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Omron Blood Pressure Monitors & the OMRON connect App

Setting up, taking a reading the way Omron instructs, syncing and sharing — explained in plain English, one step at a time

A calm, plain-English guide for owners and their families

This guide covers the gadget, not your health — your doctor covers that

Written for you by Bill — Bill's Home Tech

(330) 200-8042 · BillsHomeTech.com

For Omron upper-arm & wrist monitors and the OMRON connect app · facts current November 2026

What's Inside

This is your plain-English guide to an Omron home blood pressure monitor and the free OMRON connect app. It covers setup, cuff fit as Omron describes it, pairing, syncing, sharing readings with your doctor or family, and fixing problems. It does not tell you what your numbers mean or what to do about them: that is always a conversation for your doctor. Read in any order and at your own pace.

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PART 1

Getting to Know Your Omron

What a home blood pressure monitor does for you, what it doesn't, which Omron you have, and the unboxing steps that get it ready.

CHAPTER 1

A Note from Bill

Hello, and welcome. If your doctor asked you to check your blood pressure at home, or a family member handed you an Omron monitor and said "it connects to your phone," this guide is for you. Omron is one of the best-known names in home blood pressure monitors, and many of its models can send each reading to a free phone app called **OMRON connect**.

I'm Bill. For more than 30 years I've helped people make sense of their technology, and I serve folks here in Portage County, Ohio. I wrote this guide the way I'd explain it at your kitchen table: slowly, in plain English, one step at a time.

Who this guide is for

- Anyone with an Omron upper-arm or wrist monitor, with or without the phone app.
- Anyone whose doctor or nurse has asked for a log of home readings.
- Grown children and caregivers helping a parent set up a monitor, with that parent's blessing.
- Anyone whose readings used to show up on the phone and suddenly stopped.

WHAT THIS DOES FOR YOU

What this guide does for you

By the end you'll know how to set up your monitor, put the cuff on the way Omron describes, take a reading, pair the monitor with your phone, keep readings syncing, send a neat report to your doctor, and fix the common hiccups. You'll spend less time fiddling and more time just living.

The most important promise in this guide

This is a technology guide, not a medical one. **I will never tell you what your numbers mean, whether they're good or bad, or what to do about them.** That is always a conversation for your doctor, nurse, or pharmacist. Your monitor and app are a careful notebook; your doctor is the one who reads it.

STAY SAFE

If you feel unwell, don't reach for the app

If you have chest pain, trouble breathing, sudden weakness, trouble speaking, or you simply feel something is very wrong, call 911. Don't wait to take or sync a reading. For questions about a reading that worries you, call your doctor's office.

You can't break it

Pressing buttons on the monitor or exploring the app won't hurt anything, and pairing again never erases the readings stored in the monitor. The worst that usually happens is a reading you take again.

You're never stuck alone

If anything in this guide feels like too much, call or text me at **(330) 200-8042**. We'll sort out the technology together, with no judgment.

— Bill

CHAPTER 2

What a Home Monitor Does, and What It Doesn't

A home blood pressure monitor squeezes your arm (or wrist) with an air cuff, senses your pulse, and shows numbers on a small screen. Omron monitors also remember past readings, and connected models can send them to your phone. Here's a fair picture of the whole system.

What it does for you

Feature	What it does for you
Takes a reading at home	No trip to the pharmacy machine. Readings happen in your own chair, at the times your doctor asked for.
Remembers readings	Most models store dozens of past readings with the date and time, so nothing has to be written down in a hurry.
Sends readings to your phone	Connected models pass readings to the OMRON connect app over Bluetooth. See Chapter 15, *Pairing Your Monitor with Your Phone*.
Makes sharing easy	The app can make a report you can email to your doctor. See Chapter 20, *Sending a Report to Your Doctor*.

What it doesn't do

- It doesn't diagnose anything or decide your treatment. Only your doctor can do that.
- It doesn't call anyone or alert your doctor on its own. If your doctor's office runs a remote monitoring program, they will explain exactly what they see and when.
- It doesn't replace an emergency call. If you feel unwell, call 911.
- The app's colors and charts are not a substitute for your doctor's advice about your own numbers.

HEADS UP

If the app or monitor flags a reading

Some monitors and the app show symbols or colors next to readings. Treat them as a nudge to talk with your doctor, not as a diagnosis, and never change or stop a medication because of an app. Ask your doctor what they want you to do with your readings and when to call them.

GOOD TO KNOW

Your screens may look a little different

Omron sells many models, and the app is updated often. If a button or menu name doesn't match exactly, look for the closest match; the idea is the same. Facts in this guide are current as of November 2026.

CHAPTER 3

Which Omron Do You Have?

Omron sells monitors under series names (like 3 Series, 5 Series, 7 Series and 10 Series) and model numbers that start with **BP**. Knowing your exact model number helps with the app, replacement cuffs and support calls. It takes one minute to find.

Find your model number

1. Turn the monitor over and look at the label on the bottom or back. The model number starts with **BP** (for example, BP7250) or, on older units, **HEM-**.
2. Or look at the front of the box or the cover of the instruction manual.
3. Write it in the "Keep this handy" table in Chapter 32, *Your Omron Cheat-Sheet*.

Does it connect to a phone?

Monitors that connect usually say **Wireless**, **Bluetooth** or **Connected** on the box, and have a Bluetooth button or symbol on the monitor. Models without it still work perfectly well on their own; you'll just keep your log on paper or type readings into the app by hand.

