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Reviewer's guide BPM Connect





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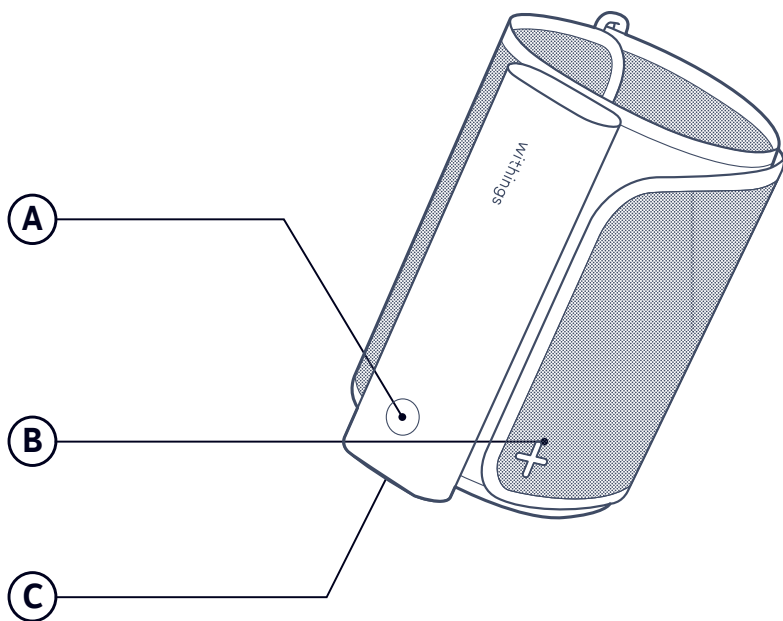
BPM Connect Wi-Fi Smart Blood Pressure Monitor

- Medically accurate blood pressure & heart rate
FDA cleared / Compliant with European medical device standards
- Immediate results
View color-coded feedback on device & in app
- Automatic smartphone sync via Wi-Fi & Bluetooth
All results available instantly via the free Health Mate app (iOS & Android™)
- Share with your doctor
Save and share data with your healthcare provider
- Rechargeable battery
Lasts up to 6 months
- Unlimited data storage

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1. Overview



(A) Button ON/OFF

(B) Cuff

(C) USB plug

2. Get started

With BPM Connect, taking your blood pressure at home has never been so convenient. BPM Connect provides medically accurate blood pressure & heart rate measurements with immediate color-coded feedback right on the device. BPM Connect synchronizes seamlessly via Wi-Fi & Bluetooth to the free Health Mate app, where you can see your complete data history and share it with your doctor.

Installation

Visit go.withings.com from your compatible smartphone or tablet and follow the instructions to install the Health Mate app. In the app, follow the instructions to install BPM Connect.

The Bluetooth on your phone needs to be enabled so it can detect the device. Once the device is paired with your phone, you will be asked to select a Wi-Fi network. When the device is connected to your Wi-Fi, BPM Connect will be able to automatically synchronize your data, without having to be near your phone.

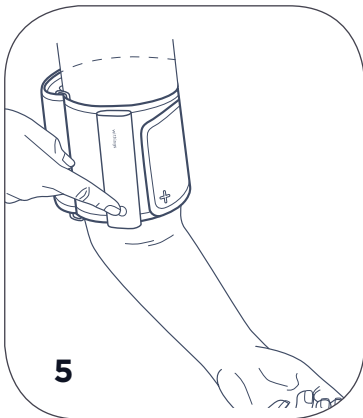
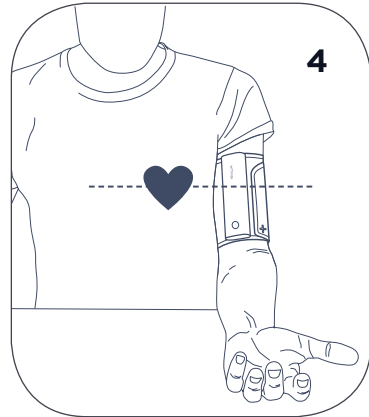
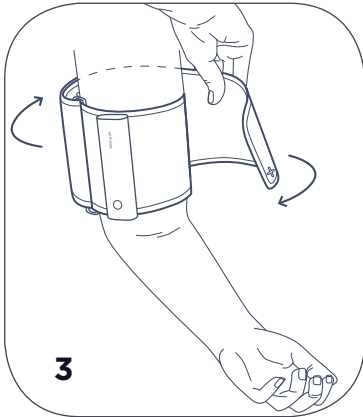
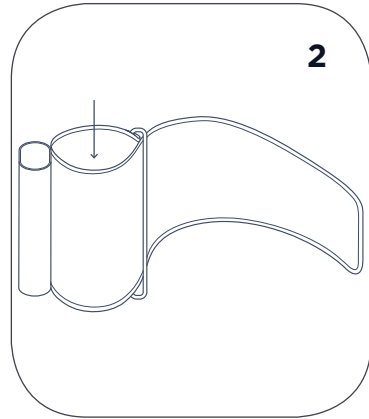
If you don't have a Wi-Fi connection, you can use BPM Connect, but the data will only be able to sync via Bluetooth.



