

# **MedM Health Diary Getting Started**

This document provides some basic guidelines for getting started with the M	MedM Health Diary app.
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## **Running the App**

## Without Registration (Local Mode)

The app can be used in local mode: without registration or an established connection with <u>MedM Health</u> <u>Cloud</u>. In this case, all collected health data is stored on the user's mobile device **only**. <u>MedM premium</u> <u>features</u> such as <u>data sync with Google/Apple/Garmin/Fitbit</u>, <u>threshold notifications</u>, <u>multiple health records</u>, and <u>shared access to health data</u> remain unavailable for unregistered users.

Launch the app and select **Continue without registration**. You will be prompted to the **Home** screen:

21:38	© =)	21:39	ଡ 🗖
Medl Medl	M°	MedM Health	1
Email*		You are using the Basic version Get access to advanced features	×
Password *		Try Premium	
Forgot your password?	ß	Blood Glucose No data yet	+
Sign in Do not have an accourt	nt2 Sign up	Blood Pressure No data yet	$( \pm )$
or		Heart Rate No data yet	+
G Continue with		Oxygen Saturation No data yet	+
		Temperature No data yet	+
By continuing, you confirm reached the age of 16 and	d agree to the	Weight No data yet	+
Terms of Service and Pr Continue without reg		Home History Devices Export	



The last measurements are displayed on the **Home** screen for each enabled data type. Data acquired in local mode can be synced with a registered MedM account at any time. Select **My Health Record** from the **Menu** and tap **Create Account** to sign in or to register a new account:

21:39	© 💷	21:40	👁 🔳	21:41 💿 🗖
MedM Health	2.	🖄 Try Premium	<del>(</del>	- My Health Record
You are using the Basic version Get access to advanced features Try Premium	×	My Health Record Health Record Shared Access		First Name Last Name
Blood Glucose No data yet	(+)	🔯 Reminders		
Blood Pressure No data yet	+	<ul><li>Data Sync</li><li>Notifications 🗢</li></ul>		Create Account
Heart Rate No data yet	+	Settings	G	Sender
Oxygen Saturation No data yet	(+)	<ul><li>Help</li><li>About</li></ul>		I'd rather not say
Temperature No data yet	(+)	Bonuses & More		Set height to calculate Body Mass Index (BMI)
Weight No data yet	<b>(</b> + <b>)</b>		S	hare Health Record and Data
Home History Devices Export	Menu	Home History Devic		Save

After signing into a MedM account from local mode, all locally stored health data will be synced with this account and backed up to <u>MedM Health Cloud</u>. Registered users can also purchase MedM subscriptions with Google Play, App Store, or Stripe (via the <u>online portal</u>) to gain access to MedM premium features.

## **Connecting to MedM Health Cloud**

Users can connect to the MedM Health Cloud to securely store their data, as well as to have and even share remote access to it. Data stored in MedM Health Cloud can be accessed by authorized users from desktops or mobile devices, both via the app and the web portal. More features become available to users who have registered accounts and logged in.

Launch the Health Diary by MedM app. Sign into your account or sign up to create a new one. It's possible to sign up with Apple or Google. Use the same credentials to sign in to your account via the <u>MedM Health</u> <u>Portal</u>:



21:43	© =0	21:43	© 🗊
Med Med Med	1°		MedM®
Email *		Email*	
Password *		Password *	
	R		Ø
Forgot your password?		Creat	e Account
Sign in		I already have	an account. Sign in
Do not have an account	t? Sign up		or
or		G Contin	ue with Google
G Continue with C	Google	<b>1</b> Com	un utala Arrada
Continue with	Apple	Contir	nue with Apple
By continuing, you confirm reached the age of 16 and Terms of Service and Priv	agree to the	reached the age	of 16 and agree to the ce and Privacy Policy
Continue without reg	istration	Continue wi	thout registration

At Sign In users are prompted to the **Home** screen. <u>Configure</u> your **Home** Screen. The last measurement is displayed on the **Home** screen for each enabled data type. To view history, select one of the data types by tapping the corresponding section:



You are now on the history screen. View the previous measurements by scrolling (swiping) up or down:



All Readings     Image: Constraint of the second seco	22:12			e 🗆
15 February 2024         14:48       6.1 mmol/L No details         11 February 2024         16:12       11.1 mmol/L No details         10 February 2024         19:23       10.6 mmol/L After meal         9 February 2024         10:25       11.2 mmol/L No details		All Readin	gs 👻	Ħ
14:48     6.1 mmol/L No details       11 February 2024       16:12       10 February 2024       19:23       9 February 2024       19:25	L	ast synced on	2024.05.16	*
14:43         No details           11 February 2024         11.1 mmol/L           16:12         11.1 mmol/L           10 February 2024         No details           19:23         10.6 mmol/L           9 February 2024         After meal           10:25         11.2 mmol/L	15 Februa	ary 2024		
16:12     11.1 mmol/L No details       10 February 2024       19:23     10.6 mmol/L After meal       9 February 2024       19:25     11.2 mmol/L	14:48			
10.12         No details           10 February 2024         10.6 mmol/L           19:23         10.6 mmol/L           9 February 2024         11.2 mmol/L	11 Februa	ry 2024		
19:23         10.6 mmol/L After meal           9 February 2024           19:25         11.2 mmol/L	16:12			
9 February 2024 10:25 11.2 mmol/L	10 Februa	ary 2024		
10:25 11.2 mmol/L	19:23			
19:35 • 11.2 mmol/L >	9 Februar	y 2024		
	19:35		11.2 mmo After m	ol/L >
8 February 2024	8 Februar	y 2024		-
19:33 • 12.0 mn	19:33	•		+ Tear
(≡ <u>ш</u> (©)			C	$\mathbf{)}$

# **User Management**

## **Legal Information**

To read MedM's **Privacy Policy**, **Terms of Service**, **Third-Party Licenses** or **Terms of Use (EULA)** select the About item from the app menu and tap **Legal Information**:

22:13 💿 🗖	22:13	👁 🔳 22:1	3® =)
O Account	← About	<del>~</del>	Legal Information
😤 Health Records		Terms	of Service >
Shared Access *		Privacy	Policy >
🔯 Reminders		Third-F	Party Licenses
🔁 Data Sync		Terms	of Use (EULA)
🗘 Notifications 🗯	MedM Health		
Settings	Version 3.0.356 Build 806 16. 5. 202	4.	
Help	Rate this App!		
(i) About			
Bonuses & More NEW			
	MedM Health Cloud	>	
	Legal Information	>	
	Contact Developer	>	
☆ ७ ∞ ≝ ≡	Powered by MedM	~	
Home History Devices Export Menu		in	· )



## Health Records

All user data is always saved within a specific health record. Any <u>local</u> or <u>registered</u> user receives one automatically created <u>main health record</u> when they start to use the app. They are able to create a second health record to keep a health diary for a second person without <u>MedM Premium</u> subscription. Registered users with <u>MedM Premium</u> subscription can <u>create</u> additional unlimited health records to keep health diaries for many family members (even pets).

## **The Main Health Record**

The main health record always exists for any user. At sign in a user is prompted to the home screen or dashboard of their main health record. It is highlighted as **(My Health Record)** in the list of health records, which can be viewed by tapping on the **user** icon in the top-right corner of the dashboard:



Any registered user has the **custodian** level of access for their **main** health record and hence can exercise full control: <u>share with other registered users</u> or revoke this access. The only way to delete the main health record is by <u>deleting</u> the corresponding user account.

## New Health Record

Any <u>local</u> or <u>registered</u> user receives one automatically created <u>main health record</u> when they start to use the app. They are able to create a second health record to keep a health diary for a second person without



<u>MedM Premium</u> subscription. Registered users with <u>MedM Premium</u> subscription can <u>create</u> additional unlimited health records to keep health diaries for many family members (even pets).

To create a new health record tap **New Health Record** from the health record list. Tap the **Avatar** field to upload an image from Camera or Gallery. Fields **Name** and **Last Name** are mandatory. After filling the new profile info, tap **Save**:

22:16 💿 🔳	22:58 🕲 🛋	22:58 💿 🗖
← Select Health Record	← New Health Record	← Select Health Record
Matthew Archer My Health Record	First Name*	Matthew Archer My Health Record
Alice Archer female, age 38	Last Name* Archer	Alice Archer female, age 38
Brandon Archer male, age 28	Date of Birth	Brandon Archer male, age 28
	29.11.2013.	Jim Archer
	Gender	male, age 10
	Male 👻	
	Height	
	•	
	Set height to calculate Body Mass Index (BMI)	
New Health Record	Save	New Health Record

Any registered user has the <u>custodian</u> access level to all health records they created and may <u>share</u> access to them with other users.

## **Access Levels for Health Records**

Any registered user is a **Custodian** for their main health record and other health records that they have created (creating new health records is a <u>MedM Premium feature</u>). A **Custodian** may share access to their health records with other registered users with <u>MedM Premium</u>.

The Three Access Levels That Can be Granted are Viewer, Modifier and Custodian:

- 1. A Viewer can only view the shared health records
- 2. A Modifier can view and edit the shared health records as well as edit and delete measurements
- 3. **A Custodian** has full control: can view and edit health records, edit and delete measurements, grant (with <u>MedM Premium</u>) or revoke access to health records, and even delete them altogether

**Note**: reminders and thresholds cannot be shared and need to be set up individually for each monitored health record.



	Viewer	Modifier	Custodian
View Data			
Edit Data	×	$\checkmark$	$\checkmark$
Delete Data	×		
Share health record	×	×	
Delete health record	×	×	$\checkmark$

## **Sharing a Health Record**

This is a <u>Premium feature</u>. Sharing of health records is only available to users with the <u>custodian</u> level of access. To share, first go to the list of accessible health records via the app menu, select the needed profile, and tap **Share Health Record and Data**:



Enter the recipients email address, set the <u>access level</u> and tap **Send Invitation**:



23:0	3	ି 🔍
	Share Health Record	
Invite : inform	someone to access Alice's ation	
Recipi	ent's email address	
Select	Access Level	
View H	lealth Record	
(only vi change	ew health data, cannot make es)	٢
View a	nd modify Health Record	
	s and make changes in health id record)	0
	a custodian of Health	
	a cess to health data and record, ng sharing and deletion)	0
se or inf	nderstand that the records and rvices available to my family m other person I authorize might formation about physical illness additione	ember include
	Send Invitation	
	-	

The invited user can accept or reject the invitation they receive via email. If they accept the invitation - they will be asked to either sign in into their existing MedM account or create a new one. Once the invitation is accepted - the shared health record with all its data will be accessible for the invited user via their list of health records. MedM Premium is not required for any user to accept an invitation. Access can be revoked at any time.

## **Editing Health Records**

Editing a health record or the data stored in it is only available to <u>custodians</u> and <u>modifiers</u>. To edit, first select **Health Records** from the app menu, then select the needed record. Tap the **avatar** field to upload a new picture from the camera or gallery. Set the first name, last name, date of birth, gender and height. If you are using the MedM Health Diary for tracking weight - be sure to set the height correctly, since this value is used for calculating the <u>Body Mass Index</u>. After changes are made tap **Save**:



22:13 💿 💷	23:02	👁 💶	23:01	@ 💶
O Account	← Health Records		← Health Record	Details
Health Records	Matthew Archer My Health Record	>	First Name	•
I Reminders	Alice Archer Custodian	>	Last Name Archer	•*
<ul> <li>Data Sync</li> <li>Notifications •</li> </ul>	Brandon Archer Custodian	×	Date of Birth	
Settings	Jim Archer Custodian	>	4.2.1986. Gender	Ē
Help	Custodian		Female	-
() About			Height	
Bonuses & More NEW			178 cm	•
			Share Health Record and	Data >
			Delete Health Record and	Data >
C) (0) (2) Home History Devices Export Menu	New Health Recor	d	Save	

## **Deleting a Health Record**

Deletion of health records is available only to users with <u>custodian</u> access. The <u>main health record</u> cannot be deleted separately from the user account that it was created with. The only way to delete the main health record is to <u>delete the entire account</u>. To delete other profiles, first go to the list of accessible health records from the app menu, then select the profile in question and tap **Delete Health Record and Data**:





Proceed with deleting the health record.

