



RAH@H
Remotely Accessible Healthcare at Home



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A Patient Centric 24/7 Connected Health Model
to Improve Healthcare Outcomes through Technology
for Education, Engagement, Empowerment, Monitoring & Treatment of
Patients Virtually

User Guide for RAH@H Devices

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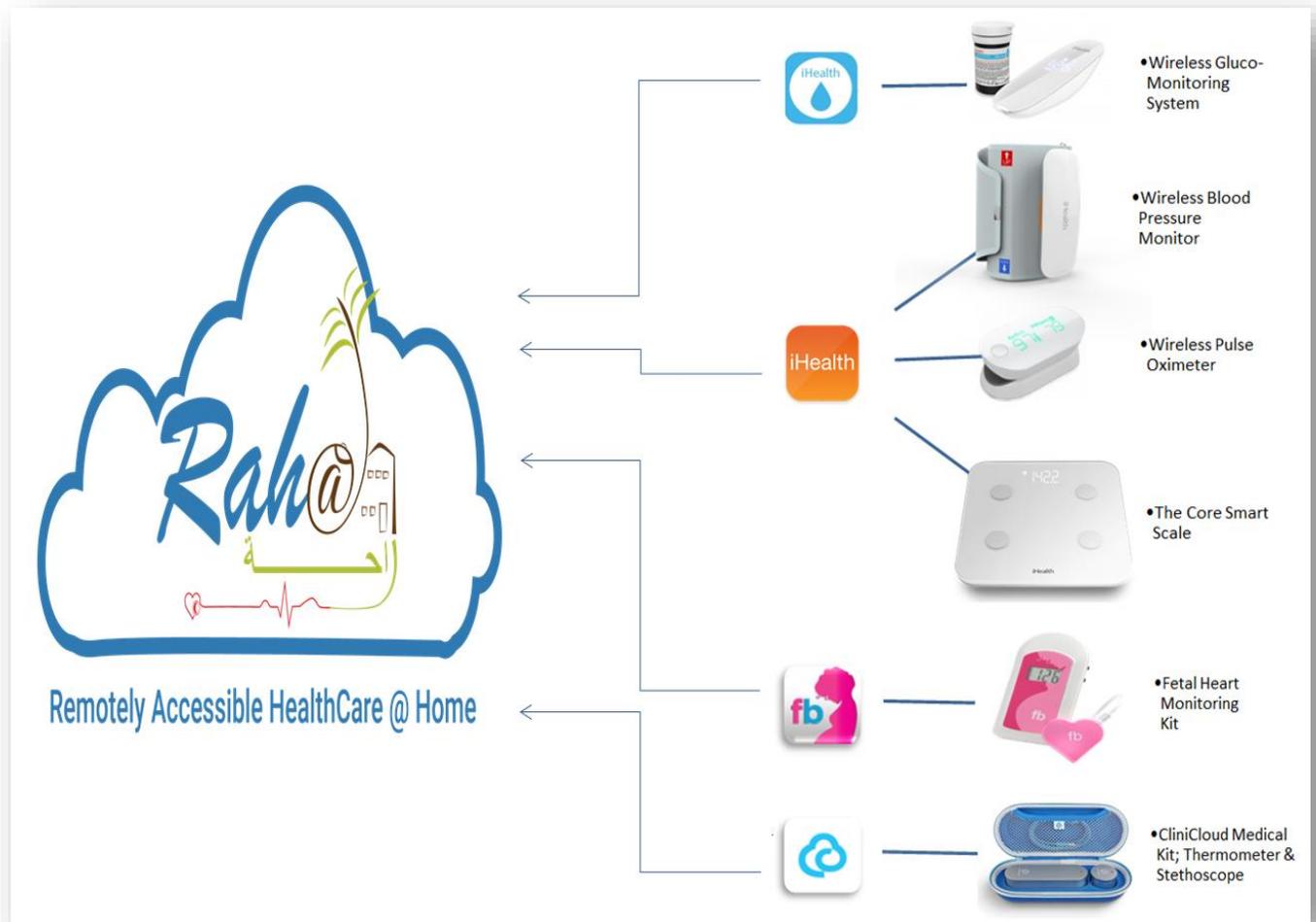
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A. Devices' Apps Integrated with RAH@H

- The illustration below shows the different medical devices' mobile apps integrated with RAH@H – Remotely Accessible Healthcare At Home – system. These mobile applications are:
 - iHealth Gluco-Smart
 - iHealth MyVitals
 - Fetalbeats 2.0
 - Clinicloud



B. How Will The Devices Work?

- You can refer to the manual attached with each device for step by step user guide. For your direct reference, you can also follow the steps below.

