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# REMOTE PATIENT MONITORING (RPM) PROGRAM

**WEIGHT SCALE**  
QUICK START GUIDE

Medical Brain has partnered with A&D to bring you a best-in-class weight scale 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



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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 weight scale 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 weight scale, take your first reading, and walk you through the Medical Brain app's main features.

The following steps (2-10) 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

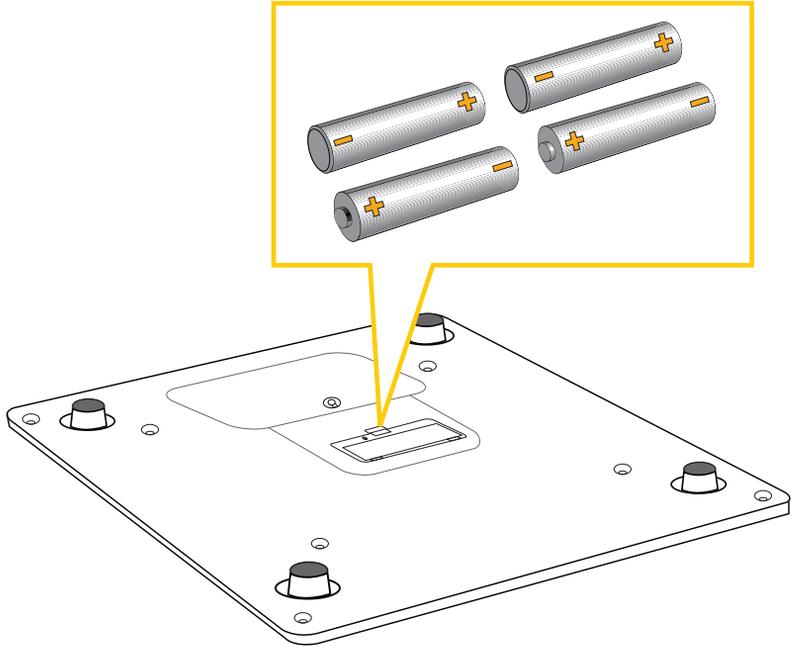
Ensure Bluetooth is turned ON in your phone

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

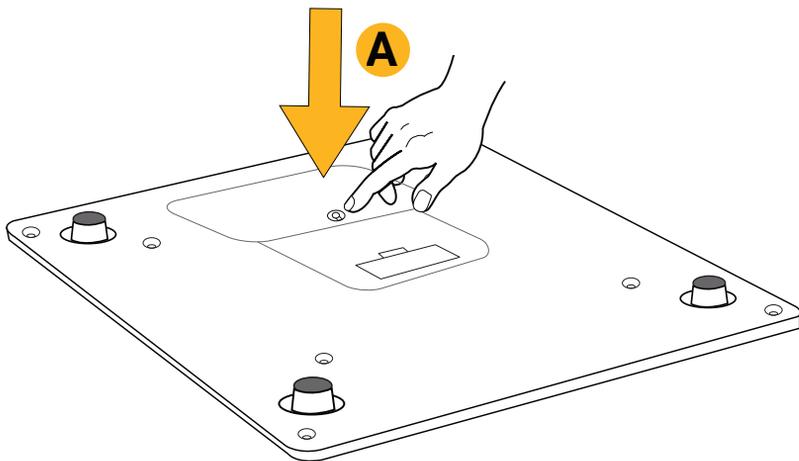
## Install the included batteries into your scale



