

BLOOD PRESSURE CONTROL: WELCH ALLYN 1700 SERIES SELF-MEASUREMENT BLOOD PRESSURE MONITOR



Patient Care Kit Item

Your Kit includes one (1) Welch Allyn 1700 series blood pressure monitor.

Your box includes:

- Monitor
- Upper arm blood pressure cuff
- 4 AA alkaline batteries

Why is it Important to Check My Blood Pressure?

High blood pressure increases your risk for a heart attack or stroke. It is the main cause of stroke. Stroke is an emergency because blood can't get to the brain fast enough. This means the pressure in your arteries is higher than it should be. This is also called hypertension.


The only way to know if your blood pressure is too high, is to check. High blood pressure often has no signs or symptoms. Many people do not know they have it. It is known as "the silent killer." Fortunately, there are many ways to control this problem.




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Instructions

Take an accurate blood pressure reading

- ✓ Place the cuff over your bare upper arm so that the blood pressure tube runs down the middle of your forearm.
- ✓ Confirm that the bottom edge of the cuff is 2 finger widths (about 1 inch) above the bend in your arm.
- ✓ Sit comfortably in a chair that supports your back. Place feet flat on the floor. Keep legs uncrossed.
- ✓ Support your arm on a flat surface, and ensure the cuff is level with your heart.
- ✓ Rest for 5 minutes after sitting down and positioning the blood pressure cuff.
- ✓ Press  to begin the blood pressure measurement.
- ✓ Your blood pressure reading (and heart rate) will appear on the screen in about 20 seconds.

Note: the as soon as the cuff inflates, and gives your blood pressure, the cuff immediately deflates. If you want to stop the cuff from inflating during blood pressure measurement, you can press  once.

Optional: Pair your smartphone with the blood pressure monitor

- ✓ On your smartphone, open **Settings** and turn on Bluetooth.
- ✓ Download the **Welch Allyn Home App** from the App Store® or Google Play.™
- ✓ Launch the Welch Allyn Home App and complete the following steps:
 - Enter your email address and temporary password
 - Review and agree to *Terms and Conditions*
 - Change your password
 - Enter profile information
 - Select the measurements you wish to track
 - Optional: Enter goals
- ✓ In the **Add a device** screen, touch I have a blood pressure device.
- ✓ Press AND HOLD the power button on the BP monitor for 2 seconds to pair the device. A Found device screen appears on your phone.
- ✓ Rename the device or leave as is, and then touch **Save**.
- ✓ Touch **Done with devices**. An “All set!” message appears. Pairing was successful.

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When to measure your blood pressure

- ✓ Take your blood pressure two (2) times in the morning and two (2) times in the evening. Do this for seven (7) days. Wait at least one (1) minute between each reading.
- ✓ Record results in your Healthy Together wellness tracker, or other log of choice. Your Lifestyle Coach will let you know how to report these readings to the health center.
- ✓ You will be asked to take your blood pressure every day for the first week. After that, take your blood pressure once a week for three weeks. Some people will be asked to take it more often.
- ✓ After the first month, your provider will tell you how often to take your blood pressure. Once per month is common.