

Standard Operating Procedure: OMRON 10 BP Monitor

This document will provide how-to information regarding how to use the OMRON 10 BP monitor including how to pair the BP monitor to the tablet app and how to transfer data.

In order to successfully transfer and pair data on all future events, it is necessary that **one OMRON monitor** be paired to **one OMRON account on one OMRON app on 1 tablet user**. If this connection is disrupted, the integrity of the data transferred through the Bluetooth system will be compromised.

PART ONE: Creating a new OMRON account on a new tablet user

1. Create a **new** user on the tablet device from the default user (Carter Burden)
 - a. Go to Settings (little gears) >> Users & Accounts >> Users >> Add User
 - b. Choose Standard User
 - c. Name tablet user with Participant ID (i.e. S1-101)
 - d. Go to new user profile
2. Download the OMRON app on the new user
 - a. Go to the Google Play Store and sign in with the tablet gmail account using this gmail email/password
Email Address: acldashstudy@gmail.com
Password: DASH-2018
 - b. Install the OMRON connect US/CAN app
 - i. Skip Complete Account Setup
3. Create a new Account on the OMRON account using **participant ID** email and password
 - a. Check the first three boxes on the Acknowledgements page
 - b. Account Username/Email: check file with participant email addresses
 - c. Account Password: DASH*participant ID (i.e. DASH*101, DASH*102, DASH*103)
4. Complete account using **participant information (obtain from DASH contact sheet)**
 - a. First Name
 - b. Last Name
 - c. DOB
 - d. Height (add 5'0 for all)
 - e. Sex:

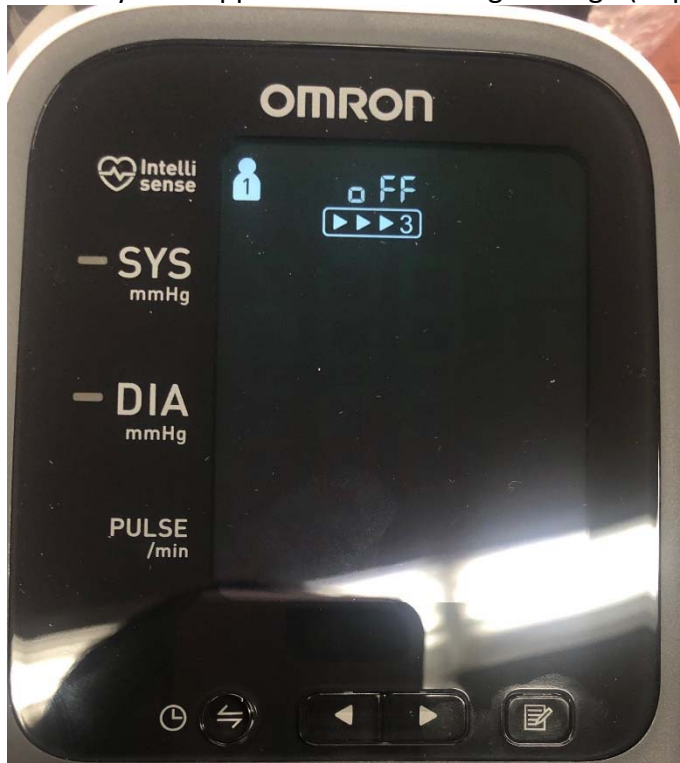
PART TWO: Pairing a new OMRON monitor to a new OMRON account

1. Open the OMRON app to the home screen
2. In the left-hand corner of the screen, open the menu bar and select **Settings**
3. Select **Blood Pressure Settings**
4. Select **Manage devices**
5. Select **Pair new OMRON monitor**
6. Select **Pair now >** in the OMRON app
 - a. Grant permission for Location Services
 - b. Allow app to access this device's location
 - c. Go to Settings to enable Bluetooth and Location Services

- i. Settings >> Connected Devices >> Turn Bluetooth On (if not already on)
 - ii. Settings >> Security & location >> Location
 - iii. Turn Location On
 - iv. Agree to improve location accuracy
 - v. Ensure that the Mode is set to High Accuracy
7. Follow **steps 1-5** again
8. On the OMRON monitor, press and hold the double-arrowed button until a blinking 'P' appears
9. The device should appear on the OMRON app as **10 Series Upper Arm**
 - a. The successful initiation of the transfer process is indicated by circles moving in a circle
 - b. The successful completion of the transfer process is indicated by 4 static circles on the monitor's screen
 - c. There should only be 1 device that appears in this window. If multiple devices appear, it is possible that the 1:1:1:1 connection has been disrupted.
10. Ensure that the BP device is set to User 1. After confirming the correct user, choose User 1 on the OMRON app.
11. Log out before moving to next tablet user

PART THREE: Setting up OMRON device for use

1. **Tru Read Setting:** Press the double-arrowed button three times or until the 3-arrow symbol appears with a flashing OFF sign (as pictured below)

