

Using the Zewa Weight Scale

for the Remote Patient Monitoring Program

WELCOME! Now that you have successfully installed the Life365 Health app and enabled the Bluetooth settings on your smart device, you are ready to begin setting up your monitoring devices. **We are so glad you have decided to start proactively managing your weight from home with our monitoring technology.**

What is a Weight Scale?

Checking your weight consistently is an important part of managing your health and wellness from home. Monitoring your weight with a weight scale can help your care team determine if medication or care plans are working properly, and may alert you and your doctors to potential health complications.



How Remote Patient Monitoring Works



**PATIENT TAKES
READING WITH
DEVICE**



**READING IS
AUTOMATICALLY SENT
TO WPH CARES TEAM**



**WPH CARES
NURSE READS
DATA**

WHAT THE PATIENT WILL DO:

- Use this device as instructed by your doctor
- Call WPH Cares at 914-681-2273 (M-F, 10am-4pm) for clinical questions
- Call Life365 at 888-818-2322, ext: 2 for technical support (M-F, 8am-8pm)
- **In an emergency, call 911 or go to the Emergency Department**

WHAT THE CARE TEAM WILL DO:

- Monitor your device readings
- Be available to support you through the monitoring process
- Contact you and/or your doctor if:
 - No readings are logged
 - Readings are above or below target

Using Your Weight Scale

Your provider has asked that you use this device every day. However, your plan is individual to you and your health needs. Make sure you write down how often your provider would like you to record your weight. Taking your daily readings only requires a few minutes!

NOTE: For measurement readings to be recorded in your Life365 account, the Life365 Health App **must be open** when a measurement reading is being taken.

MY PERSONAL WEIGHT PLAN IS:

_____ times per day*
_____ number of days
_____ is my goal weight

*You should take more readings if:

- You suspect the reading was not accurate or improperly recorded

Quick Tips!

- Make sure the scale is on a level, hard floor surface and is not frequently moved; do not use the scale on a carpeted floor.
- Be sure to remove as much clothing as possible during your readings, especially your shoes or other bulky coverings.
- Try and take your reading(s) at the same time(s) each day.

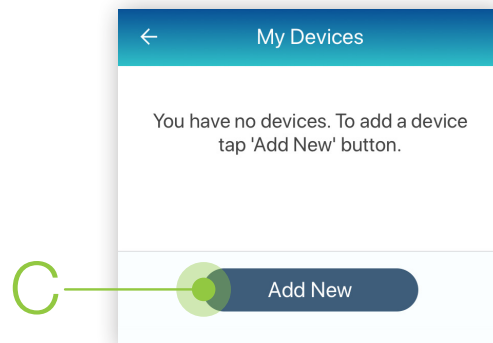
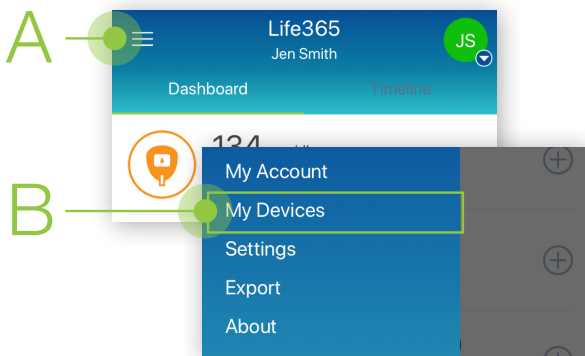
Now You Are Ready to Start Monitoring!

The last step on your way to personalized health monitoring is to pair your medical devices with your smartphone/mobile device at home via Bluetooth.

1 Tap the **Hamburger Menu** (three lines), located in the upper left of the app screen (A).

In the menu list, select **My Devices** (B).

2 In My Devices, select the button **Add New**. The app will search for the Bluetooth device (C).

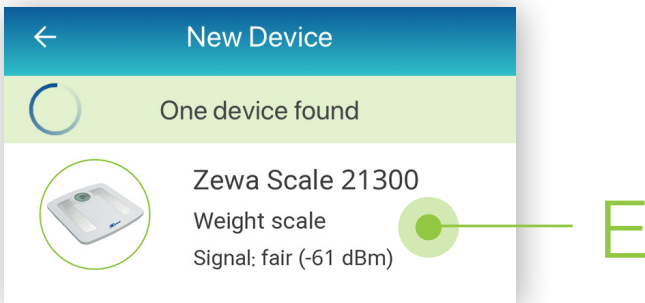


Make sure the Bluetooth device is located near the smart device. For Bluetooth device pairing instructions and other resources, visit <https://www.life365.health/en/support/app>.

- 3 To pair, press and hold the **UNIT** button (D), located on the back of the weight scale, for 3-4 seconds until alternating squares appear on the weight scale screen.



- 4 Allow a few moments for the app to find the weight scale. Once it is found in the app, select the Bluetooth device **name** on the app screen (E).



- 5 Select the button **Add to My Devices** (F). The app will return to the My Devices screen. The new Bluetooth device will now be listed.



- 6 You are now ready to take a reading!



- 7 Allow a few moments for the measurement reading to sync and record in the app.

Navigate to the main app Dashboard to review all measurement readings. (G)

