

Blood Pressure Monitor Quick Start Guide

Welch Allyn

The enclosed blood pressure monitor is provided for your use during the care management program to record your blood pressure and heart rate. The following information explains the process to pair the blood pressure monitor, record your results, and view trend data.

Pair the Device

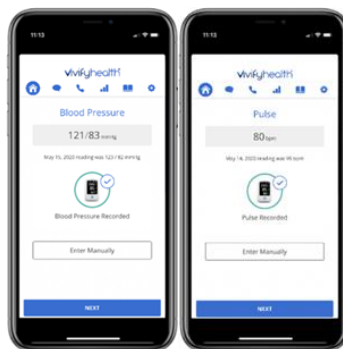
On the Vivify app home screen, select *Have You Received Your Blood Pressure Monitor* to begin.

1. To pair the device, press and hold the power button on the device for 2 seconds. This will put the device in pairing mode.
2. A blinking Bluetooth icon will appear on the device. The app will display a confirmation screen when the pairing is complete.



Record Your Vitals

1. When prompted, prepare to take your reading by sitting with your legs uncrossed, your feet flat on the floor, and your arm supported on a flat surface.
2. Place the cuff on your bare upper arm with the bottom edge of the cuff 2-3 centimeters above the bend in your arm.
3. Wrap the cuff snugly around your arm, but not too tight. You should be able to insert two fingers between the cuff and your arm.
4. Press the power button to begin the measurement. The cuff will inflate and tighten, and the heart icon will blink. A reading will appear on the device.
5. Look at your phone. Your blood pressure reading will appear in the app.
6. Confirm that the reading in the app matches the reading on the device, and then select Next.



If the device does not wirelessly connect and record your data automatically, select Enter Manually on the phone. In the field provided, record your data.

Please read the *Welch Allyn Blood Pressure Monitor Directions for use* for more information on how to use the blood pressure monitor device.

View Trend Data



You can view the changes in your biometric data over time using the Trend button. Biometric data for your blood pressure is available in grid and graph format with options to view results by day, the past 7 days, or an average.

Troubleshooting

Why is the reading not transmitting to the phone?

If the reading is not transmitting to the phone, move the device closer to the phone. The monitor and the phone should be within 10 feet of each other. Also, you can try to unpair the device and pair it again.

How do I unpair the blood pressure monitor?

To unpair the device, go to the app settings, hold your finger on the words Welch Allyn Home BP Monitor and then tap Yes when the unpair confirmation appears. Repeat the pairing process.

How do I turn off the blood pressure monitor?

After 10 seconds of inactivity, the device automatically powers down. If you press and release the power button, the device powers down.

Tips for Accurate Readings

The way you position your cuff and your measurement posture can affect blood pressure. Try to take blood pressure measurements under similar conditions.

Request a Call

The Request a Call screen may have options for questions, concerns, and technical issues depending on the configuration of the app.

DO NOT USE THIS PROGRAM FOR EMERGENCY OR URGENT CARE. IN AN EMERGENCY, CALL 911 OR GO TO THE NEAREST EMERGENCY ROOM. The program and program nurses and other representatives cannot diagnose your problems or suggest treatment. This program is not a substitute for your doctor's care. Your health information is kept confidential in accordance with the law. Any information and any device provided through this program is for your information only. Participation in the program and use of the device is voluntary, and your ability to use the device may differ depending on the nature of your medical condition. The program and device do not provide real-time monitoring or act as an emergency alert system, and are not intended for use when time-critical care is required.