

Telehealth System Instruction Guide

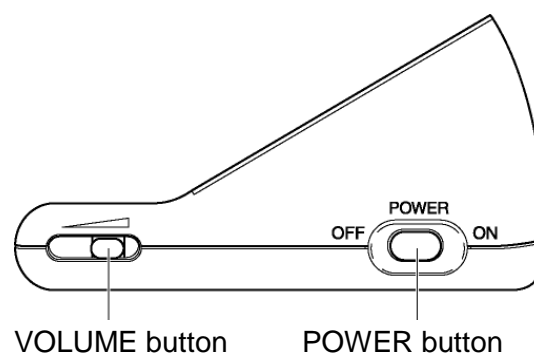
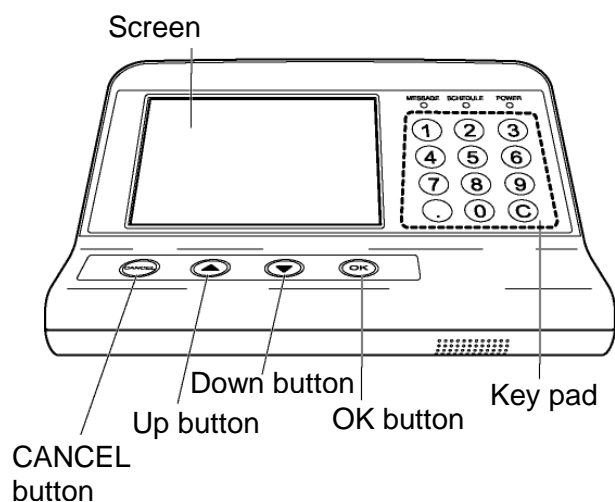
CONTENTS

How To Use The Telehealth System	1	Recording Vital Sign Data Manually	7
Instructions for a Schedule	2	Read a Reminder Message	7
It's Time to Begin	2	Sending Your Results to Your Nurse	8
Answer Questions	2	Instructions for Using Main Menu Screen	9
Measure Your Vital Signs	2	Measure Your Vital Signs	9
Taking Your Blood Pressure	3	Questions	10
Taking Your Weight	4	Advice Message	11
Taking Your Blood Oxygen	5	Send/Receive Data	12
Recording Your Blood Sugar	6	Contact Information	12

How to Use the Telehealth System

Buttons

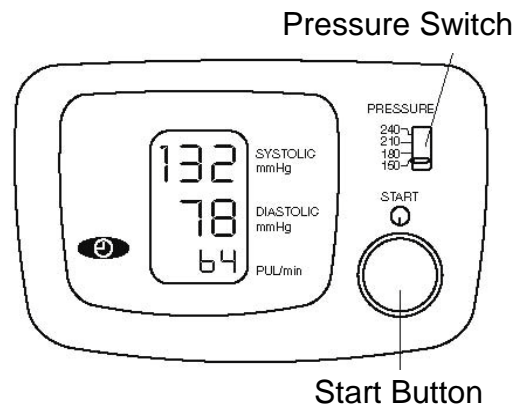
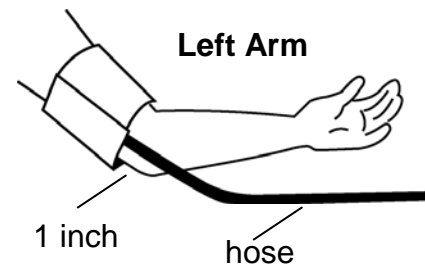
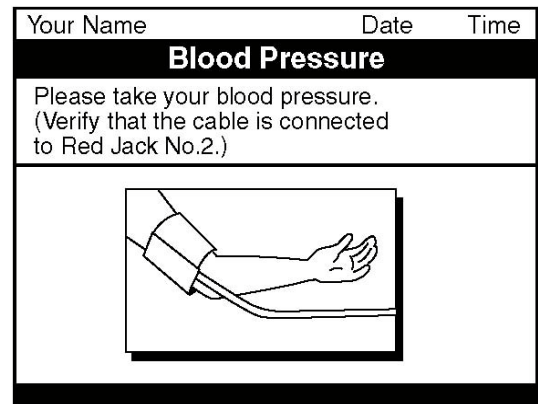
OK	Use this button to select the activity. It means “start”.
Up	This button moves the highlight bar up the screen. Press one time to move up one line.
Down	This button moves the highlight bar down the screen. Press one time to move down one line.
CANCEL	This button will move the screen back to the previous screen. It means “go back” one step.



