



PATIENT & CAREGIVER EDUCATION

How To Take Your Blood Pressure Using The Omron BP9300T

This information will explain how to take a blood pressure reading with the Omron BP9300T blood pressure machine.

How to set up your Omron BP9300T

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

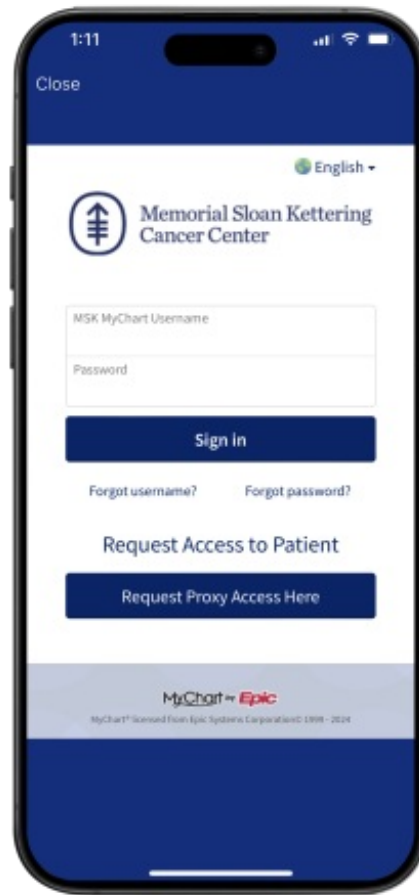


Figure 1. MSK Remote Monitoring app

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

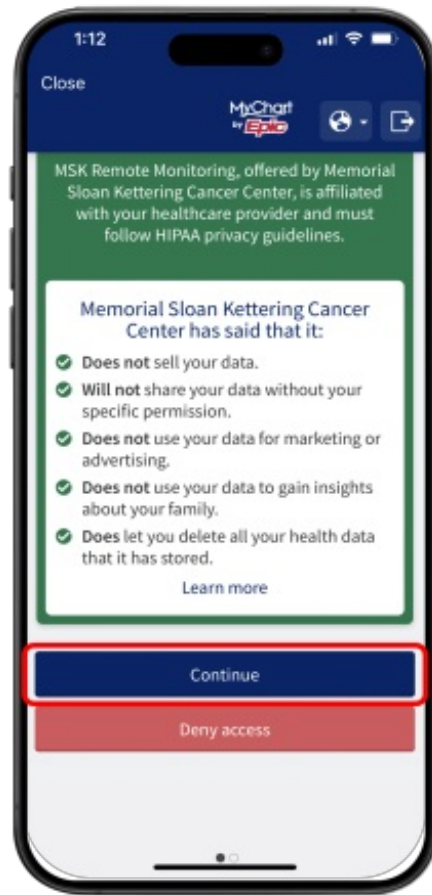


Figure 2. Authorization screen

