



PATIENT & CAREGIVER EDUCATION

How To Take Your Blood Pressure in MyMSK Using the OMRON 5 Series BP7250

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1. Open the MyMSK app on your smartphone or tablet and log in (see Figure 1).

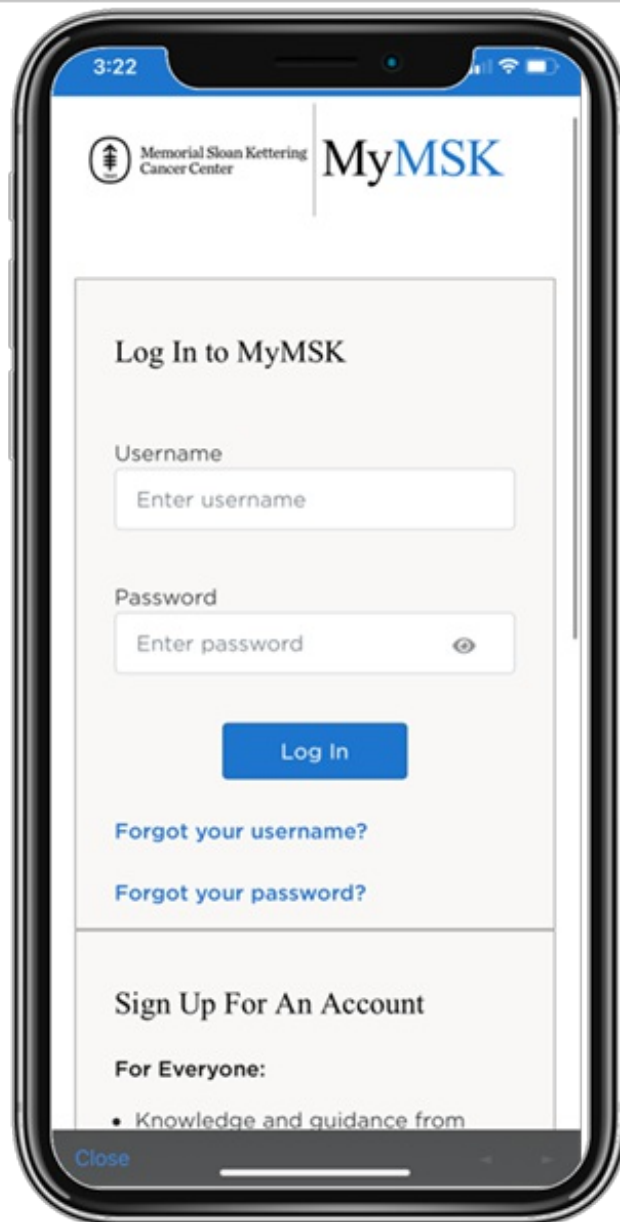


