



WHAT'S INSIDE THE BOX?

Your clinician determines which of the following devices you'll receive:


An OMRON BLOOD PRESSURE MONITOR



An OMRON BODY WEIGHT SCALE



A DATA HUB (with Charger)



VitalSight Remote Patient Monitoring System Instruction Manual


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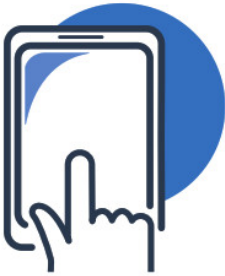
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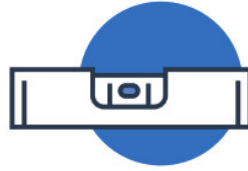


DEVICE SETUP

IMPORTANT: To work properly, your kit components must be set within 10 feet of each other.



- 1 Position the blood pressure monitor where you're able to sit up straight



- 2 If you received a scale, place it on a hard, level surface (not on carpet)



- 3 Plug in the data hub

PROPER USE OF YOUR MONITORS

Using your monitors properly is important in order to capture accurate data. Follow these tips to obtain your measurements:



Blood Pressure

- Don't exercise, drink alcohol, smoke or eat a big meal 30 minutes before taking a measurement
- Be seated with your feet flat on the floor
- Sit quietly for 5 to 15 minutes before taking the measurement






Body Weight Scale

- Be sure to place the scale on a hard, level surface
- Use the bathroom **before** stepping on the scale
- When done together, step on the scale **after** taking your blood pressure

NOTE: Always use the bathroom before taking your blood pressure and stepping on the scale.

FOLLOW YOUR DOCTOR-RECOMMENDED SCHEDULE

1 Use the toilet			
2 Take your blood pressure		<input checked="" type="checkbox"/> When you wake up	<input checked="" type="checkbox"/> Before bed
3 Step on the scale		<input checked="" type="checkbox"/> When you wake up	<input checked="" type="checkbox"/> Before bed

For Customer Service, call 1-800-634-4350 (Press 4 for assistance)

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