

# OMRON®

3 Batteries  
Upper Arm  
Blood Pressure  
Monitor  
BP7100

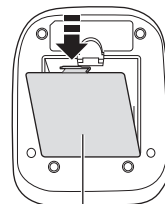


## Quick Start Guide

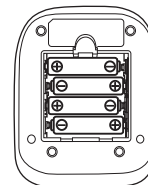
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## 1 Install batteries

- 1 Push down the hook of the battery cover and pull downward.
- 2 Insert 4 "AA" alkaline batteries.
- 3 Close the battery cover.

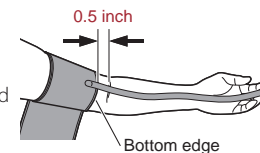


Battery cover



## 2 Apply the arm cuff

- 1 Plug the arm cuff into the monitor.
- 2 Apply the arm cuff onto your left upper arm.  
The bottom edge of the arm cuff should be 0.5 inch above the inside elbow.
- 3 Wrap the cuff securely.  
Make sure that air tube is on the inside of your arm.

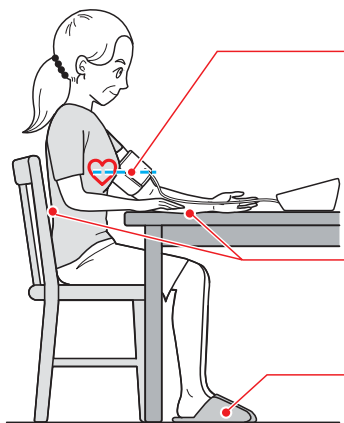


Bottom edge



For details, refer to the instruction manual.

### 3 Sit correctly



Place the arm cuff **at the same level as your heart.**

Back and arm should **be supported.**

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

For details, refer to the instruction manual.

### 4 Take a measurement

1 Press the [START/STOP] button.



2 Remain still until the arm cuff deflates.

3 After the measurement, your reading is displayed.

To turn off the monitor, press the [START/STOP] button.

Systolic — 120  
Diastolic — 78  
Pulse rate — 70

For details, refer to the instruction manual.

#### 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

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.