A few common connected models

Model	Type	Worth knowing
BP5250 (Silver)	Upper arm	Pairs with OMRON connect over Bluetooth
BP5350 / BP5450	Upper arm	Bluetooth; works with Omron's Wide Range D-ring cuff
BP7250 (5 Series)	Upper arm	Bluetooth; hold the Bluetooth button to show "P" for pairing
BP7350 (7 Series)	Upper arm	Bluetooth
10 Series	Upper arm	Bluetooth; stores 200 readings for 2 users (100 each)
BP7900 (Complete)	Upper arm + EKG	Bluetooth; stores 90 readings on the device
Gold and 7 Series wrist	Wrist	Bluetooth; wrist must be held at heart level

TIP

Bought a new one recently?

Keep the receipt with the instruction manual. You'll want both if you ever need warranty service, which we cover in Chapter 29, *Batteries, Cuff Care, Warranty and Omron Support*.

CHAPTER 4

Unboxing and First Power-Up

A new Omron needs only a few minutes before its first reading. Have the instruction manual nearby; I'll point out where models differ.

What's usually in the box

- The monitor itself (or, for a wrist model, the monitor with the cuff attached).
- An arm cuff with an air tube, on upper-arm models.
- Batteries (usually AA or AAA, depending on the model).
- On some models, an AC adapter so you can plug it into the wall.
- The instruction manual and a quick start sheet. Keep both.

Put in the batteries

1. Turn the monitor over and slide off the battery cover.
2. Put the batteries in so the + and - marks match the pictures inside.
3. Slide the cover back on until it clicks.
4. If your model came with an AC adapter, you can use that instead. Plug the small end into the side of the monitor first, then the other end into the wall.

Set the date and time

Most Omron monitors ask for the date and time the first time they power up, and connected models usually set the clock automatically when they sync with the app. A correct clock matters: it's how your doctor knows which readings were mornings and which were evenings. Follow the instruction manual for your model; it usually involves pressing the date/time button and using the arrow or memory buttons to change each number.

Connect the cuff tube

1. On upper-arm models, find the air jack on the left side of the monitor.
2. Push the cuff's air plug firmly into the jack until it's fully seated.
3. A loose air plug is one of the most common reasons for an error message, so give it a gentle push any time you move the monitor.

TIP

Use the batteries Omron lists

Your instruction manual names the battery type. Swap in a fresh set as soon as the low-battery symbol appears, and replace them all at once. See Chapter 29, *Batteries, Cuff Care, Warranty and Omron Support*.

CHAPTER 5

Upper Arm or Wrist, and the Right Cuff Size

A cuff that fits your arm is part of getting a reading your doctor can trust. Omron makes cuffs in more than one size, and the right one depends on the distance around your upper arm. This chapter is about fit, not about your health; if you're unsure which monitor or cuff to use, ask your doctor or pharmacist.

Upper arm or wrist?

Upper-arm monitors are the most common kind. Wrist monitors are smaller and handy for people who find an arm cuff hard to use, but Omron says the wrist must be held at heart level for the reading to be accurate (see Chapter 8, *Using a Wrist Monitor*). If you're choosing between the two, ask your doctor which they prefer you use.

Measure your arm

1. Use a soft tape measure (the cloth kind used for sewing).
2. Wrap it around the middle of your bare upper arm, halfway between your shoulder and elbow.
3. Read the number in inches where the tape meets. Write it down.
4. Compare it to the range printed on your cuff, usually on the inside edge.

Omron's main cuff sizes

Cuff	Fits
Small D-ring cuff	For arms about 7 to 9 inches around. Works only with the monitor models Omron lists for it.
Wide Range D-ring cuff	For arms about 9 to 17 inches around. Omron lists it as compatible with models BP5350, BP5450, BP7200, BP7250 and BP7900.
Pre-formed cuff	Some models, like the 10 Series, use a curved, pre-formed cuff that slides on like a sleeve.

HEADS UP

Only buy cuffs made for your model

Omron cuffs are not all interchangeable. Before you buy a replacement, match your monitor's model number to the cuff's list of compatible models. A cheap look-alike cuff from an online marketplace may not fit the air jack or may not be meant for your monitor.

GOOD TO KNOW

Cost

Replacement Omron cuffs typically cost less than a new monitor, but prices vary by size and store. Check Omron's site or your pharmacy, and ask your insurance or Medicare plan whether they cover a monitor or cuff before you buy.

PART 2

Taking a Reading the Way Omron Describes

Getting ready, putting on the cuff, pressing Start, sharing a monitor with a spouse, and what the symbols and error messages on the screen are telling you.

CHAPTER 6

Getting Ready for a Reading

Omron's own instructions describe a simple, calm routine before each reading. Following it every time means your readings are taken the same way, which is exactly what your doctor wants to see. If your doctor gave you different instructions, follow your doctor.

Before you start

- Ask your doctor what times of day they want readings, and how many each time.
- Use the bathroom first, and sit somewhere quiet.
- Choose a chair with a back, next to a table where your arm can rest.
- Have the monitor, cuff and your phone (if you use the app) within easy reach.

How Omron says to sit

1. Sit in a chair with your back supported and your feet flat on the floor. Don't cross your legs.
2. Rest your arm on the table with your palm facing up.
3. Adjust so the cuff sits level with your heart. A cushion under your elbow can help if the table is low.
4. Relax for a few minutes before you press Start.
5. Stay still and don't talk while the cuff is inflating and deflating.

TIP

Same time, same chair, same arm

Omron recommends taking readings at the same times each day. Using the same chair and the same arm each time also makes your log easier for your doctor to compare. Ask your doctor which arm to use.

HEADS UP

This is about technique, not health advice

These steps come from Omron's instructions for getting a consistent reading. They are not advice about your blood pressure. Questions about your readings always go to your doctor.

