

OMRON

# How the **Hypertension Plus** app keeps you on track

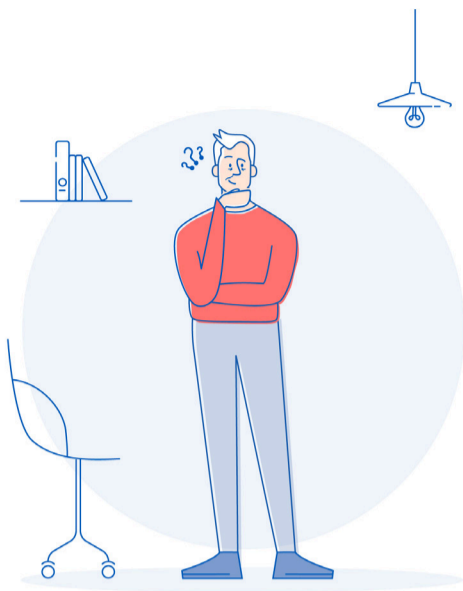


## **HYPERTENSION PLUS**

Taking care of your blood pressure together

[www.omron-healthcare.co.uk/hypertensionplus](http://www.omron-healthcare.co.uk/hypertensionplus)

# Welcome to Hypertension Plus



With a smartphone in your hand, it's become so much easier and even enjoyable to take better care of your health – including your high blood pressure. Hypertension Plus empowers you to share regular measurements with your doctor from home. **This step-by-step guide will help you to get started.**

## 1. Register and Download the Hypertension Plus app

To use Hypertension Plus you need an invite from your doctor. If you have not received an invitation please ask your doctor about availability in your area. When you have received your invite please follow the steps below.

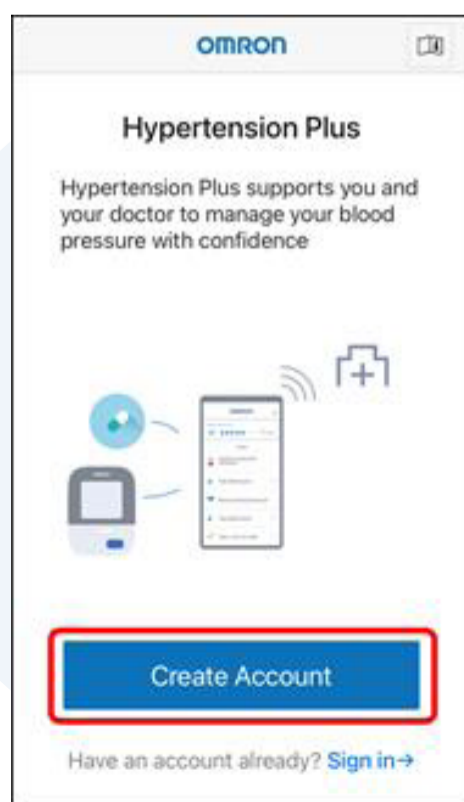
**Step 1:** Complete and submit the registration form in the link provided by your doctor.

**Step 2:** Your doctor will verify your registration and complete your profile.

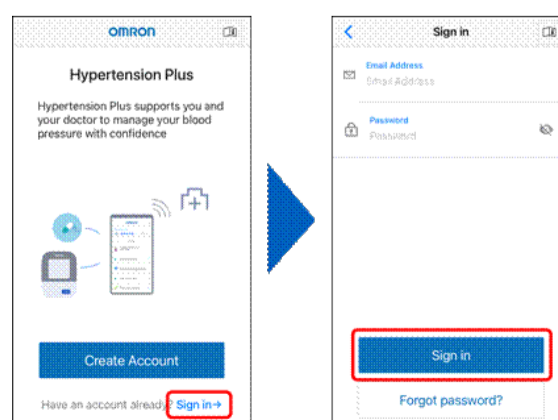
**Step 3:** You will receive an email confirmation from OMRON that your account has been created.