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

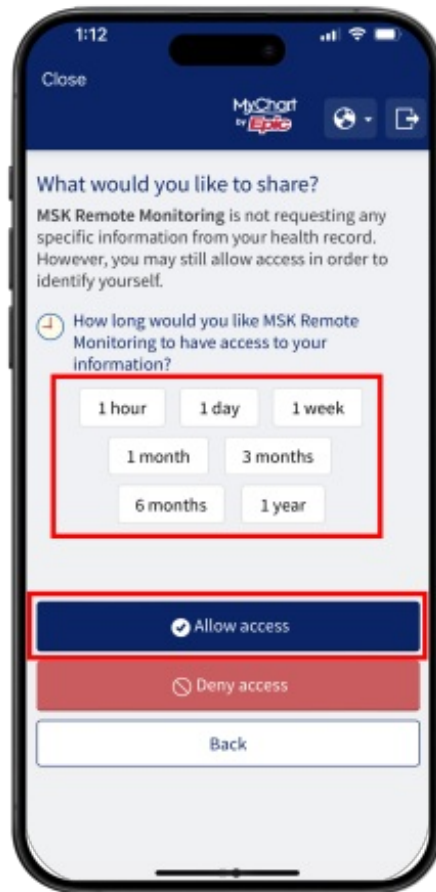


Figure 3. Allow access

4. On the devices screen look for the Blood Pressure Monitor tile. Select "Omron BP9000T" (see Figure 4).

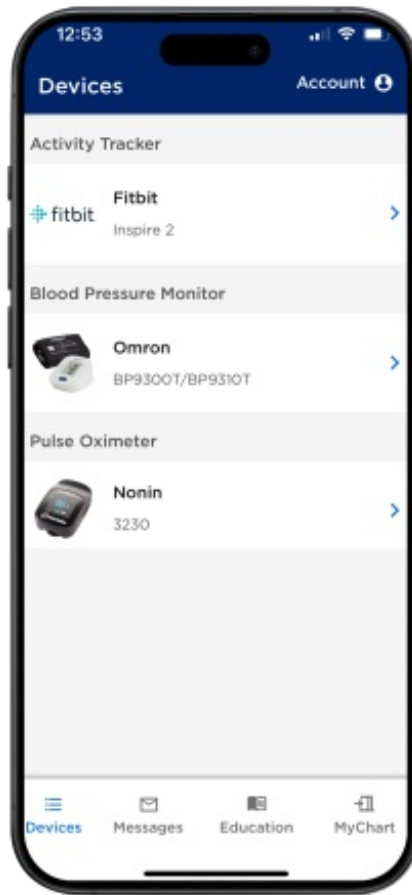


Figure 4. Select device

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

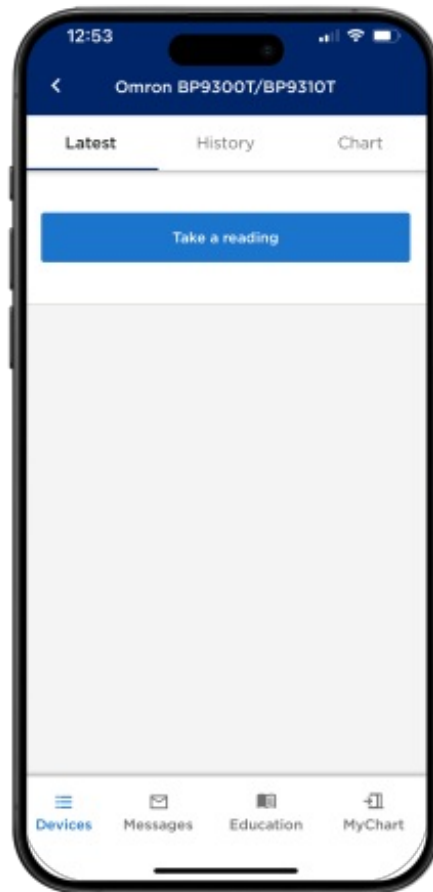


Figure 5. Take a reading

6. The Omron BP9300T requires a one-time pairing to your mobile device at the first set up. Press “Start Pairing” (see Figure 6).

