Using the Spirometer

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 breathing from home with our monitoring technology.**

What is Spirometry?

Spirometry measures how much air you inhale, how much you exhale and how quickly you exhale. It can be helpful in monitoring your lung condition such as asthma, chronic obstructive pulmonary disease (COPD) and other conditions that affect breathing.

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

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Using Your Spirometer

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 SPIROMETER 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

**If you use oxygen, please do not remove the nasal cannula to take your readings.

What To Do!

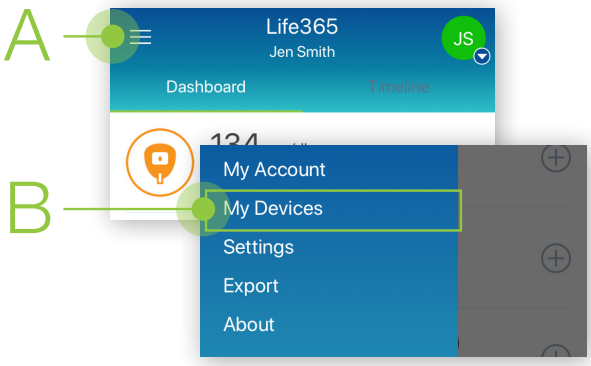
- Stand up and relax before you take your readings. You will be taking 3 long breaths.
- Breathe in as deeply as you can and then place your lips tightly around the mouthpiece so no air can escape.
- Exhale forcefully until your lungs are completely empty. You can remove the device from your mouth when you inhale again.
- Repeat the above process two more times for a total of three long breaths. Wait a few seconds and click the “Save” button.

Now You Are Ready to Start Monitoring!

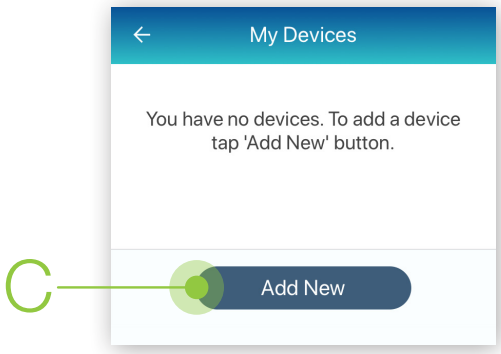
The last step on your way to personalized health monitoring is to pair your medical devices with your smartphone/mobile device at home via Bluetooth.

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 **Add New** button. 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**.

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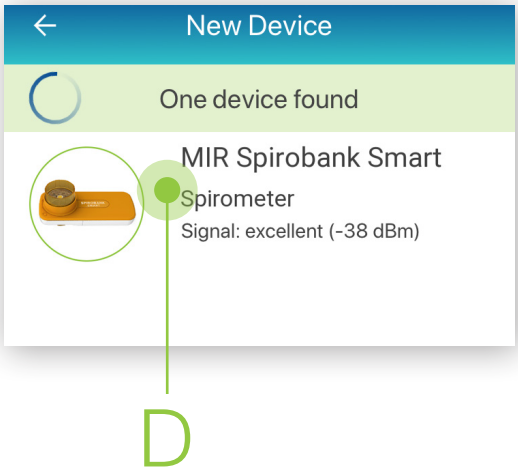
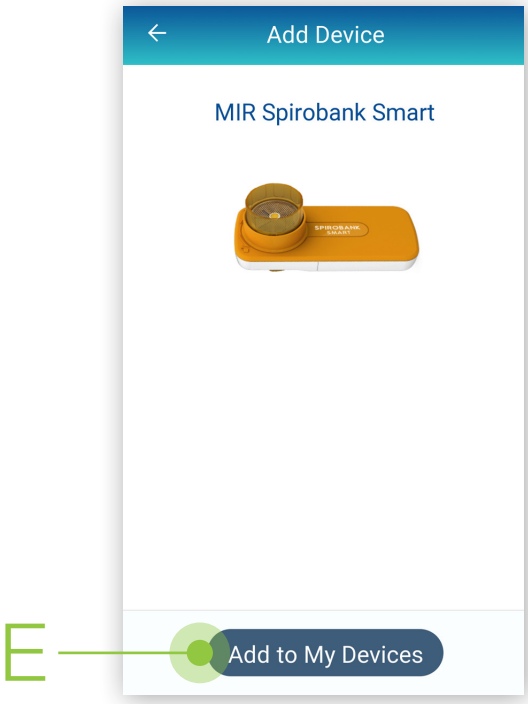
Pairing the Life365 Health App to your device (continued)

