

① EN ② FR

OMRON®

Silver
Upper Arm
Blood
Pressure
Monitor
BP5250



Quick Start Guide



3787145-6B

1 Download the app

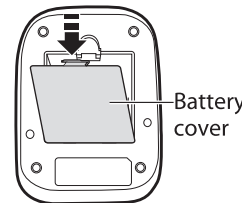


Scan the code below with your smart device camera or visit OmronHealthcare.com/app to find the OMRON compatible app for this product.

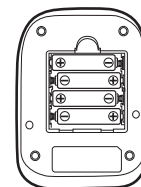


2 Install batteries

1 Push down on the hook of the battery cover and pull downward.



2 Insert 4 "AA" alkaline batteries.

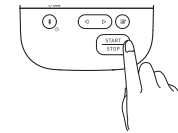


3 Close the battery cover.
The year flashes.

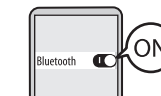


3 Pair your smart device

1 Make sure that your monitor is off.
If the display is showing any information, press [START/STOP] button to turn your monitor off.



2 Enable Bluetooth® on your smart device.



3 Open the app and follow the instructions.

The date and time will automatically be set when your monitor is paired with the app.
To set the date and time manually, refer to sub-section 2.2 of the instruction manual.



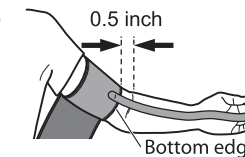
For details, refer to "Help" section in the app.

4 Apply the arm cuff

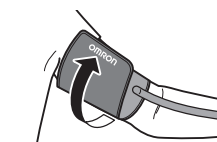
1 Insert the air plug into the air jack securely until it clicks.



2 Apply the arm cuff onto your left upper arm.
The bottom edge of the arm cuff should be 0.5 inch above the inside elbow.

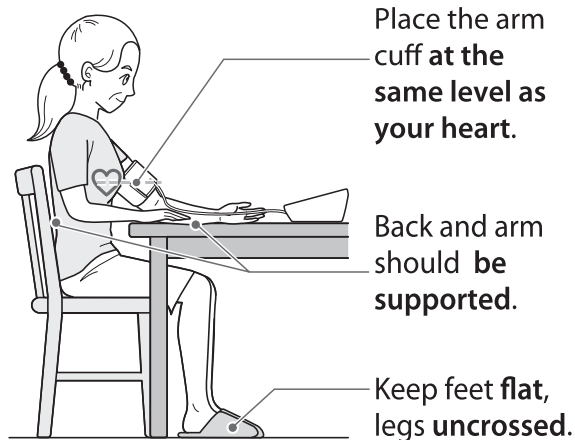


3 Wrap the cuff securely.
Make sure that air tube is on the inside of your arm.



For details, refer to the instruction manual.

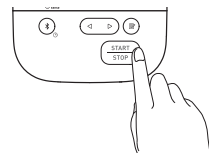
5 Sit correctly



For details, refer to the instruction manual.

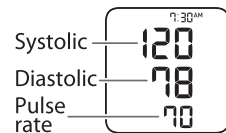
6 Take a measurement

1 Press the [START/STOP] button.



2 Remain still until the arm cuff deflates.

3 After the measurement, your reading is displayed.



For details, refer to the instruction manual.

7 Check your readings on the app

1 Open the app on your smart device and follow the instruction.



2 Check your readings on the app.

To turn off the monitor, press the [START/STOP] button.

To transfer manually, refer to "Help" section in the app.

FAQ 1

Why are my blood pressure readings sometimes different?

Your blood pressure changes constantly based on your daily activities and time of day. Because of this, some fluctuations can be expected. That's why it is important to use averages over time to compare readings. Because each person is different, it is important to consult with your physician about what your numbers mean to you.

FAQ 2

Why could my physician's reading be different than my readings taken at home?

Having your blood pressure measured by a healthcare professional in a physician's office can cause nervousness and may result in an elevated reading. Because these readings can vary considerably, you should take your blood pressure on a regular basis at home and share your results with your healthcare provider.

TIP 1

For accurate readings:

- Avoid bathing, drinking alcohol or caffeine, smoking, exercising and eating for 30 minutes before taking a measurement.
- Rest for at least 5 minutes before taking a measurement.
- Sit quietly with your legs uncrossed and your feet flat on the floor.

TIP 2

Make sure that your blood pressure monitor and smart device are successfully paired, and the app is open on your smart device, before transferring your readings to the app.

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