

Wise&Well Blood Pressure Monitor System

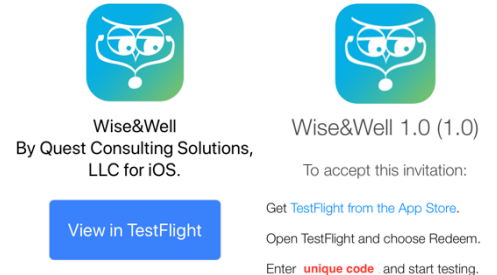
Smartphone User Application and BP Exam instructions



1. Installing the Wise&Well (WW) Application:

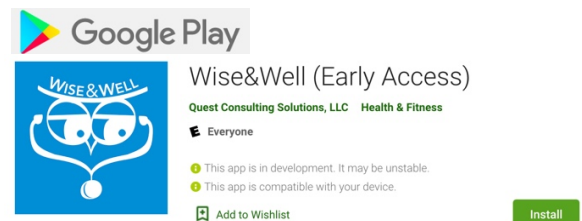
Apple Smartphone iOS:

Provide your Apple ID email and we will send you an invite to join our test group, this will allow you to receive a link in your email with Apple Store access to the Wise&Well app. Select the link and install the Wise&Well app on your Apple iPhone, once you install the app proceed with the app setup and registration (instructions below).



Android Smartphone OS:

Provide your email and you will be invited to the beta version of the Wise&Well app which you can install from the Google Play Store. Once you install the app proceed with the app setup and registration (instructions below).

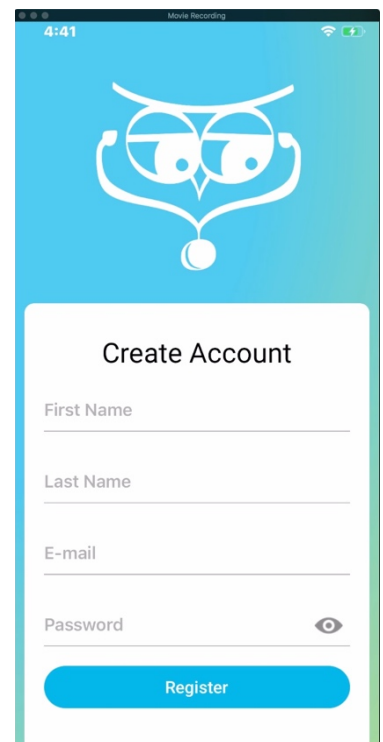


2. Wise&Well Application Initial Setup and Registration:

Register:

Registering on the Wise&Well system will create a unique user account that will be securely protected and only accessible by you. Please follow the instructions below to register a user account.

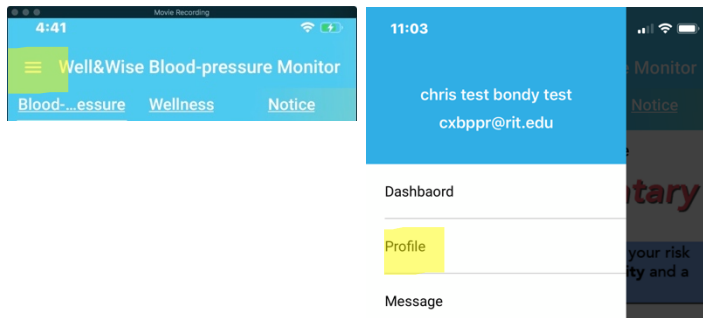
- From the initial start-up screen select **Register Now**
 - The **Create Account** menu will appear, complete the following entries:
 - **First Name**
 - **Last Name**
 - **E-mail Address**
 - **Password**
 - A secure Wise&Well account will be created with the credentials above and an email will be sent to you to confirm your account, click on the link and confirm your Wise&Well account
 - You now have a Wise&Well account to store all your blood pressure readings, wellness information, and notes from your Doctor



Create User Profile:

The User Profile is very important on the Wise&Well App because it stores your specific health profile and wellness goals. The information stored in the User Profile is unique to each user and the blood pressure readings, wellness information, and communication with your Doctor all refer to this user specific profile data. Please create your profile prior to conducting blood pressure reading by following the instructions below.

