



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 needed to connect this device to the Medical Brain app
- How to take regular readings



## **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

## **How to get started**

Our Client Success team will call you within two business days - from the moment you receive your device(s) - to help you connect your blood pressure monitor, take your first reading, and walk you through the Medical Brain app's main features.


The following steps (2-11) will show you the one-time process you will do with our Client Success team on the phone to connect your device to the app.

## 2

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

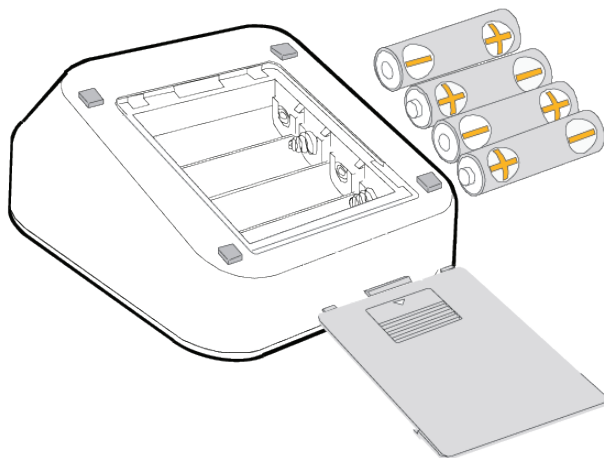
Ensure Bluetooth is turned ON in your phone

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**

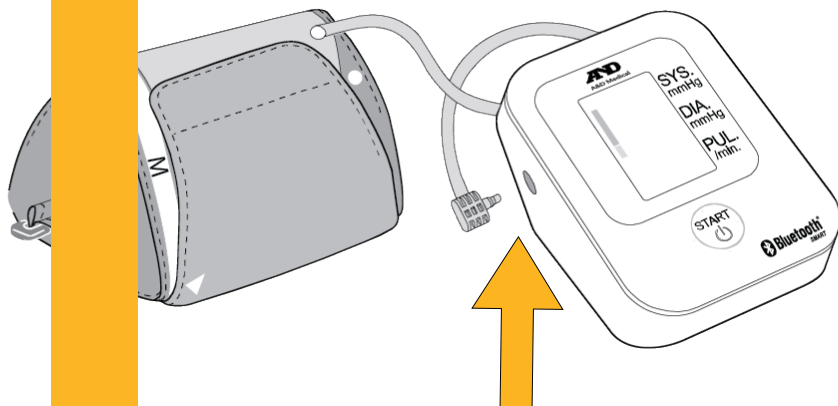
## **Install the included batteries into your blood pressure monitor (BPM)**



