


## **NEW ENROLLEES TO REMOTE PATIENT MONITORING**

**We are HCUnity your Remote Patient Monitoring Service provider. Congratulations on your decision to take control of your health care! We want this to be an enjoyable and smooth experience for you.** When you were first enrolled in RPM your physician's office went through a complete walk through with you concerning the HCUnity Care Connect tablet and the health devices. You were given a Welcome form and on the back were instructions on what to do once your devices arrive. If you can't find it we have included a shorter version in the next section of this document. If you need a refresher on the health devices at the end of this document you will find pictures of various health devices with instructions. The Care Connect tablet, also has instructions. On the tablet, push in and hold the last button on the side of the tablet to power it on. When it vibrates stop holding the button. Tap the User Guide on the bottom of the Care Connect tablet. Enclosed in the box that arrived you will find the devices prescribed by your physician to use for your enrollment in Remote Patient Monitoring (RPM). This document is a device reference guide to help you get started empowering your life! Let's get started!!!

### **Devices Arrived , Now What Am I to Do?**

1. **Plug in your tablet and power it up.** Now that you're enrolled in RPM, keep the tablet powered on and plugged in when not in use.
2.  **The internet symbol at the top of the tablet will have a line through it like this image. If it is NOT properly connected to your home internet.** Call HCUnity (803) 575-3550 and let them know your RPM tablet is not connected. They will get you set where the icon will no longer have a line through it.
3. **To ensure you are fully prepared and confident in using the Care Connect tablet and health devices, every patient is required to complete a walkthrough of the setup process before recording vitals at home.** This walkthrough, conducted by your physician's office at the time of enrollment in the RPM program, provides detailed instructions on using the devices and navigating the Care Connect tablet. **During the walk through session**, you were shown how to take vitals and know they were sent, access key features, review your vital history, and receive important updates from your physician's office. Once your Care Connect tablet is connected to the internet, you are ready to begin recording your vitals with ease and confidence.
4. **To see the steps on how to use the devices again**, they are on the paper from HCUnity inside the box the devices arrived in and also on [www.hcunity.com](http://www.hcunity.com) under the Patient tab.
5. **If you DO NOT have the INTERNET or you HAVE NOT** been through the walk through of the Care Connect tablet and devices. Both scenarios, you will need to call (803) 575-3550.
  - **DO NOT have the internet.** HCUnity will make a change for a patient with NO INTERNET to allow the Care Connect tablet to send your vitals securely to your physician.
  - **If you DID NOT HAVE A WALK THROUGH of the Care Connect tablet and devices**, HCUnity will set up a walk through time and date convenient for you to have a care team member call you. Once the walk through is complete, the care team member will stay on the phone with you when you send your first vitals to make sure you have no issues.
6. **Once you are taking your own vitals** – Keep in mind your physician needs you to stay engaged and transmit your vitals no less than 5 different days within every week.

### Bluetooth Glucometer and Test Strips - Andes Fit



**Taking a Measurement Prepare:** Wash your hands with soap and water. Dry thoroughly.

**Gather supplies:** Lancing device, lancet, tissue (for blotting blood from your finger after the puncture).

**Prepare the lancing device:** Unscrew the cap, push the lancet firmly into the device, remove the rounded end of the lancet by turning (save this piece), screw the cap back on, and adjust the puncture depth (usually 3).

**Prepare the meter:** Insert a test strip into the meter. When looking at the screen of the meter, the blue side of the strip should be facing you. The arrow on the strip should be pointing down so that the contact bars of the test strip are going into the meter. Push the strip into the meter until it stops and the meter turns on.

**Perform the test:** Place the lancet device on the finger you wish to use and press the blue button. Place a drop of blood into the absorbent hole of the test strip. Use the tissue to absorb any extra blood from your finger. The reading will display in the LCD window within 5 seconds. The reading will automatically be transferred to the RCP SmartHub and sent to your provider.

**Cleanup:** Unscrew the lancet device cap, use the long blue slider to eject the lancet into a sharps container OR stab the lancet into the rounded end piece that was saved in step 3, pull out the testing strip from the meter and throw it away

**You will hear the Connect tablet** say and display your results and they have been sent to your provider. You may now take additional vitals at this time.

**All parts of the kit are considered biohazardous and can potentially transmit infectious diseases, even after you have cleaned and disinfected all parts.**



### Spirometer - Andes Fit

Avoid smoking, eating, exercising for 30 minutes before taking measurement.

1. Device powered on shows last measurement taken then shows READY with 2 short beeps.
2. Inhale completely and hold your breath for a moment.
3. Cover the mouthpiece tightly with our lips. Blow into the turbine as hard and as long as you can.
4. A long beep confirms the test is complete.
5. When you hear two short beeps, the device has reset and is ready for another measurement.
6. Make sure how many times your doctor wants you to take your measurement in a row.
7. Results will be sent securely to patients doctor's office
8. The Care Connect tablet will say and display results and sent to your physician. You can now take additional vitals.



### Bluetooth Infrared Ear/Forehead Thermometer - Andes Fit

**Press the On-Off button** after the display is fully displayed for 1 second; the measurement preparation screen is displayed. The 'C' icon lights up.

