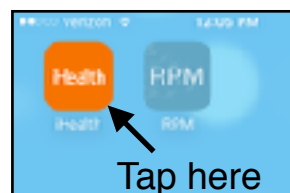


UTM:RPM Quick Start Patient Instructions

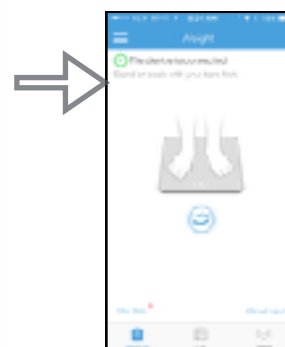
Step 1 Start iHealth app on your iPhone



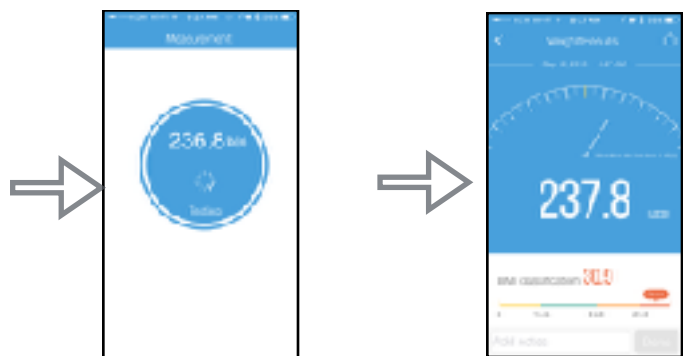
Step 2 Start Weigh In - navigate to "Weight" screens



Step 3 Tap your foot on the scale. The screen will look like this:



Step 4 Step on scale - your weight appears on the screen. You have recorded your weight.



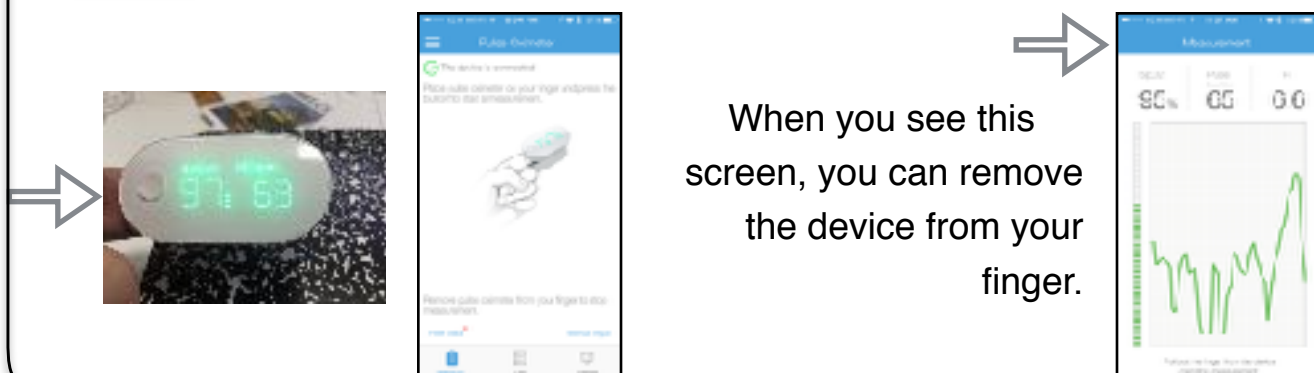
Step 5 PulseOx measurement - navigate to "Pulse Oximeter" screen.



Step 6 Take PulseOx measurement - nail side of finger should be down.



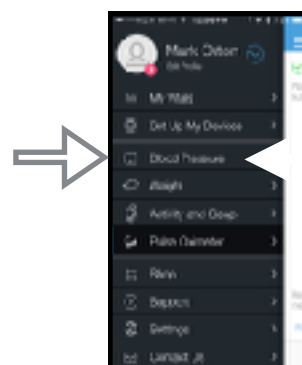
Step 7 PulseOx measurement recorded



Step 8 PulseOx measurement complete



Step 9 Blood pressure measurement - navigate to “blood pressure” screen.



TAP ON
“BLOOD
PRESSURE”

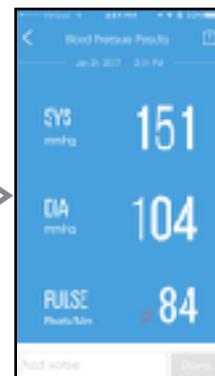
Step 10 Blood pressure cuff on arm and connected to white pump base.
Note orientation of “Artery Mark”.



Step 11 Tap “Start” on iPhone and take measurements.



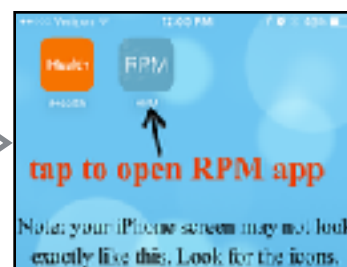
Cuff inflates and takes measurements.



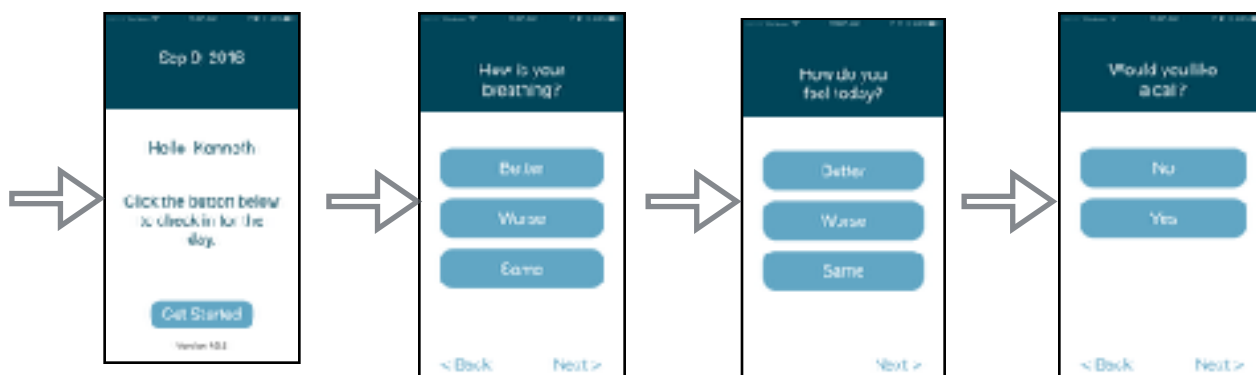
All measurements are complete.

Now Report Results to Your Medical Team

Step 12 Start the RPM app on the iPhone.



Step 13 Tap on “Get Started” and answer 3 questions. Tap on “Next” - (lower right) to move to the next screen.



Step 14 Review your vitals - tap on “Next” (lower right corner) to move to the next screen.



Step 15 You are done!