## **Changing the User Email Address**

To change the email associated with your account - tap the **Account** item at the top of the **app menu**, tap the **Edit icon** next to your **user email address**:



Proceed to change the associated email address and verify it.

### **Deleting a User Account**

To delete your account - tap the **Account** item at the top of the **app menu**, tap the **Delete Account** button:



22:13 💿 🗖	23:06 💿 🔳
O Account	← Account
A Health Records	
Shared Access *	
🔯 Reminders	C S P
🔁 Data Sync	Email
△ Notifications 🛉	medmdevice@gmail.com
Settings	Matthew Archer
Help	My Health Record
<ol> <li>About</li> </ol>	Share Health Record and Data
Me Bonuses & More NEW	Subscription >
	Sign Out >
	Delete Account >
Home History Devices Export Menu	· · · · · · · · · · · · · · · · · · ·

Proceed with deleting the account.

# App Settings

Select Settings from the app menu:





## **Theme**

Select **Theme** in the **Settings** screen to set the light or the dark mode. System defined theme is available only on smartphones running iOS and Android 10 or higher:

	ల 💶	21:46	© 💻	21:47	C 🗖
← Settings			9	← The	eme
Units	>	Light	0	Light	C
Imperial, mmol/L		Dark	0	Dark	C
Dashboard Activity, Blood Cholesterol, Blood Coagulation, Blood Glucose, Blood Ketone, Blood Lactate, Blood Pressure, Blood Uric Acid, ECG, Exercise, Heart Rate, Hemoglobin, Medication Intake, Note, Oxygen Saturation, Respiration Rate, Sleep, Spirometry, Temperature, Weight	>	System Defined	۲	System Defined	C
Scales JNC (USA), ADA Diabetes Guidelines	>				
App Lock None	>				
Sound None	>				
Theme System Defined	>				

#### **Sound**

Sound is set to **None** by default. Switching on the **Play Sound on New Measurement** option enables receiving sound notifications when new measurements are collected automatically from <u>compatible</u> connected sensors. Switching to **Pronounce Measurements Received Automatically** makes the app pronounce the automatically collected measurements aloud:



C Settings		← Sound	
Units Imperial, mmol/L	>	None	(
in the second second second	_	Play Sound on New Measurement	0
Dashboard Activity, Blood Cholesteral, Blood		A sound will be played each time when new data is collected from devices	
Coagulation, Blood Glucose, Blood Ketone, Blood Lactate, Blood Pressure, Blood Uric Acid, ECG, Exercise, Heart	>	Pronounce Measurement Received Automatically	(
Rate, Hemoglobin, Medication Intake, Note, Oxygen Saturation, Respiration Rate, Sleep, Spirometry, Temperature, Weight		All new measurements - collected from devices that are set to receive data automatically - will be pronounced	
Scales JNC (USA), ADA Diabetes Guidelines	>		
App Lock			
None	>		
Sound			
None			
Theme	~		
System Defined	/		

#### **Measurement Units**

Select **Units** in the **Settings** screen. You can adjust the units displayed in the history and on the data collection screens.

There are two base unit sets:

- Metric (kg, C°, km)
- Imperial (lb, F°, miles)

Two options for Blood Glucose, Total Cholesterol and Triglycerides units:

- mg/dL
- mmol/L

Two options for Uric Acid units:

- mg/dl
- μmol/L

And two options for Hemoglobin units:

- g/dl
- mmol/L



21:46	• 🗖	21:56	©
← Settings		← Un	iits
Units		Base Units	
Imperial, mmol/L	>	Metric	0
Dashboard		Imperial	۲
Activity, Blood Cholesterol, Blood Coagulation, Blood Glucose, Blood Ketone, Blood Lactate, Blood Pressure,		Glucose	
Blood Uric Acid, ECG, Exercise, Heart Rate, Hemoglobin, Medication Intake,	>	mg/dl	0
Note, Oxygen Saturation, Respiration Rate, Sleep, Spirometry, Temperature, Weight		mmol/L	۲
weight		Blood Cholesterol	
Scales JNC (USA), ADA Diabetes Guidelines	>	mg/dl	۲
App Lock		mmol/L	0
None	>	Blood Uric Acid	
Sound	>	mg/dl	۲
None		µmol/L	0
Theme System Defined	>	Hemoglobin	
		g/dl	۲
		mmol/L	0

## The Home Screen

Select **Dashboard** from the **Settings** screen or tap **Manage Dashboard** at the bottom of the **Home** item in the app tab bar. It is possible to select any/all of the available measurement types to be displayed on the **Home** screen. Tap a measurement type to enable/disable it:

21:46	<u>ଚ</u>	23:10	ତ 🗖	23	:10	® 🗆
← Settings		MedM I Matthew		→ 6	Dashboard	
Units Imperial, mmol/L	>	125/75 Blood Pressur 18.5.2024. at 2	re (+		Reminders	
Dashboard Activity, Blood Cholesterol, Blood Coagulation, Blood Glucose, Blood Ketone, Blood Lactate, Blood Pressure Blood Uric Acid, ECG, Exercise, Heart Rate, Hemoglobin, Medication Intake,	· >	<b>78</b> bpm Heart Rate 11.2.2024, at 0	(+	() (*) (*)	A1C Activity Blood Cholesterol	
Note, Oxygen Saturation, Respiration Rate, Sleep, Spirometry, Temperature, Weight		(C) 0xygen Satura 12.4.2024.at 1	ation (+)		Blood Coagulation	
Scales JNC (USA), ADA Diabetes Guidelines	>	( <b>∂</b> ) 40.0 °c	(+)	•	Blood Ketone	
App Lock None	>	12. 2. 2024. at 0	$\bigcirc$		Blood Lactate	
Sound None	>	Weight	(+)	1	Blood Pressure	
Theme Sustan Defined	>	12. 2. 2024. at 0	00:42		Blood Uric Acid	
System Defined		tit Manage			ECG	
		Home History Devia		-	Exercise	



The last recorded measurement of each data type is displayed on the **Home** screen.

## **Hypertension and Glycemia Scales**

Set one of the scales for blood pressure and blood glucose measurements to be used to determine their statuses (low, normal, high etc.). Select **Scales** in the **Settings** screen, select **BP Scale** or **Glucose Scale**, and pick the preferred scale:

<ul> <li>✓ Settings</li> <li>Units Imperial, mmol/L</li> <li>Dashboard</li> <li>Activity, Blood Cholesterol, Blood Coagulation, Blood Glucose, Blood Ketone, Blood Cholesterol, Blood Ketone, Blood Lactate, Blood Pressure, Blood Uric Acid, ECG, Exercise, Heart Rate, Sleep, Spirometry, Temperature, Weight</li> <li>Scales JNC (USA), ADA Diabetes Guidelines</li> <li>App Lock None</li> <li>Sound None</li> </ul>	
Imperial, mmol/L Dashboard Activity, Blood Cholesterol, Blood Coagulation, Blood Glucose, Blood Ketone, Blood Lactate, Blood Pressure, Blood Uric Acid, ECG, Exercise, Heart Rate, Hemoglobin, Medication Intake, Note, Oxygen Saturation, Respiration Rate, Sleep, Spirometry, Temperature, Weight Scales JNC (USA), ADA Diabetes Guidelines App Lock None Sound	
Activity, Blood Cholesterol, Blood Coagulation, Blood Glucose, Blood Ketone, Blood Lactate, Blood Pressure, Blood Uric Acid, ECG, Exercise, Heart Rate, Hemoglobin, Medication Intake, Note, Oxygen Saturation, Respiration Rate, Sleep, Spirometry, Temperature, Weight Scales JNC (USA), ADA Diabetes Guidelines App Lock None Sound	>
JNC (USA), ADA Diabetes Guidelines App Lock None Sound	>
None Sound	>
	>
	>
Theme System Defined	>

Blood pressure scales:



@

>



#### Blood glucose scales:

22:01		@ <b>=</b>	22:01		୍ଦ୍ର 🗖	22:01		<u>ଜ</u> 🗖
←	Scales		$\leftarrow$ (	Glucose Scale		$\leftarrow$	Glucose Scale	
BP Scale JNC (USA)		>	ADA Diabetes Glycemic targe with diabetes More detailed	s Guidelines t for nonpregnant adu	() ults		ADA Diabetes Guidelin	) ies o
ADA Diabetes C	Guidennes		ADA The American I More detailed	Diabetes Association	0	After M	4.4 7.2 eal (mmol/L)	o
			WHO The World Hea More detailed	Ith Organization	0	• N	ow Glucose Iormal Glucose	
				nal Diabetes target for pregnant tational diabetes	0	• H	igh Glucose	
			Custom User-defined g More detailed	lucose scale	0			
_			_				Selected	

#### App Lock

Set Screen Lock to protect the app and the data it contains from unauthorized access. The feature is available only for registered users and is unavailable for local mode users. Select the App Lock in the Settings screen.



**PIN** protection is always available. **Biometric** protection is available if it is already configured in the system: fingerprint or face unlock, depending on your mobile device. Biometrics become active for use only if PIN protection is enabled:

21:46	e 🗖	22:58		୍ 🗖	22:5		© 🗖
← Settings		<i>←</i>	App Lock		$\leftarrow$	MedM Hea	alth
Units Imperial, mmol/L	>	PIN Protect				Max.	
Dashboard Activity, Blood Cholesterol, Blood Coagulation, Blood Glucose, Blood Ketone, Blood Lactate, Blood Pressure, Blood Uric Acid, ECG, Exercise, Heart Rate, Hemoglobin, Medication Intake, Note, Oxygen Saturation, Respiration Rate, Sleep, Spirometry, Temperature,	>					Set PIN	) ()
Weight	-				1	2	3
Scales JNC (USA), ADA Diabetes Guidelines	>				4	5	6
App Lock None	>				7	8	9
Sound None	>					0	$\langle \times \rangle$
Theme System Defined	>						
							_
					<u> </u>		







Once the screen lock is set, you will need to use your PIN or biometrics to open the app. If the biometric data



is not recognized, the system will ask for the PIN. If the PIN is entered incorrectly 5 times - the user will be signed out:



	Mag.	
Apply I	Biometrics or en	ter PIN
	(آرا)	
Fa	ce Not Recognis	ed
6	Try Again	
	Cancel	
7	8	9
(11)	0	$\langle \times \rangle$

23:08		୍ଲ ୧୦୦୦ କ
	MedM Health	
Apply	Biometrics or enter	PIN
F	ace Not Recognised	
	Enter Password	
	Cancel	
7	8	9
(j)	0	$\otimes$



Manual Data Entry



The MedM Health Diary app supports manual entry for <u>A1C</u>, <u>Blood Cholesterol</u>, <u>Blood Coagulation</u>, <u>Blood</u> <u>Glucose</u>, <u>Blood Ketone</u>, <u>Blood Lactate</u>, <u>Blood Pressure</u>, <u>Blood Uric Acid</u>, <u>Exercise</u>, <u>Fetal Doppler</u>, <u>Heart Rate</u>, <u>Hematocrit</u>, <u>Hemoglobin</u>, <u>Medication Intake</u>, <u>Note</u>, <u>Oxygen Saturation</u>, <u>Respiration Rate</u>, <u>Temperature</u>, <u>Triglycerides</u> and <u>Weight</u> data types.

