

OMRON

Health Report

Readings From 12/01/2023 to 01/31/2024

for

bret

Your Heart Health Summary

During this period

Your average blood pressure: **124/75 mmHg**

Number of times measured: **103**

Your blood pressure classification per
American Heart Association

Elevated

Your Heart Health Chart

12/01/2023 - 12/07/2023



Subscribe to our premium membership to get additional health reporting

The chart above displays the average of all blood pressure readings within a single day

● Systolic ○ Diastolic

Symptoms 🧠 Hot Flash 🩹 Swollenness 🩹 Dizziness 🩹 Headache 🩹 Dry Cough 🩹 Palpitation

Detections ❤️ Irregular Heartbeat ❤️ AFiB 🩹 Movement 🩹 Heartzone 🩹 Cuff

Consumed 🍷 Alcohol 🚬 Cigarette 🧂 Salt 🥬 Vegetables 🥤 Fluids ☕ Caffeine 🩹 Medications

Your Heart Health Chart

12/08/2023 - 12/14/2023



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The chart above displays the average of all blood pressure readings within a single day

● Systolic ○ Diastolic

Symptoms Hot Flash Swollenness Dizziness Headache Dry Cough Palpitation

Detections Irregular Heartbeat AFiB Movement Heartzone Cuff

Consumed Alcohol Cigarette Salt Vegetables Fluids Caffeine Medications

Your Heart Health Chart

12/15/2023 - 12/21/2023



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The chart above displays the average of all blood pressure readings within a single day

● Systolic ○ Diastolic

Symptoms Hot Flash Swollenness Dizziness Headache Dry Cough Palpitation

Detections Irregular Heartbeat AFiB Movement Heartzone Cuff

Consumed Alcohol Cigarette Salt Vegetables Fluids Caffeine Medications

Your Heart Health Chart

12/22/2023 - 12/28/2023



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The chart above displays the average of all blood pressure readings within a single day

● Systolic ○ Diastolic

Symptoms 🧠 Hot Flash 🩹 Swollenness 🩹 Dizziness 🩹 Headache 🩹 Dry Cough 🩹 Palpitation

Detections ❤️ Irregular Heartbeat ❤️ AFiB 🩹 Movement 🩹 Heartzone 🩹 Cuff

Consumed 🍷 Alcohol 🚬 Cigarette 🧂 Salt 🥬 Vegetables 🥤 Fluids ☕ Caffeine 🩹 Medications

Your Heart Health Chart

12/29/2023 - 01/04/2024



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The chart above displays the average of all blood pressure readings within a single day

● Systolic ○ Diastolic

Symptoms 🧠 Hot Flash 🩹 Swollenness 🩹 Dizziness 🩹 Headache 🩹 Dry Cough 💓 Palpitation

Detections ❤️ Irregular Heartbeat ❤️ AFiB 🏃 Movement 🩹 Heartzone 🩹 Cuff

Consumed 🍷 Alcohol 🚬 Cigarette 🧂 Salt 🥬 Vegetables 🥤 Fluids ☕ Caffeine 💊 Medications

Your Heart Health Chart

01/05/2024 - 01/11/2024



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The chart above displays the average of all blood pressure readings within a single day

● Systolic ○ Diastolic

Symptoms 🤒 Hot Flash 🩹 Swollenness 🩹 Dizziness 🩹 Headache 🩹 Dry Cough 🩹 Palpitation

Detections ❤️ Irregular Heartbeat ❤️ AFiB 🩹 Movement 🩹 Heartzone 🩹 Cuff

Consumed 🍷 Alcohol 🚬 Cigarette 🧂 Salt 🥬 Vegetables 🥤 Fluids ☕ Caffeine 💊 Medications

Your Heart Health Chart

01/12/2024 - 01/18/2024



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The chart above displays the average of all blood pressure readings within a single day

