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PATIENT & CAREGIVER EDUCATION

# How to Use Your Withings BPM Connect Blood Pressure Monitor

This information explains how to use your Withings BPM Connect blood pressure monitor. It tells you how to share the measurements you take at home with your Memorial Sloan Kettering (MSK) care team.

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.

Before you start, you should already have set up your BPM Connect device and the Health Mate application (app). Instructions are in the resource [How to Set Up Your Withings Blood Pressure Monitor](#). The resource also will tell you how to get a MyMSK account, if you don't have one already. You can link your Health Mate account to our patient portal, MyMSK. It will automatically send your blood pressure measurements to your MSK care team.

Follow your healthcare provider's instructions for how often to take your blood pressure measurements at home.

## How to Take a Blood Pressure Reading

### Get Ready

Before you start, you should already have:

- Created a Health Mate account
- Paired your BPM Connect to your smartphone or tablet

- Linked your Health Mate and MyMSK accounts
- Connected to Wi-Fi
- Your BPM Connect device ready
- A seat at a table available in a quiet location

You're now ready to take your first blood pressure reading.

## Instructions

1. **Open the Health Mate app.** Tap the app icon on your smartphone or tablet (see Figure 1).



Figure 1. The Health Mate app icon

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2. **Relax before you measure your blood pressure.** Before you take the reading, quietly rest in a seated position for at least 5 minutes (see Figure 2).

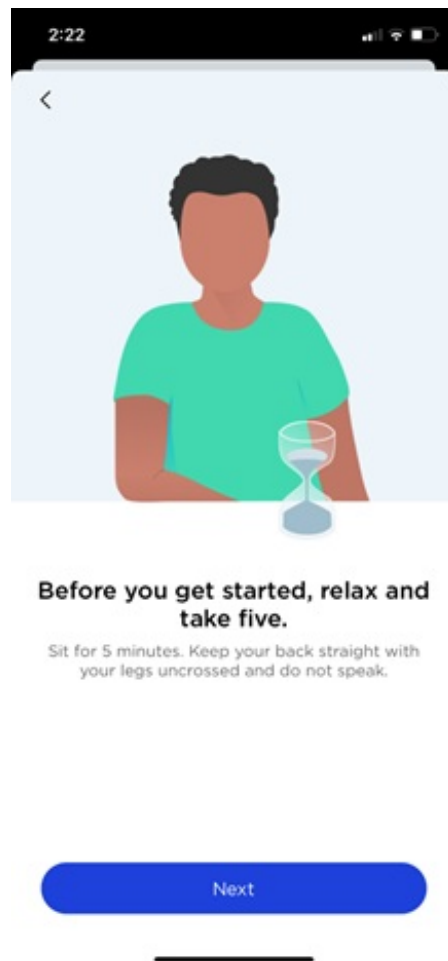


Figure 2. Relax before you take readings

- Put the monitor on your arm.** Roll up your sleeve and put your arm into the BPM Connect monitor. Make sure the power button and + symbol face the bottom of your arm. Line up the BPM Connect monitor to the same level as your heart. Make sure your legs are uncrossed and your back is straight (see Figure 3).

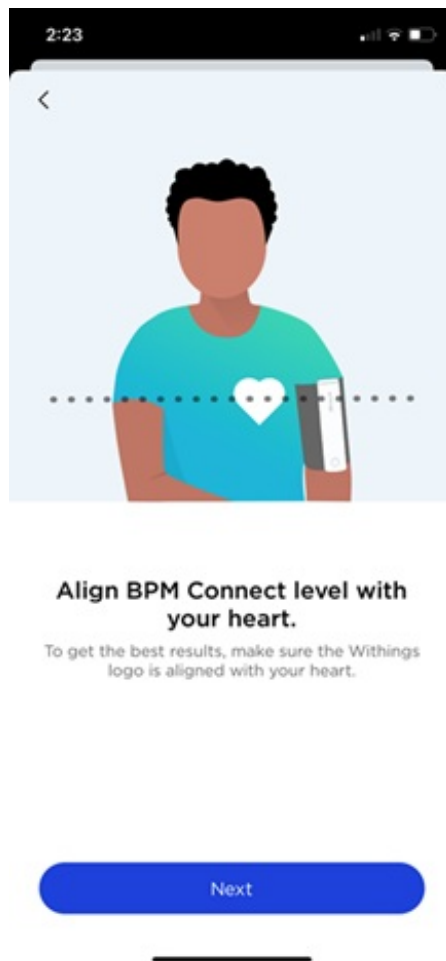


Figure 3. Correct position for BPM Connect

4. **Start measuring.** Rest your arm on a flat surface. After 5 minutes, tap the “Next” blue button. Press the power button to turn on the BPM Connect monitor. Press the power button again to take a measurement (see Figure 4). Tap the “Next” blue button.

