



**RAH@H**  
*Remotely Accessible Healthcare at Home*



# **RAH@H**

## *Remotely Accessible Healthcare at Home*

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 Manual Entry of Health Observations into RAH@H**

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## User Guide for Manual Entry of Health Observations into RAH@H

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## User Guide for Manual Entry of Health Observations into RAH@H

### I. Manual Entry of Health Observations into RAH@H Portal/App

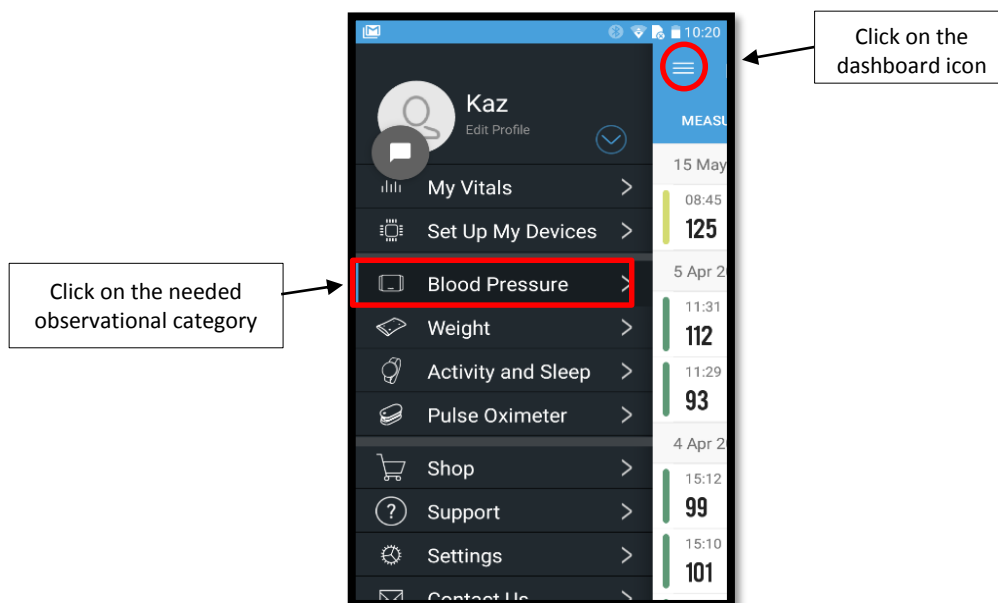
In some cases, patient might need to manually enter his/her health observations into RAH@H portal/app. This can be due to Bluetooth connection issue, using a medical device not integrated with RAH@H, etc. Therefore, this user guide was created to allow patients use their own devices and still get the data recorded in RAH@H for their and the doctors' reference.

A note about the device name/model needs to be included in the manual entry process for references required. For example, Omron or Panasonic Blood Pressure; Accu-Chek or Abbott Glucometer, etc.

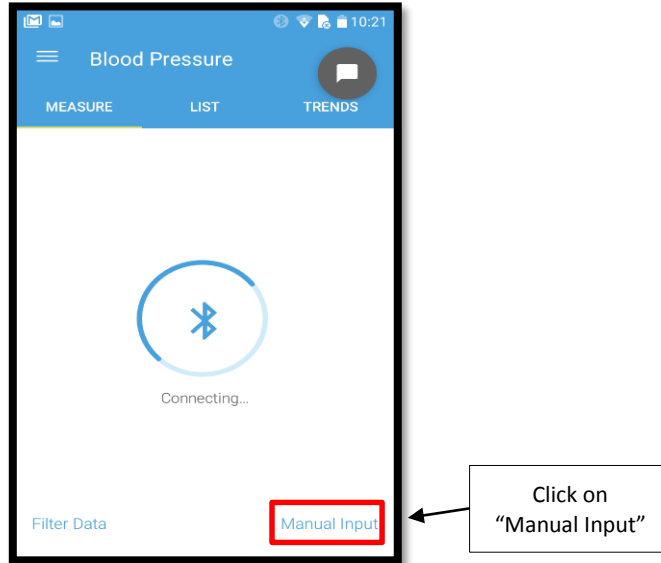
#### A. Blood Pressure and Pulse Oximeter