☒ Systolic ☐ Diastolic

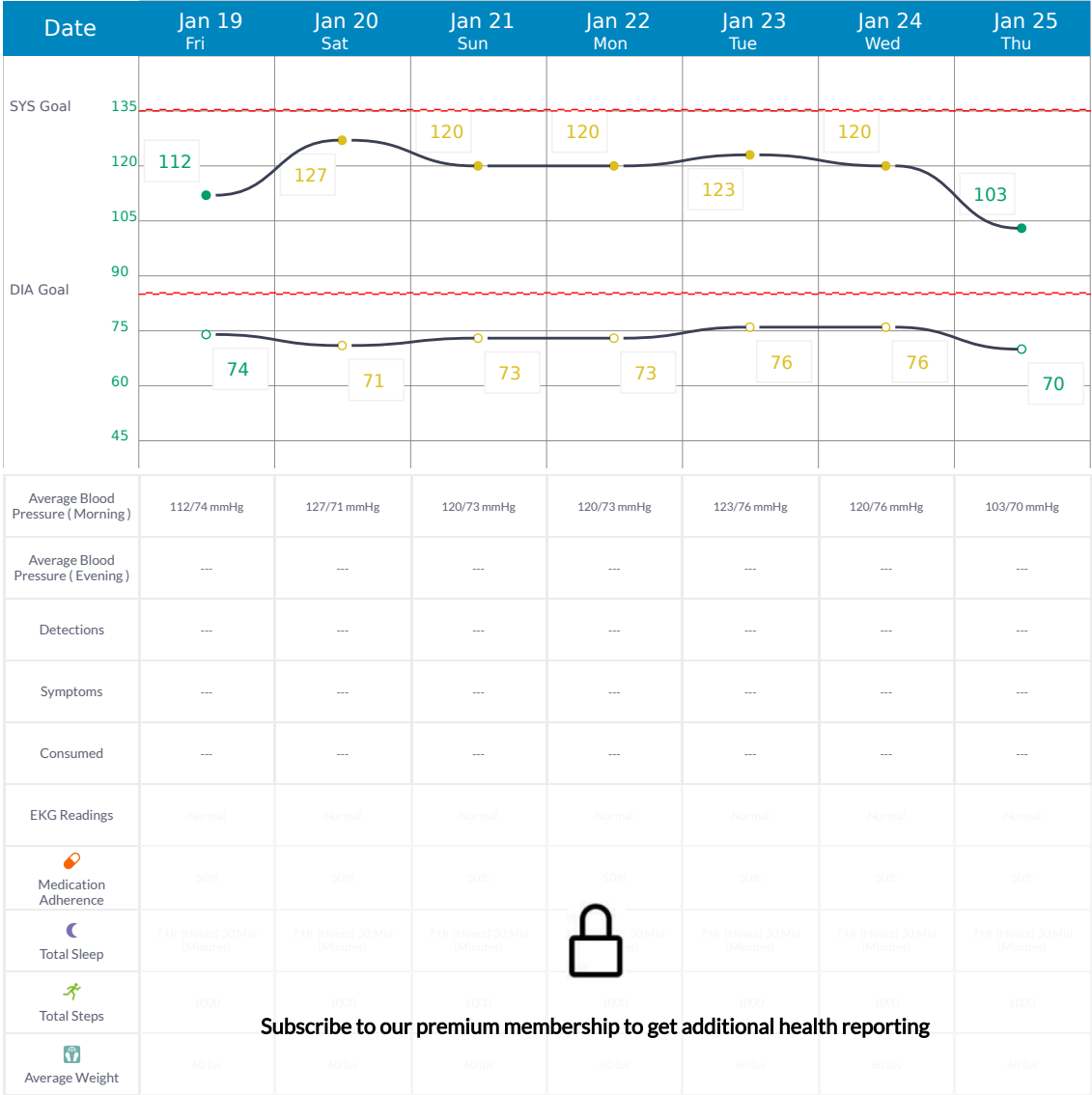
Symptoms Hot Flash Swollenness Dizziness Headache Dry Cough Palpitation

