



MA 01887

**Remote Health
Monitoring Mobile
Application**



ANALOG DEVICE MA 01887 Remote Health Monitoring Mobile Application User Guide

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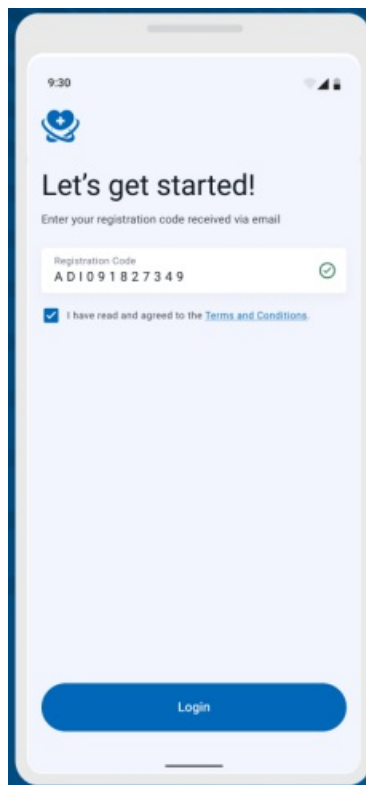


ANALOG DEVICE MA 01887 Remote Health Monitoring Mobile Application



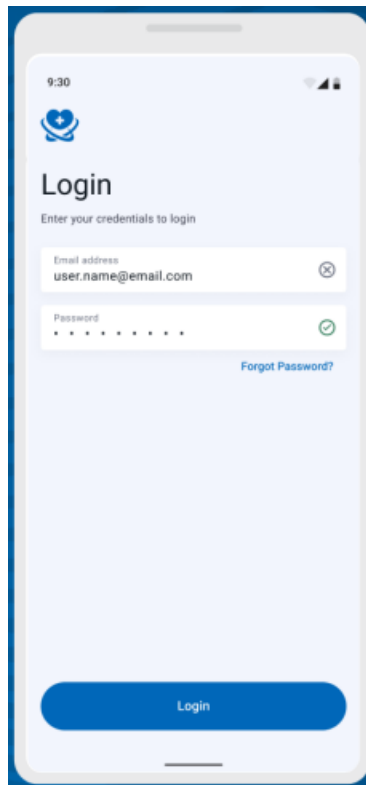
Login process

1. Log in for the first time



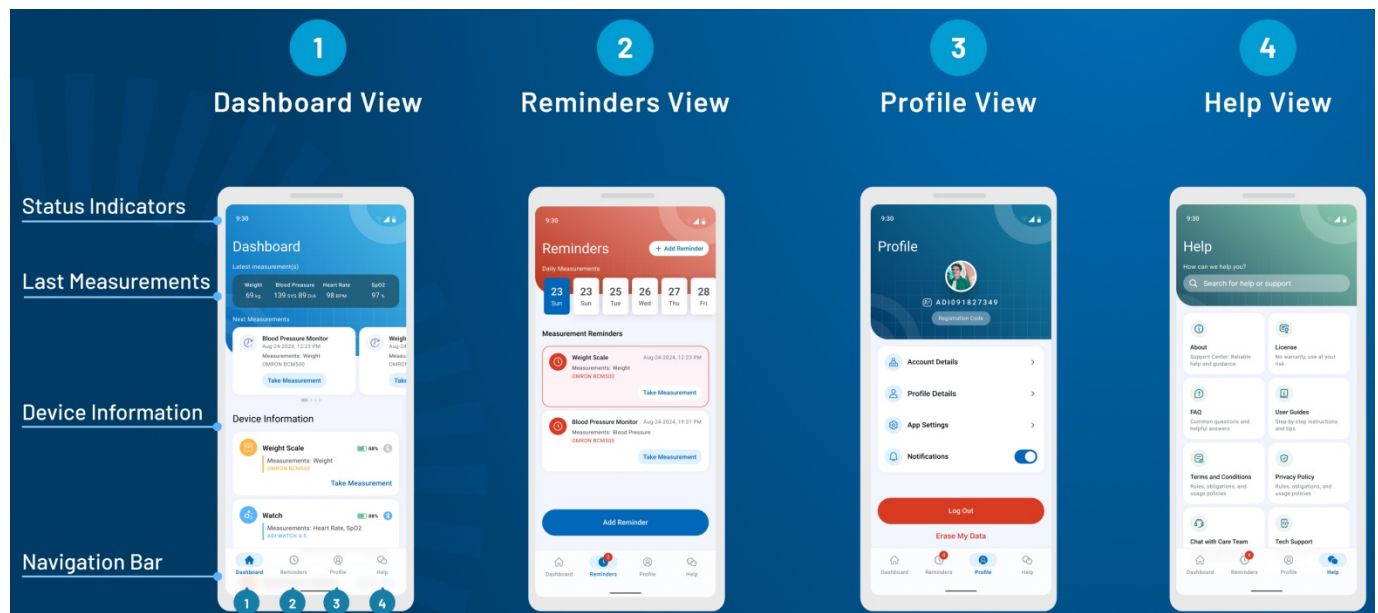
- Open the app.
- Enter your registration code.
- You can request your registration code by emailing RHMSupport@analog.com.
- Agree to the terms and conditions.
- Tap "Login" to continue.
- Tap "Profile" → "Account Details" → "Edit Profile" to set up your password.