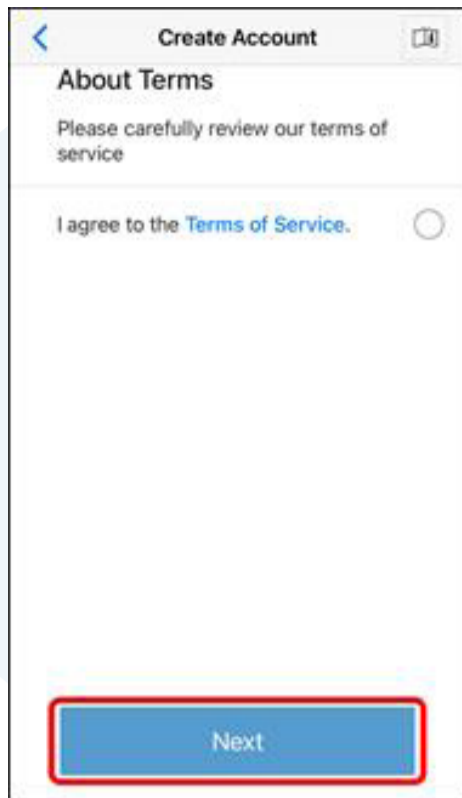
**Step 4:** Download the Hypertension plus app. In the confirmation email from your doctor you'll find the link to download the app.

### 1. Tap [create account]



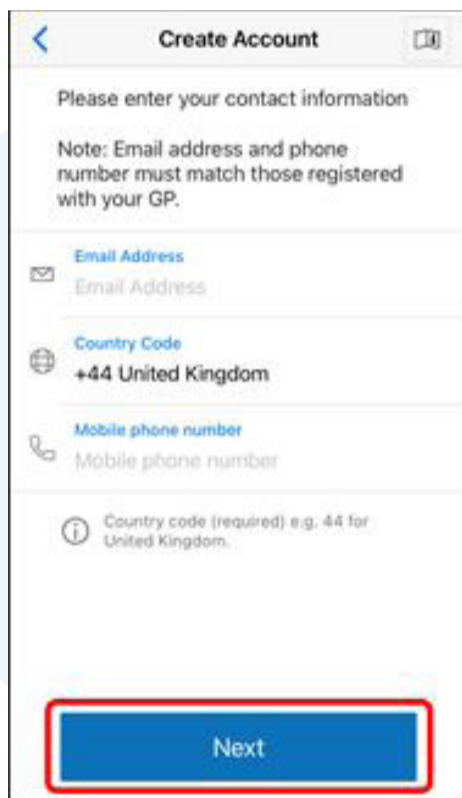
Please note if you have already created an account, tap “Sign in” and enter your email address and password, then tap [Sign in]. If you changed your smartphone or reinstalled the app, “Refresh Data” screen appears when you sign into the app. Your data will be synchronized automatically.





## 2. Review OMRON's terms of service.

In order for OMRON to be able to provide the best user experience, use of Hypertension Plus is subject to OMRON's terms of service. Tap on 'I agree to the Terms of Service' and tap [\[Next\]](#).

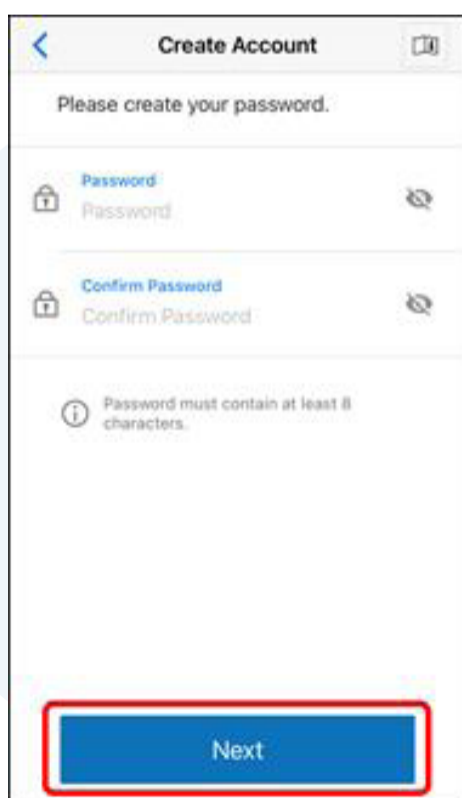


## 3. Complete your contact information

Enter your email address and mobile phone number that is registered with your GP, then tap [\[Next\]](#).

Note: You must register for Hypertension Plus using the same email address and mobile telephone number that is registered with your GP practice / healthcare facility.

Hypertension Plus automatically verifies the information you enter against the email address and mobile telephone number that is registered at your GP practice. If the information does not match, the account cannot be verified, and you will receive an error message. In case of error, contact your doctor's office to verify your registration information.