Detections Irregular Heartbeat AFiB Movement Heartzone Cuff

Consumed Alcohol Cigarette Salt Vegetables Fluids Caffeine Medications

Your Heart Health Chart

01/19/2024 - 01/25/2024



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The chart above displays the average of all blood pressure readings within a single day

● Systolic ○ Diastolic

Symptoms Hot Flash Swollenness Dizziness Headache Dry Cough Palpitation

Detections Irregular Heartbeat AFiB Movement Heartzone Cuff

Consumed Alcohol Cigarette Salt Vegetables Fluids Caffeine Medications

Your Heart Health Chart

01/26/2024 - 01/31/2024



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The chart above displays the average of all blood pressure readings within a single day

☒ Systolic ☐ Diastolic

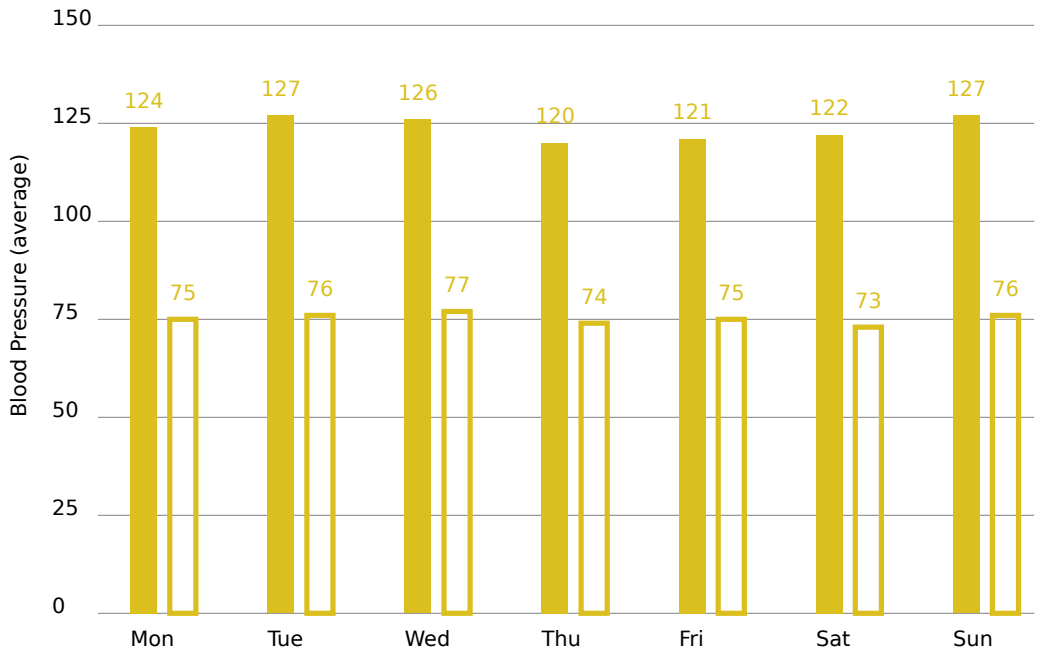
Symptoms Hot Flash Swollenness Dizziness Headache Dry Cough Palpitation

Detections Irregular Heartbeat AFiB Movement Heartzone Cuff



Consumed Alcohol Cigarette Salt Vegetables Fluids Caffeine Medications

Average blood pressure values depending on the day of the week

Readings From 12/01/2023 - 01/31/2024



Understanding Your Blood Pressure Readings

| |  Systolic (upper number) | |  Diastolic (lower number) | Count |
|----------------------|---|--------|--|--------------|
| Normal | <120 | and | <80 | 34 |
| Elevated | 120-129 | and | <80 | 37 |
| Hypertension Stage 1 | 130-139 | or | 80-89 | 24 |
| Hypertension Stage 2 | 140-180 | or | 90-120 | 8 |
| Hypertensive Crisis | >180 | and/or | >120 | 0 |

Never diagnose or treat yourself based on your blood pressure reading. ALWAYS consult your physician.