Figure 1. The MyMSK app login screen

2. Tap the “Menu” tab (see Figure 2).

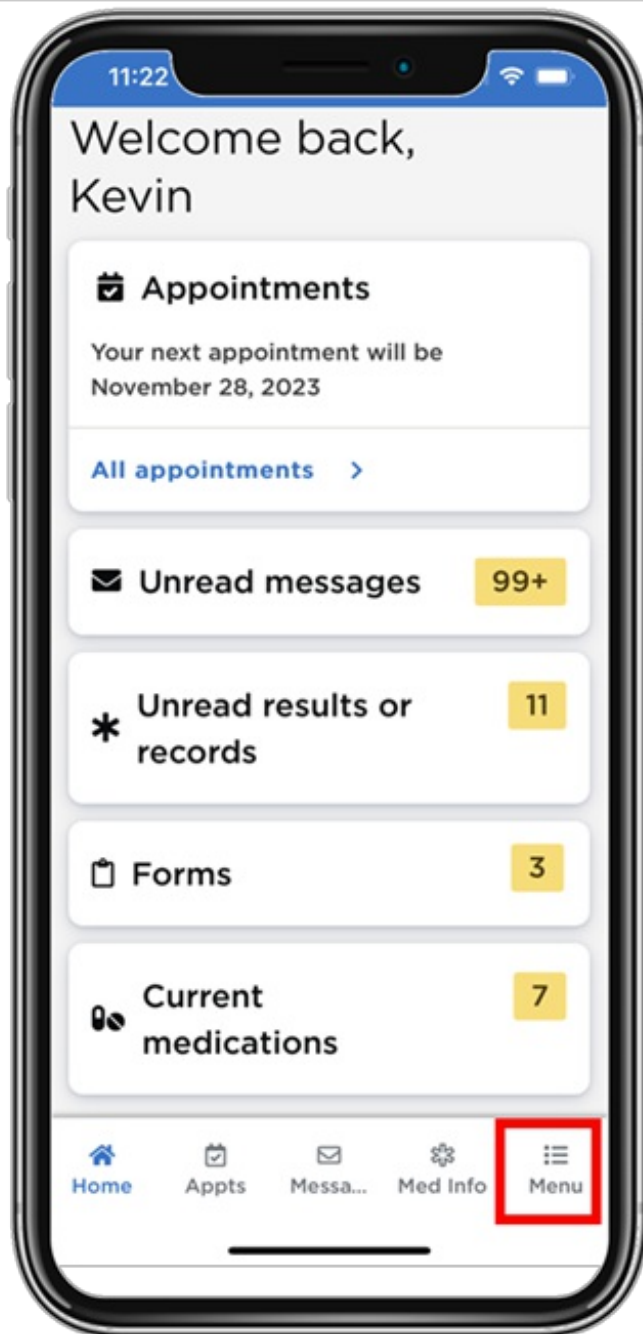


Figure 2. Tap the “Menu” tab

3. Tap “Remote Monitoring” (see Figure 3).

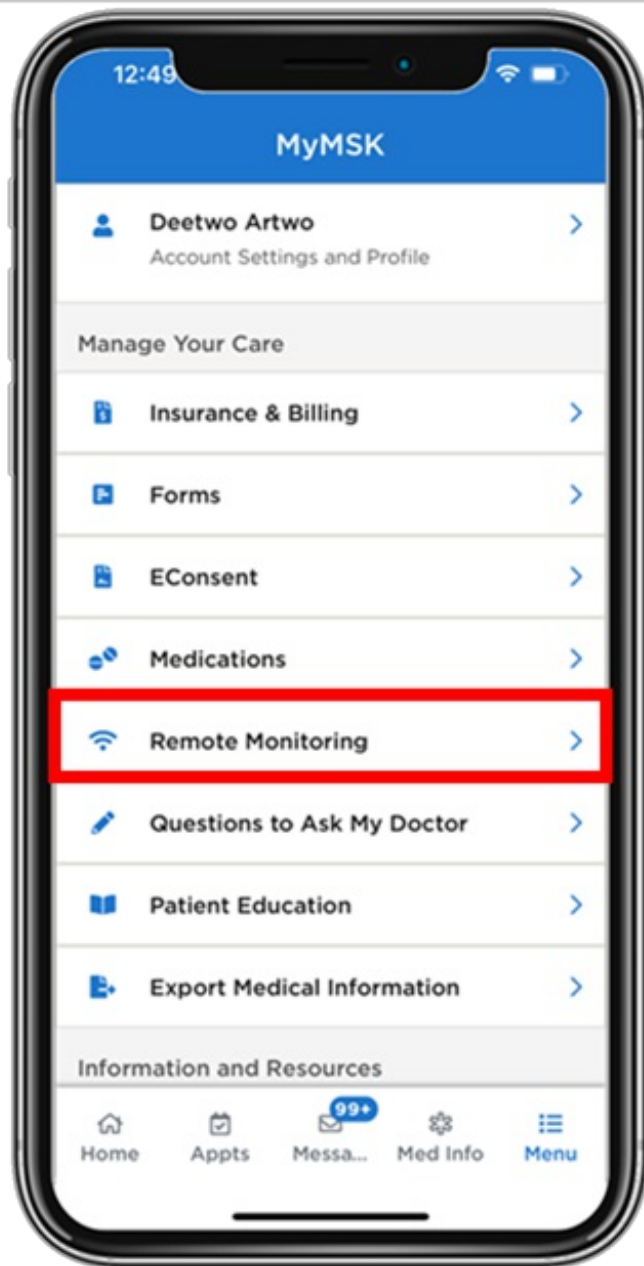


Figure 3. Tap “Remote Monitoring”