2. Login



- Enter your email and password.
- Click “Forgot Password” to reset.
- Tap “Login” to continue.

App dashboard view

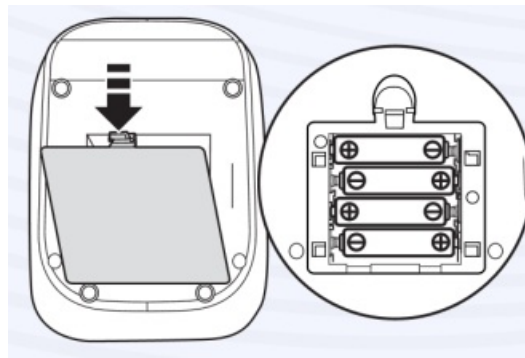


Blood Pressure Monitor

Prepare the blood pressure monitor

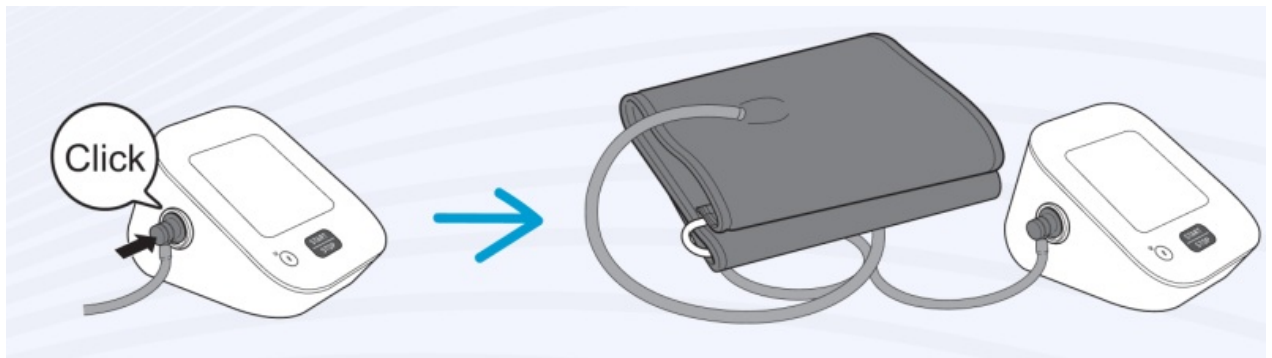
1. Install batteries

- Open the lid from the back of the blood pressure monitor to install the four AA batteries required.



2. Connect the cuff to the monitor

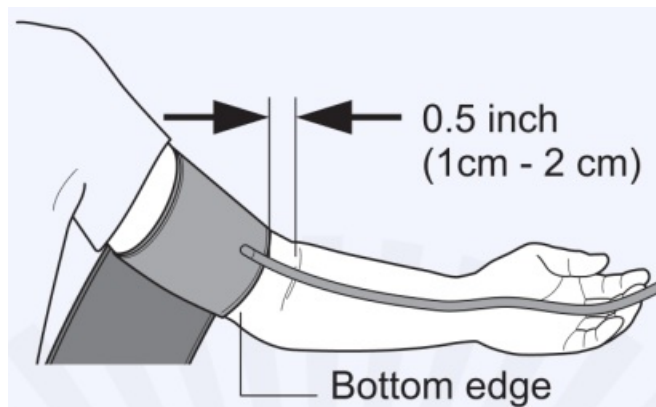
- Connect the cuff to the left side of the monitor.



