

Getting Started with your Omron HEM-790IT Blood Pressure Monitor and Microsoft® HealthVault™

Welcome!

This guide will show you how to set up your Omron Blood Pressure Monitor (Model HEM-790IT) to work with Microsoft HealthVault.

With this guide, you will:

1. **Set up** your blood pressure monitor and take a test reading.
2. **Get ready** to use your blood pressure monitor with HealthVault.
3. **Connect** your blood pressure monitor to your computer and upload your test reading to HealthVault.

IMPORTANT: If you have not already created your HealthVault account and installed HealthVault Connection Center, please go to <http://healthvault.com/connectioncenter> and follow the instructions.

Let's get started!

Step 1: Set up your blood pressure monitor and take a test reading

IMPORTANT: You will **NOT** be using the CD included with the device and may set it aside.

IMPORTANT: The blood pressure monitor should **not** be connected to your computer while you are taking a measurement. Before taking a measurement, please disconnect the USB cable.

- Open your blood pressure monitor packaging. Remember, you **will NOT** be using the CD included with the device and may set it aside.
- Remove the device, cuff, cords, and batteries from their plastic packaging.
- Install the four AA batteries included or connect the AC adapter.
- Set the date and time on your device as described below:
 - If the device is on, turn it off by pressing the start/stop button
 - Press and hold the 'Set' Button until the screen displays a flashing 'off'
 - Press the set button again
 - Set the year
 - If the year is not correct, press the button on the lower right to adjust
 - Once the year is correct, press the set button again
 - Set the month
 - If the month is not correct, press the button on the lower right to adjust
 - Once the month is correct, press the set button again
 - Set the time
 - If the time is not correct, press the button on the lower right to adjust
 - Once the time is correct, press the Start/Stop button

- Place the user selection switch to User A.
- Follow the instructions in the manual pages 23-26 on applying the arm cuff
- Take a measurement with your blood pressure monitor
 - Press the Start/Stop button.
 - The arm cuff will start to inflate automatically taking a measurement.
 - When the measurement is complete, blood pressure and pulse rate are displayed.

Step 2: Get ready to use your blood pressure monitor with HealthVault

- If HealthVault Connection Center is not running on your computer, please start it and sign in to your account. Connection Center then will open to a screen showing your device(s).
- Select the Omron Blood Pressure device picture on the left hand side of Connection Center.
- If you do not see a picture of your device in Connection Center, select **Set up a new device** and follow the on-screen instructions.

Step 3: Connect your Omron Blood Pressure Monitor to your computer and upload your reading to HealthVault

- Press the Start/Stop button to turn the monitor off.
- Find the USB cable that came with your blood pressure monitor.
- Plug the small end of your USB cable into the slot on your blood pressure monitor that's marked with the USB symbol.
- Plug the large end of your USB cable into your computer.
- The symbol “□” will start circling on the blood pressure monitor display when it is successfully connected to the computer. After several seconds the blood pressure display will be blank.

NOTE: If the USB cable was connected when you took the last measurement, please disconnect and connect the cable again. Also, **do not unplug** the USB connector until the data has finished uploading.

HealthVault Connection Center will sense when your device has been connected to your computer and will prompt you to upload your test reading.

- Follow the on-screen prompts.

You will see confirmation when your upload is complete. At that point you may unplug your blood pressure monitor from your computer.

To see your reading in your HealthVault account:

- Open your Internet browser and go to <http://Healthvault.com>. (You will be asked to sign in if you haven't accessed your account in the past 20 minutes.)
- Click your **Health info** tab.

Whenever you have taken new readings with your device, you can follow the steps outlined in “Step 3” of this guide to upload the readings to HealthVault and better manage your health and fitness.

For further help using your Omron blood pressure monitor with HealthVault:

- Go to the [Troubleshooting guide](#).
- Refer to the printed instructions that came with your device.
- Phone Omron Customer Service: 1 (800) 634-4350
- Go to <http://www.omronhealthcare.com>

Microsoft, HealthVault and the HealthVault logo, Windows and the Windows logo, Windows Live and the Windows Live ID logo, Windows Vista and the Windows Vista logo, and Internet Explorer, are trademarks of the Microsoft group of companies. All other trademarks are property of their respective owners. Portions of this material are © 2009 Microsoft Corporation. All rights reserved.