



medical brain®

# REMOTE PATIENT MONITORING (RPM) PROGRAM

## **BLOOD PRESSURE MONITOR QUICK START GUIDE**

Medical Brain has partnered with A&D to bring you a best-in-class blood pressure medical device which meets U.S. Food & Drug Administration (FDA) guidelines.

You will find in this guide:

- All steps to connect this device to the Medical Brain app by taking your first reading
- About the Medical Brain and its app features



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## **WELCOME,**

Your provider has selected you for the Medical Brain Remote Patient Monitoring (RPM) Program with YOUR healthcare needs in mind. We're linked to your provider. No gaps, no delays.

**We're here for your health!**

The Medical Brain Team

## **The Medical Brain RPM Program provides you with:**



Your blood pressure monitor (BPM) selected for you by your provider



Your Medical Brain app – your personal health assistant that always understands your health needs and takes immediate actions to prevent problems

Should you experience a change in your health, the Medical Brain will notify your provider for early intervention and treatment



Your dedicated Medical Brain Care Team, in partnership with your provider, giving healthcare support when you need it the most

# 1

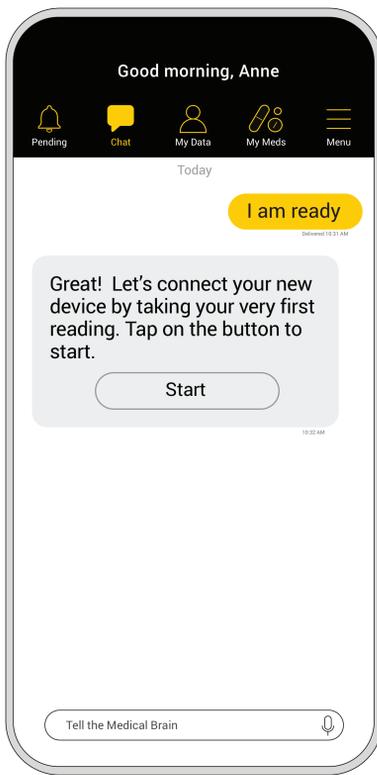
## Get started Open the Medical Brain app

- Tap on the “Chat” icon
- Type or use the Microphone icon to tell the Medical Brain “I am ready”

Medical Brain will respond to you with a “Start” button

- Tap on the button to start
- Follow steps

Note: This is a one-time process needed to connect your device to the app



## 2

### Get your phone ready to connect with your new device

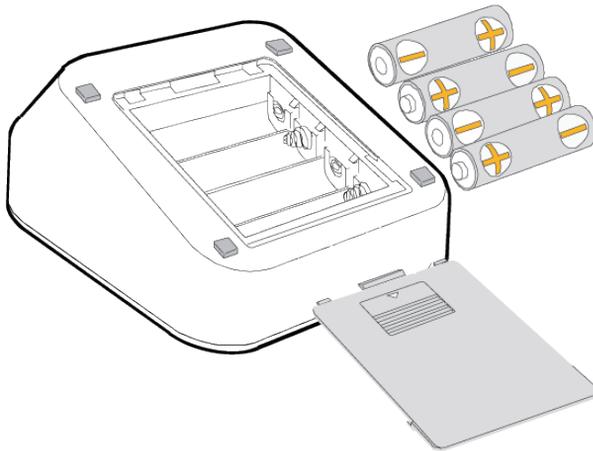
Ensure Bluetooth is turned ON in your phone

If OFF, how do I turn it ON?

- 1 Go to your phone's home screen
- 2 Tap on the "Settings" icon
- 3 Look for  "Bluetooth" in the list
- 4 Tap the "Bluetooth" switch to turn it ON

# 3

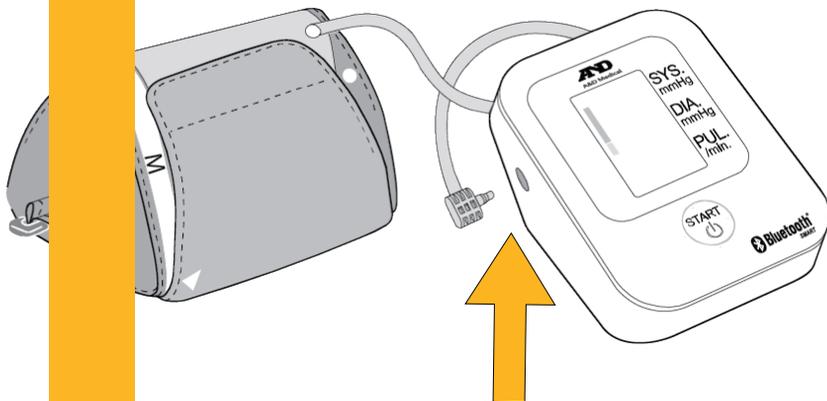
## Install the included batteries into your blood pressure monitor (BPM)



