

## Start Monitoring Your Blood Pressure

Your healthcare provider has recommended that you **monitor your blood pressure at home**. Checking your blood pressure is simple using your maternity support app. It is offered through your OB clinic and powered by Wildflower. From the app, your Wildflower Health Advocate can share your blood pressure readings with your OB clinic.

### About the device

The blood pressure monitor you were given keeps track of your blood pressure and pulse. It also tracks the date and time of your measurement. Please review the instruction manual included in the package for details on how to use the blood pressure monitor. **Always follow your provider's advice when using this device.**


### About the maternity support app's Blood Pressure Tracker

The **Blood Pressure Tracker** in your maternity support app gives you a place to log your blood pressure readings. It also tells you what to do if you have a high reading. And it allows your Wildflower Health Advocate to monitor readings between appointments to support your care.

**Confirm that you are using the app shared with you by your provider.** Your app will be named for the clinic where you go for your prenatal care. [Click here to find your maternity app.](#)

### Instructions if using OMRON 5 SERIES BP7255 Wireless Upper Arm Blood Pressure Monitor

Follow the steps below to sync your blood pressure measurements via Bluetooth to the Blood Pressure Tracker:

1. Make sure your phone has **Bluetooth turned on** in your Settings.
  - o Place your phone next to your device.
  - o Make sure the Wildflower app has permission to use Bluetooth and the device location.
    - For iPhone and iPad: Settings > Privacy > Bluetooth > Toggle on for the app
    - For Android: Settings > Apps > Select app > Permissions > Allow
2. In the **app recommended by your provider**,
  - o Tap **Track**.
  - o Open the **Blood Pressure Tracker**.
  - o If it's the first time opening the tracker, tap **Start tracking**.
3. **Pair the blood pressure monitor** with your app by pressing the Bluetooth symbol “” on the device.
  - o You will start to see a flashing **P** on your device's screen.
  - o Then, in your app's Blood Pressure Tracker, tap **Sync measurement** and then **Pair**.
  - o Once connected, the device name “BP7255” will appear on your list of paired devices.
4. To add a new measurement, place the cuff on your upper arm and press the **[START/STOP] button**.
  - o Now the device will start taking your blood pressure measurement. Check the instruction manual that came with your device for step-by-step instructions.
  - o Then tap **Sync measurement**. The measurement will be synced to the tracker.
  - o The top number is your **systolic blood pressure** and the bottom number is your **diastolic blood pressure**.
  - o If you had any symptoms while taking your blood pressure, tap **Yes**. Then, check off any of the **symptoms** you had. If you did not have any symptoms while taking your blood pressure, tap **No**.
  - o Tap **Save entry** and the measurement will automatically appear in the log history.
5. **Important Notes:**
  - o Only your most recent measurement will be added to your app's tracker once you sync your device.
  - o You'll need to update the date and time of the measurement if it's from the past.
  - o **It's best to sync your device right away each time you take your blood pressure.**

### About Wildflower Health

The app and a Wildflower Health Advocate will be available to provide general education and answer questions throughout your pregnancy. The app and Wildflower Health Advocates do not provide medical advice. If you are seeking medical advice, please contact your healthcare provider's office or after-hours triage line. In the event of a true medical emergency, please contact your Emergency Medical Services (911), or call your nearest hospital or medical practice. Please refer to the app's Terms of Use and Privacy Policy in the app for more information on remote monitoring devices. Always follow the advice of your healthcare provider when using devices. If you have any out of range measurements or concerns, always call your provider as directed.

### Instructions for Manually Adding Blood Pressure Measurements

Follow the steps below to **manually** add your blood pressure measurements to the Blood Pressure Tracker (cannot sync via Bluetooth):

1. Check the instruction manual that came with your device for step-by-step instructions. Place the cuff on your upper arm and press the **[START/STOP] button** (or however your monitor starts) to take your blood pressure measurement.
2. In the **app recommended by your provider**,
  - Tap **Track**.
  - Open the **Blood Pressure Tracker**.
3. Tap **Add entry** at the bottom of the Blood Pressure Tracker screen.
  - Make sure the **date** and **time** the reading was taken are correct. Change the date and time if different.
  - Then add your **Systolic Blood Pressure** (the top number) and **Diastolic Blood Pressure** (the bottom number).
  - You can also add your **Pulse**.
  - If you had any symptoms while taking your blood pressure, tap **Yes**. Then, check off any of the **symptoms** you had. If you did not have any symptoms while taking your blood pressure, tap **No**.
4. Tap **Save entry** and the measurement will automatically appear in the log history.

If you are still having issues, contact your Health Advocate. You can ask them any questions you may have about your device. Contact them through the app's **Messages** or by calling (650) 864-4320.

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