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PATIENT & CAREGIVER EDUCATION

# How To Take Your Blood Pressure Using the Withings BPM Connect

## How to take your blood pressure using the Withings BPM Connect

1. Open the Health Mate app on your phone or tablet.
2. Place the Withing BPM Connect blood pressure cuff on your arm (see Figure 1).

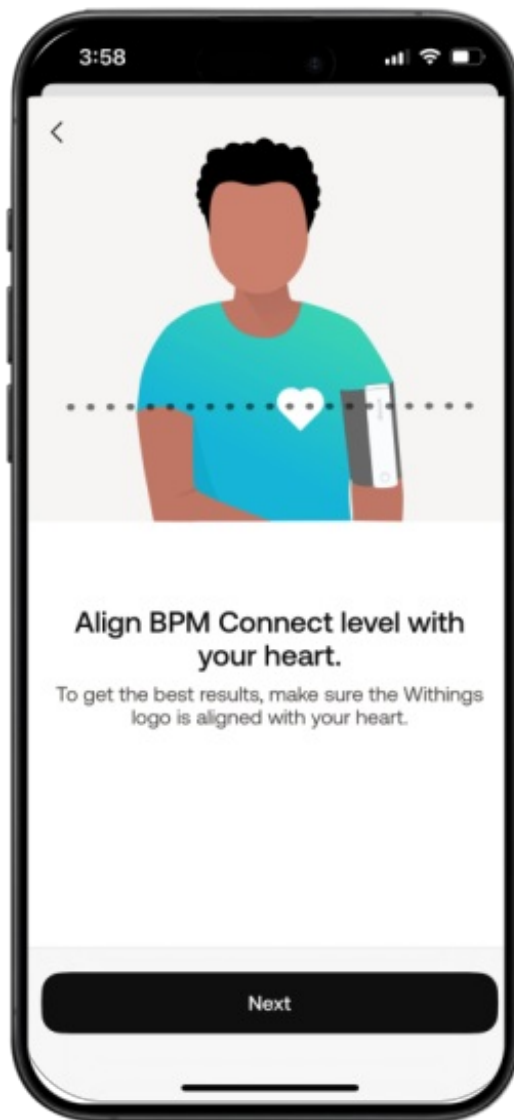


Figure 1. Correct position for BPM Connect

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3. Press the start button your blood pressure machine.
4. Once the measurement has been taken it will appear on your Health Mate app dashboard (see Figure 2).

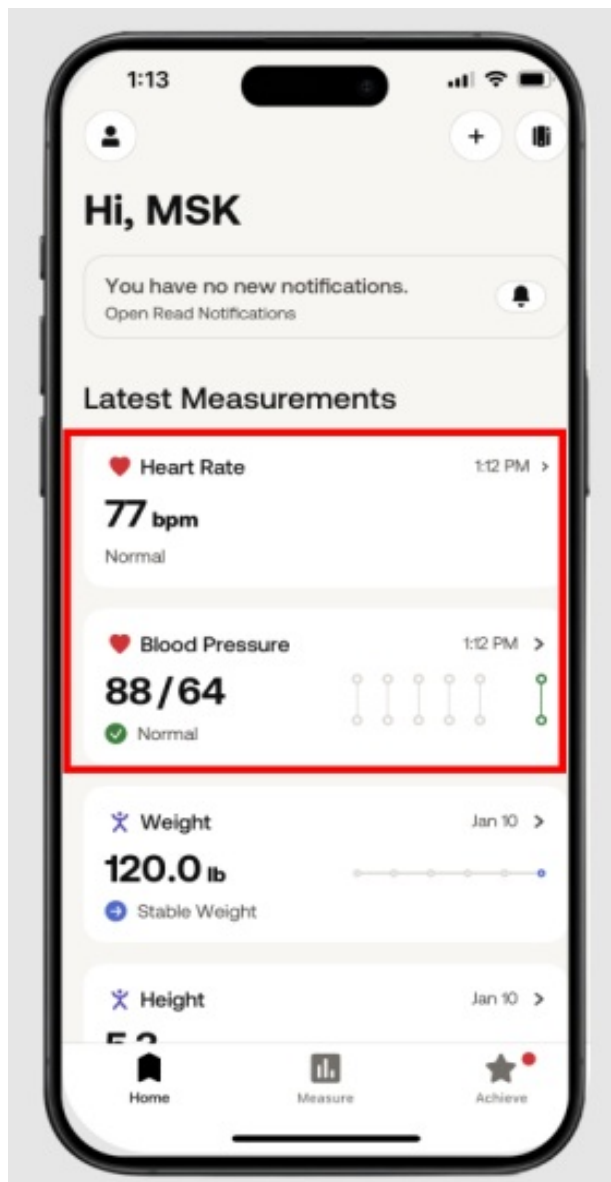


Figure 2. Real-time measurements in the app

5. If you do not see the reading after a few minutes, select the “Sync” button in the app to send the reading.

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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