



PATIENT & CAREGIVER EDUCATION

# How To Take Your Blood Pressure in the MSK Remote Monitoring App Using The OMRON 5 Series BP7250/BP7255

This information explains how to take a blood pressure reading in the MSK Remote monitoring app using your OMRON 5 Series BP7250/BP7255 blood pressure monitor.

## How to set up your OMRON 5 Series BP7250/BP7255

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

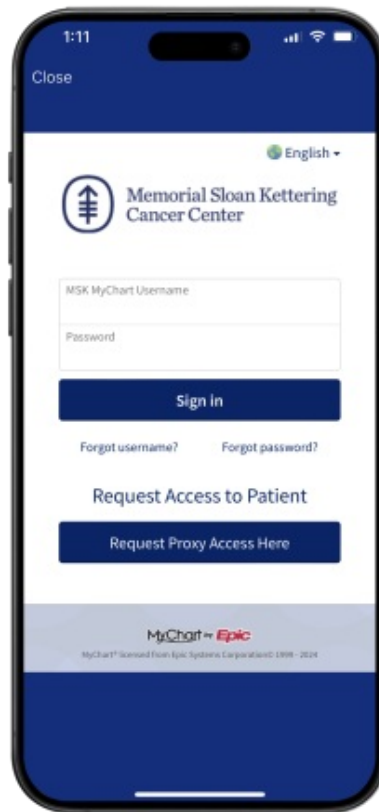


Figure 1. MSK Remote Monitoring app

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

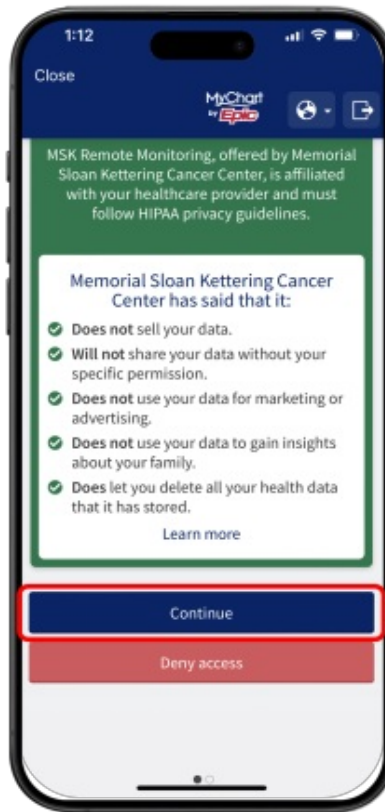


Figure 2. Authorization screen

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

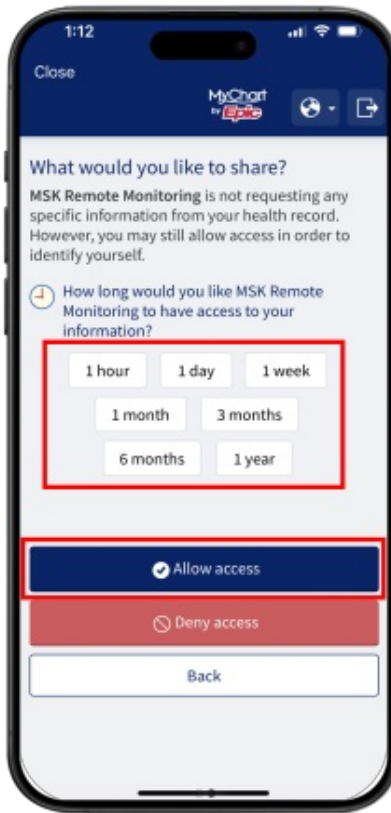


Figure 3. Allow access

4. You will see the Devices screen. Look for the Blood Pressure Monitor tile. Select “Omron BP7250/BP7255 ” (see Figure 4).



Figure 4. Select device

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

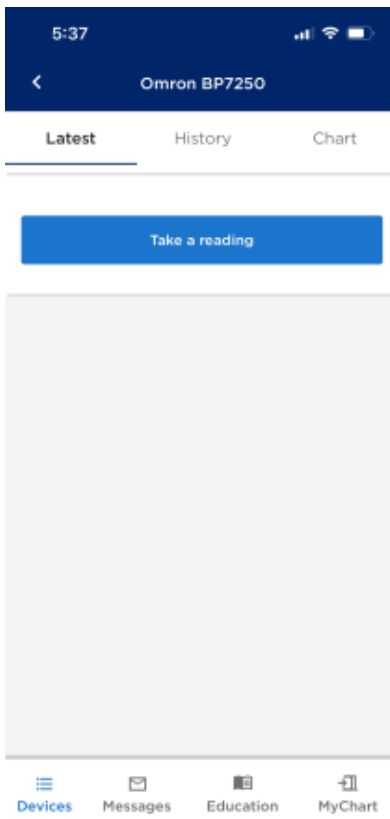


Figure 5. Take a reading

6. Next, you will now need to pair your Omron BP7250/BP7255 to the MSK Remote Monitoring app.
  - Press “Start pairing” in the MSK Remote Monitoring app (see Figure 6).
  - Then on your Omron BP7250/BP7255 device, press and hold the Bluetooth button until you see a flashing ‘P’ on your monitor.