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

**4**

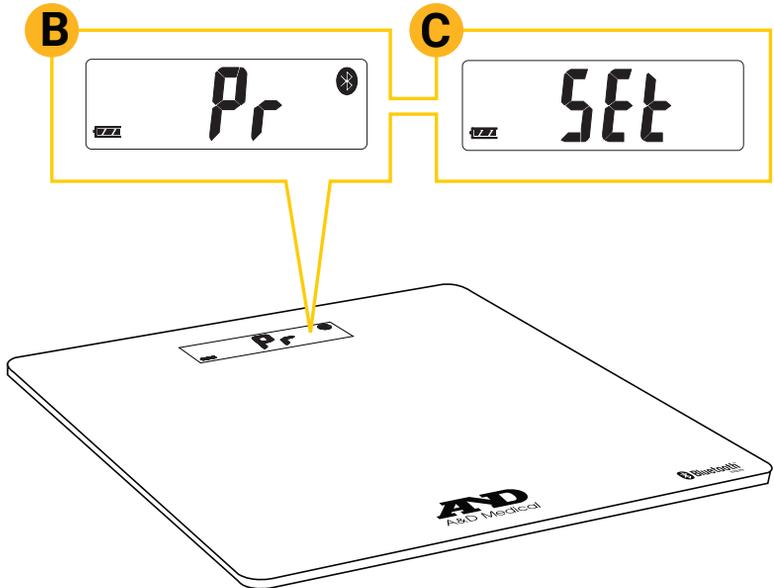
Locate the "Set" button on the back of your scale



# 5

**Press and HOLD the "Set" button until you see "Pr" on the scale's screen**

The pairing (connecting) process has begun once your scale displays "Set"



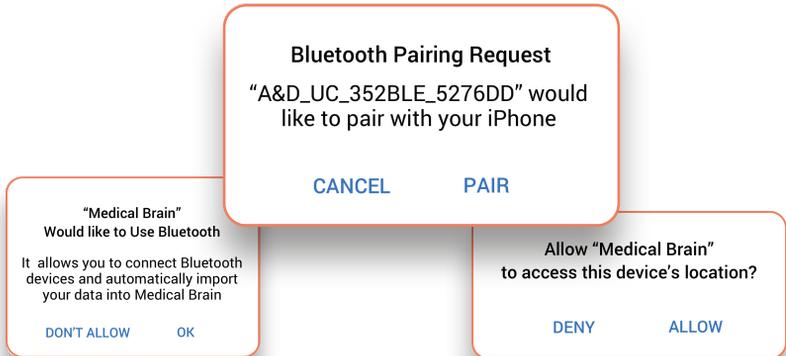
# 6

## Allow permissions

At this point, your weight scale 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 weight scale has been successfully recognized.

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



Device recognized

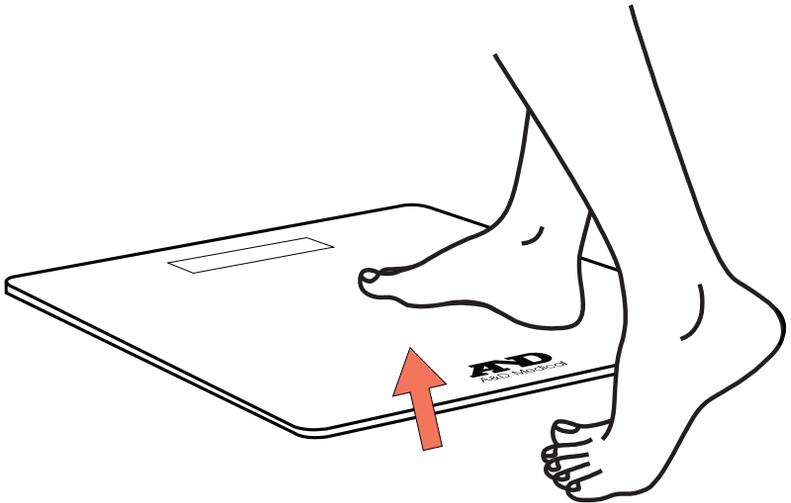
Let's take a first reading to complete connection between your device and the Medical Brain.

DONE

# 8

## Take your first reading

Step on the scale. A progress bar is displayed during measurement. Stand up straight and remain as still as possible during measurement.