1. iHealth Smart Gluco-Monitoring System

- iHealth Smart Gluco-Monitoring System measures glucose level in the blood.
- The associated mobile application is **iHealth Gluco-Smart**.

a. Working and Observations

1. Make sure the glucometer is charged before using it.
2. Sit comfortably.
3. Take out the gluco-monitoring and the lancing devices.
4. **For the lancing device:**
 - Every time, insert a new lancet inside the lancing device > set the lancet level (1-5) noting that level 5 is the deepest.
 - Lock the handle by twisting the head of the lancing device with the direction of the arrows.
5. Turn on Wi-Fi and Bluetooth on your mobile.
6. Press the switch on button at the side of the glucometer.
7. Bluetooth sign will be blinking on the device screen.
8. Open the device mobile application and make sure to establish Bluetooth connection of the device with your mobile.
9. Make sure that there is no strip already inserted in the device. If any is inserted at this stage the device will not turn on.
10. After the connection is established, the app will ask you to insert the strip, so insert the test strip into the gluco-monitoring device.
11. If you have QR code test strips, scan the QR code in the device mobile application before inserting the first strip using the test strips box.
12. If you have NON QR codes test strips, go to the Setting > select the type of your test strips (**Non QR codes**). The benefit of the QR is just identifying the Expiry Date faster instead of checking the date on the bucket.
13. When the test strip is inserted, the device will ask you to take the blood sample.
14. Clean the area (fingertip) from where you will prick.
15. Using lancing device, prick the area (fingertip) by pressing the release button of the lancing device.
16. Blood will come out of the pricked area. If needed, gently squeeze your finger.
17. Using the gluco-monitoring device, place the absorbent hole of the test strip into the blood spot.
18. The strip will take the blood and the device will display **“testing”**.
19. The result will appear on the mobile application in almost 5 seconds.

20. Select the time of the test for ex: After lunch > Click on **Save**.
21. Data will now be stored in the app under **History > Lists**.
22. Data will go from the device app to RAH@H portal and RAH@H mobile app.
23. Discard the strip using the button at the back of the device.
24. Discard the lancet using the remove button on the lancet device and clean your fingertip.
25. Switch off the Bluetooth and the gluco-monitoring device.

Notes:

- iHealth Control Solution can be used to ensure that the glucometer and the test strips are working accurately. You can use iHealth Control Solution for the following situations:
 1. When you open a new vial of test strips.
 2. If you have a doubt with your test results and you think it is not accurate.
 3. After you drop off the glucometer or think it is damaged.
- **How can you use the iHealth Control Solution?**
 1. Turn on the mobile Bluetooth and open the **iGluco** app.
 2. Tap the upper left button of the screen > select **Settings**.
 3. Scroll down > select the **Control Solution Testing > Start control solution test > Select Gluco**.
 4. Then start the test with the same steps of your glucose reading (i.e. connects the device and insert test strip).
 5. Squeeze the Control Solution drop into a clean surface.
 6. Instead of your blood, put the strip into the Control solution drop sample and take the reading.
 7. The result will appear on the mobile app screen.
 8. It should be within the normal range mentioned on the test strips vial (example: 112 ~ 168).

b. iHealth Smart Gluco-Monitoring System Video on YouTube

Type the following video title on YouTube to learn how to use the device:

“How to unpack and first use the connected glucometer iHealth Gluco”

<https://www.youtube.com/watch?v=5Patm9FEdv4>

2. iHealth Wireless Blood Pressure Monitor

- iHealth Blood Pressure Monitor measures your blood pressure both Systolic and Diastolic, in addition to the pulse.
- The associated mobile application is **iHealth MyVitals**.

