

# SOP-MA-005 How To Take A BP Reading

## How to set up the Withings BP reading device:

**Note: The BP tile will not show in the application until you have done your first reading**

1. Unbox Withings Device
2. **READ THE ONBOARDING GUIDE**
3. Hold the home button down for about five seconds
4. Continue to hold the button down until blue blinking light appears and "Hello" is displayed
5. The device will automatically connect to the internet – this can take a few minutes

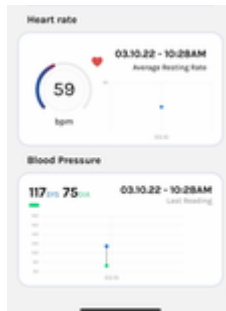


6. Once the device has successfully connected to the internet, a checkmark will appear, and the blue light will turn green



7. When "BP" is on the display, the device is ready to be used

**Keep in mind:** The BP and Heart Rate Tile will not appear within the application until you have taken your first reading. After the first reading, the tiles will appear on their own



To know whether your BP reading is normal or out of range, simply click on the Blood Pressure tile and click on Learn More in the top right corner for a classification chart of readings to show.

← [LEARN MORE](#)

Source: Withings

	mmHg (mmHg)	mmHg (mmHg)
Normal	<120	<80
Elevated	120-129	<80
High blood pressure (hypertension Stage 1)	130-139	90-119
High blood pressure (hypertension Stage 2)	140-179	90-119
Hypertensive crisis (emergency care needed)	>180	>120

**Take reading Withings BPM Connect Pro Device:**

**Informational instructions to taking a reading from the Withings BPM Connect Pro device:**

1. **IMPORTANT - INFORM USERS TO CONSULT WITH THEIR DOCTOR OR MANAGING HEALTHCARE PROFESSIONAL BEFORE USE. THE STEPS WE ARE SHARING ARE INSTRUCTIONS ONLY, IT IS UP TO THE USER TO READ THE PROVIDED GUIDE THAT COMES WITH THE DEVICE**
2. **Sit down** – be sure to be sitting with your feet uncrossed and flat on the ground. Your back should be well supported by the chair. Uncover your left arm and relax your arm for about 5 minutes prior to placing the device
3. **Placing the cuff** – the cuff is to be placed on your left arm with your sleeve rolled up exposing a bare arm. The home button should be closer to the elbow and the Withings logo should be closer to the shoulder
4. **Tighten the cuff** – The tube should be placed slightly inside of your arm and facing the ribcage. Make sure that cuff is placed to be at heart level
5. **Close the cuff** – if needed, close the cuff at an angle to ensure that there are no gaps at the top or bottom. The entire cuff must be in contact with the skin
6. **Place left arm on the table** – with the arm and cuff at heart level and palm facing up. It is important to have no movement while the device is reading
7. **Press button** – press the button for a second time after seeing “BP” on the screen to launch the first reading
8. After a successful measurement the systolic, diastolic, and heart rate will appear on the device and automatically sync up with the application to show the data there as well