- Once you have registered on the Wise&Well App (created a user name and password) Login to the Wise&Well App for the first time
 - Select: **Login**
 - Select: **Patient**, Doctor, Admin
 - Enter: **Email Address**
 - Enter: **Password**
- Define **User Profile** by the “three horizontal bars” in the upper-left and selecting the “Profile” menu.



- The **First Name** ... will this be populated.
- The **Last Name** ... will this be populated
- Select: **Doctor's Name** “Dr. Grover” – from the drop-down menu
- Select: **Age**, from the drop-down menu
- Select: **Gender**, from the drop-down menu
- Select: **Height** (feet and inches), from the drop-down menu
- Select: **Weight** (Lbs.), from the drop-down menu
- Select: **Weight Type**, from the drop-down menu
- **Scroll down to complete profile**
- Select: **Alcohol Consumption**, from the drop-down menu
- Select: **Smoker?**, from the drop-down menu
- Select: **Weekly Exercise**, from the drop-down menu

10:15

← User Profile

1 — 2

First Name
Your First Name here ...

Last Name
Your Last Name here ...

Doctor's Name
Dr. Pam Grover

Age
55-59

Gender
Male

Height
Feet (') 5 Inch (") 8

Weight (LBS)
165.0

Weight Type
Normal

Alcohol Consumption?
low - 1-2 drinks per day

Are you a Smoker?
Yes

Weekly Exercise?
Low (10-15 Hours / Week)

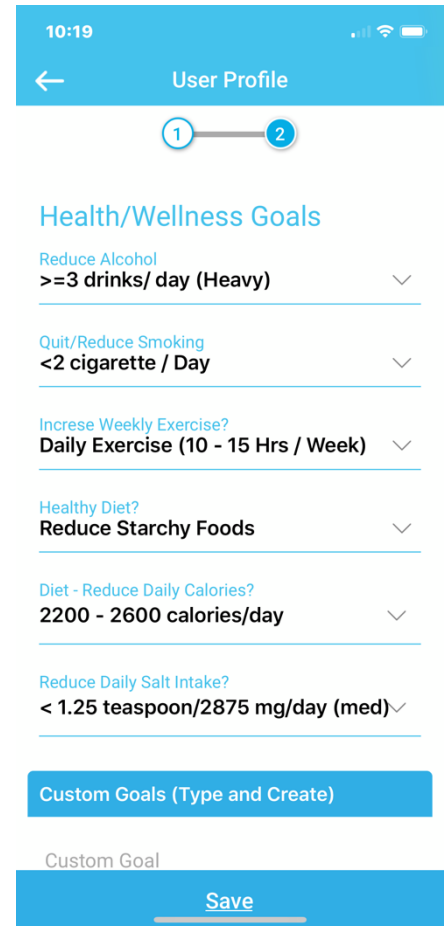
Healthy Diet
> Sugar and Sweets

Weight - Daily Calories?
Medium (2000 - 2600 calories / Day)

Daily Salt Intake?
Low (0.25 teaspoon/575 mg/day)

Next

- Select: **“Healthy Diet”** and an option from that drop-down menu that best applies to you and your current practices.
 - Select: **“Weight”– Daily Calories**, from the drop-down menu
 - Select: **Salt Intake**, from the drop-down menu
 - Select: **Next** – to move to the second page Wellness Goals
- Define **Health/Wellness Goals**
 - Select: **Reduce Alcohol Consumption**, from the drop-down menu
 - Select: **Quit/Reduce Smoking**, from the drop-down menu
 - Select: **Increase Weekly Exercise**, from the drop-down menu
 - Select: **Reduce Salt Intake**, from the drop-down menu
 - Select: **Healthy Diet**, from the drop-down menu select a diet goal
 - Select: **Diet-Reduce Calories**, from the drop-down menu, target daily caloric intake
 - Create any **Custom Health and Wellness Goals** you may have by giving each goal a name and specific goal
 - Select: **Save**, when you have completed your Wellness Goals
 - Note: Your **Profile and Health/Wellness Goals** can be revised at any time by selecting **“Profile”** for the Wise&Well pull-down menu (upper left), doing this also rests the wellness images



3. Conducting Twice-Daily Blood Pressure Readings using the Wise&Well App:

Note that blood pressure readings should be taken first thing in the morning when you wake up, before coffee, food, and exercise and the end of the day, before bed time. It may be a good idea to have your blood pressure device near your bed to remember to do this at the beginning and ending of the day.

