



USER GUIDE

BLOOD PRESSURE MONITOR





With Omply, measuring your blood pressure at home is a simple and reliable way to monitor the wellbeing of your heart and circulatory system. The measurement is safe, and the results are saved automatically to the app, from which you can share them directly with your doctor.

Before measuring, sit still and rest for at least five minutes. Avoid drinking coffee, smoking and physical exertion for at least 30 minutes before the measurement, as these can affect the result.

Connecting the blood pressure monitor to your phone

- Sit down with your feet flat on the floor and your back supported. Rest your arm on a table so that it is roughly at heart level.
- Prepare for the measurement by rolling your sleeve up high enough or removing it from your arm so that the cuff sits on bare skin. Position the cuff correctly: check the arrow for the correct orientation and fasten it about 2-3 centimetres above the bend of the elbow.
- Turn on the device by pressing the power button.
- When you see the BT symbol flashing, the device is ready to measure.



During and after the examination

- During the measurement, stay still and quiet. Breathe calmly and wait until the measurement is complete.
- The result is transferred automatically to the Omply app. If you are in contact with your doctor during the measurement, they will see the result immediately in real time.
- Once the measurement is complete, you can turn off the device.

