



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 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 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

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

The following steps (2-14) 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

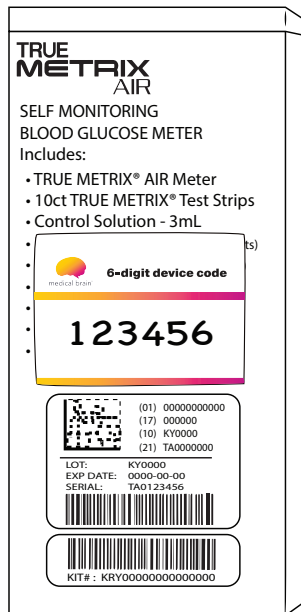
If OFF, how do I turn it ON?

- 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

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.

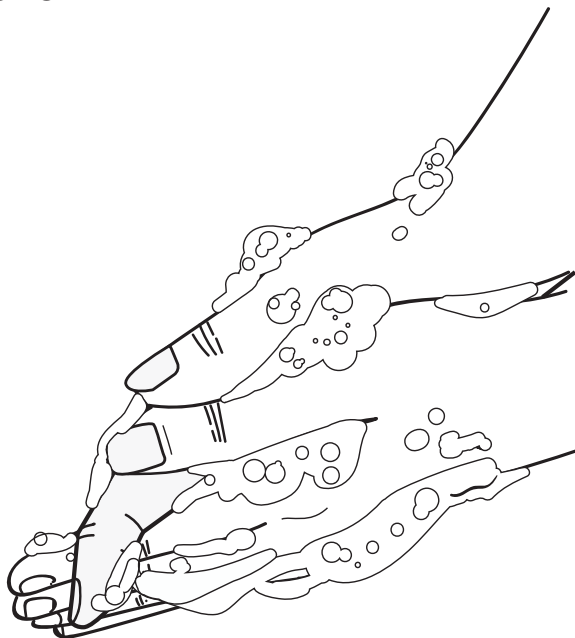


4

Wash your hands with warm, soapy water

Dry thoroughly

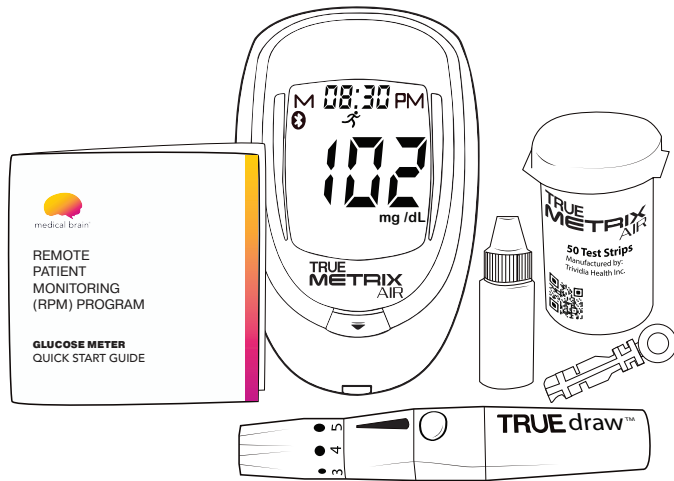
Do not use alcohol



5

Gather your materials

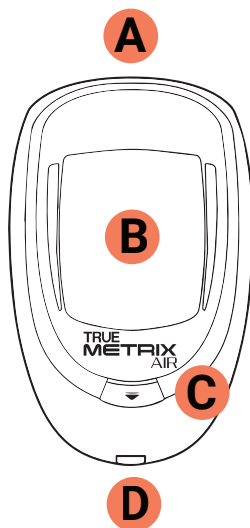
- Glucose meter
- Control solution
- Lancing device
- Vial with test strips
- Lancets