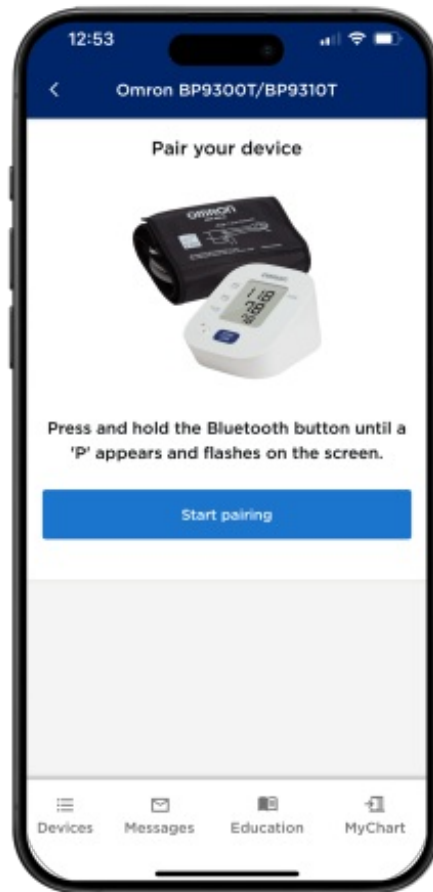


Figure 6. Start pairing

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

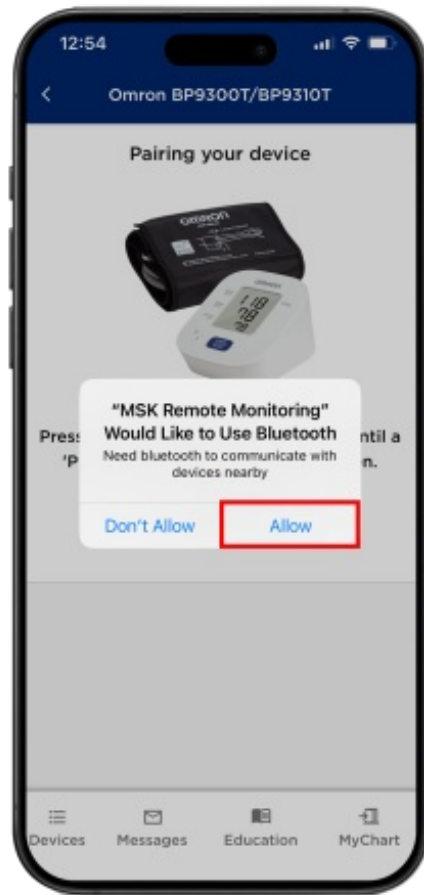


Figure 7. Allow pairing

8. Press and hold the Bluetooth symbol button on the Omron BP9300T device until pairing starts. The monitor will show a blinking P (see Figures 8 and 9).

