



medical brain®

REMOTE PATIENT MONITORING (RPM) PROGRAM

GLUCOSE METER QUICK START GUIDE

Medical Brain has partnered with Trividia Health™ to bring you a best-in-class self monitoring blood glucose 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



medical brain®

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 glucose meter 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

Get started

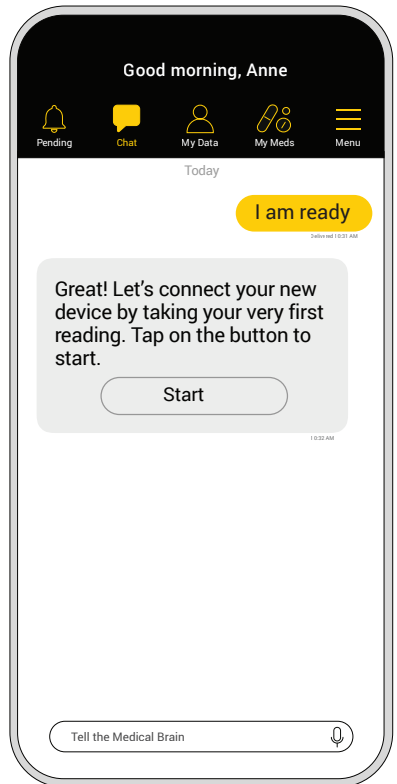
1 Open the Medical Brain app

- 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

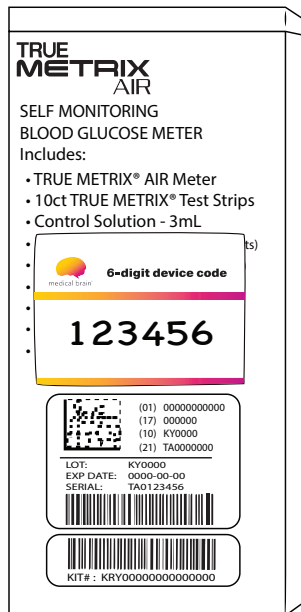
If OFF, how do I turn it ON?

- 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

Locate the sticker with a 6-digit device code on the side of your box

You will be prompted to enter this code after taking your first reading to connect your glucose meter to the Medical Brain