Detailed Blood Pressure

Readings From 12/01/2023 - 01/31/2024

| Date | Time | Systolic (mmHg) | Diastolic (mmHg) | Pulse (bpm) | American Heart Association | Detections | Notes |
|--------------|---------|-----------------|------------------|-------------|----------------------------|------------|-------|
| Jan 31, 2024 | 5:39 am | 116 | 72 | 57 | Normal | | |
| Jan 30, 2024 | 5:55 am | 119 | 70 | 59 | Normal | | |
| Jan 29, 2024 | 5:38 am | 117 | 72 | 61 | Normal | | |
| Jan 28, 2024 | 6:55 am | 114 | 70 | 56 | Normal | | |
| Jan 27, 2024 | 9:22 am | 103 | 72 | 58 | Normal | | |
| Jan 27, 2024 | 6:52 am | 133 | 75 | 58 | Hypertension Stage 1 | | |
| Jan 26, 2024 | 6:11 am | 112 | 70 | 59 | Normal | | |

Detailed Blood Pressure

Readings From 12/01/2023 - 01/31/2024

| Date | Time | Systolic (mmHg) | Diastolic (mmHg) | Pulse (bpm) | American Heart Association | Detections | Notes |
|--------------|---------|-----------------|------------------|-------------|----------------------------|------------|-------|
| Jan 25, 2024 | 5:23 am | 103 | 70 | 64 | Normal | | |
| Jan 24, 2024 | 5:47 am | 120 | 76 | 64 | Elevated | | |
| Jan 23, 2024 | 5:46 am | 123 | 76 | 56 | Elevated | | |
| Jan 22, 2024 | 6:37 am | 120 | 73 | 50 | Elevated | | |
| Jan 21, 2024 | 7:04 am | 120 | 73 | 48 | Elevated | | |
| Jan 20, 2024 | 6:18 am | 127 | 71 | 59 | Elevated | | |
| Jan 19, 2024 | 5:59 am | 112 | 74 | 59 | Normal | | |

Detailed Blood Pressure

Readings From 12/01/2023 - 01/31/2024

| Date | Time | Systolic (mmHg) | Diastolic (mmHg) | Pulse (bpm) | American Heart Association | Detections | Notes |
|--------------|---------|-----------------|------------------|-------------|----------------------------|------------|-------|
| Jan 18, 2024 | 5:58 am | 109 | 72 | 57 | Normal | | |
| Jan 17, 2024 | 6:04 am | 124 | 78 | 51 | Elevated | | |
| Jan 16, 2024 | 5:22 am | 111 | 67 | 54 | Normal | | |
| Jan 15, 2024 | 6:01 am | 121 | 78 | 56 | Elevated | | |
| Jan 14, 2024 | 6:12 am | 126 | 79 | 54 | Elevated | | |
| Jan 13, 2024 | 8:03 pm | 135 | 72 | 66 | Hypertension Stage 1 | | |
| Jan 13, 2024 | 3:11 pm | 122 | 74 | 51 | Elevated | | |

Detailed Blood Pressure

Readings From 12/01/2023 - 01/31/2024

| Date | Time | Systolic (mmHg) | Diastolic (mmHg) | Pulse (bpm) | American Heart Association | Detections | Notes |
|--------------|---------|-----------------|------------------|-------------|----------------------------|------------|-------|
| Jan 13, 2024 | 6:16 am | 113 | 74 | 52 | Normal | | |
| Jan 12, 2024 | 6:04 am | 114 | 74 | 56 | Normal | | |
| Jan 11, 2024 | 5:47 am | 119 | 70 | 55 | Normal | | |
| Jan 10, 2024 | 5:37 am | 120 | 72 | 57 | Elevated | | |
| Jan 9, 2024 | 5:18 am | 113 | 72 | 61 | Normal | | |
| Jan 8, 2024 | 5:47 am | 126 | 76 | 58 | Elevated | | |
| Jan 7, 2024 | 7:54 am | 120 | 73 | 52 | Elevated | | |