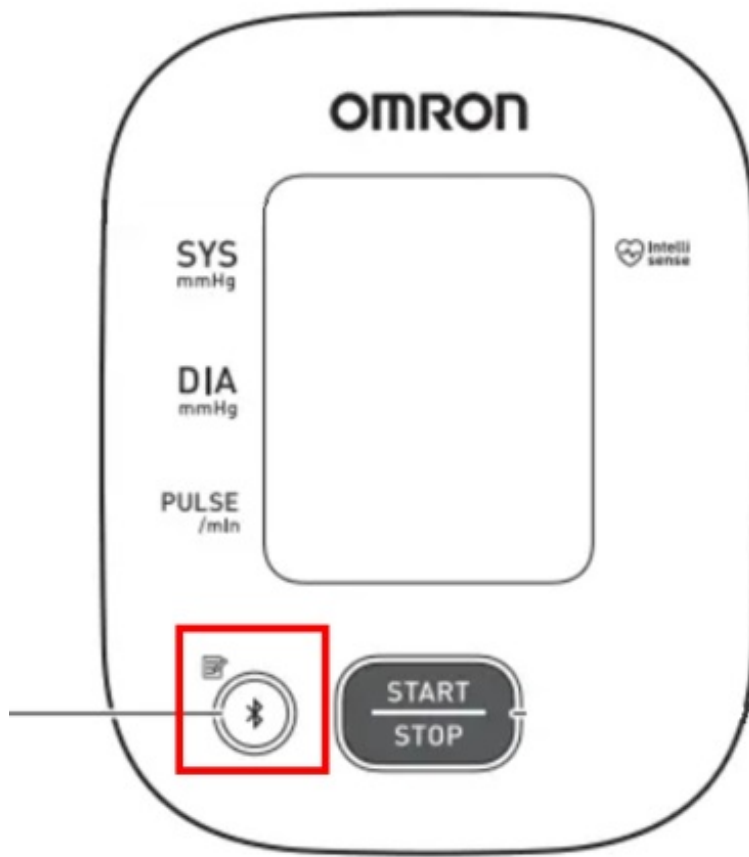


Figure 8. Hold button down



Figure 9. Look for a blinking letter P

9. Select “Pair” when the Bluetooth Pairing Request appears (see Figure 10).

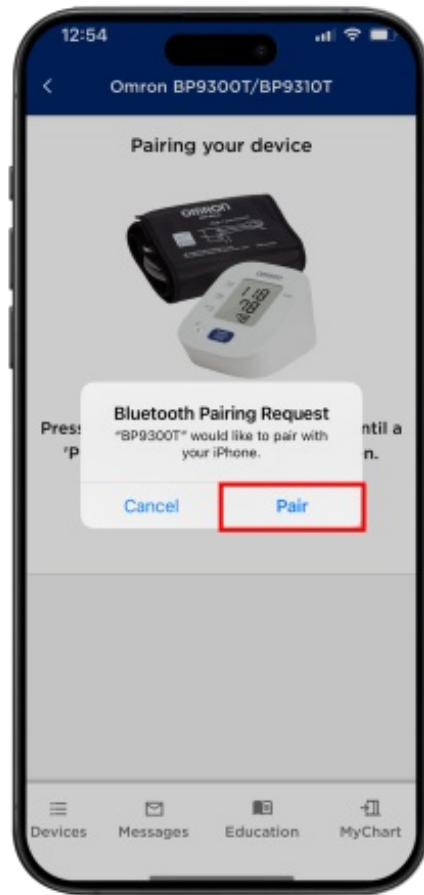


Figure 10. Start the pairing

0. You will see a message that the Omron device has successfully paired on your mobile device (see Figure 11). You can now take your first reading.

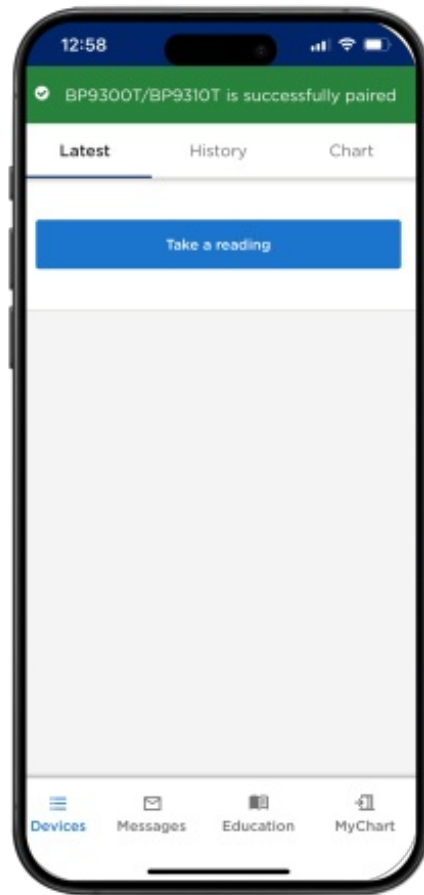


Figure 11. Pairing is complete

How to take your blood pressure with the Omron BP9300T

1. Place the Omron 9300T blood pressure cuff on your arm. Press “Start” on your blood pressure machine. Press the “Take a reading” in the MSK Remote Monitoring app. Follow the instructions on your mobile device to take a blood pressure reading (see Figures 12 and 13).

