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PATIENT & CAREGIVER EDUCATION

# How To Take Your Blood Pressure In The MSK Remote Monitoring App Using The Omron BP5250

This information explains how to take a blood pressure reading in the MSK Remote monitoring app using your OMRON 5 Series BP5250 blood pressure monitor.

## How to set up your OMRON 5 Series BP5250

1. Open the MSK Remote Monitoring app on your smartphone or tablet and log in using your MSK MyChart credentials (see Figure 1).

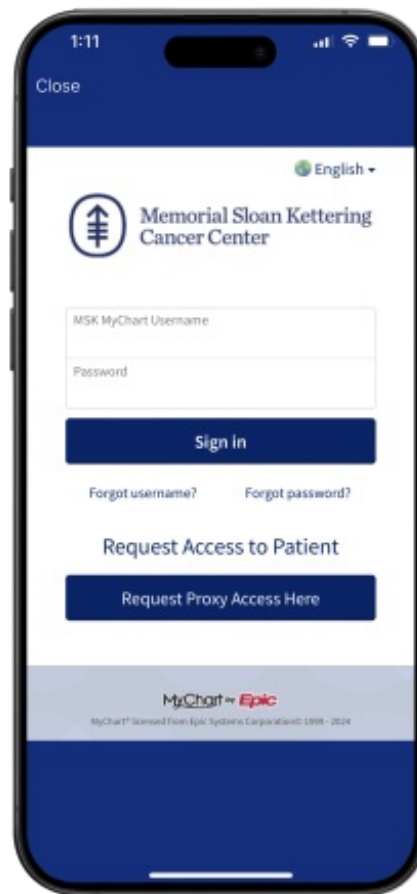


Figure 1. MSK Remote Monitoring app

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

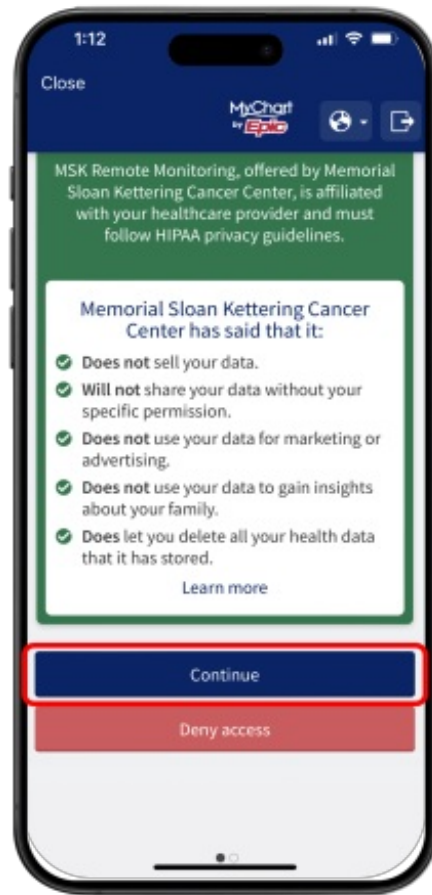


Figure 2. Authorization screen

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

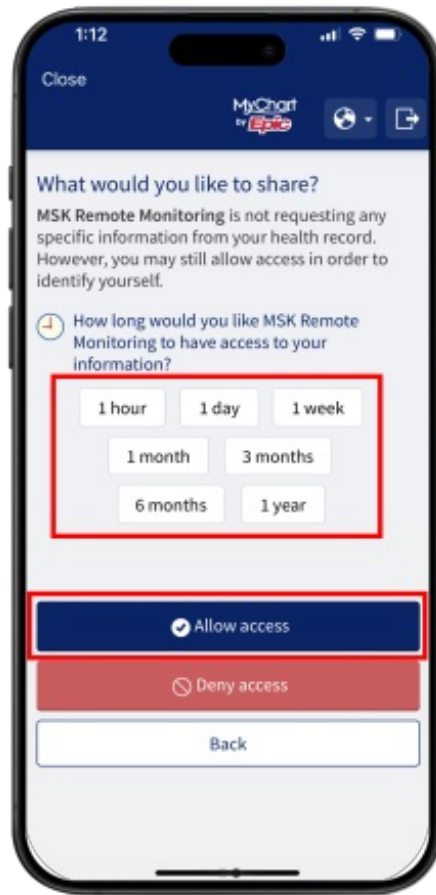


Figure 3. Allow access

4. You will see the Devices screen. Look for the Blood Pressure Monitor tile. Select “Omron BP5250” (see Figure 4).



Figure 4. Select device

5. Tap “Take a reading” (see Figure 5).

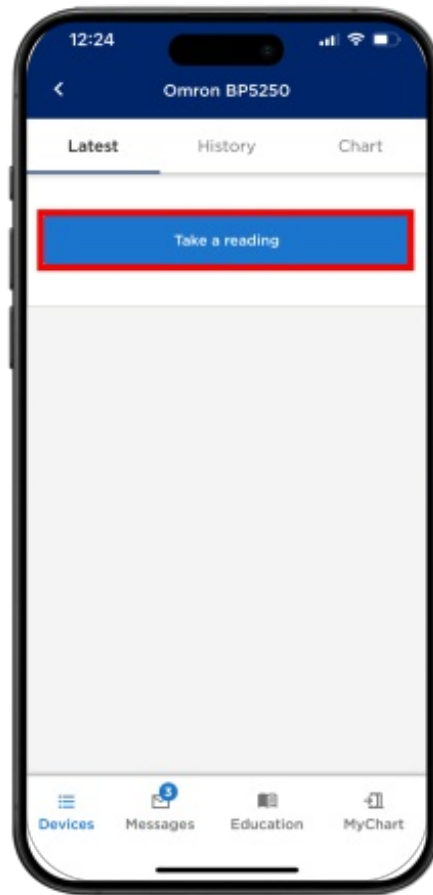


Figure 5. Take a reading

6. The Omron BP5250 requires a one-time pairing to your mobile device at the first set up. Press “Start Pairing” (see Figure 6).