Apply the cuff

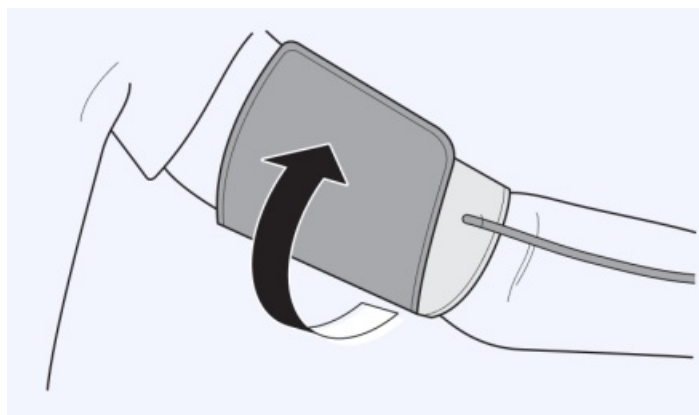
1. Place the cuff loop around the upper arm

- Place hand through cuff loop and place the cuff on the upper arm so that the bottom edge is 0.5" (1 cm – 2 cm) above the elbow bend.



2. Wrap the cuff

- Ensure the air tube is pointing towards the inside of the arm and wrap the cuff securely but not too tight.



3. Make sure you are in the right posture

- In a comfortable chair with back support, sit with your feet flat and legs uncrossed.

- The arm with the cuff should be relaxed and placed on the table so that it is at the same level as your heart.
- Ensure air tube is placed on the inside of your arm.



Take a measurement

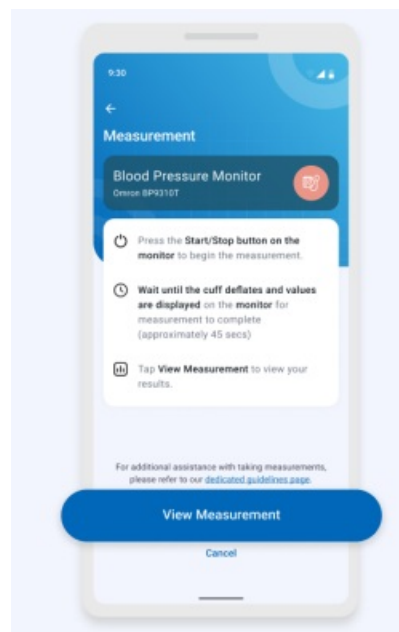
1. Start the measurement

- Press the Start/Stop button on the monitor to begin a measurement.
- The measurement will take about 45 seconds.



2. Take the measurement

- From the Dashboard View on the app, locate the Blood Pressure Monitor and tap “Take Measurement”.
- Then tap “Start Reading”.



3. View measurement results

- Measurement will appear on the app.
- Tap “Close” when done.



Weight Scale

Prepare the weight scale

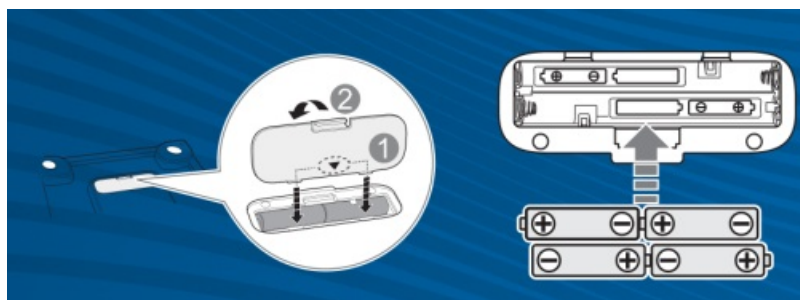
1. Open the lid of the battery compartment

- Open the lid from the back of the weight scale.
- A hard object like a pen can be used.






2. Install the batteries

- Install four AAA batteries and close the lid.