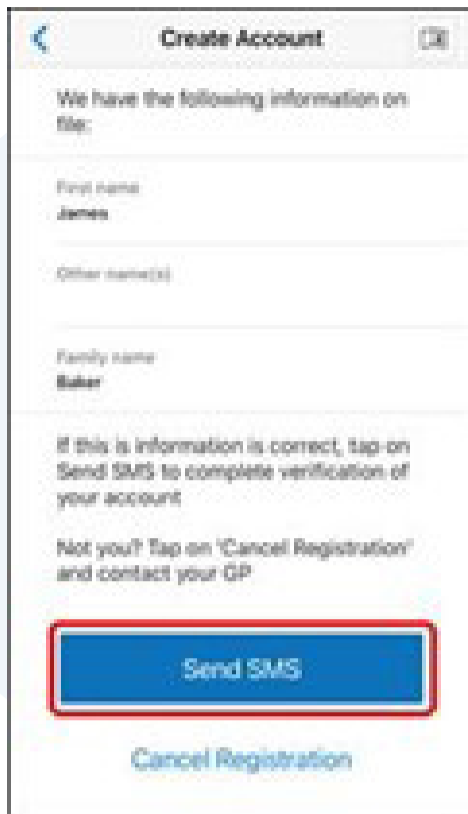
## 4. Create your password

Enter and confirm your password, then tap [\[Next\]](#).

## 5. Confirm account details

Check that the information is correct and tap [\[Send SMS\]](#).

Hypertension Plus will send an SMS (text message) to the registered telephone number for verification.



**Create Account**

We have the following information on file:

First name  
James

Other name(s)

Family name  
Baker

If this information is correct, tap on **Send SMS** to complete verification of your account

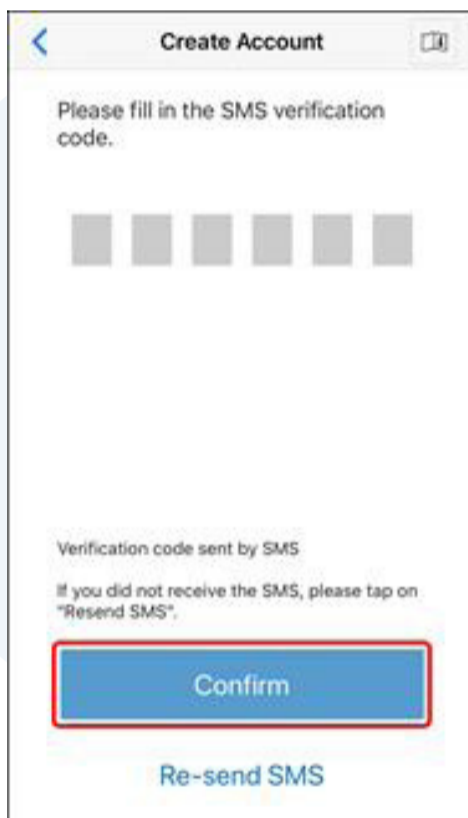
Not you? Tap on 'Cancel Registration' and contact your GP

**Send SMS**

Cancel Registration

## 6. Verification Codes

Enter the verification code received by SMS and tap [\[Confirm\]](#).



**Create Account**

Please fill in the SMS verification code.

■ ■ ■ ■ ■ ■

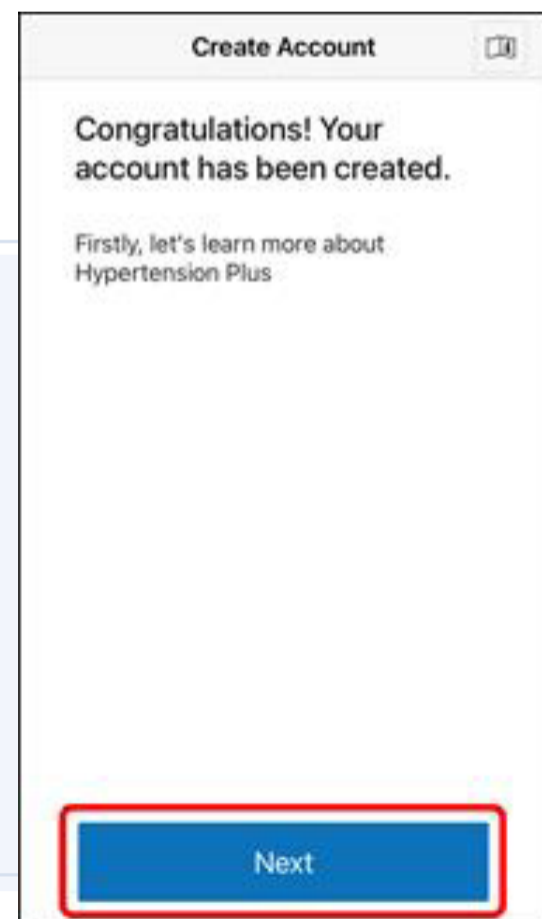
Verification code sent by SMS

If you did not receive the SMS, please tap on "Resend SMS".