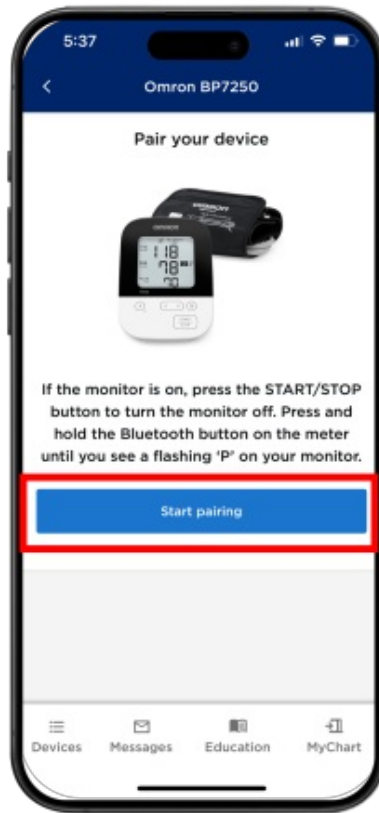


Figure 6. Start pairing

7. The MSK Remote Monitoring app will need permission to connect to Bluetooth devices. Tap Allow when prompted to connect to Bluetooth (see Figure 7).

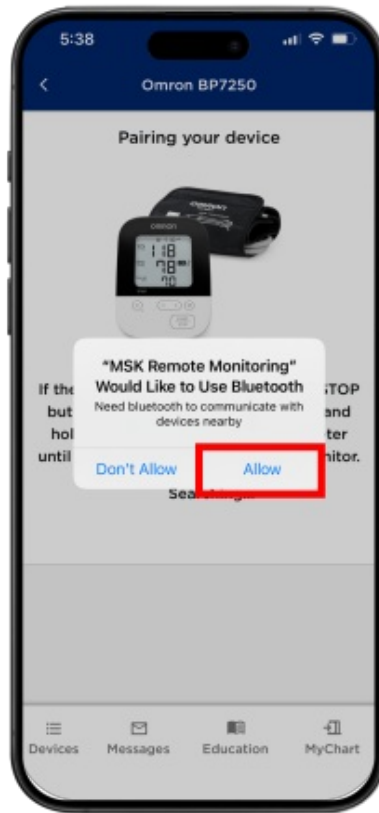


Figure 7. Allow Bluetooth

8. Tap “Pair” when prompted to connect to Bluetooth (see Figure 8).

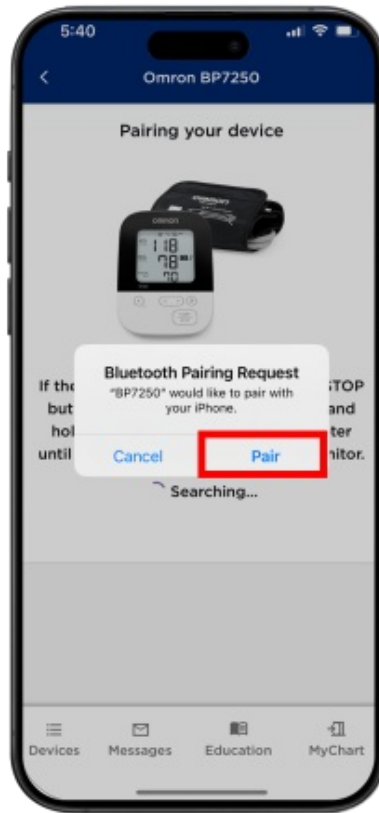


Figure 8. Tap pair

9. You will see a message once your device has successfully connected to the MSK Remote Monitoring app. To take a reading tap “”Take a reading” (see Figure 9).

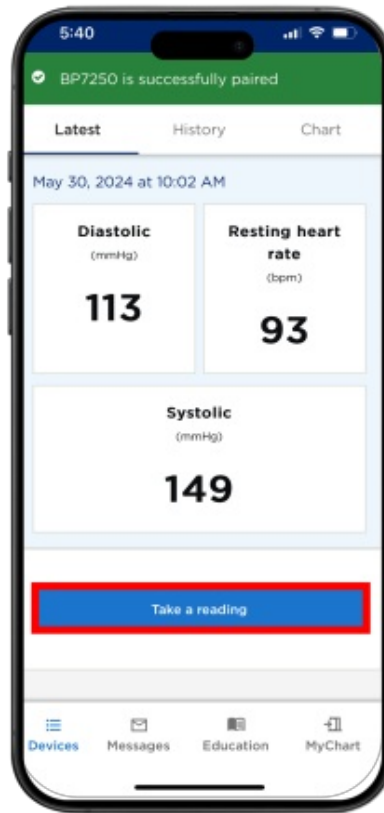


Figure 9. Paired successfully

## How to take you blood pressure using the OMRON 5 Series BP7250/BP7255

1. Place the OMRON 5 Series BP7250/BP7255 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. Follow instructions on screen

