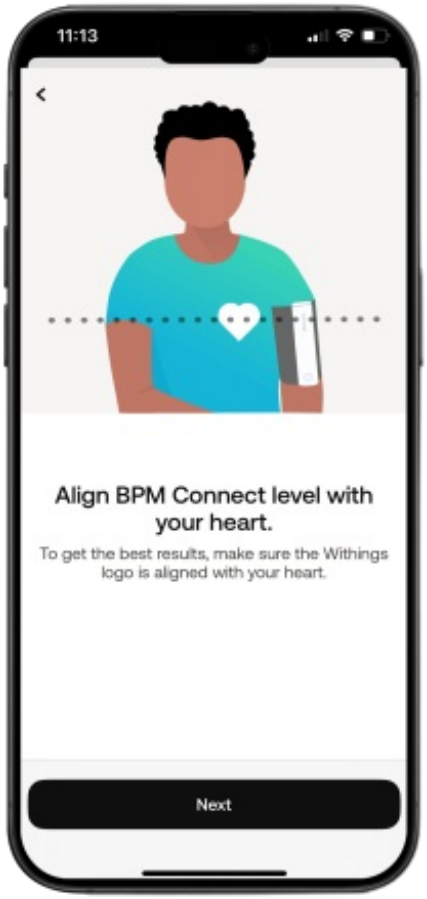

Figure 19. Have cuff at heart level

3. Press the button to turn the BPM Connect on. Your reading will take place. When done tap “Next” (see Figure 20).

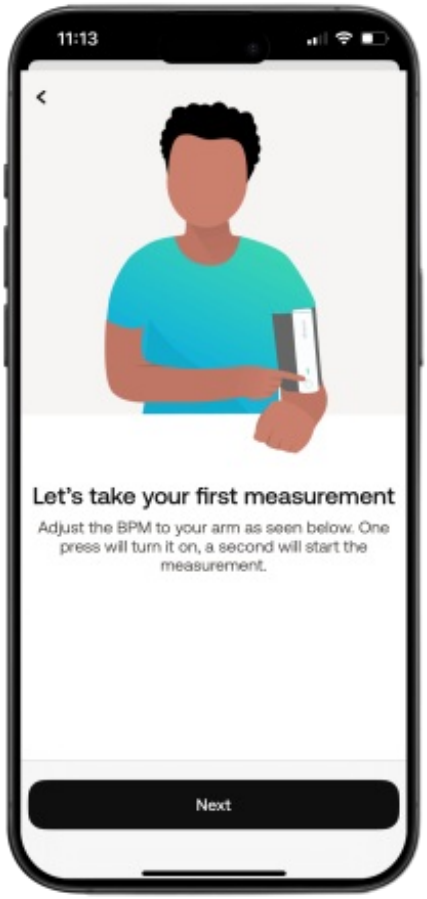

Figure 20. Press button to take reading

4. You can review your blood pressure measurements in the Withings app. The reading may take a couple minutes to show up. The reading will automatically be sent to your care team at MSK. Tap “Done” to return to the homepage (see Figures 21 and 22).

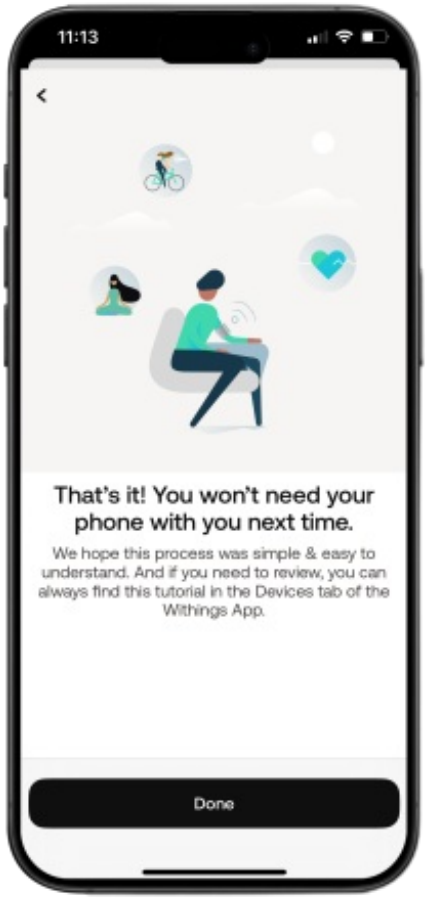

Figure 21. Review instructions

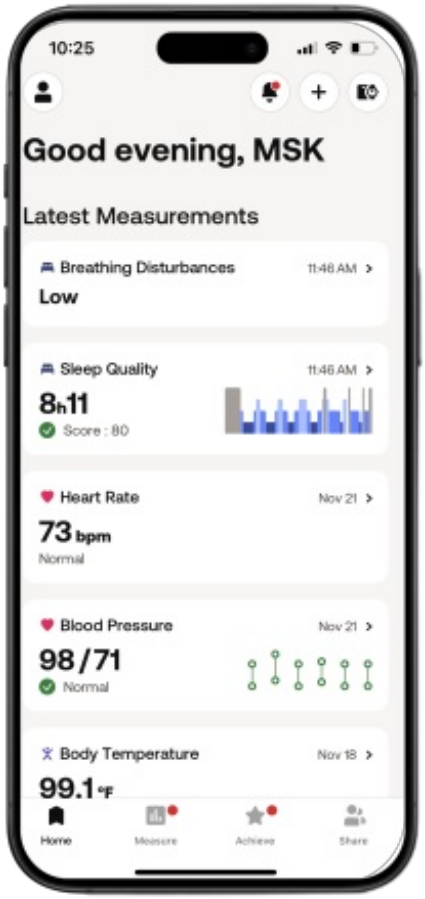

Figure 22. Results sent to MSK care team

How to install the OMRON Silver BP5250

This information will explain how to setup the OMRON Silver BP5250 blood pressure machine and connect it to the MSK Remote Monitoring app.

How to set up the OMRON Silver BP5250 blood pressure machine

1. Download the OMRON Connect app from the iOS or Google Play store (see Figure 1).

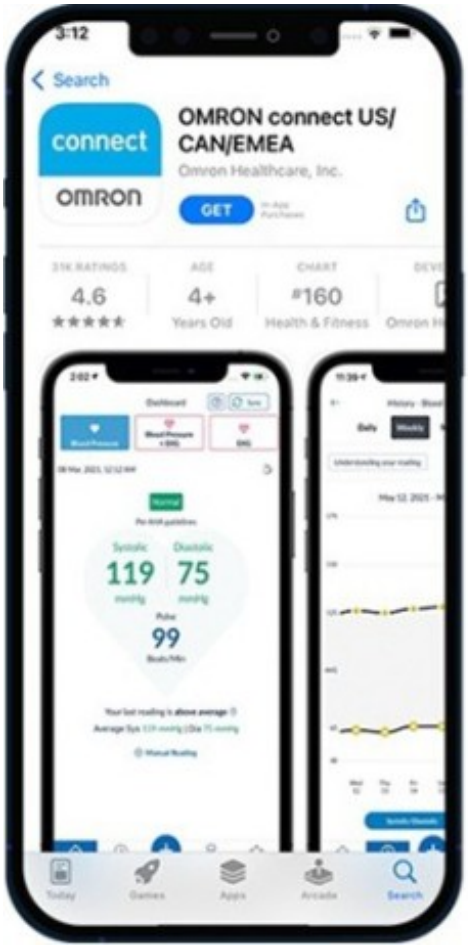

Figure 1. OMRON connect app

2. Open the app and select “Allow” when prompted to connect to Bluetooth (see Figure 2).

Figure 2. Allow Bluetooth

3. Select “United States” (see Figure 3).

Figure 3. Select United States

4. Sign into your OMRON account or tap create new account to sign up if you do not have one (see Figure 4).

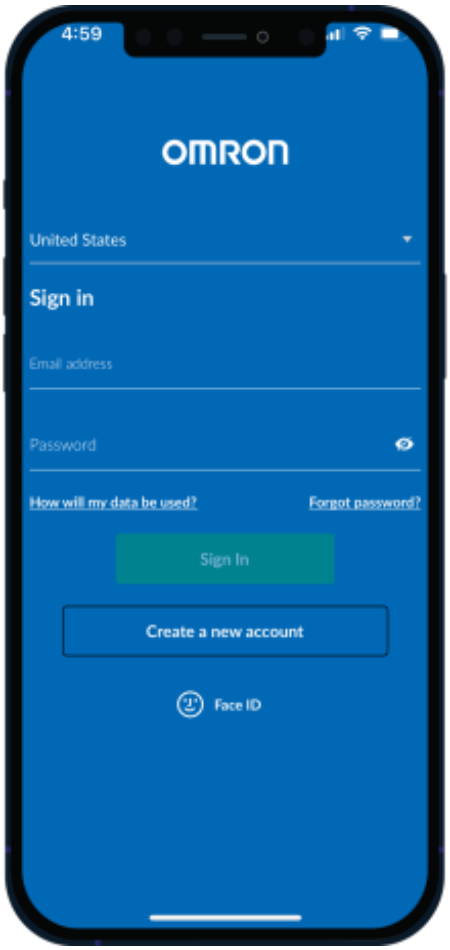

Figure 4. Sign into OMRON account

5. Once you have created an Omron account. You can pair your device. Select “All OMRON Blood Pressure devices” then tap Next: Pairing (see Figure 5).