3 Allow a few moments for the app to find the spirometer.

4 Once found in the app, select the new Bluetooth device **name** (D).



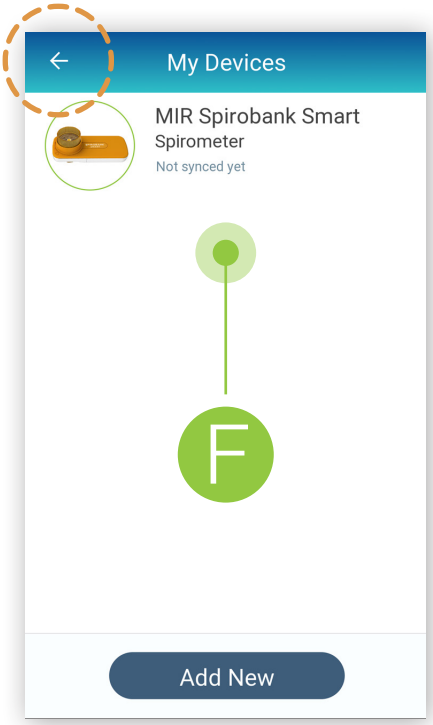
5 Select the **Add to My Devices** button (E).



5.1 The app will return to the **My Devices** screen.

The new Bluetooth device will now be listed (F).

5.2 Tap the back arrow, located in the upper left of the app screen **once**, to return to the main app Dashboard.



6 **To complete pairing, take a spirometry reading.**

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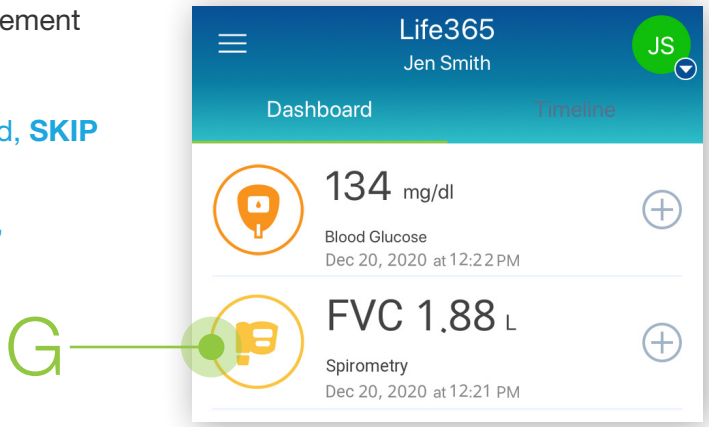
Using the Life365 Health App: Taking a reading with your device

7 From the main app **Dashboard**, select the measurement type **Spirometry** from the list **(G)**.

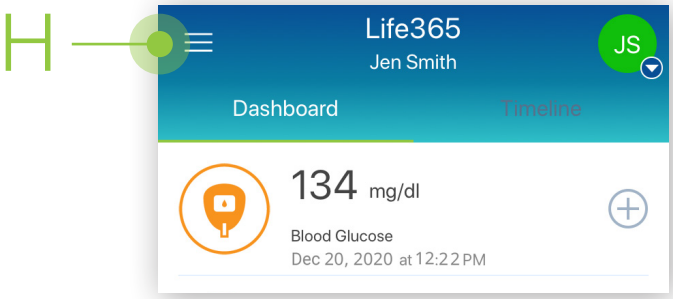
* *Note: if Spirometry measurement type is displayed, **SKIP to STEP 9**

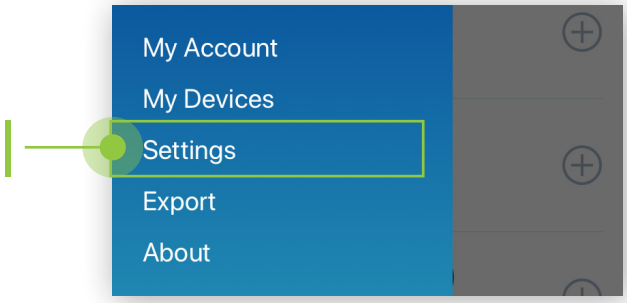
If Spirometry measurement type is **NOT** displayed, **PROCEED to STEP 8**



8 If Spirometry measurement type is **NOT** displayed on the main app Dashboard, complete the following steps:

8.1 Select the **Hamburger Menu**, located in the upper left of the app screen **(H)**. In the menu list, select **Settings (I)**.

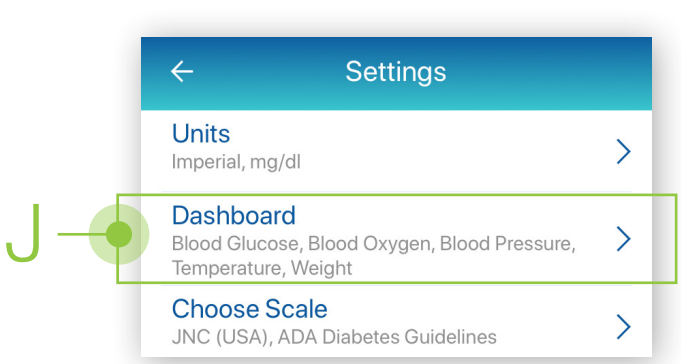


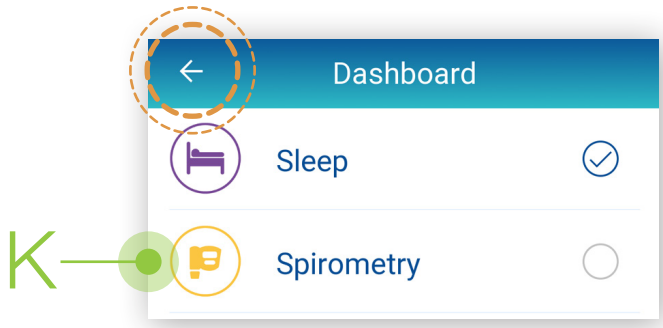


8.2 In Settings, select the **Dashboard** option **(J)**.

8.3 A list of all available measurement types will display. Scroll down the list until **Spirometry** is found. Tap **Spirometry** to enable **(K)**.

8.4 Tap the back arrow **twice**, located in the upper left of the app screen, to return to the main app Dashboard.





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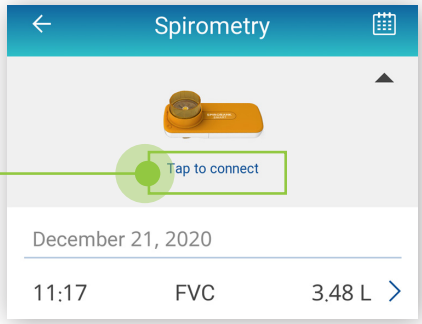
Using the Life365 Health App: Taking a reading with your device (continued from **STEP 7**)

9 In Spirometry measurement type, tap **Tap to connect (L)** or click on the top image. The **New FVC Test (M)** screen will display.

Note: Make sure that the mouthpiece is inserted into the spirometer. The larger end of the mouthpiece fits at the end of the spirometer.

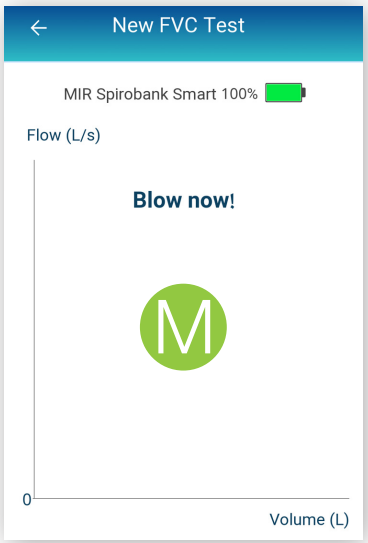


10 On the **New FVC Test** screen **(M)**, take measurement readings with the Spirometer. Refer to pages 8 and 9 of the Manufacturer User Guide for instructions on how to take a reading.

To begin, take a deep breath, and then blow into the mouthpiece for at least 6 seconds. Readings will appear in the chart. You **MUST** take 3 measurement readings to record and sync. Wait 5-10 seconds after each reading to record. You will stay on the same screen until the measurements are complete.

After the third reading, you will automatically be taken to the spirometry data screen, which indicates tests are complete.

Note: If you do have notification sounds enabled, you will hear a notification sound that indicates you are ready to take another reading.



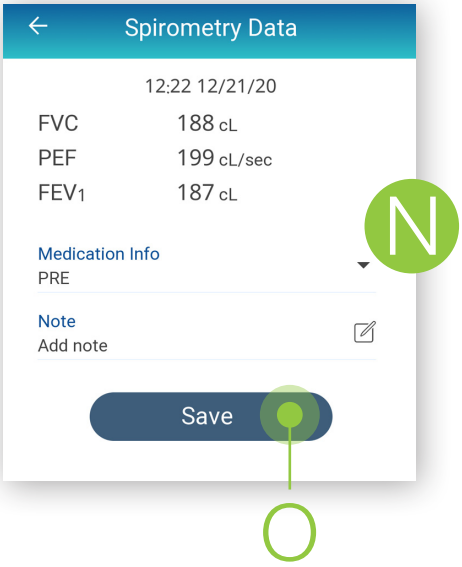
11 On the **Spirometry Data** screen **(N)** you can review the current measurement reading and enter optional **Medication Info** or **Note**(s).

Select **Save** when finished **(O)**.

12 After saving the measurement reading, you will return to the **Spirometry** screen.

Allow a moment for the measurement reading to sync and record in the app.

Navigate back to the main Dashboard to review all measurement readings.



You have successfully paired and taken a measurement reading!

Visit: **https://www.life365.health/en/support/app** for instructions and other helpful resources.

Always follow manufacturer instructions for use, included with your Bluetooth device.

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