a. Working and Observations

1. Make sure the Blood Pressure monitor is charged. (Static green light means fully charged and may takes around 2 hours to be fully charged).
2. Cuff the Blood Pressure Monitor device around your left arm with directions (up and down) as illustrated in the device. (Note: the device should be placed on the skin directly for more accurate results).
3. Turn on Wi-Fi and Bluetooth on your mobile.
4. Switch the on/off button at the side of the device > the Bluetooth icon will appear flashing.
5. Open **iHealth** app on your mobile.
6. For the first time use only:
 - From the top left menu > Click on **“Set Up My Devices”**.
 - Click on **“Select New Device”** > Click on **“Blood Pressure Monitors”**.
 - Click on **“BP5”**.
7. Wait for a few seconds till the Bluetooth connection with your mobile is established. Once the Bluetooth icon is static on the Blood Pressure device and the **“Start”** button appears on the mobile app screen, you can start taking the observation.
8. Sit comfortably with straight back and your left hand almost at the same heart level.
9. On your mobile app, click **“Start”**.
10. After the observation appears, you can enter details like your Mode, Activity and Notes.
11. Click on the back arrow button on the app > Click on **“Trends”** tab, if needed, to view the historical readings of your blood pressure and pulse.
12. Press on the **‘Start/Stop’** button in the Blood Pressure device for around 3 seconds to turn off the device.

Note:

- To check the battery level of the connected device, apply the following steps:
 1. Press on **“Set Up My Devices”** button from iHealth App dashboard.
 2. Click on the connected device under **“Blood Pressure”** list.
 3. BP5 Details page will open and you can see device battery percentage there.

3. iHealth Wireless Pulse Oximeter

- iHealth Wireless Pulse Oximeter measures your blood oxygen saturation and pulse rate.
- The associated mobile application is **iHealth MyVitals**.

a. Working and Observations

1. Charge the battery before the first use. Plug iHealth Wireless Pulse Oximeter into the USB port for three hours or until the battery indicator turns off.
2. Turn on the Wi-Fi in your mobile.
3. On your mobile, Turn Bluetooth “On” from Settings.
4. Find the device number from Bluetooth devices list in your mobile. This number is written on the right side of the Pulse Oximeter device (MAC: XXXXXXXXXX).
5. On your mobile, launch iHealth app to initiate the connection. The Bluetooth icon will light up and stop flashing.
6. Open the clamp of the Pulse Oximeter and place in your left hand finger as in the picture below. (Note: iHealth logo will be at the back side of the device).



7. Press the device button to turn the Oximeter on.
8. Keep your hand still for the reading.
9. After around 30 seconds, remove the device from your finger and then your SpO2 and pulse rate readings will appear on the Oximeter display screen and in the app.
10. Click on the back arrow button in the app > Click on “**Trends**” tab if you want to view the historical readings.

Notes:

- While taking the reading, if the signal strength is too low, switch to another finger and redo the reading again.
- To check the battery level of the connected device, apply the following steps:
 1. Press on “**Set Up My Devices**” button from iHealth App dashboard.
 2. Click on the connected device under “Plus Oximeter” list.
 3. PO3M Details page will open and you can see device battery percentage there.

b. Wireless Pulse Oximeter Video on YouTube

Type the following video title on YouTube to learn how to use the device:

“**How to unpack and first use the pulse oxymeter iHealth Air**”

<https://www.youtube.com/watch?v=MWP9uRMPm4k>

4. iHealth Body Analyzer Smart Scale

- iHealth Blood Analyzer Scale tracks your weight, Body Mass Index (BMI) and your body composition.
- The associated mobile application is **iHealth MyVitals**.

a. Working and Observations

1. From the back of the scale open the batteries lock > Insert four AAA batteries into the scale.
2. Press the black button besides the batteries for 10 seconds to switch the scale on.
3. The scale will display “Set” in the interface.
4. For the first time using only:
 - Open iHealth app “My Vitals” on your mobile and from the menu bar click “**Set Up My Devices**”.
 - Click “**Select New device**”.
 - Click “**Scales**”.
 - A list will appear from which you have to choose “**Core (HS6)**”.
5. A message will appear to scan the barcode which is at the back of the scale > Scan the barcode.
6. Enter the Wi-Fi password in the app and connect with the scale (make sure the mobile and the scale are connected to the same Wi-Fi).
7. Once the Wi-Fi connection is established you will be able to see the Wi-Fi sign static on the scale.
8. Click **weight** on the left side menu bar > select **measure**.
9. For the first time using, type your body data in the app.
10. Step on the scale.
11. The scale will take the readings and upload on the device mobile application.
12. The readings will synchronize with your account in RAH@H.
13. Step off, keep the device aside and it will automatically switch off.