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**

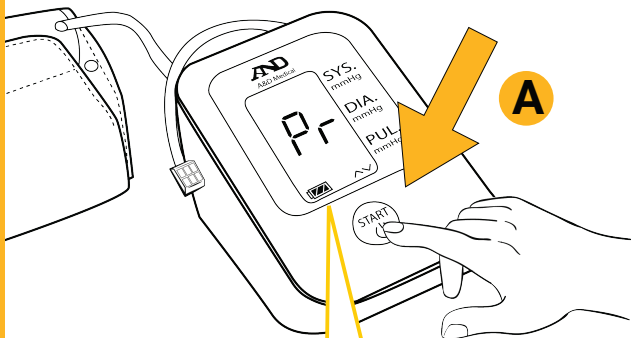




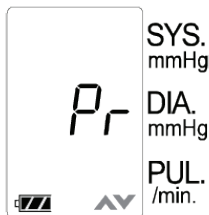
# 5

**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.”



**B**



**C**



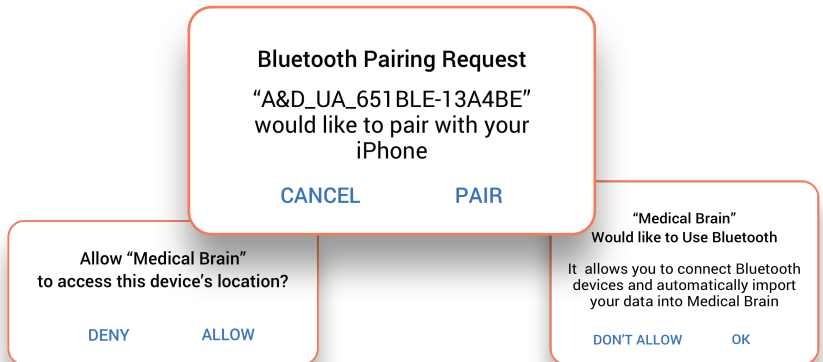
# 6

## 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

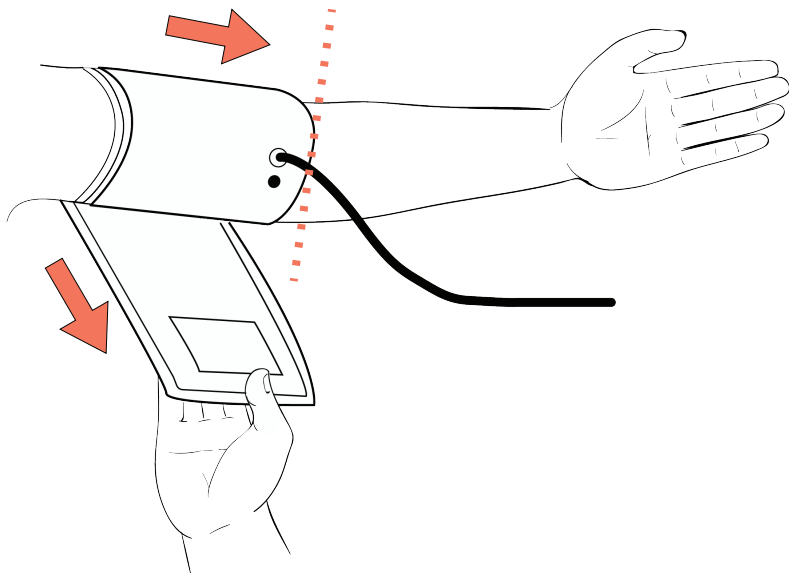
Let's take a first reading to complete connection between your device and the Medical Brain.

