Using the Indie Health Blood Pressure Monitor
for the Remote Patient Co-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 blood pressure from home with our monitoring technology.**

What is a Blood Pressure Monitor?

Checking your blood pressure at home is an important part of managing high blood pressure (hypertension). Monitoring with a blood pressure device ensures your medication is working, and alerts you and your doctor 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

For more RPM resources, visit **wphospital.org/rpm**

Using Your Blood Pressure Monitor

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 levels. 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 BLOOD PRESSURE PLAN IS:

_____ times per day*

_____ number of days

_____ is my goal level

*You should take more readings if:
- You are short of breath
- You suspect the reading was not accurate or improperly recorded

Quick Tips!

- Make sure you are relaxed and sitting calmly in a chair with your feet, back and arms supported.
- Don't smoke, exercise, drink caffeinated or alcohol beverages within 20 minutes of measurement.
- Place the bottom of the cuff above the bend of the elbow.

Now You Are Ready to Start Monitoring!

The last step on your way to personalized health co-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)**.
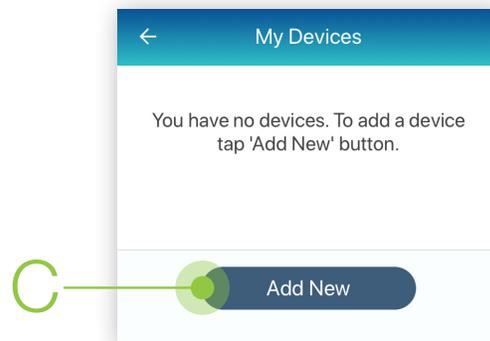
Make sure the Bluetooth device is located near the smart device. For Bluetooth device pairing instructions and other resources, visit **https://www.life365.health/en/support/app**.

3 **To pair the device, you'll need to take a reading.**

Insert the cord from the cuff into the port on the left side of the blood pressure monitor.

Place the cuff around the arm as instructed by your care team.

Press the **START/STOP button (D)** one time to activate the monitor, and a second time to begin taking the reading. The cuff will automatically start to inflate as you see numbers increasing on the monitor's display screen.

4 Once the reading is complete, allow a few moments for the app to find the monitor. Once found, it will appear in the device list on the app screen **(E)**.
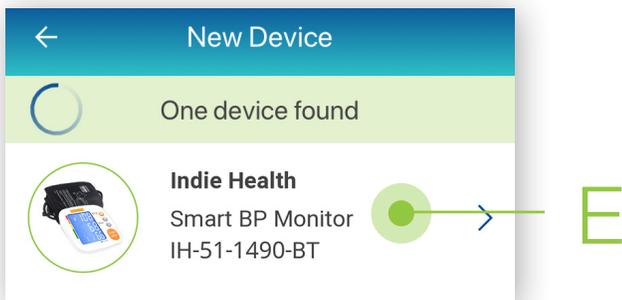
5 Select the button **Add to My Devices (F)**. The app will return to the My Devices screen. The new Bluetooth device will now be listed.

6 **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. **(H)**
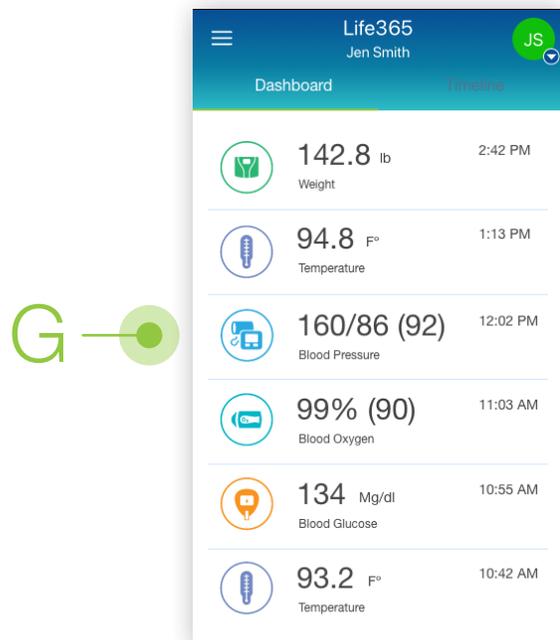
7 Tap the **Hamburger Menu** (three lines), located in the upper left of the app screen **(H)**.