**Confirm**

Re-send SMS

**7. Congratulations!**  
You have activated your Hypertension Plus account.  
Tap **[Next]** to get started.



**Create Account**

**Congratulations! Your account has been created.**

Firstly, let's learn more about Hypertension Plus

**Next**

# 2. Your Home Screen

This is the screen you will usually see when you visit the app, listing your tasks for the day.

## 1. 'Measurement Week' banner:

Displayed at the top, if you tap this section you'll see more information about measurement week (more about that below).

## 2 Settings:

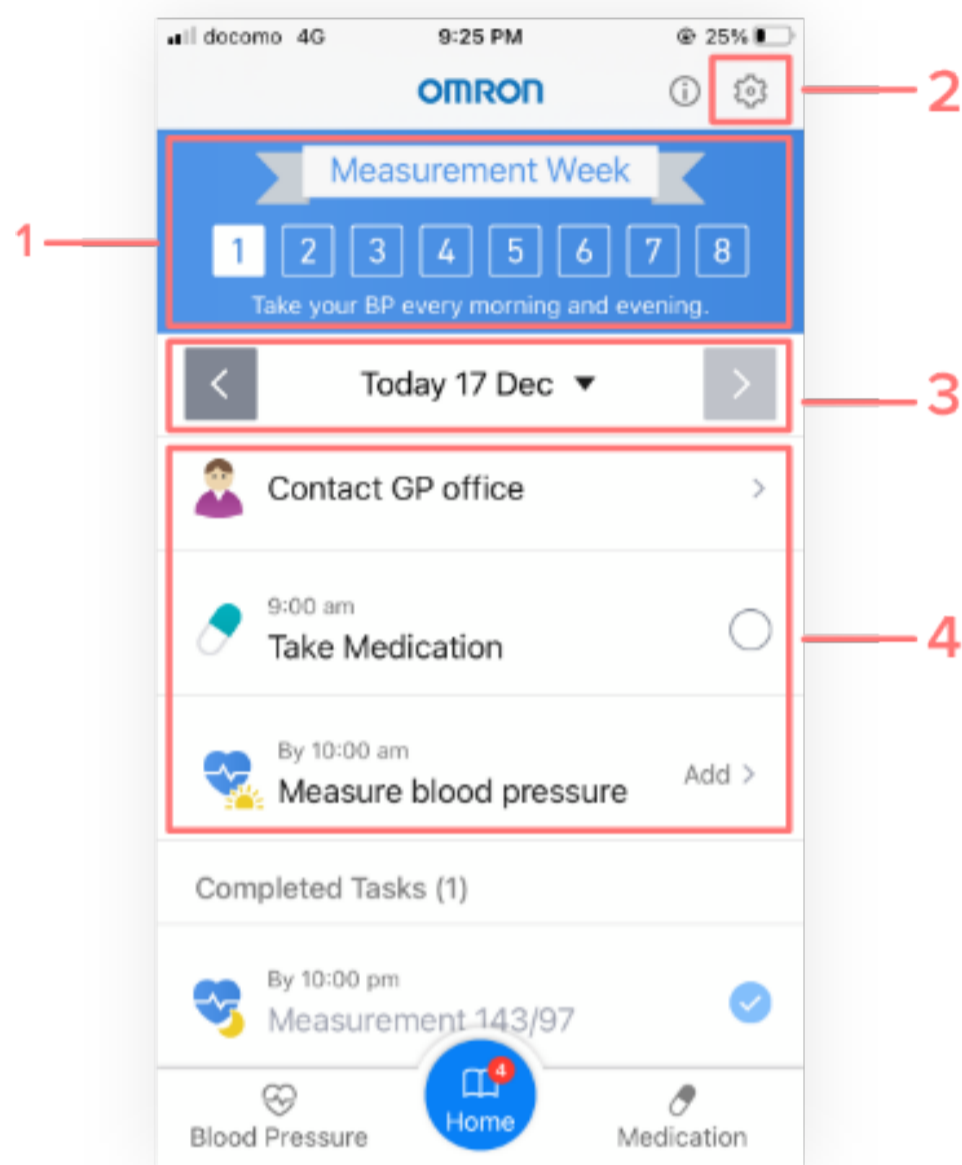
Here you can change things like your email address, phone number and password, or the times of your morning and evening measurements and medication reminders (e.g. from 8am to 9am). If you change phones or uninstall the app by accident, there's also a data synchronisation function which will bring back all your saved data. Enter the verification code received by SMS and tap [Confirm]

## 3. Date picker:

This is where you can tab between days, from today's date to previous dates.