Detailed Blood Pressure

Readings From 12/01/2023 - 01/31/2024

| Date | Time | Systolic (mmHg) | Diastolic (mmHg) | Pulse (bpm) | American Heart Association | Detections | Notes |
|-------------|---------|-----------------|------------------|-------------|----------------------------|------------|----------------------------------|
| Jan 6, 2024 | 9:35 am | 106 | 67 | 54 | Normal | | After 5k race |
| Jan 6, 2024 | 6:35 am | 117 | 70 | 53 | Normal | | |
| Jan 5, 2024 | 5:57 am | 117 | 73 | 58 | Normal | | |
| Jan 4, 2024 | 4:17 pm | 138 | 77 | 54 | Hypertension Stage 1 | | |
| Jan 3, 2024 | 5:36 am | 127 | 81 | 54 | Hypertension Stage 1 | | |
| Jan 2, 2024 | 5:40 am | 124 | 76 | 47 | Elevated | | |
| Jan 1, 2024 | 2:19 pm | 111 | 68 | 50 | Normal | | After FP 10k and walking the dog |

Detailed Blood Pressure

Readings From 12/01/2023 - 01/31/2024

| Date | Time | Systolic (mmHg) | Diastolic (mmHg) | Pulse (bpm) | American Heart Association | Detections | Notes |
|--------------|----------|-----------------|------------------|-------------|----------------------------|------------|-------|
| Jan 1, 2024 | 10:40 am | 138 | 78 | 43 | Hypertension Stage 1 | | |
| Dec 31, 2023 | 11:31 am | 125 | 76 | 53 | Elevated | | |
| Dec 31, 2023 | 8:17 am | 125 | 76 | 59 | Elevated | | |
| Dec 30, 2023 | 1:12 pm | 116 | 73 | 69 | Normal | | |
| Dec 30, 2023 | 1:10 pm | 113 | 74 | 71 | Normal | | |
| Dec 30, 2023 | 1:09 pm | 120 | 74 | 63 | Elevated | | |
| Dec 30, 2023 | 9:53 am | 131 | 74 | 62 | Hypertension Stage 1 | | |

Detailed Blood Pressure

Readings From 12/01/2023 - 01/31/2024

| Date | Time | Systolic (mmHg) | Diastolic (mmHg) | Pulse (bpm) | American Heart Association | Detections | Notes |
|--------------|----------|-----------------|------------------|-------------|----------------------------|------------|----------------------|
| Dec 29, 2023 | 7:40 am | 121 | 73 | 56 | Elevated | | |
| Dec 28, 2023 | 2:56 pm | 114 | 71 | 66 | Normal | | |
| Dec 28, 2023 | 7:58 am | 121 | 77 | 57 | Elevated | | Covid |
| Dec 27, 2023 | 8:34 am | 133 | 78 | 66 | Hypertension Stage 1 | | Covid |
| Dec 26, 2023 | 11:30 am | 110 | 74 | 65 | Normal | | After 10k with Erich |
| Dec 26, 2023 | 8:05 am | 139 | 81 | 52 | Hypertension Stage 1 | | |
| Dec 25, 2023 | 2:25 pm | 116 | 68 | 60 | Normal | | |

