



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

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

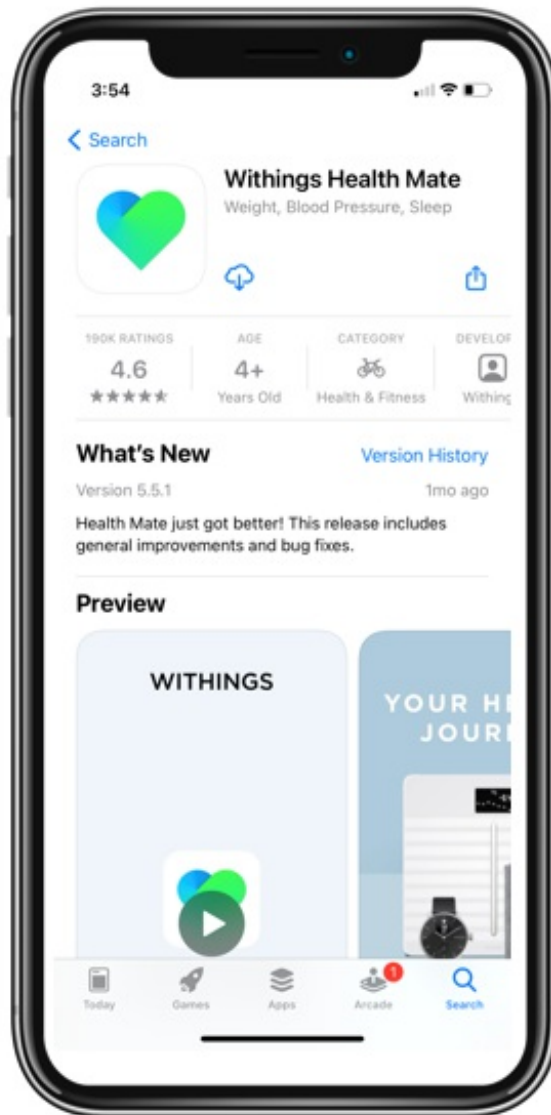


Figure 1. The Withings Health Mate app

1. Open the Health Mate app on your smartphone or tablet. You will see a notification pop-up (see Figure 2). Select your notification preference.



Figure 2. The notification preference screen

2. Sign up for an account (see Figure 3). Tap the “Sign up” blue button. If you already have an account, log in.

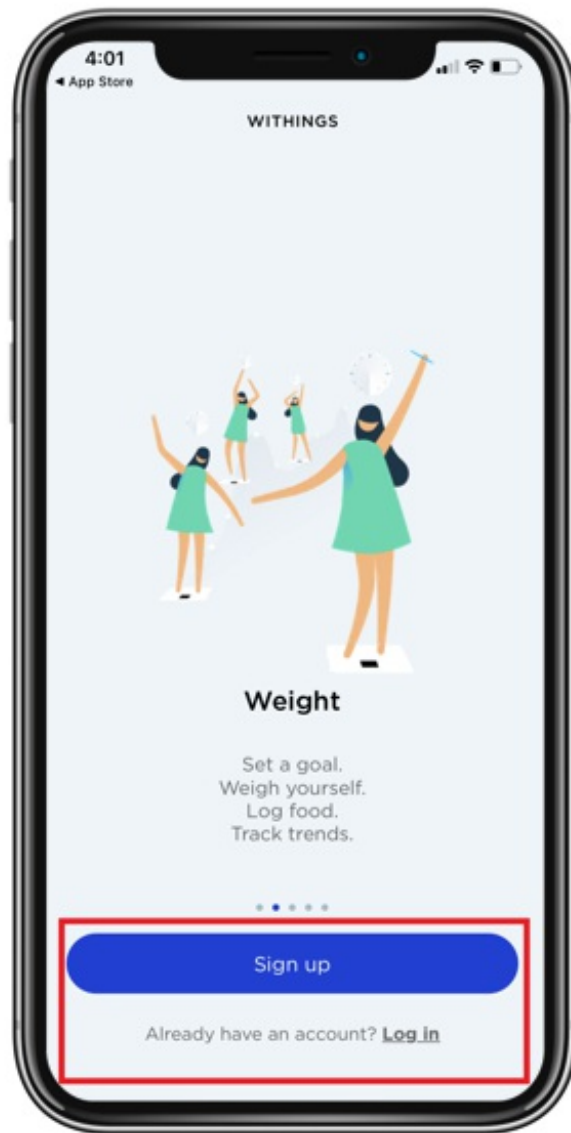


Figure 3. The sign up and log in screen

3. Create a new account. Tap “No product yet?” (see Figure 4).

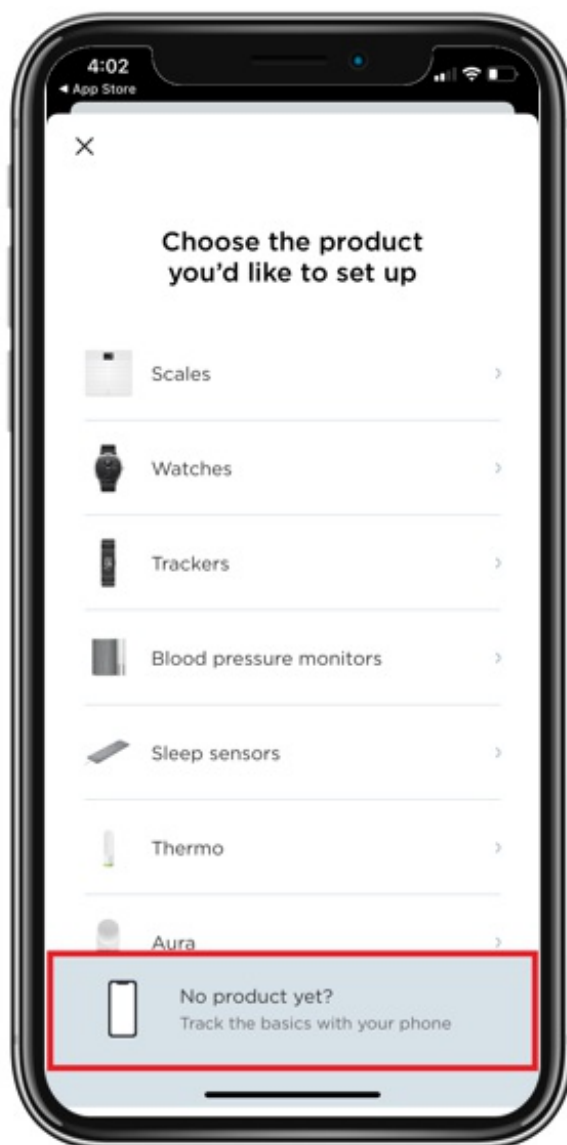


Figure 4. The product selection screen

4. Go to the bottom of the screen. Tap “Log in with your e-mail” (see Figure 5).

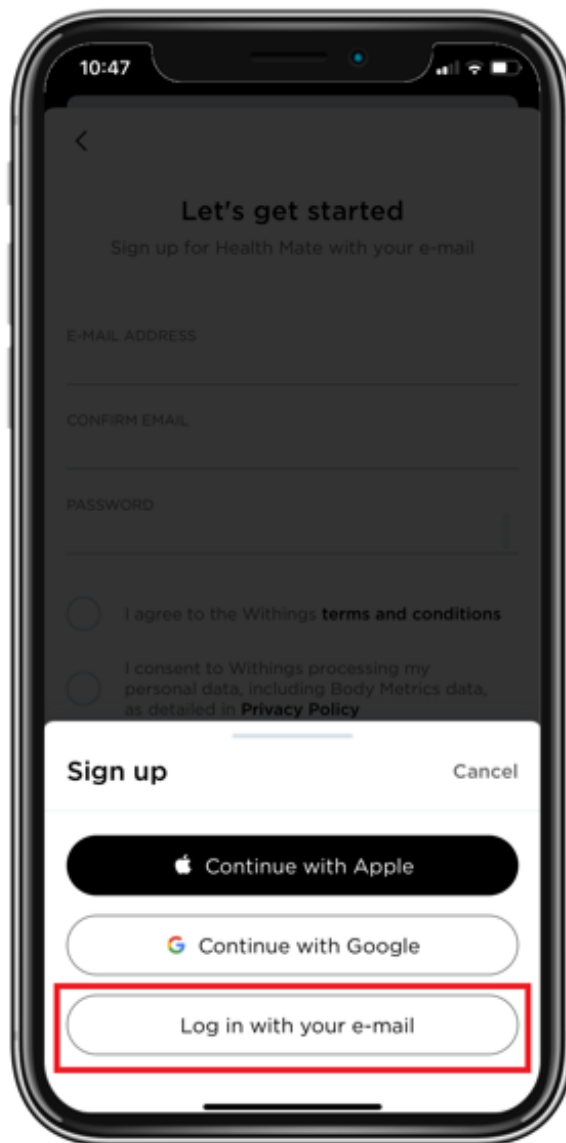


Figure 5. The log in screen

5. Enter your email address. Then create a password. Next, tap the top 2 selections about terms and privacy policies. Tap the “Sign Up” blue button (see Figure 6).

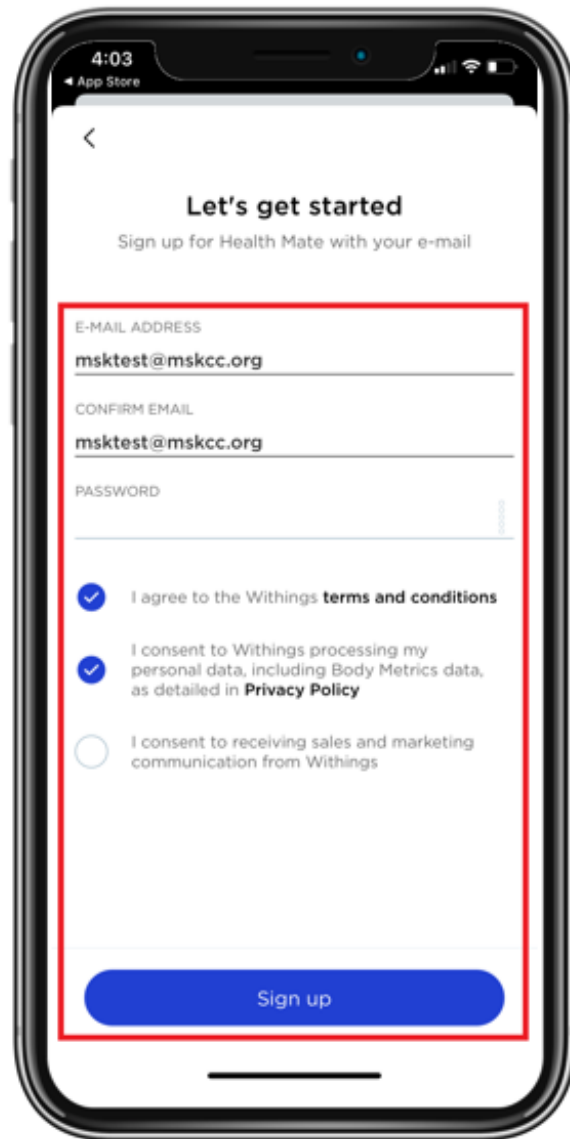


Figure 6. The new account screen

6. Create your profile. Enter your first name, last name, sex, and date of birth. Tap “Next” (see Figure 7).

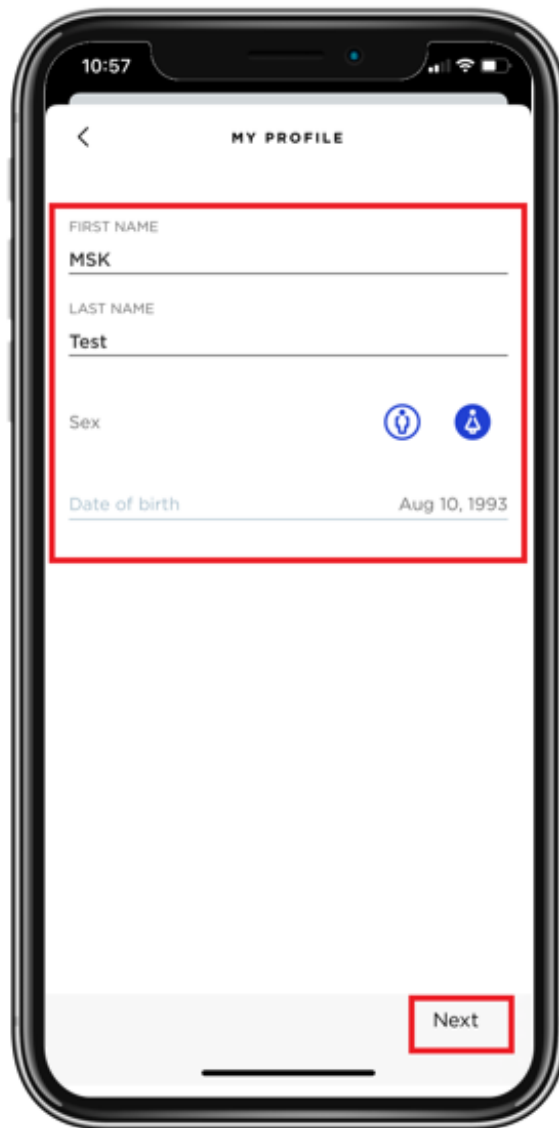


Figure 7. The profile screen

7. Continue to create your profile. Enter your height and weight. Tap “Next” (see Figure 8).

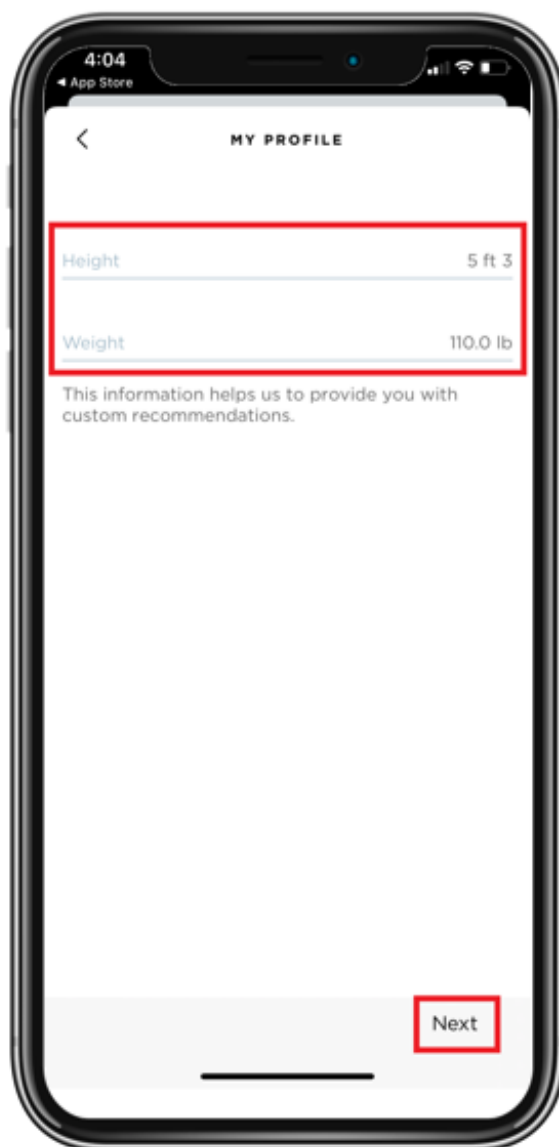


Figure 8. The profile screen

8. You will see a screen that asks you about activating Apple Health. Tap “Not now” on the left (see Figure 9).



Figure 9. Activate Apple Health screen

9. Tap the “Done” blue button (see Figure 10). You have activated your Health Mate account.

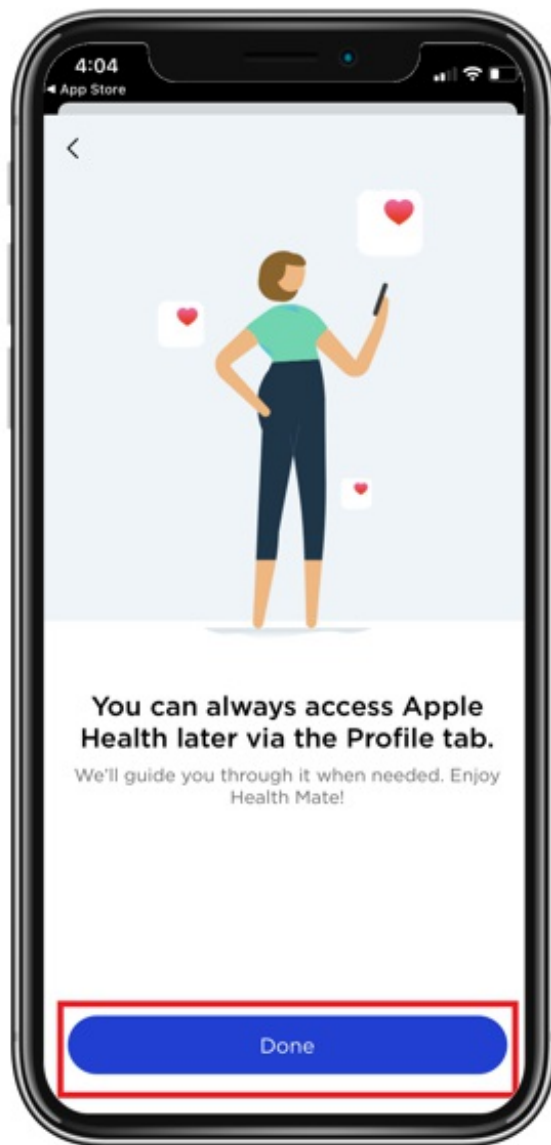


Figure 10. Account activation screen

10. You can now connect the BPM Connect monitor to your Health Mate account. From the menu at the bottom of the Home screen, tap “Devices” (see Figure 11).