## 4. Daily tasks:

See your tasks for the day, with a space for a check mark once you've completed a task, helping you to stay on track.



Note: Your task progress is shared with your doctor via the Hypertension Plus app.

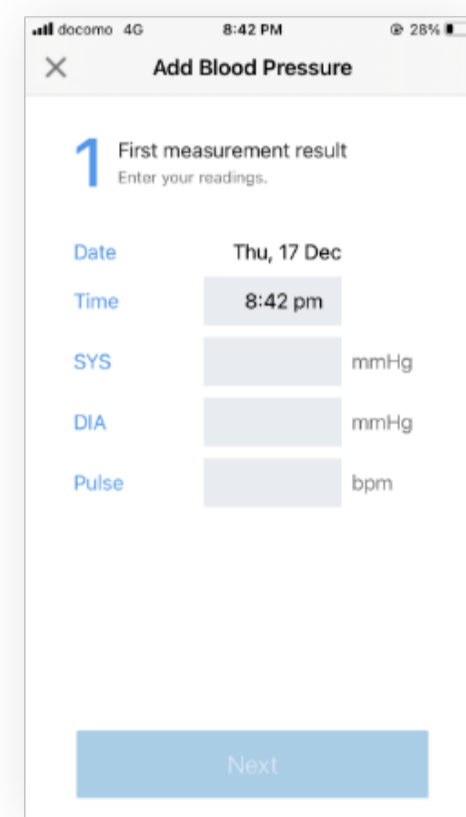


# 3. Taking blood pressure measurements

If you've been notified that it's the start of your monthly measurement week, the "Measure blood pressure" will appear on the screen. **You should always take at least 2 blood pressure measurements** and enter these readings on the app. The two readings should be measured at least 1 minute and maximum 10 minutes apart. The average of the two readings will be used as the real blood pressure.

Click the 'Add' button and you'll see instructions on what to do, including a helpful video (you can tick a box to only see this once). Take the first blood pressure measurement using your blood pressure monitor. Enter the time of the measurement, systolic/diastolic reading and pulse rate – then tap [\[Next\]](#).

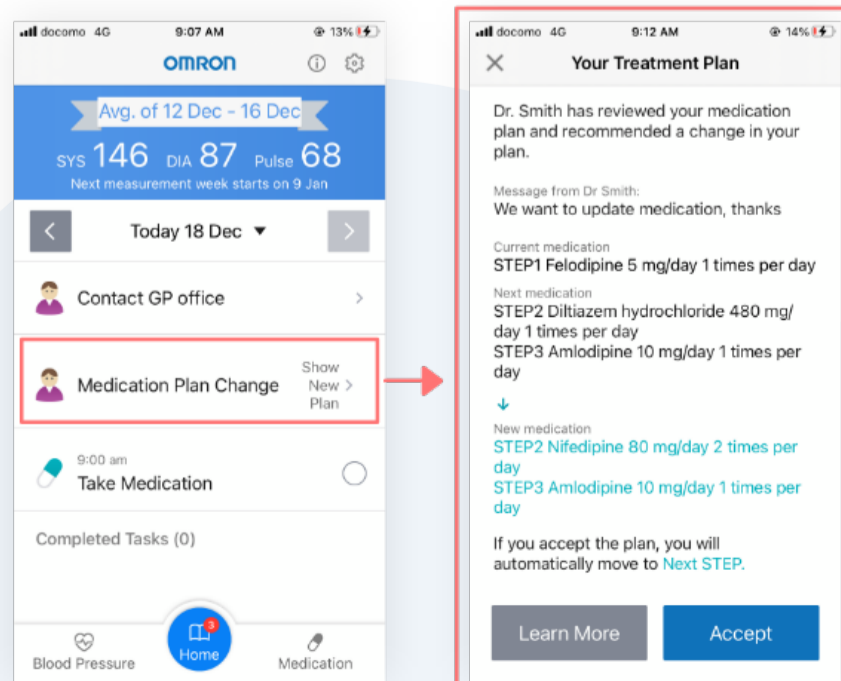
Do the same for your second measurement. If the 2nd measurement is high, you may be asked to enter a 3rd and may also be asked a few more questions to share with your doctor. Once everything is done, there's a checkbox to finish off and save your measurements for the day.