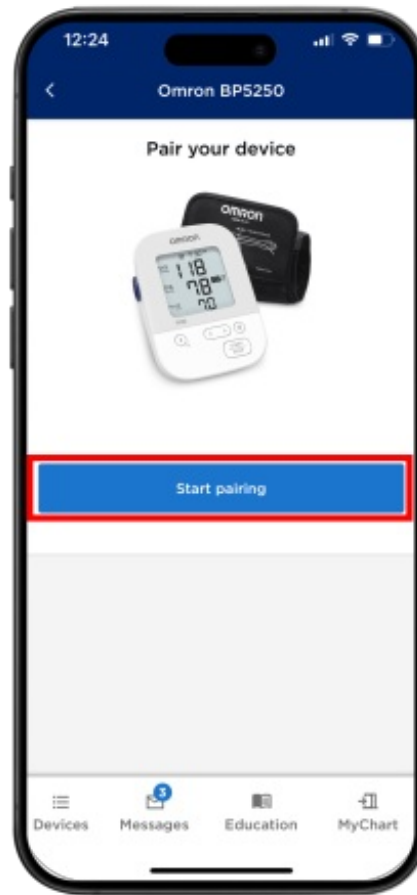


Figure 6. Start pairing

7. Select “Allow” when the Bluetooth permission screen appears. The app needs permission to search for Bluetooth devices to connect (see Figure 7).



Figure 7. Allow Bluetooth

8. Press and hold the Bluetooth symbol button on the Omron BP5250 device until pairing begins. Select “Pair” when the Bluetooth Pairing Request appears in the MSK Remote Monitoring app (see Figure 8).



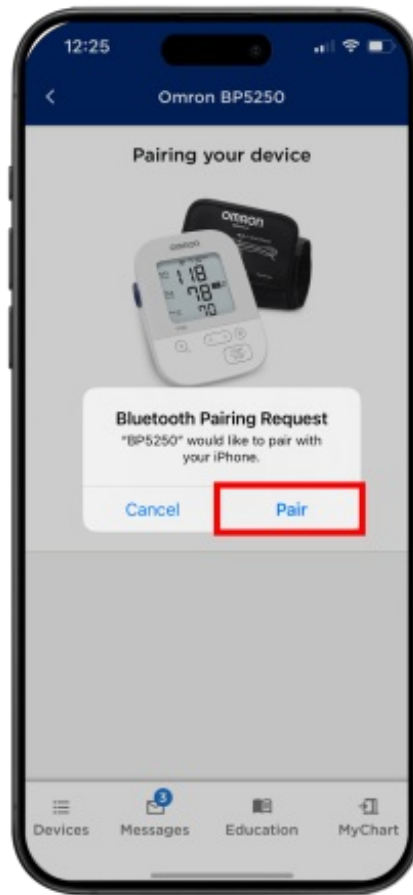


Figure 8. Tap pair

9. You will see a message that the Omron device has successfully paired on your smartphone (see Figure 9). You can now take your first reading.

## How to take you blood pressure using the OMRON 5 Series BP5250

1. Once the device is successfully paired place the OMRON BP5250 blood pressure cuff on your arm.
2. Press the **start** button on your blood pressure machine. Follow the instructions on your smartphone or tablet (see Figure 10).



Figure 10. Take reading

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3. Once the reading appears in the MSK Remote Monitoring app, tap “Submit” (see Figure 11).