To manually enter blood pressure or pulse oximeter observations into RAH@H portal/app use **iHealth app**:

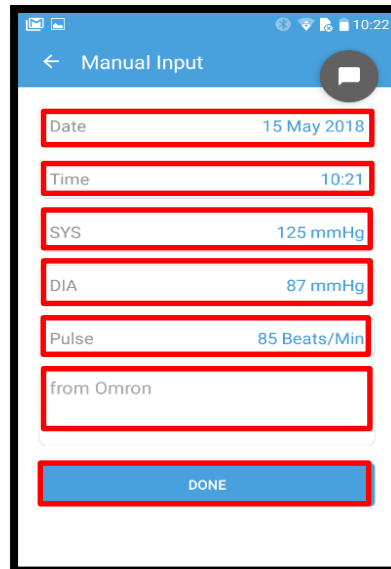
1. Make sure that you are connected to the internet for the data to be transferred to RAH@H portal/app directly after you apply the following steps.
2. Open **iHealth app** on your mobile > Click on the dashboard icon from the top left.
3. Click on the needed observational category (for example, Blood Pressure).



- Click on “Manual Input”.



- Insert the observation details by typing needed data > In the “Add notes” field, type the device name/ model you used to take the observation (example: Omron blood pressure) > Click on “DONE” button.

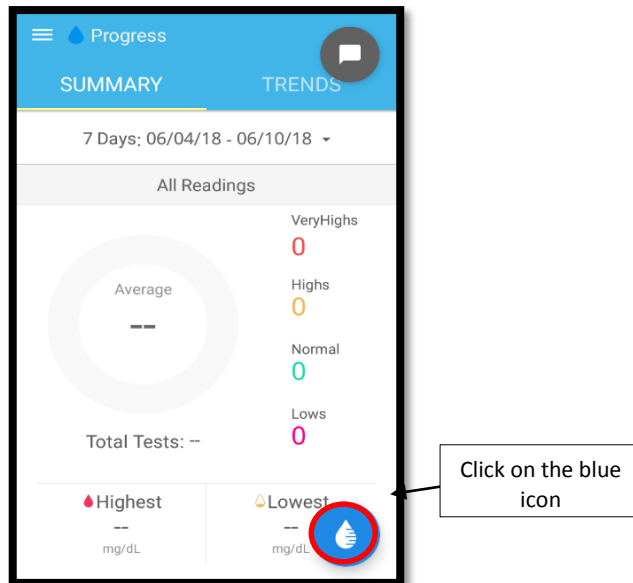


- The data will appear under Blood Pressure/ Pulse Oximeter Observations in RAH@H portal/app.

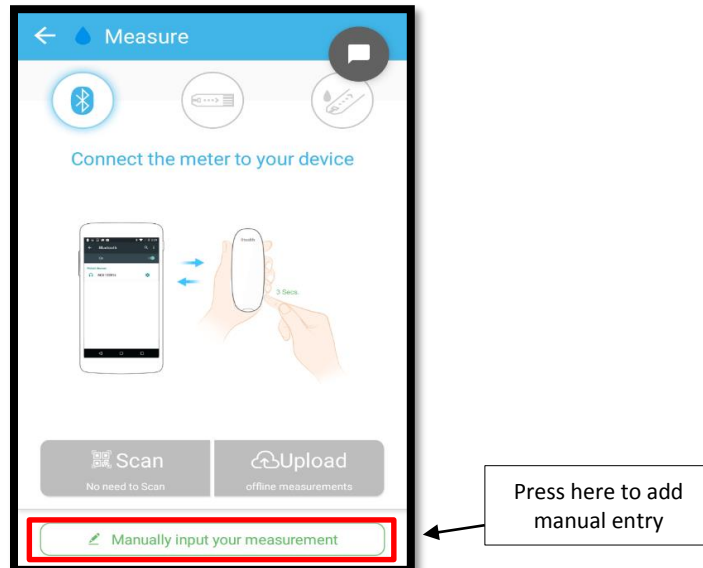
## B. Blood Glucose

To manually enter blood glucose observations into RAH@H portal/app use **iGluco app**:

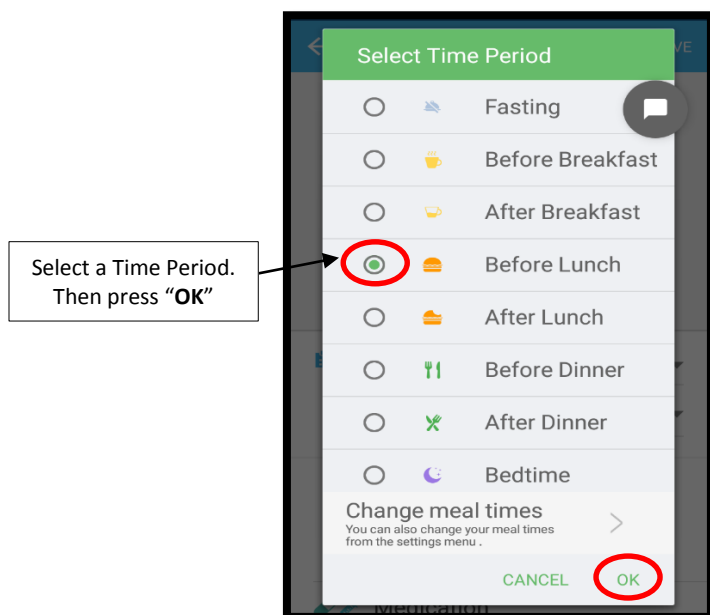
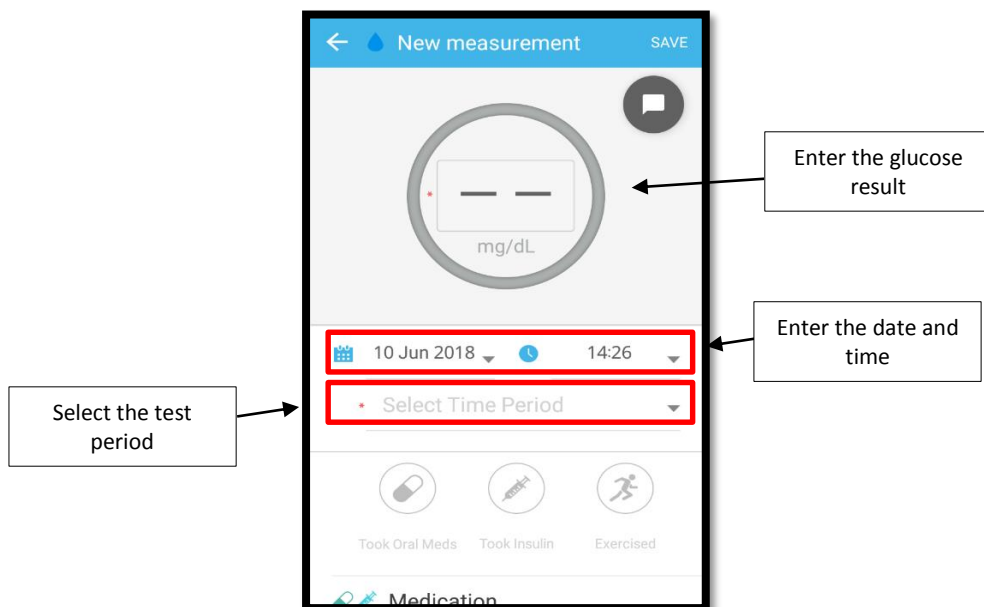
1. Make sure that you are connected to the internet for data to be transferred to RAH@H portal/app directly after you apply the following steps.
2. Open the **iGluco app** from your mobile > Press on the blue icon at the right bottom side.

