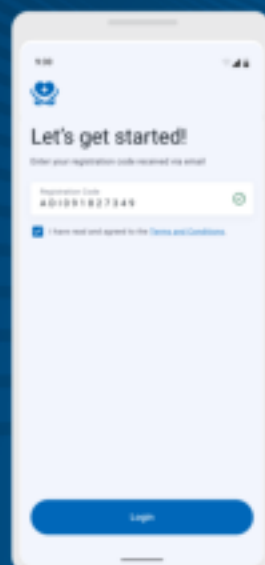


Remote Health Monitoring Mobile Application

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 **"Forget Password"** to reset.
 - Tap **"Login"** to continue.



App dashboard view

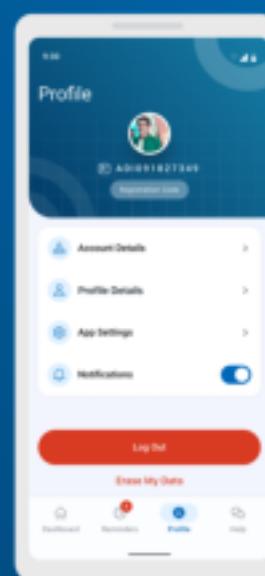
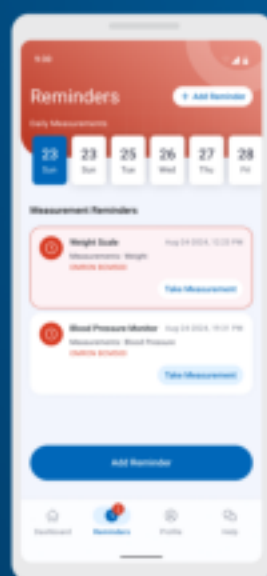
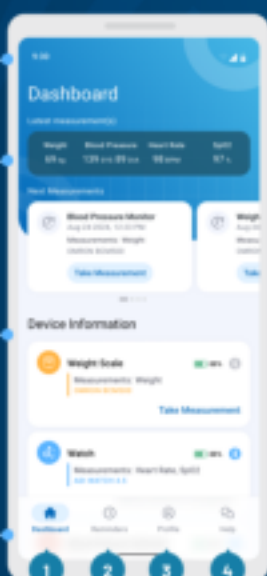
- 1 Dashboard View

- 2 Reminders View

- 3 Profile View

- 4 Help View

- Status Indicators
- Last Measurements
- Device Information
- Navigation Bar

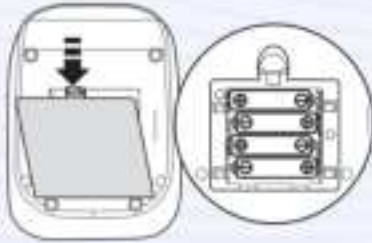


Blood Pressure Monitor

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

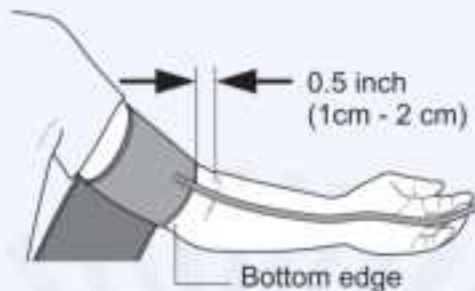
- Connect the cuff to the left side of the monitor.



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 **ON/OFF** button to turn on the power.
- Press the **▶** button to adjust, and press the **SET** 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

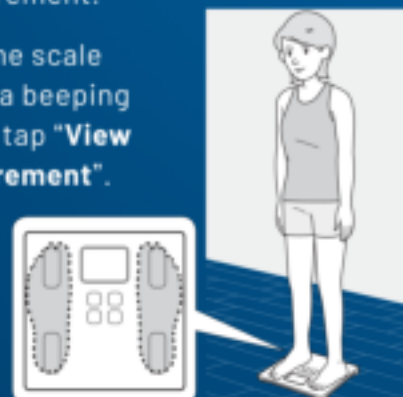
1 Prepare the weight scale

- 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.



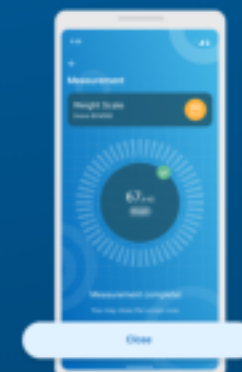
2 Take the measurement

- 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 wrist**—neither 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

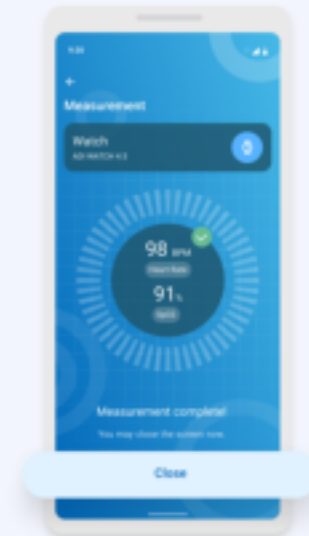
- Keep arm **still** and **relaxed** during the measurement.
- From the dashboard view on the app, locate the Watch device and tap **"Take Measurement"**.
- Tap **"Start Measurement"**.

2 Take the measurement

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