Figure 5. Select All OMRON Blood Pressure devices

6. Press and hold the Bluetooth button on your blood pressure machine for 3 to 5 seconds. The letter “P” will appear on your blood pressure machine screen. Select “Next: Begin Pairing” in the OMRON Connect app (see Figure 6).

Figure 6. Begin pairing

7. Select “OK” (see Figure 7).

Figure 7. Select Ok

8. Select “Allow While Using App” (see Figure 8).

Figure 8. Select Allow While Using App

9. The device will begin pairing your phone (see Figure 9).

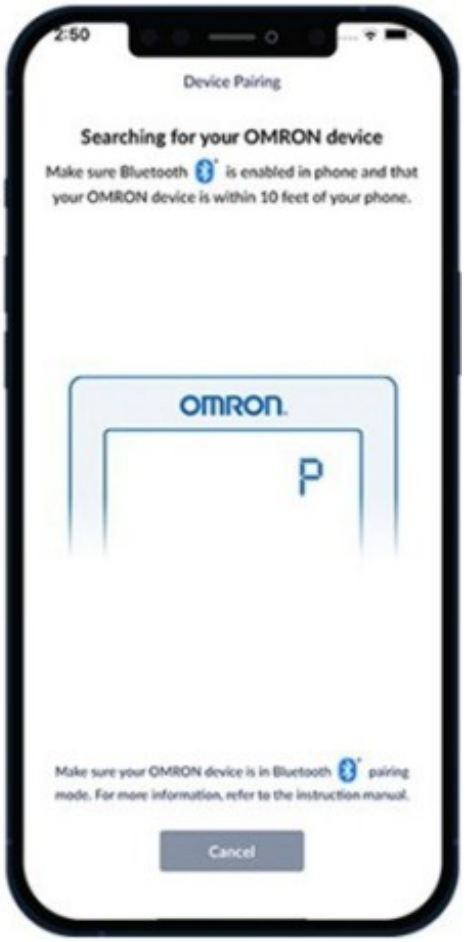

Figure 9. Your device will pair

0. Select “Silver – BP5250” (see Figure 10).

Figure 10. Select Silver BP5250

11. Select “Pair” (see Figure 11).

Figure 11. Start to pair

12. Your OMRON Silver BP5250 has now been connected to your app. Select “Go to dashboard” to take your first reading (see Figure 12).