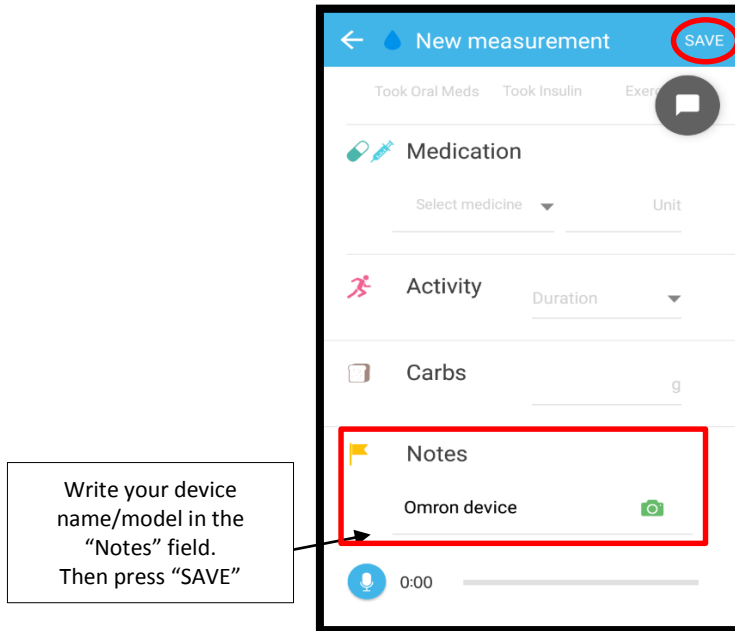


3. Press on “Manually input your measurement” button.

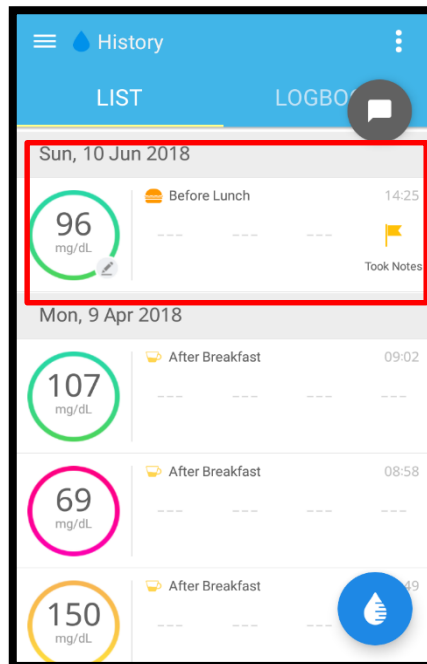


4. Fill the data in the required fields (**glucose result, date and time, time period, and note**) > Press “Save” button.





5. You will have the entered data saved in the list.

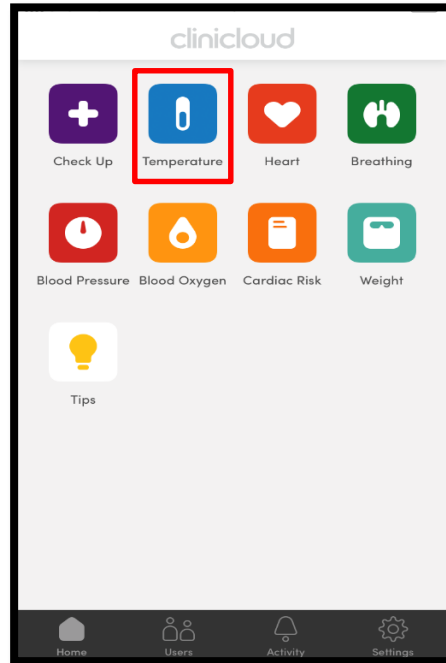


6. The data will appear under Blood Pressure/ Pulse Oximeter Observations in RAH@H portal/app.

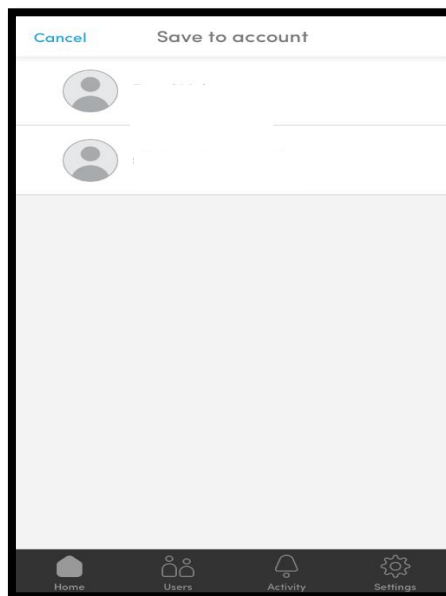
### C. Temperature

To manually enter temperature observations into RAH@H portal/app use **Clinicloud app**:

1. Make sure that you are connected to the internet for data to be transferred to RAH@H portal/app directly after you apply the following steps.
2. Open **Clinicloud app** from your mobile > Press on the blue icon “Temperature” from the homepage.

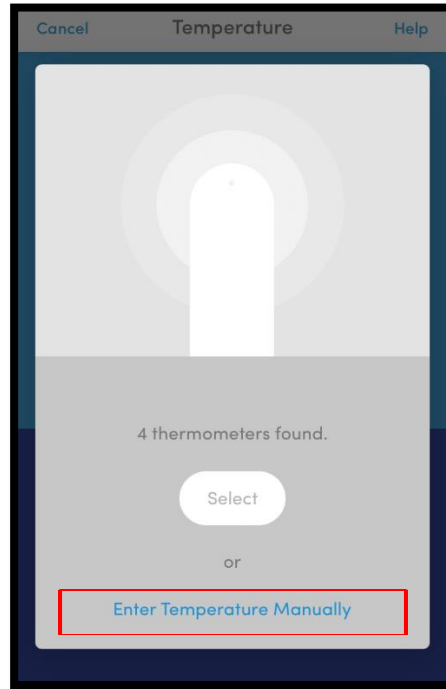


3. Select the user name to save new data in user’s history.

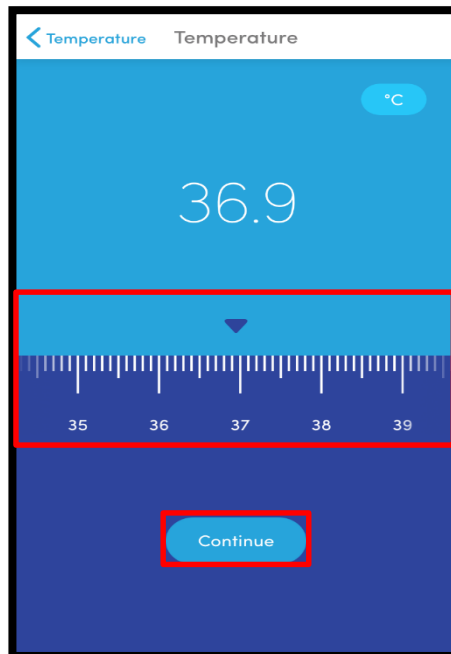




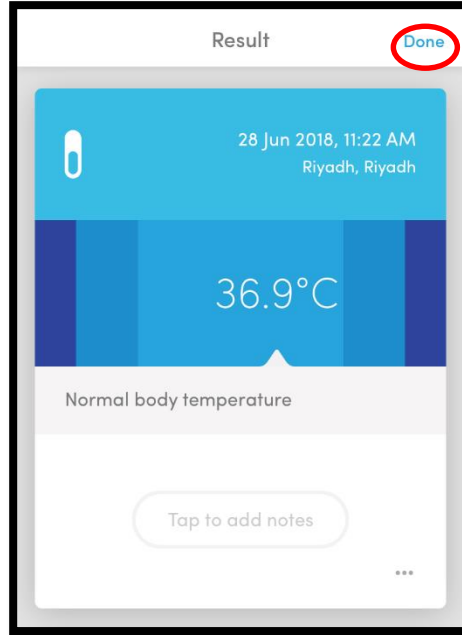
4. Press on “Enter Temperature Manually” button.



5. Add your temperature by moving the scale left or right > Press “Continue” button (once or more).



6. From Result page, press “Done” or “Save” button.



7. The data will appear under Temperature Observation in RAH@H portal/app.