DONE

# 8

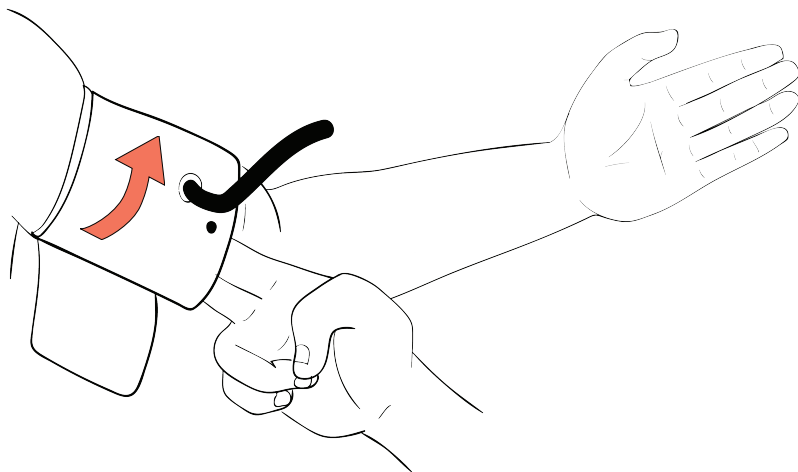
## Take your first reading

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**

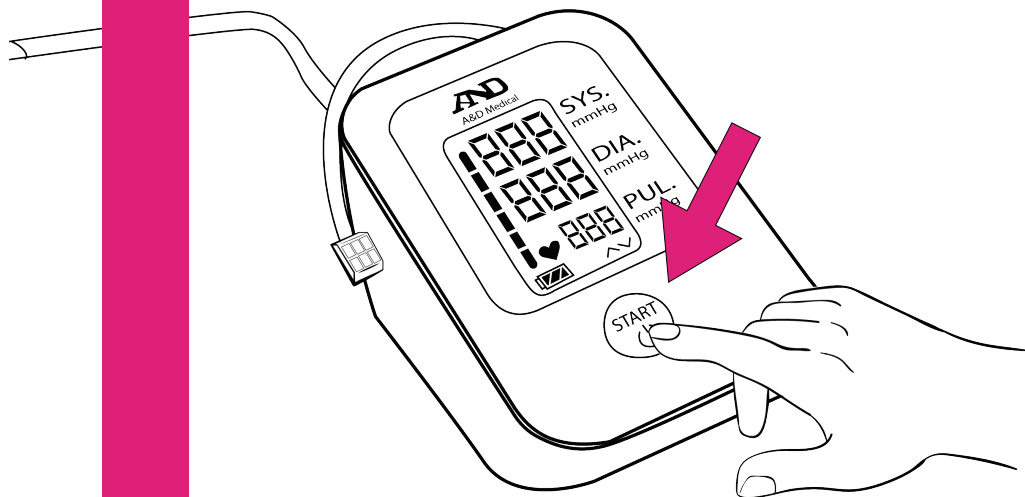


10

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

**Press the "START" button**

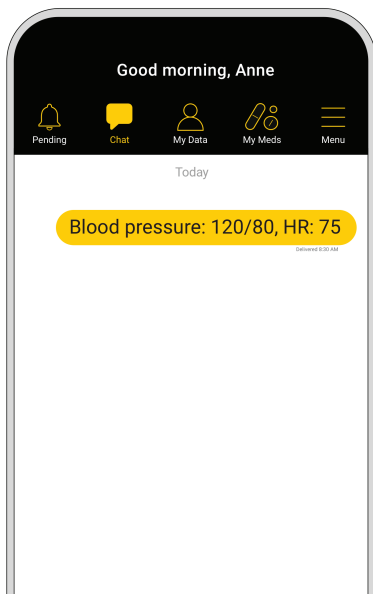
Measurement shown on display is being sent to the Medical Brain.



# 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

## 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.

### **So much more than reporting measurements**

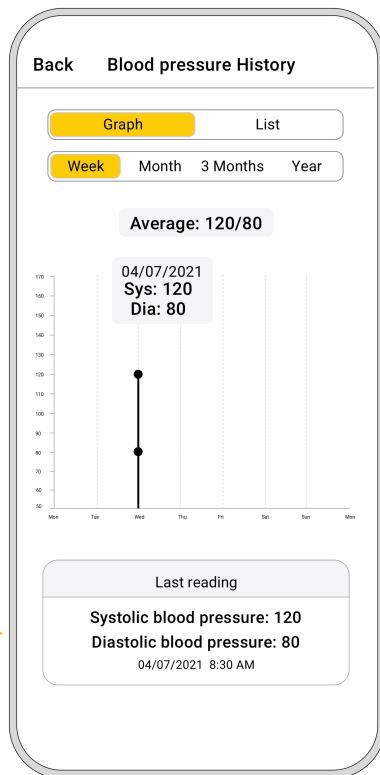
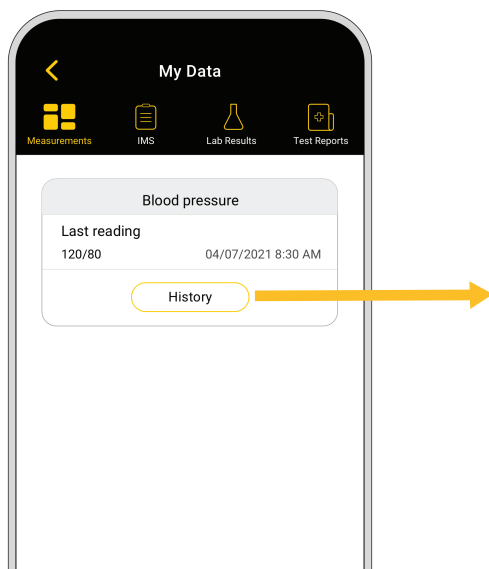
Speak (or text) with the Medical Brain anytime. The Medical Brain understands you and knows your health profile for accuracy and care coordination. You can provide information such as:

- *My medications are making me feel nauseous. What should I do?*
- *My blood pressure is 120/80*
- *I need to refill my medication*
- *I would like to schedule a doctor visit*



# Track your measurements

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





medical brain®

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

To speak to our Client Success team, please call  
315-566-0593 (Monday to Friday: 8:30 AM-5:30 PM ET)