Figure 12. Pairing is complete

Connecting your OMRON account to MSK Remote Monitoring

1. Open the MSK Remote Monitoring mobile app and log in using your MSK MyChart credentials (Figure 13).

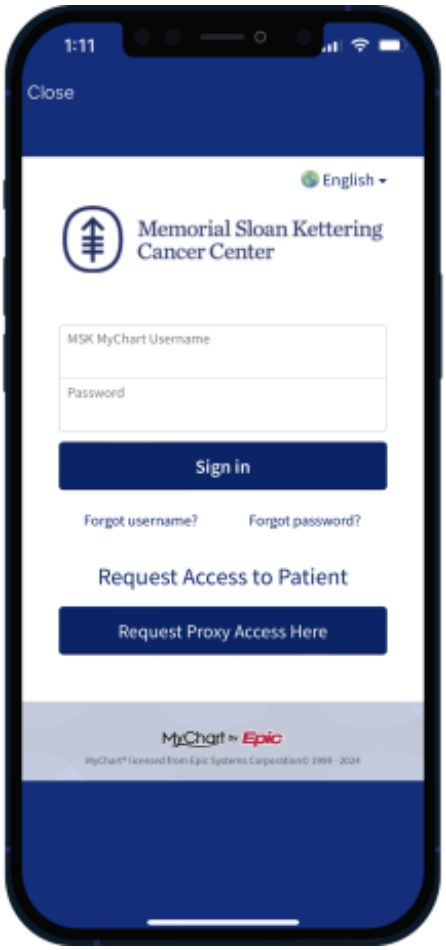

Figure 13. MSK Remote Monitoring app

2. Review the authorization screen and select “Continue” (see Figure 14).

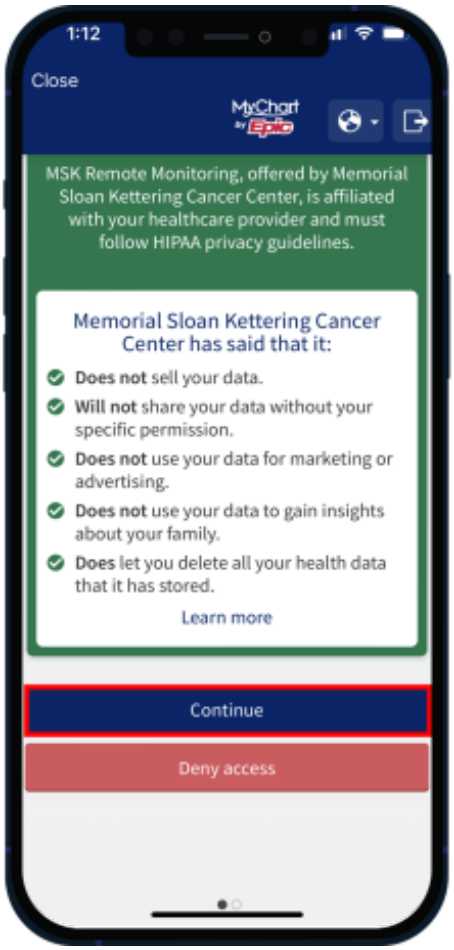

Figure 14.
Authorization screen

3. Review the data authorization screen and select a time range, then tap “Allow access” (see Figure 15)

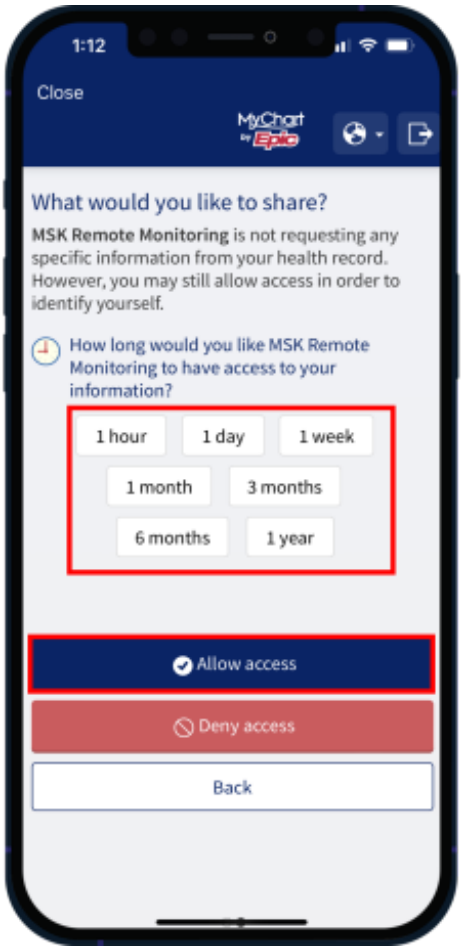

Figure 15. Allow access

4. At the bottom of the screen, select “Messages” (see Figure 16).

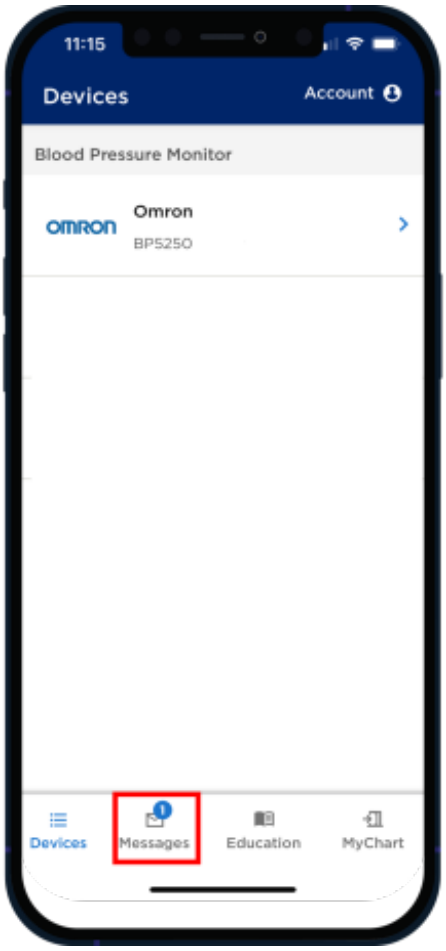

Figure 16. Select messages at bottom menu

5. Select the message “Blood Pressure Monitor Connection” (see Figure 17).

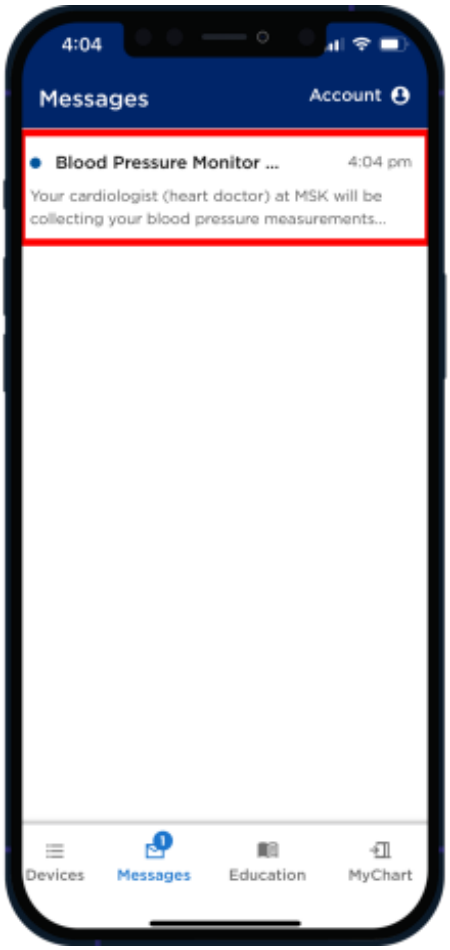

Figure 17. Select message

6. Select the link for OMRON account (Figure 18).

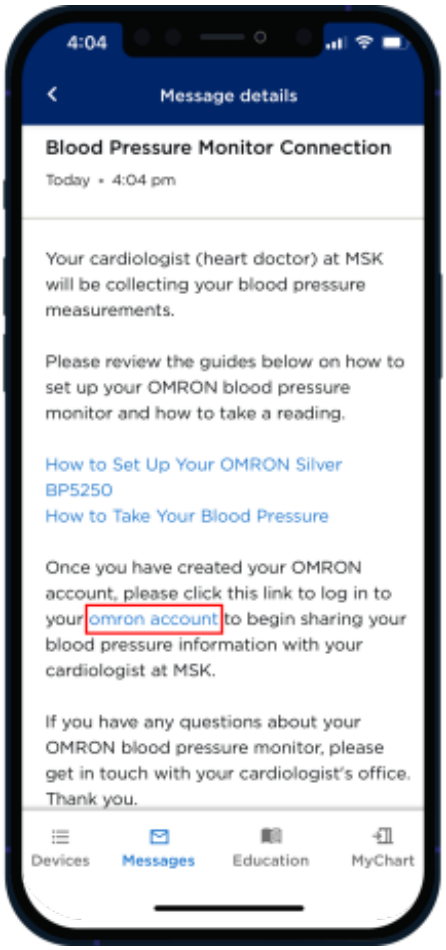

Figure 18. Select link in message

7. Log in to your account (see Figure 19).

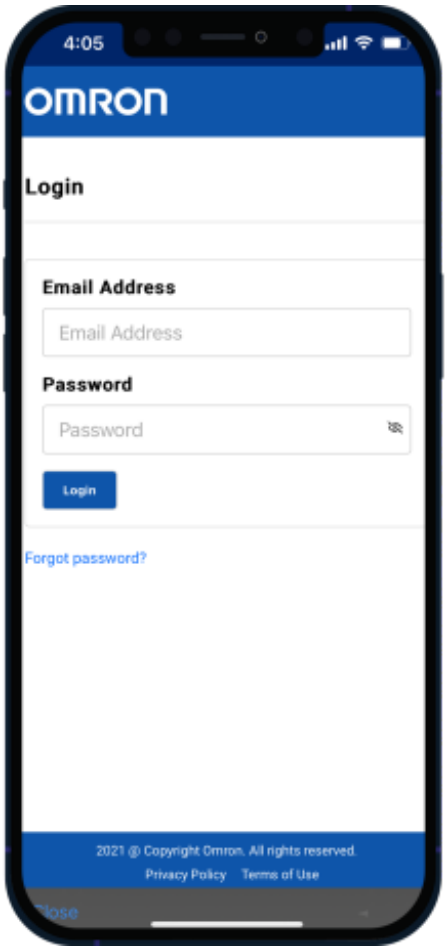

Figure 19. Log into your OMRON account

8. Check the boxes and select “Allow” to connect to Validic (see Figure 20). Your OMRON account is now connected to MSK Remote Monitoring. Your blood pressure measurements will be sent to your MSK care team through Validic.

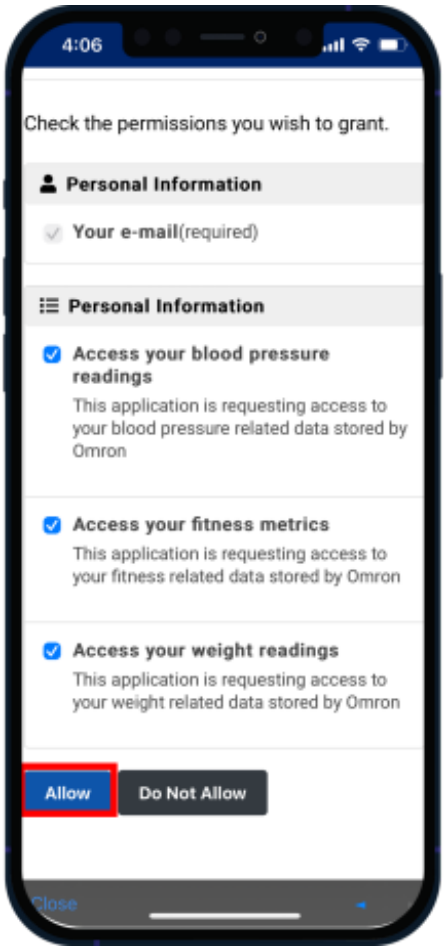

Figure 20. Check boxes and select allow

How to install the OMRON 5 Series BP7250

This information will explain how to set up the OMRON 5 Series BP7250 blood pressure machine and connect it to the MSK Remote Monitoring app.

