



VitalSight™ Quickstart Guide

Remote Patient Monitoring

WHAT'S INSIDE THE BOX?

Your clinician determines which of the following devices you'll receive:

An OMRON BLOOD PRESSURE MONITOR



An OMRON BODY WEIGHT SCALE



**A DATA HUB
(with Charger)**

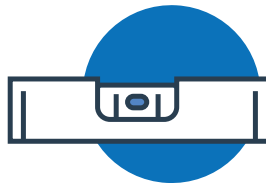


DEVICE SETUP

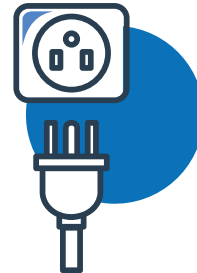
IMPORTANT: To work properly, your kit components must be set within 10 feet of each other.



1 Position the blood pressure monitor where you're able to sit up straight



2 If you received a scale, place it on a hard, level surface (not on carpet)



3 Plug in the data hub

PROPER USE OF YOUR MONITORS

Using your monitors properly is important in order to capture accurate data.

Follow these tips to obtain your measurements:



Blood Pressure

- Don't exercise, drink alcohol, smoke or eat a big meal 30 minutes before taking a measurement
- Be seated with your feet flat on the floor
- Sit quietly for 5 to 15 minutes before taking the measurement



Body Weight Scale

- Be sure to place the scale on a hard, level surface
- Use the bathroom **before** stepping on the scale
- When done together, step on the scale **after** taking your blood pressure

NOTE: Always use the bathroom before taking your blood pressure and stepping on the scale.

FOLLOW YOUR DOCTOR-RECOMMENDED SCHEDULE

1 Use the toilet



2 Take your blood pressure



When you wake up

During a rest period

Before bed

3 Step on the scale



When you wake up

Before bed

For Customer Service, call 1-800-634-4350 (Press 4 for assistance)