To manually enter a new measurement:

- Enable data type availability by configuring your Home Screen
- In the **Home** tab tap the **+** button for the corresponding data type
- Type in the value and tap Add
- Type in date, time, tags, note, and tap **Save**:



- The last added measurement will appear on the Home screen. Tap on it to open history for the corresponding data type
- Select a measurement from the list to view its details:



00:03	© 🗖	00:03			ಶ 🗖	00:03		େ 🗖
MedM Health Matthew Archer	<b>.</b>	~	All Reading		Ħ	$\leftarrow$	Details	ピ 🖻
P 180 mg/dl Blood Cholesterol	(+)	9 February	Tap to add de	vices		<	9. 2. 2024. 00:01	
14.6.2023.at 22:18	(+)	00:01	•	8.6 mmo Bedti			Blood Glucose	
11. 2. 2022. at 12:53		15 June 20 21:49	)23	8.4 mma No deta	n/L >	Meals	mmol/L	Bedtime
8.6 mmol/L Blood Glucose 9.2.2024. at 00:01	(+)	21:48		7.6 mmo No deta 7.0 mmo	ol/L	mmol/L	4.4 10.0	0
P.3 mmol/L Blood Ketone	(+)	20:12		No deta 5.5 mmo After m	alls	Source	Diabetes Guidelin	Manual entry
8. 2. 2024. at 11:20		11 May 203	23			Feeling Note		Good
9 4.0 mmol/L Blood Lactate 13.6.2023.at 22:36	(+)	16:12		11.1 mmo No deta	ails			
▲ ③ (0) (	all enu	14 Novemi		<u> </u>				

## **Uploading Data From Health Meters**

## **Device Classification**

Currently there are over <u>800 health and medical devices</u> compatible with the app. The supported sensors can be classified by the following properties:

- 1. By pairing type:
  - Multi-user devices
    - Once paired with the app, such devices are ready to transfer new data to any <u>health</u> record of any signed in user if they have the <u>custodian or modify</u> access level to the <u>health record</u> in question
    - For such devices, the <u>device settings</u> can be reconfigured at any time without the need to re-pair
    - Most devices are multi-user (except for all <u>activity trackers</u>, some <u>weight scales</u> and some <u>blood pressure monitors</u>)
  - User-specific devices
    - Once paired with the app for a specific user, such devices are ready to transfer data only to a specific <u>health record</u> (specified on pairing), provided that the user has <u>custodian or modify</u> access right for this <u>health record</u>
    - For such devices, <u>user-specific settings</u> are configured on pairing and can be changed only via re-pairing
    - All <u>activity trackers</u> and some <u>weight scales</u> and <u>blood pressure monitors</u> are user-specific devices



- There is an exception: a small number of user-specific devices paired with the app for a specific user are ready to transfer data to any currently selected <u>health record</u> associated with this user, provided that the user does have <u>custodian or modify</u> access rights (e.g Smart Weight Scale 101AO)
- All user-specific blood pressure monitors and weight scales are **Devices with several** user IDs
- 2. By the number of users IDs stored on devices:
  - Devices with no User IDs
    - Examples of such devices are all of <u>compatible devices</u> except some <u>weight scales</u> and <u>blood pressure monitors</u>
  - Devices with several user IDs
    - Examples of such devices are some <u>weight scales</u> and <u>blood pressure monitors</u>
    - Both user-specific or multi-user devices can have several user IDs
- 3. By the kind of data collected from devices:
  - Spot devices
    - Such devices provide only one value per measurement
    - Examples of such devices are <u>glucose meters</u>, all <u>blood pressure monitors</u>, all <u>weight</u> <u>scales</u>
  - Stream/Continuous devices
    - Such devices provide a stream of values per measurement
    - Examples of such devices are some <u>thermometers</u> (e.g. CORE, Cosinuss Two), some <u>pulse oximeters</u> (e.g. Nonin 3230), some <u>heart rate monitors</u> (e.g. Wahoo Tickr), all <u>ECG</u> devices
  - Statistical devices
    - Such devices provide statistical data e.g average, max, min value for each measurement
    - An example of such devices are some <u>pulse oximeters</u> (e.g. Beurer PO 60)
  - Stream + Spot devices
    - Some devices support both modes (e.g. Nonin 32030, Choicemmed MD300Cl218). In this case the <u>Device mode</u> setting is available in the app
- 4. By data transfer mode:
  - Real-time devices
    - Such devices transfer data to the app in real-time and do not transfer history data
    - Examples of such devices are most <u>activity trackers</u>, some <u>spirometers</u> (e.g. MIR Smart One), almost all **stream** devices (some exceptions are Bodimetrics, Viatom Armfit+), some **spot** devices (Yonker YK-BPA1, Finicare FC-BP110)
  - History devices
    - Such devices can store previously made measurements in memory and the app can collect this history data at next connection
    - Examples of such devices are most **spot** devices (e.g. all <u>Roche</u> devices)
  - Real time + history devices
    - Some devices support both modes. In this case the <u>Device mode</u> setting is available in the app's device settings (e.g. Nonin 3150)



- 5. By data upload type:
  - Auto devices
    - The app automatically collects new measurements from such devices directly into history of the corresponding measurement type
    - The example of such devices are some <u>activity trackers</u>
  - Manual devices
    - For such devices data collection needs to be initiated by the user. This can be done either by tapping on the device icon at the top of the history screen (of the corresponding data type) or the + icon on the dashboard (next to the corresponding data type)
    - Example of such devices are some <u>pulse oximeters</u> and some <u>spirometers</u> (e,g, <u>Jumper pulse oximeters</u>, <u>MIR spirometers</u>)
  - Auto + manual devices
    - For most compatible devices both modes are available. To select the preferred data upload mode use the <u>Receive data automatically</u> setting

### **Pairing**

Before pairing a <u>compatible meter</u> make sure that the Bluetooth is turned on your smartphone or tablet and that all of the necessary permissions are granted:

- iOS: on mobile devices running iOS you will be asked to allow MedM Health Diary to access Bluetooth.
- Android 11 or lower: if you start discovering Bluetooth devices for the first time on a mobile device running Android OS 11 or lower you will be asked to grant permission to access your location. The permission can be granted in the app system settings at any time. It is necessary for discovering Bluetooth Smart (Low Energy) devices. More info can be found at this <u>official</u> <u>Google For Developers source</u>. MedM does not collect or use your location data for any other purpose.
- Android 12 or higher: on mobile devices running Android 12, MedM Health does not require location permission for Bluetooth discovery. The system prompts users to allow MedM Health Diary to access nearby devices. More info can be found on <u>the official Google for</u> <u>Developers</u> page.

To pair a <u>compatible meter</u> with MedM Health Diary please perform the following steps:

- 1. Open **Devices** from the tab bar and tap the + button to start Bluetooth discovery
- Once your device is discovered, select it from the list, configure <u>device settings</u> and tap Add to My Devices:





3. Upon successful pairing you should see a corresponding popup. The paired device will become present in the **My Devices** list in the **Ready for collect data** state:





## **Device Settings**

To open device settings from the tab bar select **Devices** and select a paired device to get to the **Device Details** screen:



The **Device Details** screen contains:

- Device picture
- Device name (editable), Vendor, Model, Bluetooth name, and last sync time
- Device settings that may be configured
- The **bin** icon to unpair the device

#### **User-Specific Settings**

All <u>activity trackers</u> are <u>user-specific</u> devices. They <u>have no user IDs</u> since they are personal devices, hence the **User ID** setting is not available for them.

Some <u>weight scales</u> (e.g <u>Omron VIVA</u>) and <u>blood pressure monitors</u> (e.g. Welch Allyn) are also <u>user-specific</u> and all of them <u>have several user IDs</u>, hence the **User ID** setting is available for them.

E.g. a user Matthew Archer has three health records: Matthew Archer, Alice Archer and Brandon Archer, and a <u>user-specific</u> weight scale SilverCrest SBF 77 which has 8 device IDs. Matthew uses the **Use the device for** and the **User ID** settings to assign **device user ID 2** to **Alice Archer's** health record:



00:44	ල 🗖 🛛 0	0:44	୍ ତ୍ର 🗖 🖉 ୦	0:44	୍ଷ
- Add Device	$\leftarrow$		<i>~</i>	Add Device	
Sanitas/SilverCrest SBF 77		Sanitas/SilverCrest SBF 77	1	Sanitas/SilverCrest	
se this device for	Us	e this device for	Us	e this device for	
Matthew Archer male, age 55	>	Jser ID		Matthew Archer male, age 55	
		Jser profile 1	~		
ceive data automatically p has to be in the foreground v	with	Jser profile 2	Ap	ceive data automatically p has to be in the foreground with	1
een unlocked.		Jser profile 3	scr	een unlocked.	
ceive data in background		Jser profile 4 Jser profile 5	Re	ceive data in background	
lect data in background or if s ocked.	screen	Jser profile 6		llect data in background or if scre ocked.	en
		Jser profile 7			
er ID		Jser profile 8		er ID	
lser profile 1				lser profile 2	
tivity level	Act	tivity level	Ac	tivity level	
- Moderate active	- 3	- Moderate active	- 3	- Moderate active	
Add to My Device		Add to My Devices	. @ 🖿 🛛 0	Add to My Devices	)
		0:45 Add Device	° ■ 0 ←	0:45 Add Device	)
0:44		0:45		0:45	Ç Ç
0:44 Health Profiles Matthew Archer My Health Profile	⊗ ■ 0 ←	0:45	←	0:45 Add Device Sanitas/SilverCrest	
0:44 Health Profiles Matthew Archer	⊗ ■ 0 ←	0:45 Add Device Sanitas/SilverCrest SBF 77 e this device for Alice Archer	←	0:45 Add Device Sanitas/SilverCrest SBF 77 e this device for Alice Archer	, ce
0:44 Health Profiles Matthew Archer My Health Profile Alice Archer	⊗ ■ 0 ←	0:45 Add Device Sanitas/SilverCrest SBF 77 e this device for	← Us	0:45 Add Device Sanitas/SilverCrest SBF 77 e this device for	ę
0:44 Health Profiles Matthew Archer My Health Profile Alice Archer female, age 38		0:45 Add Device Sanitas/SilverCrest SBF 77 e this device for Alice Archer female, age 38 ceive data automatically	Us Ref	0:45 Add Device Saritas/SilverCrest SBF 77 e this device for Alice Archer female, age 38 ceive data automatically	
0:44 Health Profiles Matthew Archer My Health Profile Alice Archer female, age 38 Brandon Archer		0:45 Add Device Sanitas/SilverCrest SBF 77 e this device for Alice Archer female, age 38	<ul> <li>C</li> <li>Us</li> <li>C</li> <li>Real</li> <li>Appli</li> </ul>	0:45 Add Device Saritas/SilverCrest SBF 77 e this device for Alice Archer female, age 38	
0:44 Health Profiles Matthew Archer My Health Profile Alice Archer female, age 38 Brandon Archer	Contraction of the second sec	0:45       Add Device       Sanitas/SilverCrest       SBF 77       e this device for       Alice Archer       female, age 38       ceive data automatically       b has to be in the foreground with een unlocked.	Us Us Ret Apj scr	0:45 Add Device Sanitas/SilverCrest SBF 77 e this device for Alice Archer female, age 38 ceive data automatically b has to be in the foreground with een unlocked.	
0:44 Health Profiles Matthew Archer My Health Profile Alice Archer female, age 38 Brandon Archer	·	0:45     Add Device       Image: Sanitas/SilverCrest SBF 77       Image: SBF 77	Us Us Ret Api scr Col	0:45 Add Device Sanitas/SilverCrest SBF 77 e this device for Alice Archer female, age 38 ceive data automatically o has to be in the foreground with	1
0:44 Health Profiles Matthew Archer My Health Profile Alice Archer female, age 38 Brandon Archer		0:45       Add Device       Sanitas/SilverCrest       SBF 77       e this device for       Alice Archer       female, age 38       ceive data automatically       o has to be in the foreground with een unlocked.       ceive data in background       lect data in background or if screen	Vusion Vusion Real Col is la	0:45 Add Device Sanitas/SilverCrest SBF 77 e this device for Alice Archer female, age 38 ceive data automatically b has to be in the foreground with een unlocked. ceive data in background lect data in background or if scree	1
0:44 Health Profiles Matthew Archer My Health Profile Alice Archer female, age 38 Brandon Archer	Col is k Us Us Us Us Us Us Us Us	0:45         Add Device         Sanitas/SilverCrest         SBF 77         e this device for         Alice Archer         female, age 38         ceive data automatically         b has to be in the foreground with een unlocked.         ceive data in background         lect data in background or if screen coked.	Col is la Us	0:45         Add Device         Sanitas/SilverCrest         SF 77         e this device for         Alice Archer         female, age 38         ceive data automatically         b has to be in the foreground with         ceive data in background         liect data in background or if screecked.	1
0:44 Health Profiles Matthew Archer My Health Profile Alice Archer female, age 38 Brandon Archer		0:45         Add Device         Sanitas/SilverCrest         SBF 77         e this device for         Alice Archer         female, age 38         ceive data automatically         o has to be in the foreground with een unlocked.         ceive data in background         liect data in background or if screen backed.         er ID	Colored Colore	0:45         Add Device         Sanitas/SilverCrest         SF 77         e this device for         Alice Archer         female, age 38         ceive data automatically         b has to be in the foreground with         een unlocked.         ceive data in background         lect data in background or if scree         packdata in background or if scree         packdata in background or if scree	1

After successful pairing, all data measured on the **device user ID 2** will be collected to the weight data history of **Alice Archer's** health record.

