



## VIEW BP7s Wireless Blood Pressure Wrist Monitor

### 1 Device Installation

1. Charge the blood pressure monitor's batteries.
  2. Download the free iHealth MyVitals app from Google Play.
  3. Open the iHealth MyVitals app and log in or create an account.
  4. Go to MENU > Set up my devices > Select a new device > Blood pressure monitor > View (BP7S) and follow the instructions on the screen.
- Press the START/STOP button of the blood pressure monitor for 2 seconds to start it and initiate the Bluetooth connection. Make sure that
  - Bluetooth is activated on your smartphone.
  - In your smartphone's Bluetooth menu, click on the device called BP7S xxxxxx to pair it.
  - Go back to the iHealth MyVitals app and click Next.
  - The Bluetooth icon on the blood pressure monitor flashes and then is steady after the connection is established.
  - The date and time of the blood pressure monitor are automatically updated when connected to your smartphone.

### 2 Connecting to SNUG

1. Download Snug from the Google Play or Apple App Store and create your Snug account
2. Access "My Devices" through the app menu in the top left-hand corner
3. Select "Add a data source", choose "Human API", then press "Okay"
4. Choose "iHealth", add your iHealth account email and password (created in Step 1), then "Sign In"
5. Once Human API has processed, you can close this window manually to return to Snug
6. "iHealth" will appear in your list of Data Sources
7. Allow up to 30 minutes for data to flow into Snug from iHealth
8. For any connectivity issues contact [support@snughealth.com.au](mailto:support@snughealth.com.au)

