

# OMRON

## Health Report

Readings From 01/01/2024 to 01/31/2024

for

**bret**

# Your Heart Health Summary

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During this period

Your average blood pressure: **119/73 mmHg**

Number of times measured: **36**

Your blood pressure classification per  
**American Heart Association**

**Normal**

# Your Heart Health Chart







01/01/2024 - 01/07/2024



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






01/08/2024 - 01/14/2024



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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

01/15/2024 - 01/21/2024



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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

01/22/2024 - 01/28/2024



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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







01/29/2024 - 01/31/2024



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

Systolic  Diastolic

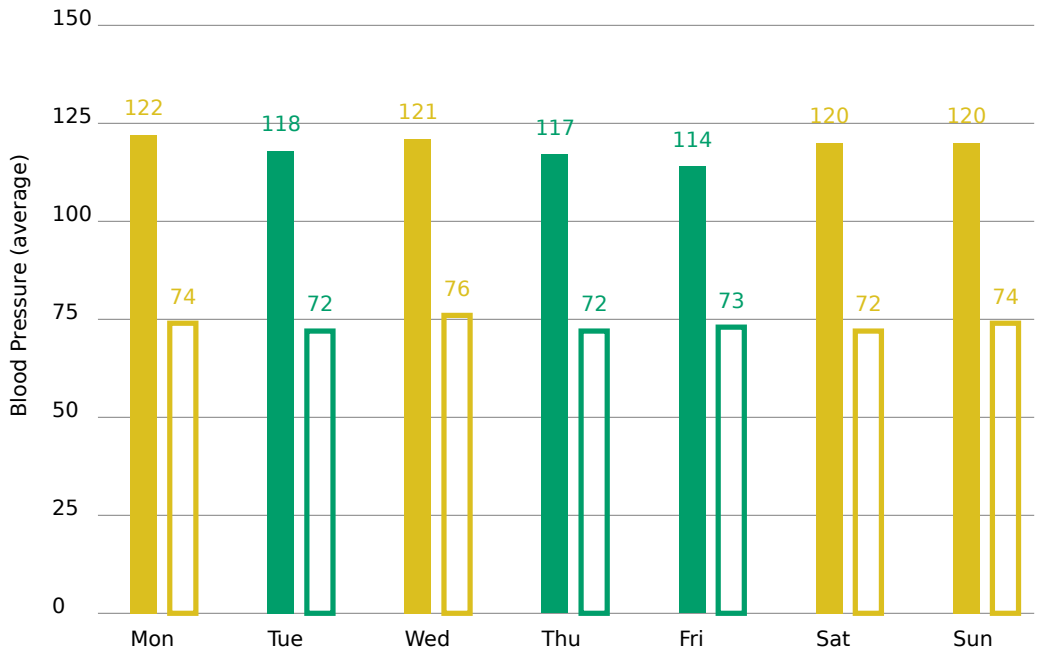
Symptoms  Hot Flash  Swollenness  Dizziness  Headache  Dry Cough  Palpitation

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 01/01/2024 - 01/31/2024





# Understanding Your Blood Pressure Readings

	 <b>Systolic</b> (upper number)		 <b>Diastolic</b> (lower number)	<b>Count</b>
Normal	<120	and	<80	18
Elevated	120-129	and	<80	13
Hypertension Stage 1	130-139	or	80-89	5
Hypertension Stage 2	140-180	or	90-120	0
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 01/01/2024 - 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 01/01/2024 - 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 01/01/2024 - 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 01/01/2024 - 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 01/01/2024 - 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 01/01/2024 - 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		