# 4. Messages from your doctor

The app is also an easy way for your doctor to share information with you directly – without you having to visit the surgery. If your doctor wants to tell you something, the message will appear as a task on your daily dashboard. Tap it to meet the request, for example, to:

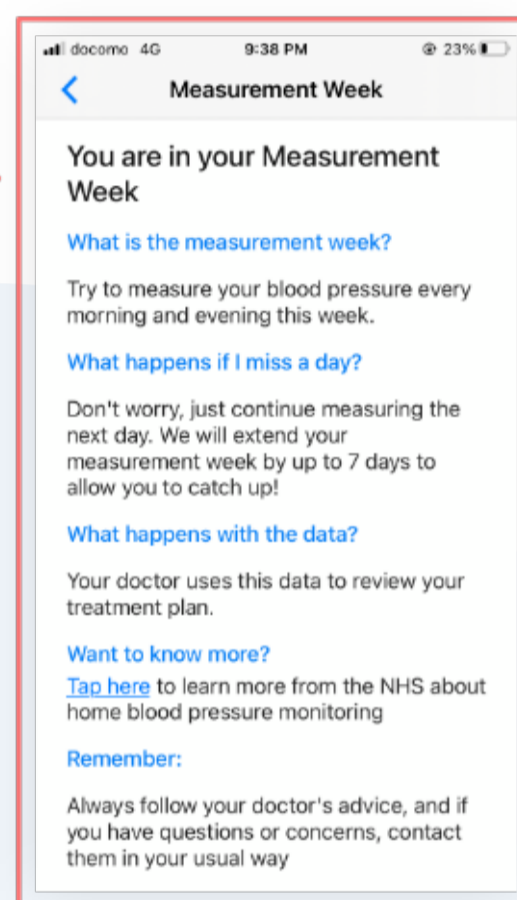
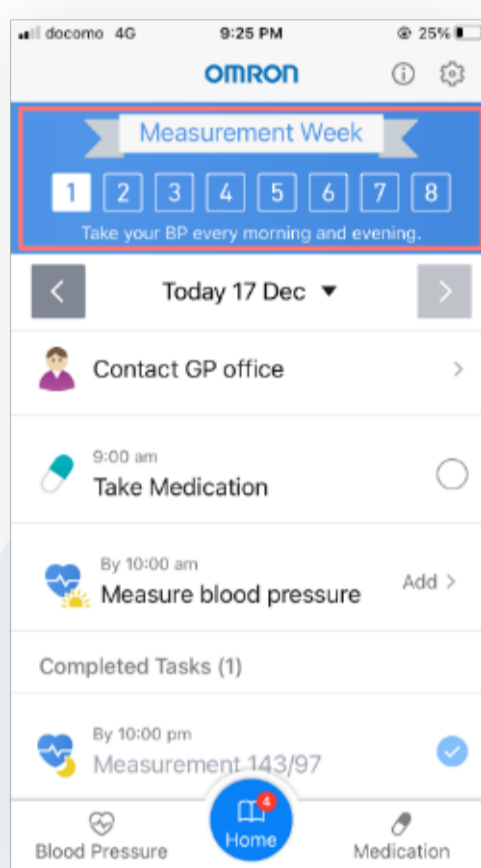
- Review and accept a change in your treatment plan
- Update your medication schedule (when to take what)
- End the current treatment schedule (stop taking medication)
- Contact your doctor's surgery