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

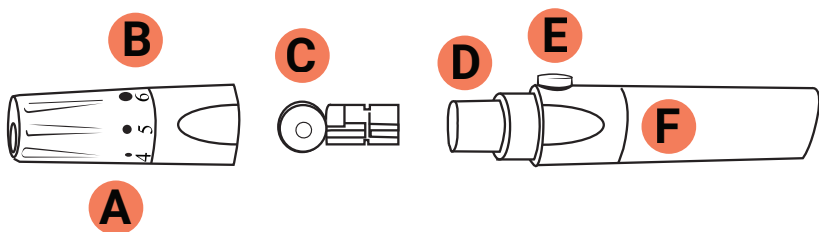
Get familiar with the glucose meter



- 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

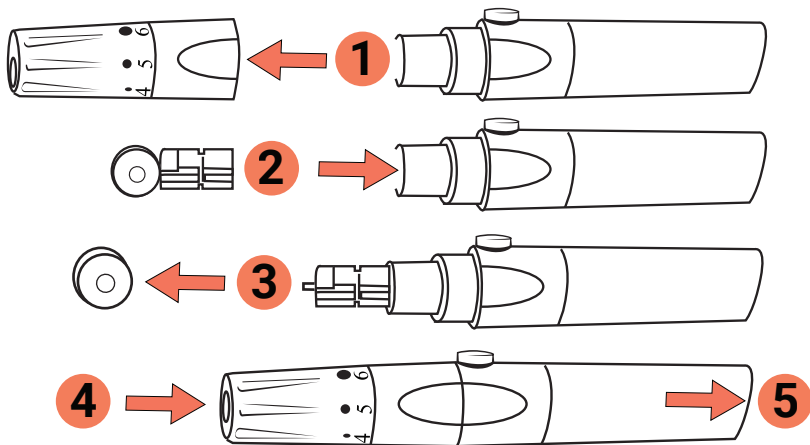
E Trigger button

F Arming barrel

8

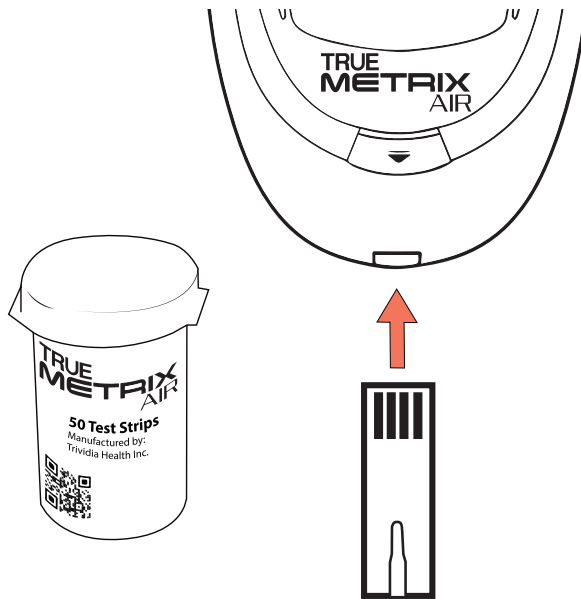
Load the lancing device

- 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



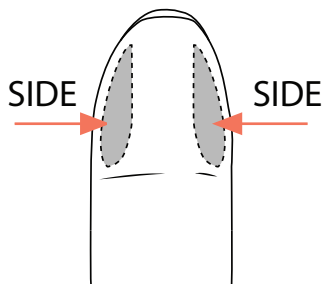
9 Take your first reading

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

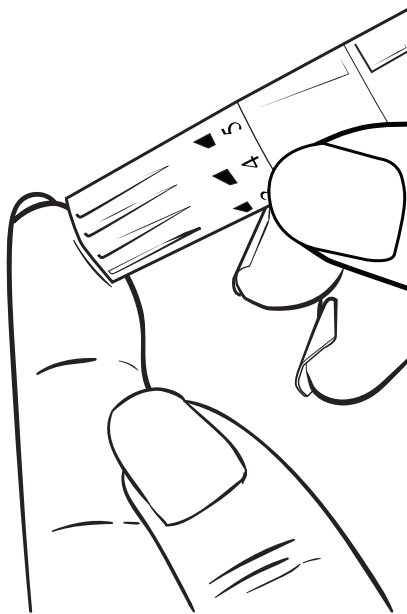


10 Lance fingertip

- 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

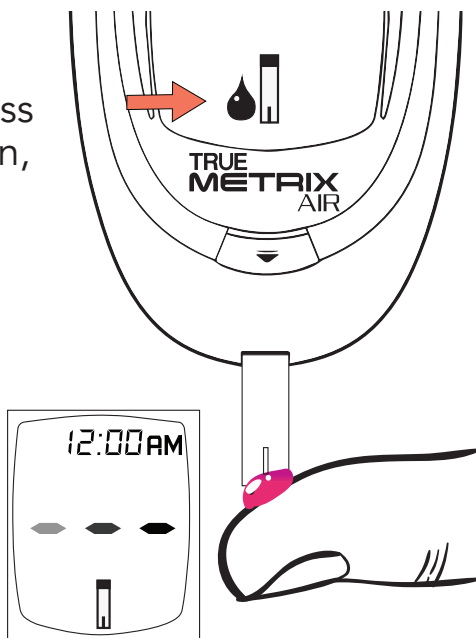


11

Wait until drop symbol appears in display

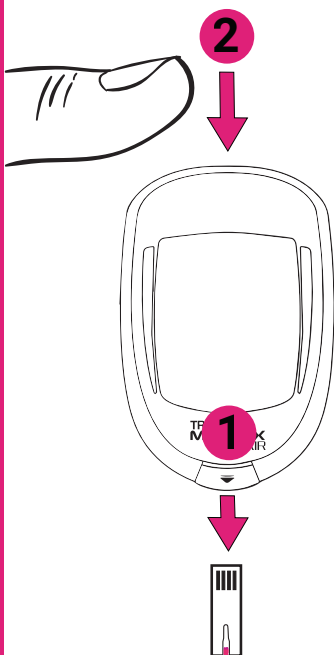
With strip still in meter, touch tip of strip to blood drop. Allow blood to be drawn into strip.

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.