Install batteries with the positive (+) and negative (-) terminals properly aligned with the corresponding symbols in the battery compartment

**4**

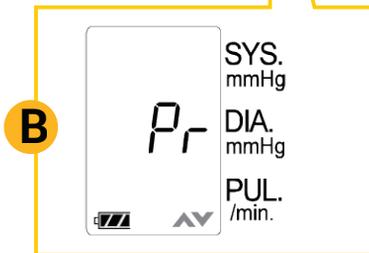
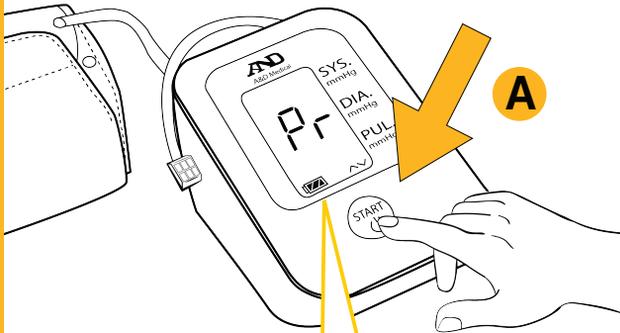
**Insert the air connector plug into the air socket**



# 5

Press and HOLD the “START” button until “Pr” is displayed, then release the button

The pairing (connecting) process has begun once your device displays “Set”



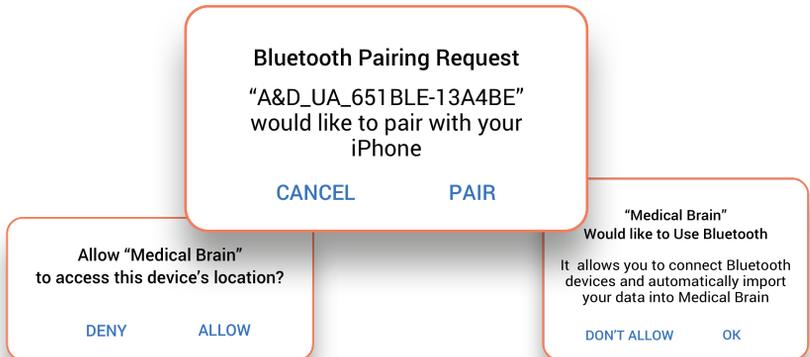
# 6

## Allow permissions

At this point, your blood pressure monitor is connecting with your phone and the Medical Brain app

To enable connection, please allow all requests for Bluetooth, Location and Pairing

Not allowing these permissions will stop the pairing (connecting process)



# 7

## Success!

Your blood pressure monitor has been successfully recognized

**Now let's take your first reading to complete connection between your device and the Medical Brain**



Device recognized

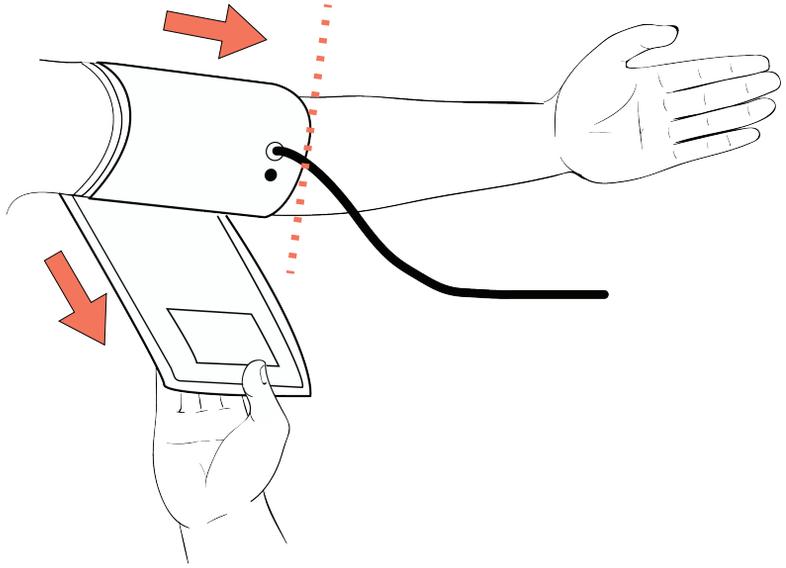
Let's take a first reading to complete connection between your device and the Medical Brain.

