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PATIENT & CAREGIVER EDUCATION

# How To Take Your Blood Pressure Using the OMRON Silver BP5250

## How to take your blood pressure using the OMRON Silver BP5250

1. Open the OMRON Connect APP on your phone or tablet.
2. Place the OMRON Silver BP5250 blood pressure cuff on your arm.
3. Press the start button your blood pressure machine.
4. Once the measurement has been taken it will appear on your OMRON Connect app dashboard (see Figure 3).
5. If you do not see the reading after a few minutes, select the “Sync” button in the app to send the reading (see Figure 4).

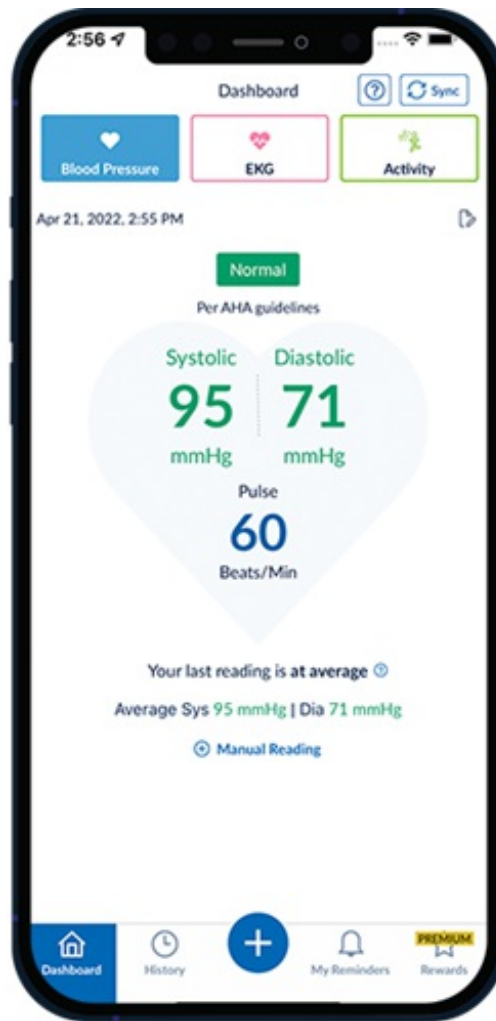


Figure 3.  
Measurement  
dashboard

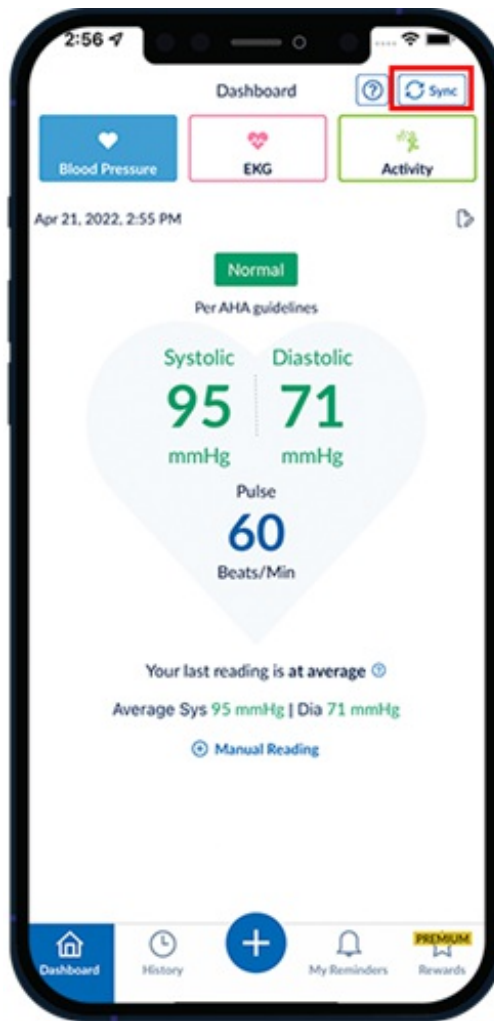


Figure 4. "Sync" button

If you have questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you're not sure how to reach your healthcare provider, call 212-639-2000.

For more resources, visit [www.mskcc.org/pe](http://www.mskcc.org/pe) to search our virtual library.

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