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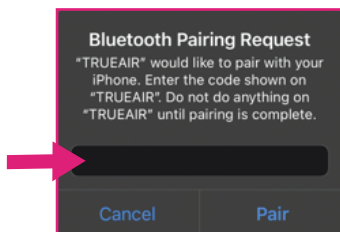
Allow permissions

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

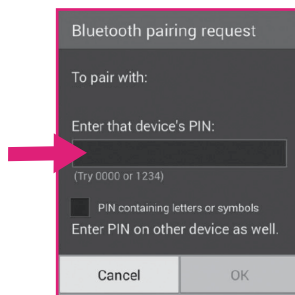
To enable connection, please allow all requests for Bluetooth, Location and Pairing.

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.



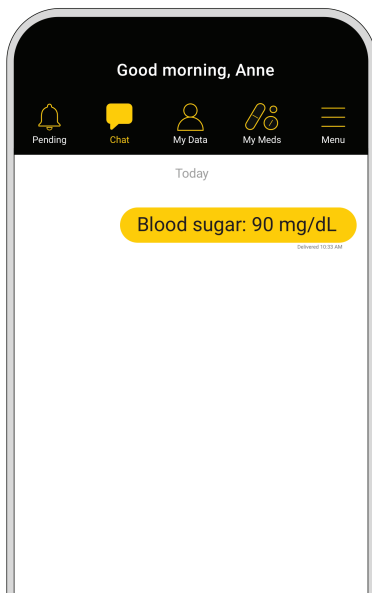
iPhone



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.

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.

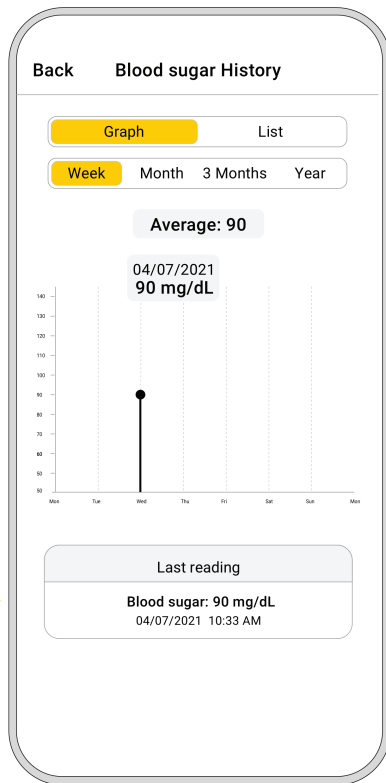
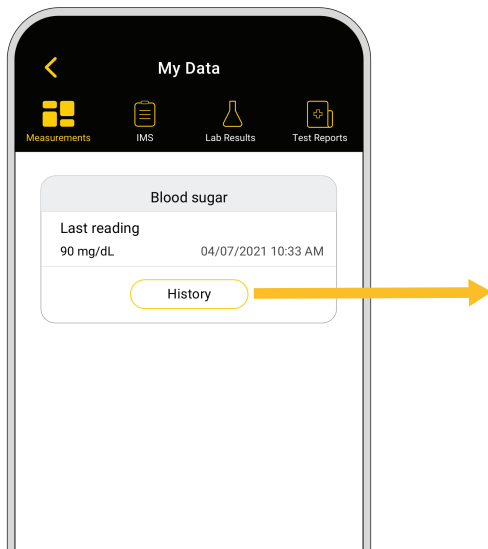
So much more than reporting measurements

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 sugar is 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 sugar" > "History."





medical brain®

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

To speak to our client success team,
please call 888-355-0269