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FAST, EASY AND ACCURATE MONITORING, STRAIGHT TO YOUR SMARTPHONE Atrial Fibrillation (AFIB) Detection 2 users + guest mode x 100 memories Universal Cuff for arm circumference 22-42cm Clinically validated + validation for pregnancy, pre-eclampsia and Type 2 Diabetes Blood Pressure Indicator Movement Detection Average Reading Smartphone compatibleOur clinically validated Boots Advanced Blood Pressure Monitor can be used for 2 users, with 100 memories, as well as featuring a guest mode.It also has Atrial Fibrillation (AFIB) indication. AFIB is a condition causing an irregular and abnormally fast heart rate. Having AFIB makes you five times more likely to have a stroke, with strokes caused by AFIB tending to be more serious and causing more long-term side effects. With treatment, the risk of a stroke can be reduced by up to 67%.For easy monitoring, the monitor connects seamlessly with your smartphone for easy monitoring and recording of results.This product is clinically validated and has also been clinically validated for use during pregnancy, pre-eclampsia and for those with Type 2 diabetes. How to use:Please read the instruction manual before using this product for full set up and usage instructions. After installing batteries, and setting date and time: Apply the cuff: After removing all jewellery such as watches or bracelets from your left arm, roll or push up your sleeves to expose the skin. Make sure your sleeve is not too tight, if so remove any tight-fitting or thick clothing from your arm while you take a measurement. Plug the arm cuff into the monitor by inserting the air plug into the air jack securely until it clicks. Apply the arm cuff to your upper left arm, with the bottom edge of the arm cuff 1-2cm above the inside elbow. The air tube should be on the inside of your arm and aligned with your middle finger. Then wrap the cuff securely.Start the Measurement (without pairing to a smart device):1. Select your user ID - 1 or 2. 2. When the monitor is off, press the START/STOP button to turn on the monitor. The measurement will start automatically. The 'OK' symbol appears on the display if the arm cuff is wrapped around the arm correctly.3. Remain still and do not talk until the ensure measurement process is complete. After your monitor has detected your blood pressure and pulse rate, the cuff automatically deflates. 4. Press the START/STOP button to turn your monitor off. To use the Afib function: The Afib functionality will take 3 measurements, before showing an average on the display. If Afib is detected, a symbol will appear.1. Select your user ID - 1 or 2. 2. When the monitor is off, press the START/STOP button to turn on the monitor and hold for more than 2 seconds. 'RF' will appear on the display. Release the START/STOP button. 3. The measurement will start automatically. Remain still and do not talk until the ensure measurement process is complete. After the first measurement is complete, wait for the next measurement to start. A 30 second counter will appear on the display. After the second measurement is complete, wait for the final measurement to start. A 30 second counter will once again be displayed. 4. After your monitor has detected your blood pressure and pulse rate, the cuff automatically deflates and the average measurement is displayed. The relevant Afib symbol will appear on the display if Afib is detected. 5. Press the START/STOP button to turn your monitor off. Start the Measurement (paired to a smart device):1. Enable Bluetooth on your device, and download the 'OMRON connect' app. 2. Open the app, create an account or log in, and pair to your device by following the instructions. 3. Confirm your monitor is connected - an 'OK' symbol will appear on the monitor display. 4. Press the START/STOP button to turn your monitor off. 5. When the monitor is off, press the START/STOP button to turn on the monitor. The measurement will start automatically. The 'OK' symbol appears on the display if the arm cuff is wrapped around the arm correctly.6. Remain still and do not talk until the ensure measurement process is complete. After your monitor has detected your blood pressure and pulse rate, the cuff automatically deflates. When Bluetooth is enabled on both your smart device and your monitor, the readings will transfer to your device within 1 hour of taking a measurement. 