Accurate blood pressure readings are very important, so please try to follow the procedure below for both the AM and PM blood pressure reading please do the following: For both AM and PM blood pressure readings: complete two (2) blood pressure readings within two (2) minutes of each other (the application will calculate your AM and PM average and present the Daily Average on the graph.

Blood Pressure Reading Procedure:

First Time Bluetooth Setup and Smartphone discovery:

- To ensure that the Omron device is properly configured you will need to complete the following sequential steps in order:
 1. Conduct a “test” BP reading by attaching the bicep cuff and selecting the “Start/Stop” button on the Omron device – this will produce a test blood pressure reading as well as initiate a Bluetooth signal to your smartphone so that it can discover the Omron BP device.
 2. Select the Bluetooth service on your smartphone and select the “HEM-9200T” from the list of available devices (if it does not show up toggle the on/off switch on the Omron device to do another test BP reading).
 3. Go to the Wise&Well app and select the round Wise&Well “owl” at the bottom of any screen on the WW app.
 4. Select your mood and then “Next” (bottom of the screen)
 5. Select connect (lower left of the screen)
 - If the BP device has been previously paired with Bluetooth it will appear to the right of “Scanned Devices” as HEM-9200T, is so, select “HEM-9200T” – if it does not appear or this is the first time you have use the Wise&Well app you will need to follow steps below and pair the Omron BP device with your smartphone
 6. The first time you connect the Omron HEM-9200T to your smartphone using Bluetooth connection, you will need to enter the PIN Number: this unique device number is located on the back of your Omron HEM-9200T on the bottom label (write this PIN number down for reference during the install).



Unique Omron BP Device PIN Number (located on back of each BP device)

7. Select “HEM-9200T” from the “Scanned Devices” list, and the Wise&Well app will transfer the blood pressure read using the Omron HEM-9200T device (if it does not show up toggle the on/off switch on the Omron device to do another test BP reading).

8. The device will connect and an initial BP reading will transfer to your WW app – you should be all set for any subsequent reading. Once the Omron device has been “discovered” by the Bluetooth service on your smartphone, you should not have to re-discover the device again, only if the software is deleted and reinstalled. If this happens, please repeat the procedure above to discover the Omron BP device with the Bluetooth service on your smartphone.

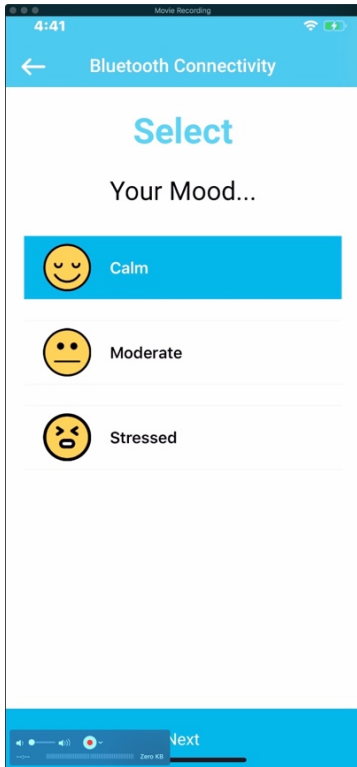
Blood Pressure Procedure and Positioning (see picture on the last page)

- Do not smoke, exercise, or drink caffeine or alcohol for 30 minutes prior to your BP reading time.
- Sit in a chair for 5 minutes. Ensure that your left arm is supported (i.e., resting on a flat surface at heart level). Sit calmly and do not talk.
- Place the cuff on your left arm. Position the bottom of the cuff just above your elbow.
- Take two BP readings (less than 2 minutes apart) at two intervals each day, for a total of four BP reads.
- Two reads at two times a day (AM and PM)
 - AM Reads – before any medications (Read 1, then less than 2 minutes later, Read 2)
 - PM Reads – before bedtime (Read 1, then less than a minute later, Read 2)