4. Tap the Omron BP7250 blood pressure monitor (see Figure 4).

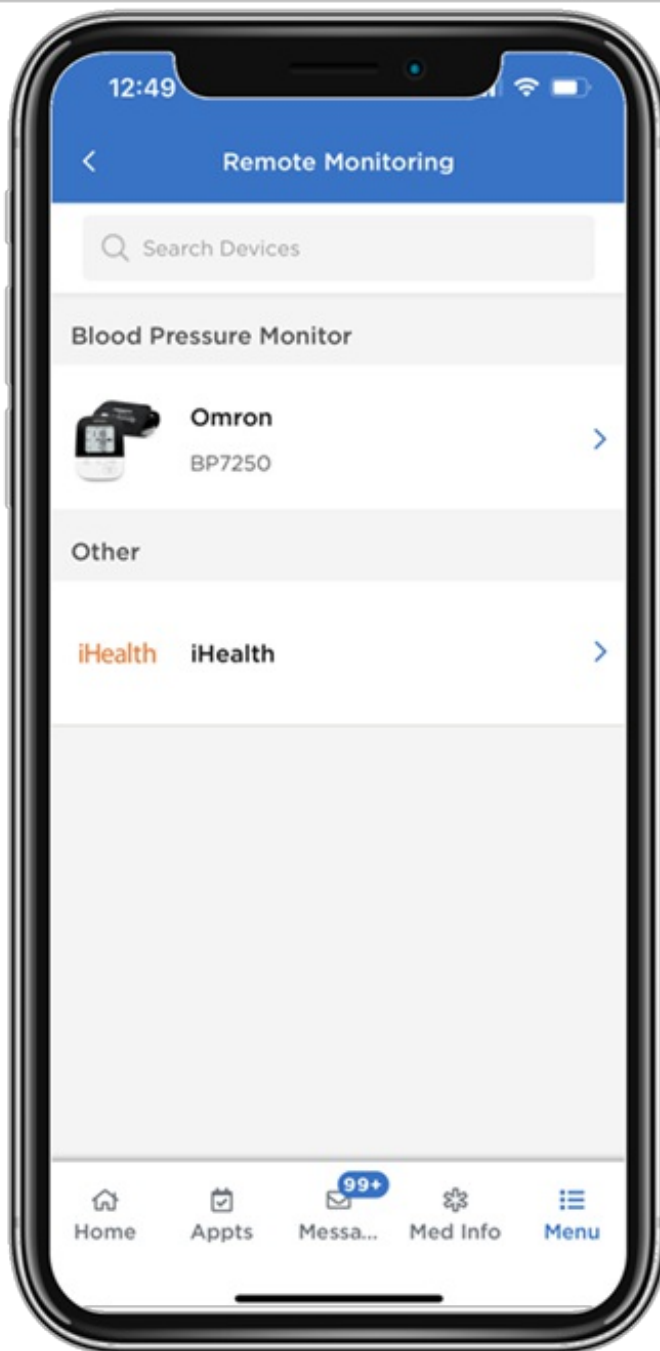


Figure 4. Tap the Omron BP7250 