Detailed Blood Pressure

Readings From 12/01/2023 - 01/31/2024

| Date | Time | Systolic (mmHg) | Diastolic (mmHg) | Pulse (bpm) | American Heart Association | Detections | Notes |
|--------------|----------|-----------------|------------------|-------------|----------------------------|------------|-------|
| Dec 24, 2023 | 1:26 pm | 120 | 68 | 65 | Elevated | | |
| Dec 24, 2023 | 12:00 pm | 130 | 74 | 50 | Hypertension Stage 1 | | |
| Dec 24, 2023 | 7:29 am | 116 | 73 | 50 | Normal | | |
| Dec 23, 2023 | 12:15 pm | 118 | 68 | 57 | Normal | | |
| Dec 22, 2023 | 5:29 am | 117 | 72 | 50 | Normal | | |
| Dec 21, 2023 | 5:32 am | 121 | 79 | 54 | Elevated | | |
| Dec 20, 2023 | 5:24 am | 124 | 74 | 51 | Elevated | | |

Detailed Blood Pressure

Readings From 12/01/2023 - 01/31/2024

| Date | Time | Systolic (mmHg) | Diastolic (mmHg) | Pulse (bpm) | American Heart Association | Detections | Notes |
|--------------|----------|-----------------|------------------|-------------|----------------------------|------------|-------|
| Dec 19, 2023 | 5:15 am | 120 | 72 | 50 | Elevated | | |
| Dec 18, 2023 | 7:43 pm | 124 | 72 | 56 | Elevated | | |
| Dec 18, 2023 | 4:21 pm | 134 | 79 | 48 | Hypertension Stage 1 | | |
| Dec 17, 2023 | 5:47 pm | 128 | 73 | 52 | Elevated | | |
| Dec 16, 2023 | 12:57 pm | 111 | 64 | 55 | Normal | | |
| Dec 16, 2023 | 8:26 am | 122 | 75 | 50 | Elevated | | |
| Dec 15, 2023 | 5:17 am | 124 | 73 | 48 | Elevated | | |

Detailed Blood Pressure

Readings From 12/01/2023 - 01/31/2024

| Date | Time | Systolic (mmHg) | Diastolic (mmHg) | Pulse (bpm) | American Heart Association | Detections | Notes |
|--------------|----------|-----------------|------------------|-------------|----------------------------|------------|-------|
| Dec 14, 2023 | 5:17 am | 118 | 73 | 51 | Normal | | |
| Dec 13, 2023 | 6:00 am | 138 | 85 | 53 | Hypertension Stage 1 | | |
| Dec 12, 2023 | 9:14 pm | 146 | 82 | 51 | Hypertension Stage 2 | | |
| Dec 12, 2023 | 5:48 am | 128 | 81 | 47 | Hypertension Stage 1 | | |
| Dec 11, 2023 | 11:04 am | 113 | 70 | 59 | Normal | | |
| Dec 11, 2023 | 6:56 am | 122 | 77 | 45 | Elevated | | |
| Dec 10, 2023 | 7:08 pm | 130 | 75 | 53 | Hypertension Stage 1 | | |

Detailed Blood Pressure

Readings From 12/01/2023 - 01/31/2024

| Date | Time | Systolic (mmHg) | Diastolic (mmHg) | Pulse (bpm) | American Heart Association | Detections | Notes |
|--------------|---------|-----------------|------------------|-------------|----------------------------|------------|-------|
| Dec 10, 2023 | 7:04 am | 124 | 76 | 46 | Elevated | | |
| Dec 9, 2023 | 1:06 pm | 119 | 70 | 54 | Normal | | |
| Dec 9, 2023 | 9:44 am | 107 | 70 | 53 | Normal | | |
| Dec 9, 2023 | 9:43 am | 109 | 72 | 55 | Normal | | |
| Dec 9, 2023 | 7:08 am | 117 | 74 | 59 | Normal | | |
| Dec 8, 2023 | 5:55 am | 120 | 74 | 48 | Elevated | | |
| Dec 7, 2023 | 4:47 pm | 126 | 73 | 55 | Elevated | | |