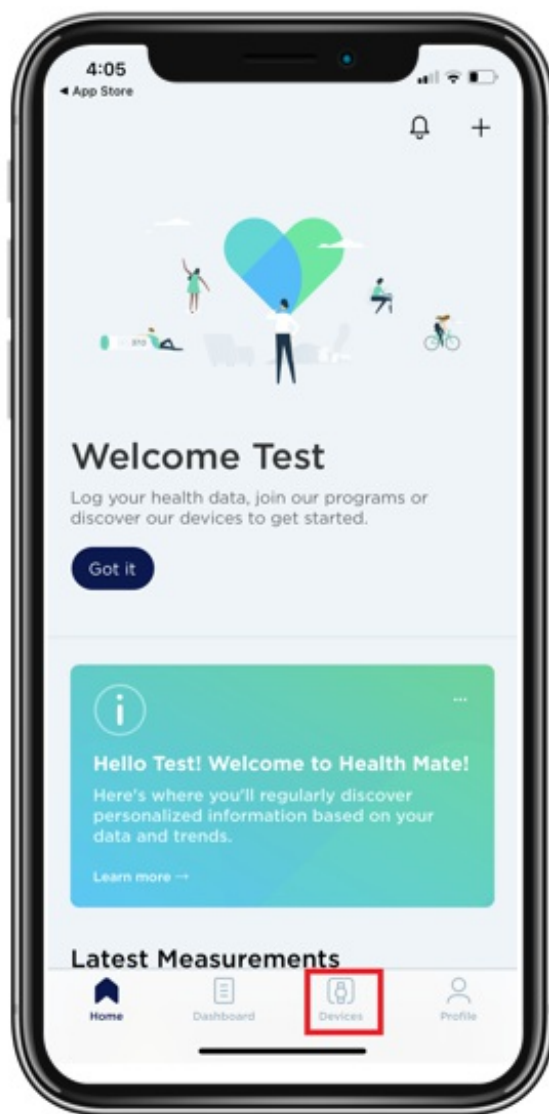


Figure 11. Health Mate home screen

11. Tap the “Install a device” blue button (see Figure 12).

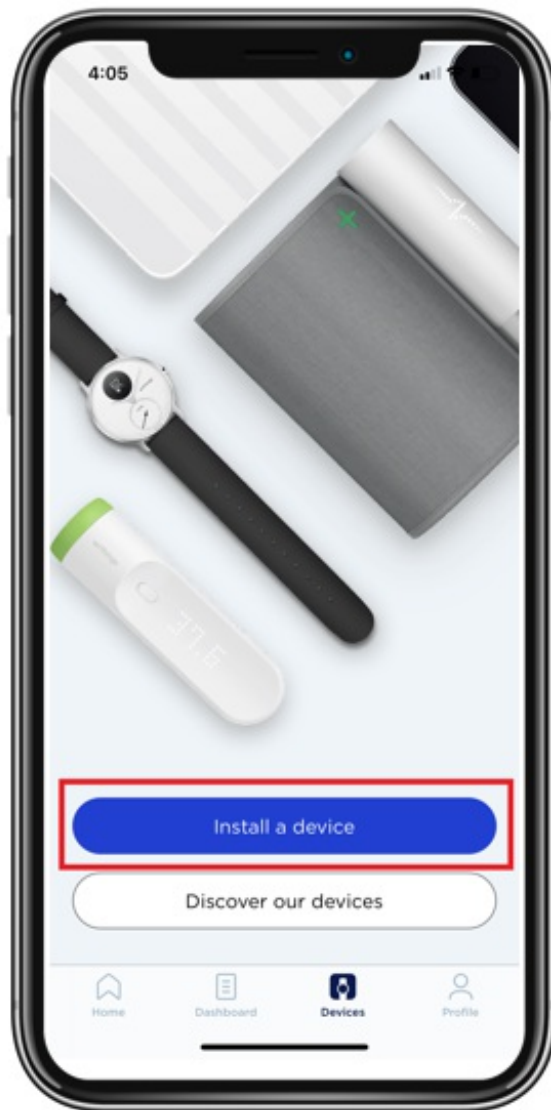


Figure 12. Install a device screen

12. Tap “Blood pressure monitors” (see Figure 13).

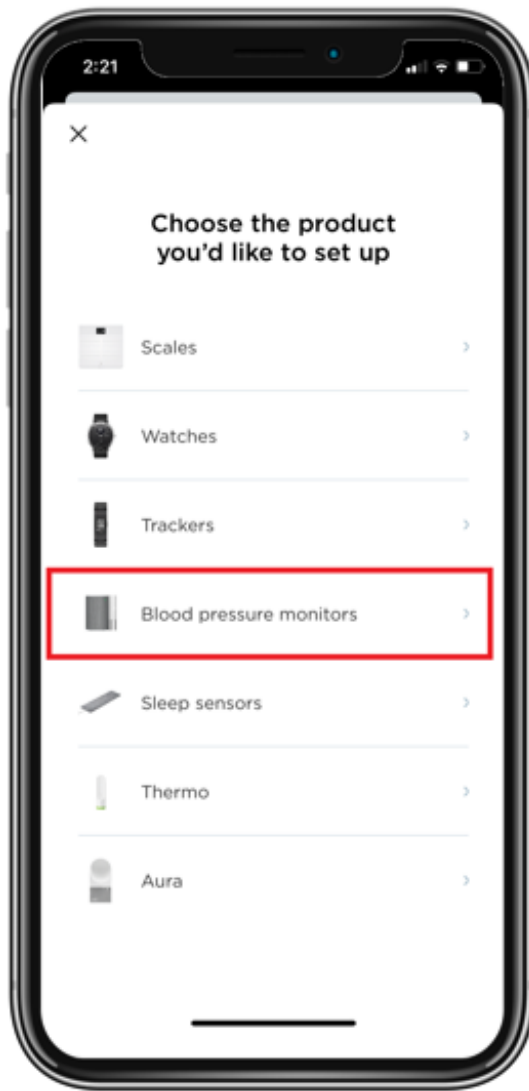


Figure 13. Product selection screen

13. Tap “BPM Connect” (see Figure 14).

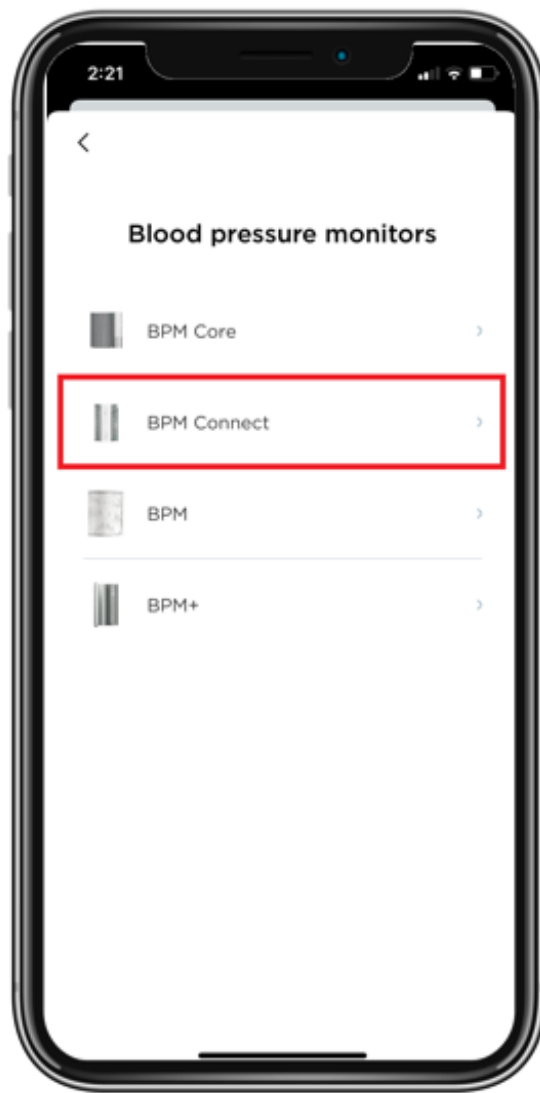


Figure 14. BPM Connect screen

14. Tap the “Install” blue button (see Figure 15).



Figure 15. Install button screen

15. Get your BPM Connect monitor. Place it near the smartphone or tablet that has the Health Mate app and your MyMSK app. Press and hold the monitor's power button for 3 seconds. Your BPM Connect monitor will display "SETUP." When it is powered on, tap the "Next" blue button (see Figure 16).



Figure 16. The monitor power screen

16. You will see a blue light and “Setup” on your BPM Connect monitor. The Health Mate app will start to connect to the monitor (see Figure 17).



Figure 17. The Health Mate connection screen

17. When it connects to your monitor, the Health Mate screen will display “BPM Connect detected.” Tap the “Next” blue button (see Figure 18).



Figure 18. Successful connection screen

18. When you see the prompt, tap the “Pair” blue button to pair the BPM Connect monitor to your smartphone or tablet (see Figure 19).



Figure 19. The pair screen

19. When the Health Mate app has paired with your BPM Connect monitor, tap the “Next” blue button (see Figure 20).



Figure 20. The connection screen

20. Connect to a Wi-Fi network. You must connect to Wi-Fi to send your blood pressure measurements to your care team. Go to the Wi-Fi selection screen (see Figure 21). Select a network and enter your password. You will see a screen that tells you your BPM Connect monitor is ready (see Figure 22).

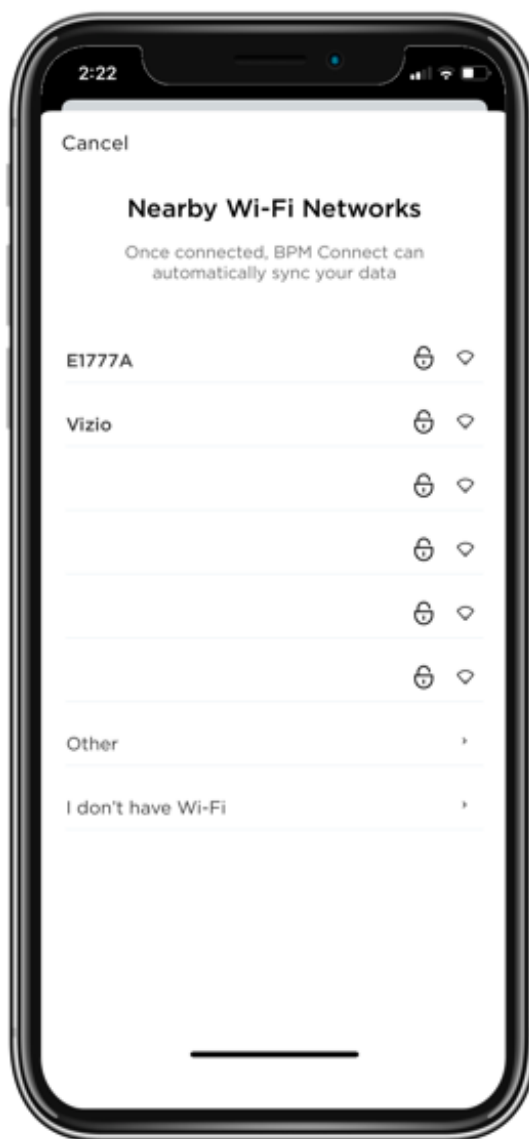


Figure 21. Wi-Fi networks



Figure 22. The BPM Connect monitor is ready to use

Connecting your account to MyMSK

1. Open the MyMSK mobile app and log in (Figure 23).

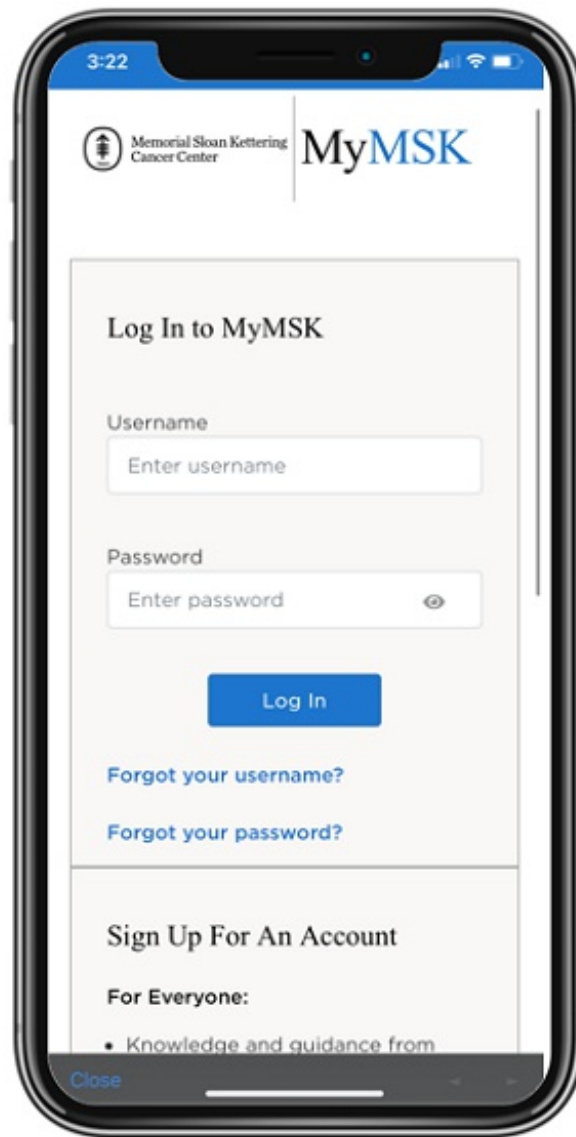


Figure 23. MyMSK mobile app Log in screen

2. Read the emergency notification. Press the “x” at the top right to close the screen (see Figure 24).

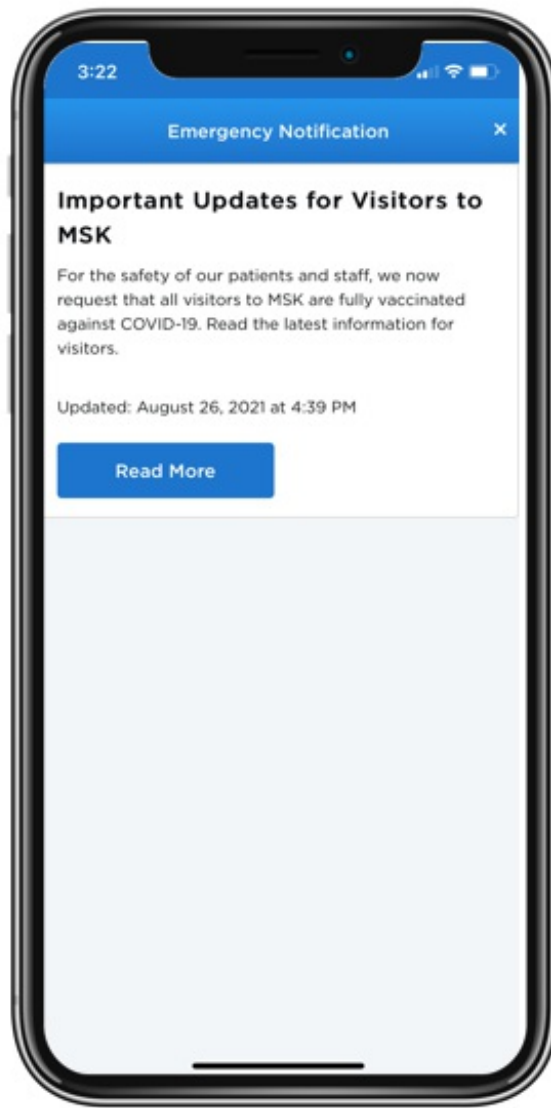


Figure 24. The emergency notification screen

3. At the bottom of the screen, select “Messages” (see Figure 25).

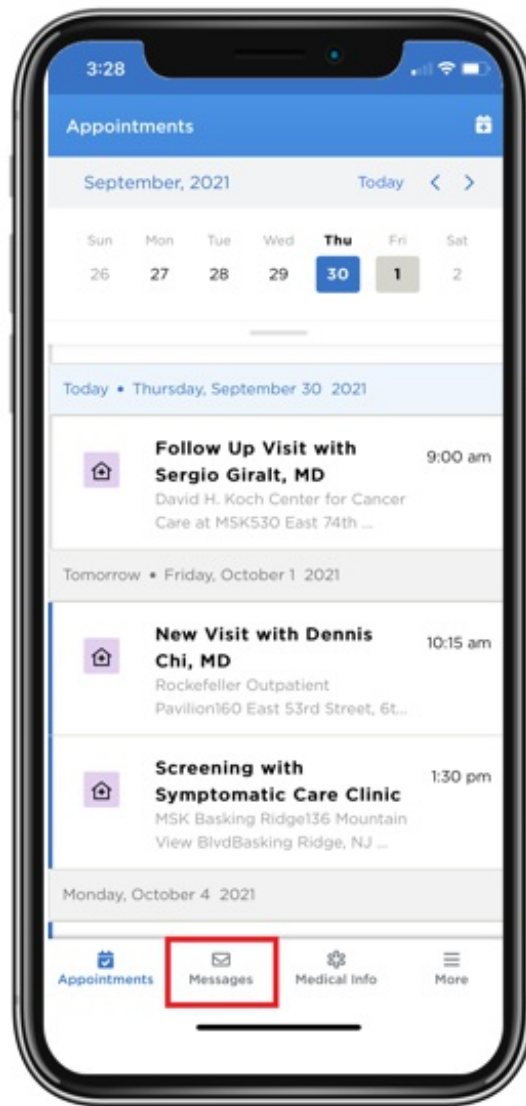


Figure 25. The menu at the bottom shows Messages

4. Select the message “MSK Device Connection” (see Figure 26).

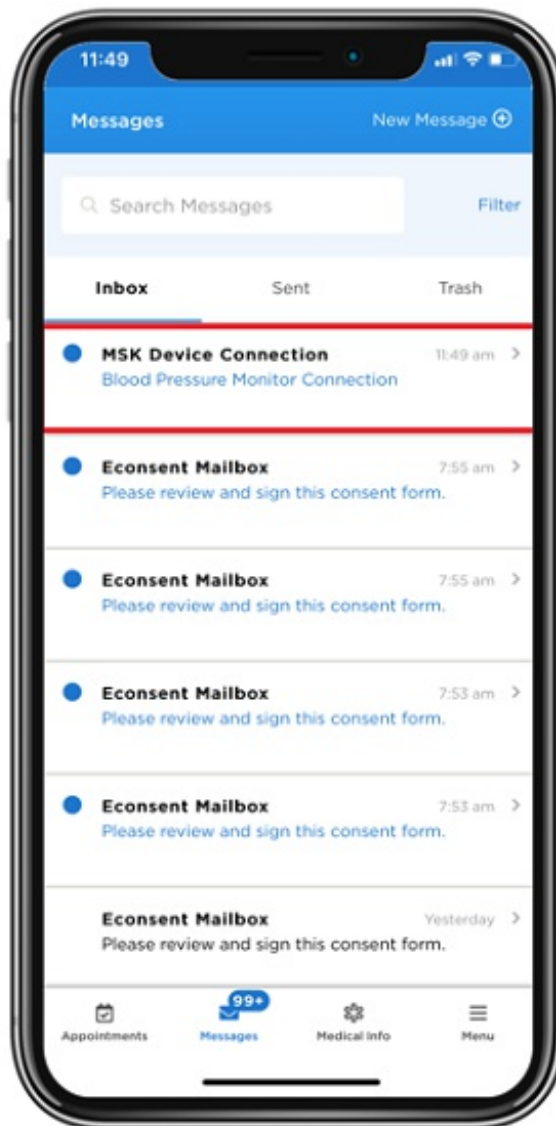


Figure 26. The device connection screen

5. Select the link for Withings account (Figure 27).

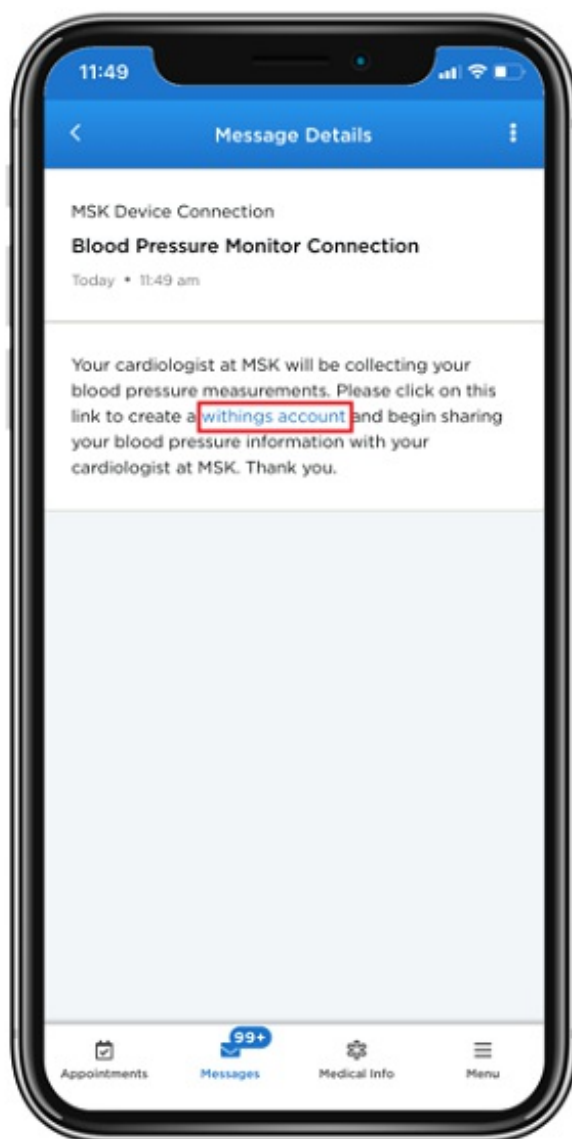


Figure 27. Screen with link

6. Log in to your account (see Figure 28). Select “Allow this app” to connect to Validic (see Figure 29). Your blood pressure measurements will be sent to your MSK care team through Validic.

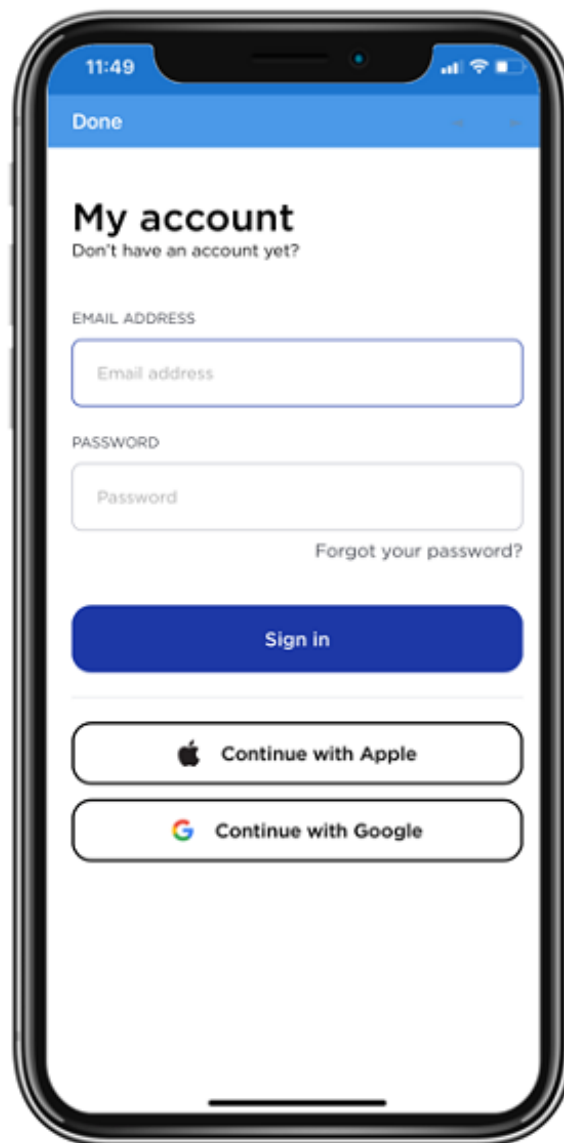


Figure 28. The login screen for Validic

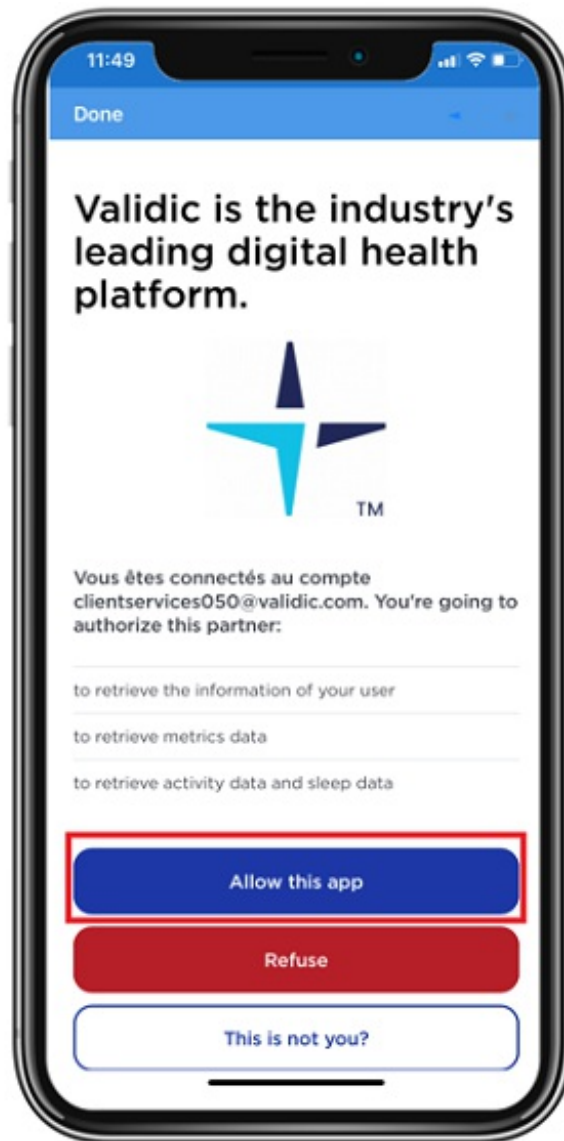


Figure 29. The permission screen for Validic

7. The accounts will connect. Then select “Done” at the top left corner of the screen (see Figure 30). Your Withings account is now connected to MyMSK.

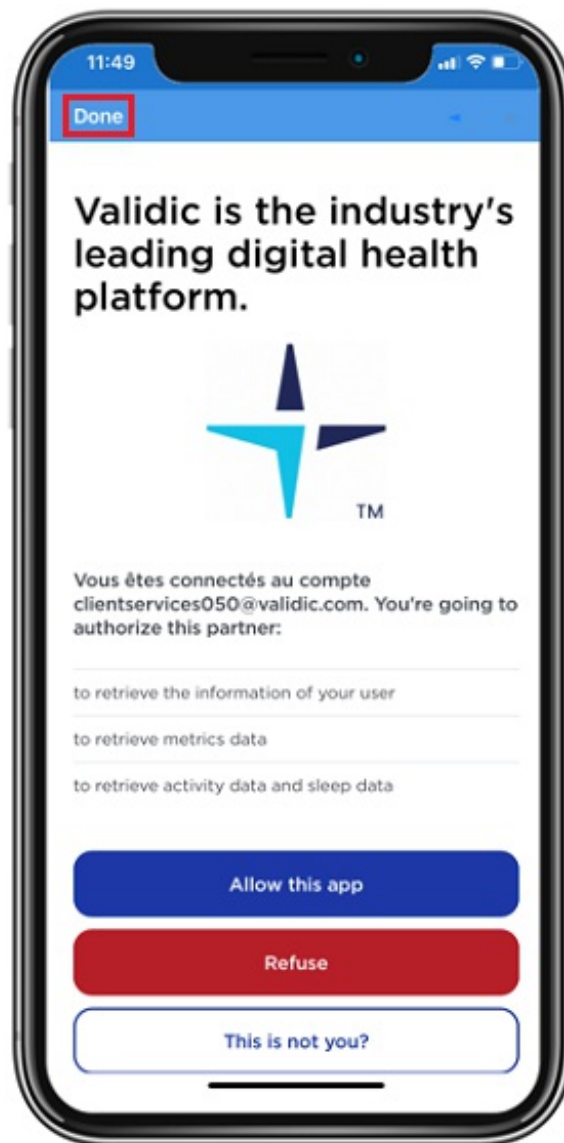


Figure 30. The final screen for connecting your accounts

How to install the OMRON Silver BP5250

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

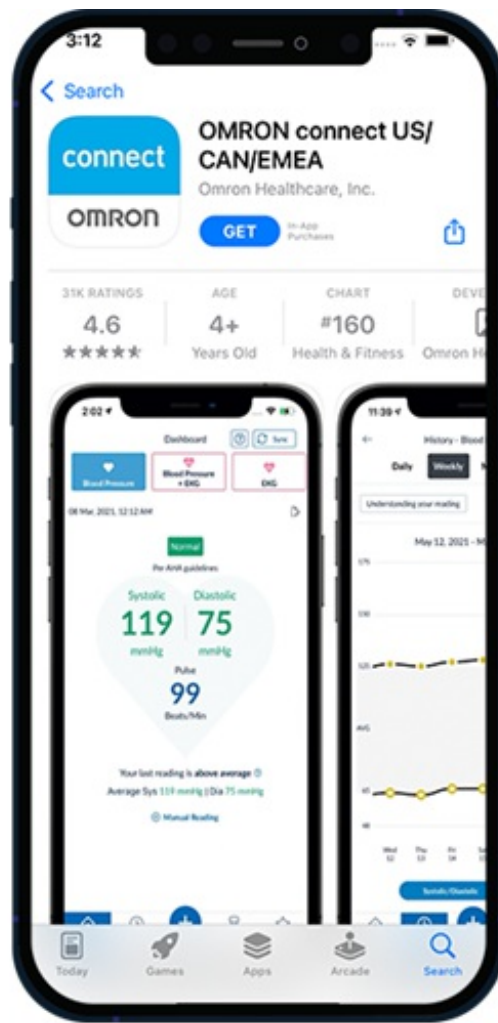


Figure 1. Google Play Store

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

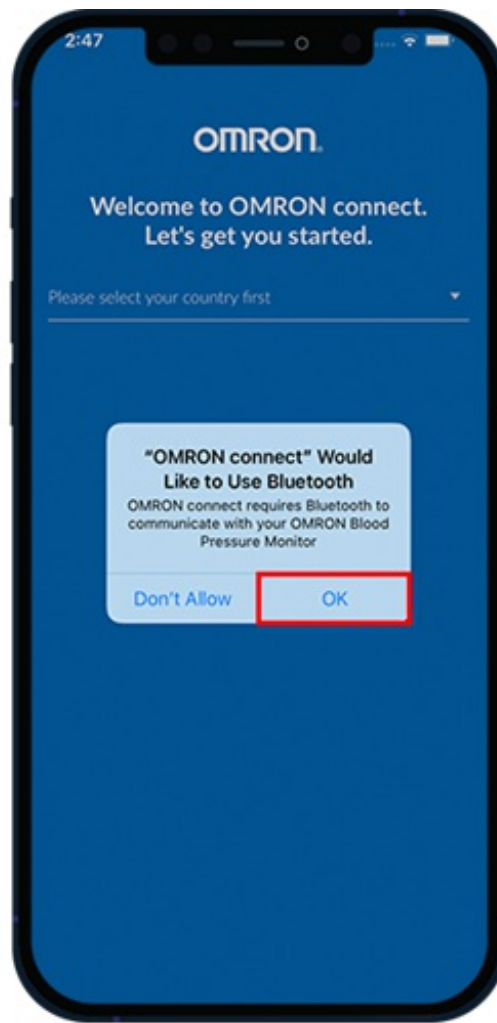


Figure 2. Connect to Bluetooth

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

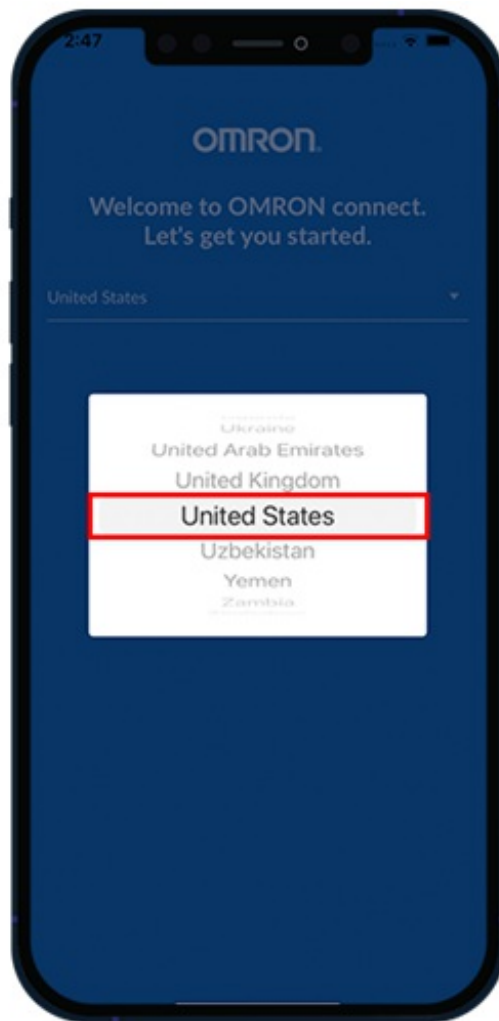


Figure 3. Select “United States”