Taking a measurement

BPM Connect is a medical device. To ensure the accuracy of the readings, you need to follow these guidelines before taking a measurement:

- Rest 5 minutes before the measurement
- Sit down in a comfortable position, legs uncrossed, feet flat on the floor, arm and back supported
- Use the product on the left upper arm with the tube positioned against your inner arm
- Do not speak or move during the measurement
- You can wear one layer of clothing, but it should not cover your left arm
- Take the measurement in a calm and quiet area



Please refer to the instruction manual for additional information on how to correctly take a measurement.

3. Understanding your results

Did you know?

1 in 3 adults have high blood pressure—and many don't know it. Hypertension is the leading preventable cause of premature mortality worldwide. The American Heart Association and the European Society of Hypertension recommend home blood pressure monitoring to better manage hypertension.

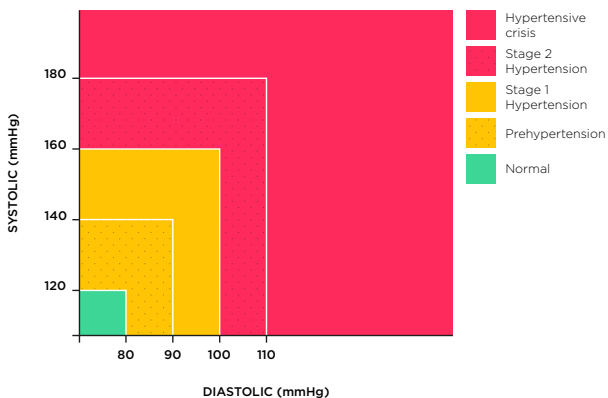


a. Results on the LED screen

After each measurement, you'll see your results instantly on the LED screen of the device.

SYS refers to systolic blood pressure, when the heart contracts and ejects blood into the arteries. DIA refers to diastolic blood pressure, when the heart relaxes. HR means heart rate, the speed at which the heart beats.

The results come with color-coded feedback based on the hypertension recommendations to the European Society of Hypertension.



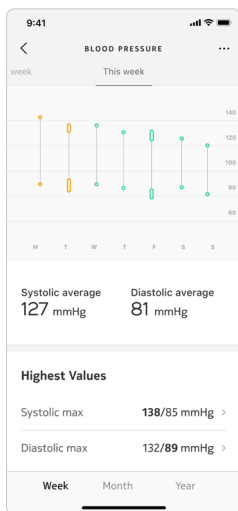
If several people use your device, you can attribute the measurement to a specific user. At the end of the measurement, the name of the first user appears on the screen. Change to the next user with a long press. Once you have selected the correct user (various long presses may be needed), do a short press on the button to attribute the measurement. If you select "Guest," results will not be sent to the app.

b. Results in the Health Mate app

You will find your full data history in the Health Mate app. The device synchronizes via Wi-Fi or Bluetooth. With Wi-Fi synchronization, there's no need to have your smartphone next to you during or after the measurement, as data is automatically synchronized via your home Wi-Fi. When you open the app after a measurement, you'll see your blood pressure results on your timeline.



Tap Blood Pressure to see your data history in more detail. Like the results you see on the screen, the results on the app are color-coded to make them easier to understand.



BPM Connect is compliant with European medical device standards, meaning that your doctor can use and interpret the measurements provided by the device to help better manage hypertension and check the efficacy of treatments.

You can easily share your blood pressure history with your doctor by tapping on the three dots on the upper part of your screen. You can then enter your doctor's email address to send an Excel file of your measurements by selecting a period of time. You can even send yourself a periodic reminder to share your results.

09:47

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Share with my doctor

Recipient Email

Extended Over the last 3 months

Confirm

Periodical sending reminder

4. Cheat sheet

BPM Connect

Wi-Fi Smart Blood Pressure Monitor

With BPM Connect, taking your blood pressure at home has never been so convenient. The device provides medically accurate blood pressure & heart rate measurements with immediate color-coded feedback on the device. BPM Connect synchronizes seamlessly via Wi-Fi & Bluetooth to the free Health Mate app, where you can see all your data history and share it with your doctor.

- Systolic and diastolic blood pressure, heart rate
- Medically accurate - CE medical approved
- Immediate results on device
- Color-coded feedback
- Wi-Fi and Bluetooth® sync
- Easily share reports with your doctor

Better prevention & management of hypertension

1 in 3 adults have high blood pressure—and many don't know it. Hypertension is the leading preventable cause of premature mortality worldwide. The American Heart Association and the European Society of Hypertension recommend home blood pressure monitoring to better manage hypertension.

BPM Connect can help you get hypertension under control by improving control rates and allowing your doctor to check the efficacy of treatment. The device can also be used for prevention for at-risk populations (e.g. those who are overweight, seniors, and those with diabetes) to help them receive an early diagnosis of hypertension.

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