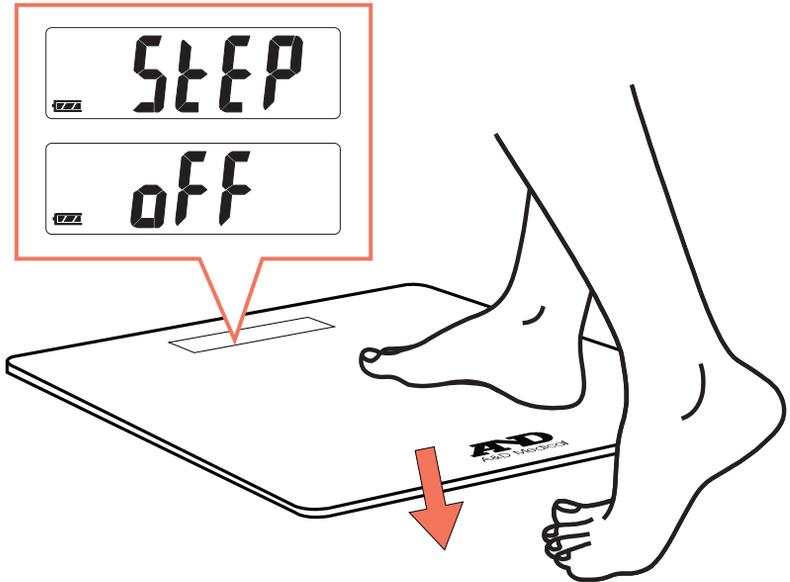


# 9

## Step off the scale

Stay on the scale until "STEP" and "OFF" are alternately displayed with three beeps.

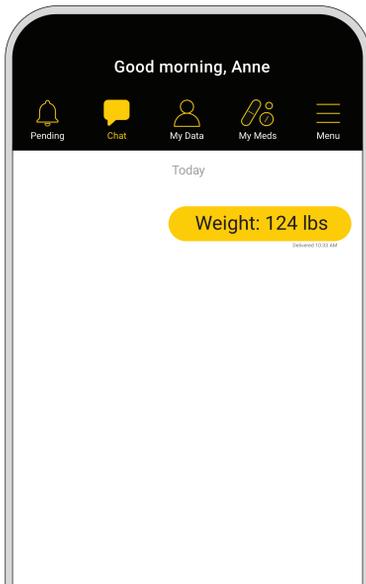
Measurement displayed on scale will be sent to the Medical Brain.



# 10

## View measurement

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



### **Congratulations**

Your first measurement is

**Weight: 124 lbs**

### **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 weight scale and confirm your measurement when prompted.

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

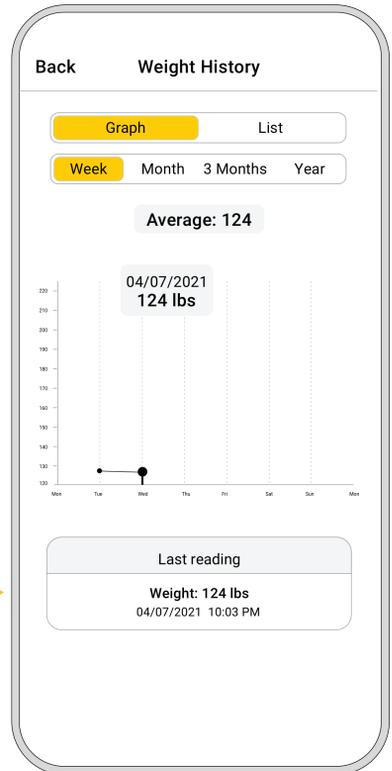
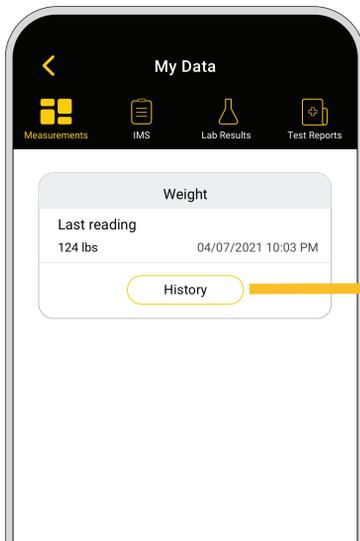
### **So much more than reporting measurements**

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 weight is 132 lbs*
- *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" > "Weight" > "History."





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**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)