CHAPTER 7

Putting On an Upper-Arm Cuff

A cuff that's too loose, crooked, or over a thick sleeve is the most common reason a reading fails or looks odd. Omron's instructions are short and clear, and once you've done it a few times it takes seconds.

Wrapping a D-ring cuff

1. Roll up your sleeve, or take off a thick sweater, so the cuff goes on bare skin or a thin layer. Don't roll a tight sleeve up so it squeezes your arm.
2. Slide the cuff onto your upper arm with the air tube running down toward your hand, along the center of the inside of your arm.
3. Find the **artery marker** printed on the cuff (often an arrow or a small symbol). Line it up as your instruction manual shows, over the inside of your arm.
4. Set the bottom edge of the cuff about an inch above the bend of your elbow. Never wrap the cuff over the elbow itself.
5. Pull the end through the D-ring and wrap it snugly, then press the fastener closed.
6. Check the fit: it should be snug, but you should be able to slip a fingertip under the edge.

Pre-formed cuffs

Some models, like the 10 Series, use a curved cuff that slides on like a sleeve. Slide your arm through, position it the way the instruction manual pictures, and tighten the strap. The same rules apply: bare arm, tube down the center, not over the elbow.

TIP

If putting on a cuff is hard with one hand

Ask your doctor whether a pre-formed cuff, a wrist monitor or a family member's help is right for you. Practicing a few times on a calm day makes it much easier.

GOOD TO KNOW

Cuff too small or too large?

If the cuff won't close comfortably, or it overlaps far past the markings, you may need a different size. See Chapter 5, *Upper Arm or Wrist, and the Right Cuff Size*.

CHAPTER 8

Using a Wrist Monitor

Wrist monitors are light and easy to put on, which is why some people prefer them. The trade-off is that position matters even more: Omron says the wrist must be at heart level, because a wrist held too low or too high can read higher or lower than it should.

Taking a wrist reading

1. Remove your watch or bracelet, and push your sleeve up.
2. Wrap the cuff around your bare wrist, with the monitor positioned the way your instruction manual shows.
3. Sit with your back supported and feet flat. Rest your elbow on a table.
4. Raise your wrist until it's level with your heart. Some Omron wrist models show a symbol to help you find heart level.
5. Press **START/STOP** and hold still, without talking, until the reading appears.

TIP

Use a cushion or a folded towel

Holding your wrist up for a minute can be tiring. A cushion on the table under your elbow raises your wrist to heart level without effort.

HEADS UP

Ask your doctor which type to use

Some doctors prefer upper-arm readings. If you're unsure whether your wrist monitor is right for your situation, ask at your next visit.

CHAPTER 9

Taking a Reading, Step by Step

Once you're seated and the cuff is on, the monitor does the rest. Here's the routine for most Omron models; your instruction manual has the exact buttons for yours.

The basic reading

1. Sit as described in Chapter 6, *Getting Ready for a Reading*, with the cuff on as described in Chapter 7, *Putting On an Upper-Arm Cuff*.
2. If your monitor has two users, choose your user number first (see Chapter 10, *Two People, One Monitor*).
3. Press **START/STOP** once. The cuff will begin to inflate.
4. Stay still and quiet. The cuff tightens, then slowly lets air out.
5. When it's done, the screen shows your numbers and your pulse. The cuff deflates fully.
6. Undo the cuff. If you use the app, sync now or let auto-sync do it (see Chapter 16, *Syncing Your Readings*).

What the screen shows

You'll see	What it is
Top number	Systolic pressure, in mmHg.
Bottom number	Diastolic pressure, in mmHg.
Pulse	Your pulse rate, in beats per minute.
Small symbols	May show things like body movement, cuff wrap, an irregular heartbeat symbol, low battery or Bluetooth. Your instruction manual lists each one. See Chapter 12, *Symbols and Error Messages*.

HEADS UP

Reading looks surprising?

Don't try to interpret it on your own and don't change medications. If you think the reading was taken wrong, rest and take another one using your doctor's instructions. If a reading worries you, call your doctor's office. If you feel unwell, call 911.

TIP

Stop a reading any time

Press **START/STOP** again and the cuff lets out its air right away. Nothing is harmed.

Keeping a log without the app

If you don't use a smartphone, that's fine. Your monitor still stores readings (see Chapter 11, *Looking Back at Readings on the Monitor*), and you can copy them into a simple notebook with the date, time, both numbers and pulse. Bring the notebook and the monitor to your appointment.

CHAPTER 10

Two People, One Monitor

Many Omron models have a **User 1 / User 2** switch or button, so a couple can share one monitor without mixing up their readings. Some also have a **Guest** mode for an occasional visitor. Getting this right matters, because readings stored under the wrong person end up in the wrong log.

Choosing your user

1. Before pressing START/STOP, look for the user selector. It may be a slide switch, a button marked with a person icon, or a choice on the screen.
2. Choose your number. The screen shows a 1 or a 2.
3. Take the reading as usual. It's stored under that user.

Two users and the app

When you pair the monitor with OMRON connect, the app asks which user number belongs to you. Each person should pair with their own phone and their own OMRON connect account, choosing their own user number. Omron says one monitor can be paired with up to two different accounts on two phones at the same time.

TIP

Label it

A small piece of tape with "1 = Mary, 2 = Tom" on the monitor saves a lot of mix-ups.

HEADS UP

Readings under the wrong user

If a reading lands under the wrong person, don't panic. Tell your doctor which ones are wrong, or note it in the app's notes. Not every app version lets you move a reading from one user to another.

CHAPTER 11

Looking Back at Readings on the Monitor

Every Omron monitor in this guide remembers past readings, even if you never use the app. That memory is your backup when the phone isn't nearby or the app won't sync.

