

Withings Blood Pressure Monitor FAQ

(Source is <http://www.withings.com/en/bloodpressuremonitor/faq#1>)

Using the blood pressure monitor

What do I need to use my blood pressure monitor?

To install your blood pressure monitor, plug it into the connector of your iOS Device. Then follow the instructions and install the free Withings application. Afterwards the application will be launched automatically each time you plug in the blood pressure monitor.

How can I make my measurements available to my doctor?

If you would like to share your readings with your doctor there are several possibilities:

- You can simply show him the results recorded by the Withings application on your iOS Device.
- You can send them from the Withings application (from the "Settings" page by selecting "Sharing" and then "Send my blood pressure data by email").
- You can access your account on the Withings site from any computer with Internet access.
- You can create a public URL. You will find this URL in the "Sharing" section and then "Post on the web" in your dashboard. After enabling this function, you simply need to send the URL to your doctor.

If my measurements are online, can anyone access them?

No, all of your measurements are displayed in your score chart, protected by a personal password You can share this with whoever you wish.

Do I need to pay to use the Withings blood pressure monitor?

No, you do not need to subscribe to use the monitor. All online services offered by Withings are included within the purchase price of the monitor.

Are there several different sizes of cuff?

The Withings blood pressure monitor is available in a single size, which fits all arm circumferences, from 22 to 42 cm.

Can several people use the same Withings blood pressure monitor?

Yes, you can use the Withings application to monitor the blood pressure of several people. All you need to do is add the users to your account in the application and then choose the desired user before each reading.

Can you use the blood pressure monitor with several iPhones, iPads or iPod Touches?

Yes, you can use your blood pressure monitor with as many different iPhones, iPads or iPod Touches as you wish. All you need to do is install the Withings application on each device.

What is the life span of the monitor's batteries?

You can take more than 1,000 readings with one set of batteries. The Withings blood pressure monitor uses AAA non-rechargeable alkaline batteries.

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Installation and Technical Matters

I am not really a technophile. Is it easy to install?

The set up of the Withings blood pressure is very simple. The first time you will plug it to your unlocked iOS Device, a pop up will ask you if you wish to download the free Withings application. Once the app is installed, it will automatically launch every time you plug in the blood pressure monitor. You can start the measurement with the flick of the hand, and it will be saved automatically.

What devices is the blood pressure monitor compatible with?

The Withings blood pressure monitor is compatible with all generations of iPhone, iPad and iPod Touch (updated with iOS 3 and above).

How accurate is the Withings Blood Pressure Monitor?

In order to ensure its accuracy, the Withings blood pressure monitor has obtained ESH certification (European Society of Hypertension). The ESH international protocol compares results of the Withings device with those of a mercury manometer. The results are processed and analysed in order to guarantee the medical reliability of the blood pressure monitor. The Withings blood pressure monitor has also obtained EC medical certification (Europe) as well as FDA approval (USA) and is registered on the list of blood pressure monitoring devices of the AFSSAPS (Agence Française de Sécurité Sanitaire des Produits de Santé) the French regulatory agency for medical devices. The Withings blood pressure monitor is accurate within ± 3 mmHg for arterial pressure and $\pm 5\%$ for pulse.

What does "MFI" mean?

The phrase "MFI" means that the monitor has been designed to be fully compatible with iPhone, iPad and the iPod touch.

Will the Withings blood pressure monitor fit my arm size?

The Withings blood pressure monitor fits all arm circumferences, from 22 to 42 cm. Measurements are not reliable beyond this.

I want to store my product. Are there special precautions to take?

Yes. It is advisable to remove the batteries from the product and keep your blood pressure monitor in a clean, dry place at a temperature between 10°C and 40°C.

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Purchase and Maintenance

What are delivery deadlines and costs?

Delivery deadlines and costs depend on your address. To find out what they are, you can carry out a simulation on this page [this page](#)

What are the guarantee conditions?

To read our guarantee conditions, check [this page](#)

I would like to buy my blood pressure monitor in a store – where can I go?

All our stores are listed on [this page](#)

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Stay in Shape

Is self measurement advisable for everyone?