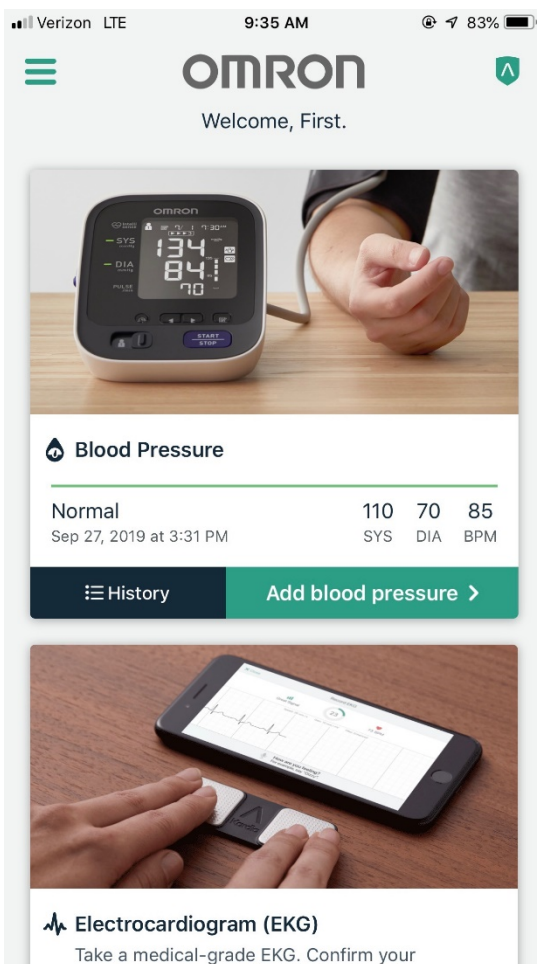


2. **Tru Read Setting:** Press the right arrow to change the **OFF** to **ON**

3. Press the double-arrowed button to move to the next selection (deflation time)
4. The monitor should now display **60** to represent the deflation time. If the deflation time is not set to 60, use the left/right arrows to adjust the time to 60
5. Press the double-arrowed button again to move to the next selection (Year)
6. Use the left/right arrows to adjust the year to correct year
7. Press the double-arrowed button again to move to the next selection (Month)
8. Use the left/right arrows to adjust the month to the correct month
9. Press the double-arrowed button again to move to the next selection (Day)
10. Use the left/right arrows to adjust the month to the correct day
11. Press the double-arrowed button again to move to the next selection (hour)
12. Use the left/right arrows to adjust the month to the correct hour
 - a. Changes to the hour will also change the AM/PM setting. Adjust correctly
13. Press the double-arrowed button again to move to the next selection (Minutes)
14. Use the left/right arrows to adjust the month to the correct minute
15. Press the START/STOP button to save changes

PART FOUR: Transferring data from the OMRON monitor to the OMRON account

1. Log into OMRON account on the app
 - a. Username: participant email address
 - b. Password: DASH*participant ID (i.e. DASH*101, DASH*102, DASH*103)
2. Open the OMRON app to the home screen
3. Select **Get Started >** or **Add blood pressure >** (as shown in picture below)



4. Select **Transfer new recordings** in the OMRON app
5. On the OMRON monitor, quick press (without holding) the double-arrowed button (a single circle will appear) to initiate the transfer process
 - a. The successful initiation of the transfer process is indicated by circles moving in a circle
 - b. The successful completion of the transfer process is indicated by 4 static circles on the monitor's screen

PART FIVE: Downloading BP measurements from OMRON app

1. Open the OMRON app to the home screen
2. Select **History** in the Blood Pressure section
3. In the top-right corner of the screen select the menu dots
4. Select **Share CSV Email**
5. Adjust the date range as necessary
6. Select **Export CSV Email**
7. Select **Gmail >> Just Once**
8. Modify the Subject Line so that it begins with the Participant ID followed by an underscore

Example:

Participant ID: S1-101

Original Subject Line: **BloodPressure_05-May-2019.csv**

Modified Subject Line: **S1-101_BloodPressure_05-May-2019.csv**

9. In the "To" field, put **kvasquez@rockefeller.edu**

10. Send



How to Use Your OMRON 10 Monitor

Part One: How to assemble your OMRON 10 monitor




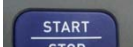
Step 1: Plug the AC adapter or insert 4 AA batteries into the bottom of the unit

Step 2: Plug arm cuff into the main unit

Step 3: Set your device to **User 1**



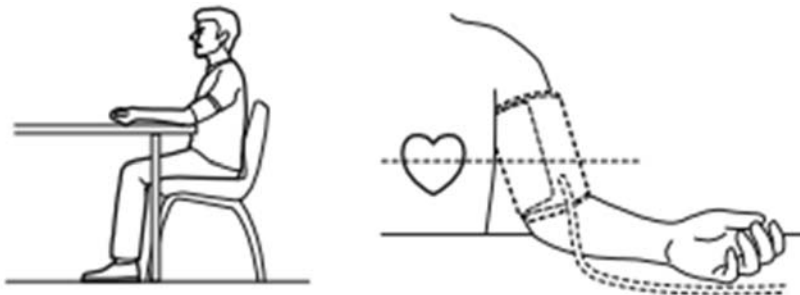
Step 4: Setting the date and time

- a. While the unit is off, press the  button repeatedly to show the year.
- b. Use the  button to advance to the current year.
- c. Then, press the  button to confirm.
- d. The screen will then show the month and day. Change the month, date, and time using steps 4a-4c.
- e. Press the  button to save your settings.

