

## INSTRUCTIONS FOR USE

### 1. Home screen

On the home screen you can see five icons. The one called “sensors” and the second called “contacts”. The remaining three concern “settings”, “reminder” and “history”.

#### Select...

Contacts: ... to view, add and contact with saved phone numbers (doctors)

Sensors: ... to view the available sensors or connect to a new one

Settings: ... to edit app settings, your account information (personal information, password change) or sign out

Reminder: ...to create or edit reminders

Health Records: ... to start a bioassay measurement

### 2. Measurement Download

-Apply the oximeter to the finger and press the button. The application will start automatically taking measurements from the oximeter, which will be displayed on the screen. Remove the oximeter from your finger to stop the measurement.



-Use the blood pressure monitor to get a measurement. Then press the send button. The measurement will be automatically sent to the tablet and displayed on the screen



### 3. Reminder Creation

On the app's home screen, select “Reminder” and then “+” to create a new reminder.

Select “Measurement” to create a reminder for measuring biomass.

### 4. View Health Records

On the app's home screen, select “Health Records”. From here you can see the measurements of your biomes (heart rate, oxygen saturation, pressure) and your physical activity (sleep). Click to view list or chart.