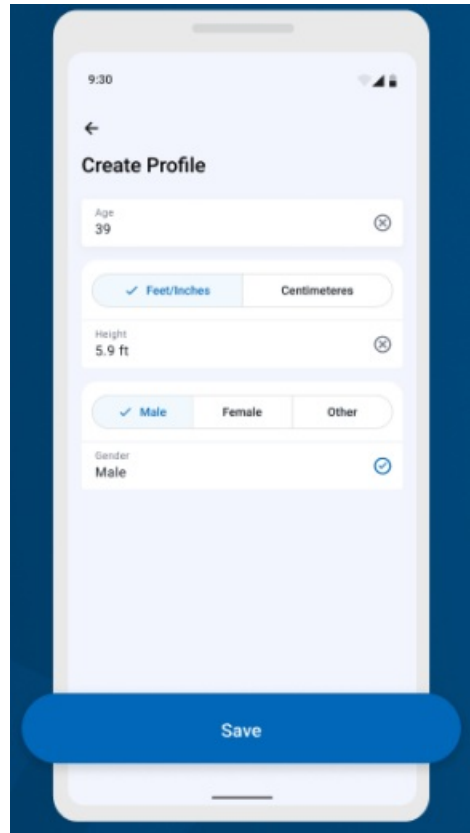
3. Set the measurement unit

- Press the  button to turn on the power.
- Press the  button to adjust. and press the  button to confirm.
 - The default measurement unit is lb & inch.

- You can set measurement unit to lb & inch or kg & cm.


Create a profile (First-time users only)

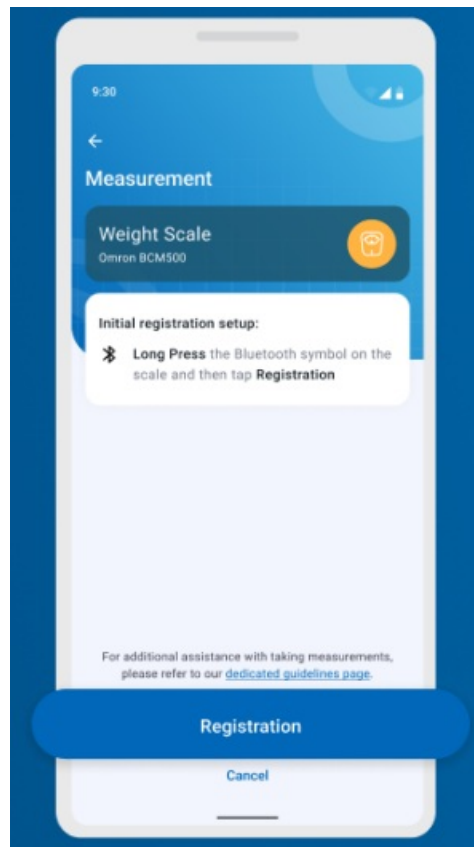
1. Input profile information on the app



- Create a profile before taking your first measurement.
- Tap “Profile” → “Profile Details” to set up your profile.
- Tap “Save” when done.

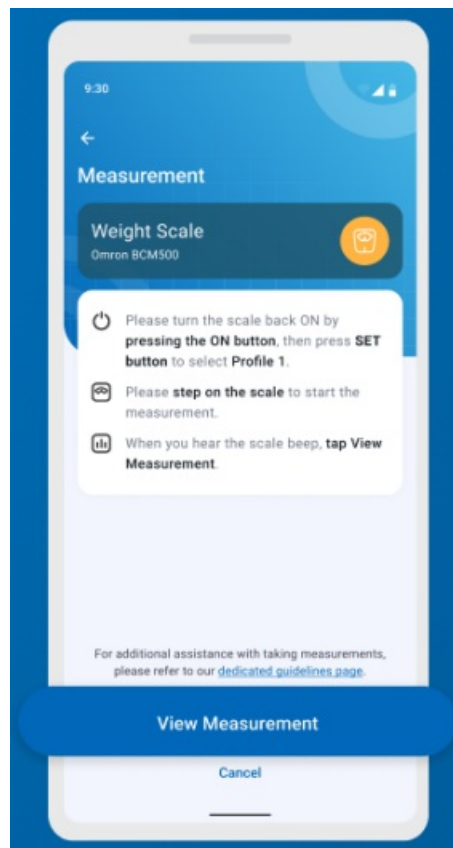
2. Profile registration

- Press the Bluetooth® icon  on the weight scale to download the profile to the weight scale.



3. Connect the scale with the App

- App will connect to the scale and download the profile.
- The scale will automatically turn off.