blood pressure monitor

5. Tap “Get new reading” (see Figure 5).

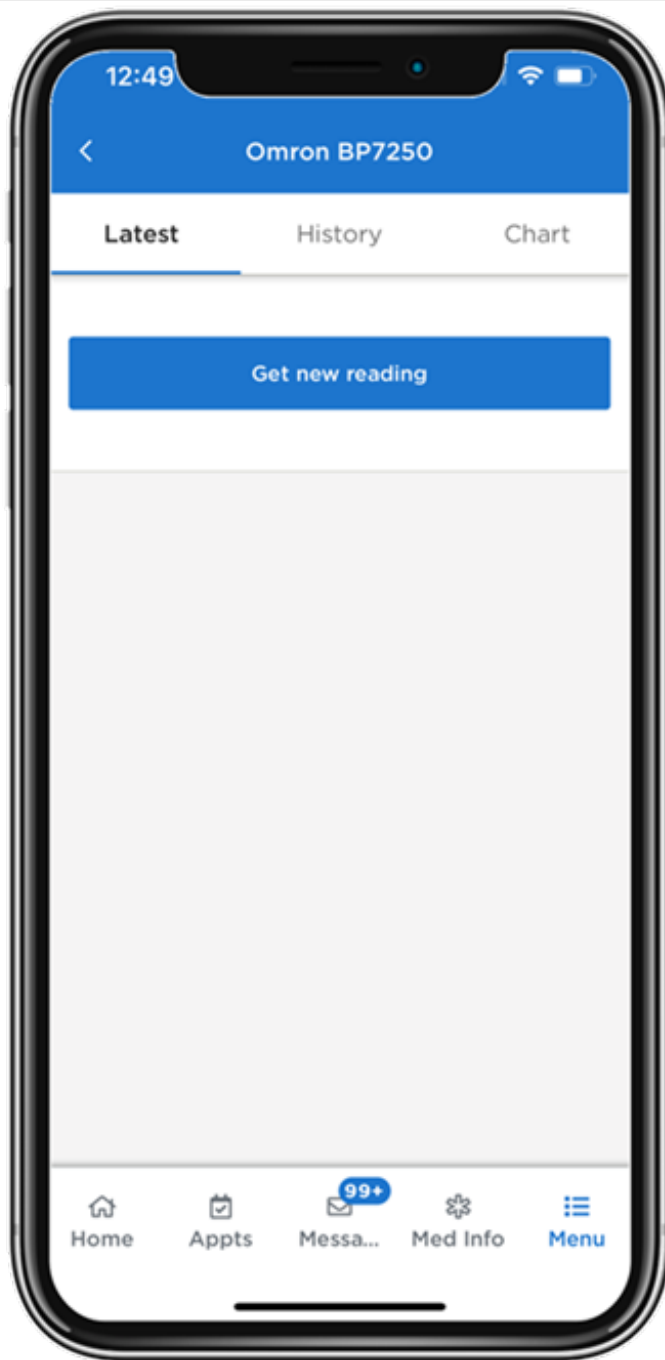


Figure 5. Tap “Get new reading”