Detailed Blood Pressure

Readings From 12/01/2023 - 01/31/2024

| Date | Time | Systolic (mmHg) | Diastolic (mmHg) | Pulse (bpm) | American Heart Association | Detections | Notes |
|-------------|---------|-----------------|------------------|-------------|----------------------------|------------|-------|
| Dec 7, 2023 | 6:07 am | 130 | 77 | 48 | Hypertension Stage 1 | | |
| Dec 6, 2023 | 4:12 pm | 133 | 79 | 51 | Hypertension Stage 1 | | |
| Dec 6, 2023 | 6:07 am | 123 | 74 | 55 | Elevated | | |
| Dec 5, 2023 | 4:14 pm | 142 | 81 | 46 | Hypertension Stage 2 | | |
| Dec 5, 2023 | 4:13 pm | 137 | 84 | 48 | Hypertension Stage 1 | | |
| Dec 5, 2023 | 6:03 am | 134 | 74 | 48 | Hypertension Stage 1 | | |
| Dec 5, 2023 | 6:02 am | 127 | 78 | 55 | Elevated | | |

Detailed Blood Pressure

Readings From 12/01/2023 - 01/31/2024

| Date | Time | Systolic (mmHg) | Diastolic (mmHg) | Pulse (bpm) | American Heart Association | Detections | Notes |
|-------------|----------|-----------------|------------------|-------------|----------------------------|------------|-------|
| Dec 4, 2023 | 11:02 am | 123 | 75 | 61 | Elevated | | |
| Dec 4, 2023 | 11:01 am | 128 | 80 | 60 | Hypertension Stage 1 | | |
| Dec 4, 2023 | 7:04 am | 135 | 76 | 54 | Hypertension Stage 1 | | |
| Dec 4, 2023 | 7:03 am | 134 | 77 | 59 | Hypertension Stage 1 | | |
| Dec 3, 2023 | 1:52 pm | 149 | 81 | 59 | Hypertension Stage 2 | | |
| Dec 3, 2023 | 12:10 pm | 145 | 86 | 51 | Hypertension Stage 2 | | |
| Dec 3, 2023 | 12:09 pm | 145 | 84 | 47 | Hypertension Stage 2 | | |

Detailed Blood Pressure

Readings From 12/01/2023 - 01/31/2024

| Date | Time | Systolic (mmHg) | Diastolic (mmHg) | Pulse (bpm) | American Heart Association | Detections | Notes |
|-------------|---------|-----------------|------------------|-------------|----------------------------|------------|-------|
| Dec 3, 2023 | 7:32 am | 121 | 73 | 49 | Elevated | | |
| Dec 3, 2023 | 7:31 am | 129 | 77 | 47 | Elevated | | |
| Dec 2, 2023 | 8:18 pm | 135 | 77 | 59 | Hypertension Stage 1 | | |
| Dec 2, 2023 | 8:16 pm | 127 | 77 | 61 | Elevated | | |
| Dec 2, 2023 | 4:04 pm | 121 | 73 | 63 | Elevated | | |
| Dec 2, 2023 | 4:02 pm | 134 | 73 | 58 | Hypertension Stage 1 | | |
| Dec 2, 2023 | 4:01 pm | 146 | 81 | 58 | Hypertension Stage 2 | | |

Detailed Blood Pressure

Readings From 12/01/2023 - 01/31/2024

| Date | Time | Systolic (mmHg) | Diastolic (mmHg) | Pulse (bpm) | American Heart Association | Detections | Notes |
|-------------|---------|-----------------|------------------|-------------|----------------------------|------------|---|
| Dec 2, 2023 | 2:01 pm | 138 | 77 | 61 | Hypertension Stage 1 | | |
| Dec 2, 2023 | 1:59 pm | 141 | 81 | 60 | Hypertension Stage 2 | | |
| Dec 2, 2023 | 9:15 am | 107 | 73 | 62 | Normal | | After running 6 miles with Erich Blaufuss |
| Dec 1, 2023 | 9:09 pm | 128 | 80 | 59 | Hypertension Stage 1 | | |
| Dec 1, 2023 | 8:59 pm | 140 | 83 | 64 | Hypertension Stage 2 | | |