7. Press the START/STOP button to turn your monitor off. x Never be without your favourite Boots products with our international delivery options. Find out more about international delivery Boots has products available in other retail outlets in a number of countries, select from the country-specific sites below to find out more: Bahrain Hong Kong Kuwait Qatar Saudi Arabia Singapore Thailand United Arab Emirates Our Database contains 2135 Blood Pressure Monitor Manuals, User Guides and Instructions for more than 3203 Devices. Maximum basket size reached Out of stock [{ "catentry id" : "2972223", "Attributes" : { }, "ItemImage" : "/wcsstore/eBootsStorefrontAssetStore/images/Nolmage1con.jpg", "ItemImage467" : "/wcsstore/eBootsStorefrontAssetStore/images/Nolmage1con.jpg", "ItemThumbnailImage" : "/wcsstore/eBootsStorefrontAssetStore/images/Nolmage1con.jpg" }] FAST AND ACCURATE MONITORING FOR MULTIPLE USERS 2 users + guest mode x 60 memories Universal Cuff for arm circumference 22-42cm Clinically validated + validation for pregnancy, pre-eclampsia and Type 2 Diabetes Blood Pressure Indicator Movement Detection Irregular Heartbeat DetectionMeasuring and monitoring your blood pressure at home can help you to understand your condition and if needed, seek early intervention to keep your blood pressure under control.Our clinically validated Boots Multi-User Blood Pressure Monitor is easy to use for fast and accurate results. It can be used for 2 users, with 60 memories, as well as featuring a guest mode.Waste Electrical and Electronic Equipment (WEEE) and waste batteries must never be placed in your waste disposal or recycling bins. WEEE is taken back free of charge at electrical retail outlets on a one-for-one like-for-like basis. There is a bin for small batteries in your local store. Local authority civic amenity facilities also take back WEEE and waste batteries free of charge. WEEE and waste battery recycling is free How to use:Please read the instruction manual before using this product for full set up and usage instructions. After installing batteries, and setting date and time: Apply the cuff: After removing all jewellery such as watches or bracelets from your left arm, roll or push up your sleeves to expose the skin. Make sure your sleeve is not too tight, if so remove any tight-fitting or thick clothing from your arm while you take a measurement. Plug the arm cuff into the monitor by inserting the air plug into the air jack securely until it clicks. Apply the arm cuff to your upper left arm, with the bottom edge of the arm cuff 1-2cm above the inside elbow. The air tube should be on the inside of your arm and aligned with your middle finger. Then wrap the cuff securely.Start the Measurement (using a saved user ID):1. Select your user ID - 1 or 2. 2. The arm cuff will then automatically inflate. 3. When the monitor is off, press the START/STOP button to turn on the monitor. The measurement will start automatically. The 'OK' symbol appears on the display if the arm cuff is wrapped around the arm correctly.4. Remain still and do not talk until the ensure measurement process is complete. After your monitor has detected your blood pressure and pulse rate, the cuff automatically deflates. Start the Measurement (using guest mode):1. For 'guest mode', press and hold the START/STOP button for more than 2 seconds. The user ID symbol and date/time display will disappear. Release the START/STOP button when this happens.2. The arm cuff will then automatically inflate. 3. When the monitor is off, press the START/STOP button to turn on the monitor. The measurement will start automatically. The 'OK' symbol appears on the display if the arm cuff is wrapped around the arm correctly.4. Remain still and do not talk until the ensure measurement process is complete. After your monitor has detected your blood pressure and pulse rate, the cuff automatically deflates. ...read more ...read less Click & Collect £2.50 or free if you spend £25 or more from your choice of 88 stores. Exceptions apply for orders containing products with a green cross symbol. See Click & Collect for more details. Standard Delivery £5 or free when you spend £40 or more For more information see our delivery help or view our returns policy. Maximum basket size reached Out of stock [{ "catentry id" : "2261525", "Attributes" : { }, "ItemImage" : "/wcsstore/eBootsStorefrontAssetStore/images/Nolmage1con.jpg", "ItemImage467" : "/wcsstore/eBootsStorefrontAssetStore/images/Nolmage1con.jpg", "ItemThumbnailImage" : "/wcsstore/eBootsStorefrontAssetStore/images/Nolmage1con.jpg" }] EASY