6. Tap OK when prompted to connect to Bluetooth (see Figure 6).

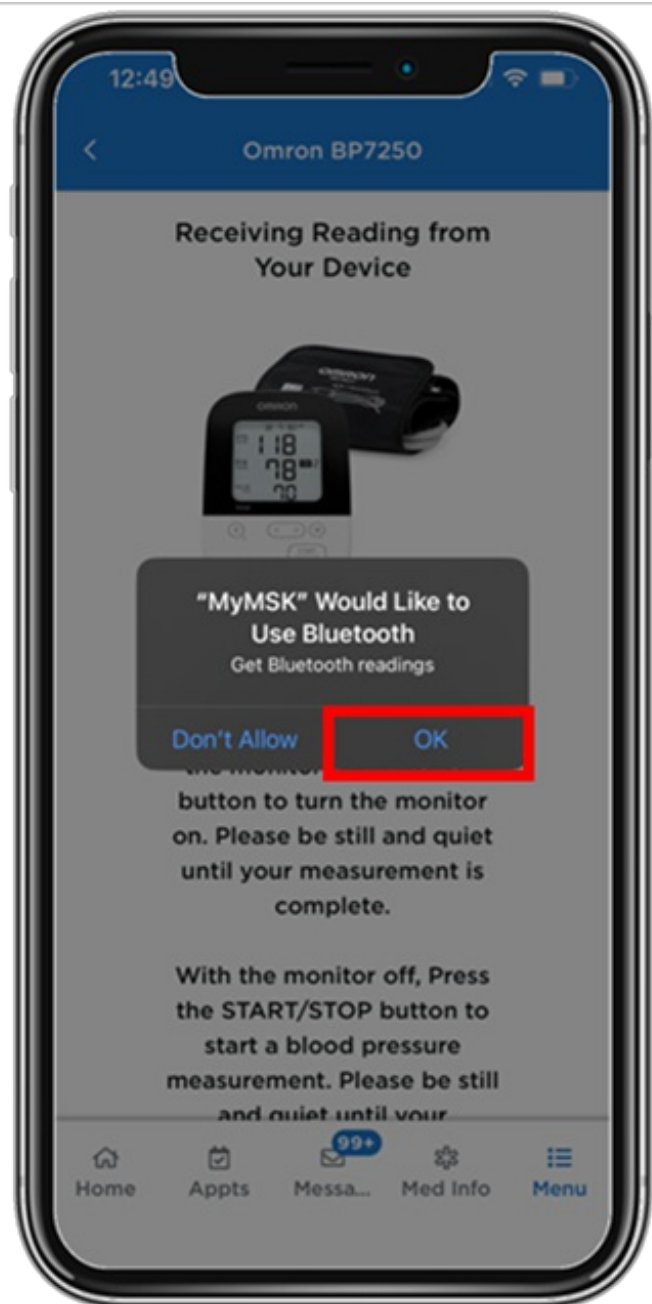


Figure 6. Tap “OK” to connect to Bluetooth

7. Place the OMRON 5 Series BP7250 blood pressure cuff on your arm. Press the start button on your blood pressure machine. Follow the instructions on your smartphone or tablet (see Figure 7).