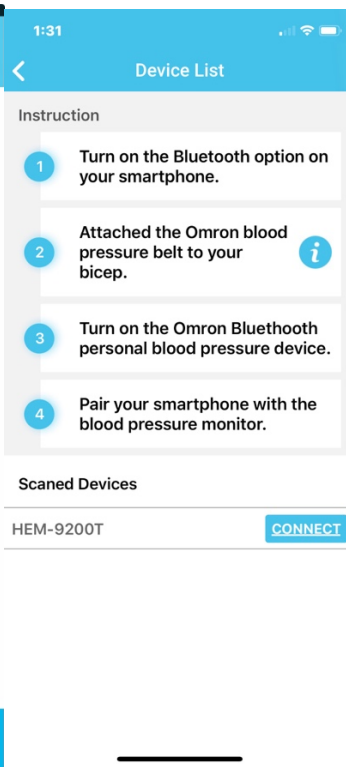
Ongoing day-to-day blood pressure reading procedure:

- Secure the blood pressure cuff to your bicep per the standard blood pressure position described above. (select the “i” icon on the instruction page of the WW app for a visual on how to set up and conduct the Omron blood pressure device for consistent blood pressure readings.
 1. Select the Wise&Well button at the bottom of the app
 2. Initiate the BP reading by selecting your mood (Calm, Moderate, Stressed)
 3. Connect Device, when device appears (HEM 9200T) select “CONNECT” then select HEM-9200T to the right of scanned devices, if the device does not connect or appear as scanned devices – repeat steps 8-5 above
 4. The blood pressure reading will transfer from the Omron BP device to the WW app via a Bluetooth connection and a message will appear “Record Transferred Successfully”
 5. You can now select the “Home” button to see your blood pressure reading or “connect” conduct a second blood pressure reading and follow steps 1-5 again

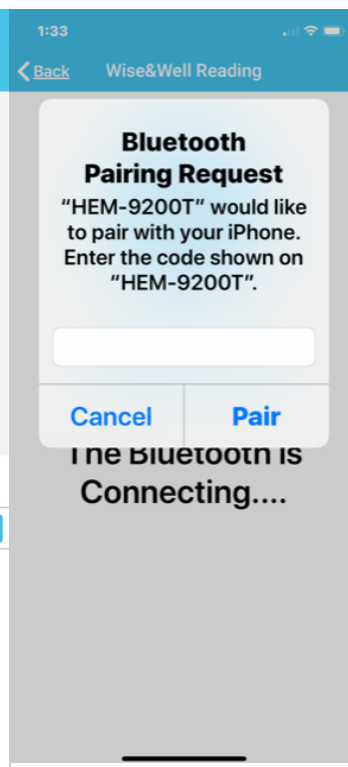
Please refer to the Wise&Well app screen-shot examples below.