TO USE FOR WRIST BLOOD PRESSURE MONITORING Easy to use* 1 user x 30 memories • Wrist Cuff size: 13.5-21.5cm • Clinically validated* Blood Pressure Indicator • Irregular Heartbeat DetectionMeasuring and monitoring your blood pressure at home can help you to understand your condition and if needed, seek early intervention to keep your blood pressure under control. Our clinically validated Boots Wrist Blood Pressure Monitor is easy to use for fast and accurate results for 1 user, with 30 memories.Waste Electrical and Electronic Equipment (WEEE) and waste batteries must never be placed in your waste disposal or recycling bins. WEEE is taken back free of charge at electrical retail outlets on a one-for-one like-for-like basis. There is a bin for small batteries in your local store. Local authority civic amenity facilities also take back WEEE and waste batteries free of charge. WEEE and waste battery recycling is free ...read more ...read less Click & Collect £2.50 or free if you spend £25 or more from your choice of 88 stores. Exceptions apply for orders containing products with a green cross symbol. See Click & Collect for more details. Standard Delivery £5 or free when you spend £40 or more For more information see our delivery help or view our returns policy. Download Article Download Article There are many reasons you might need to regularly monitor your blood pressure. Don't worry, there's a simple way to do it! A wrist blood pressure monitor is a good option if you can't use a regular cuff or if you want a monitor that's portable and convenient. However, these monitors take your blood pressure in a different place, meaning you must be particular about how you take your reading for accuracy. Sit in a chair and place the cuff on your wrist. For the most accurate reading, put your elbow in a relaxed but supported position on a table and align your wrist with your heart, then turn the monitor on to take a reading.[1] 1 Sit still for 5 minutes in a comfortable position. Before starting the reading, take a short resting period. Sit in a comfortable chair that supports your back. Uncross your legs and place your feet flat on the floor. 2 Move any fabric away from your wrist. Take a reading on bare skin. Pull up long sleeves. Take off jackets or sweaters if you can't move the sleeve up enough to take a reading. Advertisement 3 Put the cuff on snugly with the display on the inside of your wrist. Wrap the cuff around your wrist, attaching it to itself with the hook-and-loop fastener. You should only be able to get a single finger underneath the cuff. The display needs to be on your inner arm, as your pulse is strongest there. The monitor has a sensor behind the display that takes the reading by recording your pulse. 4 Rest your arm and wrist at heart level. For an accurate reading, place your arm over your chest so your elbow's bent. It should be even with your heart for the best reading.[2] Turn your palm so it faces your chest if you're using a wrist cuff.[3] Keep your palm face up if you're supporting your arm on a desk or table. Advertisement 1 Press the "Power" button. Turn the monitor on. You'll find a power button or a switch to activate the power. Sometimes, the "Power" button is the same as the "Start" button. Pressing it once turns it on while pressing it again activates the measurement process. If the device tracks multiple users, make sure to select your profile. 2 Hit the "Start" button. Once you are set, the "Start" or "Go" button will start the blood pressure reading process. Do not move while the cuff inflates and deflates, reading your blood pressure. Also, try to avoid talking, as that can affect your reading. Your blood pressure and pulse will flash on the screen when the cuff is done taking your reading. 3 Use an average of 2 readings. Leave the cuff in place, and wait 1-2 minutes. Take a second reading using the same techniques, then average the 2 readings if they're close. If the readings are not close, take a third reading, and then average all 3. 4 Wait a couple of minutes between readings. Your blood pressure will increase momentarily after each reading, so you need to allow a little time to let your true blood pressure recover. 