4. Sign into your OMRON account or sign up if you do not have one (see Figures 4 and 5).

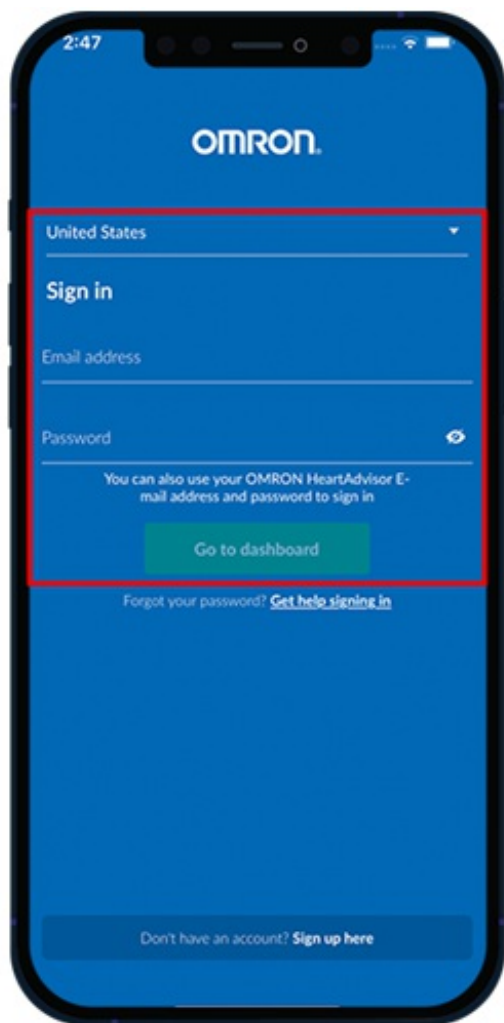


Figure
4.
Sign
in

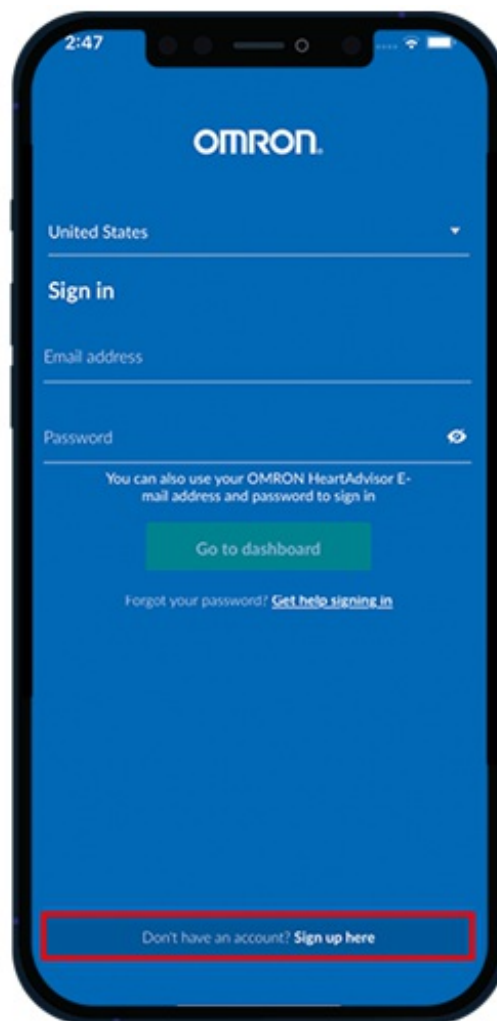


Figure
5.
Sign
up

5. Select “All OMRON Blood Pressure devices” (see Figure 6).



Figure 6. 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 7).



Figure 7. Select “Next: Begin Pairing”

7. Select “OK” (see Figure 8).

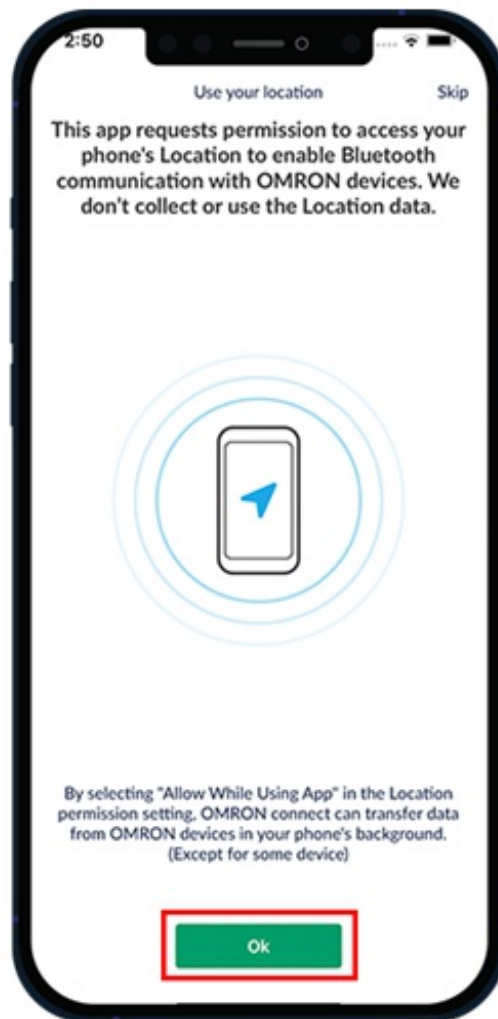


Figure 8. Select “OK”

8. Select “Allow While Using App” (see Figure 9).

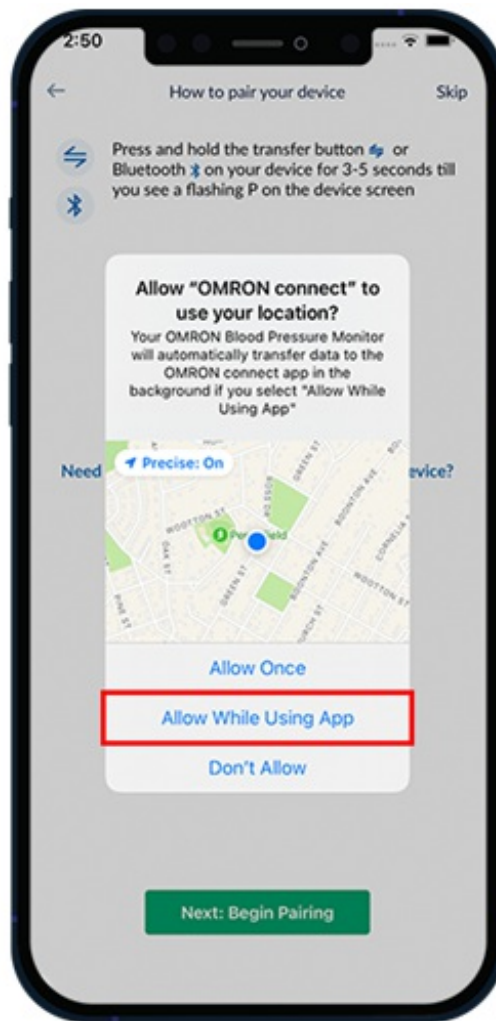


Figure 9. Select “Allow While Using App”

9. The device will begin pairing your phone (see Figure 10).



Figure 10. Device pairing to your phone

10. Select “Silver – BP5250” (see Figure 11).



Figure 11. Select “Silver – BP5250”

11. Select “Pair” (see Figure 12).



Figure 12. Select “Pair”

12. Your OMRON Silver BP5250 has now been connected to your app. Select “Go to dashboard” to take your first reading (see Figure 13).



Figure 13. Select “Go to dashboard”