The user-specific **Use the device for** and **User ID** settings can be configured only on pairing. So if you want to change the current configuration - you should unpair the device and set a new configuration on new pairing.



#### Multi-User Settings

All devices that are not <u>user-specific</u> are <u>multi-user</u>. And once paired with the app, a **multi-user device** can be used with any health record. Multi-user devices without user IDs always transfer data to the currently selected <u>health record</u>, provided that the user has <u>custodian or modify</u> access rights for this profile.

If a multi-user device has several user IDs - a specific user ID can be assigned to a specific health record, provided that the user has <u>custodian or modify</u> access rights for this health record. For this purpose the **Assign user ID to health record** setting is available, but only if the user has more than one health record.

E.g. Indie Health BP monitor - has two device user IDs and the user Matthew Archer has 3 health records: Matthew Archer, Alice Archer and Brandon Archer. On pairing Matthew enables the **Assign user ID to health record** setting. Both device IDs are linked to **Any selected record** by default (this means that data will be uploaded from any user ID to the currently selected health record). To assign a user ID to a specific health record, Matthew taps on the device ID number and on the next screen selects a health record to assign:







After successful pairing, blood pressure data measured on the **device user ID 1** is automatically collected to the blood pressure history of **Matthew Archer's** health record while blood pressure data measured on the **device user ID 2** - to the blood pressure history of **Alice Archer's** health record.

The **Assign user ID to health record** setting can be reconfigured at any time while the device is paired with the app.



#### Data Upload Settings

Some devices transfer data to the app only in manual mode, and other devices - only in automatic mode. For devices that support both modes, the **Device Details** page shows the **Receive data automatically** setting.

#### Manual Data Upload

If the **Receive data automatically** is **disabled** or the setting is not present - the app has to be in the foreground with the screen unlocked for successful manual data upload from the paired device:

01:18				ଡ 🗖
÷	Dev	vice Detail:	S	Ē
		2042 M 2 1		
Device na	me			
Omron E	volv			
Vendor				Omron
Model				Evolv
Bluetooth	name	BLEsmar C		0011FE 2E353
Last sync		Ready	o colle	ect data
		omatically		•
App has to	be in th cked.	e foreground	l with	

Manual data collection is initiated either by tapping the + icon on the Home screen (next to the corresponding data type) or by tapping the + button or device icon at the top of the history screen (of the corresponding data type):





Or:



Once manual data collection is initiated, the app will start connecting to the device to collect new data:



01:24	© 🗖	01:24		ବ 🗖	01:24	1		ଡ 🗖
← Add Measurem	ent	÷	Add Measuremen	t	~	Add Measu	urement	
tita a - g	)		THERE O			Dist is -		
Omron Evolv	1		Omron Evolv			entry selected		
					A	Feb 01:24 !9/83 (73)		>
Connecting to the d	evice	Con	nected. Waiting for d	lata				
Stop			Stop			Sav		

You can tap on the new measurement before saving it to add/edit the available measurement details:

← Save Mean 129 <sup>°,</sup> 8			asurement
9.2.24,			4., 01:24
Feeling Not selected		Feeling Good	
Body position Not selected	(†) (†) (†)	Body position Sitting	(i)
Measured arm Not selected	۱	Measured arm	۲
rregular pulse Not Detected	۲	Irregular pulse Not Detected	۲
Note	C	Note	C

If you collected several measurements - you can select checkboxes next to the measurements you want to save to your measurements history:





Once you record new data - it will be immediately synced with the <u>MedM Health Cloud</u> for registered users (provided that there is an active Internet connection):



Tap on new measurement to review its details:



01:26			@	01:26		େ 🗖
←	Blood P	ressure	e	←	Details	C
			•	<	9. 2. 2024. 01:24	
	Tap to c	onnect		129	) × 83	73
9 Februar	y 2024					
01:24	•	129/83	(73) >	Body posit Measured		Sitting Left
30 Janua	ry 2024			Irregular p		No
10:44	•	128/88	(80) >	160+	pertension Stage 2	
5 January	2024			140 Pre	pertension Stage 1	
18:48	•	177/77 (	N/A) >	90	rmal	
15 Decem	1ber 2023			SYS		
17:08	•	123/56	(56) >	Scale: JNC	2000,000 (DD 000) CONSTRUCT	100+
14 Decem	ber 2023			Scale. STAC	(034)	
16:02		135/85	<b>A</b>	Source		Omron Evolv
10.02	20	100/00		Feeling		Good
		1 C	$\supset$	Note	-	-

#### Auto Data Upload

The app collects new data automatically in foreground with the screen unlocked from an auto device without the need to take additional steps on the part of the user. So if the **Receive data automatically** is **enabled** or the setting is not present for an <u>auto device</u>, then the device is displayed at the top of the corresponding measurement type history screen marked as **auto**:



01:35		و ا	01:35			0
←	Device Details	ŵ	$\leftarrow$	Blood P	ressure	Ħ
	TRAS M. E			Last synce	d at 01:24	•
Device nam	e		9 Februar	ry 2024		
Omron Ev	olv		01:24	•	129/83	(73) >
Vendor		Omron	30 Janua	ry 2024		
Model Bluetooth n	ame BLEsmart_C		10:44	•	128/88	(80) >
Last sync		E5F2E353 24. at 01:24	5 January	/ 2024		
Last sync	5. 2. 202	24. dt 01,24	18:48		177 <i> </i> 77 (	N/A) >
	a automatically e in the foreground w	ith	15 Decen	nber 2023		
screen unloc	ked.		17:08	•	123/56	(56) >
Receive dat	a in background		14 Decen	nber 2023		
Collect data is locked.	in background or if sc	reen	16:02	•2	135/85	(+
				≡ <u>⊥</u>	<u> </u> @	$\supset$

#### Data Upload in Background

The **Receive data in background** setting is available for most <u>auto devices</u> if the **Receive data automatically** setting is **enabled**:




If **enabled**, the **Receive data in background** setting allows users to collect data from paired auto-devices in the background, even when the screen of the smartphone or tablet is locked.

#### Stream/Spot Mode

Some devices only transfer stream data, and others - only spot data. And the **Device Mode** setting is available for devices that support both stream and spot data transferring modes:

01:4	13	© 🗖
←	Add Device	
9	Nonin 3230/3240/3245	
App h	ve data automatically as to be in the foreground wi n unlocked.	th
Devic	e mode	
Stream	m	۲
Spot		0
Spot		0
	Add to My Devices	

Real-Time/History Mode

Some devices transfer only history data to the app, other devices - only real-time data. The **Device Mode** setting is available for devices that support both history and real-time data transferring modes:



01:4	13	জ 🗖
←	Add Device	
-	Nonin 3150 Smart	
Devic	e mode	
Realti	me	۲
Histor	у	0
Keep	history on device	
	Add to My Device	es

## Keep History Setting

For meters that can store data in their own memory, the **Keep history on device** setting is available. If turned **off**, the setting will wipe all data stored in meter memory during the next connection with the app:





#### Pronounce Data

For some <u>compatible</u> sensors the **Pronounce readings** setting is available. If this setting is turned **on**, the paired meter will pronounce measurement values aloud as they are received:

Add Device       Image: ADJ Medical ADJ-30B       Assign user ID to health profile       Assign user ID to health profile       Receive data automatically Apr has to be in the foreground with screen unlocked.       Receive data in background Collect data in background or if screen is locked.
AOJ-30B Assign user ID to health profile Receive data automatically App has to be in the foreground with screen unlocked. Receive data in background Collect data in background or if screen
Receive data automatically App has to be in the foreground with screen unlocked. Receive data in background Collect data in background or if screen
App has to be in the foreground with screen unlocked. Receive data in background Collect data in background or if screen
Collect data in background or if screen
Keep history on device
Pronounce readings

# **Data History**

## **General Info**

To enable data types availability, <u>configure</u> your **Home** Screen. App supports collecting and storing data for the following data types:

- 1. <u>A1C</u>
- 2. <u>Activity</u>
- 3. <u>Blood Cholesterol</u>
- 4. Blood Coagulation
- 5. <u>Blood Glucose</u>
- 6. <u>Blood Ketone</u>
- 7. <u>Blood Lactate</u>
- 8. <u>Blood Pressure</u>
- 9. <u>Blood Uric Acid</u>
- 10. <u>ECG</u>
- 11. Exercise
- 12. Fetal Doppler
- 13. <u>Heart Rate</u>
- 14. Hematocrit
- 15. <u>Hemoglobin</u>



- 16. Medication Intake
- 17. Mole Scan
- 18. <u>Note</u>
- 19. Oxygen Saturation
- 20. <u>Respiration Rate</u>
- 21. <u>Sleep</u>
- 22. Spirometry
- 23. <u>Temperature</u>
- 24. Triglycerides
- 25. Urine Test
- 26. Weight

<u>Blood Cholesterol, Blood Coagulation, Blood Ketone, Blood Lactate, Blood Uric Acid, Fetal Doppler,</u> <u>Medication Intake, Hematocrit, Hemoglobin, and Triglycerides</u> data can either be <u>entered manually</u> or collected via Bluetooth from <u>compatible sensors</u>.

<u>Blood Glucose</u>, <u>Blood Pressure</u>, <u>Exercise</u>, <u>Heart Rate</u>, <u>Oxygen Saturation</u>, <u>Respiration Rate</u>, <u>Temperature</u>, and <u>Weight</u> data can either be <u>entered manually</u> or collected via Bluetooth from <u>compatible sensors</u> or imported from external apps such as <u>Google Fit</u>, <u>Apple Health</u>, <u>Health Connect</u> and <u>Garmin Connect</u>.

<u>Activity</u> and <u>Sleep</u> data can only be collected from compatible <u>activity trackers</u> and <u>sleep trackers</u> or for registered users with Premium subscription data can be imported for from <u>Apple Health</u>, <u>Google Fit</u>, <u>Health</u> <u>Connect</u>, <u>Garmin Connect</u> or <u>Fitbit</u>.

<u>Spirometry</u> data can only be collected from compatible <u>spirometers</u> or for registered users with Premium subscription data can be imported from <u>Apple Health</u>.

ECG\_data can only be collected from compatible ECG meters.

Urine Test data can only be collected from compatible Urine Test Meters.

Mole Scan data can be imported for registered users with Premium subscription from Artes Electronics.

A1C and Note data can only be entered manually.

