

Using your Blood Pressure Monitor as part of your care plan

By using your BP Monitor you will be able to monitor your blood pressure more closely at home. This information can support you and your GP to come up with the care plan best suited to your individual needs.

You will need to agree with your GP:

- the length of time you will use this BP monitor
- how often you will measure your BP
- how often to meet for a review to revise your management goals and care plans.

Table of Contents

Setting up your Wireless Blood Pressure Monitor	2
Installing the Withings App.....	2
Linking BP monitor device with your phone.....	3
Creating a Withings Account.....	5
Family member using your Blood Pressure Monitor device.....	6
Taking Blood Pressure Reading	7
Optimal position to take a measurement.....	7
Taking your first blood pressure reading	8
Understanding your blood pressure reading	8
Elevated Blood Pressure	9
Using your Blood Pressure Monitor again	9
What does the colour of the LED mean?.....	10
Changing the batteries	10
Cleaning and caring for your BP monitor	11
Support.....	11
Data Protection	11

Setting up your Wireless Blood Pressure Monitor

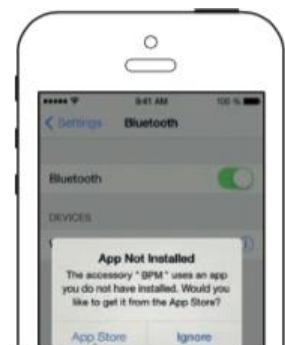
Installing the Withings App

1. Download the Withings Healthmate™ app.

Google Play (Android)



App Store (Apple)



2. Open the app and tap 'Join Withings'



Linking BP monitor device with your phone

1. Tap 'I'm setting up my device'



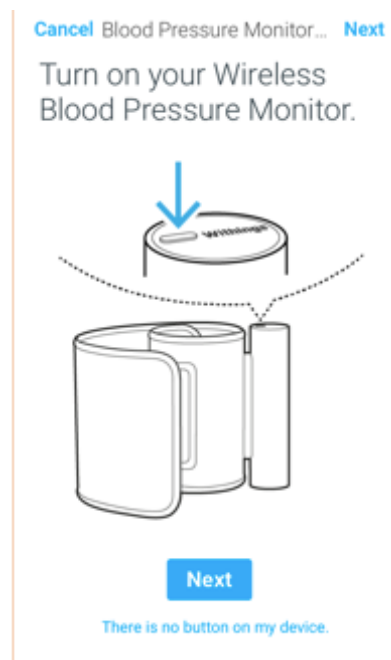
2. Locate and tap on the 'Blood Pressure Monitor' option



3. Tap 'Install now'



4. Turn on your Blood Pressure Monitor.



5. The app instructs you to connect your device via Bluetooth.

[Cancel](#) Blood Pressure Monitor...

Please connect the
Wireless Blood Pressure
Monitor to your iPhone.



1 - Go to the Bluetooth panel inside the Settings app of your iPhone, iPad or iPod Touch.

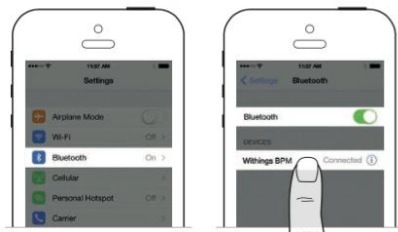
2 - Reconnect it by tapping on the Withings device.

6. On your phone tap Settings and then Bluetooth and find Withings BPM. Tap on it to connect.

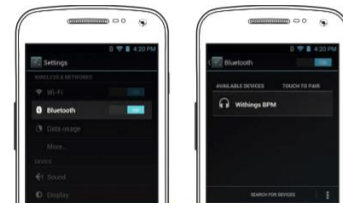
Apple



Settings



Android



Settings

7. When Bluetooth is successfully connected, tap 'Allow'



8. You will be sent back into the app. Tap 'Next'



Creating a Withings Account

1. Enter your email and create a password

2. Enter your name and birthday

3. Enter your height, weight and gender and tap 'Create'

Family member using your Blood Pressure Monitor device

If a family member wants to use a blood pressure monitor that is not associated with their own Withings account they can take an anonymous measurement with the monitor once a user profile has been created.