Viewing memory

1. With the monitor off, press the **memory** button (often marked with an M or a book icon).
2. The most recent reading appears first, with its date and time.
3. Press the memory button again, or an arrow button, to step back through older readings.
4. Some models also show averages (for example, morning and evening). Your instruction manual explains them.
5. Press **START/STOP** to turn the screen off.

How many readings are kept

Model	Readings stored in the monitor
10 Series	200 total, 100 per user
BP7900 Complete	90
Other models	See the "Specifications" page of your instruction manual

GOOD TO KNOW

When memory is full

When the memory fills up, the oldest reading is usually replaced by the newest one. If you use the app, syncing regularly keeps everything safe in your account, because the app has no such limit.

CHAPTER 12

Symbols and Error Messages

When something interrupts a reading, Omron monitors show an error code or symbol instead of numbers. These are about the measurement, not about your health, and most clear up with a calm second try. Codes differ from model to model, so your instruction manual's "Error Messages and Troubleshooting" section is the final word.

Common causes Omron lists

What's happening	What to try
Cuff not wrapped right	Often shown as E1 or a cuff symbol on many models. Rewrap the cuff snugly, check that the air plug is pushed all the way in, and try again.
Moving or talking	Often shown as E2 or a movement symbol. Sit still and quiet, then try again.
"Er" or other codes	Usually a monitor problem. Press START/STOP to try again. If it keeps appearing, contact Omron customer service (see Chapter 29, *Batteries, Cuff Care, Warranty and Omron Support*).
Low battery	A battery symbol. Replace all the batteries, or plug in the AC adapter.
Bluetooth symbol blinking	The monitor is trying to send readings to your phone. See Chapter 16, *Syncing Your Readings*.

HEADS UP

Codes vary by model

The same letters can mean different things on different Omron models. If your code isn't listed above, look it up in your own instruction manual before you act on it. If you've lost the manual, Omron's support site has manuals by model number.

Getting a fresh start

1. Press START/STOP to turn the monitor off.
2. Take the cuff off and rest for a few minutes.
3. Check the air tube for kinks and make sure the plug is fully seated.
4. Rewrap the cuff as in Chapter 7, *Putting On an Upper-Arm Cuff* and try again.

STAY SAFE

If you feel unwell, skip the troubleshooting

An error message is never a reason to delay getting help. If you feel unwell, call 911.

PART 3

The OMRON connect App

Installing the app, creating your account, pairing the monitor with your phone, keeping readings syncing, and looking back at your history.

CHAPTER 13

What the App Does, and What It Costs

OMRON connect is Omron's free phone app for iPhone and Android. When your monitor is paired, each reading travels from the monitor to the app over Bluetooth, so you have a complete log without writing anything down. In the Apple App Store, the version used in the United States is listed as **OMRON connect US/CAN/EMEA**.

What it does for you

- Keeps every reading with its date and time, with no memory limit.
- Shows your readings as a list and as simple charts.
- Makes a report you can email to your doctor or yourself (see Chapter 20, *Sending a Report to Your Doctor*).
- Can pass readings to Apple's Health app on iPhone (see Chapter 19, *Connecting to Apple Health on iPhone*).
- Sets the monitor's clock automatically when it syncs.

Free and paid features

The app and its basic features are free. Omron also offers an optional paid **Premium** subscription with extra features, which Omron describes as things like more detailed insights and reports. Prices and features vary by country and change over time, so check inside the app before you subscribe. You do not need Premium to sync readings or send a basic report to your doctor.

HEADS UP

Subscriptions renew on their own

If you try a free trial, put a reminder on your calendar a few days before it ends. You can cancel an App Store subscription in **Settings**, tap your name, then **Subscriptions** on iPhone, or in the **Play Store**, tap your profile picture, then **Payments & subscriptions** on Android.

GOOD TO KNOW

Get it only from the official store

Download OMRON connect from the Apple App Store or Google Play. Look for Omron Healthcare as the developer. Other apps with "Omron" or "blood pressure" in their names are made by other companies.

CHAPTER 14

Installing the App and Creating Your Account

Setting up the app takes about ten minutes. Do it sitting next to the monitor, with your email address and a password ready.

Install

1. On iPhone, open the **App Store**. On Android, open the **Play Store**.
2. Search for **OMRON connect**. Check that the developer is Omron Healthcare.
3. Tap **Get** (iPhone) or **Install** (Android). You may need your Apple Account password, Face ID, or fingerprint.
4. When it finishes, tap **Open**.

Create your account

1. Allow Bluetooth when the app asks. It needs Bluetooth to talk to the monitor.
2. Choose your country.
3. Read the terms and tap to agree if you're comfortable.
4. Create an account with your email address and a password you'll remember. Write the password in a safe place.
5. Fill in the profile details the app asks for. Some are used to label your reports.

TIP

One account per person

Each person who uses the monitor should have their own OMRON connect account on their own phone. Sharing one account mixes your readings together.

GOOD TO KNOW

Notifications

If the app asks to send notifications, saying yes helps it remind you to sync. You can change your mind later in your phone's Settings.

CHAPTER 15

Pairing Your Monitor with Your Phone

Pairing introduces the monitor to your phone once, so they can talk from then on. You only do this again if you get a new phone or something goes wrong. Have the monitor and phone side by side.