#### <u>A1C</u>

To enable data type availability, <u>configure</u> your **Home** Screen. From the **Home** screen tap the **A1C** section to open the A1C history:





Tap any line in the list of readings to view details. Common parameters are: A1C value, date and time, feeling tag, note, data source (<u>manual entry</u>):

23:24	ان ا	23:24		©
← A1C	Ħ	~	Details	6 0
Tap to add devices 18 May 2024		<	18. 5. 2024. 23:23	
23:23	5.6 % >		A1C	
18 February 2024			5.6	
23:23	4.9 % >		5.0	
18 November 2023			%	
23:24	5.2 % >	A1C Scale	e(%)	0
			5.7 6	.5
		Source		Manual entry
		Feeling		
		Note		
	+			_

Go to **A1C** history and tap the **chart** icon at the bottom of the screen. The chart shows every measurement as a single point. Tap on any point to call up the chart bubble, view details, and scroll through measurements. You can change the time period selected by tapping **Day**, **Week**, **Month** under the chart:





## Activity

To enable data type availability, <u>configure</u> your **Home** Screen. From the **Home** screen tap the **Activity** section to open activity history:

18:12	MedM Health	- s	18:12 ←	Activ	vity	Ē
	63 steps / 10000			Tap to add	ldevices	
125 85% Act	8 mi / 4.41 53 kcal / 1625 iivity Time 1h 14min 2.2024.		85 % My goal fo		, 1437 remaining 10000 steps	>
Blo	2 mmol/L od Glucose	(+)	February 11 Feb	• 85%	8563 steps	1
Blo	29/83 (73) od Pressure . 2024. at 01:24	(+)	10 Feb 9 Feb 8 Feb	<ul><li>92%</li><li>139%</li><li>115%</li></ul>	9230 steps 13996 steps 11578 steps	>
Rur Exe	:59:00 ning ercise 12.2023. at 17:04	(+)	7 Feb 6 Feb 5 Feb	<ul><li>96%</li><li>86%</li><li>76%</li></ul>	9636 steps 8636 steps 7686 steps	>
He He	bpm art Rate 12. 2023. at 17:08	(+)	1 Feb January 2	• 0% 2024	5 steps	>
	(o)			=		



It is possible to set a goal for Steps and see the daily progress. You will receive a push notification once your daily goal is achieved:

18:12		ھ	-	18:23		© 🗖		
←	Activit	ty	<b>H</b>	←	Activity			Great effort! You've reached your daily Goal of 1050
	Tap to add d	levices		Ν	Ay goal is 10000 st	eps		steps!
85 %	8563 steps, 1	1437 remaining			New goal			
My goal fo	or today	10000 steps		1	0500			
February	2024				0500	steps	-	
11 Feb	• 85%	8563 steps	>		10000			
10 Feb	• 92%	9230 steps	>					
9 Feb	• 139%	13996 steps	>	1 1	as a	1 1		
8 Feb	• 115%	11578 steps	>			>>>>		
7 Feb	• 96%	9636 steps	>					
6 Feb	• 86%	8636 steps	>					
5 Feb	• 76%	7686 steps	>					
1 Feb	• 0%	5 steps	>					
January	2024							
	-		•					
		<u> </u>			Save			

Tap any line in the list of measurements to view activity details. Common parameters are: steps count, distance, active calories, total calories, goal progress and data source (<u>compatible activity tracker</u> or <u>external</u> <u>app</u>):

18:12		ଡ	-	18:13		ତ 🗖
←	Activ	vity		←	Details	
	Tap to add	devices		<	10. 2. 2024.	>
85 %	8563 steps	, 1437 remaining			Step Counter	
My goal fo	or today	10000 steps			0000	
February	2024				9230	J
11 Feb	• 85%	8563 steps	>		steps	
10 Feb	• 92%	9230 steps	>	Activity tin Distance	ne	00h 38mi 8,14 n
Feb	• 139%	13996 steps	>	Active calo	ories	200 kc
3 Feb	• 115%	11578 steps	>	Total calor	ies	1609 kc
Feb	• 96%	9636 steps	>	92%		10000 step
Feb	• 86%	8636 steps	>	Source		Google F
Feb	• 76%	7686 steps	>	Source		Google r
Feb	• 0%	5 steps	>			
January	2024					
January	2024					
		al				



The activity bar graph shows the cumulative number of steps for a specified period of time: the day chart – the sum for every hour in a day, the week chart – the sum for every day in a week, the month chart – the sum for every week in a month, the year chart – the sum for every month in a year.



Tap the **chart** icon at the bottom of the screen or any daily activity data line to open the bar graph:

Change the amount of time by tapping Day, Week, Month or Year under the graph.

## **Blood Cholesterol**

To enable data type availability, configure your **Home** Screen. From the **Home** screen tap the **Blood Cholesterol** section to open the blood cholesterol history:





Tap any line in the list of readings to view details. Common parameters are: blood total cholesterol value, date and time, feeling tag, note, data source (<u>manual entry</u> or <u>compatible blood cholesterol meter</u>):

18:27	@ <mark>=</mark>	18:27		ଡ 🗖
← Blood Ch	nolesterol 🛗	~	Details	2 0
Tap to ad	ld devices	<	14. 6. 2023. 22:18	
14 June 2023				
22:18	180 mg/dl >		Blood Cholesterol	
13 June 2023			180	
22:18	182 mg/dl >		mg/dl	
12 June 2023		Source	N	lanual entry
22:18	177 mg/dl $>$	Feeling		Good
11 June 2023		Note		Your note
22:18	181 mg/dl >			
10 June 2023				
22:19	176 mg/dl >			
9 June 2023	-			
22:19	181 mg+			
	<u>al</u>			

Go to the **Blood Total Cholesterol** history and tap the **chart** icon at the bottom of the screen. The chart shows every measurement as a single point. Tap any point to call the chart bubble to see details and to skim through measurements. You can change the time period selected by tapping **Day**, **Week**, or **Month** under the chart:





## **Blood Coagulation**

To enable data type availability, <u>configure</u> your **Home** Screen. From the **Home** screen tap the **Blood Coagulation** section to open blood coagulation history:

18:48		<u>କ</u> 🗖	18:49		© 🗖
	ledM Health Natthew Archer		~	Blood Coagulation	Ë
5.98 m	cal / 1636 Time 1h 58m		11 Febru 12:53	Tap to add devices ary 2022	1.0 INR >
(9) 180 Blood (2)		(+)	7 Februa 21:18		1.1 INR >
	NR Coagulation 22. at 12:53	(+)	6 Februa 21:19 5 Februa		1.0 INR 🗦
( <b>9</b> ) 6.2 m Blood 0 9.2.202		(+)	21:19 4 Februa 21:21		1.1 INR >
Blood F	<b>/83 (73</b> Pressure 24. at 01:24	) (+)	3 Februa 21:21		1.1
Home History	(o)) Devices	Reports Menu		<u>⊒</u>	$\supset$



Tap any line in the list of readings to view details. Common parameters are: INR value, prothrombin time, date and time, feeling tag, note, data source (<u>manual entry</u> or <u>compatible blood coagulation meter</u>):



Go to **Blood Coagulation** history and tap the **chart** icon at the bottom of the screen. The chart shows every measurement as a single point. Tap on any point to call the **chart bubble** to see measurement details and to skim through measurements. You can change the time period selected by tapping **Day**, **Week**, **Month** under the chart:





## **Blood Glucose**

To enable data type availability, <u>configure</u> your **Home** Screen. From the **Home** screen tap the **Blood Glucose** section to open blood glucose history. It is possible to apply **meal tag** filters to blood glucose readings. Readings with a specified meal tag are marked with a colored dot in the history. The color of a dot represents its corresponding glucose range according to the selected <u>Glycemia Scale</u>:

19:42	ତ <b>—</b>	19:42		ල 🔜 19:42	ି 🗖
MedM Health Matthew Archer	<b>(</b>	← [A	ll Readings 👻	₿ ←	All Readings 👻 🛗
33563 steps / 10500 5.98 mi / 4.63		Та	p to add devices		Tap to add devices
1450 kcal / 1636		11 February 20	)24	11 Febru	ary 2024
129% Activity Time 1h 58min 11. 2. 2024.		16:12	11.1 mmc No det		11.1 mmol/L >
180 mg/dl		10 February 20	024	Meals	s
Blood Cholesterol 14. 6. 2023. at 22:18	(+)	19:23	10.6 mmc	DI/L >	
1.0 INR		9 February 203	24	No det Before	
Blood Coagulation	+	19:35	11.2 mmc After m	ol/L >	neal
		8 February 203	24	Fasting	
11.1 mmol/L Blood Glucose 11.2.2024. at 16:12	(+)	19:33	12.0 mmc After m	DI/L > Bedtim	
		7 February 202	24	7 Februa	ary 2024
O.4 mmol/L Blood Ketone 14.6.2023.at 22:06	+	19:40	10.5 mmc After n		• 10.5 mmo <sup>1</sup> After n
home History Devices Report	is Menu		वा ©		≡ <u>11</u> ⊕



Tap any line in the list of measurements to view details. Common parameters are: blood glucose value, date and time, meal tag, feeling, note, point on a selected <u>Glycemia Scale</u>, data source (<u>manual entry</u>, <u>compatible</u> <u>blood glucose meter</u> or <u>external app</u>). Tap the **i** icon to expand the scale:

19:43		Q	b 💶	19:43		و <mark>ا</mark>	19:4	3		ଡ 🗖
←	After meal		Ħ	$\leftarrow$	Details	2	$\leftarrow$	Blood	d Glucose	
	Tap to add de	vices		<	10.2.2024.	>	-			
10 Februa	ry 2024				19:23			10	0.6	
19:23	•	10.6 mmol After me			Blood Glucose				nmol/L	
9 Februar	y 2024				10.6		m	mol/L 📔 Hig	gh Glucose	
19:35	•	11.2 mmol After me	/L >	Meals	mmol/L	After meal				
8 Februar	y 2024			mmol/L	•	0				
19:33	•	12.0 mmol After me	/L >	Scale: AD/	4.4 10.0 A Diabetes Guidelin	es		10.0 ¥ No	ormal Glucose	
7 February	y 2024			Source	FOR	A Test'N'Go				
19:40	•	10.5 mmol After me	/L >	Feeling Note		Normal Your note		4.4 Lo	w Glucose	
6 Februar	y 2024									
19:34	•	10.9 mmo! After n	Ð							
	<u>l</u>	C	)				S	cale: ADA D	iabetes Guid	lelines

Every measurement is presented as a single point on the chart. To open the chart, go to **Blood Glucose** history and tap the **chart** icon at the bottom of the screen. You can change the time period selected by tapping **Day**, **3 Days**, **Week**, **Month** under the chart. It is also possible to apply **meal tag** filters to the blood glucose chart:



19:43		ୢ	-
←	After meal		₿
	Tap to add de	evices	
10 Februar	y 2024		
19:23	*	10.6 mmol/L After mea	; >
9 February	2024		
19:35	•	11.2 mmol/L After mea	; >
8 February	2024		
19:33	•	12.0 mmol/L After mea	; >
7 February	2024		
19:40	•	10.5 mmol/L After mea	>
6 February	2024		
19:34		10.9 mmo <sup>ur</sup> After n	
	-	, and the	
	<u>.11</u>	e	2

The green zone on the chart represents the normal range according to the selected <u>Glycemia Scale</u>.

Call up a chart bubble with the value and date of a measurement by tapping on any point of the chart. Skim through measurements using arrows on the left and right side of the bubble:



Tap the value in the bubble to open measurement details:





Blood glucose wheel diagram displays the blood glucose readings for the past week according to the selected <u>Glycemia Scale</u>. The **meal tag** filter is available for the wheel diagram.

