

OMRON®

5 series Upper Arm Blood Pressure Monitor BP7200

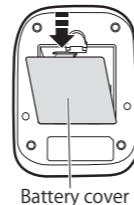


Quick Start Guide

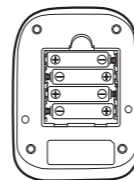
3608859-6D

1 Install batteries

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




- 2 Insert 4 "AA" alkaline batteries.



- 3 Close the battery cover.

2 Set the date and time

- 1 If nothing is displayed, press  to display the year.

If the year is already displayed, skip this step.

- 2 Press  or  to select the year.

- 3 Press  to confirm.

- 4 Repeat steps above to select and confirm the month, day, hour, and minute.

For details, refer to the instruction manual.

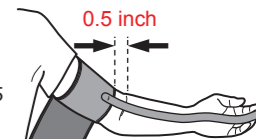
3 Apply the arm cuff

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



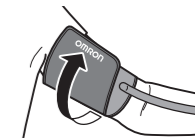
- 2 Wrap the arm cuff onto your left upper arm.

Tube side of the arm cuff should be 0.5 inch above the inside elbow.



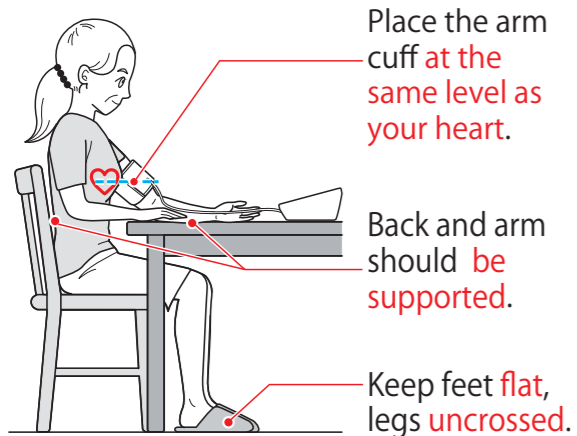
- 3 Wrap the cuff securely.

Make sure that air tube is on the inside of your arm.



For details, refer to the instruction manual.

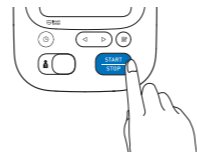
4 Sit correctly



For details, refer to the instruction manual.

5 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.



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



For details, refer to the instruction manual.

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

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.

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