Pairing step by step

1. Turn on Bluetooth on your phone. On iPhone: **Settings > Bluetooth**. On Android: **Settings > Connected devices** (or swipe down and tap the Bluetooth tile).
2. Open **OMRON connect**. Go to your **Profile**, then **Connected devices** (sometimes shown under the menu), and tap to add a new device.
3. Choose blood pressure monitors, then pick your exact model from the list (for example, "Silver BP5250").
4. Put the monitor in pairing mode. On many models you press and hold the Bluetooth or transfer button for 3 to 5 seconds until a **P** appears on the monitor's screen. Your instruction manual shows your model's button.
5. Follow the prompts in the app. If your phone shows a pairing request, tap **Pair** or **Allow**.
6. If asked, choose which user number on the monitor is you (see Chapter 10, *Two People, One Monitor*).
7. When the app says pairing is complete, the monitor's clock is set and readings can begin to sync.

TIP

Pair inside the app, not in Bluetooth settings

Start pairing from the OMRON connect app. Don't try to pair the monitor from your phone's Bluetooth settings screen first; it won't sync that way.

GOOD TO KNOW

Up to two phones

Omron says one monitor can be paired with up to two accounts on two phones at the same time. That's handy for a couple, or a person and a caregiver. See Chapter 22, *Sharing with a Spouse or Caregiver*.

If pairing doesn't work, turn to Chapter 26, *When Pairing Won't Work*.

CHAPTER 16

Syncing Your Readings

Syncing is the moment readings travel from the monitor to the app. Depending on your model and settings, it happens on its own after a reading, or you start it with a button press.

Automatic sync

Many models sync on their own when the app is installed and auto-sync is on. Omron's FAQ says to check it this way:

1. Open OMRON connect.
2. Tap the menu (three dots), then **Profile**, then **Connected devices**.
3. Tap your monitor and make sure **Auto-Sync** is turned on.

Syncing by hand

1. Take your reading as usual.
2. Open OMRON connect on your phone and keep it open, with the phone near the monitor.
3. If your model has a transfer or Bluetooth button, press it briefly (don't hold it, which starts pairing mode). The Bluetooth symbol on the monitor blinks while it sends.
4. In a few seconds the new reading appears in the app. Pull down on the screen to refresh if needed.

TIP

Make it a habit

Open the app right after each reading for a week or two. Once you see readings arriving reliably, you can trust auto-sync and simply check now and then.

GOOD TO KNOW

Readings waiting on the monitor are safe

If the phone wasn't nearby, readings wait in the monitor's memory and go across at the next sync. If they don't, see Chapter 27, *When Readings Didn't Sync*.

CHAPTER 17

Looking Through Your History in the App

The app's **History** section is your complete log. It's the same information your monitor shows, just easier to read and impossible to lose.

Finding a reading

1. Open OMRON connect.
2. Tap **History**.
3. Scroll the list, or switch to the chart view to see readings over days or weeks.
4. Tap a reading to see its details, including date, time and pulse.

Adding a note

Many versions of the app let you add a note to a reading. Notes are a good place to record facts your doctor may ask about, such as "took it after a walk" or "cuff came loose." Keep notes factual; your doctor will do the interpreting.

Adding a reading by hand

If you took a reading on a monitor that doesn't connect, the app may let you type it in. Look for a plus (+) button or an option to add a reading manually. Mark it in a note so your doctor knows it was typed in.

HEADS UP

Charts and colors are not a diagnosis

The app may color readings or show comparison bands. Treat these as general information, not as a verdict on your health. Talk about your readings with your doctor.

GOOD TO KNOW

Menus move around

Omron updates the app regularly, and some users report changes between versions. If you don't see History where I've described it, look along the bottom of the screen or in the menu.

CHAPTER 18

Android Phones: Permissions That Matter

On Android phones, OMRON connect needs a couple of permissions to find the monitor. If you tapped "Don't allow" during setup, the app can't see the monitor, and syncing silently stops.

Location and nearby devices

Omron's support pages explain that Android requires location permission for apps that scan for Bluetooth devices, and that OMRON connect does not record or track your location. Newer Android versions may call this permission **Nearby devices**.

1. Open **Settings** on your Android phone.
2. Tap **Apps**, then find and tap **OMRON connect**.
3. Tap **Permissions**.
4. Allow **Nearby devices** and **Location** if they're listed.
5. Go back, tap **Notifications**, and make sure they're allowed.
6. Also check that your phone's Location setting is turned on (swipe down from the top and look for the Location tile).

TIP

Battery savers can block syncing

Some Android phones put apps to sleep to save battery. If readings only sync when you open the app, look in **Settings > Apps > OMRON connect > Battery** and choose the least restrictive option.

GOOD TO KNOW

iPhone owners

On iPhone, the app needs Bluetooth permission. If you said no by accident, open **Settings**, scroll down and tap **OMRON connect**, and turn on **Bluetooth**.

CHAPTER 19

Connecting to Apple Health on iPhone

On iPhone, OMRON connect can share readings with Apple's built-in **Health** app. That puts your blood pressure alongside your other health information, and can make it easier to share with family through Health app sharing.

Turning it on

1. In OMRON connect, look in the menu or Profile settings for **Apple Health** or connected apps.
2. Turn on the connection. iPhone shows a screen of Health categories.
3. Turn on blood pressure and pulse (heart rate). Tap **Allow**.
4. To check later, open the **Health** app, tap your picture at the top right, and under **Privacy** tap **Apps**, then **OMRON connect**.

GOOD TO KNOW

Where the readings show up

In the Health app, tap **Browse**, then **Heart**, then **Blood Pressure**. Readings appear after OMRON connect syncs.

TIP

Android phones

Omron describes connections with other health apps, but which ones are offered on Android in the United States changes over time. Check inside OMRON connect's menu for the options your version offers.

To learn more about the Health app itself, including sharing with family, see my separate guide to the Apple Health app.