Go to **Blood Glucose** history and tap the **wheel diagram** icon at the bottom of the screen to open the chart. Tap the **Info** icon in the top-right corner of the screen to see the selected scale:





## **Blood Ketone**

To enable data type availability, <u>configure</u> your **Home** Screen. From the **Home** screen tap the **Blood Ketone** section to open blood ketone history:



Tap any line in the list of readings to view the ketone measurement details. Common parameters are: blood ketone value, date and time, feeling tag, note, data source (<u>manual entry</u> or <u>compatible blood ketone meter</u>):





Go to **Blood Ketone** history and tap the **chart** icon at the bottom of the screen. The chart shows every measurement as a single point. Tap on any point to call the chart bubble to see measurement details and to skim through measurements. You can change the time period selected by tapping **Day**, **Week**, **Month** under the chart:

18:58	œ	b 💶 18:	58	ି 🗖	18:58	ତ 🗖
÷	Blood Ketone	⇔ ⊟	Blood Ketone		←	Blood Ketone
	Tap to add devices		8. 6. 2023 15. 6. 20	023.		0.3 mmol/L
14 June 20	23	0.5			<	11 Jun, 22:07
22:06	0.4 mmol	I/L >				
13 June 20	23					
22:06	0.3 mmol	/L >			0.	
12 June 20	23		$\wedge \wedge$			$\land \land \land$
22:07	0.4 mmol	1/L >	/ / / /	/	$\setminus$	$^{\prime} \setminus / \setminus /$
11 June 20	23	0.3	V X	V	0.3	VV
22:07	0.3 mmol				0.5	
10 June 20	23					
22:08	0.4 mmol	I/L >			0.21 1	
9 June 202	23	1	09 10 11 12 1	13 14 1		0 11 12 13 14 1
22:07	0.3 mmc	Ð	Day Week	Month	Day	Week Month



### **Blood Lactate**

To enable data type availability, <u>configure</u> your **Home** Screen. From the **Home** screen tap the **Blood Lactate** section to open lactate history:



Tap any line in the list of readings to view measurement details. Common parameters are: blood lactate value, date and time, feeling tag, note, data source (<u>manual entry</u> or <u>compatible blood lactate meter</u>):





Go to **Blood Lactate** history and tap the **chart** icon at the bottom of the screen. The chart shows every measurement as a single point. Tap on any point to call the chart bubble to see measurement details and to skim through measurements. You can change the time period selected by tapping **Day**, **Week**, **Month** under the chart:





#### **Blood Pressure**

In MedM Health Diary a blood pressure measurement stores **Blood Pressure** data and may store additional **Heart Rate** data since all <u>compatible blood pressure monitors</u> measure blood pressure and heart rate.

To enable this data type availability, configure your **Home** Screen. From the **Home** screen tap the **Blood Pressure** section to open history. Readings are marked with a colored dot in the history. Colors represent the blood pressure value ranges according to the selected <u>Hypertension Scale</u>:



Tap any line on the list of readings to view blood pressure measurement details. Common parameters are: blood pressure value, heart rate value, date and time, hypertension stage chart (according to the selected <u>Hypertension Scale</u>), feeling, body position, arrhythmia and measured arm tags, note, source (<u>manual entry</u>, <u>compatible blood pressure monitor</u> or <u>external app</u>):



20:46		Ģ	b 🗖	20:47	
÷	Blood Pres	sure	Ħ	$\leftarrow$	Details
	Tap to add de	evices		(	9. 2. 202
11 Februa	ry 2024				01:24
20:44	•	125/68 (7	(1) >	129	) × 83
10 Februa	ry 2024				
20:44	*1	122/67 (7	0) >	Body posit	
9 Februar	y 2024			Irregular pu	ulse
01:24	•	129/83 (7	3) >	160+	pertension Stage 2 pertension Stage 1
8 Februar	y 2024			140 Pro	hypertension
10:44	•	128/88 (8	0) >	120 Nor 90	mal
7 Februar	y 2024			SYS	
17:08	-	123/56 (5	6) >	Scale: JNC	
6 Februar	y 2024				A A
16:02	•	135/85 (	÷	Source	
				Note	

Go to **Blood Pressure** history and tap the **chart** icon at the bottom of the screen. The chart is represented by points which are connected by lines. Green zones on the chart represent the combined optimal and normal ranges of systolic and diastolic blood pressure according to the selected <u>Hypertension Scale</u>. You can change the time period by tapping **Day**, **Week**, **Month** under the chart. It is possible to apply **Blood Pressure** and **Pulse** filters to blood pressure readings:







Tap the diagram icon at the bottom of the blood pressure history screen to open the **wheel diagram**. It displays the blood pressure readings for the **past month** according to the selected <u>Hypertension Scale</u>. Tap the **info** icon in the top-right corner of the screen to view the selected scale. You can also view your data as a **square diagram**:

20:46		<u>ر</u>	-	20:	51	
	Blood Pres	ssure	e	~		Blood Pressure
	Tap to add d	evices		:<		• •
11 Februa	гу 2024				1	12 Jan - 11 Feb
20:44	•	125/68 (7	1) >			
10 Februa	ry 2024					
20:44	<b>*</b> 1	122/67 (70	< (0			
9 Februar	y 2024		8			100%
01:24		129/83 (73	3) >			
8 Februar	y 2024					
10:44		128/88 (80	< (0			Prehypertension
7 February	y 2024				0%	Low
17:08	•	123/56 (56	5) >	•	0%	Normal
6 Februar	v 2024				100% 0%	Prehypertension Hypertension Sta
16:02	•	135/85 ()	+		0%	Hypertension Sta





## **Blood Uric Acid**

To enable data type availability, <u>configure</u> your **Home** Screen. From the **Home** screen tap the **Blood Uric Acid** section to open history:





Tap any line in the list of readings to view measurement details. Common parameters are: blood uric acid value, date and time, feeling tag, note, data source (<u>manual entry</u> or <u>compatible blood uric acid meter</u>):

20:54		ି ଜା	-	20:54		<u>ଜ</u> 🗖
←	Blood Uric Ac	cid	Ħ,	$\leftarrow$	Details	C
	Tap to add devid	es		<	13. 6. 2023. 23:31	
13 June 2	2023					
23:31		11.3 mg/dl	>		Blood Uric Acid	
12 June 2	2023				11.3	
23:31		11.1 mg/dl	>		mg/dl	
11 June 2	023			Source		Manual entry
23:31		11.4 mg/dl	>	Feeling		Good
10 June 2	2023			Note		Your note
23:31		11.0 mg/dl	>			
9 June 20	023					
23:32		11.2 mg/dl	>			
8 June 20	023					
23:32		10.9 mg				
-						-

Go to **Blood Uric Acid History** and tap the **chart** icon at the bottom of the screen. The chart shows every measurement as a single point. Tap on any point to call the chart bubble to see measurement details and to skim through measurements. You can change the time period selected by tapping **Day**, **Week**, **Month** under the chart:





#### **ECG**

To enable data type availability, <u>configure</u> your **Home** Screen. From the **Home** screen tap the **ECG** section to open ECG history. Every ECG measurement is a cardiogram. Select a measurement and tap any place on it to see details. Date, time, and duration are displayed in the top-right corner of the screen. You can scroll cardiograms by swiping right and left:

00:28	o 🗖	01:21	ଜ	-	01:21		@ ⊐])
MedM Health Matthew Archer	<b>(</b>	~	ECG	Ħ	<i>←</i>	ECG	Û
Blood Glucose           11.2 2024. at 16:12	(+)	2 September 09:53	ap to add devices 2022 4 channels		nh	2.9.202	2. at 09:53:22 B
125/68 (71) Blood Pressure 11.2.2024.at 20:44	(+)	8s 13 March 202 <b>20:16</b> 4s		>	1	A.	
00:01:00 ECG 30.3.2022. at 13:31		20:12 4s 20:11 4s	1 channel 1 channel	>	<u>l</u>	-Mr	Mr
00:59:00 Running Exercise 14.12.2023.at 17:04	(+)	28 February 2 16:58 4s	2022 1 channel	>	n dr	An	An
(9) 10.7 g/dl Hemoglobin 6.4.2022.at 16:12	(+)	16:57 4s 1 February 20 13:58		>		1	
Home History Devices Report	8.90 M 80 M	2min 1s 13:33 5min 0s	1 channel 1 channel	>			-MA



ECG data can only be collected from compatible ECG meters.

#### **Exercise**

To enable data type availability, <u>configure</u> your **Home** Screen. From the **Home** screen tap the **Exercise** section to open history. Exercise data may have the following parameters: exercise type, duration, start time, pulse, distance, steps, active calories, laps, pace, feeling, note, source (<u>manual entry</u>, <u>compatible exercise tracker</u> or <u>external app</u>):

00:26	© 🗖	00:26		© 🗖	00:26		👁 🗖
MedM Health Matthew Archer	<b>?</b>	~	Exercise	Ħ	←	Details	2 0
I1.1 mmol/L Blood Glucose	+	14 Decembe	Tap to add devices r 2023		<	30. 5. 2023. 08:45	>
11. 2. 2024. at 16:12		<b>17:04</b> 59min 0s	Ru	inning >		Exercise Basketball	
125/68 (71) Blood Pressure	(+)	30 May 202	3		Duration Distance	Steps	01:00:00
11. 2. 2024. at 20:44		08:45 1h Omin	Basi	ketball >	1.24 mi	1800	280 kcal
Running Exercise	$(\pm)$	1 April 2022 14:30			Pace Avg: 01:28		
14. 12. 2023. at 17:04		1h 15min		ketball >	min/mi		
(9) 10.7 g/dl Hemoglobin	+	29 March 20	022		Source		Manual entry
6. 4. 2022. at 16:12		07:34 1h 55min	C	ycling >	Feeling		Good Your note
05:04		18 March 20	22		Note		Your note
Sleep 4.6.2023.at 00:44		14:10 5min 1s		Yoga >			
	ports Menu			Ð			-

#### Fetal Doppler

To enable data type availability, <u>configure</u> your **Home** Screen. The Fetal Doppler measurement type is only present in health records with non-male gender. From the **Home** screen tap the **Fetal Doppler** section to open fetal doppler history:



02:43		👁 🗖	02:43		ଦ୍ଧ 🗖
	MedM Health Alice Archer		÷	Fetal Doppler	Ë
	Exercise	~		Tap to add devices	
	No data yet	(+)	12 Februar	y 2024	
	120 bpm	(+)	02:19 13min 51s		120 bpm >
	Fetal Doppler 12. 2. 2024. at 02:19		11 Februar	y 2024	
	<b>Heart Rate</b> No data yet	(+)	02:41		123 bpm >
0			10 Februar	y 2024	
	Sleep No data yet		02:41		117 bpm >
6	<b>Temperature</b> No data yet	(+)	9 February	2024	
	70.4		02:41		125 bpm >
( I ) ( I )	<b>72.4</b> kg Weight 11.2.2024.at 00:51	(+)	8 February	2024	
	Hit Manage Dashboa	ard	02:42		122 b
Home	() () History Devices Rep	il III orts Menu			

Tap any line in the list of measurements to see details. For spot measurements you will see the following parameters: heart rate value, date and time, feeling tag, note, source (<u>manual entry</u>):

02:43		© 🗖
	Fetal Doppler	Ö
	Tap to add device	S
12 Febru	ary 2024	
02:19		120 bpm
I3min 51s		finish
11 Februa	ary 2024	
02:41		123 bpm >
10 Falses		
10 Febru	ary 2024	
02:41		117 bpm >
9 Februa	ary 2024	
02:41		125 bpm >
8 Februa	ry 2024	
02:42		122 b
	=	
	-	

For stream measurements you will see the following parameters: date and time, finish value, heart rate graph (you can tap the graph to enter the interactive observing mode), maximum, average and minimum values, duration, feeling tag, note, source (manual entry or compatible fetal doppler):





To open the overall fetal doppler chart, go to **Fetal Doppler** history and tap the chart icon at the bottom of the screen. The chart shows stream and spot measurements as single points. A point of a stream measurement represents the **finish** value of the measurement and is marked with a **stream** sign. You can change the time period selected by tapping **Day**, **Week**, and **Month**, **Year** under the chart:

← Fetal D Tap to add	oppler 📋	← Feta	Dopplar
Tap to add			al Doppler
	devices	8.2.202	4 13. 2. 2024.
12 February 2024			
<b>02:19</b> 13min 51s	120 bpm >	125	
11 February 2024			Λ.
02:41	123 bpm >	•	/
10 February 2024		120	\ / <b>*</b>
02:41	117 bpm >		V
9 February 2024			Ť
02:41	125 bpm >	115	
8 February 2024		1 1 1	
02:42	122 b	N 4/10 23	9 10 11 12 1
		Day Week	Month Year



By tapping on any point of the chart, call up a bubble with the value and date of a measurement. Scroll through measurements using arrows on the left and right side of the bubble:



Tap the value in the bubble to open measurement details:





### Heart Rate

To enable data type availability, <u>configure</u> your **Home** Screen. From the **Home** screen tap the **Heart Rate** section to open history. Spot measurements are marked with a single dot, stream measurements - with three dots which from left to right represent the starting value, the maximum value and the finish value. Dot colors represent the heart rate range.