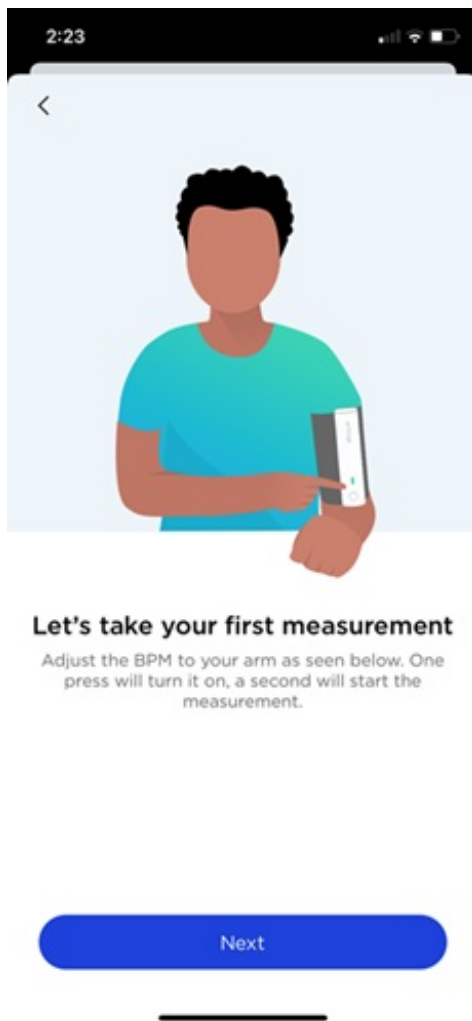


Figure 4. Power button screen

- 5. Review your results.** To see your blood pressure reading on the Health Mate app, tap “Dashboard” at the bottom of the screen (see Figure 5). It may take a few minutes for the measurements to appear on the dashboard. You’ve taken your first readings! You can now remove your BPM Connect device from your arm.

If you connected your Health Mate account to your MyMSK account, your results will automatically be sent to your MSK care team.

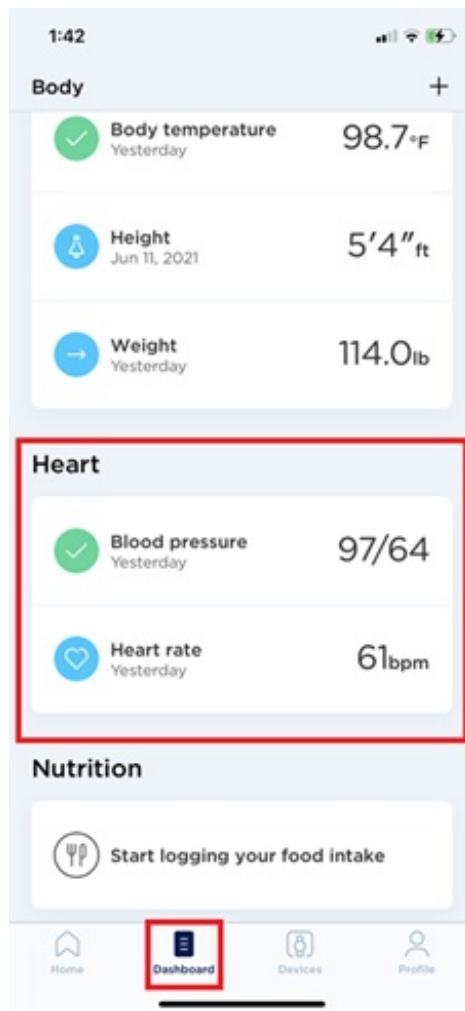


Figure 5. Real-time measurements in the app

## When to Call Your Healthcare Provider

Follow the instructions your nurse gave you. Your care team may have told you to call them if you have any of these signs.

- New or worsening symptoms, such as feeling:
- Dizzy
- Lightheaded
- Chest pain
- Shortness of breath
- Heart palpitations

- Swelling in the legs, ankles, or feet
- A cough
- Changes in your blood pressure or heart rate

## **Important Information**

- Your cardiologist and your care team will give you instructions. They will tell you how often and when you should measure your blood pressure at home.
- Your care team will not look at your results at the same time you send them. You must call your cardiologist's office to report any change that needs attention right away.
- Your care team will look at your blood pressure readings at various times.
- If you have questions, please contact your cardiologist's office.

## **About Withing Health Mate and BPM Connect**

You are the only person who should use your BPM Connect blood pressure device. Please do not share it with family members or friends.

Your Withings Health Mate app and your MyMSK account will stay linked until your blood pressure and medications are stable. Then, we will unlink the accounts. Your care team will call you or message you in MyMSK when we unlink the accounts.

Once your accounts are no longer linked, your care team cannot see your blood pressure readings. You can still use your BPM Connect monitor and see your blood pressure measurements in your Health Mate app.

Note: MSK has no relationship with the Withings BPM Connect device or the Health Mate app. We cannot guarantee the accuracy of the results of the monitor or the app.

If you have any questions, contact a member of your healthcare team directly.  
If you're a patient at MSK and you need to reach a provider after 5:00 PM,  
during the weekend, or on a holiday, 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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