You should ask your doctor this question, as he knows you best. It is extremely easy to measure blood pressure, and most people can do it. However, some overly “nervous” people become concerned and measure their blood pressure too often. You should also be aware that if your heart beats irregularly (arrhythmia) or your arm is too big (excess weight or muscle) or too small (which is the case with some women or children), measurements will not be accurate. In this case, do not measure your blood pressure yourself. If you have any doubts, please ask your doctor.

What are the causes of hypertension?

There are several causes of hypertension :

- Age: arterial pressure increases naturally with age.
- Gender: men's arterial pressure is higher than that of women up to 50 years of age.
- Heredity: There is a genetic predisposition to hypertension.
- Food: Excess consumption of salt, alcohol and coffee are causes of hypertension.
- Weight: there is a strong correlation between the body mass index and arterial pressure.

How can I reduce my blood pressure?

There are many ways of reducing your blood pressure.

Please consult your doctor to find the best solution for you. Here are a few tips:

- Reduce your salt consumption
- Exercise regularly
- Give up smoking

What is hypertension?

The heart, veins and arteries make up the cardio-vascular system. It comprises blood vessels : the veins and arteries through which the blood is pumped by the heart/. Like any liquid flowing through a pipe, blood thus exerts pressure on the walls of arteries and veins. When the pressure is too high, the arteries age too quickly and the heart is required to beat harder. It also ages more quickly. The cardiovascular system is then in danger.

Hypertension and excess weight : Why should I watch my weight?

Excess weight and hypertension tire the heart, meaning it can no longer pump the blood efficiently. These factors can lead to heart disease. Consequently it is very important for people suffering with hypertension to watch their weight.

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Why should you check your blood pressure at home?

Your blood pressure can vary throughout the day and depending on your activity.. Thus, your blood pressure at rest is not the same as after physical effort. This is why it is not always easy to measure your arterial pressure. One or two measurements taken at different times are not enough to properly define your arterial pressure. It is preferable to take numerous measurements. It is in your interest to carry out a large number of measurements.

Self checking of arterial pressure is useful when monitoring your health:

- To help your doctor recognises whether or not you have hypertension.
- To assess the efficacy of your treatment and check whether your blood pressure is sufficiently under control.

When and how should you take your blood pressure?

Blood pressure should be taken in the morning, before breakfast (before taking any medication) or in the evening before going to bed.

In the morning and evening, repeat 3 times at one minute intervals. There is no point in measuring your arterial pressure at other times of the day. These additional measurements would unnecessarily complicate your doctor's analysis.

The Withings blood pressure monitor automatically detects and sorts your measurements depending on the time they were taken. It also calculates the average of your three measurements, to give the most representative result.

How should I put the armband on?

1. Sit down comfortably
2. Rest for around five minutes
3. Wrap the inflatable band around your arm, about 2 cm. above the elbow. The aluminium tube should be on top of your arm.
4. Place your arm on a table at heart level. It should be slightly flexed.
5. Once properly installed, begin the measurement. While inflating and deflating the armband, stay still and relaxed.

What does systolic and diastolic arterial pressure mean?

Systolic arterial pressure corresponds to arterial pressure when the heart is contracting. This pressure is characterised by the highest figure when measuring pressure.

Diastolic pressure corresponds to arterial pressure when the heart relaxes. It is characterised by the weakest figure when pressure is measured

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What are the symptoms?

Arteries transport oxygen throughout the body, from the brain to the legs. When blood pressure is too high, arteries in all these organs wear out more quickly. This invisible wear and tear can manifest itself in the form of an accident. There are numerous and serious risks : hypertension can cause myocardial infarction (heart attack), chest angina, cerebral vascular disorders, liver failure, cardiac arrest and arteris in the lower extremities.

My results appear to be abnormal – what should I do?

If your results do not fall within recommended limits, show them to your doctor who will make a precise diagnosis.

What are the recommended values?

Your doctor is best placed to tell you whether your pressure is satisfactory or not.

At home, arterial pressure should be below 135/85 mmHg to be considered normal. These norms have been defined by experts (The French Hypertension Society and the National Health Accreditation and Evaluation Agency).

What is arterial pressure?

Arterial pressure corresponds to the blood pressure in the arteries. It is expressed by 2 measurements:

- Systolic, which corresponds to the maximum pressure when the heart contracts, This is the highest figure recorded during measurement.
- The diastolic measurement corresponds to the minimum pressure when the heart relaxes. This corresponds to the lowest figure displayed during measurement.

More information about [blood pressure](#)