PART 4

Sharing with Your Doctor and Family

Sending a neat report to your doctor, bringing readings to an appointment, and letting a spouse or caregiver keep an eye on things, only with your say-so.

CHAPTER 20

Sending a Report to Your Doctor

This is the feature many people buy a connected monitor for. Instead of copying numbers onto paper, the app can email a tidy report of your readings, as a PDF (easy to read and print) or an Excel spreadsheet. Ask your doctor's office first how they'd like to receive readings; some prefer the patient portal, some prefer email, and some just want you to bring them.

Emailing a report from OMRON connect

1. Open OMRON connect and tap **History**.
2. Tap the **share** icon near the top right.
3. Choose the kind of data (blood pressure) and the date range your doctor asked for.
4. Choose **PDF** or **Excel**. PDF is the easiest for most offices.
5. Choose to send it to yourself, or tap **Send to Other** and type your doctor's office email address.
6. Tap to send. The app remembers the last address you used with Send to Other.

TIP

Send it to yourself first

The first time, email the report to yourself. Open it, make sure it looks right and covers the right dates, and then forward it to your doctor or upload it to the portal.

GOOD TO KNOW

Some report styles need Premium

Omron's FAQ notes that certain report types are for Premium subscribers. The basic export is enough for most doctors. Ask your office before paying for anything.

HEADS UP

Double-check the address

Health information sent to the wrong email address can't be called back. Read the address twice before tapping send, and use the address your doctor's office gave you in writing.

CHAPTER 21

Using Your Patient Portal or Bringing Readings In

Many doctors' offices prefer readings through their patient portal (such as MyChart) rather than email, because the portal is private and goes straight into your record. Others are happy with a printout or your monitor in hand.

Uploading a report to a portal

1. Email the PDF report to yourself, as in Chapter 20, *Sending a Report to Your Doctor*.
2. On a computer, download the PDF from the email.
3. Sign in to your patient portal and start a new message to your doctor.
4. Use the **Attach** option to add the PDF. Write a short note such as "Home readings for the dates you asked about."
5. Send the message.

GOOD TO KNOW

Not every portal accepts attachments

Some offices turn off attachments, or ask you to type readings into a special flowsheet instead. If you don't see an Attach button, call the office and ask what they'd like.

Bringing readings to an appointment

- Bring the monitor and cuff. Some offices like to check your home monitor against theirs.
- Bring a printed report, or have the History screen open on your phone.
- Bring any notes about readings that went oddly (cuff slipped, rushed, and so on).

TIP

Ask the office one question

"How would you like me to send home readings, and how often?" The answer saves you guessing for the rest of the year.

CHAPTER 22

Sharing with a Spouse or Caregiver

Some families like a second person to see readings, to help keep track or remind someone to sync. There are a few ways to do it. Whatever you choose, the person whose readings they are should agree to it.

Your options

Option	How it works
Email them a report	The simplest. Use Chapter 20, *Sending a Report to Your Doctor* and send a copy to a family member's email.
Pair a second phone	Omron says a monitor can pair with up to two accounts on two phones. A caregiver who lives with you can pair their phone to the monitor too, using their own account and the same user number.
Apple Health sharing	On iPhone, once readings flow into the Health app (see Chapter 19, *Connecting to Apple Health on iPhone*), you can share Health categories with a family member who also has an iPhone. In the Health app, tap **Sharing**, then **Share with Someone**.
Your doctor's portal	Many portals let you give a family member proxy access. Ask your doctor's office.

HEADS UP

Pairing a second phone the right way

If a caregiver pairs their phone, make sure they choose the same user number as the person being measured, and that they use their own account. Otherwise readings end up in the wrong place.

TIP

Talk about it first

Agree on what the family member will do with the readings, such as "remind me to send them to the doctor," and what they won't do. Interpreting numbers is the doctor's job.

CHAPTER 23

Helping a Parent from Afar

If you live out of town, you can still help a parent keep their monitor working and their doctor informed. The trick is to set things up so your parent stays in charge, and to keep the steps few.

A simple long-distance setup

1. On a visit, check the cuff size and practice the routine in Chapter 6, *Getting Ready for a Reading* together.
2. Set up OMRON connect on your parent's phone, with their own account. Write the password down for them.
3. Turn on auto-sync (see Chapter 16, *Syncing Your Readings*) and, on Android, the permissions in Chapter 18, *Android Phones: Permissions That Matter*.
4. Agree on how readings reach the doctor: a weekly emailed report, the portal, or bringing the monitor.
5. If your parent wants you to see readings too, use one of the options in Chapter 22, *Sharing with a Spouse or Caregiver*.

TIP

A short, regular check-in

A five-minute call each week ("Did the readings send?") catches most problems early, like a dead battery or an app that stopped syncing after a phone update.

HEADS UP

Respect their privacy

Blood pressure readings are personal health information. Share them only with your parent's clear permission, and let their doctor handle questions about what the numbers mean.

FROM BILL

Want help with this?

Setting up a parent's monitor and phone is exactly the kind of thing I do. See Chapter 31, *When to Call Bill* for how to reach me.

CHAPTER 24

Remote Monitoring Programs from Your Doctor

Some doctors' offices and health systems run **remote monitoring** programs. In these, the office may give you a monitor (sometimes an Omron) that sends readings to them, often through a different app or a built-in cellular connection, instead of OMRON connect.

Questions to ask the office

- Which app, if any, should I install? Should I also use OMRON connect, or not?
- Who sees my readings, and how often does someone look at them?
- What should I do if a reading worries me? (The answer is usually to call the office, or 911 in an emergency.)
- Is there a cost, and does my insurance or Medicare cover it?
- Who do I call if the monitor stops sending readings?