DONE

# 8

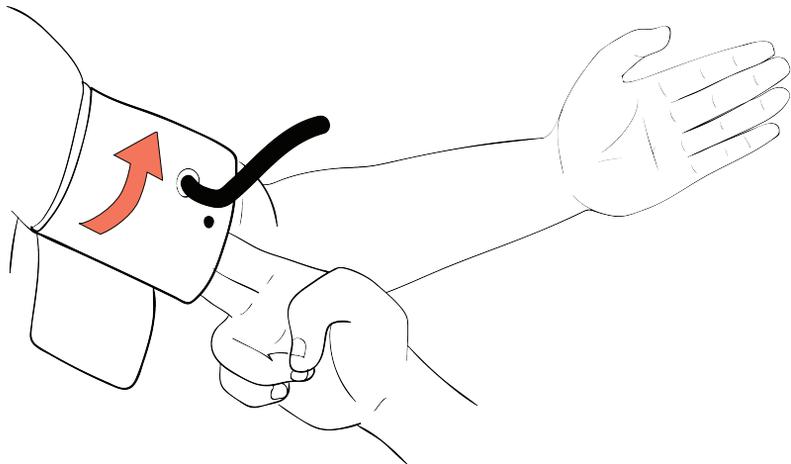
## Take your first reading

Lay your left arm flat on the table with palm up. Place the cuff on your upper arm (bottom of the cuff above the bend of the elbow)



**9**

**Fasten the cuff tight enough so you can slide two fingers underneath it**

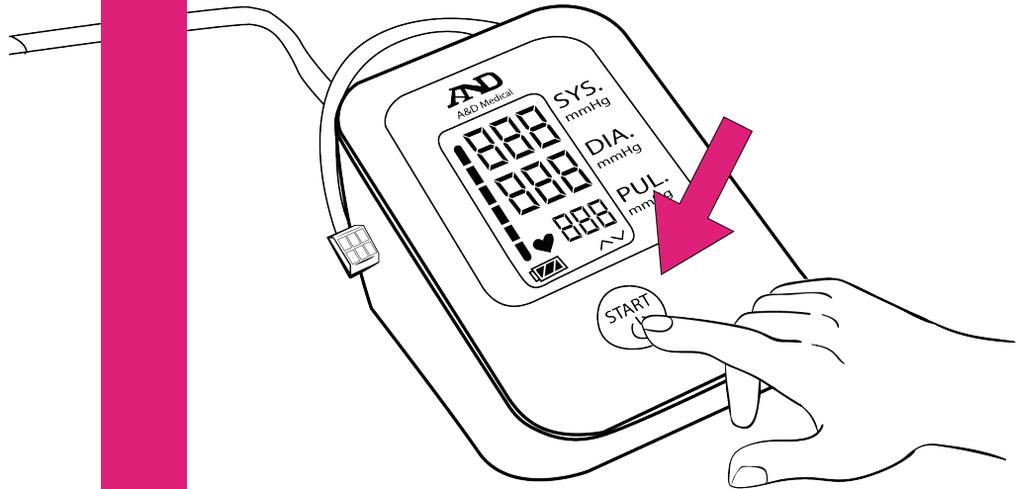


10

**Sit comfortably with your arm resting on a flat surface, elevated to heart level, palm up**

**Press the "START" button**

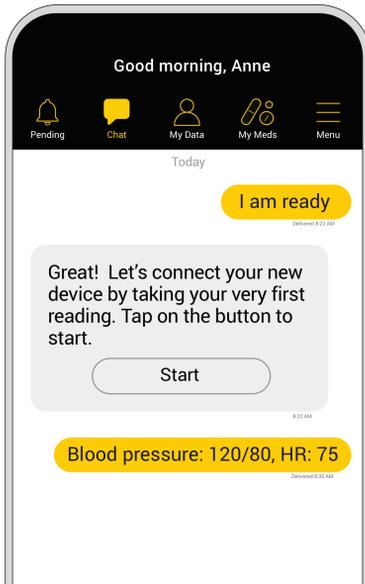
Measurement shown on display is being sent to the Medical Brain