How to set up the OMRON 5 Series BP7250 blood pressure machine

1. Download the OMRON Connect app from the iOS or Google Play store (see Figure 1).

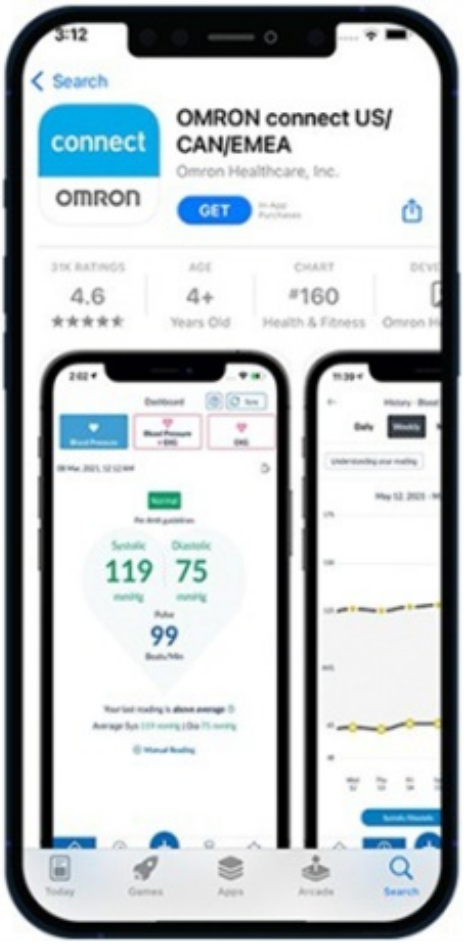

Figure 1. OMRON connect app

2. Open the app and select “Allow” when prompted to connect to Bluetooth (see Figure 2).

Figure 2. Allow Bluetooth

3. Select “United States” (see Figure 3).

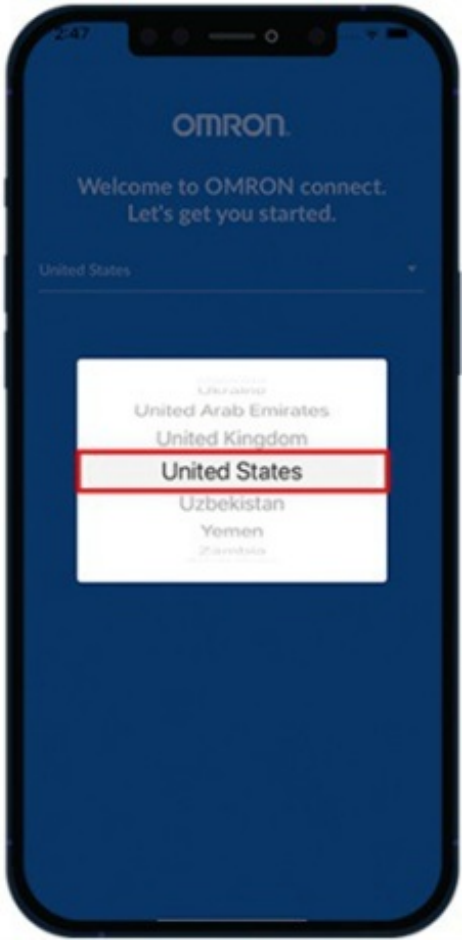

Figure 3. Select United States

4. Sign into your OMRON account or tap create new account to sign up if you do not have one (see Figure 4).

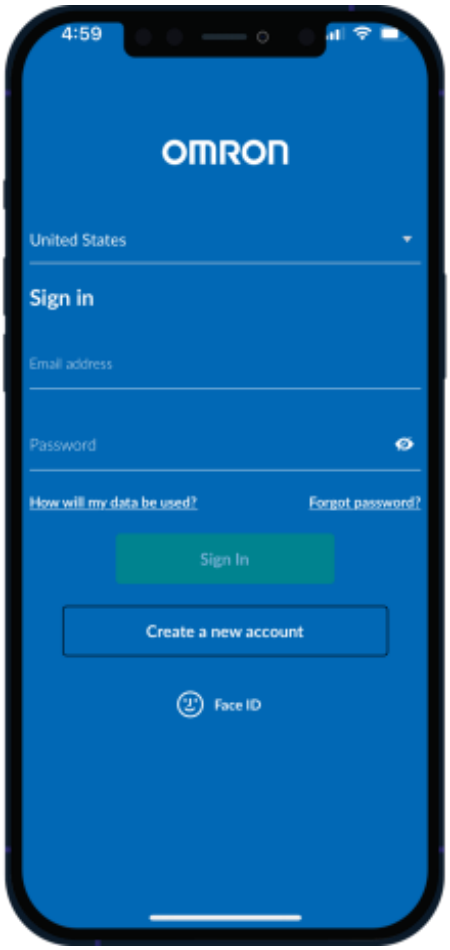

Figure 4. Sign in to your OMRON account

5. Once you have created an Omron account. You can pair your device. Select “All OMRON Blood Pressure devices” then tap Next: Pairing (see Figure 5).

Figure 5. Select All OMRON Blood Pressure devices

6. Press and hold the Bluetooth button on your blood pressure machine for 3 to 5 seconds. The letter “P” will appear on your blood pressure machine’s screen. Select “Next: Begin Pairing” in the OMRON Connect app (see Figure 6).

Figure 6. Begin pairing

7. The device will begin pairing your phone. Select “5 Series Upper Arm – BP7250” (see Figure 7).

Figure 7. Select 5 Series Upper Arm BP7250

8. Select “Pair” (see Figure 8).

Figure 8. Select pair

9. Your OMRON Silver BP5250 has now been connected to your app. Select “Got it” to begin taking a reading (see Figure 9).