Connecting Your Account to MyMSK

1. Open the MyMSK mobile app and log in (Figure 14).

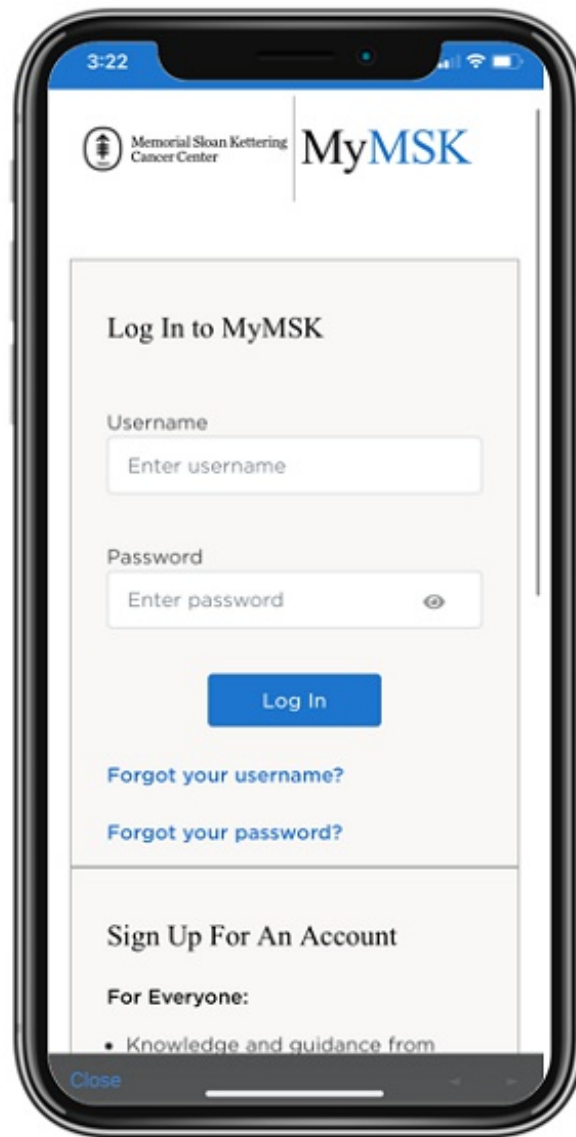


Figure 14. MyMSK mobile app Log in screen

2. Read the emergency notification. Press the “x” at the top right to close the screen (see Figure 15).

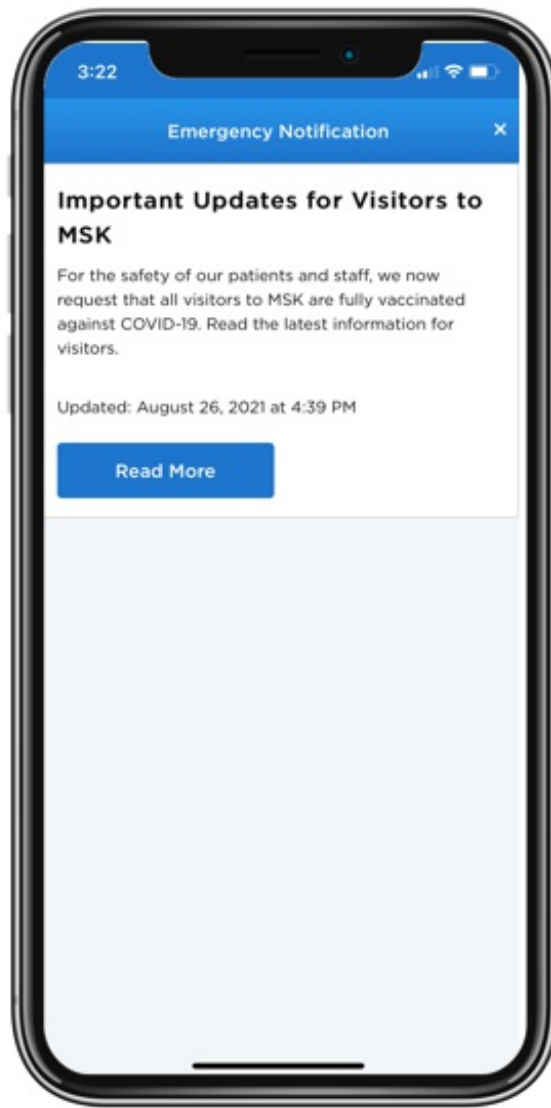


Figure 15. The emergency notification screen

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

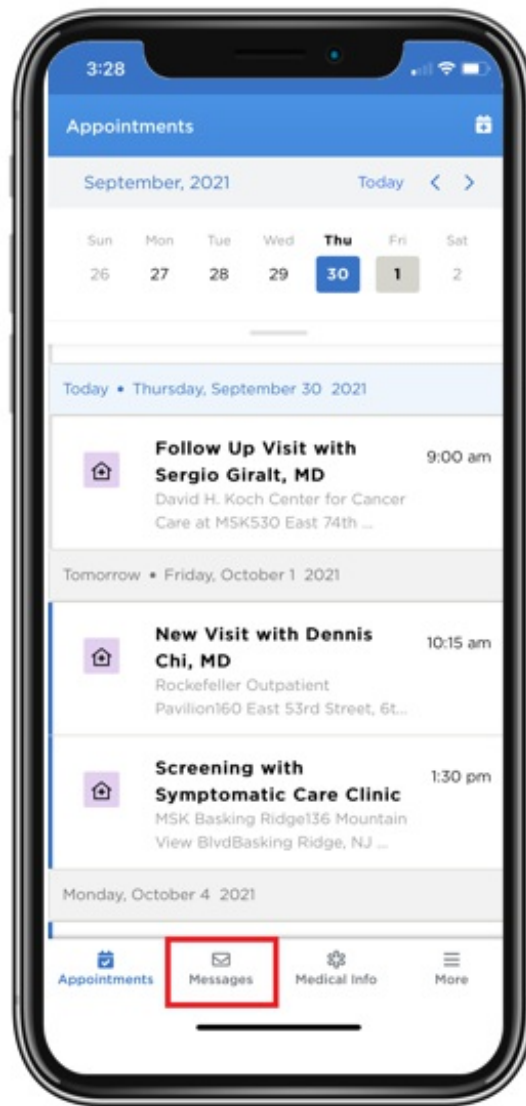


Figure 16. The menu at the bottom shows Messages

4. Select the message “MSK Device Connection” (see Figure 17).

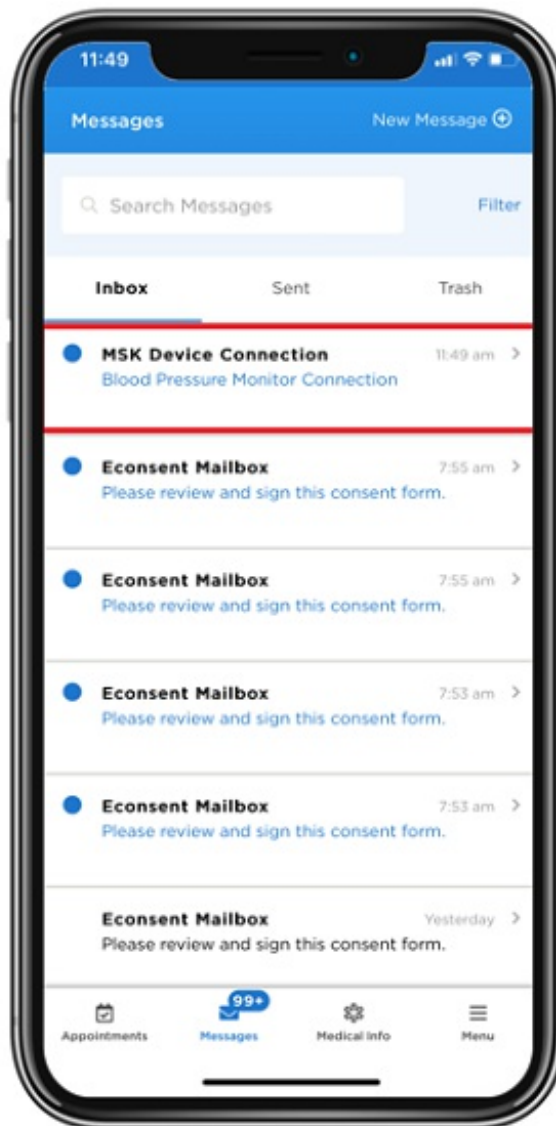


Figure 17. The device connection screen

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

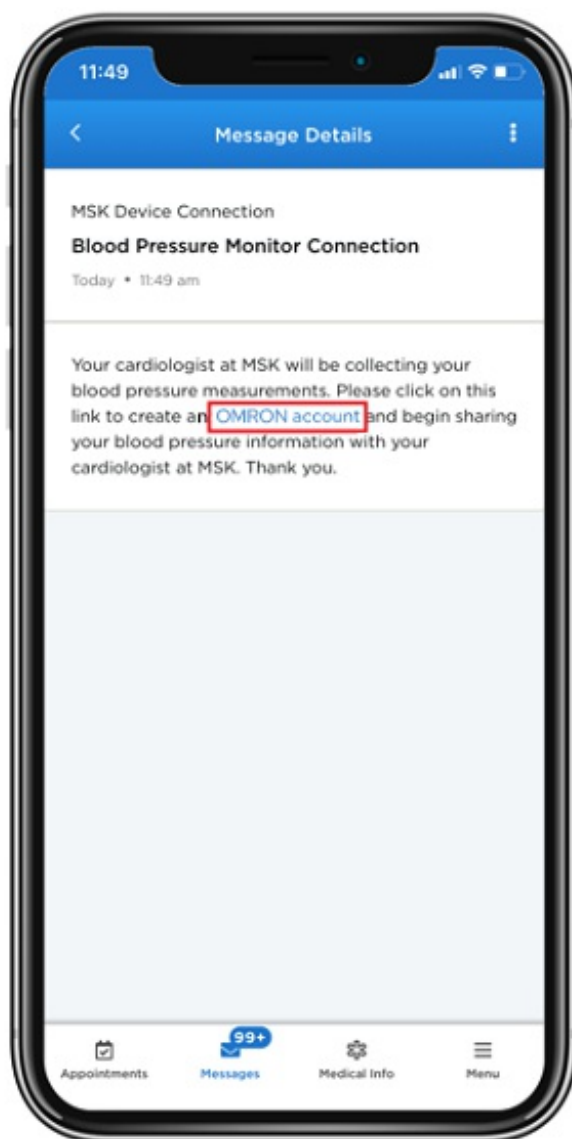


Figure 18. Screen with link

6. Log in to your account (see Figure 19). Select “Allow this app” to connect to Validic (see Figure 20). Your blood pressure measurements will be sent to your MSK care team through Validic.

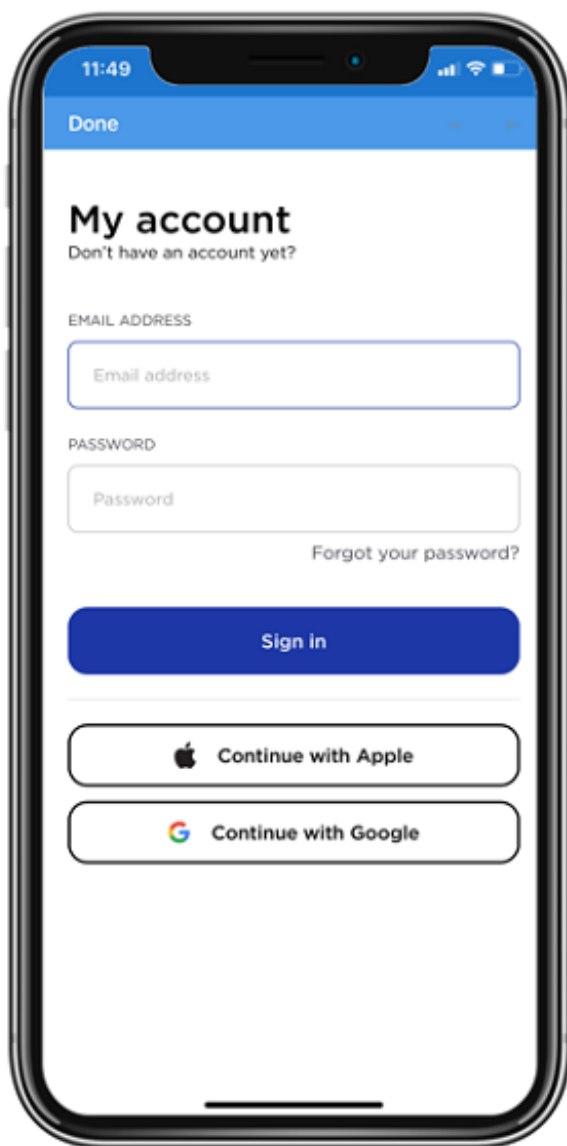


Figure 19.
The login screen for Validic

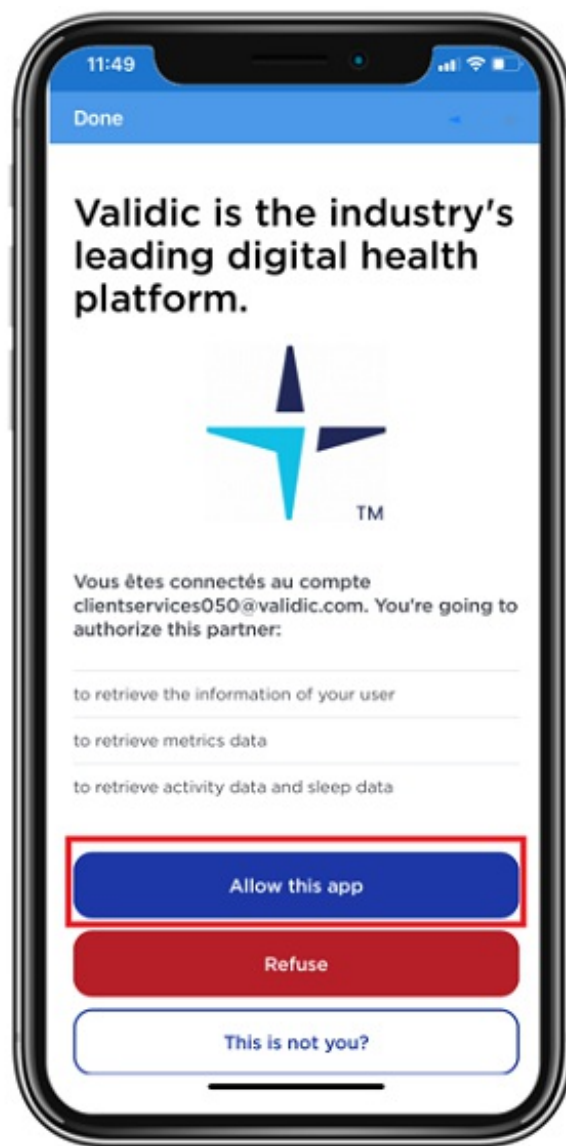


Figure 20.
The permission screen for Validic

7. The accounts will connect. Then select “Done” at the top left corner of the screen (see Figure 21). Your OMRON account is now connected to MyMSK.

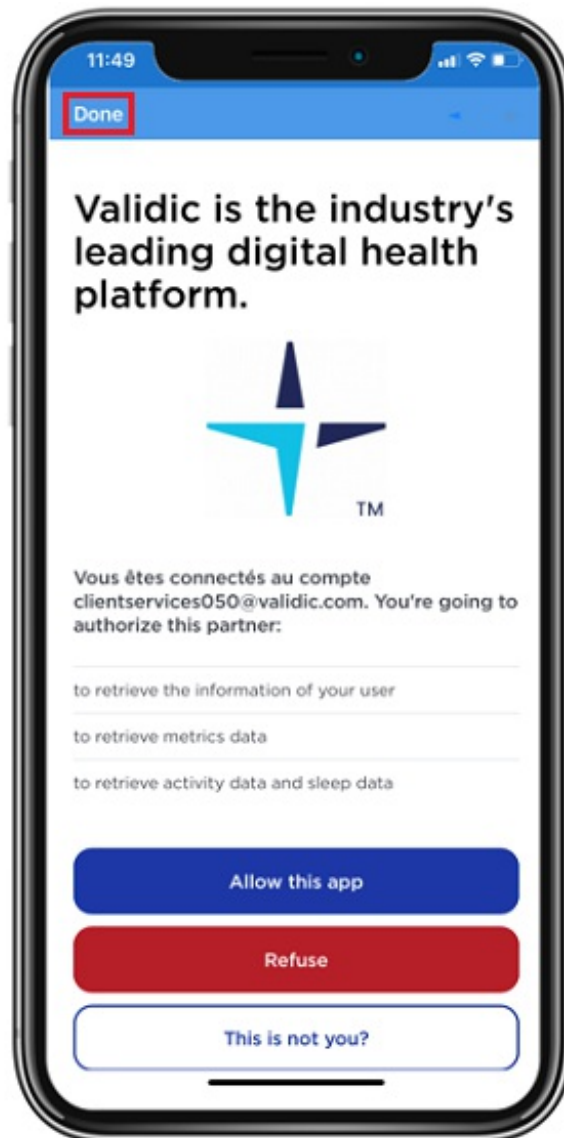


Figure 21. The final screen for connecting your accounts

How to install the OMRON 5 Series BP7250

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

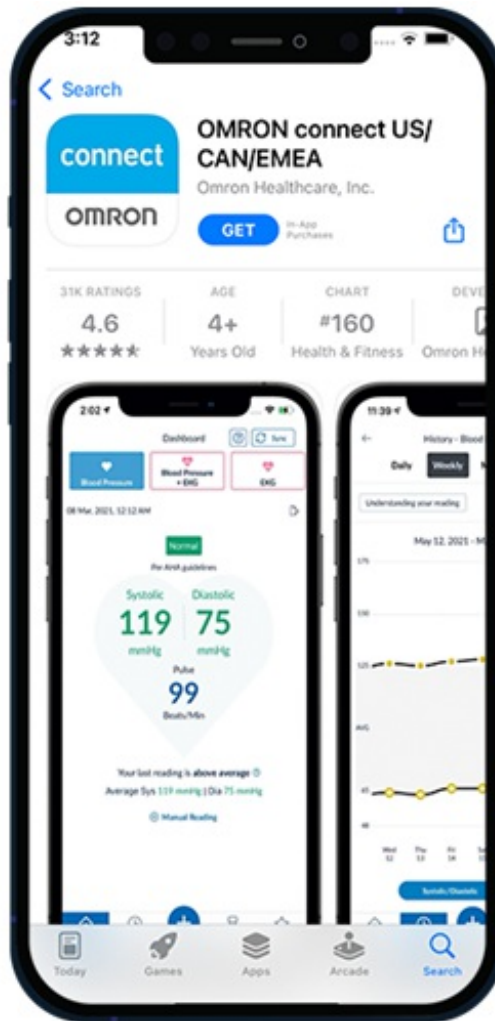


Figure 1. The iOS App Store

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

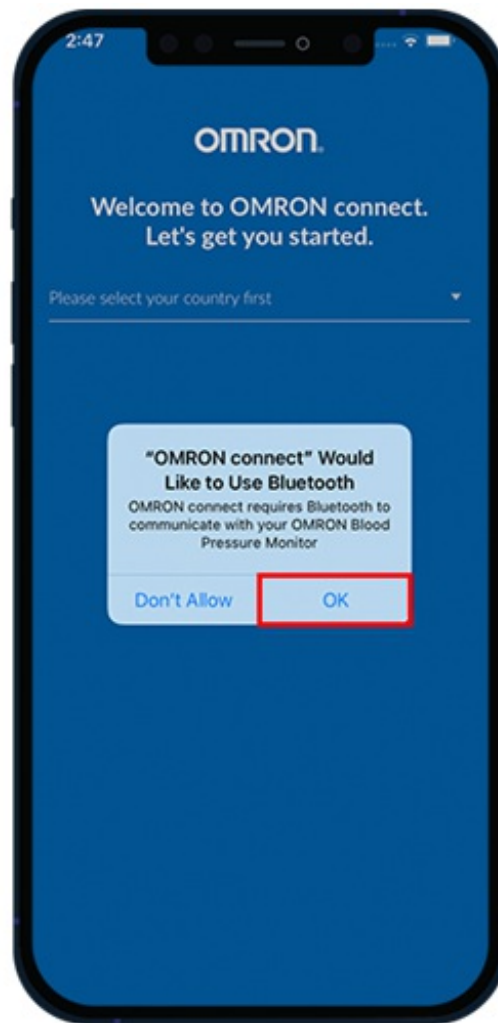


Figure 2. Select "OK"

3. Select "United States" (see Figure 3).

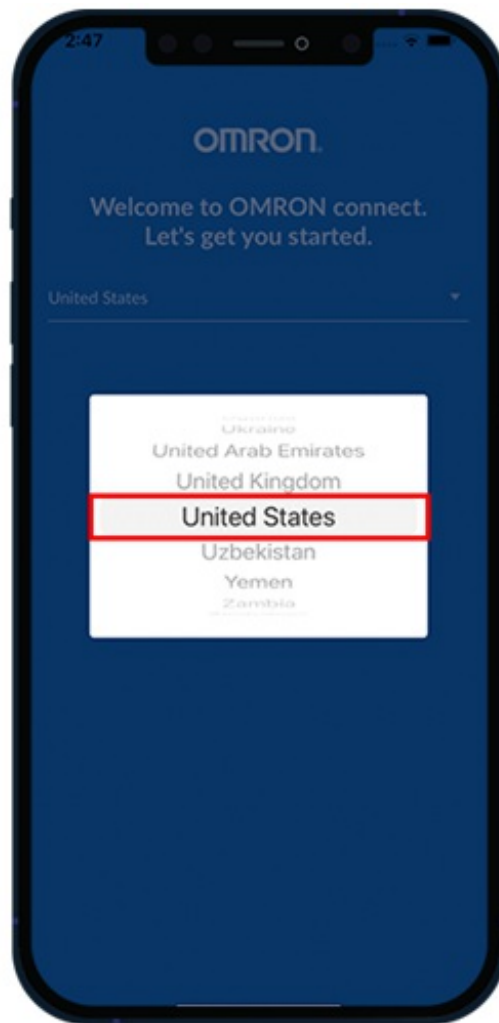


Figure 3. Select "United States"

4. Sign into your OMRON account or sign up if you do not have one (see Figures 4 and 5).

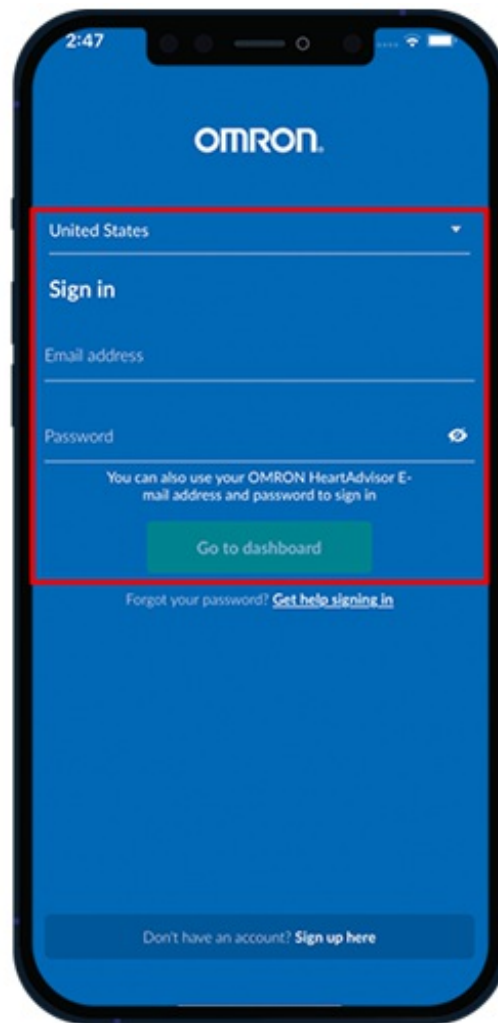


Figure 4. Sign in

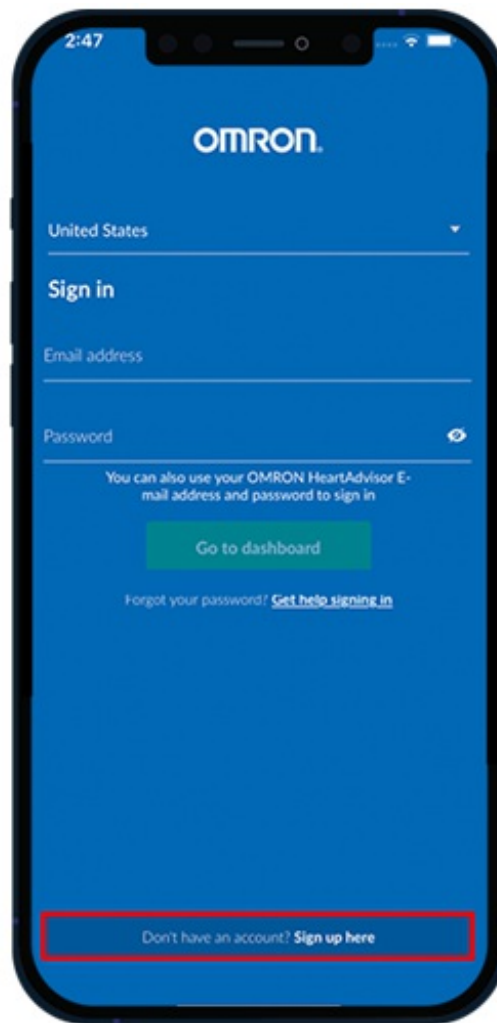


Figure 5. Sign up

5. Select “All OMRON Blood Pressure devices” (see Figure 6).



Figure 6. 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 7).