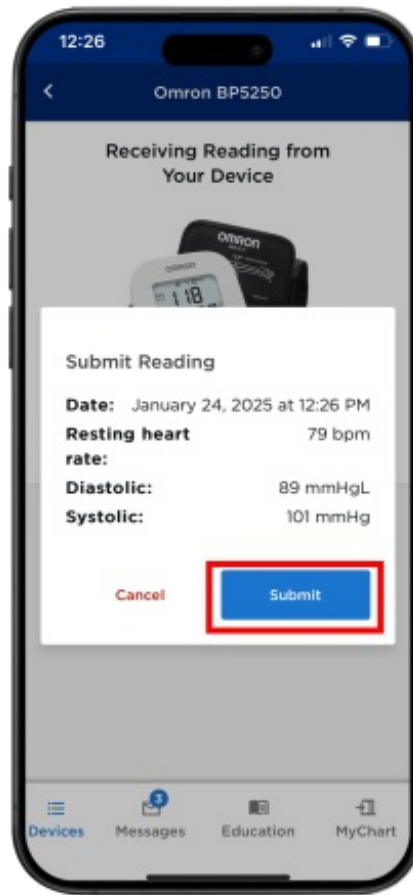


Figure 11. Submit reading

4. The screen will update to show your latest reading (see Figure 12).

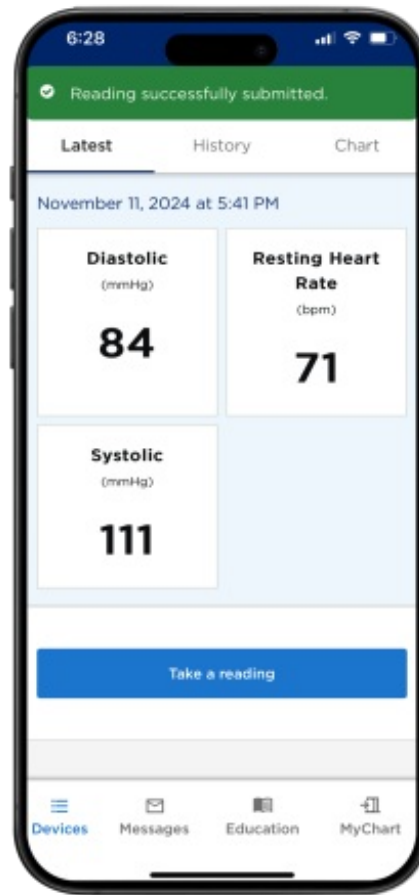


Figure 12. Your latest reading

5. You can also review all your readings in the “History” tab (see Figure 13). You can also view your readings as a graph in the “Chart” tab (see Figure 14).

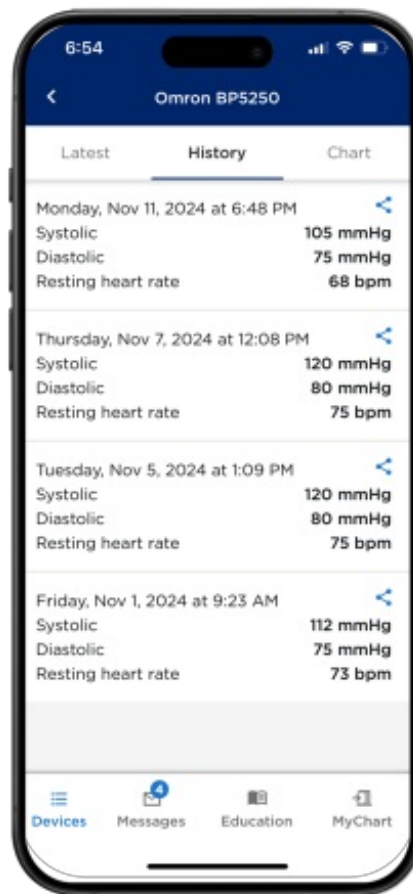


Figure 13. Review readings in History tab

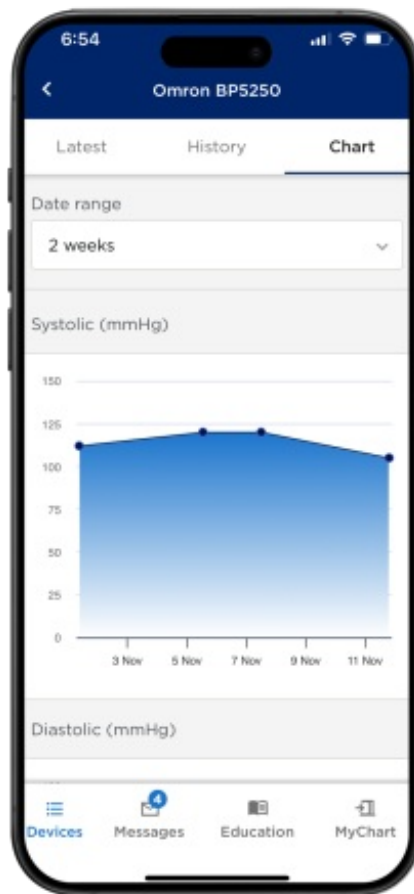


Figure 14. Review reading in a chart

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](http://www.mskcc.org/pe) to search our virtual library.

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