Figure 9. Pairing complete

Connecting your OMRON account to MSK Remote Monitoring

1. Open the MSK Remote Monitoring mobile app and log in (Figure 10).

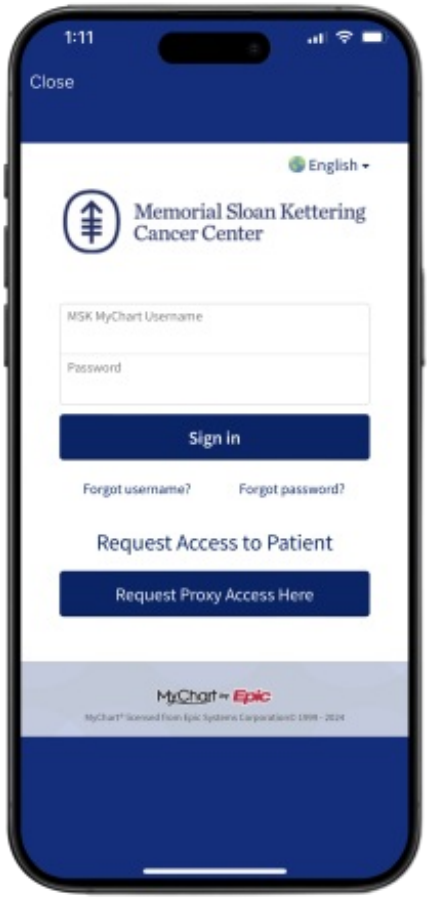

Figure 10. MSK Remote Monitoring app

2. Review the authorization screen and select “Continue” (see Figure 11).

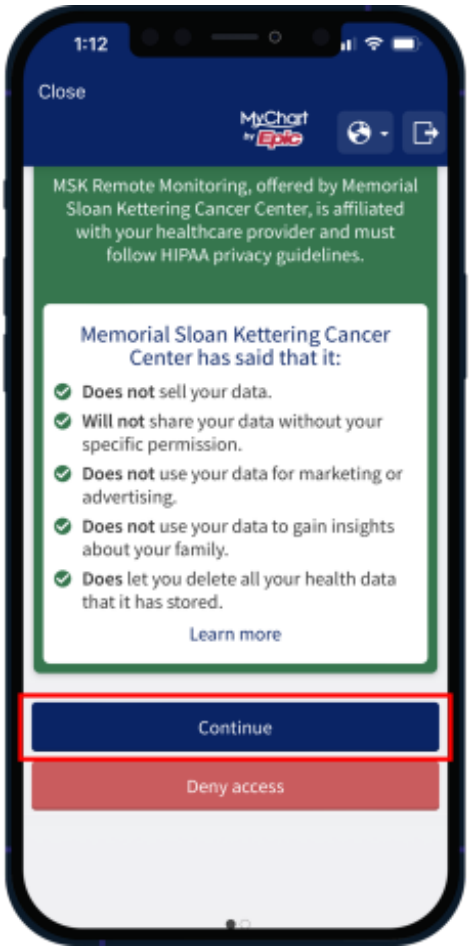

Figure 11.
Authorization screen

3. Review the data authorization screen and select a time range, then tap “Allow access” (see Figure 12).

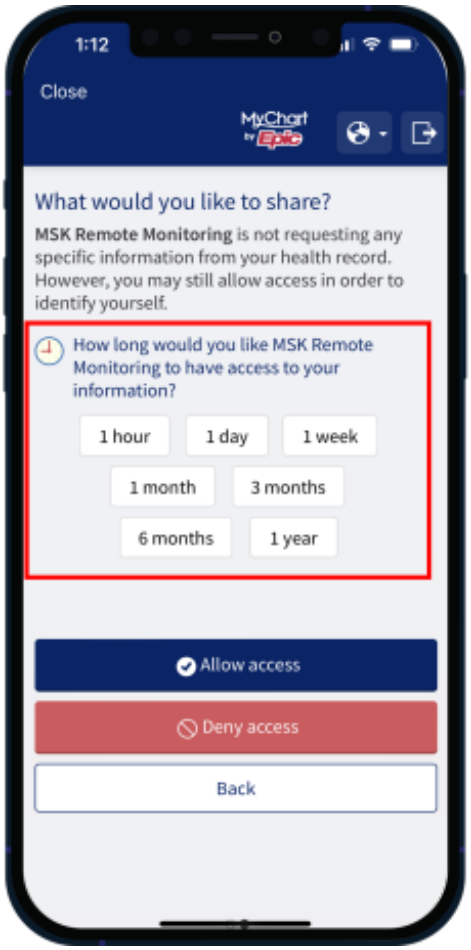

Figure 12. Allow access

4. At the bottom of the screen, select “Messages” (see Figure 13).

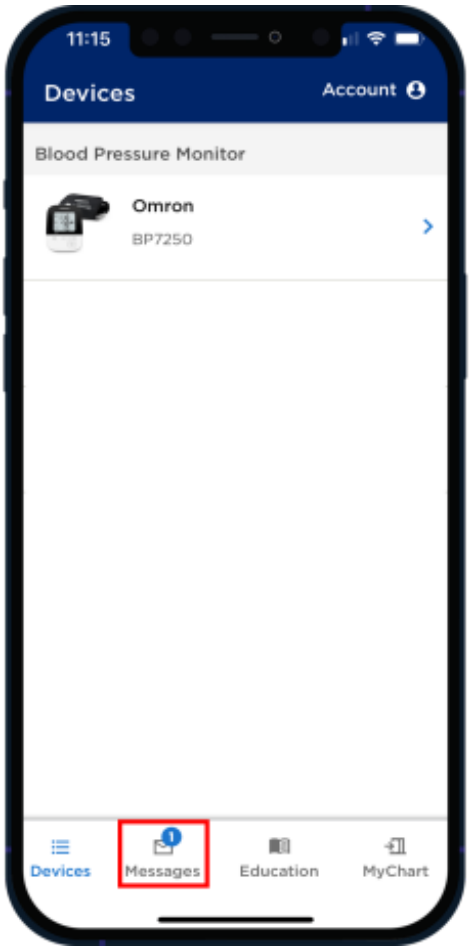

Figure 13. Select messages at bottom menu

5. Select the message “Blood Pressure Monitor Connection” (see Figure 14).

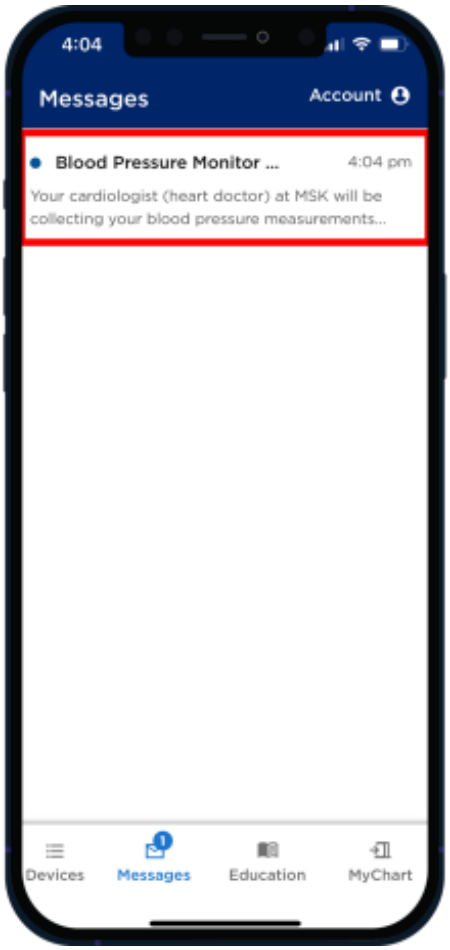

Figure 14. Select message

6. Select the link for OMRON account (Figure 15).

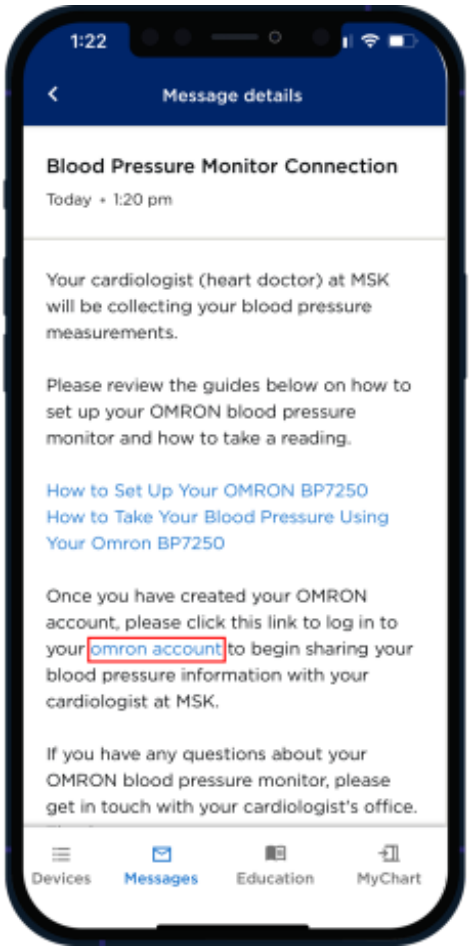

Figure 15. Select link in message

7. Log in to your account (see Figure 16).

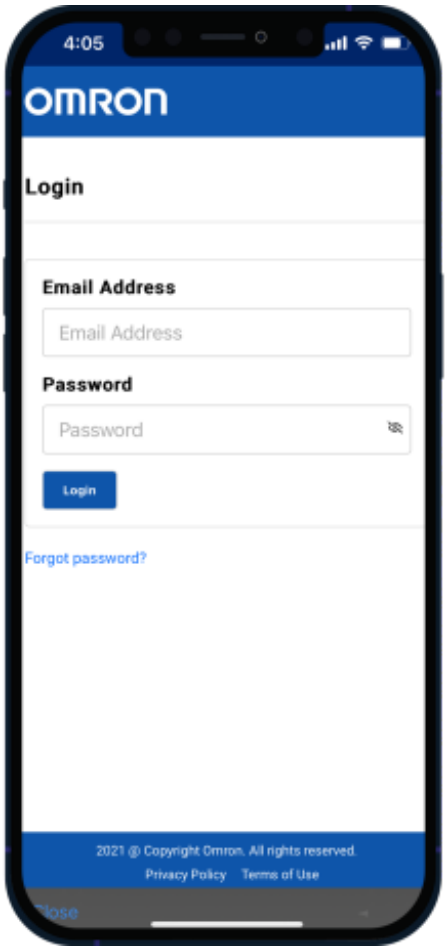

Figure 16. Log into your OMRON account

8. Check the boxes and select “Allow” to connect to Validic (see Figure 17). Your OMRON account is now connected to MSK Remote Monitoring Your blood pressure measurements will be sent to your MSK care team through Validic.