Figure 7. Select “Next: Begin Pairing”

7. Select “5 Series Upper Arm - BP7250” (see Figure 8).



Figure 8. Select “5 Series Upper Arm – BP7250”

8. Select “Pair” (see Figure 9).



Figure 9. Select “Pair”

Your OMRON Silver BP5250 has now been connected to your app. Select “Got it” to begin taking a reading (see Figure 10).



Figure 10. Select “Got it”

Connecting your account to MyMSK

1. Open the MyMSK mobile app and log in (Figure 11).

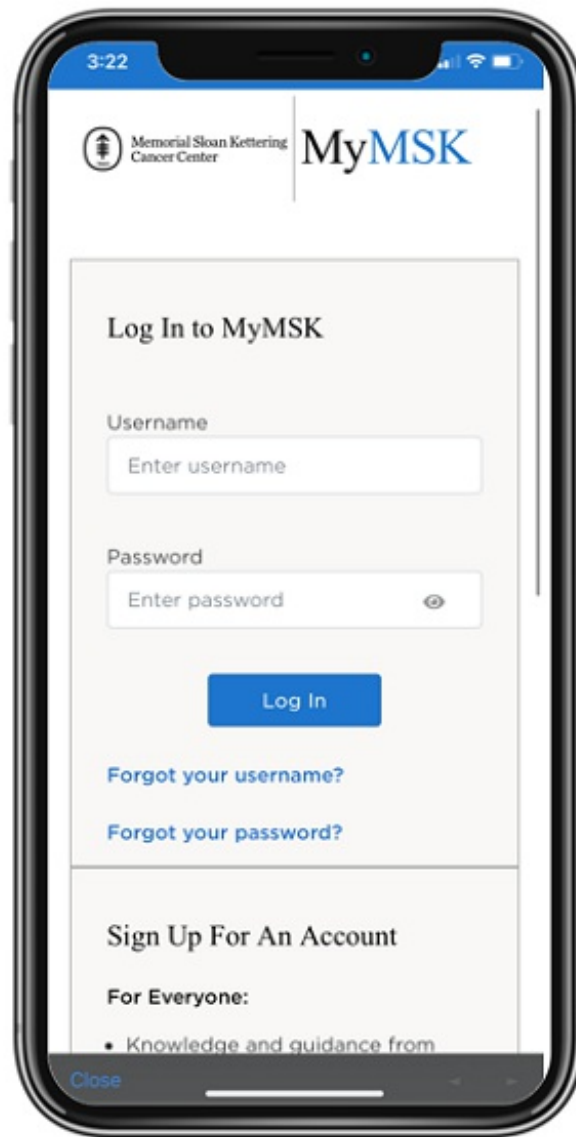


Figure 11. MyMSK mobile app Log in screen

2. Read the emergency notification. Press the “x” at the top right to close the screen (see Figure 12).

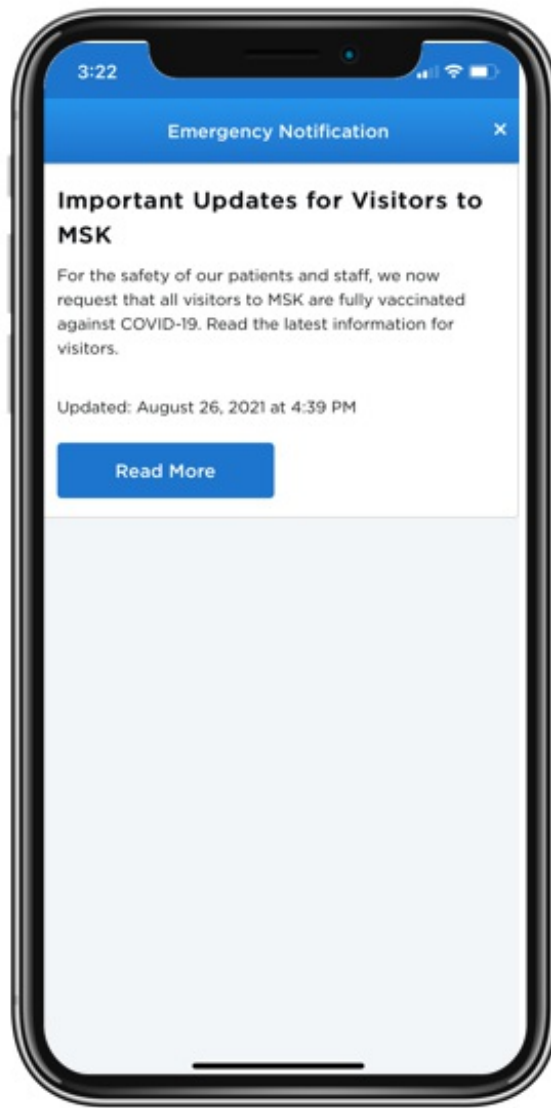


Figure 12. The emergency notification screen

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

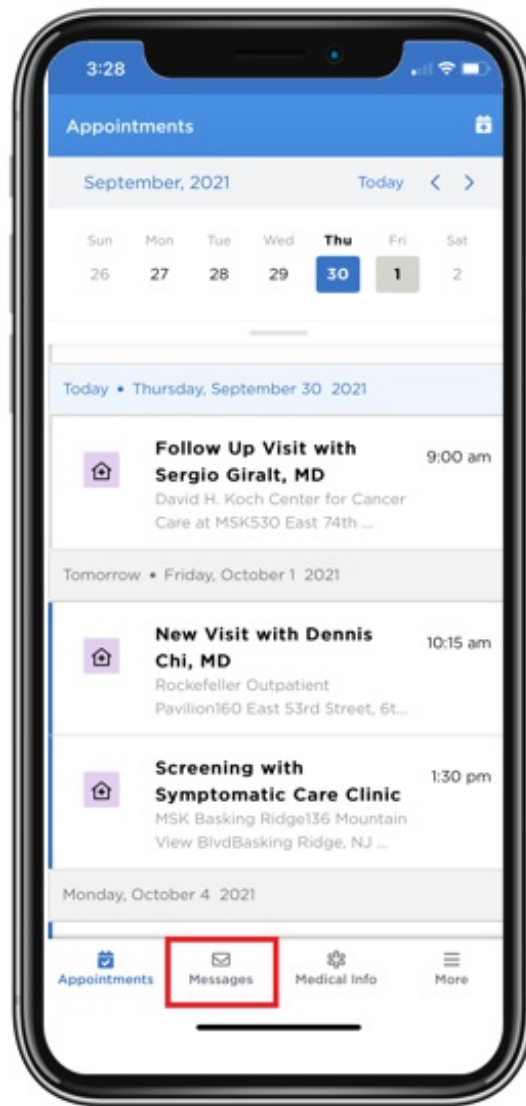


Figure 13. The menu at the bottom shows Messages

4. Select the message “MSK Device Connection” (see Figure 14).

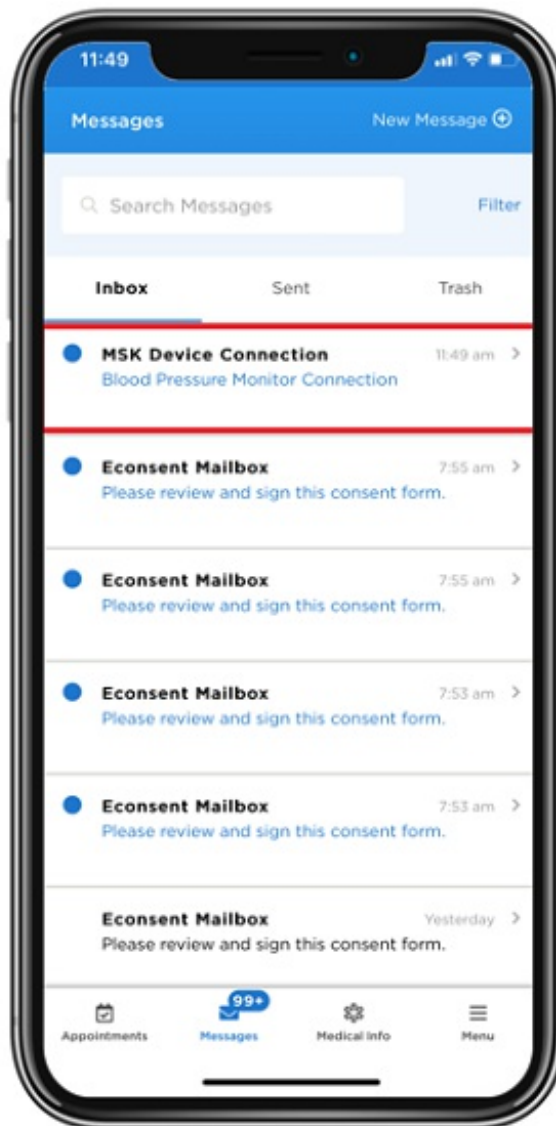


Figure 14. The device connection screen

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

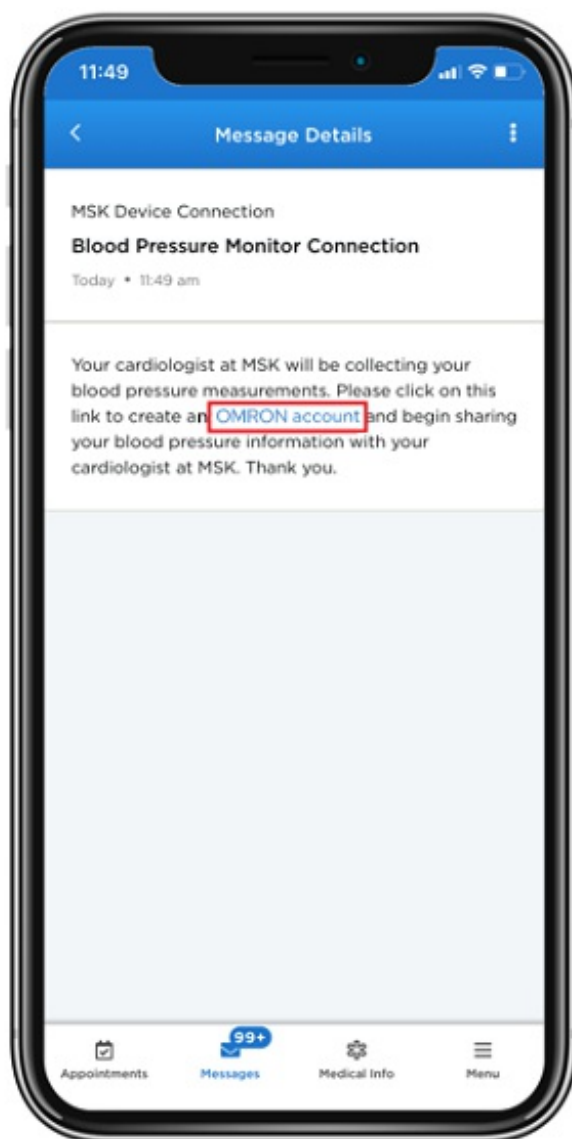


Figure 15. Screen with link

6. Log in to your account (see Figure 16). Select “Allow this app” to connect to Validic (see Figure 17). Your blood pressure measurements will be sent to your MSK care team through Validic.

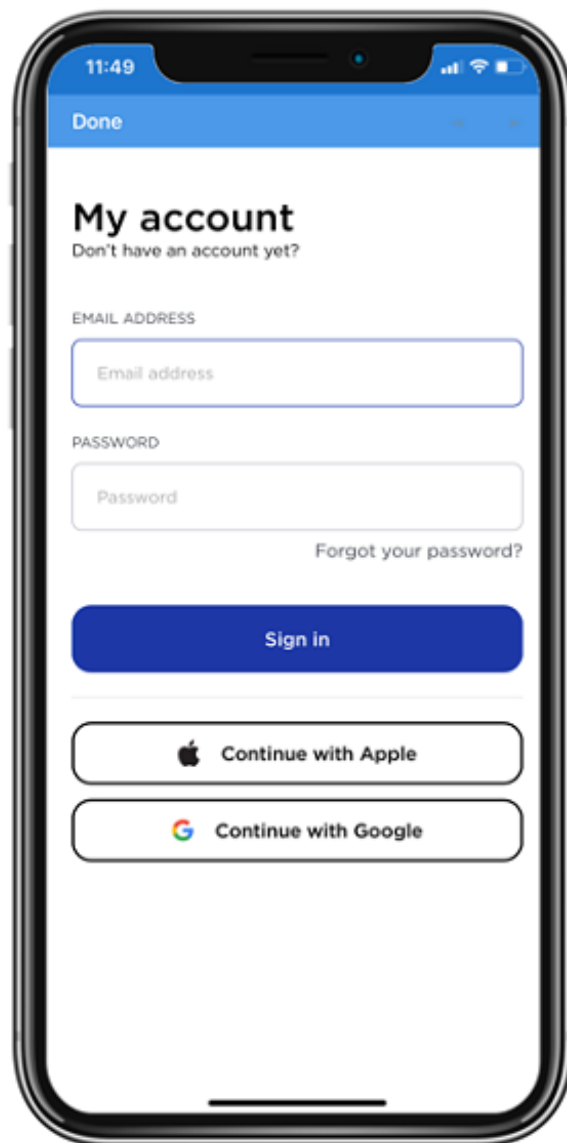


Figure 16. The login screen for Validic

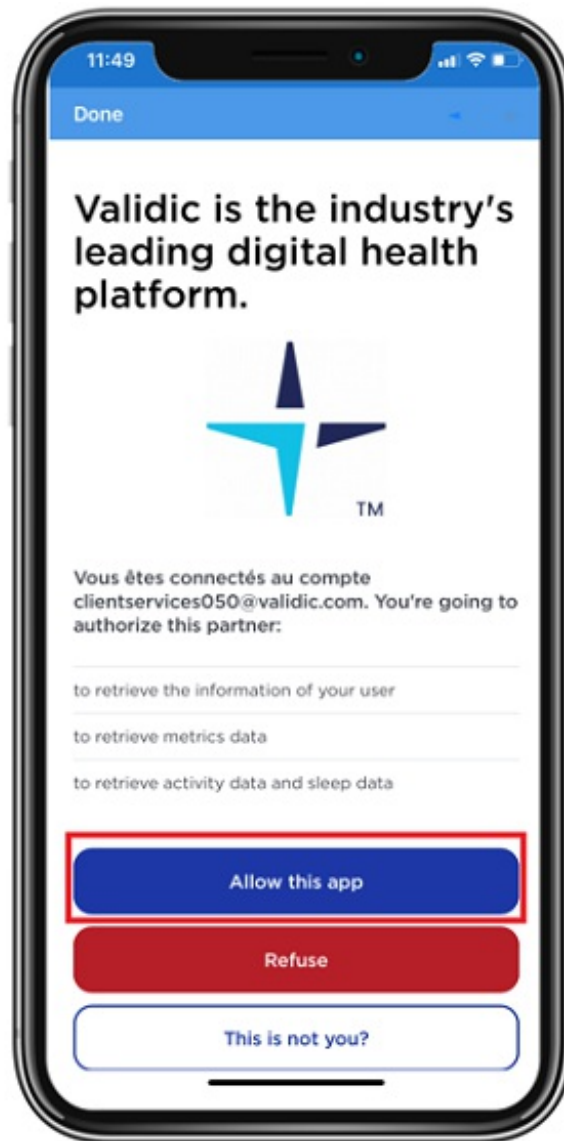


Figure 17. The permission screen for Validic

7. The accounts will connect. Then select “Done” at the top left corner of the screen (see Figure 18). Your OMRON account is now connected to MyMSK.