You can create more user profiles, if necessary, for each member of your family.

1. Open the Withings Health Mate™ app.
2. Tap **Settings**.
3. Tap **Create a new user**.
4. Enter the first name, last name and date of birth of the new user.
5. Tap **Next**.
6. Select your gender, and enter your height and weight.
7. Tap **Create**.

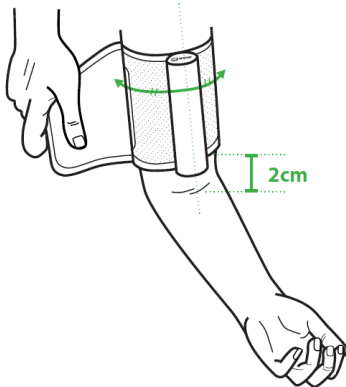
Taking Blood Pressure Reading

Optimal position to take a measurement

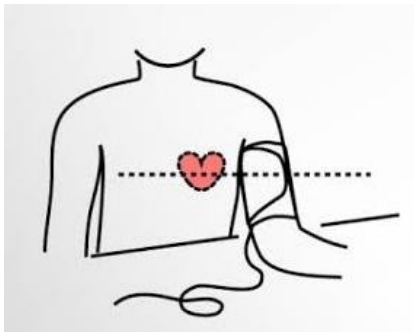
1. Sit down in a comfortable position.



2. Rest for about five minutes.
3. Wrap the inflatable band around your arm, 2cm above the elbow.
4. The aluminium tube should be on top of your arm.



5. Place your arm on a table, slightly flexed and level with your heart.



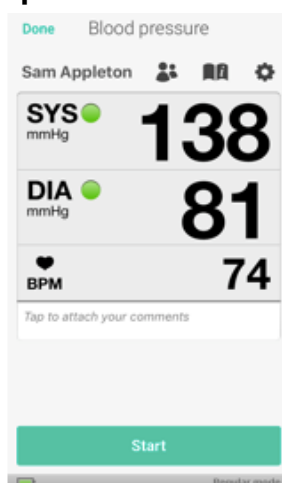
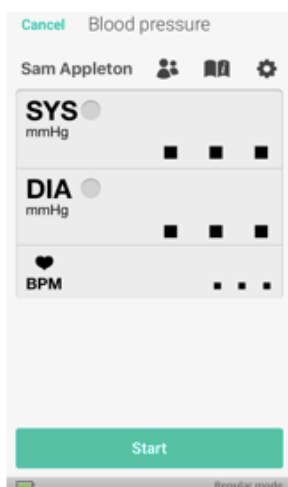
6. When it is properly installed, begin the measurement.
7. When inflating and deflating the armband, it is best to stay still and relaxed.

Taking your first blood pressure reading

1. 5 steps will appear in the app and walk you through how to take a measurement.

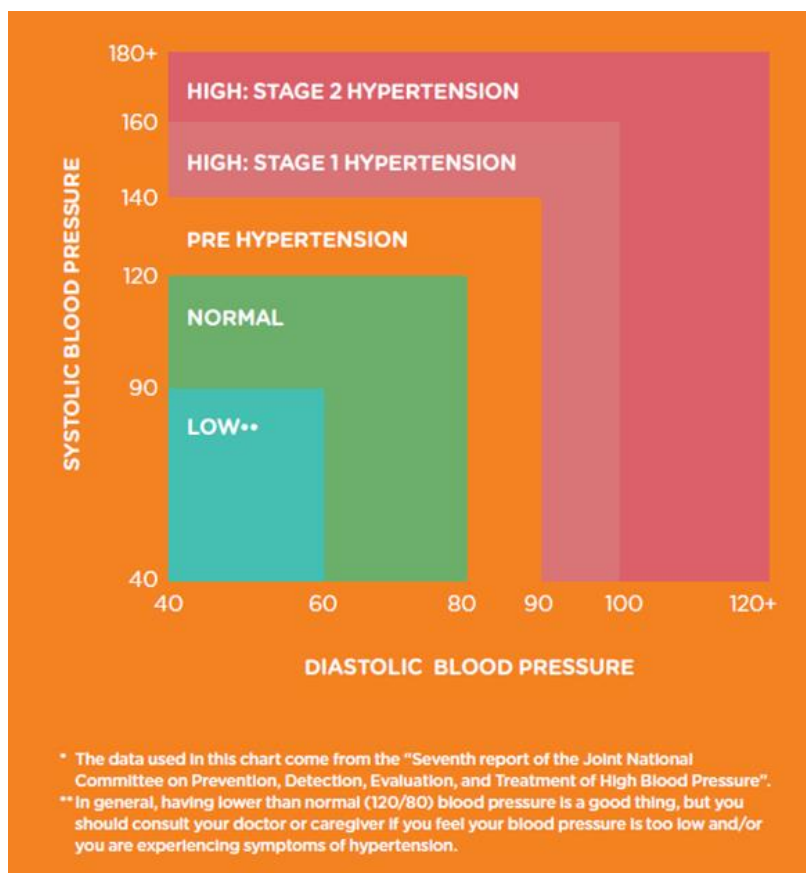
Tap 'Start'.