# 11

## View measurement

- Medical Brain will present your first measurement
- Tap on “Done” to see it added to your chat



### Congratulations

Your first measurement is  
Blood pressure: 120/80, HR: 75

### For future measurements:

Simply open the app, use your  
device and confirm your  
measurement when prompted

DONE

Note: If you received more than one device, you will be redirected to “Measurements” screen to set up the next device



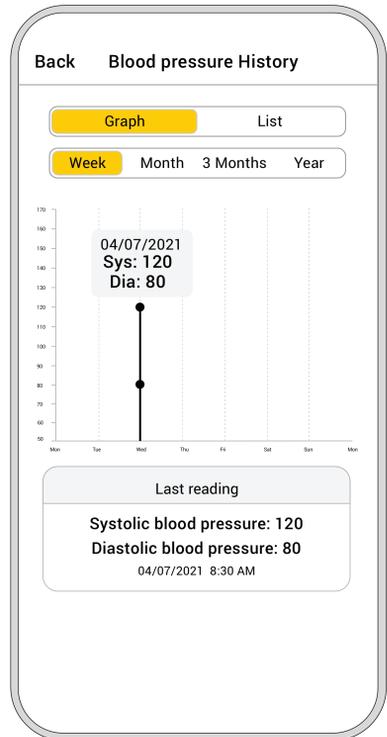
## Track your measurements

All your measurements will be saved and displayed in the Medical Brain app under "My Data">"Measurements">"Blood pressure">"History"

### How to take readings regularly?

Just open the app, use your blood pressure monitor and confirm your measurement when prompted

Measurement will be shown in "Chat" and logged under "History" for you and your provider to see



# What is the Medical Brain?

Medical Brain is your intelligent personal health assistant that collaborates with your healthcare provider and helps you manage certain diseases, such as cardiovascular, hypertension, diabetes, COPD, Covid-19 and more.

## What does the Medical Brain do?



Continuously analyzes your health status, based on your medical background and communications by you and your provider with the Medical Brain



Notifies your care team for early intervention and treatment should you experience a change in your health



Generates an Intelligent Medical Summary (IMS) of all important information about your health history and current health status



Connects you and your care team 24/7: Assists you in scheduling appointments, communicating with your provider, and keeping your provider up-to-date with your health status, all through the Medical Brain's intelligent chat

INTELLIGENT MEDICAL SUMMARY			
ACUTE PROBLEMS			
Hypertensive urgency			03/18/2021
SIGNIFICANT VITALS			
Blood Pressure	182/105	03/18/2021	10:30
Heart Rate	82	03/18/2021	10:30
RELEVANT LAB AND DIAGNOSTIC RESULTS			
Creatinine	0.89	02/10/2021	
eGFR	65	02/10/2021	
Potassium	4.4	02/10/2021	
Ejection Fraction	62%	03/15/2020	
CURRENT MEDICAL DIAGNOSIS			
Hypertension	Exist		06/10/2015
Hypercholesterolemia	Exist		06/10/2015
Coronary Artery Disease	Exist		01/23/2017



Immediately displays labs and test reports when available for you and your provider to view



Speak (or text) with the Medical Brain anytime. The Medical Brain understands you and knows your health profile for accuracy and care coordination



Keeps all your communications and data safe and secured

LAB RESULTS		
CBC/DIFF - 02/10/2021, 4:28 AM		
Test	Results	Normal Range
WBC COUNT	7.7	4.8-10.8
RBC COUNT	5.25	4.70-6.10
HEMOGLOBIN	15.3	14.0-18.0
HEMATOCRIT	47.1	42.0-52.0
MCV	89.7	80.0-94.0
MCH	29.1	27.0-31.0
MCHC	32.5	33.0-37.0
RDW	13.0	11.4-16.4
PLATELET COUNT	226	150-450
DIFF TYPE	AUTOMATED	
NEUTROPHILS-5P	84.3	37.9-70.5
LYMPHOCYTES-5P	6.7	19.8-47.7
MONOCYTES-5P	7.7	2.7-11.7
EOSINOPHILS-5P	0.3	0.3-5.9
BASOPHILS-5P	0.1	0.1-2.4
IMM GRANULOCYTE %	0.9	
ABS NEUTROPHILS	6.5	1.4-6.5



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**We're all about your health  
and we're all about you.**

For customer service and any technical questions  
about your devices, please call (888) 355 0269