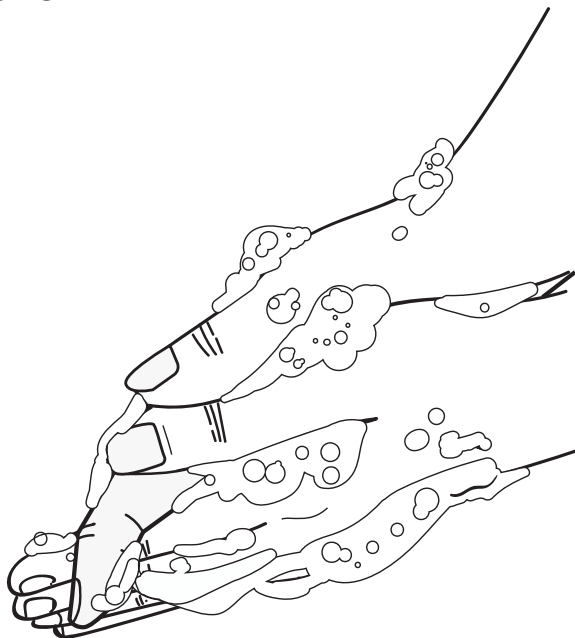


4

Wash your hands with warm, soapy water

Dry thoroughly

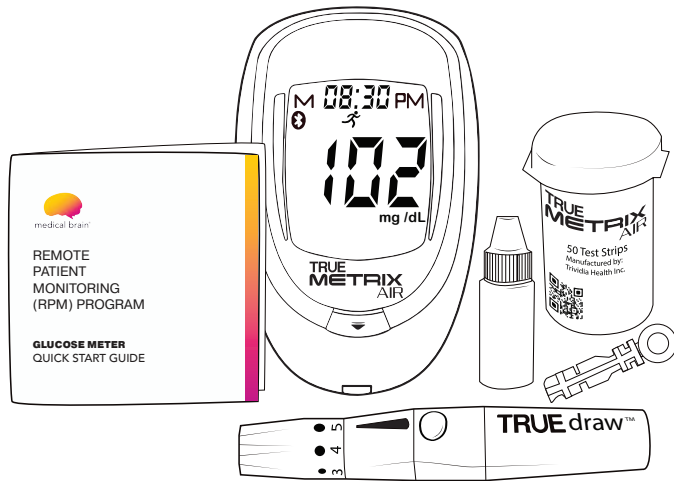
Do not use alcohol



5

Gather your materials

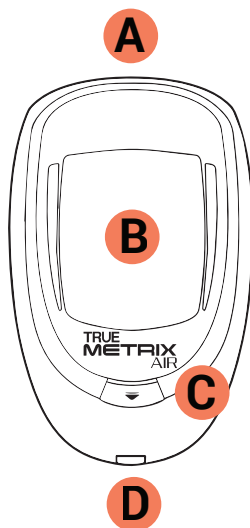
- Glucose meter
- Control solution
- Lancing device
- Vial with test strips
- Lancets



The TRUE METRIX AIR Self Monitoring Blood Glucose meter is for one person use **ONLY**.
DO NOT share your meter or lancing device with anyone, including family members

6

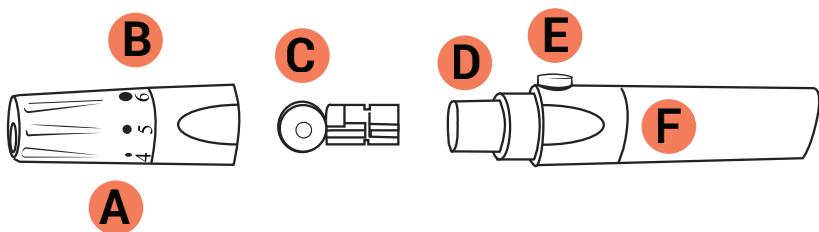
Get familiar with the glucose meter



- A** "•" Turn ON button
- B** Display screen
- C** Strip Release button
- D** Test Port

7

Get familiar with the lancing device



A End cap

B Depth dial

C Lancet top

D Lancet holder

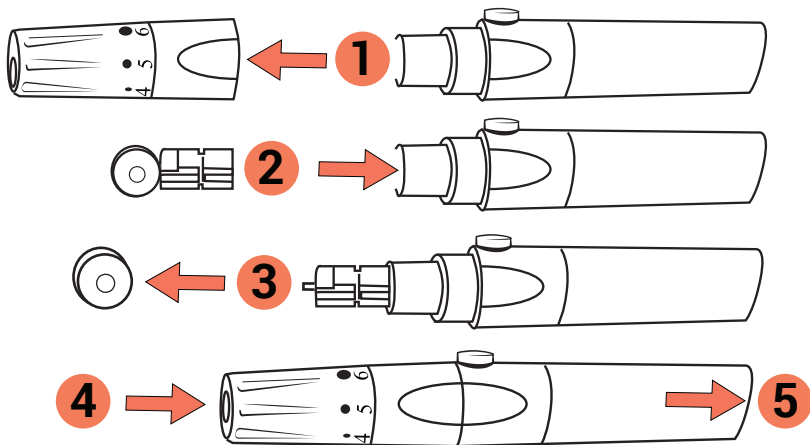
E Trigger button

F Arming barrel

8

Load the lancing device

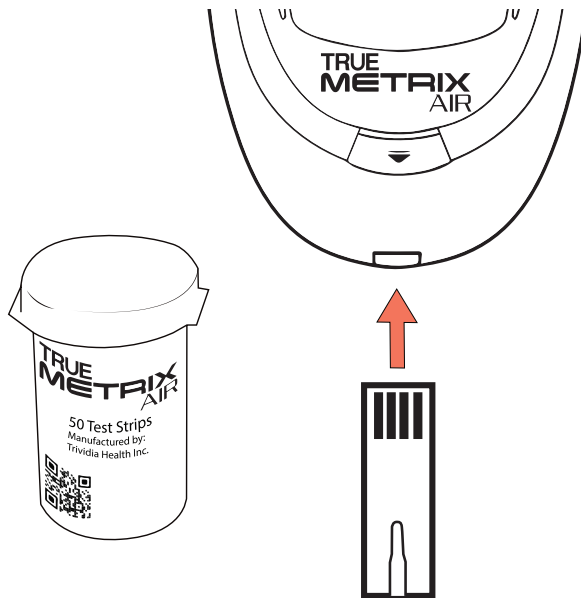
- 1 Open the lancing device by pulling off the end cap
- 2 Push lancet firmly into holder
- 3 Remove lancet top
- 4 Close lancing device
- 5 Hold end cap in one hand and arming barrel in other. Gently pull arming barrel until a click is heard