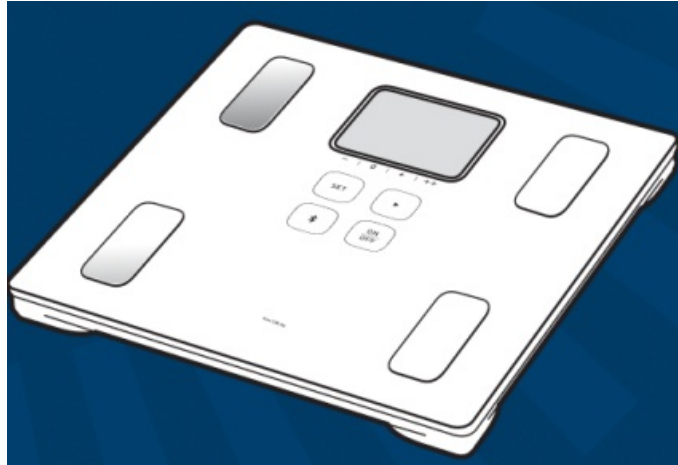


Take a measurement

1. Prepare the weight scale

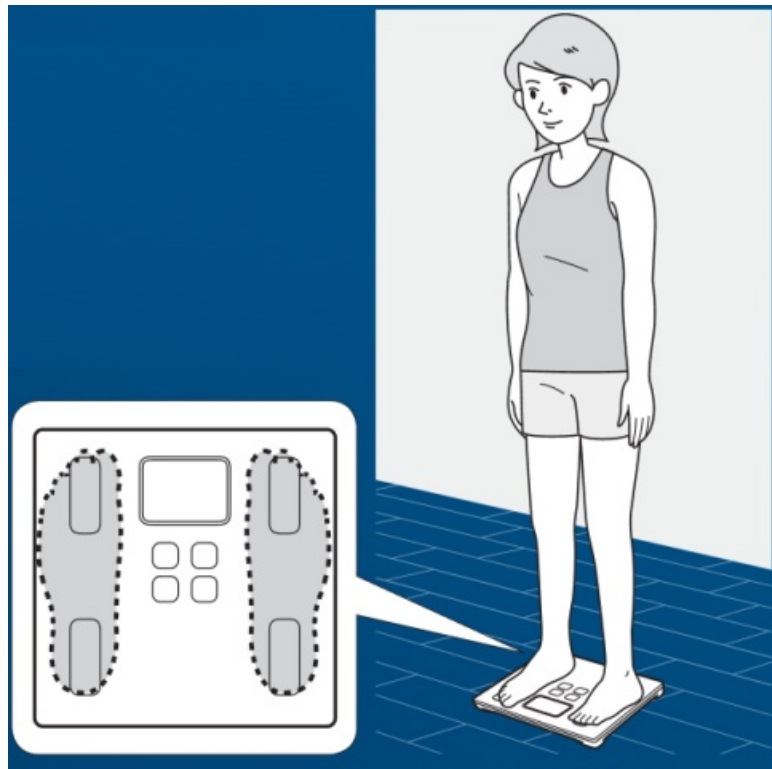
- Place the weight scale on a hard-level floor.

- Ensure the scale is OFF first and then press the ON/OFF button to turn on the weight scale.
- Press the SET button to select the user profile.



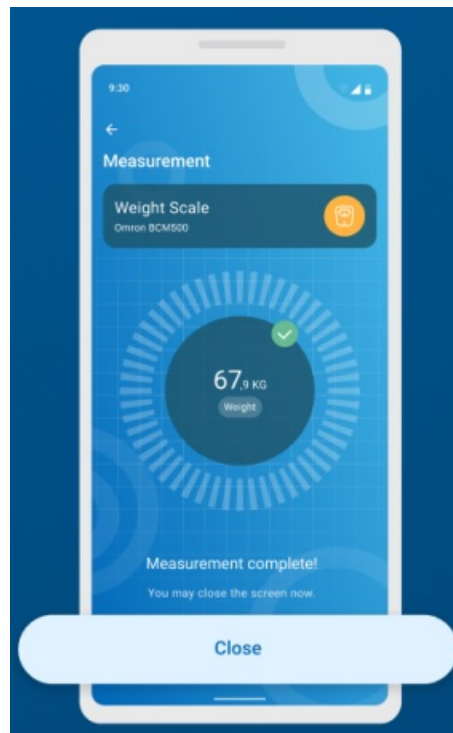
2. Take the measurement

- Step on the weight scale with bare feet.
- Place the arches of your feet onto the center of the scale.
- Do not bend your knees during measurement.
- Once the scale makes a beeping sound, tap “View Measurement”.



3. View measurement results

- Measurement will appear on the app.
- Tap “Close” when done.