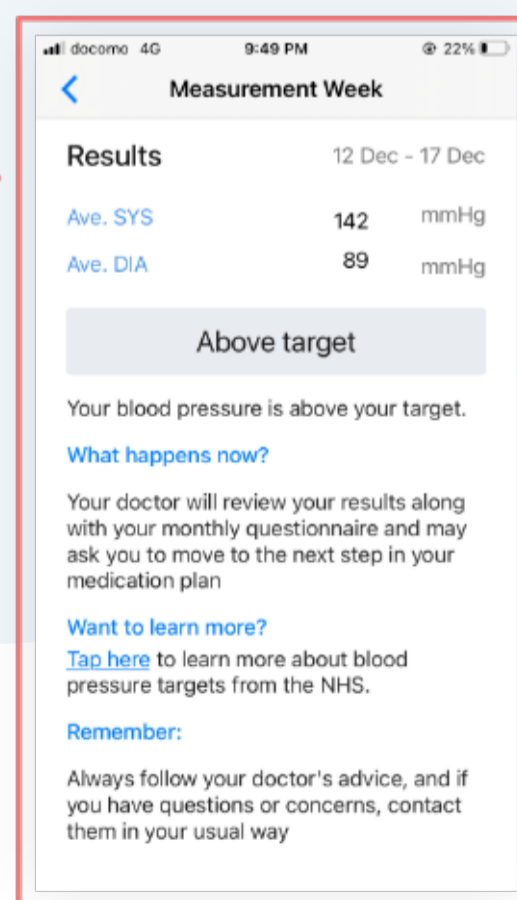
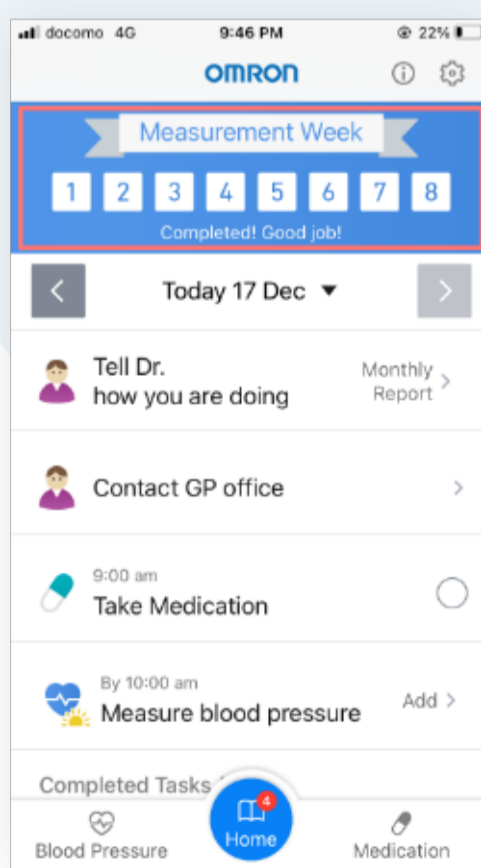
# 5. Your Measurement Week

The measurement week banner at the top of your Home screen helps to keep you up-to-date on when to take your blood pressure measurements.