Figure 7. The instructions on your smartphone

8. Once the measurement appears in the MyMSK app, tap "Submit" (see Figure 8).

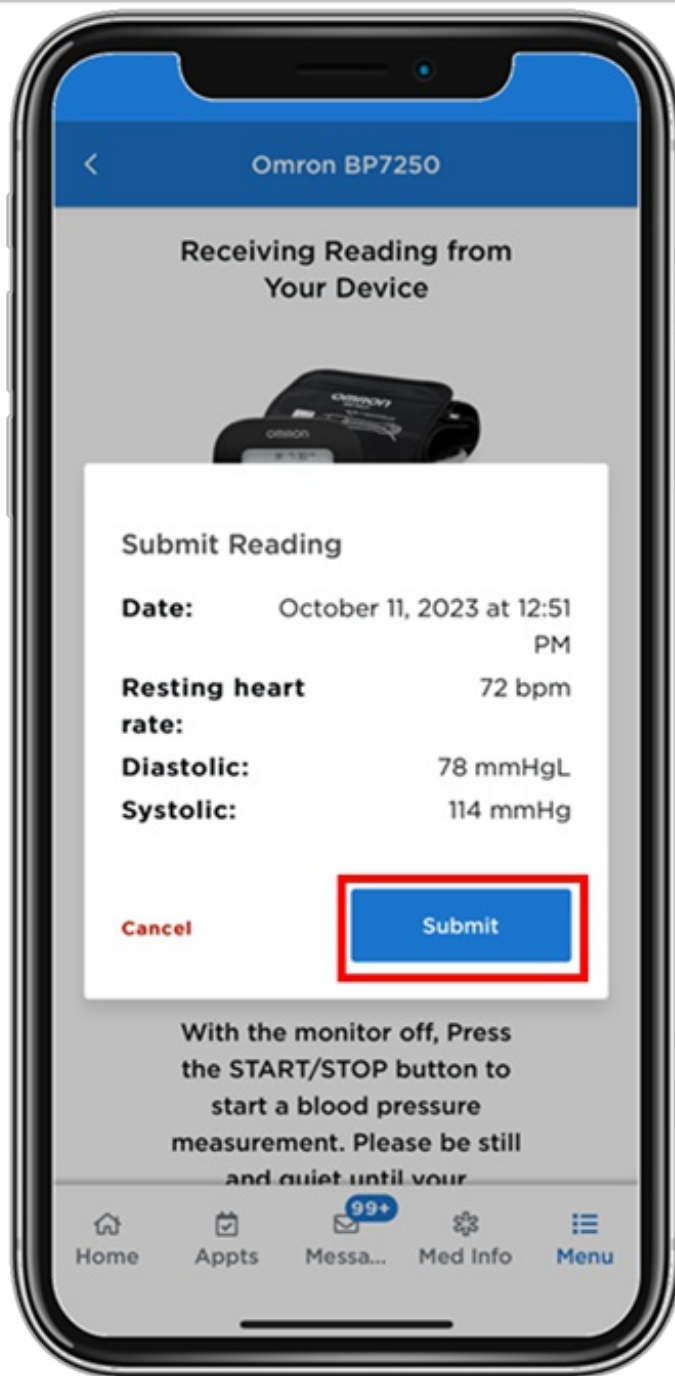


Figure 8. Tap “Submit”