5 Wait 5 minutes for more readings if your blood pressure seems high. If you get a high reading, take a deep breath. Wait 5 minutes or so, and try again to see if you get a lower reading. Remember that it is completely normal for your blood pressure to change a little over the course of the day. Try to take your blood pressure around the same time each day. Certain foods, such as caffeine, activities, and emotional stress can change your readings, so taking them at a consistent time will help you get the best results. 6 Record your reading in a notebook or app. Keeping track of your blood pressure readings over time can give you an idea of your average blood pressure level. Plus, your doctor will be impressed that you kept track of it. Write the systolic (higher number) over the diastolic (lower number), such as 120/80 mmHg.[4] Many health apps offer a section for tracking blood pressure, including the iPhone app and the Walgreen's app. Note the date and time with the reading. Advertisement 1 Avoid drinking caffeine and alcohol 30 minutes before taking a reading. Caffeine can affect your readings, so you shouldn't ingest it right before you use your wrist cuff. Take your reading before you ingest any caffeinated drinks. If you have already consumed caffeine, wait at least half an hour before taking a reading. 2 Take your reading before you start smoking for the day. Smoking can also change your readings. Take your reading before your first cigarette, cigar, or pipe for that day. Avoid taking your blood pressure after you have smoked, as the results will be elevated. If you're thinking about trying to quit smoking, there's no time like the present. Doing so will help lower your blood pressure. 3 Get your reading before any major physical activity. Physical activity, such as climbing stairs, running, or even doing extensive housework, can raise your blood pressure. When taking your blood pressure, though, you want a resting measurement. You will not be able to get that kind of true reading after physical activity. Advertisement Add New Question Question Do you use it on the right or the left wrist? Luba Lee, FNP-BC, MS Board-Certified Family Nurse Practitioner Luba Lee, FNP-BC is a Board-Certified Family Nurse Practitioner (FNP) and educator in Tennessee with over a decade of clinical experience. Luba has certifications in Pediatric Advanced Life Support (PALS), Emergency Medicine, Advanced Cardiac Life Support (ACLS), Team Building, and Critical Care Nursing. She received her Master of Science in Nursing (MSN) from the University of Tennessee in 2006. It is most accurate to check your blood pressure on the left side. However, you can check your blood pressure on the right if you have been told so by your medical provider. There are some instances such as surgery in which it will be advisable to check blood pressure on the right side. Many organizations, like the American Cancer Society and the National Lymphedema Network, advise mastectomy survivors to avoid checking blood pressure on the surgery side, if possible. Question Do you use a wrist blood pressure monitor on the left or the right wrist? Luba Lee, FNP-BC, MS Board-Certified Family Nurse Practitioner Luba Lee, FNP-BC is a Board-Certified Family Nurse Practitioner (FNP) and educator in Tennessee with over a decade of clinical experience. Luba has certifications in Pediatric Advanced Life Support (PALS), Emergency Medicine, Advanced Cardiac Life Support (ACLS), Team Building, and Critical Care Nursing. She received her Master of Science in Nursing (MSN) from the University of Tennessee in 2006. Unless you have been told by your medical provider to take your blood pressure on the right wrist, it is most accurate to use your left wrist for blood pressure checks. Ask a Question Advertisement This article was co-authored by Luba Lee, FNP-BC, MS. Luba Lee, FNP-BC is a Board-Certified Family Nurse Practitioner (FNP) and educator in Tennessee with over a decade of clinical experience. Luba has certifications in Pediatric Advanced Life Support (PALS), Emergency Medicine, Advanced Cardiac Life Support (ACLS), Team Building, and Critical Care Nursing. She received her Master of Science in Nursing (MSN) from the University of Tennessee in 2006. This article has been viewed 191,046 times. Co-authors: 8 Updated: March 10, 2025 Views: 191,046 Categories: Featured Articles | Medical Equipment | Blood Health Medical Disclaimer The content of this article is not intended to be a substitute for professional medical advice, examination, diagnosis, or treatment. You should always contact your doctor or other qualified healthcare professional before starting, changing, or stopping any kind of health treatment. Print Send fan mail to authors Thanks to all authors for creating a page that has been read 191,046 times. "Being left handed, I have always taken my blood pressure with a cuff monitor on my right arm. I will now swap sides !!!!!" ..." more Share your story Product Details:Transform your home blood pressure check into a powerful defence against stroke with M7 Intelli IT AFib, powered by the clinically validated IntelliSense AFib technology by OMRON.