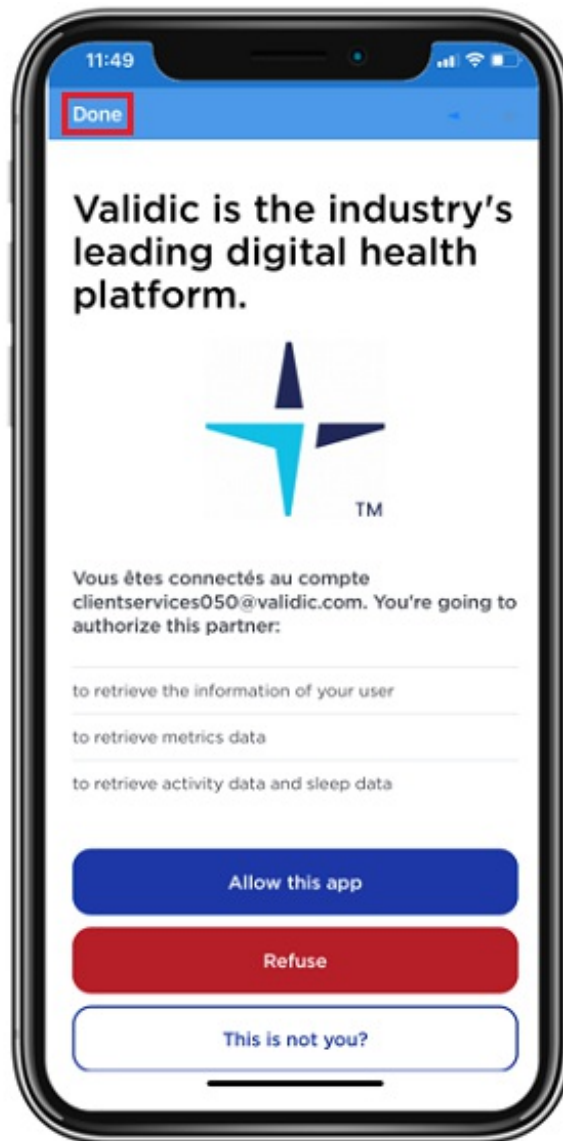


Figure 18. The final screen for connecting your accounts

How to install the iHealth Track

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



How To Set Up Your Blood Pressure Monitor at Home



Figure 2. Select "OK"

3. Select your preference for sharing iHealth data with Apple Health by choosing "Don't Allow" or "Allow" (see Figure 3). MSK will not be collecting data from Apple Health for this program.

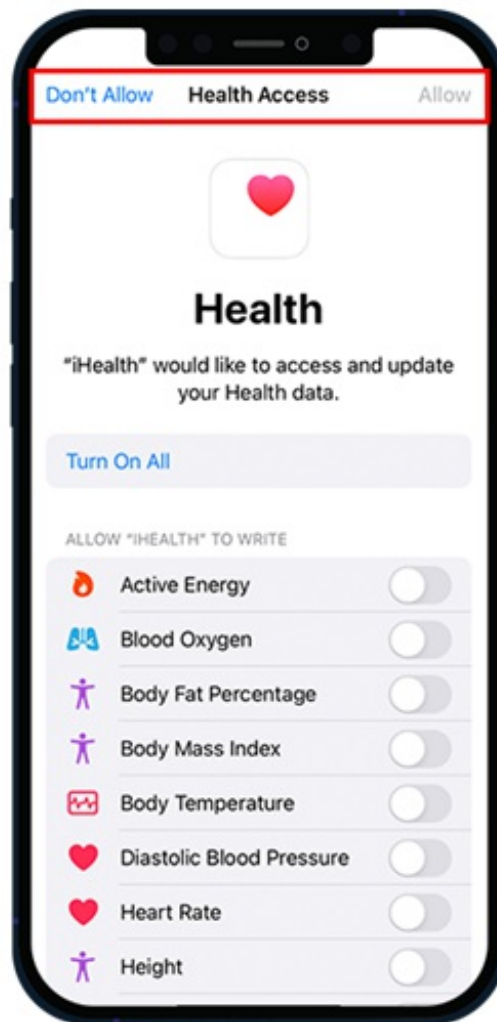


Figure 3. Select your sharing preferences

4. Select “Set Up My Devices” (see Figure 4).

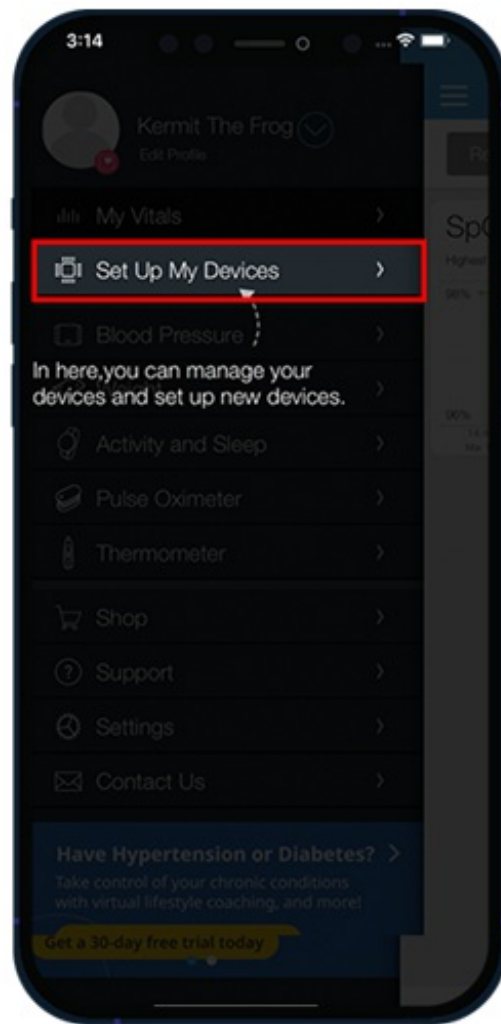


Figure 4. Select “Set Up My Devices”

5. Click “Select New Device” (see Figure 5).

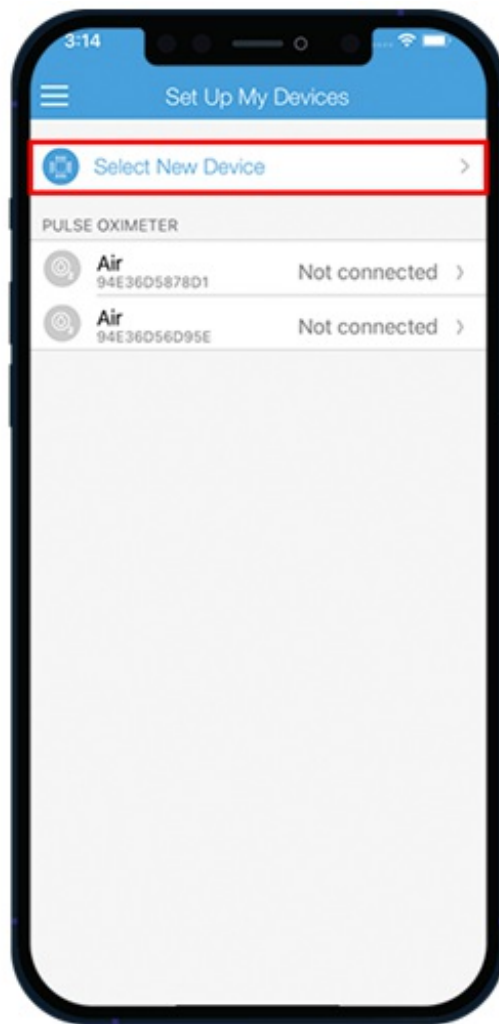


Figure 5. Click “Select New Device”

6. Select “Blood Pressure Monitors” (see Figure 6).

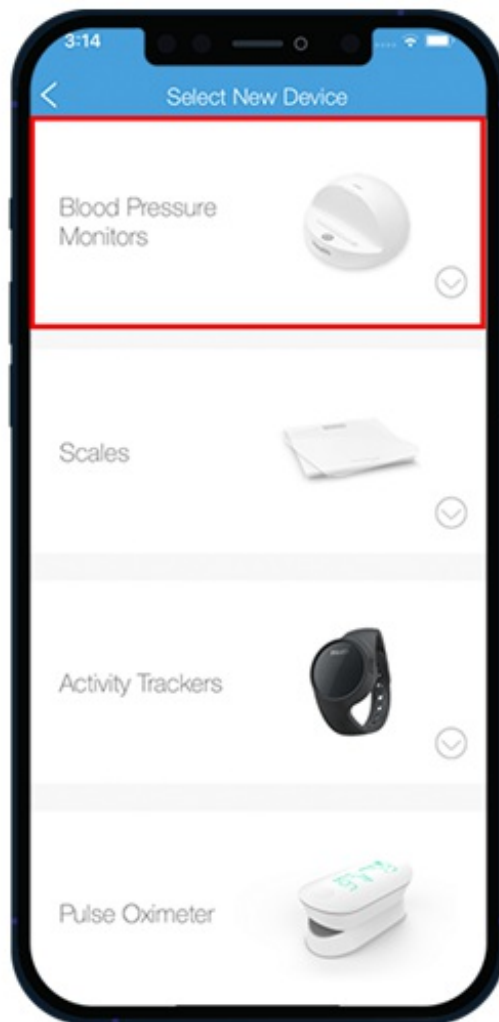


Figure 6. Select “Blood Pressure Monitors”

7. Select “Track” (see Figure 7).

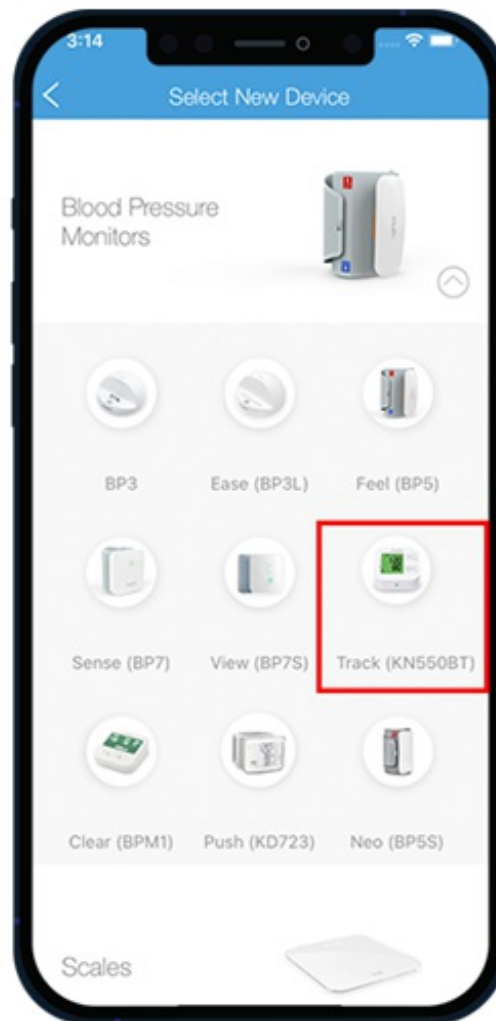


Figure 7. Select “Track”

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



Figure 8. Select “Next”

