



## How To Use The Omron Model BP5450 Blood Pressure Monitor

To read the entire manual visit:  
<https://library.beau.org/library-of-things/>

Or scan the QR code:



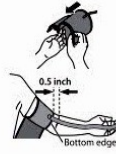
### Apply the arm cuff

**1** Insert the air plug into the air jack securely until it clicks.



**2** Place your hand through the cuff loop, then pull the cuff until it reaches your upper left arm.

The bottom edge of the arm cuff should be 0.5 inch above the inside elbow.



**3** Wrap the cuff securely.

Make sure that air tube is on the inside of your arm.



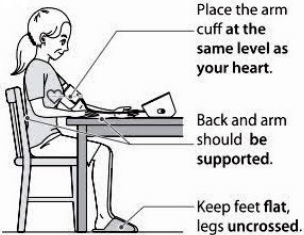
For details, refer to the instruction manual.

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### Sit correctly



Place the arm cuff at the same level as your heart.

Back and arm should be supported.

Keep feet flat, legs uncrossed.

For details, refer to the instruction manual.

1. Place the arm cuff at the same level as your heart.

2 . Your back and arm should be supported.

3. Keep your feet flat, and your legs uncrossed.

### Take a measurement

**1** Press the [START/STOP] button.



**2** Remain still until the arm cuff deflates.

**3** After the measurement, your reading is displayed.



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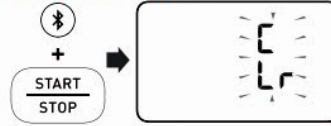
To protect your personal information, please follow this step before check-in :

## 6.2 Restoring Your Monitor to the Default Settings

To delete all the information stored in your monitor, follow the instructions below. Make sure that your monitor is turned off.

1. **While holding the  button (rear surface of the monitor) down, press and hold the [START/STOP] button for more than 3 seconds.**

The display as below flashes.



2. **While holding the  button down again, press and hold the [START/STOP] button for more than 3 seconds.**

The display stops flashing, then your monitor is restored to the default settings.



3. Press the [START/STOP] button to turn your monitor off.

**FAQ 1 : Why are my blood pressure readings sometimes different?** Your blood pressure changes constantly based on your daily activities & time of day. So some fluctuations can be expected. That's why it is important to use averages over time to compare readings. Each person is different, so it is important to consult with your physician about what your numbers mean to you.

**FAQ 2 : Why could my physician's readings be different than my readings taken at home?** Having your blood pressure measured by a healthcare professional in a physician's office can cause nervousness & may result in an elevated reading. These readings can vary considerably, so you should take your blood pressure on a regular basis at home & share your results with your physician.

### TIP 1 : For accurate readings:

- Avoid bathing, drinking alcohol or caffeine, smoking, exercising & eating for 30 minutes before taking a measurement.
- Rest for at least 5 minutes before taking a measurement.
- Sit quietly with your legs uncrossed & your feet flat on the floor.