9. The screen will update to show your latest reading (see Figure 9).

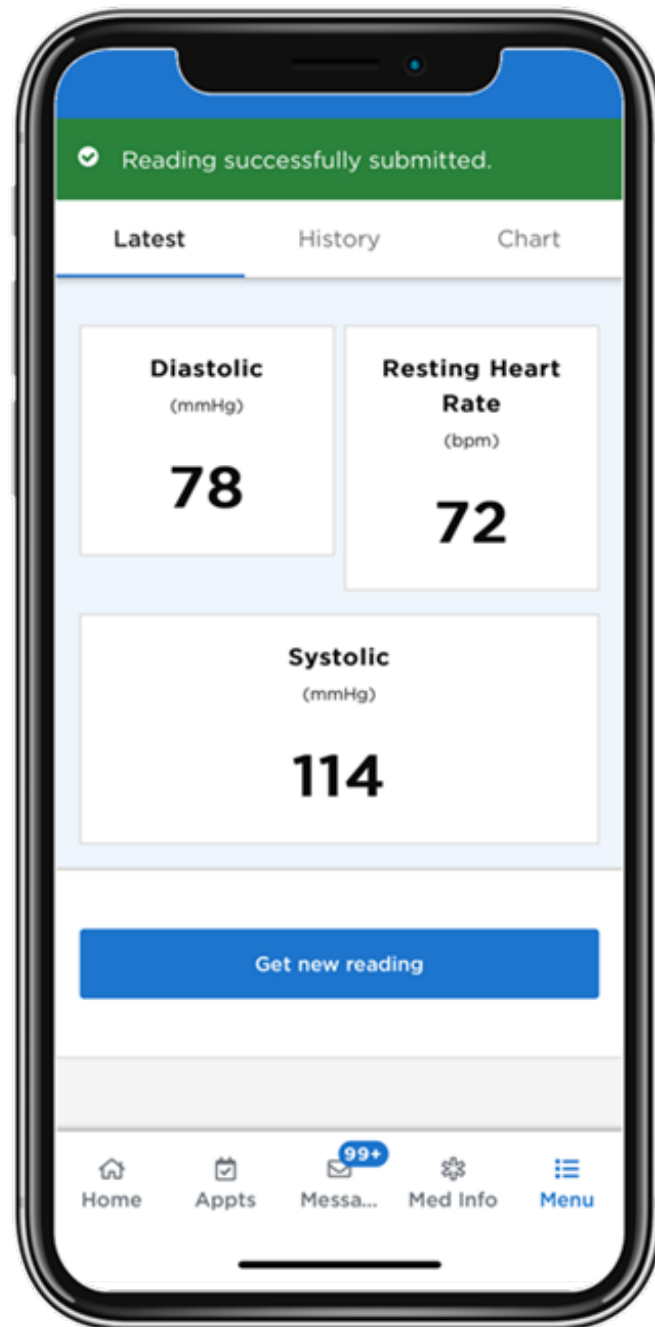


Figure 9. Your latest blood pressure reading

You can also review all your readings in the “History” tab (see Figure 10) and view your readings as a graph in the “Chart” tab (see Figure 11).

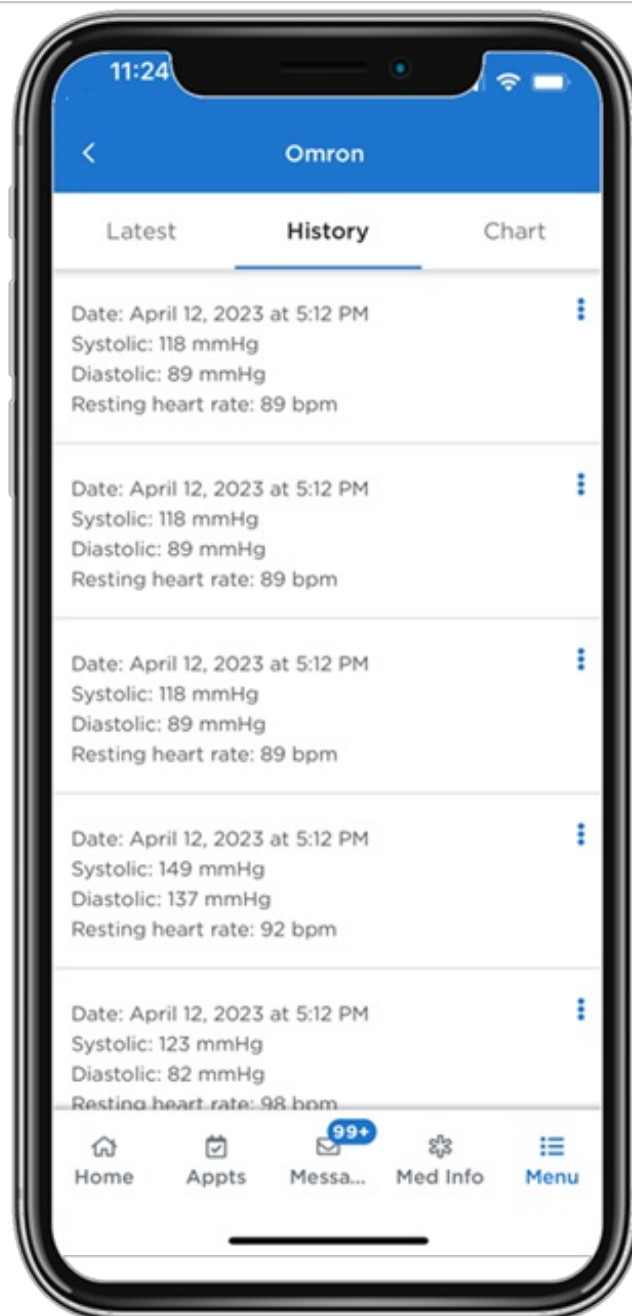


Figure 10. All your readings in the “History” tab



Figure 11. Your readings as a graph in the “Chart” tab

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.

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