Taking Your Blood Pressure

ALWAYS follow directions from your nurse.

1. The “Please take your blood pressure” picture should be on the screen.
2. Before you take your blood pressure, be sure you have been sitting for 5-10 minutes.
3. Sit comfortably and rest your arm on a flat surface.
4. Place the cuff on your left arm, unless your nurse told you otherwise.
 - a. The cuff should be about 1 inch above your elbow bend.
 - b. The tubing is on the inside of your arm.
 - c. Tighten the cuff to stay in place.
5. Check that the BP Monitor Pressure switch is at 150 unless otherwise instructed by your nurse.
6. Press the blue **START** button on the BP monitor to begin cuff inflation.
7. Do not move your arm as the cuff inflates or deflates. This takes about 30 seconds.
 - a. If the cuff becomes painful while inflating, press the blue **START** button to stop the inflation process.
8. The results will appear on both the BP monitor and Telehealth monitor. When the words “Received your data” are stated, remove the BP cuff from your arm.

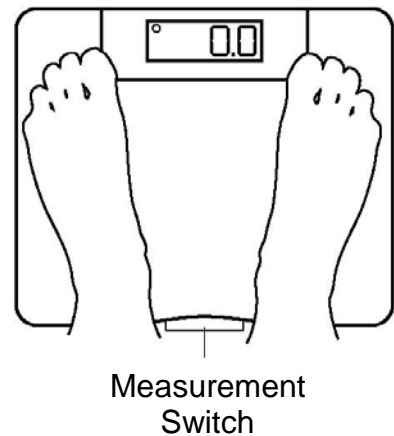
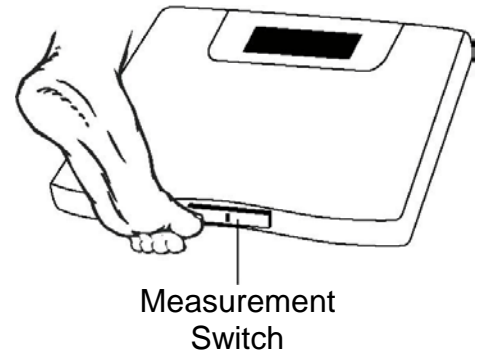


Note: If you need to repeat the test, read how to do this in the “Main Menu” section.

Taking Your Weight (A&D scale)

ALWAYS follow directions from your nurse.

1. The “Please take your weight” picture should be on the screen.
2. Standing in front of the scale, use your foot to tap the large blue button to turn ON the scale.
3. DO NOT step on the scale until the 0.0 lb appears.
4. Step on the scale.
 - a. Look straight ahead.
 - b. Do not move around.
5. Wait about 10 seconds for your weight to be measured.
6. The results will appear on both the scale and the Telehealth monitor. When the words “Received your data” are stated, then step off the scale.

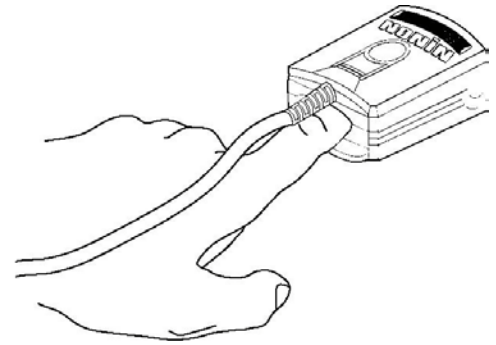


Note: If you need to repeat the test, read how to do this in the “Main Menu” section.

Taking Your Blood Oxygen

ALWAYS follow directions from your nurse.