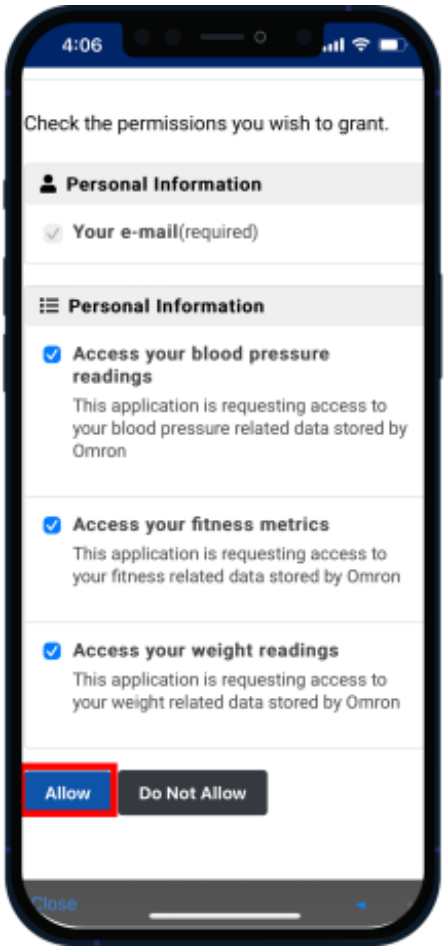

Figure 17. Check boxes and select Allow

How to install the iHealth Track

This information explains how to install the iHealth Track so you can use it as part of your care at MSK.

1. Download the iHealth MyVitals app from the iOS or Google Play store (see Figure 1).

Figure 1. iHealth MyVitals app

2. Sign into your iHealth account or sign up if you do not have one (see Figure 2)

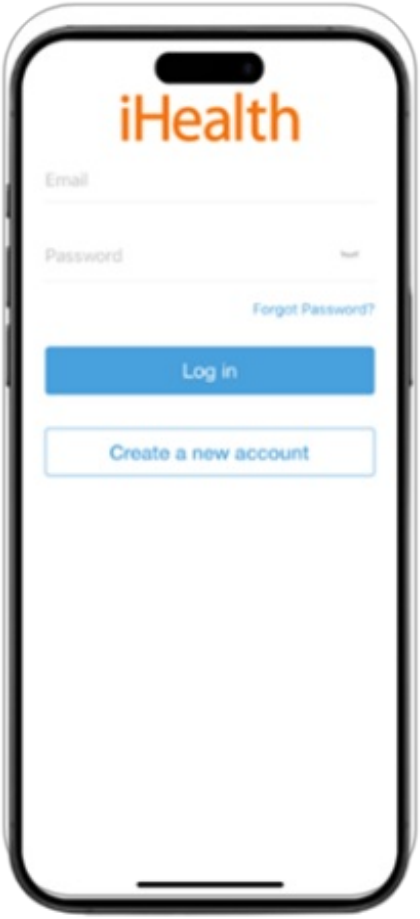

Figure 2. iHealth log in screen

3. Select your preference for sharing iHealth data with Apple Health by choosing “No” or “Yes” (see Figure 3). MSK will not be collecting data from Apple Health for this program.

