



Welcome to

VitalSight[™]

Remote Patient Monitoring

by **OMRON**



IMPORTANT

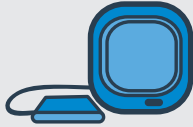
This kit has been prepared specifically for you and your health needs. It should not be used by anyone else, including family.

Your clinician has enrolled you into the VitalSight[™] remote patient monitoring program, designed to help you and your healthcare team track your health proactively. VitalSight by OMRON uses clinical-grade connected medical devices to assist, monitor, and treat your condition from the comfort of your own home. Inside this box are devices your clinician suggests would be beneficial to you. These devices may even identify warning signs of health problems so they might be prevented so they can be prevented.

You simply take your readings as directed by your clinician and they are automatically sent to your doctor's office. In addition, a VitalSight team member will follow up with you to ensure proper use of your devices and to answer any technical questions.

Please call 1-877-510-5902 to speak to a member of the VitalSight team.

What's inside the box? Your clinician determines which devices you will receive:



AN OMRON
BLOOD PRESSURE MONITOR



AN OMRON
BODY WEIGHT SCALE



A DATA HUB
(WITH CHARGER)

You may only receive a blood pressure monitor or a blood pressure monitor with a body weight scale, depending on what your clinician has ordered.

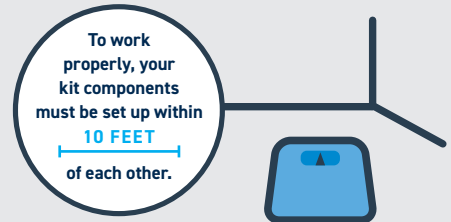
Device setup



1. Plug the data hub into the wall outlet and keep it plugged in at all times



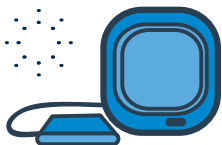
2. Position the blood pressure monitor where you're able to sit up straight



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

Proper use of your devices

Using your devices properly is important in order to capture accurate data. Take your blood pressure measurement before using the weight scale. 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 feet flat on the floor
- Sit quietly for at least 5 minutes before taking the measurement

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









BODY WEIGHT SCALE

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



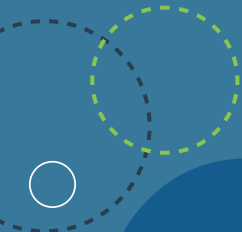
Follow your clinician's recommended schedule

1. Use the bathroom			
 2. Take your blood pressure at least once a day (or as recommended by your clinician)	When you wake	During a rest period	Before bed
 3. Step on the scale (if you received one)	When you wake		Before bed
 Always take your medication as prescribed by your doctor			

This is a sample schedule. Please follow your clinician's recommendation.


What to expect next

As your readings are sent to your healthcare team, the following may occur:




1. Your clinician will review your numbers and determine if your blood pressure is within the desired range.

2. You may receive a call from your doctor's office to discuss your readings and any modifications that may be needed.



3. In the event you require more immediate attention, your doctor's office will contact you.



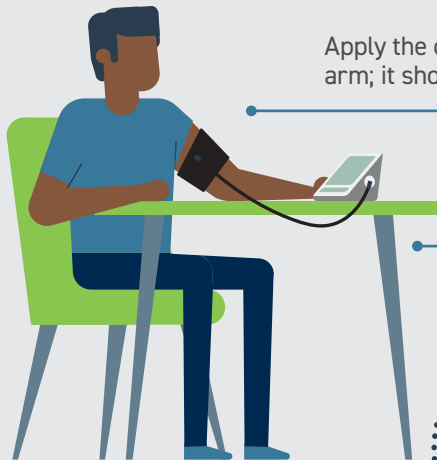
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5 tips for an accurate home blood pressure reading

Find a quiet place to rest for at least 5 minutes before taking your measurement.

Sit in a chair with your back straight and your palm facing upward.

Place feet flat on the floor; do not cross.



Apply the cuff directly on your upper arm; it should be snug, but not too tight.

Rest your arm on a table or surface so the cuff is at heart level.



SCAN HERE
to watch
a video

For set up and technical support, please call 1-877-510-5902 to speak to a member of the VitalSight team.