9. Select your Track model when it appears on the screen (see Figure 9).

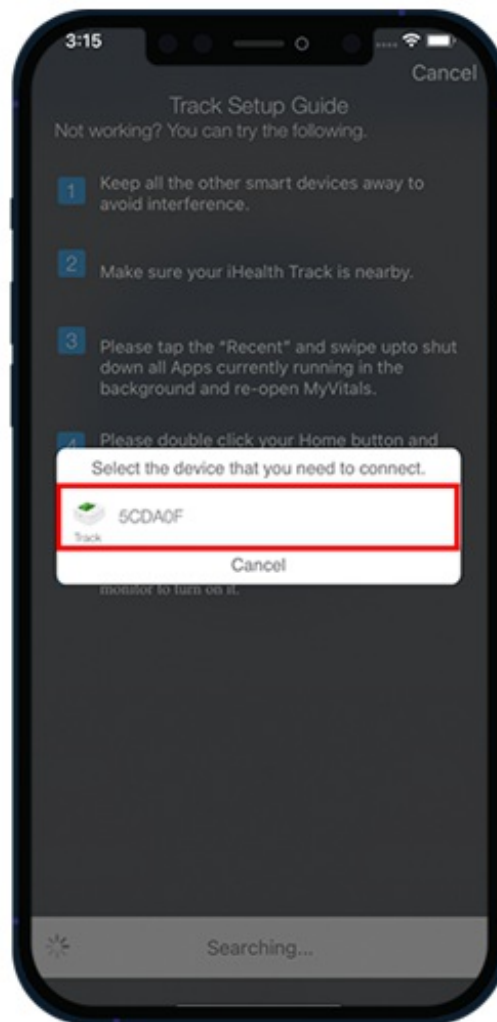


Figure 9. Select your Track model

10. The blood pressure machine and app will begin to pair (see Figure 10).

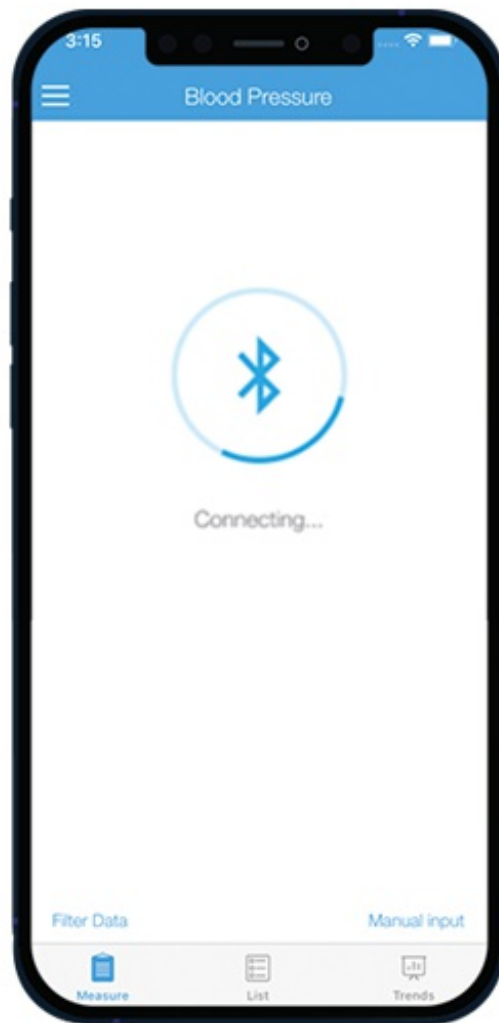


Figure 10. Device is pairing

11. The device has successfully been paired when the “SYNC” button appears on the screen (see Figure 11).

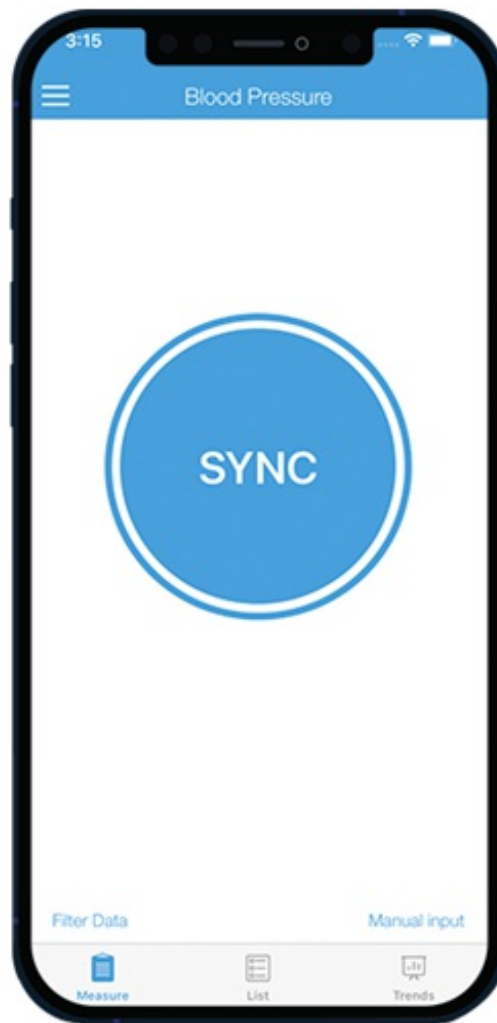


Figure 11. Device successfully synced

Connecting Your Account to MyMSK

1. Open the MyMSK mobile app and log in (Figure 12).

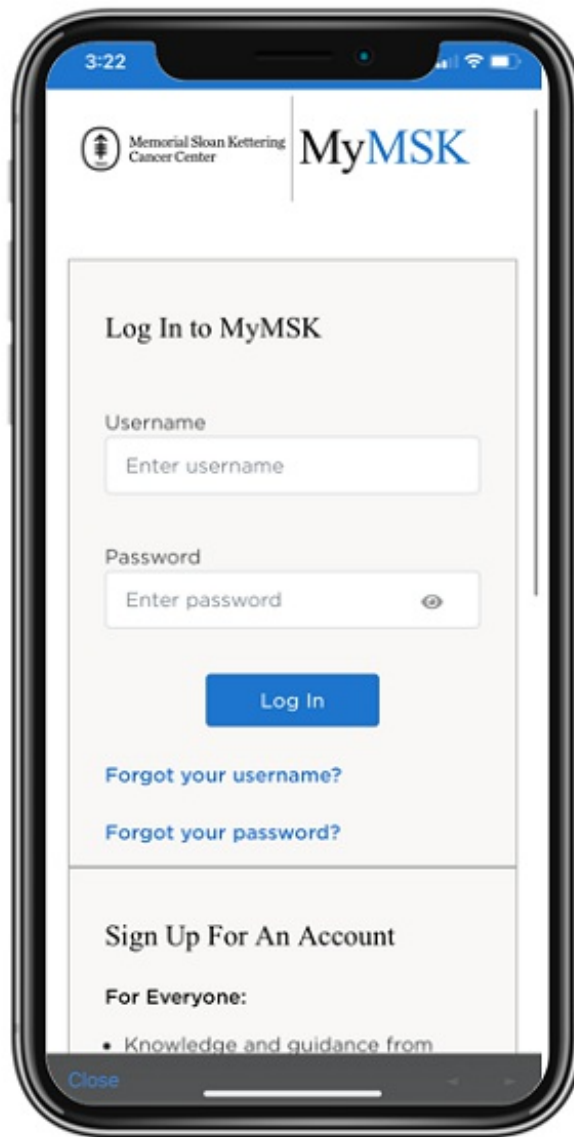


Figure 12. MyMSK mobile app Log in screen

2. Read the emergency notification. Press the “x” at the top right to close the screen (see Figure 13).

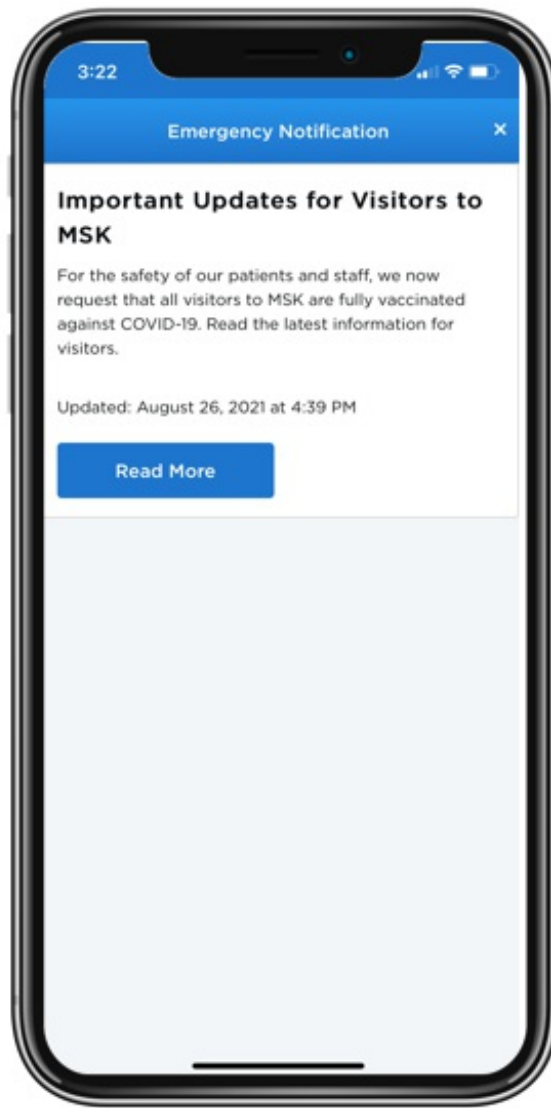


Figure 13. The emergency notification screen

3. At the bottom of the screen, select “Messages” (see Figure 14).

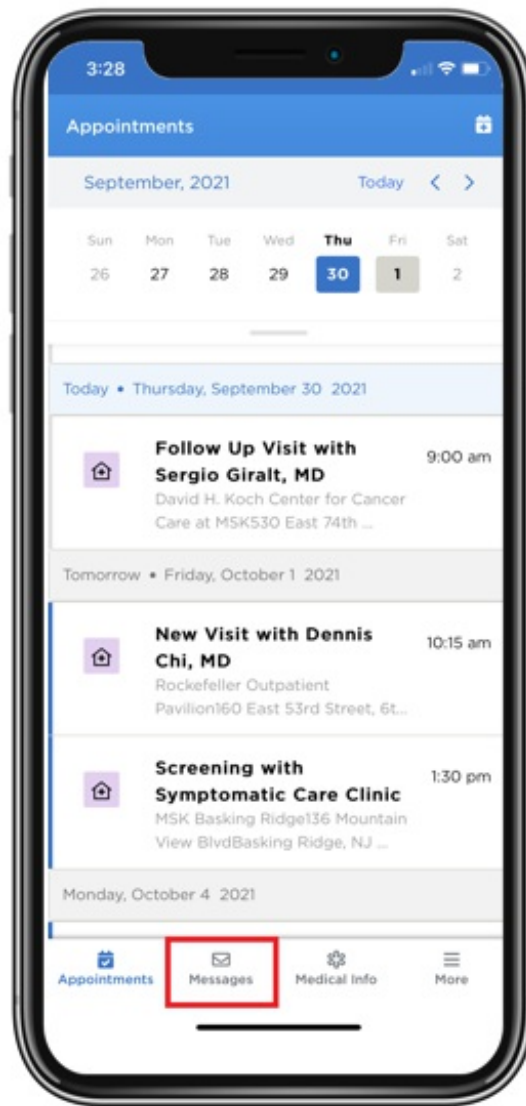


Figure 14. The menu at the bottom shows Messages

4. Select the message “MSK Device Connection” (see Figure 15).

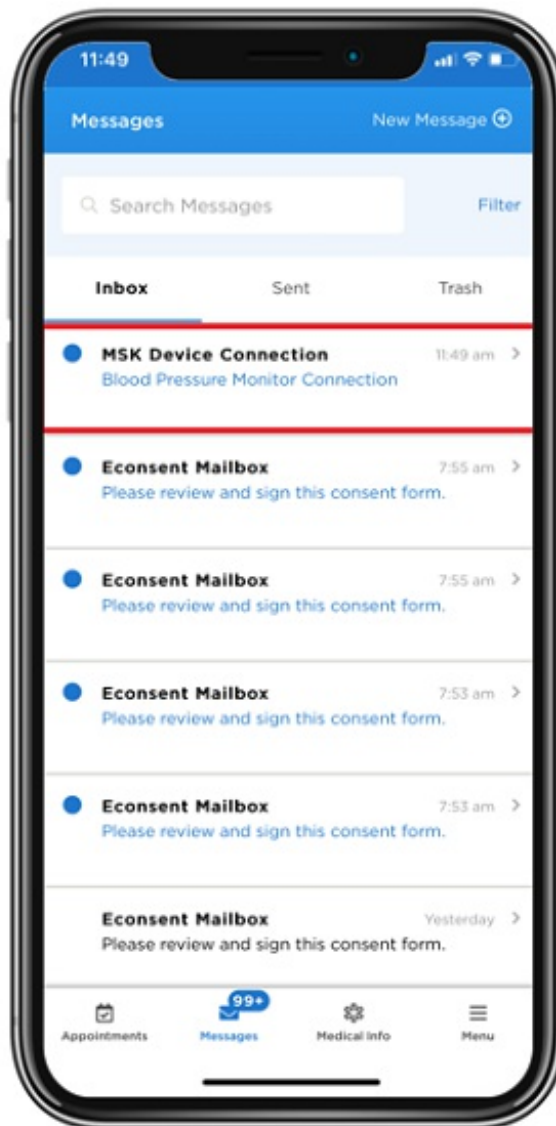


Figure 15. The device connection screen

5. Select the link for iHealth account (Figure 16).

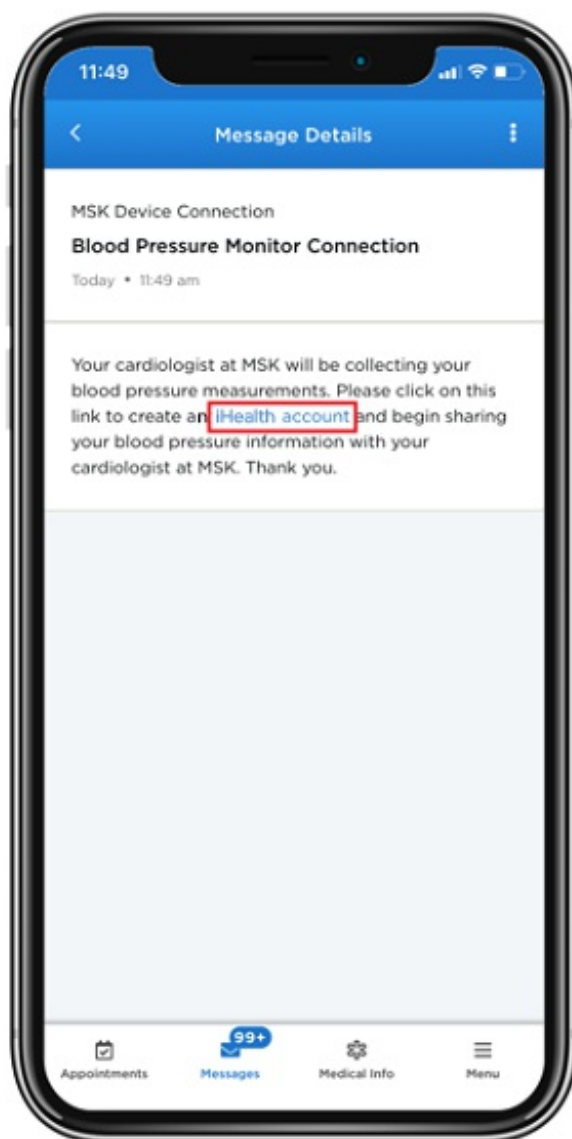


Figure 16. Screen with link

6. Log in to your account (see Figure 17). Select “Allow this app” to connect to Validic (see Figure 18). Your blood pressure measurements will be sent to your MSK care team through Validic.

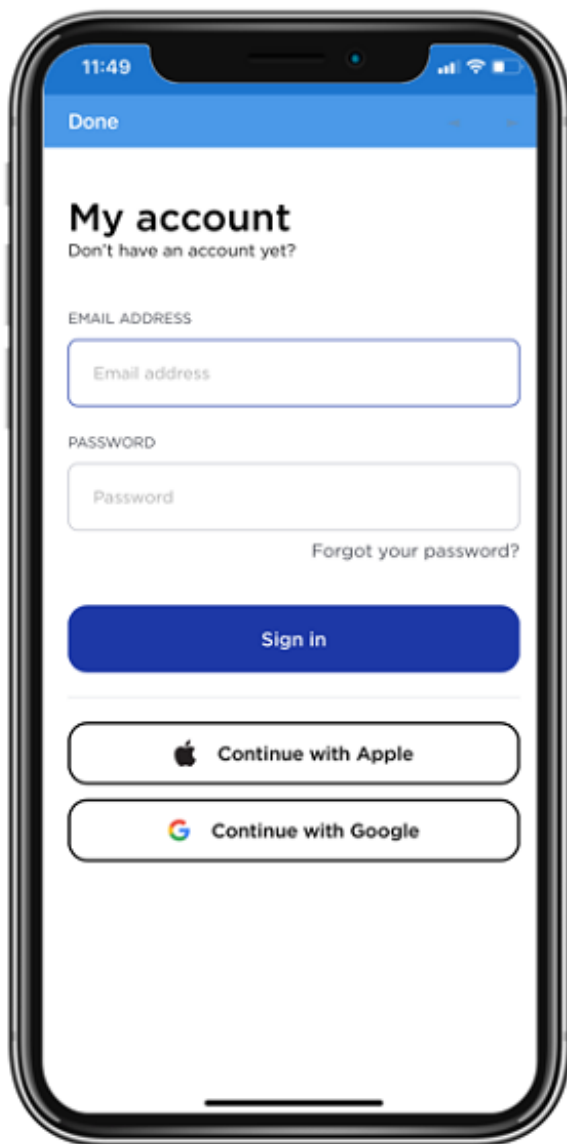


Figure 17.
The login screen for Validic

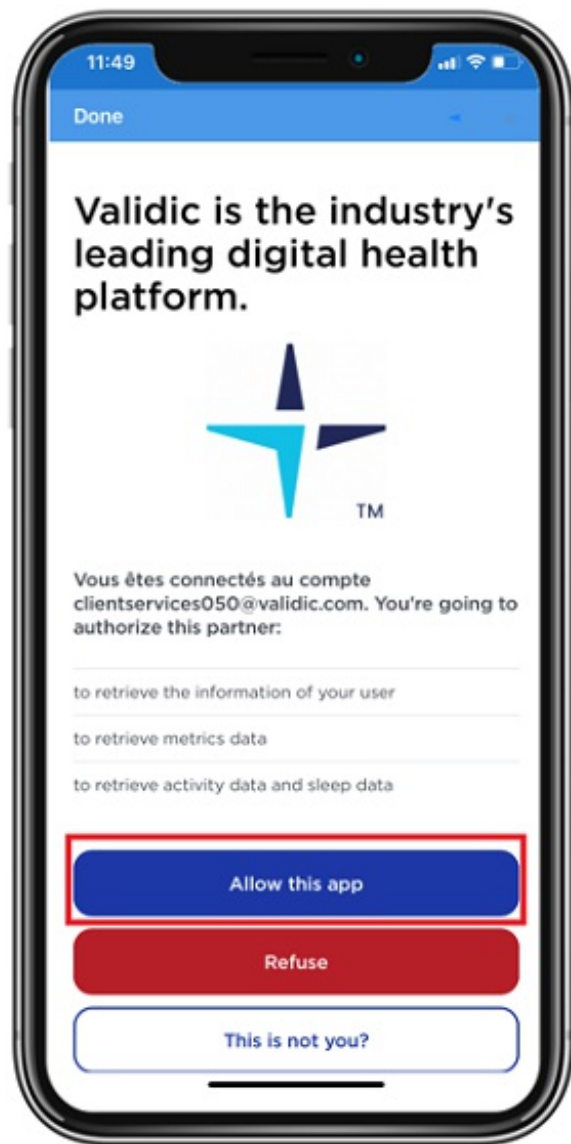


Figure 18.
The permission screen for Validic

7. The accounts will connect. Then select “Done” at the top left corner of the screen (see Figure 19). Your iHealth account is now connected to MyMSK.

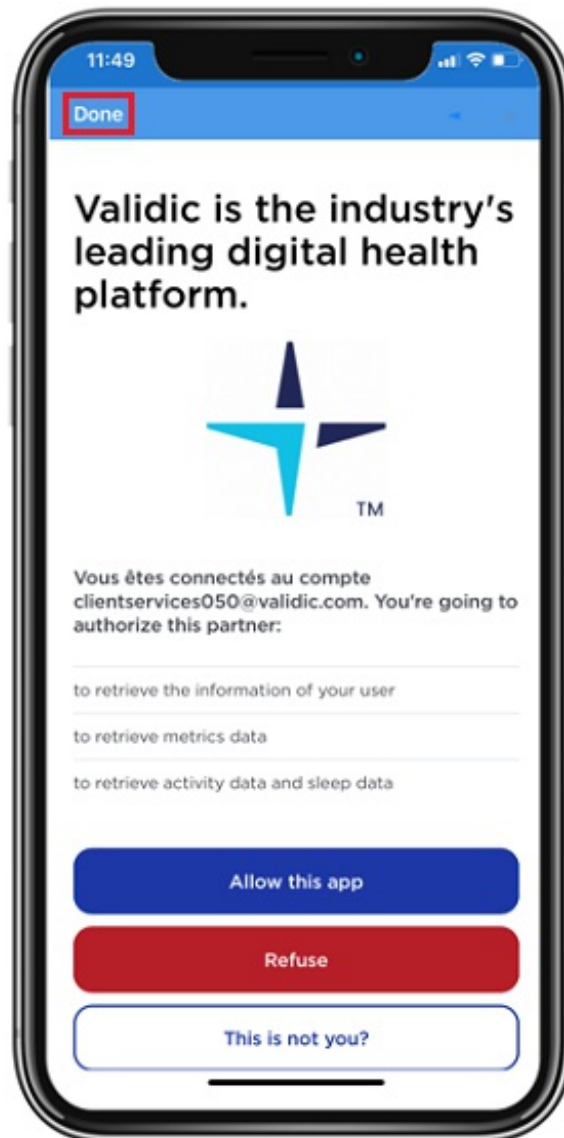


Figure 19. The final screen for connecting your accounts

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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