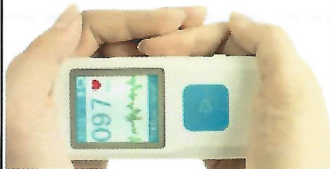
**Align the unit with the center of the forehead and let the infrared thermometer probe be 1/2 inch away from the forehead.**

It will make **one long beep when measured results are complete.**

You will hear the Care Connect tablet say and display your results and have been sent to your provider. You may now take additional vitals at this time.



### Portable ECG Monitor - Andes Fit



- Make sure date/time are correct. When measuring, electrodes need to fully contact skin.
1. Start-Up
  2. Long press the on/off key for 3 seconds (square blue button on front)
  3. You will hear a beep and screen light up.
  4. Device will keep level off when no measuring.
  5. Start Measurement.
  6. After start up the device will enter pre-sample interface.
  7. Cup hands on ends of monitor screen facing you.
  8. The waveform and heart rate displays on screen.
  9. The device calculates the results.
  10. When waveform becomes stable, the device will start formal sampling automatically and bottom right will countdown.
  11. When finished, one line sample color turns from green to red.
  12. Device enters into case review interface. 13. It will display sampling start time and heart rate.
  14. Device enters case review interface, shows latest sample case..
  15. It will automatically turn to sampling if holding..
  16. The Care Connect tablet will say and display your results and have been sent to your physician.
- You may now take additional vitals at this time.

### Pulse Oximeter - Andes Fit



1. Switch on the power of the pulse oximeter.
2. Stick one finger completely into the rubber pad cavity of the Oximeter, keep the fingernail surface upward, and release the clip. Then press the power key to power on the Oximeter.
3. If you do not get your finger completely inserted in the cavity of the monitor, the measurement may be inaccurate.
4. The Care Connect tablet will say and display your results. You may now take additional vitals at this time.

### Blood Pressure Wrist Monitor - Andes Fit



1. Roll up sleeve. Make sure your sleeve is not rolled up too tightly on your arm. This may constrict the flow of blood in your arm.
2. Wrap the cuff directly against your skin, hold the bottom part of the cuff and wrap it around the wrist so it fits comfortably and securely around your wrist.
3. Sit straight up in a chair and the arm with the monitor, bend at the elbow and rest wrist with monitor against your heart.



### Bluetooth Infrared Ear/Forehead Thermometer - Andes Fit

#### First time set up instructions

1. Turn Bluetooth "On" under the "Settings" Menu on the device.

#### Measurement Procedures

1. Turn Bluetooth on (No need pairing).
2. Press "mode" to select rather using forehead or ear to take temperature, the sign "°C" or "°F" which shown on screen will blink when it is ready for testing.
3. Press the button to turn on the thermometer.
4. Place it on forehead or ear
5. Press the blue button on the back side of the thermometer for measuring. The temperature will be displayed immediately on screens.
6. The Care Connect tablet will say and display your results. You may now take additional vitals.



### Blood Pressure Monitor with Cuff - Andes Fit

#### Preparing the Cuff:

1. Lay flat: Place the cuff flat with the velcro side down.
2. Form a circle: Pass the end through the metal loop.
3. Position: Wrap the cuff around your upper arm, tube pointing downward.
4. Secure: Tighten the velcro, ensuring a snug fit.
5. Avoid clothing: Remove any tight clothing.
6. Arm position: Place your arm on a flat surface, palm up, with the cuff at heart level.

#### Taking a Measurement:

1. Start: Press the "START/STOP" button.
2. Inflation: The cuff will inflate automatically.
3. Deflation: The cuff will deflate, and the device will display your blood pressure reading.
4. The Care Connect tablet will say and display your results and sent to your physicians office. You may now take additional vitals at this time.

Note: For consistent results, always use the same arm.



### Weight Scale - Andes Fit

#### A wireless electronic body scale that connects via Bluetooth 4.0.

#### Here are some key features and instructions for using it.

1. **Battery installation:** It operates on 3 AAA batteries, which are included.
2. **Units of Measurement:** You can switch between pounds (lb), kilograms (kg), and stone (st lb) by pressing the "kg-lb-st" button on the bottom of the scale.
3. **Usage:** Place the scale on a flat, hard surface. Step on the scale to activate it, then step off. This ensures the scale is set and ready to use. Step back on to get your weight, which will be displayed on the digital LCD with a blue backlight.
4. The Care Connect tablet say results and ask you to step off the scale. It will let you you know you may now take additional vitals.

Capacity: The scale can measure up to 330 lbs (150 kg)



### HCUnity Care Connect

1. On the right side of the tablet, the 3 dot button, push and hold until the display screen lights up.
2. It will power up the rest of the way and to the HCUnity application which will receive and send your vitals securely to your physician.

#### Description of tablet:

Android Tablet Display - 8.0", HD 2.5D IPS, Ratio:16:10,  
Refresh Rate 60HZ Processor - 2.0 GHz Quad-Core Battery - 4000mAh,  
Non-Removable Memory - 32GB Internal Memory, MicroSD Card up to 512GB  
of storage RAM - 3GB RAM Additional - Face Unlock, Armor Case, Kids Mode,  
Dual Stereo Speaker Camera - 8MP Main Camera, AI Scenery Detection,  
AF & Flash Android OS 11 Network/Connectivity - LTE-FDD:B2/4/5/12/13/17/66/71  
LTE-TDD:B41 WCDMA: 82/4/5 Wi-Fi - (802.11 a/b/g/h)