1. The “Please take your blood oxygen” picture should be on the screen.
2. Place the oximeter clip on your index finger by squeezing the end away from the wire. The finger picture and wire on the clip should face up.
3. Rest your hand so it does not move.
4. The Telehealth monitor will state “Measuring your blood oxygen”. Wait for about 20 seconds until the result appears on the screen.
5. The results will appear on the Telehealth monitor. When the words “Received your data” are stated, remove the oximeter clip from your finger.



Note: If you need to repeat the test, read how to do this in the “Main Menu” section.

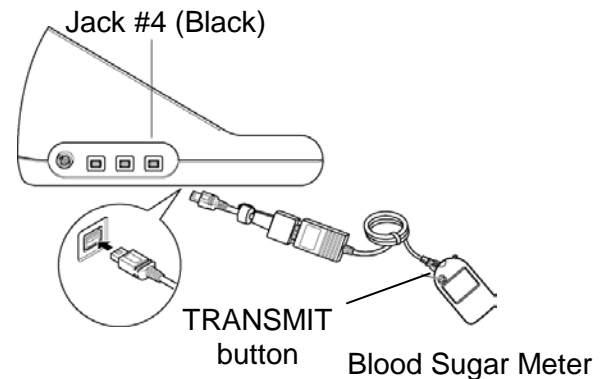
Recording Your Blood Sugar

ALWAYS follow directions from your nurse.

Remember to take your blood sugar using your meter as instructed by your nurse.

1. The “Please take your blood sugar” picture should be on the screen.
2. For Manual Entry, use the monitor keypad on the right side of the Telehealth monitor.
 - a. Enter in your blood sugar result as instructed by your nurse.
 - b. Press the green **OK** button.
3. For CONTOUR and ACCU-CHEK meters, follow these instructions:
 - a. Turn the meter off.
 - b. Attach your meter to the #4 cable with the black label.
 - c. For the CONTOUR meter only - press the M button on the meter.
4. All blood sugar readings stored in your meter will be sent to the telehealth system.
 - a. The most recent result will appear on the Telehealth monitor.
5. When the words “Received your data” are stated, you may disconnect your meter from the cable.

Your Name	Date	Time
Blood Sugar		
Please enter your blood sugar data using the number keys. Then press OK.		
Blood sugar:	<input type="text"/>	mg/dL

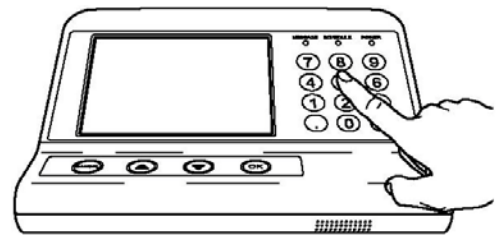


Note: If you need to repeat the test, read how to do this in the “Main Menu” section.

Recording Vital Sign Data Manually

1. Some vital sign data is entered by hand using the keypad on the right of the monitor. This is necessary if the measuring product does not connect to the telehealth system.
2. The “Please enter your data” picture should be on the screen.
3. Use the numbers keypad to enter your vital sign result. Press the buttons firmly.
4. If the number is correct on the screen, press the green **OK** button.
5. If the number is wrong, press the C key on the keypad. This will erase one number at a time.
 - a. Enter the correct number.
 - b. Press the green **OK** button.

Your Name	Date	Time
Blood Sugar		
Please enter your blood sugar data using the number keys. Then press OK.		
Blood sugar: <input type="text"/> mg/dL		



Note: If you need to repeat the test, read how to do this in the “Main Menu” section.