Notes:

- The scale should be connected to one mobile phone only using a single user account.
- The reset button at the back of the scale can be used for troubleshooting.

b. iHealth Body Analyzer Smart Scale Video on YouTube

Type the following video title on YouTube to learn how to use the device:

“How to unpack and first use the connected scale iHealth Core”

<https://www.youtube.com/watch?v=SGUMQ7u2GS8>

5. CliniCloud Thermometer

- The CliniCloud Thermometer captures your body temperature.
- The associated mobile application is **CliniCloud**.

a. Working and Observations

1. Turn on Wi-Fi and Bluetooth on your mobile.
2. Place the required two AAA batteries inside the device.
3. Open CliniCloud app on your mobile.
4. Press on **“Temperature”** icon from the dashboard > Select your username
5. The app will search for the thermometer device.
6. The thermometer blue light will be flashing.
7. Press on **“Connect”** for the selected device.
8. The app will ask to set the thermometer as default so click Ok. (one time setup)
9. The device will now be paired, and you can see the blue light is static on the thermometer.
10. Press on **“Continue”**.
11. Place the sensor side with glass of the thermometer up to 5 cm (2 inches) in front of the forehead; do not touch the skin but move from left to right and vice versa OR place it near temple up to 5 cm (2 inches) from the skin.
12. Click on **“Start Recording”** button.
13. The application will record the temperature within around 5 seconds.
14. Then the app will ask you if you want to add a note. Write the note, if needed, then press **“Next”**.
15. The device application will show the temperature reading.
16. Press **“Save”**.
17. To view your historical records, click on **“Activity”** tab at the bottom.

Notes:

- Ensure that you and the thermometer remain in the same room in which the measurement is to be taken for at least 15 minutes before use.
- The reading has a variance of +/- 0.6 °C (1°F).
- If you took the reading when the device was offline (Wi-Fi turned off), then once the Wi-Fi is on, click on **‘Users’** button at the bottom > Click on the Clock icon > Slide your finger down over the readings to refresh and upload the offline record.

b. CliniCloud Thermometer Video on YouTube

Type the following video title on YouTube to learn how to use the device:

“Getting Started: CliniCloud Non-Contact Thermometer”

<https://www.youtube.com/watch?v=6di-1kLHyL8>

6. CliniCloud Stethoscope

- The CliniCloud Stethoscope captures your heartbeats and lungs sounds.
- The associated mobile application is **CliniCloud**.

a. Working and Observations

1. Turn on Wi-Fi and Bluetooth on your mobile.
2. Insert the battery associated with the device into the device properly and insert the wider part of the blue wire lead into the stethoscope port.
3. Open CliniCloud app in your mobile.
4. From the dashboard click on **“Heart”**.
5. The application will ask “Please connect the stethoscope to the headphone jack to continue”.
6. Insert the Stethoscope aux port into the mobile through earphones port (aux side).
7. Once the connection is established, the device will show **“Start Recording”** button.
8. Put the stethoscope shield part on your chest, slightly to the left near the left nipple.
9. Click on **“Start Recording”**.
10. In 3 seconds recording will start which can be clearly seen in the screen.
11. Within 5 seconds the device application will show the heart rate readings.
12. Once the observation appears, click on **“SAVE”**.
13. From the home screen, press on **“Users”** > click on your name to find the associated readings with your account.
14. The readings will synchronize with your account in RAH@H.

b. CliniCloud Stethoscope Video on YouTube

Type the following video title on YouTube to learn how to use the device:

“Getting Started: CliniCloud Stethoscope”

<https://www.youtube.com/watch?v=5Br2Q5LHPNA>

7. Fetal Beats

- Fetal Beats captures your fetal beats and sounds.
- The associated mobile application is **Fetalbeats 2.0**.

