



# VitalSight™ Quick Start Guide

Remote Patient Monitoring

**IMPORTANT:** This kit has been prepared specifically for you and your health needs. It should not be used by anyone else, including family.

## WHAT'S INSIDE THE BOX?

Your clinician determines which of the following devices you'll receive:

An **OMRON BLOOD PRESSURE MONITOR**



An **OMRON BODY WEIGHT SCALE**



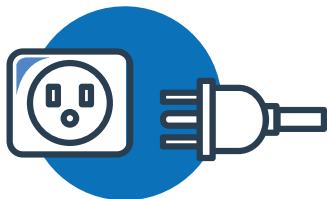
A **DATA HUB**  
(with Charger)



*NOTE: You may receive only a BP monitor or a BP monitor with a weight scale, depending on what your clinician has ordered.*

## DEVICE SETUP

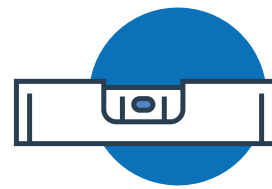
**IMPORTANT:** To work properly, your kit components must be set within 10 feet of each other.



**1** Plug in the data hub



**2** Position the blood pressure monitor where you're able to sit up straight



**3** If you received a scale, place it on a hard, level surface (not on carpet)

## PROPER USE OF YOUR MONITORS

Using your monitors properly is important in order to capture accurate data. Follow these tips to obtain your measurements:



### Blood Pressure

- Don't exercise, drink alcohol, smoke or eat a big meal 30 minutes before taking a measurement
- Be seated with your feet flat on the floor
- Sit quietly for 5 to 15 minutes before taking the measurement



### Body Weight Scale

- Be sure to place the scale on a hard, level surface
- Use the bathroom **before** stepping on the scale
- When done together, step on the scale **after** taking your blood pressure

**NOTE:** Always use the bathroom before taking your blood pressure and stepping on the scale.

## FOLLOW YOUR DOCTOR-RECOMMENDED SCHEDULE

1 Use the toilet



2 Take your blood pressure (2-3 times per day)



When you wake up

During a rest period

Before bed

3 Step on the scale



When you wake up

Before bed

4



Take your medication as prescribed by your doctor

To speak to a member of the VitalSight Team, call 1-877-510-5902