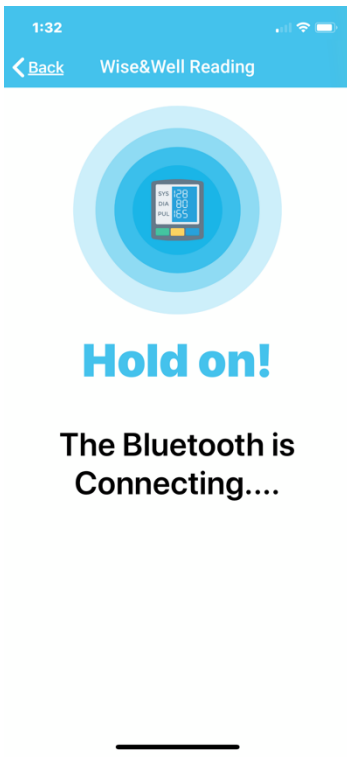
Step 2: Select Mood



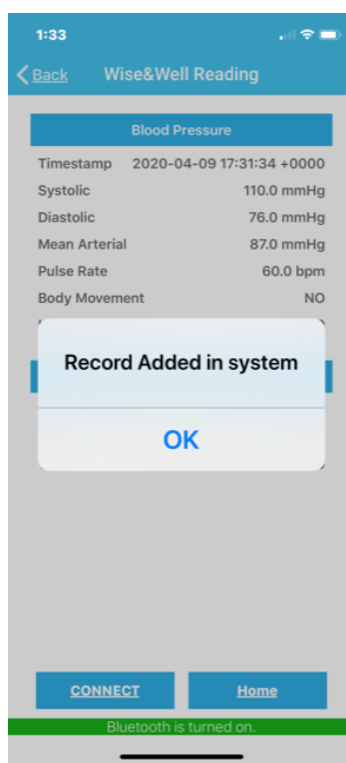
Step 3: Connect Device



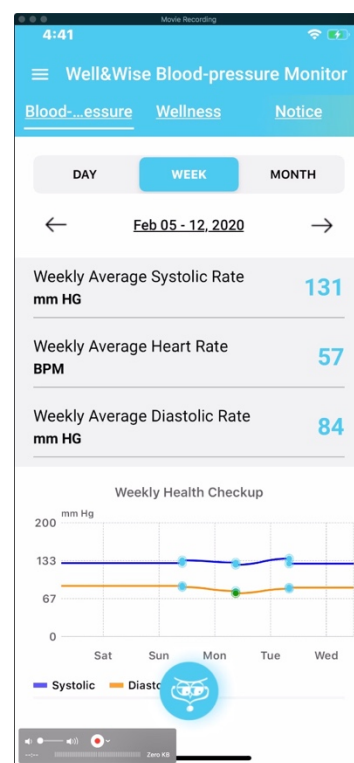
Step 3: Pair Device (first time only, use device PIN number above)



Step 3: Device Connected

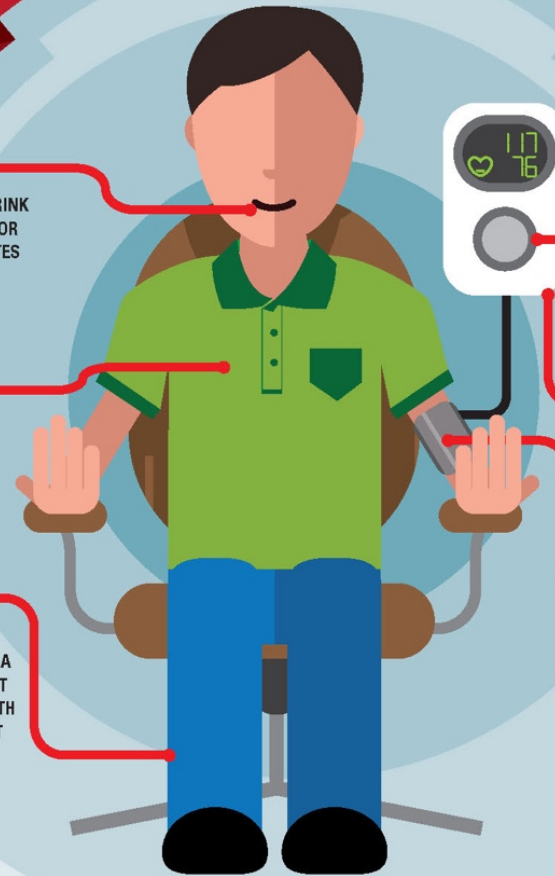


Step 4: BP record added



Step 5: BP Reading

BLOOD PRESSURE MEASUREMENT INSTRUCTIONS



DON'T SMOKE, EXERCISE, DRINK CAFFEINATED BEVERAGES OR ALCOHOL WITHIN 30 MINUTES OF MEASUREMENT.

REST IN A CHAIR FOR AT LEAST 5 MINUTES WITH YOUR LEFT ARM RESTING COMFORTABLY ON A FLAT SURFACE AT HEART LEVEL. SIT CALMLY AND DON'T TALK.

MAKE SURE YOU'RE RELAXED. SIT STILL IN A CHAIR WITH YOUR FEET FLAT ON THE FLOOR WITH YOUR BACK STRAIGHT AND SUPPORTED.

TAKE AT LEAST TWO READINGS 1 MIN. APART IN MORNING BEFORE TAKING MEDICATIONS, AND IN EVENING BEFORE DINNER. RECORD ALL RESULTS.

USE PROPERLY CALIBRATED AND VALIDATED INSTRUMENT. CHECK THE CUFF SIZE AND FIT.

PLACE THE BOTTOM OF THE CUFF ABOVE THE BEND OF THE ELBOW.

American Heart Association recommended blood pressure levels

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120-129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130-139	or	80-89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120



*Wait a few minutes and take blood pressure again. If it's still high, contact your doctor immediately.

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