OMRON®

7 Series
Wrist Blood
Pressure
Monitor
BP6350

Quick Start Guide

2829253-2C

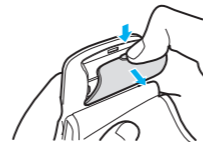## 1 Download the app

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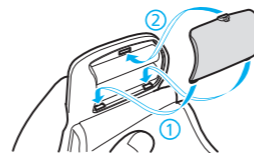
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2 Install batteries

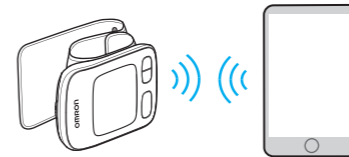**1** Open the battery cover.

2 Insert 2 "AAA" alkaline batteries.

3 Close the battery cover.

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3 Pair your smart device

1 Enable **Bluetooth®** on your smart device.

2 Open the app and follow the instructions.

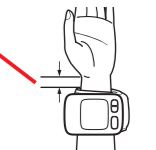The date and time will automatically be set when your monitor is paired with the app.

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

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4 Apply the wrist cuff

1 Put your wrist through the cuff loop.
Your palm and the display should face upward.

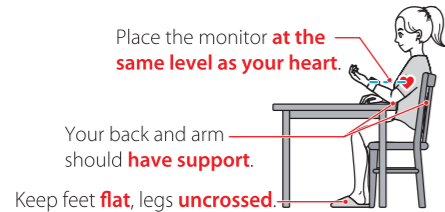**2** Position the cuff leaving **0.5 inch** between the cuff and the bottom of your palm.

3 Firmly wrap the cuff.

For details, refer to the instruction manual.

5 | Take a measurement

1 To help ensure a correct measurement:

Place the monitor **at the same level as your heart**.

Your back and arm should **have support**.

Keep feet **flat**, legs **uncrossed**.

2 Press the [START/STOP] button.

3 Remain still until the wrist cuff deflates.

For details, refer to the instruction manual.

6 | Check your readings

1 After the measurement, your reading is displayed.

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

3 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 before transferring your readings to the app.

For customer service

Visit our web site:	OmronHealthcare.com
Call toll free:	1-800-634-4350