a. Working and Observations

1. Before the first use, open the battery cover, install two AAA batteries.
2. The Fetal Beats kit comes with headphones.
3. Plug in one side of the AUX CABLE (white wire) into one of the audio output sockets of the Fetal doppler (there are two sockets, you can use any).
4. Plug in the other side of the AUX CABLE (white wire) into the sound converter (the heart shaped item).
5. Open the Fetal Beats app on your device.
6. In the main screen you will be asked to plug in the Fetal Beats monitor. Plug in the sound convertor wire into the headphone jack on your Device. The App will display a text that you are ready to record.
7. Find the position of your baby as per instructed by the doctor according to baby position or feel the position of the baby by hand. If you do not know the position of your baby, you can try the monitor on different areas of your stomach.
8. Apply a liberal amount of ultrasound gel to the faceplate sensor of the monitor and place the faceplate sensor of the monitor on your belly according to the position of the baby.
9. Power ON: revolve up the ON/OFF knob on the left side panel to power on the Fetal Beats monitor.
10. On the screen of fetal doppler you will see three lines.
11. Keep sensor on/around the area for at least 10 seconds to obtain baby heart beat and an optimum audio signal for the Fetal Heart sound.
12. Adjust the volume as needed. Once you hear your Fetal Heart Rate, click on **“Record”** from the app.
13. Once you get the number (i.e. Beats per minute) on the screen of the Fetal doppler, press **“Stop Recording”** in the App.
14. As soon as you click stop recording the log will open.
15. On the log click on the pencil sign and type the value of Beats as seen on the screen of fetal doppler and finally click **Save**.
16. You can now listen to your baby heart beats by clicking the Play icon.
17. On this screen you are also able to rename this record.
18. Use cloth or paper towel to wipe off the Ultrasound Gel.

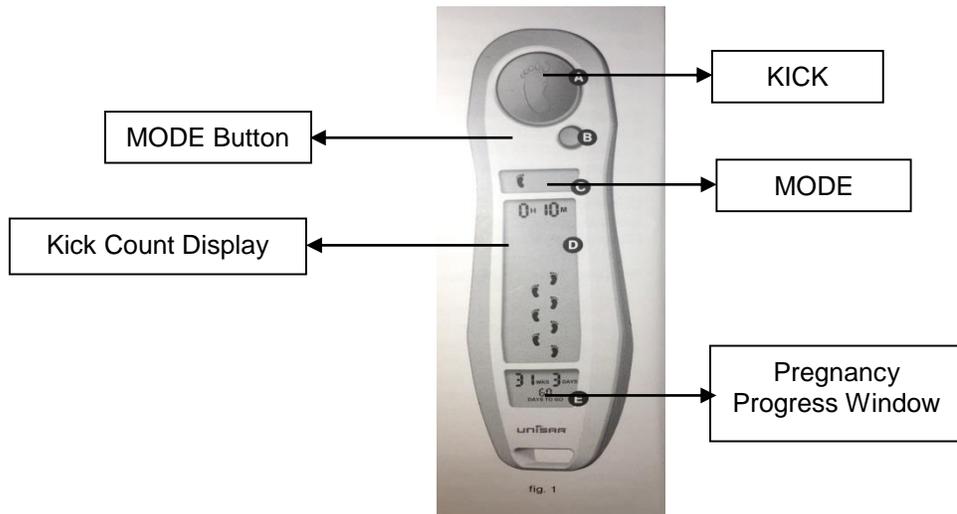


8. Kick Trak

- The Kick Trak helps counting your fetal's kicks.
- The associated mobile application is **RAH@H - Patient**.

a. Working and Observations

1. You can refer to the illustration in the next page to have a clear understanding of the device's components.
2. Insert two AAA batteries. Make sure that they are new.
3. After inserting the batteries, the unit will automatically enter the SET UP mode and the icon will be displayed.
4. Press the mode button to set English as your default language.
5. After you have set the language "0 WEEKS" will flash.
6. To set your week of pregnancy press the KICK button to increase number of weeks (you can set it for 0 – 42 weeks).
7. Once the correct number of weeks flashes, press the MODE button to set the number of days, then press the KICK button to increase the number of days.
8. When you finish, press and hold down the MODE button.
9. Press the Mode button 3 times to get the kick mode.
10. Every time you feel the baby kicks press the KICK button; a footprint will be displayed after every press.
11. When you hear a beep in the device, it means the 10 movements session count has been saved.
12. The amount of time it took to record these 10 movements session will be displayed and stored in memory, too.
13. Every time you hear the beep, enter 10 in the **kick count** tab in RAH@H mobile app.
14. If you did a mistake in counting, press and hold the MODE button with KICK button together until the session is deleted.
15. After you have recorded 10 new sessions, the new sessions will replace the oldest ones.
16. After you have reached 25 weeks and 6 days, "99 DAYS TO GO" will be automatically displayed in your Kick Trak and will count down the last 99 days of your pregnancy.



KICK TRAK

- C** **MODE Display**
• indicates current mode

