

About Your New Monitor

No setup required! Your blood pressure monitor is already connected to your Omada account through a cellular network. Blood pressure (BP) readings—including the date and time they were taken—will automatically sync.

After the program kicks off, you can take your first set of readings to track your progress over time on your Omada Progress page.

To establish your baseline blood pressure, choose three days in a row to take your blood pressure in both the morning and the evening. Each morning and evening, take 2 readings, waiting a few minutes between checks.



Understanding Blood Pressure with the Help of Your Specialist

Once the program starts, your specialist will:

- Review your BP readings with you (Your specialist will address very high or low readings)
- Help you understand how diet and activity may be impacting your BP readings
- Support you as you build habits to lower BP
- Prompt you to contact your primary care provider, as needed

Tips for Accurate Readings

Before Measurement

- Avoid eating a meal, exercising, or having caffeine, alcohol, or nicotine for 30 min.
- Sit quietly for 5 min.
- If you're on BP medication, measure before you take your dose.

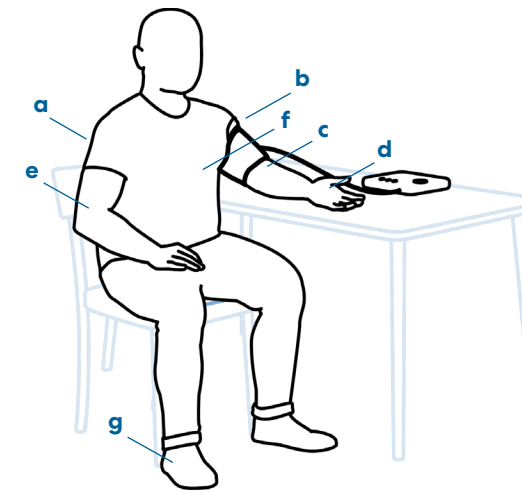
During Measurement

- Make sure you have an empty bladder.
- Avoid conversation or digital devices.



It's critical that your cuff fits properly. If you're not sure if your cuff fits, go to www.omadahealth.com/bp-monitor. You can also take your cuff with you to your next PCP appointment so they can confirm you have the right size.

Positioning



- a** Sit in a chair with a straight back.
- b** Put the cuff on bare skin, not over clothes.
- c** Position the cuff directly above elbow crease.
- d** Rest your arm on a table, palm up.
- e** Relax your muscles.
- f** The cuff should be at heart level.
- g** Keep both feet flat on the floor, legs uncrossed.

We're Here to Help

Have questions?

Go to support.omadahealth.com

For more tips on measuring blood pressure, go to:

www.omadahealth.com/bp-monitor



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Blood Pressure Levels in Omada

The chart below shows how blood pressure levels are defined and will be shown in the Omada Program.

CATEGORIES	SYSTOLIC		DIASTOLIC
Hypertensive crisis	≥ 180	or	≥ 120
Stage 2 Hypertension	135 - 179	or	85 - 119
Stage 1 Hypertension	130 - 134	or	80 - 84
Elevated	120 - 129	and	< 80
Normal	< 120	and	< 80
Hypotension	< 90	and	< 60

Using This Blood Pressure Monitor

Every blood pressure monitor is a little different. The User Manual, which comes in the box with the monitor, includes detailed instructions and guidance for using this device.



Important Note: Your blood pressure monitor may display information about your heart rate. This information will not be sent to Omada, and Omada will not review or take any action in response to it.



Get to Know Your Blood Pressure

Uncover patterns with a connected device and specialist insight.