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

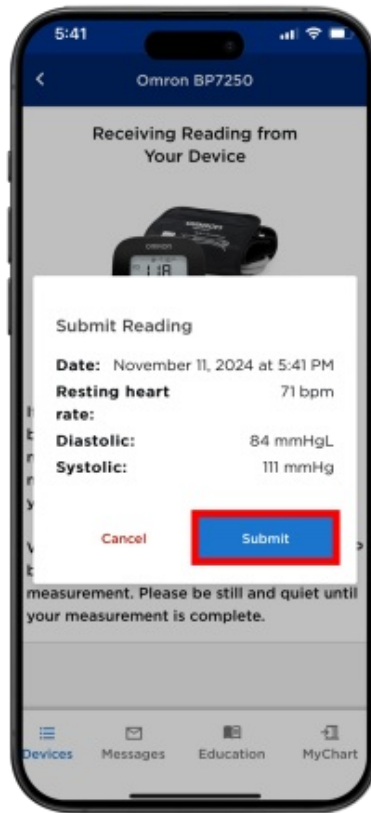


Figure 11. Submit reading

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

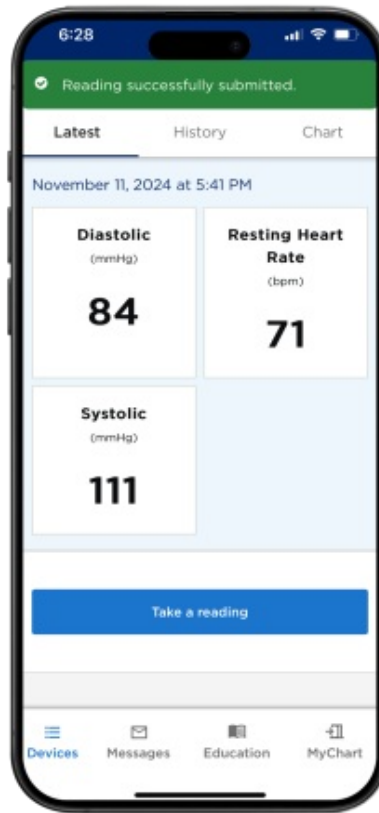


Figure 12. Your latest reading

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).

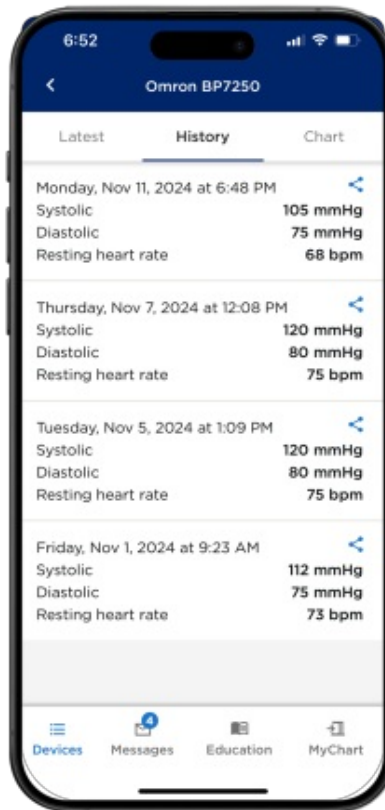


Figure 13. Review readings in History tab

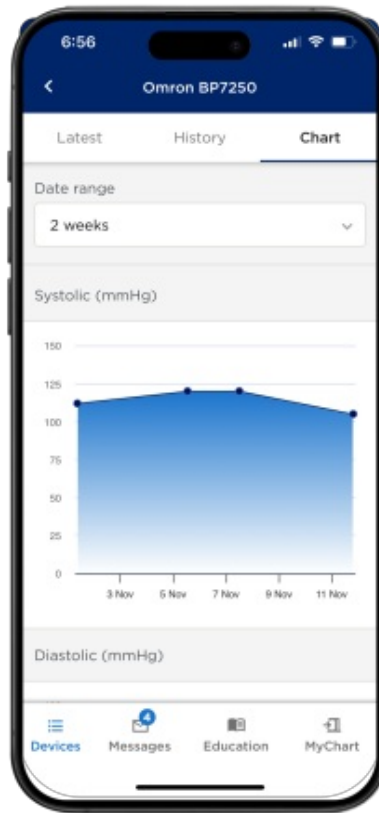


Figure 14. Review readings in chart form

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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