(1)Key Features: Powered by IntelliSense AFib technology Reduce stroke risk by 66% with early AFib detection (2) and treatmentOMRON's revolutionary, clinically validated, IntelliSense AFib technology screens for Atrial Fibrillation during routine blood pressure checks (3). This often-undiagnosed heart rhythm disorder significantly increases stroke risk in hypertensive individuals.One-touch Operation Quick, easy and intuitive. Simple to use and understand.The easy way to get accurate results OMRON's unique pre-formed, Intelli Wrap Cuff makes it virtually impossible to place the cuff incorrectly around the upper arm.Clinically validated (4) All OMRON's home blood pressure monitors have been clinically validated (Stride BP, March 2024) and tested rigorously for accurate measuring results.Connectivity OMRON's revolutionary, clinically validated, IntelliSense AFib technology screens for Atrial Fibrillation during routine blood pressure checks (3), increasing adherence to treatment and helping reduce blood pressure.5-year guarantee (5) No. 1 recommended brand by cardiologists (6) OMRON is No. 1 brand in blood pressure monitors. Trusted and recommended by doctors and pharmacists.Irregular Heartbeat Detection Can detect irregular heartbeat during blood pressure measurement.Hypertension Indicator Indicates if result is above recommended level.Comparison functions Not only compares morning and evening results, but also allows you to compare readings with previous measurements.Memory Capacity 2 users x 100 memories + guest mode. Your monitor can store data for two separate users, enabling you to track individual readings and trendsIncluded in the box: M7 Intelli IT AFib blood pressure monitor, Intelli Wrap Cuff (22-42 cm), instruction manual, setup instructions, 4 x "AA" batteries, storage case, blood pressure pass, download free OMRON connect app (for iOS/Android) for easy access to readings and averages.Waste Electrical and Electronic Equipment (WEEE) and waste batteries must never be placed in your waste disposal or recycling bins. WEEE is taken back free of charge at electrical retail outlets on a one-for-one like-for-like basis. There is a bin for small batteries in your local store. Local authority civic amenity facilities also take back WEEE and waste batteries free of charge. WEEE and waste battery recycling is free HAZARD & CAUTION General Warnings: Read and follow the instruction manual for safety. Do not use on infants, children, or those unable to communicate. Do not alter medication based on monitor readings; consult a physician. Avoid use on injured arms, arms under treatment, or during intravenous therapy. Keep away from MRI, CT scanners, high-frequency surgical equipment, oxygen-rich environments, and flammable gases. Consult a physician before use if you have conditions like arrhythmia, arterial sclerosis, diabetes, pregnancy, or renal disease. Do not self-diagnose or self-treat based on readings. Keep air tubes and small parts away from children to prevent strangulation or choking. AC Adapter & Battery Handling:Do not use a damaged AC adapter or cable. Avoid plugging/unplugging with wet hands. Use only the specified batteries and replace them properly. Keep batteries out of reach of children. Cautions: Stop use and consult a doctor if discomfort or skin irritation occurs. Seek medical advice before use if you have an A-V shunt, mastectomy, or severe blood flow issues. Avoid excessive measurements to prevent bruising. Keep away from moisture, extreme temperatures, and strong vibrations. Avoid using near electronic devices that emit electromagnetic fields. Ensure proper positioning and stillness during measurement for accuracy. Allow the device to acclimate to room temperature before use. By following these safety precautions, users can ensure accurate readings and prevent potential harm.