9

Take your first reading

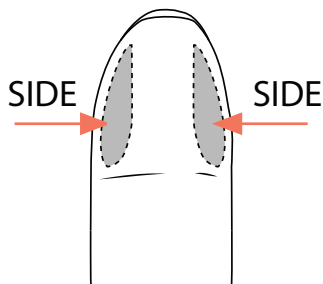
- Remove test strip from vial and close vial immediately
- Insert strip into Test Port with black blocks facing up. The meter turns ON



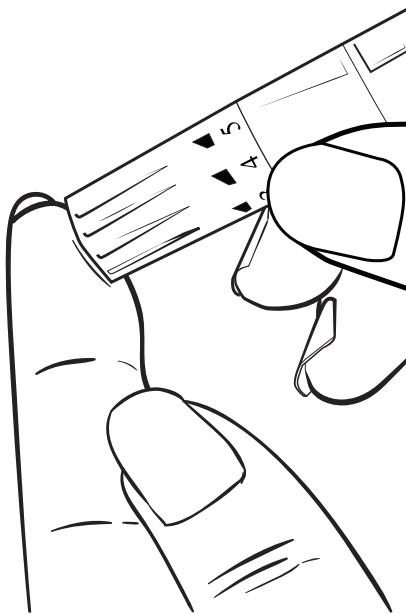
10

Lance fingertip

- Place tip firmly against finger on other hand
- Press trigger button
- Gently massage finger from palm to fingertip to form blood drop



For best results, lance in shaded areas

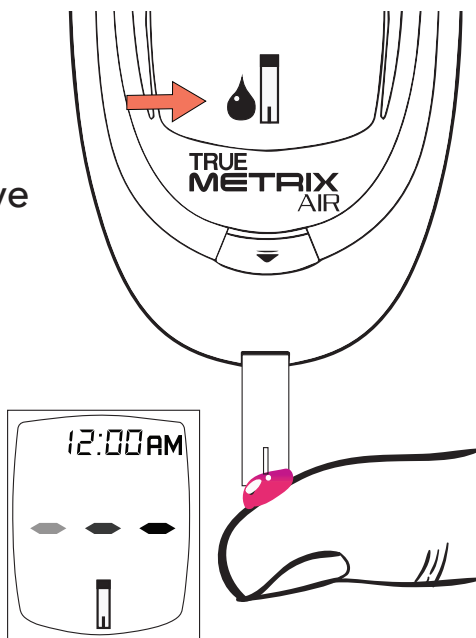


11

Wait until drop symbol appears in display

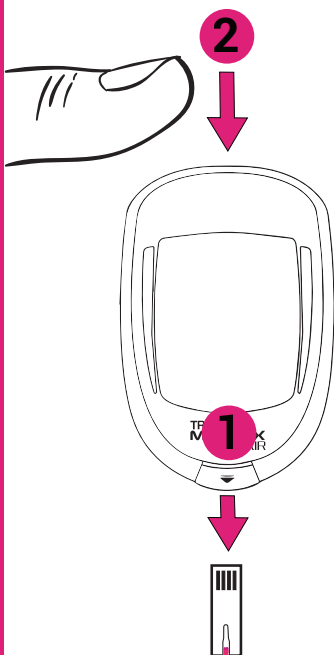
With strip still in meter, touch tip of strip to blood drop. Allow blood to be drawn into strip

Immediately after meter beeps and dashes appear across meter display screen, move your finger away from the test strip



Once the measurement is shown on the meter display screen, please press on the Strip Release button to remove the strip from Test Port.

Device is automatically turned OFF.



Please turn the device back ON to finalize connection.

Discard the used strip from the meter.

13

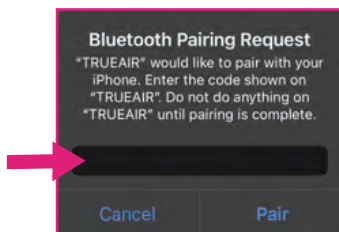
Allow permissions

At this point, your glucose meter is connecting with your phone and the Medical Brain app

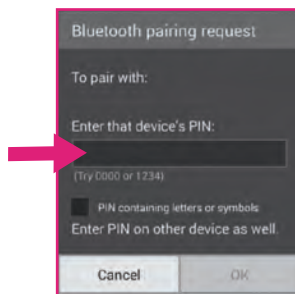
To enable connection, please allow all requests for Bluetooth, Location and Pairing

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

In the pairing request box, please insert the 6-digit device code from step 3 in this guide