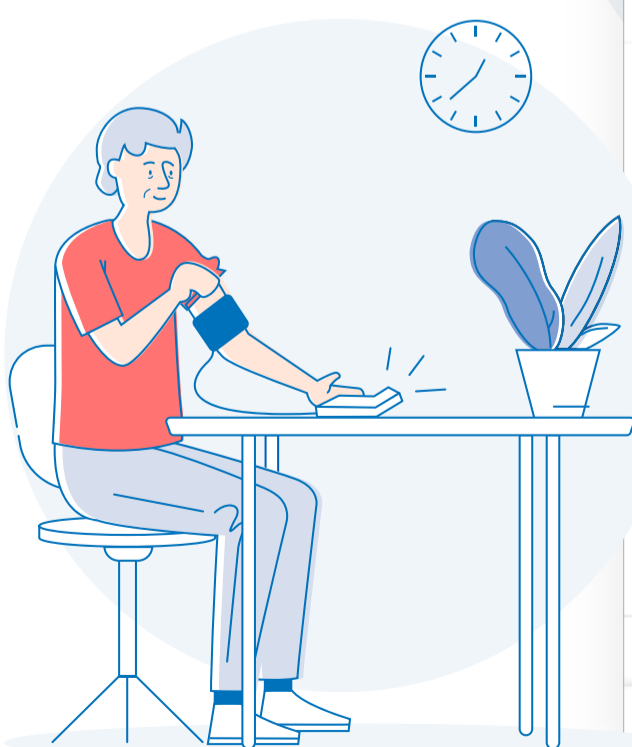
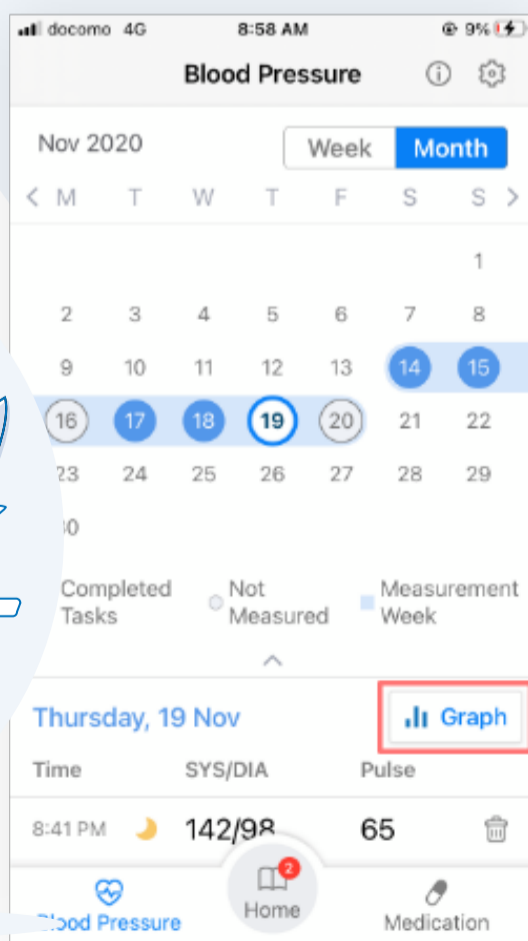
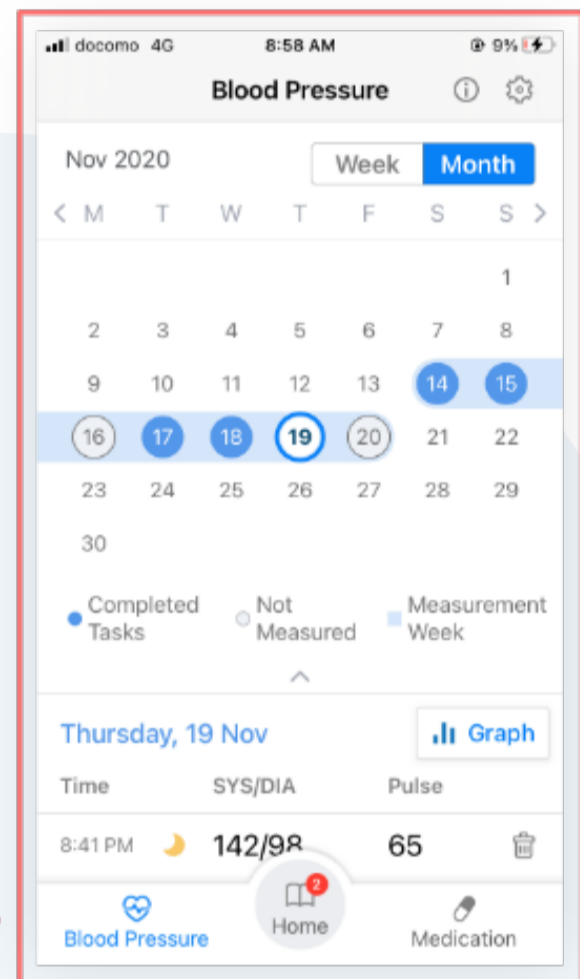
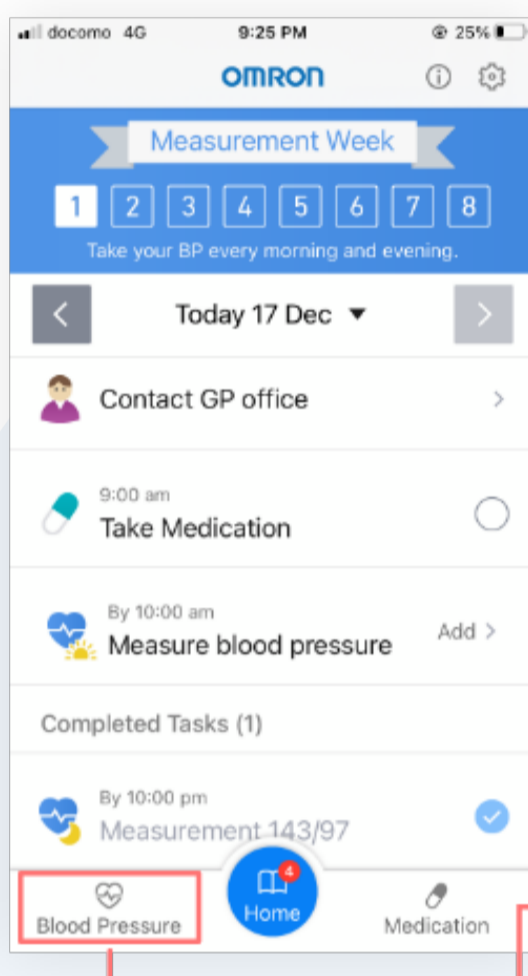
During your measurement week, the measurement week banner helps you to keep track of the number of measurements you have taken during the week. Tap on the banner to learn more.

After your measurement week is completed, tap on the banner to see your average blood pressure for the week.



# 6. Check your blood pressure status

Here you can check how your blood pressure readings change over different days. You can also tap the graph button to view the readings as a graph.





If you get stuck, visit our Frequently Asked Questions at [www.omron-healthcare.co.uk/hypertensionplus](http://www.omron-healthcare.co.uk/hypertensionplus) or the troubleshooting section in the app.

Want to know more? Ask your doctor or visit [www.omron-healthcare.co.uk/hypertensionplus](http://www.omron-healthcare.co.uk/hypertensionplus)