Omron® Home BPM and Lark Hypertension Management program deliver significant blood pressure reduction in uncontrolled population

Study Design

Omron home blood pressure monitor

Lark Hypertension Management

For use by uncontrolled population for 6 months

Omron 7 Series® Wireless Upper Arm Blood Pressure Monitor (BP761N)
• User-friendly interface
• Easy-to-read monitor
• Easy Wrap ComFit Cuff
• Bluetooth® and Amazon® Alexa connectivity
• #1 recommended home blood pressure monitor by doctors and pharmacists

Lark Expert Coaching Includes:
• 24/7 access to personalized hypertension coaching
• Infinitely scalable platform
• Comprehensive blood pressure lifestyle coaching including:
  – Advanced medication adherence
  – Low sodium nutritional support
  – Activity and sleep management
  – Blood pressure measurement reminders and guidance

Omron + Lark program delivers significant 6-month blood pressure reduction

Systolic (mm Hg)

Diastolic (mm Hg)

* A two-sided paired t-test was used to test significance with a null of no change, resulting in $p < 0.001$
Study details

76 subjects were included in the analysis, meeting the following requirements:

- At least 3 home blood pressure measurements within the first two days of enrolling in the Lark program
- At least 3 home measurements within 2 weeks of the six-month mark (the end point)

Participant measures

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<th>61.8 years (+/- 12.8)</th>
<th>185 home BP readings in a 6-month period</th>
<th>275 hypertension focused coaching sessions with Lark AI coach</th>
<th>141 personalized nutrition sessions</th>
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<td>average age of participants</td>
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Research has shown that a 5-mm Hg decrease in systolic and diastolic blood pressure is estimated to reduce cardiac events:

5-mm Hg **systolic** decrease reduces:  
- Stroke mortality by 14%  
- Coronary heart disease by 9%

5-mm Hg **diastolic** decrease reduces:
- Stroke risk by 34%

Given that **direct and indirect costs for stroke** total nearly **$34 billion annually**, the financial implication of stroke reduction translates to a potential **cost savings of over $11 billion annually**.

Want to learn more?

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REFERENCES: