

COMMUNITY WELLNESS

LIVING LONGER, LIVING BETTER, LIVING AT HOME

Device Instruction Booklet

Welcome to remote monitoring with Community Wellness!

We are thrilled to be part of your health management team, together with you and your physician. Our Remote Patient Monitoring (RPM) system is designed to support your health journey, aiming to help you lead a healthy and rewarding life.

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The medical tracking devices included will capture your vital signs and integrate seamlessly with our specialized MyWellness Connect™ app. This allows both you and your physician to track your vital signs and swiftly address any readings that may be of concern.

Additionally, you will be matched with a dedicated clinical coach who will conduct regular meetings with you to review your vital signs and discuss strategies to either maintain or enhance your health.

Setting up and pairing your medical devices is designed to be user-friendly. Simply follow the instructions provided in this guide to get started.

Taking proactive steps towards wellness is a great move towards improved health. Let's begin your journey!

Download the MyWellness Connect App



Have your enclosed medical devices readily available

Ensure your phone or tablet has Bluetooth enabled (on)



Check that you are connected to a WiFi network and that you know the password



Download the MyWellness Connect App from the Apple App Store or Google Play or simply scan the QR code with your phone's camera



Open the MyWellness Connect app and tap "log in" using the same email and password you used to create your Community Wellness account.

Setting Up & Pairing your Devices



1

Install the batteries that come with your device(s).

2

Open the MyWellness Connect App on your phone / tablet.

3

On the home screen (Dashboard), tap the menu icon located at the bottom left corner (≡) , then select "My Devices."

4

Choose "Add New Device."

For the Blood Pressure Monitor:

When the device is OFF, press and hold the "Start" button on the front of the device until the screen turns on and you see the bluetooth pairing animation.

Allow the app some time to locate the blood pressure monitor, then tap "Add to My Devices."

5

For all other devices:

The app will automatically find the device. Tap on the image of the device and then agree to the prompts that follow.

On the next screen, tap "Add to My Devices."

6

You will now see the device listed on the "My Devices" screen.

How to use the Scale



Measuring & Recording Your Weight:

1. Open the Community Wellness “MyWellness Connect” app. Make sure the Bluetooth on your phone is activated and you have an internet connection.
2. Step onto the scale platform and remain still. The display on the screen will flash three (3) times until reaching the final reading.
3. Once the measurement is captured, verify it on the app screen and tap the ‘Save and Close’ button.
4. When the measurement is saved, it will be displayed on the Weigh listing on the home screen (Dashboard) with the last synced date below it.
5. To view the history of your weight measurements, tap on the Weight listing on the home screen (Dashboard).

****For Best Results: Make sure the scale is placed on a flat, hard surface. (Carpeting or uneven floors may affect accuracy.)**

How to use the Blood Glucose Meter



Measuring & Recording Your Blood Glucose Levels:

1. Wash your hands with soap and warm water.
2. Open the Community Wellness “MyWellness Connect” app. Make sure the Bluetooth on your phone is activated and you have an internet connection.
3. With clean and dry hands, remove a test strip from its vial and use it instantly. Do not bend, cut, or modify the test strips in any way.
4. Insert the test strip into the meter’s test port to turn the meter on. The date and time will appear on the screen. NOTE: Be sure to use “AndesFit” test strips - other test strips may not produce accurate results. If you need more test strips or lancets, please call our Customer Support team at (888) 751-3540.
5. When the blood drop symbol flashes on the screen, you may select the appropriate measurement mode, for selecting the measurement mode of Control (CTL) or General, please refer to the detailed instructions that came with your device, in the “The Two Measuring Modes” section.
6. Apply your blood to the absorbent hole of the test strip.
7. As soon as enough blood has filled the confirmation window of the test strip, you will hear a beep letting you know that the test has begun. A countdown of five (5) seconds starts. NOTE: Make sure the confirmation window of the test strip is completely filled with your blood sample.
8. When the reading is complete, it will automatically be displayed on the Blood Glucose listing on the home screen (Dashboard) with the last synced time below it.
9. To view the history of your blood sugar measurements, tap on the Blood Glucose listing on the home screen (Dashboard). You can view previous measurements by swiping up and down.

How to use the Blood Pressure Monitor



Measuring & Recording Your Blood Pressure

1. Put the cuff on your upper arm, pulling it on so that it wraps securely around your upper arm. Make sure the cuff is plugged into the device on the side, before turning the blood pressure monitor on.
2. Place your arm on a table so it's at the same level as your heart.
3. Open the Community Wellness "MyWellness Connect" app. Make sure the Bluetooth on your phone is activated and you have an internet connection.
4. Press the blue "Start" button on the device.
5. The cuff will inflate, and when the measurement is complete, the cuff will automatically deflate and your measurement will show on the device's screen. **Note: It takes around one minute to take your blood pressure measurement.**
6. Once the measurement is captured, verify it on the app screen and tap "Save and Close".
7. When the measurement is saved, it will be displayed on the Blood Pressure listing on the home screen (Dashboard) with the last synced date below it.
8. To view the history of your blood pressure measurements, tap on the Blood Pressure listing on the home screen (Dashboard).

How to use the Thermometer



Measuring & Recording Your Temperature

1. Open the Community Wellness "MyWellness Connect" app. Make sure the Bluetooth on your phone is activated and you have an internet connection.
2. Turn on the thermometer by pressing the gray "MEM" button. You may need to hold the button down for 2-3 seconds – the device will beep when it's ready.
3. Position the thermometer pointing towards the forehead at a distance of less than 2 cm.
4. Press and hold the button on the handle, and move the thermometer across the forehead, keeping the 2 cm distance the entire time.
5. Release the button on the handle to finish the measurement. The result will display on the LCD screen on the thermometer.
6. Once the measurement is captured, verify it on the app screen and tap the "Save and Close" button.
7. When the measurement is saved, it will be displayed on the Temperature listing on the home screen (Dashboard) with the last synced date below it.
8. To view the history of your temperature over time, tap on the Temperature listing on the home screen (Dashboard).

How to use the Spirometer



1. For best results, stand up or sit upright.
2. Push the turbine into the slot until it stops.
3. Turn the turbine clockwise until it stops.
4. Open the Community Wellness “MyWellness Connect” app.
5. From the app’s home screen (Dashboard) locate the “Spirometry” section and tap the plus (+) icon to enter the New FVC Test screen.
6. Wait until the app’s New FVC Test screen prompts you to “Blow now!”.
7. Hold the meter with your hand as if it were a cell phone and make sure not to obstruct the turbine with your hand.
8. Insert the mouthpiece end into your mouth beyond your teeth, and close lips around the mouthpiece. Make sure your lips form a tight seal around the mouthpiece. (To prevent turbulence that might otherwise affect the results do not put your tongue in the mouthpiece. Do not bend your neck.)
9. Take a slow deep breath and then blow out as hard and fast as you can until you can read the measurement on the New FVC Test screen. (Avoid long slow exhalation.)
10. Since each test session should consist of three trials, repeat step 9 twice more. After the three trials, the Spirometer Data screen will appear on the app.
11. Click the “Save” button on the app’s Spirometer Data screen.
12. The measurement will display on the “Spirometry” listing on the app’s Dashboard.

How to use the Pulse Oximeter



Measuring & Recording Your Pulse

1. Open the Community Wellness “MyWellness Connect” app. Make sure the Bluetooth on your phone is activated and you have an internet connection.
2. Open the clamp of the pulse oximeter, and then place your middle, ring, or index finger of your left hand into the rubber opening of the oximeter, nail side up.
3. When the reading is complete, it will automatically be displayed on the Blood Oxygen listing on the home screen (Dashboard) with the last synced time below it.
4. To view the history of your pulse and O2 measurements, tap on the Blood Oxygen listing on the home screen (Dashboard). You can view previous measurements by swiping up and down.

How to use the ECG Monitor



How to Record a ECG Measurement

1. Open the Community Wellness “MyWellness Connect” app. Make sure the Bluetooth on your phone is activated and you have an internet connection
2. Turn on the portable ECG as described, and then hold the metal electrodes on either end of the device against your bare skin at one of the following pulse points.
3. After start-up, the device has a short pre-sample phase for a few seconds. You’ll see the ECG waveform (orange in the pre-sample phase) and heart rate displayed on the screen.
4. When the waveform becomes stable, it turns green, and the device will automatically take a formal sampling of your heart rate for 10 seconds. The sample countdown on the bottom right hand corner runs until the sample is complete.
5. After the sample is complete, the ECG will enter into case review mode. You’ll see a summary of the results, which includes your heart rate and notable activity, along with the start time and date.
6. As long as you hold the device to your pulse point throughout the case review process, it will automatically repeat the sampling process. (Your doctor will advise how many cycles to record at a time.)
7. Tap the plus (+) icon, on the ECG listing on the home screen (Dashboard).
8. When the reading(s) are complete, they will display on the app’s “New Measurement” screen. Tap on “Save” to record the measurement(s).
9. The saved reading will automatically be displayed on the app’s home screen (Dashboard) with the last synced time below it.
10. To view the history of your ECG readings, tap on the ECG listing on the home screen (Dashboard). You can view previous measurements by swiping up and down.

We Are Here To Help!

Call our Customer Support team at
(888) 751-3540 for assistance.

Email our customer support team:
hello@communitywellness.com



Visit our YouTube Channel for
instructional videos by scanning
the QR Code.