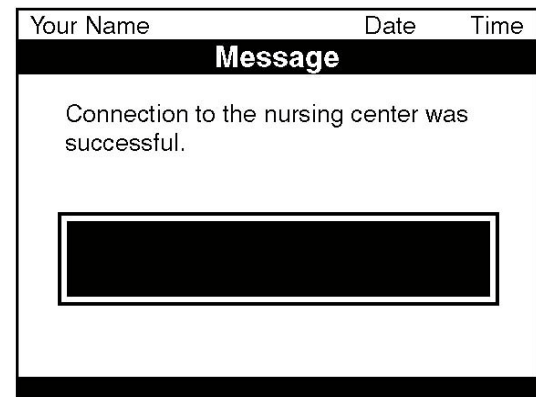
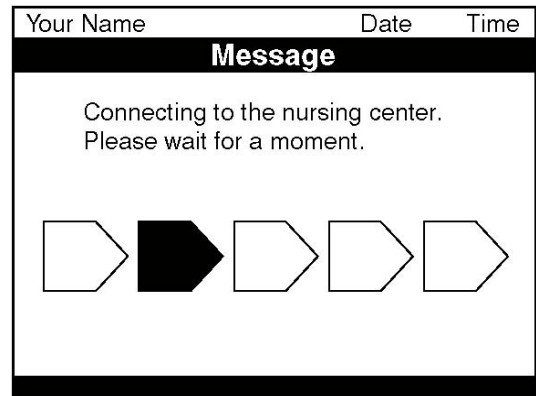
Read a Reminder Message

1. Read the message carefully.
2. Press the green **OK** button when finished reading.

Your Name	Date	Time
Schedule		
Date: Mo Day Time By: Nurse's Name Subject: Medication Reminder		
It is time to take your medication. Take with crackers to avoid a stomach upset.		
_____ _____ _____		

Sending Your Results to Your Nurse

1. Your data will be sent automatically over the telephone after you have finished all activities in a schedule.
 - a. This may take 1-3 minutes and include redialing attempts for up to 10 minutes if a telephone connection is not made.
2. After sending results, the monitor screen will briefly display the “Main Menu” and state “How may I help you”.
3. No action is required.
 - a. The screen will darken in a little while and go into “sleep mode” until the next schedule or when you need to do a retest.
 - b. Do not turn the monitor off unless instructed by your nurse.



Instructions for Using the Main Menu Screen

To do a RETEST or measure your vital signs and answer questions outside of your normal schedule, use the Main Menu screen.

1. If the screen is in the “sleep mode”, press the green **OK** button once.
2. Use the **Up** or **Down** arrow buttons to choose what you want to do.
3. Press the green **OK** button to begin.

Your Name	Date	Time
Main Menu		
How may I help you? Please select an activity.		
Measure		
Questions		
Advice Message		
Schedule		
Send/Receive Data		

Measure Your Vital Signs

1. Highlight “Measure” and press the green **OK** button.
2. Use the **Up** or **Down** arrow buttons to choose the vital sign you want to measure.
3. Press the green **OK** button and follow instructions to measure the vital sign.
4. Repeat steps 2 and 3 to complete all of your vital signs or those requested by the nurse.
5. Press the **Down** arrow key to highlight “Send Data”.
6. Press the green **OK** button.
 - a. Your data will be sent over the telephone.
 - b. This may take 1-3 minutes and include redialing attempts for up to 10 minutes if a telephone connection is not made.
7. After sending results, the monitor screen will display the “Main Menu” and state “How may I help you”.
8. No action is required.
 - a. The screen will darken in a little while and go into “sleep mode” until the next schedule or when you need to do a retest.
 - b. Do not turn the monitor off unless instructed by your nurse.

Your Name	Date	Time
Measure		
Let's start your measurement. Please select an activity.		
Blood Pressure		
Blood Sugar		
Weight		
Blood Oxygen (SPO2)		
Send Data		

Your Name	Date	Time
Measure		
Let's start your measurement. Please select an activity.		
Blood Pressure		
Blood Sugar		
Weight		
Blood Oxygen (SPO2)		
Send Data		

Questions

1. Highlight “Questions” and press the green **OK** button.
2. A question will be shown on the screen with answers.
3. Use the **Up** or **Down** arrow button to highlight your answer. If you need to enter a number, use the keypad located on the right of the monitor.
4. Press the green **OK** button once to confirm your answer.
5. Wait 2 seconds for the next question to appear and repeat steps 3 and 4.

Note: To change an answer, press the red **CANCEL** button to go backwards. Select the new answer and press the green **OK** button to continue.