When you see your reading tap 'Done' in the top left corner.



Understanding your blood pressure reading

You have discussed your normal and elevated BP ranges with your GP. Please refer to your Home Monitoring Care Plan.



Elevated Blood Pressure

**You have discussed your normal and elevated BP ranges with your GP.
Please refer to your Home Monitoring Care Plan.**

- Please rest, relax and take your blood pressure again.
- If your blood pressure is not reducing, seek urgent medical attention.
- If you have new or worsening symptoms of chest pain, vomiting, headaches, visual disturbances, fits or bleeding, please seek emergency treatment – call 999.

Using your Blood Pressure Monitor again

Next time you wish to monitor your blood pressure:

- Make sure your phone is unlocked.
- Press the 'On' button at the top of your blood pressure monitor.
- Your Withings Healthmate™ App will automatically open and provide instructions on how to take a measurement.

What does the colour of the LED mean?

The LED of the button of the Wireless Blood Pressure Monitor can be:

- **Blue** if the Wireless Blood Pressure Monitor hasn't been paired with a mobile device yet.
- **Green** if the Wireless Blood Pressure Monitor has been paired with a mobile device.
- **Orange** if the previous measurement has failed. It then goes back to green.

Changing the batteries

1. Make sure the Wireless Blood Pressure Monitor is turned off. If the LED is on, press the button for 3 seconds.
2. Turn the slot of the twist cover counterclockwise using a coin to remove the battery cover.
3. Replace the batteries.



4. Put the cover back in place.

Cleaning and caring for your BP Monitor

- Do not use an alcoholic-base or solvent agent to clean the device.
- Do not use too much water to clean the device or cuff.
- Clean the device with a dry, soft cloth.
- The dirt on the cuff can be cleaned by a moist cloth and soap.
- Do not drop or shake the device.
- Do not operate the device under extreme temperatures or humidity, or in direct sunshine.

Support

Problems with set up process

Use the documentation provided and information on the Withings website:

<https://help.withings.com/hc/en-us/categories/200118357-Wireless-Blood-Pressure-Monitor-iOS-Android->

If you are still having difficulty, please complete an online form on the Withings website.

https://help.withings.com/hc/en-us/requests/new# from_cat_200118357

Problems with BP monitor (device)

Please send an email to: Corp-support@withings.com

Please include '**Camden**' in the subject line.

Data Protection

- ✓ Withings Patient Care Dashboard implements best in class privacy and security standards to keep individuals' data safe.
- ✓ All invitations to join the dashboard for doctors and patients are unique and cannot be re-sent or shared with anyone.
- ✓ Withings ensure that only your authorised medical providers can access the information by using unique IDs and double authentication mechanisms as well as an automatic log off mechanism.
- ✓ Users' identifiable information that is stored is encrypted in Withings servers and Withings keep logs of all activities in their systems. Withings also has a disaster recovery plan in place as well as offsite data back-ups to ensure that any errors or failures can be quickly fixed and health information can be recovered accurately.