HEADS UP

Follow the program's instructions

If your doctor's program uses its own app or hub, follow their setup instructions instead of the pairing steps in this guide. Pairing the same monitor to two different apps can stop one of them from receiving readings.

SCAM ALERT

A real program starts with your doctor

Legitimate remote monitoring programs are set up by your own doctor's office. If a stranger calls offering a "free" monitor and asks for your Medicare number, hang up. See Chapter 30, *Scams to Know About*.

CHAPTER 25

Your Readings and Your Privacy

Your readings are health information, and you decide who sees them. A few sensible habits keep them private without making anything harder.

Good habits

- Use a passcode, Face ID or fingerprint on your phone, so a stranger can't open your apps.
- Use a strong, unique password for your OMRON connect account, and keep it somewhere safe.
- Share reports only with people and offices you chose, using addresses you checked.
- Read the permission screens. OMRON connect needs Bluetooth (and on Android, nearby devices or location) to work; it doesn't need your contacts.

Deleting your data

If you stop using the app, you can delete readings or your account. Look in the app's Profile or settings area for account options. Remember that readings already emailed to someone stay with them.

GOOD TO KNOW

Location permission on Android

Omron says the location permission on Android is required by Android for Bluetooth scanning, and that the app does not record or track your location.

PART 5

Fixing Problems, Staying Safe & Getting Help

When pairing fails, readings stop syncing, or you get a new phone. Plus batteries, cuff care, warranty, scams to know, and how to reach me.

CHAPTER 26

When Pairing Won't Work

Pairing failures are frustrating, but they almost always come down to a handful of causes. Work down this list in order; most people are done by step four.

Work through these in order

1. Make sure Bluetooth is on in your phone's settings, and that the monitor has good batteries.
2. Check that you chose your exact model in the app's device list. Similar-looking models pair differently.
3. Put the monitor in pairing mode again (often: hold the Bluetooth or transfer button until **P** appears), and keep the phone within a few feet.
4. On Android, check the permissions in Chapter 18, *Android Phones: Permissions That Matter*. On iPhone, check that OMRON connect is allowed to use Bluetooth.
5. Remove the old pairing from your phone: in your phone's Bluetooth settings, find the Omron monitor and choose **Forget This Device** (iPhone) or **Unpair** (Android).
6. In OMRON connect, remove the monitor from **Connected devices**, then add it again from the start.
7. Restart your phone, then try once more.

GOOD TO KNOW

Re-pairing doesn't erase readings

Omron notes that pairing again does not delete the readings stored in the monitor. They'll sync once the pairing works.

TIP

Already paired to two phones?

A monitor can pair with up to two accounts. If an old phone is still paired, it may count as one of them. Remove the monitor from the old phone's app if you still have it.

CHAPTER 27

When Readings Didn't Sync

Readings stopped showing up in the app? The monitor still has them in its memory, so nothing is lost yet. Here's how to get them flowing again.

Quick checks

1. Open OMRON connect and keep it open near the monitor for a minute. Pull down to refresh.
2. Check that **Auto-Sync** is on: menu (three dots) > **Profile** > **Connected devices** > your monitor.
3. If your model has a transfer button, press it briefly to send readings.
4. Check that Bluetooth is on, and on Android, that location and nearby-device permissions are allowed (see Chapter 18, *Android Phones: Permissions That Matter*).
5. Update the app from the App Store or Play Store, then restart your phone.
6. If readings still won't come across, re-pair the monitor as in Chapter 26, *When Pairing Won't Work*. Omron says re-pairing won't delete the readings in the monitor.

HEADS UP

Readings stopped after a phone or app update?

Phone and app updates sometimes reset permissions or pairings. If syncing stopped right after an update, start with the permission checks, then re-pair.

TIP

Your doctor still needs the readings

If you can't get syncing working before an appointment, write the readings from the monitor's memory (see Chapter 11, *Looking Back at Readings on the Monitor*) into a notebook, or bring the monitor with you.

CHAPTER 28

New Phone, Lost Phone, or Forgot Your Password

Your readings live in your OMRON connect account, not just on your phone. That means a new phone, a lost phone, or a deleted app doesn't have to mean lost history, as long as you can sign back in.

Moving to a new phone

1. Install OMRON connect on the new phone (see Chapter 14, *Installing the App and Creating Your Account*).
2. Sign in with the same email and password, instead of creating a new account.
3. Pair the monitor with the new phone (see Chapter 15, *Pairing Your Monitor with Your Phone*). If the old phone is gone, remove its pairing if the app offers that option.
4. Check History. Your past readings should appear after you sign in.

Forgot your password

1. On the sign-in screen, tap **Forgot password**.
2. Enter the email address you used for the account.
3. Open the email from Omron and follow the link to set a new password. Check your spam or junk folder if it doesn't arrive in a few minutes.
4. Write the new password somewhere safe.

SCAM ALERT

Password-reset emails you didn't ask for

If you get an email about your OMRON connect password and you didn't request it, don't click the link. Open the app yourself and sign in normally. If something looks wrong, change your password from inside the app.

TIP

Deleted the app by accident?

Just reinstall it and sign in. Your account and its readings are still there.

CHAPTER 29

Batteries, Cuff Care, Warranty and Omron Support

A little care keeps your monitor working for years. Here's what to do about batteries, how to look after the cuff, and how to reach Omron if something breaks.

Batteries and power

- Replace all the batteries at once when the low-battery symbol appears, using the type in your manual.
- If you won't use the monitor for a few months, take the batteries out to prevent leaks.
- If your model came with an AC adapter, use only that adapter or the one Omron lists.
- Changing batteries may reset the clock on some models; syncing with the app sets it again.