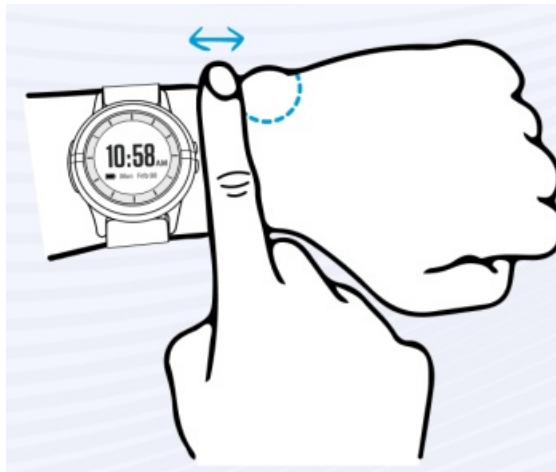


Study Watch

Prepare the watch

1. Wear the watch

- The watch should fit comfortably on your wristne it her too loose to slide down nor too tight to restrict blood flow.
- The watch should sit 1 to 2 fingers from the wrist bone with the arm relaxed.



2. Turn on the watch

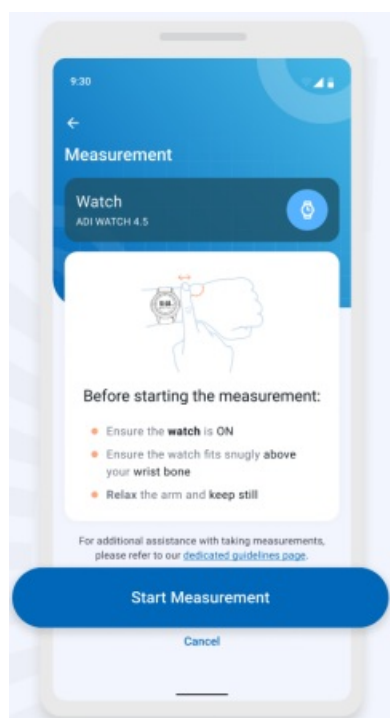
- Hold the navigation button until the watch turns on.



Take a measurement

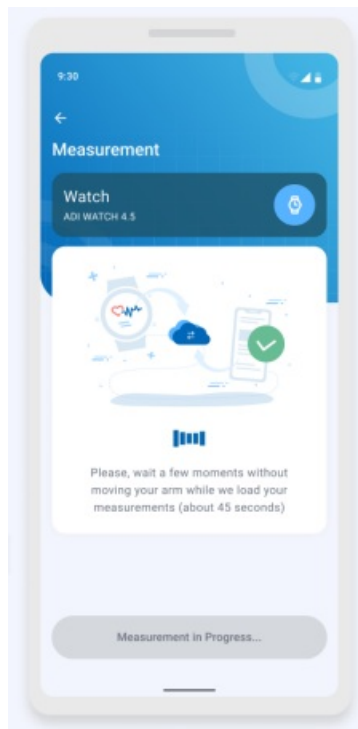
1. Start the measurement

- Keep arm still and relaxed during the measurement.
- From the dashboard view on the app, locate the Watch device and tap “Take Measurement”.
 - Tap “Start Measurement”.



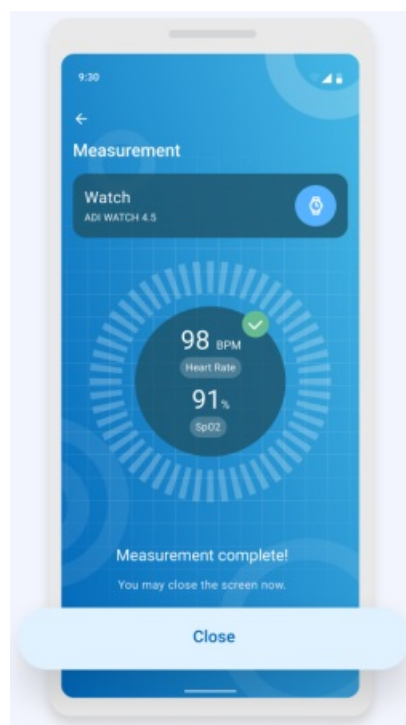
2. Take the measurement

- Watch will connect to the app and start the measurement.
- Wait until the measurement is completed.



3. View measurement results

- Measurement will appear on the app.
- Tap “Close” when done.



Access the latest version

- **Scan the QR code**

To access the latest version of this quick user guide, please scan this QR code with your mobile phone's camera or visit analog.com/remote-patient.



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Documents / Resources



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MA 01887 Remote Health Monitoring Mobile Application, MA 01887, Remote Health Monitoring Mobile Application, Health Monitoring Mobile Application, Monitoring Mobile Application, Mobile Application, Application

References

- [User Manual](#)

[Manuals+ Privacy Policy](#)

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