

OVERALL SCORE

85



RECOMMENDED

## Omron 10 Series BP786N blood pressure monitor



This arm monitor has an irregular heartbeat detector, a BP risk category indicator, allows multiple users to store readings separately and includes a one-size-fits-most cuff. It also has a large digit display, data averaging function and can download memory.

### Ratings

#### Scorecard

Accuracy	Excellent
Convenience	Excellent
Comfort	Very Good

#### Highs

Has an irregular heartbeat detector. Has a BP risk category indicator. Allows multiple users to store readings separately. Includes a one-size-fits-most cuff. Has a large digit display. Can download memory. Data averaging function. Excellent for accuracy. Very Good for comfort. Directions for how to use on cuff.

#### Lows

This model had no discernible flaws in its performance.

### CRs Take

This device has a molded stiff cuff that is shaped to fit most arms (9 -17 inches). We found that the molded cuff may be easier to position on the arm than softer cuffs but it may be difficult for some users to initially open up the cuff and place on their arm. The bright backlit display digits are large and easy to read. First time set up is not difficult and the incremental buttons go in the positive and negative direction for date and time setup. The device has separate multi-colored indicator lights for the systolic and diastolic readings to indicate if they are in the normal or hypertensive ranges. If your expected systolic pressure exceeds 210 mmHg, you must press and hold the start button until a number 30 to 40 mmHg higher than the expected pressure appears. A movement error symbol appears on the screen if you move during a measurement. This monitor has averaging mode technology where 3 separate measurements can be automatically taken in succession after which the result is calculated and displayed as a single, average measurement. You can sync the monitor readings to your smart device via Bluetooth and the Omron Wellness app. Once the devices are paired, readings transfer easily and allow you to view them on a graph in daily, weekly, monthly or yearly format. The app also allows you to filter results by date and share them via email.

## About

The Omron 10 Series BP786N is part of the Blood pressure monitor test program at Consumer Reports. In our lab tests, Blood pressure monitor models like the 10 Series BP786N are rated on multiple criteria, such as those listed below.

**Accuracy:** Accuracy is based on how the model's readings compared with

those taken on a mercury sphygmomanometer used by two trained testers.

**Convenience:** Convenience is based on pluses and minuses of the model's features (such as irregular heartbeat detection, a blood-pressure risk category indicator, and multiple user memories).

**Comfort:** Comfort is based on opinion scores given by test subjects.

## Features & Specs

### Specs

<b>Irregular heartbeat detector</b>	Yes
<b>BP risk category indicator</b>	Yes
<b>Multiple user memories</b>	Yes
<b>Two cuffs or one that fits most</b>	Yes
<b>Can download memory</b>	Yes
<b>More portable than most</b>	No
<b>Large digit display</b>	Yes
<b>Data averaging function</b>	Yes
<b>Included cuff sizes (in.)</b>	One size 9 - 17
<b>Available cuff sizes (in.)</b>	-
<b>Positioning indicator</b>	N/A
<b>AC adapter</b>	Yes