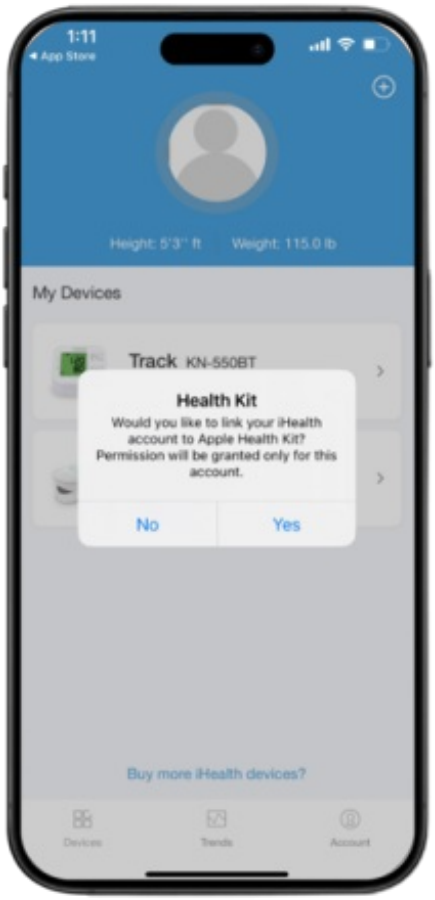

Figure 3. Select sharing preference

4. To set up a new device, tap “Select New Device” (see Figure 4).

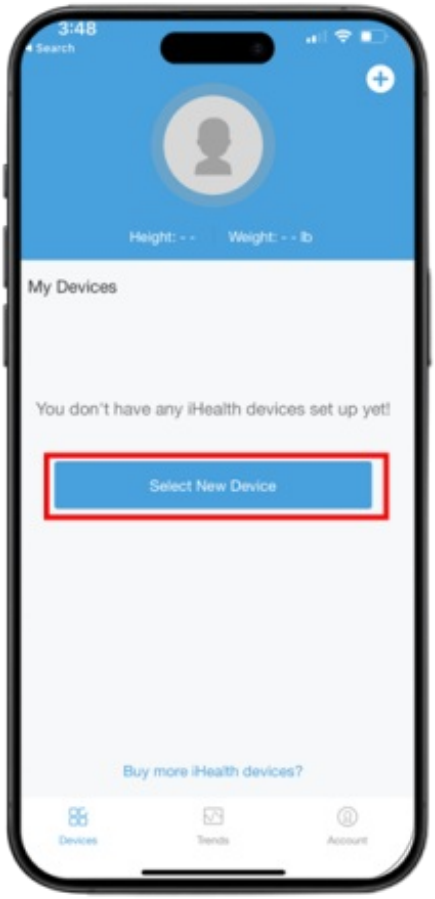

Figure 4. Select new device

5. Select “Blood Pressure Monitors” from list (see Figure 5).

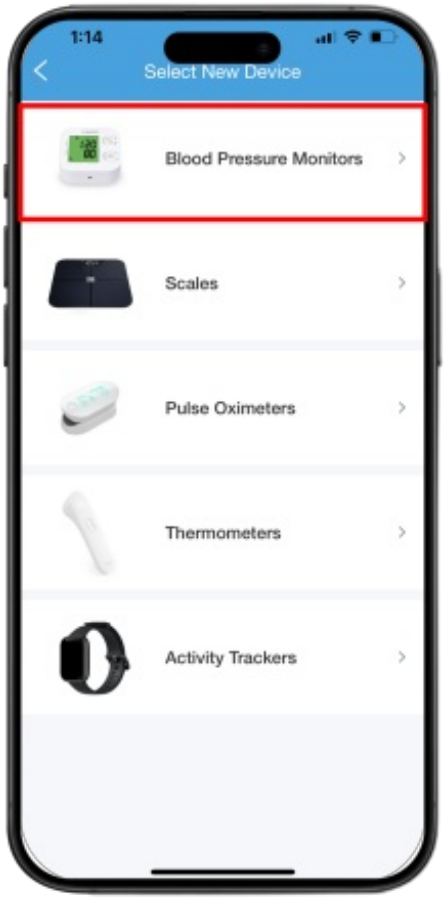

Figure 5. Select blood pressure monitors

6. Select “Track” device from list (see Figure 6).

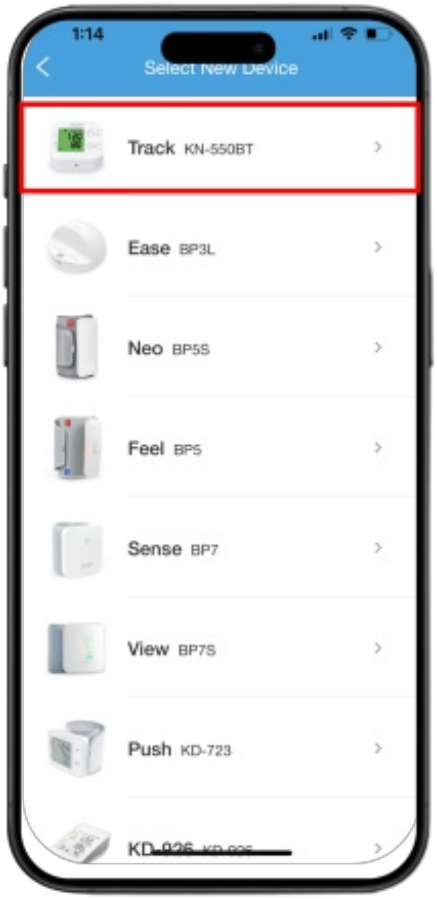

Figure 6. Select Track device

7. When asked to let iHealth use Bluetooth tap “Allow” (see Figure 7).

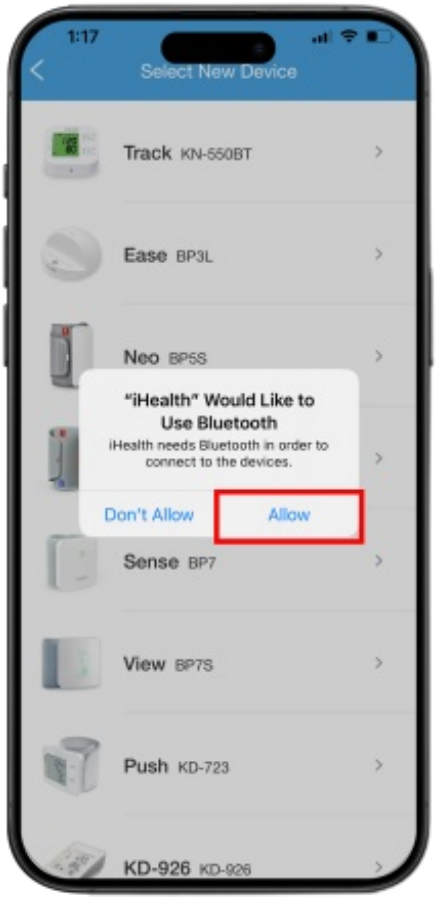

Figure 7. Allow Bluetooth access

8. Press the M/Cloud button on your blood pressure machine to turn on Bluetooth. Select “Next” (see Figure 8).

Figure 8. Turn Bluetooth on device

9. Select your Track model when it appears on the screen (see Figure 9). The blood pressure machine and app will begin to pair.