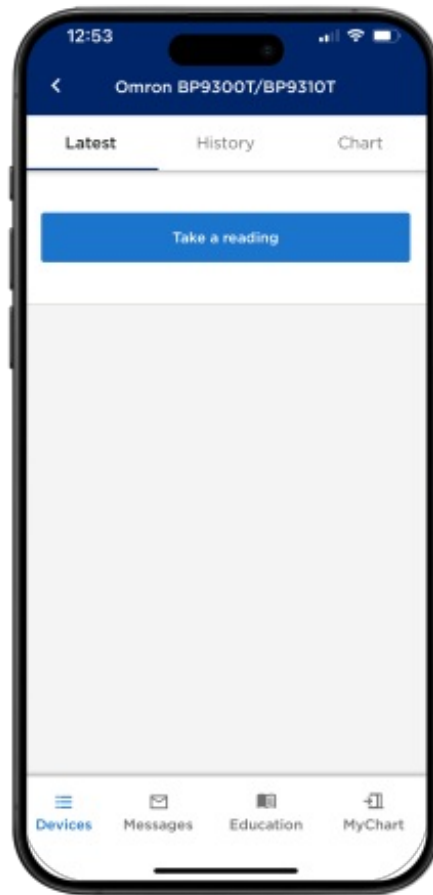


Figure 12. Tak a reading

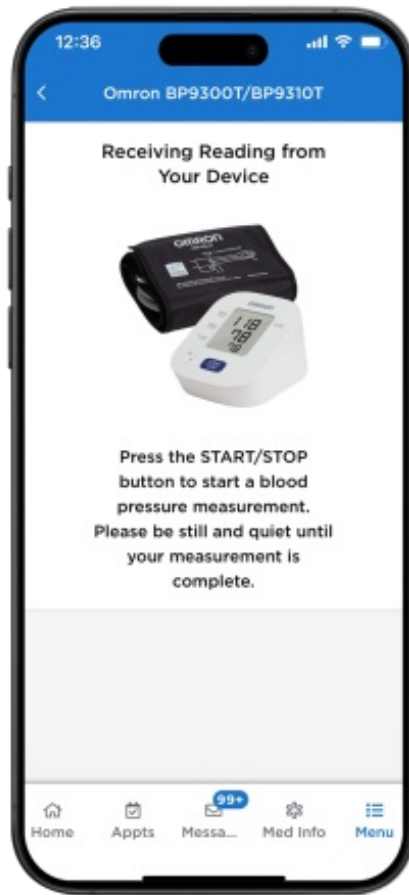


Figure 13. Receiving your reading

12. Once the reading appears in the MSK Remote Monitoring app, tap “Submit” (see Figure 14).

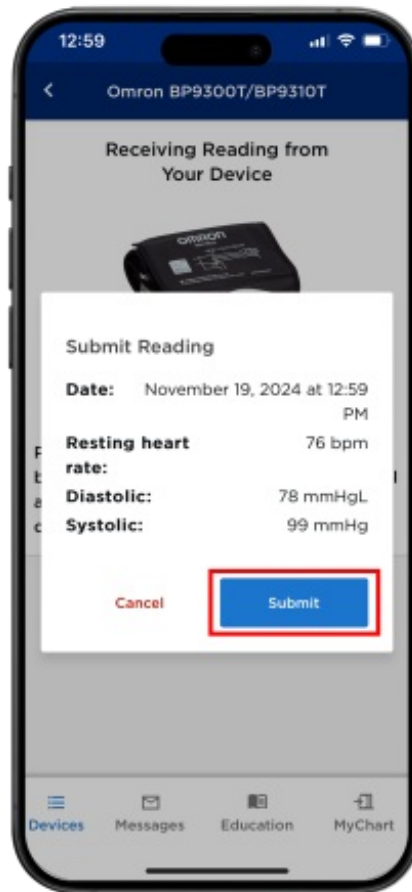


Figure 14. Submit your reading

13. The screen will update to show your latest reading. You can also view your past readings in the “History” tab. You view your readings as a graph in the “Chart” tab (see Figure 15).

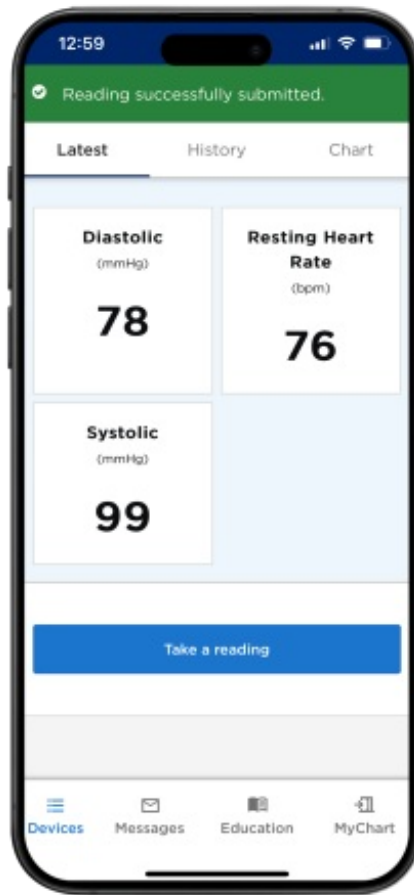


Figure 15. Review your readings

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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