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

H

Life365
Jen Smith
JS

Dashboard   Timeline

134

My Account

I   My Devices

Settings

Export

About

8 You should see your Blood Pressure device listed in your **"My Devices"** list. If you do not, start this process again.

Tap on the right arrow in line with the device name to take you to the device details **(J)**.

← My Devices

Zewa
Scale 21300
Last synced at 8/18/21, 3:13 PM   >

MIR
Spirobank Smart
Last synced at 6/3/21, 2:18 PM   >

iChoice
iChoice OX100 OX200 C228
Last synced at 6/3/21, 2:17 PM   >

Indie Health
Smart BP Monitor IH-51-1490-BT
Last synced at 8/18/21, 3:41 PM   >

J
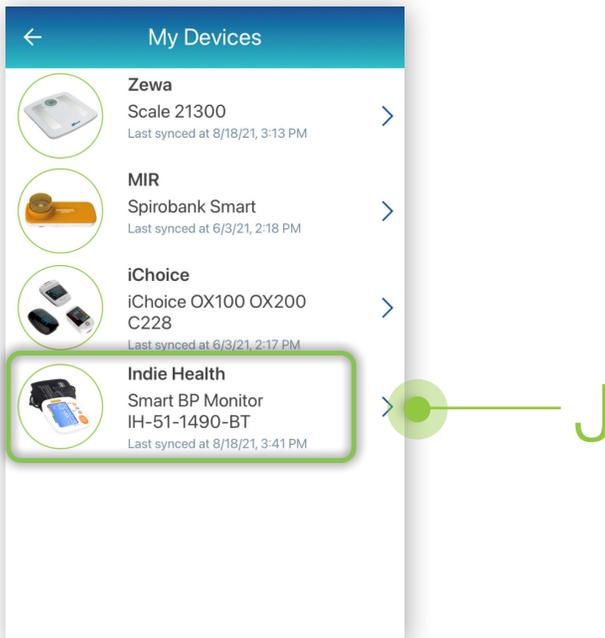
9 Once in the device details, click on the **settings button** on the top right.

← Indie Health Smart B...

K

Device name
Indie Health Smart BP Monitor IH-51-1...

Last sync:
Aug 18, 2021 at 3:41 PM

Device info:
Indie Health Smart BP Monitor IH-51-1...

Show Manufacturer Info >
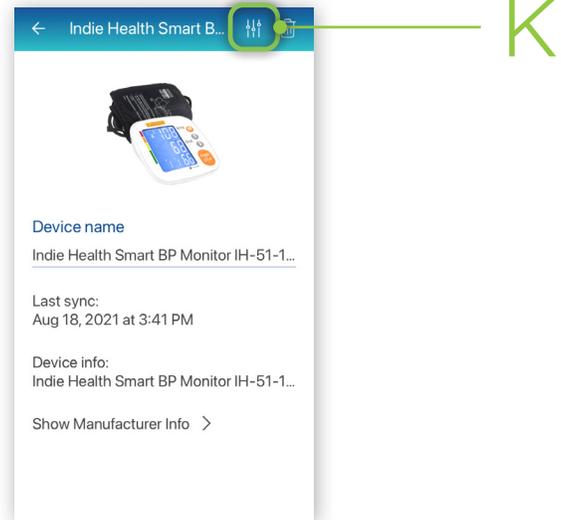
10 Be sure the device is set to "**Receive data automatically**". Tap **"Yes" (L).**

← Set device

Receive data automatically?

No   ○

Yes   ●

App has to be in the foreground with screen unlocked.

L