OMRON®

Complete™
Blood
Pressure
Monitor
+ EKG

BP7900

Quick Start Guide

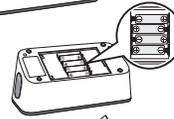Consult instructions for use.   4602712-9B

1 Install batteries

1 Push down the hole of the battery cover with a thin object, and pull the hook upward.

Battery cover

2 Insert 4 "AA" alkaline batteries.

3 Close the battery cover securely.

For details, refer to the instruction manual.

2 Download the app

Download and install the free "OMRON connect US/CAN" app on your smartphone.

Download on the **App Store**

GET IT ON **Google Play**
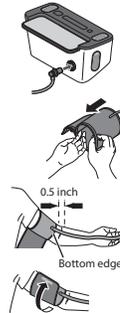
connect
OMRON

3 Pair your smartphone

1 Enable **Bluetooth®** on your smartphone.

2 Open the app and follow the instructions.

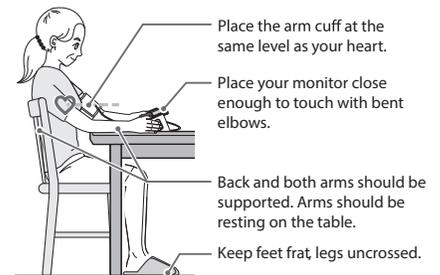*For details, refer to the instruction manual or "Support" section in the app.*

4 Apply the arm cuff

1 Plug the arm cuff into the monitor.

2 Place your hand through the cuff loop, then pull the cuff until it reaches your upper left arm.

The bottom edge of the arm cuff should be 0.5 inch above the inside elbow.

0.5 inch

3 Wrap the cuff securely.

Make sure that the air tube is on the inside of your arm.

Bottom edge

For details, refer to the instruction manual.

5 Sit correctly

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

Place your monitor close enough to touch with bent elbows.

Back and both arms should be supported. Arms should be resting on the table.
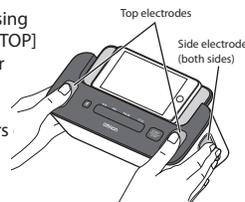
Keep feet frat, legs uncrossed.

For details, refer to the instruction manual.

6 Start blood pressure measurement + EKG recording

1 Open the app on your smartphone.

2 Tap "Record your (first) EKG", and follow the instructions.

3 Place your smartphone on your monitor.

4 Press the BP [START/STOP] button.

5 As soon as pressing the BP [START/STOP] button, put your thumbs on top electrodes and 2 or more fingers each of the side electrodes.

Top electrodes

Side electrode (both sides)

6 Remain still and do not talk until the arm cuff deflates and a 30-second countdown on your smartphone is complete.

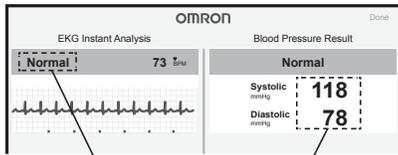Your EKG wave is not visible for the first time.

For details, refer to TIP 1 on the last page of this quick start guide or the instruction manual.

7 Check your blood pressure readings and EKG recordings

1 After blood pressure measurement and EKG recording, your blood pressure reading is displayed on the monitor.

SYS   DIA   PULSE
118   78   70
mmHg   mmHg   /min

2 Press the BP [START/STOP] button to turn the monitor off.

3 An EKG instant analysis appears on the left side on your smartphone screen and your blood pressure reading appears on the right side.

For details, refer to the instruction manual.

OMRON   Done

EKG Instant Analysis   Blood Pressure Result

| Normal | 73 BPM | **Normal** |

Systolic mmHg   **118**

Diastolic mmHg   **78**

EKG instant analysis*   **Blood pressure reading**

* Possible Atrial Fibrillation (or AFib), Bradycardia, Tachycardia, Normal, Unreadable or Unclassified

Your first EKG wave and analysis will not be visible until you receive a report from the cardiologist for free by email within 24 hours. After you receive a report, you can see your EKG on the smartphone screen.

For details, refer to TIP 1 on the last page of this quick start guide or the instruction manual.

3 ways to use this monitor

1. Taking a blood pressure measurement and recording an EKG simultaneously.
   Steps are included in this quick start guide.

2. Taking only a blood pressure measurement.
   For details, refer to section 4 in the instruction manual.

3. Recording only an EKG.
   For details, refer to section 5 in the instruction manual.

EKG software and services powered by AliveCor

TIP 1
Your first EKG recording will not be visible and any additional EKGs will not be recorded until you get your free medical interpretation of your first EKG recording. A U.S. board-certified cardiologist will automatically review your first EKG recording for free and will provide a medical interpretation within 24 hours. After receiving the report, you can view and record your EKG. If you have created an account with a referral code, the EKG wave and analysis will be visible beginning with the first EKG recording.

TIP 2
Before taking a blood pressure measurement and EKG recording, make sure that your blood pressure monitor and smartphone are successfully paired, and the "OMRON connect US/CAN" app is opened on your smartphone.

For customer service

Visit our web site: **OmronHealthcare.com**
Call toll free: **1-800-634-4350**