Part Two: How to take a Blood Pressure (BP) measurement using your monitor


Step 1: Remove tight clothing from your upper left arm

Step 2: Sit on a chair with your feet flat on the floor and place your left arm on a table so that the cuff is level with your heart.



Step 3: Place the cuff directly on the bare skin of upper left arm. The bottom of the cuff edge should be ½ inch (1-2 cm) above the elbow. The tube of air should be centered on the inside of the arm and aligned with your middle finger. Wrap the cuff firmly with the fabric fastener.




Step 4: To begin taking a measurement, press the  button. The cuff will inflate automatically.

Step 5: The cuff will inflate/deflate 3 times in order to take 3 measurements. Do not move your hand throughout the duration of these 3 measurements. Once the third measurement is complete, the cuff will deflate and the average of the 3 measurements will be displayed.


Make sure that your device is set to **User 1**.

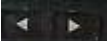


Step 6: Press the  button to display the results of the first reading. Press the button again to view the results of the next measurement.

Step 7: Press the  button to turn the monitor off.

Part Three: How to Check your previous BP readings

Step 1: To check your previous readings, press the  button.

Step 2: Use the  buttons to move between BP readings.

Questions:

- Call Study Team at Covello: 212- 423-9666 ext. 445
- Omron toll free customer support help line: 1(800) 634-4350
- On-line support always available at OmronHealthcare.com



Cómo usar su monitor OMRON 10

Primera Parte: Como ensamblar su monitor OMRON 10





Paso 1: Enchufe el adaptador de CA o inserte 4 pilas AA en la parte de debajo de la unidad

Paso 2: Enchufe el brazalete a la unidad principal

Paso 3: Configure su unidad como **Usuario 1**



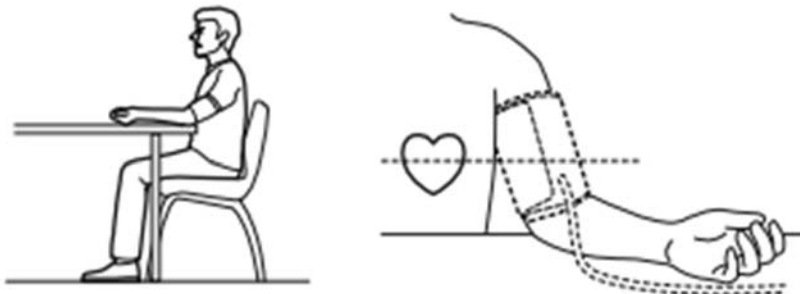
Paso 4: Poner la fecha y hora

- Mientras la unidad está apagada, presione el  botón repetidamente para mostrar el año
- Use el  botón para avanzar al año actual
- Luego, presione el  botón para confirmar.
- La pantalla mostrará el mes y el día. Cambie el mes, la fecha y la hora con los pasos 4a-4c.
- Presione el botón (Inicio/Detener)  para guardar su configuración.

Segunda Parte: Como tomar una medición de Presión Arterial (PA) usando su monitor


Paso 1: Quítese la ropa ajustada y apretada de la parte superior del brazo izquierdo

Paso 2: Siéntese en una silla con los pies apoyados en el piso y coloque el brazo izquierdo sobre una mesa para que el brazalete quede nivelado con el corazón.



Paso 3: Coloque el brazalete directamente sobre la piel desnuda en la parte superior del brazo izquierdo. El borde inferior del brazalete debe estar $\frac{1}{2}$ pulgada (1-2 cm) por encima del codo. El tubo de aire debe de quedar centrado en la parte interna del brazo y alineado con el dedo medio. Envuelva el brazalete firmemente con el cierre de tela.




Paso 4: Para comenzar a tomar una medida, presione el  botón. El brazalete se inflara automáticamente.

Paso 5: El brazalete se inflará / desinflará 3 veces para tomar 3 mediciones. No mueva su mano durante la duración de estas 3 mediciones. Una vez que se complete la tercera medición, el brazalete se desinflará y se mostrará el promedio de las 3 mediciones.


Asegúrese de que su dispositivo esté configurado en **Usuario 1**.




Paso 6: Presione el  botón para mostrar los resultados de la primera medición. Presione el botón nuevamente para ver los resultados de la próxima medición.

Paso 7: Presione el  botón para apagar el monitor.

Parte Tres: Como Chequear los Valores de PA Anteriores

Paso 1: Para chequear los valores anteriores presione el  botón.

Paso 2: Use los  botones para moverse entre valores de PA.

Preguntas:

- Llame al equipo del estudio en Covello: 212- 423-9666 ext. 445
- Línea de ayuda gratuita de atención al cliente de Omron: 1(800) 634-4350
- Apoyo en internet siempre está disponible en OmronHealthcare.com