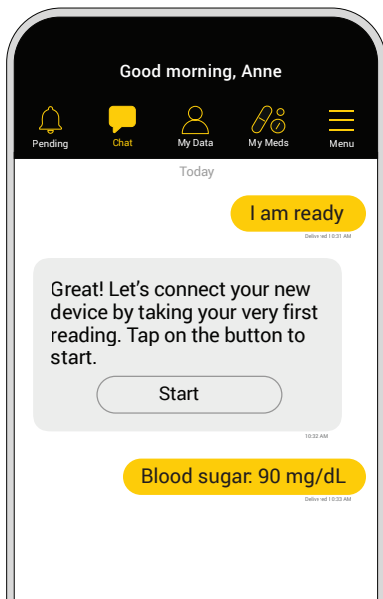
iPhone



Android

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 sugar: 90 mg/dL

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



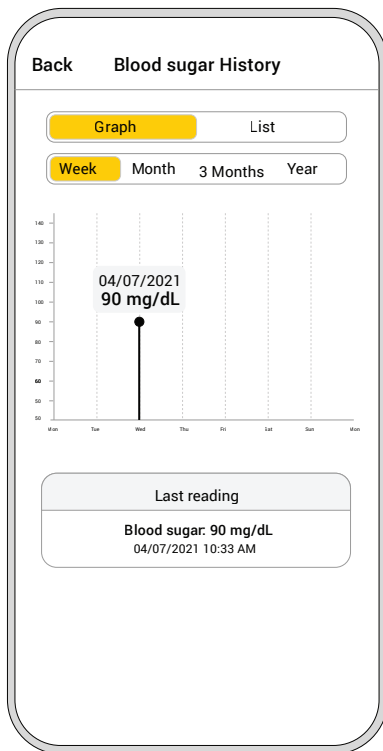
Track your measurements

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

How to take readings regularly?

Just open the app, use your glucose meter 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

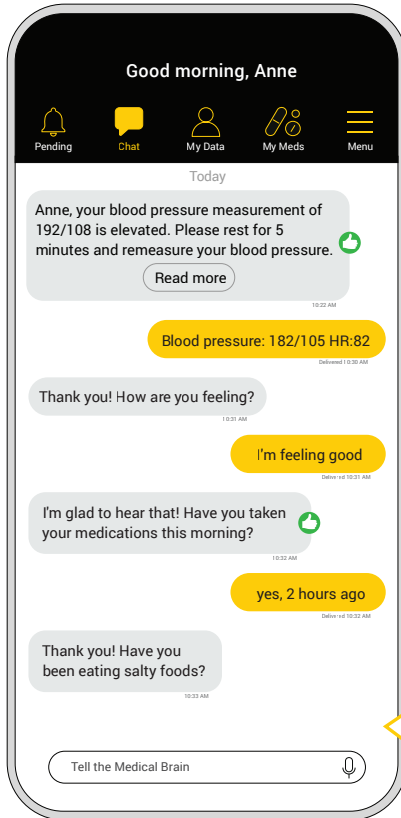
What does the Medical Brain do?



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



No. I've been good about limiting my salt.

Delivered 10:24 AM

Thank you for letting me know. Your blood pressure of 182/105 is elevated. Provider evaluation is indicated.

10:25 AM

Dr. Smith has been notified. Your blood pressure medications may need to be adjusted.

10:26 AM

Dr. Smith wants you to take an extra dose of Amlodipine 5mg now and to increase your Amlodipine to 10mg daily starting tomorrow.

Please remeasure your blood pressure in 2 hours to make sure your blood pressure is responding to the medication.

If you develop any symptoms such as severe headache, chest pain, shortness of breath, please go to the Emergency department for evaluation.

10:26 AM

Thank you! will do. I'm taking my amlodipine now

Delivered 10:47 AM



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

My Data

Measurements

IMS

Lab Results

Test Reports

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

The image shows a smartphone screen with a dark theme. At the top, there's a navigation bar with a back arrow and the title 'My Data'. Below the title are four icons: 'Measurements' (two overlapping squares), 'IMS' (a document with a checkmark), 'Lab Results' (a flask), and 'Test Reports' (a document with a plus sign). The main content area is titled 'LAB RESULTS' and shows a table of test results. The table has three columns: 'Test', 'Results', and 'Normal Range'. The data is for a CBC/DIFF test performed on 02/10/2021 at 4:28 AM. The table lists various blood counts and their corresponding results and normal ranges. At the bottom right of the screen, there is a yellow circular button with a white upward-pointing arrow.

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



medical brain®

**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