

OMRON

Health Report

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

for

bret

Your Heart Health Summary

During this period

Your average blood pressure: **126/76 mmHg**

Number of times measured: **66**

Your blood pressure classification per
American Heart Association

Elevated

Your Heart Health Chart







12/01/2023 - 12/07/2023



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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

12/08/2023 - 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 - 12/31/2023



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

Systolic Diastolic

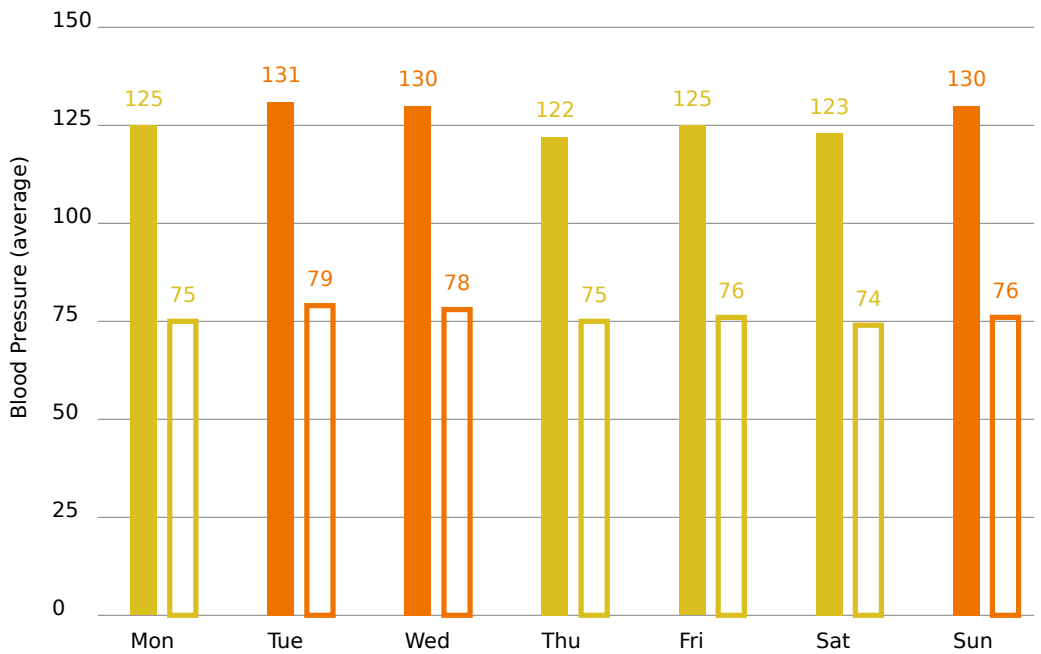
Symptoms Hot Flash Swollenness Dizziness Headache Dry Cough Palpitation

Detections Irregular Heartbeat AFIB Movement Heartzone Cuff



Consumed Alcohol Cigarette Salt Vegetables Fluids Caffeine Medications

Average blood pressure values depending on the day of the week

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



Understanding Your Blood Pressure Readings

	 Systolic (upper number)		 Diastolic (lower number)	Count
Normal	<120	and	<80	16
Elevated	120-129	and	<80	23
Hypertension Stage 1	130-139	or	80-89	19
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 - 12/31/2023

Date	Time	Systolic (mmHg)	Diastolic (mmHg)	Pulse (bpm)	American Heart Association	Detections	Notes
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		
Dec 29, 2023	7:40 am	121	73	56	Elevated		
Dec 28, 2023	2:56 pm	114	71	66	Normal		

Detailed Blood Pressure

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

Date	Time	Systolic (mmHg)	Diastolic (mmHg)	Pulse (bpm)	American Heart Association	Detections	Notes
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		
Dec 24, 2023	1:26 pm	120	68	65	Elevated		
Dec 24, 2023	12:00 pm	130	74	50	Hypertension Stage 1		

Detailed Blood Pressure

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

Date	Time	Systolic (mmHg)	Diastolic (mmHg)	Pulse (bpm)	American Heart Association	Detections	Notes
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		
Dec 19, 2023	5:15 am	120	72	50	Elevated		
Dec 18, 2023	7:43 pm	124	72	56	Elevated		

Detailed Blood Pressure

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

Date	Time	Systolic (mmHg)	Diastolic (mmHg)	Pulse (bpm)	American Heart Association	Detections	Notes
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		
Dec 14, 2023	5:17 am	118	73	51	Normal		
Dec 13, 2023	6:00 am	138	85	53	Hypertension Stage 1		

Detailed Blood Pressure

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

Date	Time	Systolic (mmHg)	Diastolic (mmHg)	Pulse (bpm)	American Heart Association	Detections	Notes
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		
Dec 10, 2023	7:04 am	124	76	46	Elevated		
Dec 9, 2023	1:06 pm	119	70	54	Normal		

Detailed Blood Pressure

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

Date	Time	Systolic (mmHg)	Diastolic (mmHg)	Pulse (bpm)	American Heart Association	Detections	Notes
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		
Dec 7, 2023	6:07 am	130	77	48	Hypertension Stage 1		
Dec 6, 2023	4:12 pm	133	79	51	Hypertension Stage 1		

Detailed Blood Pressure

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

Date	Time	Systolic (mmHg)	Diastolic (mmHg)	Pulse (bpm)	American Heart Association	Detections	Notes
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		
Dec 4, 2023	11:02 am	123	75	61	Elevated		
Dec 4, 2023	11:01 am	128	80	60	Hypertension Stage 1		

Detailed Blood Pressure

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

Date	Time	Systolic (mmHg)	Diastolic (mmHg)	Pulse (bpm)	American Heart Association	Detections	Notes
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		
Dec 3, 2023	7:32 am	121	73	49	Elevated		
Dec 3, 2023	7:31 am	129	77	47	Elevated		

Detailed Blood Pressure

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

Date	Time	Systolic (mmHg)	Diastolic (mmHg)	Pulse (bpm)	American Heart Association	Detections	Notes
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		
Dec 2, 2023	2:01 pm	138	77	61	Hypertension Stage 1		
Dec 2, 2023	1:59 pm	141	81	60	Hypertension Stage 2		

Detailed Blood Pressure

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

Date	Time	Systolic (mmHg)	Diastolic (mmHg)	Pulse (bpm)	American Heart Association	Detections	Notes
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		