Figure 9. Select your Track model

0. Your device has been paired. Tap “OK” (see Figure 10). This will return you to the My Devices screen (see Figure 11).

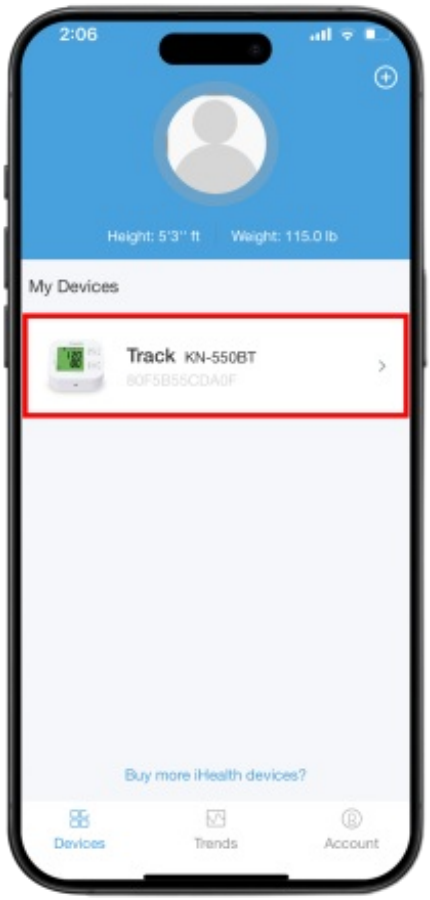

Figure 10. Your device is paired

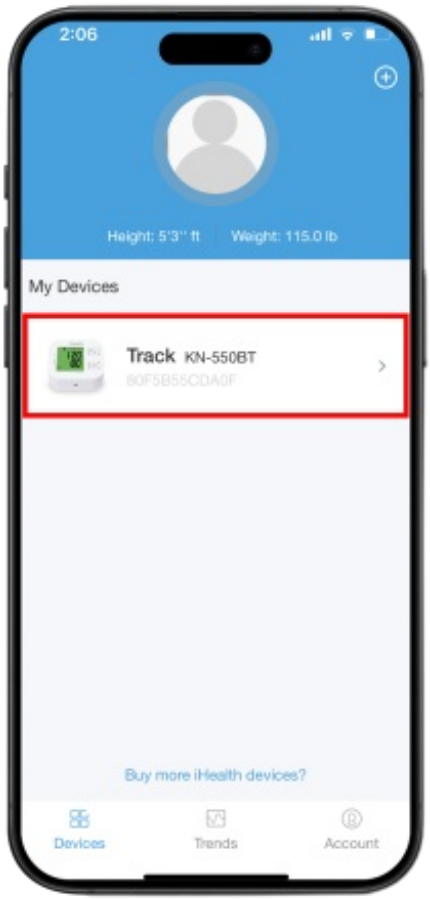

Figure 11. My Devices screen

Connecting your iHealth account to the MSK Remote Monitoring App

1. Open the MSK Remote Monitoring mobile app and log in (Figure 12).

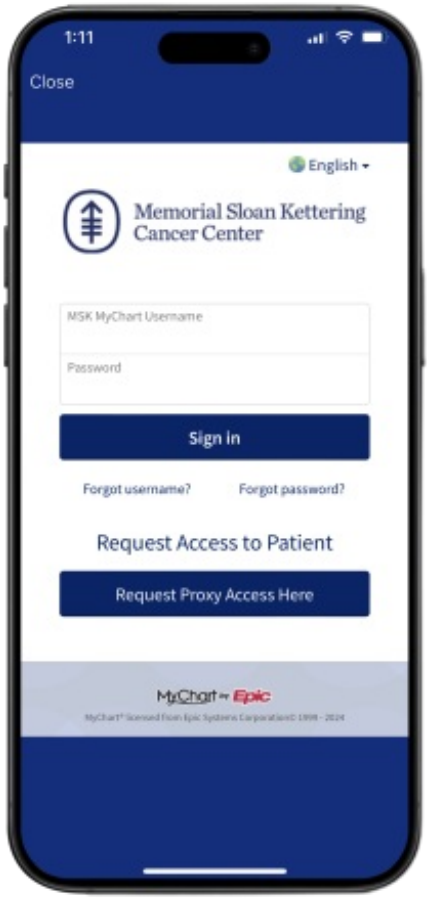

Figure 12. MSK Remote Monitering app

2. Review the authorization screen and select “Continue”(see Figure 13).

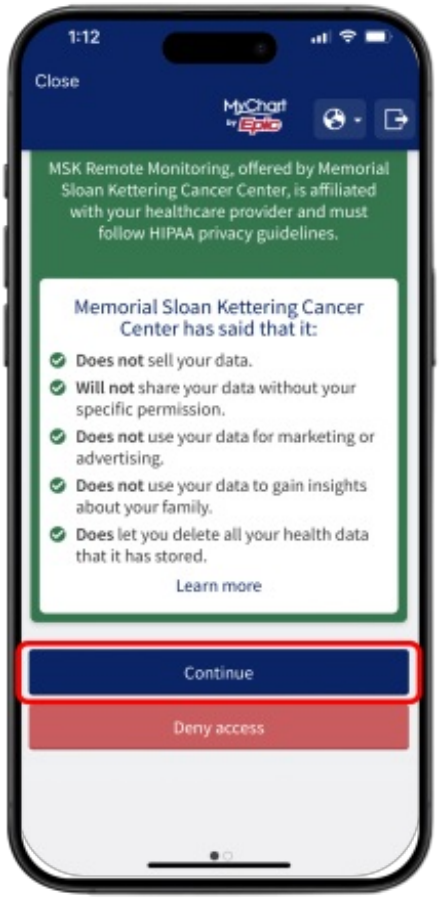

Figure 13. Authorization screen

3. Review the data authorization screen and select a time range, then tap “Allow access” (see Figure 14).

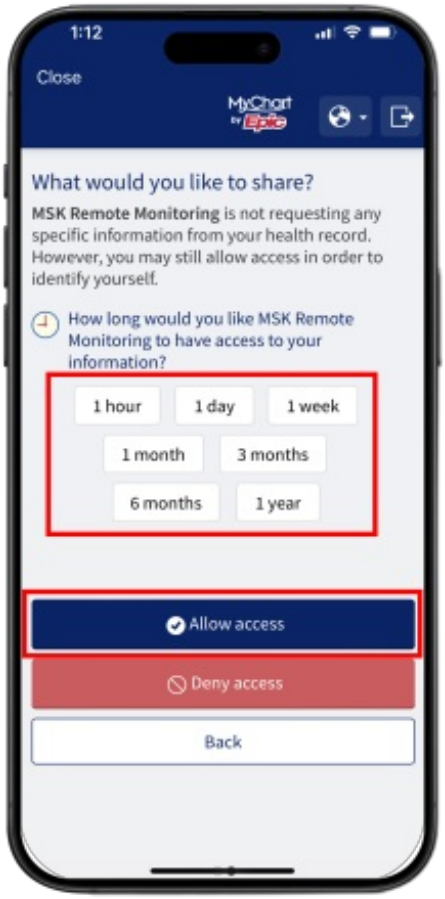

Figure 14. Allow access

4. At the bottom of the screen, select “Messages” (see Figure 15).

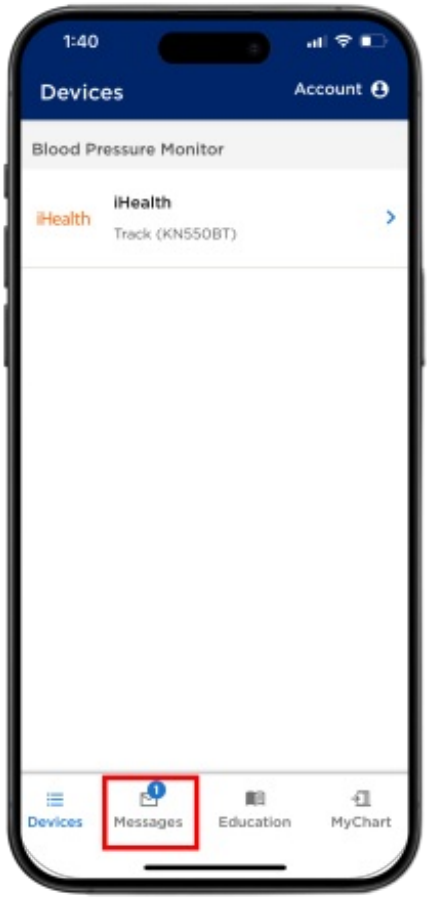

Figure 15. The menu at the bottom shows messages

5. Select the message “MSK Device Connection” (see Figure 16).

Figure 16. Select MSK Device Connection message

6. Select the link for iHealth account (Figure 17).

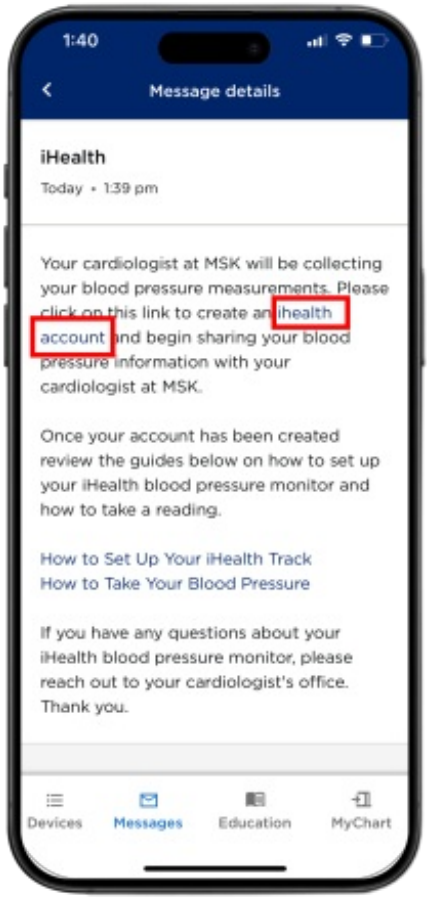

Figure 17. Click link in message

7. Log in to your account (see Figure 18). Check all the boxes if not already checked and select “Link” to connect (see Figure 19). This will allow your blood pressure measurements to be sent to your MSK care team.

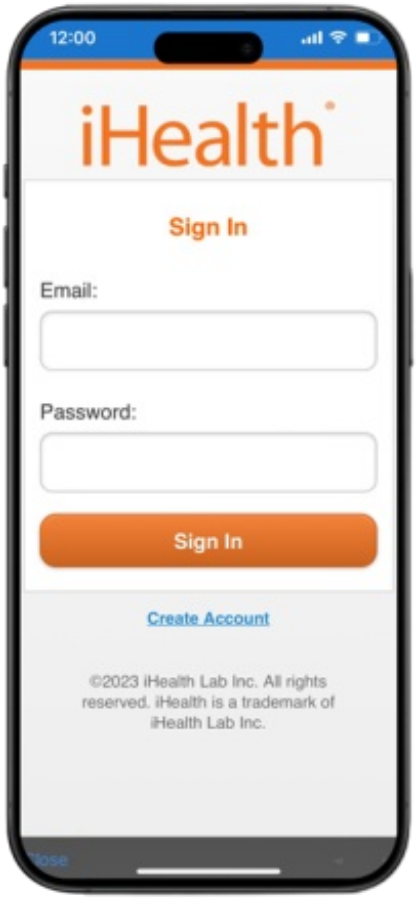

Figure 18. iHealth sign in screen

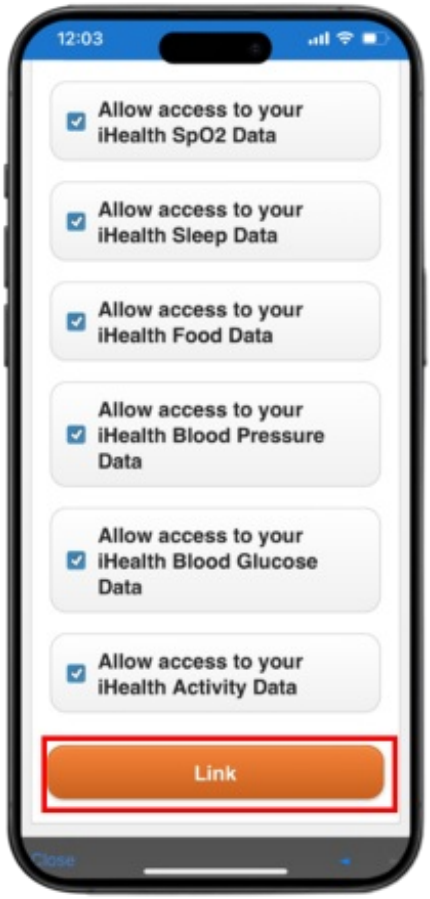

Figure 19. Chek all the boxes to link

8. You will be brought back to the MSK Remote Monitoring app Devices screen. Your iHealth account is now connected to MSK Remote Monitoring. (see Figure 20).

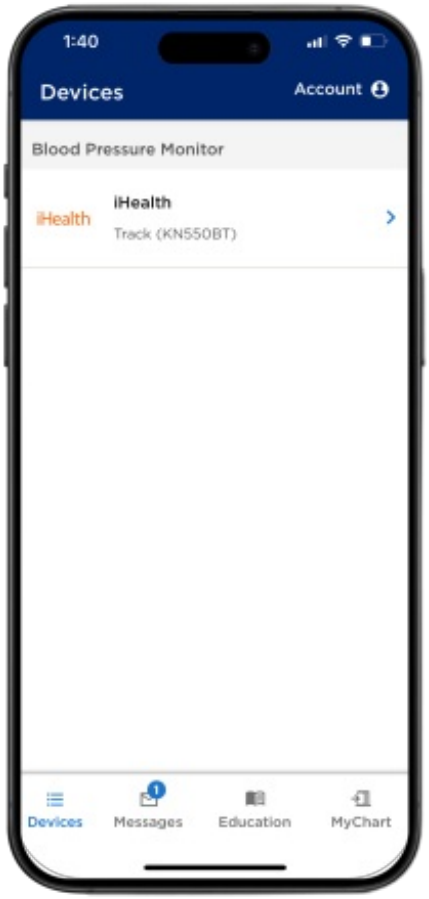

Figure 20. iHealth connected to MSK Remote Monitoring app

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.

How To Set Up Your Blood Pressure Monitor at Home - Last updated on February 2, 2025
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