Caring for the cuff and monitor

- Wipe the monitor and cuff with a soft, dry or slightly damp cloth. Don't wash the cuff in a washing machine or put it in water unless your manual says it's washable.
- Don't fold the cuff tightly or kink the air tube. Store it loosely in its case.
- Keep the monitor out of direct sun, steam and extreme heat or cold.
- Your manual may recommend having the monitor checked periodically. Your doctor's office can compare it against their equipment.

Warranty and support

Warranty length depends on the model and when it was bought, and the cuff often has a shorter warranty than the monitor. Check the warranty statement in your instruction manual. Omron's warranty page lists U.S. Consumer Support at **1-866-216-1333**, Monday through Friday, 8:30 a.m. to 4:30 p.m. Central time.

SCAM ALERT

Find support numbers yourself

Get Omron's phone number from your instruction manual, the box, or omronhealthcare.com typed into your browser. Phone numbers in search ads or pop-ups can belong to fake "support" companies that charge you or ask to control your computer.

CHAPTER 30

Scams to Know About

Health devices attract scammers, because people are trusting and the topic feels urgent. Here are the patterns to know, so you can say no with confidence.

The "free medical equipment" call

The Federal Trade Commission has warned that scammers call, mail letters and run ads offering "free" or "low-cost" medical equipment to people on Medicare, then use the Medicare number to bill for things you never needed. Medicare doesn't call you to offer free devices.

1. Hang up on anyone who calls offering a free monitor, brace or other device.
2. Never give your Medicare number to someone who called you.
3. Talk to your own doctor about any equipment you might need.
4. Don't accept medical equipment in the mail unless you or your doctor ordered it.
5. Check your Medicare Summary Notice for items you don't recognize, and report them to 1-800-MEDICARE.

Other patterns

Pattern	What to do
Fake support numbers	Ads and pop-ups that pretend to be Omron support. Use the number in your manual.
Look-alike apps	Apps with similar names that ask for payment or personal details. Use OMRON connect from Omron Healthcare.
Phishing emails	Messages claiming your account is locked. Open the app yourself instead of clicking.
Miracle cures	Ads promising to "fix" blood pressure without your doctor. Talk to your doctor.

SCAM ALERT

Report it

Report scam calls at **ReportFraud.ftc.gov**, and Medicare fraud at 1-800-MEDICARE. If you gave out your Medicare number, call 1-800-MEDICARE right away.

FROM BILL

When in doubt, ask

If you're not sure whether a call, email or app is real, hang up and call me. I'd much rather spend two minutes reassuring you.

CHAPTER 31

When to Call Bill

Many people get their Omron monitor and app working with this guide alone. But there's no prize for struggling, and some jobs are simply easier with a second pair of hands.

Good reasons to call me

- The monitor won't pair, or readings stopped syncing and the steps in Chapter 26, *When Pairing Won't Work* didn't help.
- You got a new phone and want everything moved over without losing your history.
- You'd like a report set up to go to your doctor's office or portal.
- You want to set up a parent's monitor and phone so it just works.
- You've had a suspicious call, email or app about your monitor or Medicare.

WHAT THIS DOES FOR YOU

Device Training

This guide pairs with my **Device Training** service: an unhurried, one-on-one session where we set up your monitor and app together and practice syncing and sending a report until it feels natural.

HEADS UP

What I don't do

I help with the technology. I don't interpret readings or give medical advice. For that, please talk with your doctor, nurse or pharmacist.

How to reach me

I'm Bill, and Bill's Home Tech serves **Portage County, Ohio**. Call or text **(330) 200-8042**, or book online at **billshometech.com/book**. If you reach my assistant **Sophie** on the main line, she can answer simple questions and get you on my schedule. My help is **$49 remote · $99 in your home**. With 30+ years of professional experience, I promise there's no question too basic.

STAY SAFE

In an emergency, call 911, not me

If you feel unwell or someone is in danger, call 911 right away.

— Bill

CHAPTER 32

Your Omron Cheat-Sheet

The whole guide, boiled down to what you'll reach for most.

Taking a reading

1. Sit with back supported, feet flat, arm resting on a table, palm up.
2. Cuff on bare arm, tube down the center, about an inch above the elbow, snug.
3. Cuff level with your heart. Relax a few minutes.
4. Choose your user number, press **START/STOP**, stay still and quiet.

In the app

I want to…	Do this
Pair the monitor	Profile > **Connected devices** > add device, then hold the monitor's Bluetooth button until **P** shows
Turn on auto-sync	Menu > **Profile** > **Connected devices** > your monitor > **Auto-Sync**
Send a report	**History** > share icon > date range > PDF > **Send to Other**
Android permissions	**Settings > Apps > OMRON connect > Permissions**
Readings didn't sync	Open the app near the monitor, check Auto-Sync, then re-pair

Staying safe, the short list

1. Feel unwell? Call 911. Don't wait for a reading.
2. Questions about your numbers go to your doctor, not an app.
3. Medicare doesn't call to offer free devices.
4. Get support numbers from your manual or Omron's real website.
5. Share readings only with people you chose.

Keep this handy

Keep handy	Fill in
My monitor model (BP number)	_____
My user number on the monitor	_____

Keep handy	Fill in
OMRON connect email	_____
Doctor's office email or portal	_____
When my doctor wants readings	_____
Omron U.S. Consumer Support	1-866-216-1333
Bill's Home Tech	(330) 200-8042 · billshometech.com/book

FROM BILL

You've got this

You now know how to take a reading the way Omron describes, keep your log syncing, and get it to your doctor without fuss. Go gently, and call me any time you'd like a hand. — Bill, (330) 200-8042