6. When you finish all the questions, press the green **OK** button.
7. The Telehealth monitor will state “May I send your data now”. Press the green **OK** button.
 - a. Your data will be sent over the telephone.
 - b. This may take 1-3 minutes and include redialing attempts for up to 10 minutes if a telephone connection is not made.
8. After sending results, the monitor screen will display the “Main Menu” and state “How may I help you”.
9. No action is required.
 - a. The screen will darken in a little while and go into “sleep mode” until the next schedule or when you need to do a retest.
 - b. Do not turn the monitor off unless instructed by your nurse.

Your Name	Date	Time
Main Menu		
How may I help you? Please select an activity.		
Measure		
Questions		
Advice Message		
Schedule		
Send/Receive Data		

Your Name	Date	Time
Questions (2/3)		
Are you taking your medication as ordered by your doctor? (Please select an answer)		
<input checked="" type="radio"/> Yes		
<input type="radio"/> No		
<input type="radio"/> Not sure		
Next question		

Advice Message

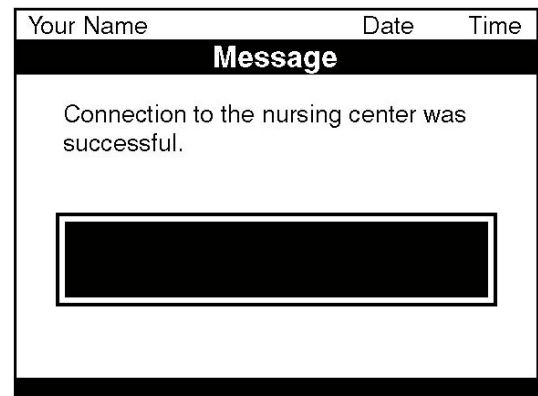
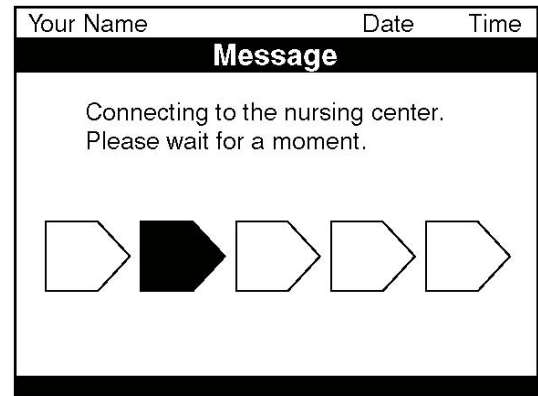
1. If your nurse has sent you a message, the monitor will have a red light under MESSAGE.
2. To read your new advice message, use the **Up** or **Down** arrow buttons to choose “Advice Message”.
3. Press the green **OK** button.
4. Use the **Up** or **Down** arrow buttons to choose the message you want to read.
5. Press the green **OK** button to read the new message.
6. When you are done reading the message, press the red **CANCEL** button to return to the message list.
7. Press the red **CANCEL** button to go back to the “Main Menu” screen.

Your Name	Date	Time
Advice Message List		
Please select an advice message.		
<input type="checkbox"/>	October 23 11:00AM	Nurse Mary Reminder of new medication.
<input type="checkbox"/>	October 22 02:00PM	Nurse Margaret Weight gain.
<input type="checkbox"/>	October 15 05:00PM	Nurse Mary Doing a great job, keep it up.

Indicates message
you have not read.

Send / Receive Data

1. When you have finished all activities, you must send the results to your nurse.
2. Go to the “Main Menu”. Use the **Up** or **Down** arrow buttons to highlight “Send / Receive Data”.
3. Press the green **OK** button.
 - a. Your data will be sent over the telephone.
 - b. This may take 1-3 minutes and include redialing attempts for up to 10 minutes if a telephone connection is not made.
4. After sending results, the monitor screen will display the “Main Menu” and state, “How may I help you”.
5. No action is required.
 - a. The screen will darken in a little while and go into “sleep mode” until the next schedule or when you need to do a retest.
 - b. Do not turn the monitor off unless instructed by your nurse.



Contact Information

For questions or problems with your monitor, please call:

This Patient Instruction Guide is for use with Viterion 100 monitors having software version 2.1 or greater.
200801-03 Ver. 1.0