Since the heart rate data is mostly added from heart rate fitness stream monitors the app recognizes 5 heart rate ranges according to the Max heart rate value which is calculated by the formula:

Max heart rate = 207 - (0.7 x Age)

- green (Recovery): 60% of max heart rate or less
- yellow (Manageable): 60-70% of max heart rate
- orange (Challenging but doable): 70-80% of max heart rate
- red (Feelin' the burn): 80-90% of max heart rate
- crimson (All-out effort): 90-100% of max heart rate



For spot measurements you will see the following parameters: heart rate value, date and time, feeling tag, note, source (<u>manual entry</u>, <u>compatible heart rate monitor</u> or <u>external app</u>):





For stream measurements you will see the following parameters: date and time, finish measurement value, heart rate graph (you can tap the graph to enter the interactive observing mode), average value, minimal value, maximal value, duration, feeling tag, note, source (manual entry, <u>compatible heart rate monitor</u> or <u>external app</u>):

ര 🗆 Tap to add devices 11 February 2024 02:21 78 bpm > 10 February 2024 119 bpm > 00:00 .... 10h 10min 9 February 2024 94 bpm > 00:00 .... 23h 55min 8 February 2024 84 bpm > 10:53 7min Os finish 7 February 2024 129 br fil + 10:38 ... 14min Os

Ľ Ó	Details	÷
>	10. 2. 2024. 00:00	<
nish	19 bpm fir	1
00:00		Start
10:10		End
10h 10min		Duration
white the	N MARINA	143 68
68 bpm		Min value
143 bpm		Max value
114 bpm	alue	Average va
Transtek M6	т	Source
Good		Feeling
		Note





To open the overall heart rate chart, go to **Heart Rate** history and tap the chart icon at the bottom of the screen. The chart shows stream and spot measurements as single points. A point of a stream measurement represents the finish value of the measurement and is marked with a **stream** sign. You can change the time period selected by tapping **Day**, **Week**, **Month** and **Year** under the chart:



On tapping any point on the chart a bubble will appear with the value and the date of the measurement. Scroll through measurements using arrows on the left and right side of the bubble. Stream values are marked with the graph sign inside the circle. For such records duration is also displayed with the final reading value marked as **finish**:





Tap the value in the bubble to open measurement details:



**Hematocrit** 



To enable data type availability, <u>configure</u> your **Home** Screen. From the **Home** screen tap the **Hematocrit** section to open the hematocrit history:

22:12	@ 🗊	23:39		© 🗂
MedM Health Matthew Archer	🧖	~	Hematocrit	Ö
Plood Uric Acid	+	8 May 202	Tap to add devices 4	
28. 6. 2022. at 10:13		11:53 7 May 202	4	31.0 % >
00:01:00		11:51	4	32.0 % >
ECG 18.1.2022. at 18:31		6 May 202	4	52.0 %
000000		23:41		32.0 % >
00:30:00 Basketball	(+)	5 May 202	4	
Exercise 15. 1. 2024. at 20:01	0	23:36		39.0 % >
	-	4 May 202	4	
52 bpm Heart Rate	+	17:15		36.0 % >
7.12.2023. at 00:00	0	3 May 202	4	
	)	17:11		41.0 % >
(9) 31.0 % Hematocrit	(+)	20 April 20	23	-
8.5.2024. at 11:53		17:08		38 +
		17.07		01.0.01
••	eort Menu		=	

Tap any line in the list of readings to view details. Common parameters are: hematocrit value, date and time, feeling tag, note, data source (<u>manual entry</u> or compatible hematocrit meters):

23:39		⊗ 🗖	23:39	23:39
	Hematocrit	Ħ	~	← Details
	Tap to add devices		<	4.5.2024.
8 May 20	)24			17:15
11:53		31.0 % >		Hematocrit
7 May 20	24			36.0
11:51		32.0 % >		
6 May 20	)24			%
23:41		32.0 % >	Source	Source Sinocare Sa
5 May 20	)24		Feeling	Feeling
23:36		39.0 % >	Note	Note
4 May 20	)24			
17:15		36.0 % >		
3 May 20	)24			
17:11		41.0 % >		
20 April 2	2023	-		
17:08		38 +		
47.07				
	-			10 <u>11</u>



Go to **Hematocrit** history and tap the **chart** icon at the bottom of the screen. The chart shows every measurement as a single point. Tap on any point to call up the chart bubble, view details, and scroll through measurements. You can change the time period selected by tapping **Day**, **Week**, **Month** under the chart:



## <u>Hemoglobin</u>

To enable data type availability, <u>configure</u> your **Home** Screen. From the **Home** screen tap the **Blood Hemoglobin** section to open the blood hemoglobin history:





Tap any line in the list of readings to view details. Common parameters are: blood hemoglobin value, date and time, feeling tag, note, data source (<u>manual entry</u> or <u>compatible hemoglobin meter</u>):

21:56		© 🗖	21:56		© 🗖
←	Hemoglobin	Ð	$\leftarrow$	Details	6 0
	Tap to add devices		<	6. 4. 2022. 16:12	
6 April 202	22				
16:12	2	10.7 g/dl >		Hemoglobin	
5 April 202	22			10.7	
16:12		10.8 g/dl >		g/dl	
4 April 202	22		Source		Manual entry
16:12		10.7 g/dl >	Feeling		Good
3 April 202	22		Note		Your note
16:12		10.8 g/dl >			
2 April 202	22				
16:11		10.7 g/dl >			
1 April 202	22	-			
13:11		10.8			
	:=				
	-	<u></u>		-	-

Go to **Blood Hemoglobin** history and tap the **chart** icon at the bottom of the screen. The chart shows every measurement as a single point. Tap on any point to call up the chart bubble, view details, and scroll through measurements. You can change the time period selected by tapping **Day**, **Week**, **Month** under the chart:


21:56	© 💻	21:56 ত ৷	<b>—</b> 21:57 @ <b>—</b>
← He	emoglobin 🗄	← Hemoglobin	← Hemoglobin
Tap t	o add devices	31. 3. 2022 6. 4. 2022.	○ 10.7 g/dl
6 April 2022		10.8 2 2 2	< 2 Apr, 16:11
16:12	10.7 g/dl >	$\land \land \land$	$\land \land \land$
5 April 2022		$  / \langle / \rangle / \langle \rangle$	
16:12	10.8 g/dl >		
4 April 2022			
16:12	10.7 g/dl >		
3 April 2022			
16:12	10.8 g/dl >	10.6	10.6
2 April 2022			
16:11	10.7 g/dl >		
1 April 2022		31 01 02 03 04 05 0	6 31 01 02 03 04 05 06
13:11	10.8	Day <u>Week</u> Month	Day <u>Week</u> Month
	<u> </u>		

### **Medication Intake**

To enable data type availability, <u>configure</u> your **Home** Screen. Medication intake data can be added either manually via the "+" icon on the app dashboard or it can be automatically added to history on taking a <u>medication reminder</u>. From the **Home** screen tap the **Medication Intake** section to open history. Tap any line in the list of readings to see the details:

22:01	<u>ہ</u>	22:01			S 🗖	22:01		ଡ 
MedM Health Matthew Archer	2	~	Medicati	on Intake	Ħ	$\leftarrow$	Details	C
Plood Glucose	+	7 April 2	Tap to add	d devices		<	7. 4. 2022. 12:52	
11. 2. 2024. at 16:12		12:52		aspir	ine >		Medication Intake aspirine	
	(+)	6 April :	2022			Description	10	3x5-7
14. 6. 2023. at 22:06		11:54		Erythromi	icin >	Source		Unknown
4.0 mmol/L		5 April 2	2022			Feeling		Good
Blood Lactate 13. 6. 2023, at 22:36	+	10:53		vitami	in c >	Note		after meal
13, 0. 2023, at 22-50		4 April 2	2022					
125/68 (71) Blood Pressure 11.2.2024. at 20:44	(+)	03:54		aspir	ine >			
Aspirine Medication Intake 7.4.2022. at 12:52	(+)							
Mole Scan								
Home History Devices Report	is Menu				Ð			



Data of this type can either be added via manual entry or collected from compatible medication trackers.

#### Mole Scan

To enable data type availability, <u>configure</u> your **Home** Screen. Data of this type can be only added via the NOTA Mole Tracker app. Data collection needs to be enabled in the Data Sync section. From the Home screen tap the Mole Scan section to open history. Tap any line in the list of readings to see the details:



**†** 1 区面 Oct 13, 2023 > 6:26 AM Left upper arm Healthy AAABiye2l3DIAAAA 3 mm 5 mm Healthy > Artes Electronics Nota Mole Scanner Good

Data of this type can only be imported from Artes Electronics.

#### **Note**

You can manually create personal notes in the MedM Health diary. To enable this data type availability, configure your Home Screen. From the Home screen tap the Note section to open history:





Data of this type can only be added via manual entry.

### **Oxygen Saturation**

Our oxygen saturation record stores **Oxygen Saturation** and possibly additional **Heart Rate** data, since all <u>compatible pulse oximeters</u> measure pulse with oximetry.

To enable this data type availability, <u>configure</u> your **Home** Screen. From the **Home** screen tap the **Oxygen Saturation** section to open history.

Measurements which are uploaded from <u>statistical devices</u> are marked as **avg** since their average value is shown in history. Stream measurements which are uploaded from <u>stream devices</u> or <u>imported from external</u> <u>apps</u> are marked as **finish** since their finish value is shown in history. Spot measurements which are not marked as **avg** or **finish** are added via <u>manual entry</u>, <u>imported from external apps</u> or uploaded from <u>spot</u> <u>devices</u>:





Tap any line on the list of readings to see details.

Common spot blood oxygen parameters are: blood oxygen value, heart rate value, PI value (if your sensor supports this parameter), date and time, feeling tag, note, source (<u>manual entry</u>, <u>compatible pulse oximeter</u> or <u>external app</u>):

04:01		জ 🗖	04:01			ଡ 🗖
←	Oxygen Saturatio	n 🛱	<i>~</i>	De	tails	6 0
	Tap to add devices		<		2024. :06	>
11 Febru	iary 2024					
<b>17:42</b> 1min 10s	2	96% (70) avg >		SpO <sub>2</sub>	Pulse	
10 Febru	Jary 2024			30	00	
<b>17:19</b> 7min 26s	1	99% (87) finish >		%	bpm	
9 Februa	ary 2024		Source		Mar	nual entry
			Feeling			Good
16:06	1	98% (60) >	Note			Your note
8 Februa	ary 2024					
17:16		98% (57) >				
7 Februa	ary 2024					
<b>17:15</b> 25s		97% (8 fir				



On the stream measurement details screen you will see start, end, and duration values, feeling tag, note and a graph in the interactive viewing mode. You can expand the graph and scroll it by swiping right or left:

04:01		-	04:03		⊗ =⊃	04:03	ര 🗖
← Oxygen	Saturation	Ħ	<i>←</i>	Details	60	← Oxygen	Saturation
Tap to a	add devices		1	7.2.2024.	>		70 18800 1
11 February 2024				17:15		SpO2	Pulse
17:42 1min 10s	96% (7 a	(C) >		SpO <sub>2</sub> Pulse		<b>96</b> %	83 Pulse (bpm)
10 February 2024				97 85		100	255
17:19	99% (8	7)		% bpm			
7min 26s	fini	sh	Start		17:15	90	170
9 February 2024			End		17:15		
0100100192024			Duration		25s	80	85
16:06	98% (6	(0) >	100				
8 February 2024			95 /			70	0
17:16	98% (5	7) >	33 7				
7 February 2024			Source	Indie H	lealth Pulse Oximeter		
17:15	97% (8		Feeling		Good		
25s	fir	±	Note		Your note		
		<b>\</b>					
	<u></u>					01 02	03 04 s

In the **statistical** measurement details view you will also see start, end, and duration, as well as maximum, average, and minimum values for heart rate and oxygen saturation:

04:01	ල 🗖	04:04		© 🗖
← Oxygen S	Saturation 📋	~	Details	6 0
Tap to ad	ld devices	<	11. 2. 2024. 17:42	
<b>17:42</b> 1min 10s	96% (70) avg	SpO₂ Min 96 %	SpO₂ Avg 96 %	SpO₂ Max 97 %
10 February 2024 17:19 7min 26s	99% (87) <sub>finish</sub> >	Pulse Min 66 bpm	Pulse Avg 70 bpm	Pulse Max 75 bpm
9 February 2024		Duration		1min 10s
16:06	98% (60) >			
8 February 2024		Source Feeling		Beurer PO 60 Good
17:16	98% (57) >	Note		Your note
7 February 2024				
<b>17:15</b> 25s	97% (85 fit			
				_



To see the overall chart, go to **Oxygen Saturation** history and tap the **chart** icon at the bottom of the screen. The chart is represented by points which are connected by lines. Each point represents the **last** measurement for the corresponding period of time (hour for the **Day** graph, day for the **Week** graph, week for the **Month** graph, and month for the **Year** graph). It is possible to apply **SpO2** and **Pulse** filters at the top of the chart screen:

04:01	4	⊗ ■)	04:06		© 🗖
←	Oxygen Saturation	e	$\leftarrow$	SpO2 Chart 👻	
	Tap to add devices		5	. 2. 2024 12. 2. 20	024.
11 Febru	ary 2024			99	
17:42 1min 10s	96%	% (70) avg >	99	98 98	
10 Febru	ary 2024			1	
<b>17:19</b> 7min 26s	999	6 (87) finish	97	/	
9 Februa	ry 2024		96		96
16:06	98%	6 (60) >			
8 Februa	ry 2024				
17:16	989	% (57) >			
7 Februa	ry 2024		1 <sub>93</sub> 1	<u>1 I I</u>	
<b>17:15</b> 25s	97%		06 07 Day	08 09 10	11 12 h Year
	<u>ال</u> =		$\square$	=	





The chart displays dots with average values for statistical measurements, the finish value for stream measurements, and single values which correspond to spot measurements.

### **Respiration Rate**

To enable data type availability, <u>configure</u> your **Home** Screen. From the **Home** screen tap the **Respiration Rate** section to open respiration rate history:





Common parameters are: respiration rate value, date and time, feeling tag, note, source (<u>manual entry</u>, <u>compatible respiration rate meter</u> or <u>external app</u>):

23:14		© 🗖	23:14	
←	Respiration R	ate 📋	←	Details
	Tap to add devid	es	<	11. 2. 2024.
11 Februa	ry 2024			17:54
17:54	•	20 brpm >		Respiration Rate
10 Februa	ary 2024			20
22:09		19 brpm >		brpm
9 Februar	y 2024		Source	N
22:09		20 brpm >	Feeling	
7 Februar	y 2024		Note	
22:09		18 brpm >		
6 Februar	y 2024			
22:09		19 brpm >		
5 Februar	y 2024			
22:09		18 br		

Go to **Respiration Rate** history and tap the **chart** icon at the bottom of the screen. The green zone on the chart represents the normal range: between 14 and 24 breaths per minute. Tap on any point to call up the



chart bubble, view measurement details, and scroll through them. You can change the time period selected by tapping **Week**, **Month**, **3 Months**, **Year** under the chart:



#### <u>Sleep</u>

To enable data type availability, <u>configure</u> your **Home** Screen. From the **Home** screen tap the **Sleep** section to open sleep history. As sleep readings you can see some of the following parameters: total sleep duration, deep sleep time (optional, source dependent), light sleep time (optional, source dependent), awake time (optional, source dependent), rapid eyes movement time or REM (optional, source dependent), sleep time (light + deep + REM), source (<u>compatible sleep tracker</u> or <u>external app</u>), sleep diagram:



22:36	0 	22:36		0	-	22:36		ଡ 🗖
MedM Health Matthew Archer	2	$\leftarrow$	Sleep		Ħ	~	Details	
Plood Glucose	+	4 June :	Tap to add der 2023	vices		<	4. 6. 2023. 00:44	
11. 2. 2024. at 16:12		00:44 -		5 h 4 min	$\geq$		Sleep Duration	
0.4 mmol/L Blood Ketone     14.6, 2023, at 22:06	(+)	2 June 2 22:43 -		6 h 19 min	>	Start		n 00:44
4.0 mmol/L		28 April	2023			End		05:48
Blood Lactate 13, 6. 2023. at 22:36	+	03:14 - 27 April		5 h 51 min	>			
125/68 (71)	0	03:32 -		8 h 44 min	>	Deep	10% •	0h 32min
Blood Pressure 11. 2. 2024. at 20:44	(+)	16 Marc				Light REM	67% • 21% •	3h 19min 1h 5min
05:04		06:13 - 18 May		5 h 52 min	>	Awake	2% 🧧	0h 8min
Sleep 4. 6. 2023. at 00:44		00:56 -		51 min	>	Source		Zepp Life
Home History Devices Repo		14 May						
ready served repaired	n na marandu	02:13 -	08:3 <u>4</u>	<u>6 h</u> 21 min	>			)

#### **Spirometry**

To enable data type availability, <u>configure</u> your **Home** Screen. From the **Home** screen tap the **Spirometry** section to open history:





Tap any line on the list of readings to see details. The number of displayed spirometry characteristics and diagram availability depend on the type of <u>compatible spirometer</u> used for capturing data. Real-time measurements from MIR Devices have a specific diagram. Tap the chart icon at the bottom of the measurement details screen to see a diagram of a FVC/PEF or MVV measurements if your spirometer provides this information:

22:47		<u>ه</u>	-	22:47		© 🗖	22:48		© 🗖
←	Spirome	try	Ħ	~	Details	C	~	Details	ය් බ
	Tap to add d	evices		<	8.2.2024.	>	<	8.2.2024.	>
11 Februa	ry 2024				05:46			05:46	6
04:29	PEF	444 L/min	>	FVC PEF	521 cL 1045 cL/s		Flow (L/s		
10 Februa	rv 2024			FEV1	471 cL	90.4%	9	8.13 6.47	
				FEV3	521 cL	100%	6		
17:02	PEF	670 L/min	>	FEV6	521 cL	90.4%	3	2.	93
9 Februar	v 2024			PIF	441 cL/s		O F		5.21
STEDIUA				FEF25	813 cL/s		3	2 4	Volume (L)
19:29	PEF	746 L/min	>	VEXT	50 mL		6	4.41	/
8 Februar				FIVC	508 cL		9		
8 Februar	y 2024			FEF50	647 cL/s		0	50%	100%
05:46	FVC	521 cL	>	FEF25-75	537 cL/s		Volume	0.5	
				MVVcalc	1649 cL		a second a second	(L) 4.7	1
7 Februar	y 2024			FEF75	293 cL/s		5	•***	Time (s)
12:01	PEF	598 L/min	>	FET	164 ms			1	
				FIV1	448 cL	88.2%			
6 Februar	y 2024			PRE medicat	tions				
16:03	FVC	265 cL	>						
			100	Source		MIR Spirotel			
	100				-		C		
	<u> </u>		8		=				Ш

To open the spirometry chart, go to **Spirometry** history and tap the chart icon at the bottom of the screen. It is possible to apply **PEF** and **FEV1/FEF6 (%)** filters to spirometry measurements. Tap on any point to call up the chart bubble, view measurement details, and scroll through them. You can change the time period selected by tapping **Day**, **Week**, and **Month** under the chart:





Data of this type can either be imported from <u>Apple Health</u> or collected via Bluetooth from <u>compatible</u> <u>spirometers</u>.

### **Temperature**

To enable data type availability, <u>configure</u> your **Home** Screen. From the **Home** screen tap the **Temperature** section to open history.

A spot measurement is marked with a single dot, a stream measurement - with three dots, which from left to right represent the starting value, the maximum value, and the finish value. Dot colors represent the corresponding temperature range. The app recognizes 5 temperature ranges:

- blue (low)- temperature is less than 35.9 °C or less
- green (normal) temperature is between 36.0 and 37.0 °C
- yellow (elevated) temperature is between 37.1 °C and 37.9 °C
- red (fever) temperature is between 38.0 °C and 39.9 °C
- crimson (high fever) temperature is 40 ° or higher



01:27	© 🗖	01:28		ି 🗆
MedM He Matthew Ar		$\leftarrow$	Temperature	ť
00:59:00 Running Exercise	(+)	24 March	Tap to add devices 2022	3
Exercise 14. 12. 2023. at 17	<u> </u>	03:25 5min 19s	***	38.1 °C finish
─ 71 bpm		03:21		38.4 °C
😬 Heart Rate	(+)	03:09	•	38.8 °C
15.12.2023.at 17	08	23 March	2022	
05:04		03:21		38.8 °C
Sleep 4. 6. 2023. at 00:4	4	02:55	•	39.2 °C
10.0		22 March	2022	
✓ 40.0 °C Temperature	(+)	03:13	•	39.4 °C
12. 2. 2024. at 01:2		02:59	•	39.0 °C
─ 70.7 kg		21 March	2022	
Weight	+	03:22		39.0 °C
12.2.2024.at 00:	42	03:21	•	39.7
(o) History Devices	Reports Menu		<b></b>	

Tap any line in the list of readings to see temperature details.

For spot measurements you will see the following parameters: temperature value, measurement site (if your sensor supports this parameter), date and time, feeling tag, note, source (<u>manual entry</u>, <u>compatible</u> <u>thermometer</u> or <u>external app</u>):

01:28		© 🗖	01:28		ര 🗖
←	Temperature	Ë	←	Details	C 🖻
24 March	Tap to add devices 2022		<	24. 3. 2022. 03:21	>
03:25 5min 19s	•••	38.1 °C >		Temperature	
03:21	•	38.4 °C >		38.4	
03:09	•	38.8 °C >		°℃.	
23 March 2	2022		Measurem	ent site	Finger
03:21	•	38.8 °C >	Source	Generic T	hermometer
02:55	•	39.2 °C >	Source	Generic 1	Smart
22 March	2022		Feeling		Good Your note
03:13		39.4 °C >	NOTE		Tour Hote
02:59		39.0 °C >			
21 March 2	2022				
03:22	•	39.0 °			
03:21	•	39.7			
	=				
	-			-	



For stream measurements you will see the following parameters: date and time, finish value, temperature graph (you can tap the graph to enter the interactive viewing mode), minimal, average and maximal value, duration, feeling tag, note, source (<u>manual entry</u>, <u>compatible thermometer</u> or <u>external app</u>):



The temperature chart shows both stream and spot measurements as single points. To open this type of chart, go to **Temperature** history and tap the **chart** icon at the bottom of the screen. You can change the time period selected by tapping **Day**, **3 Days**, and **Week**, **Month** under the chart:

÷	Temperature	Ë	$\leftarrow$	Temperature	
24 March 2	Tap to add devices		19	0. 3. 2022 26. 3. 2	022.
24 March .	2022		°C		
03:25 5min 19s	***	38.1 °C >	-		
03:21	•	38.4 °C >	40.0*		
03:09		38.8 °C >			
23 March 2	2022			-	/
03:21		38.8 °C >	38.0*	ļ	/
02:55		39.2 °C >			
22 March	2022				
03:13	*1	39.4 °C >			
02:59	*	39.0 °C >	36.0°		
21 March 2	2022				
03:22	•	39.0 .	9 20	21 22 23	24 25 2
03:21	•	39.7	Day	3 Days Weel	K Month



Tap any point on the chart to call up a bubble with the value and date for each measurement. Scroll through measurements using arrows on the left and right side of the bubble. Stream values are marked with a graph sign inside the circle. For such readings duration is also displayed in the bubble and the final value is marked as **finish**:



Tap the value in the bubble to open measurement details:





### **Triglycerides**

To enable data type availability, <u>configure</u> your **Home** Screen. From the **Home** screen tap the **Triglycerides** section to open history.

Dot colors represent the corresponding value range. The app recognises 4 triglycerides ranges:

- green triglycerides value is less than 150 mg/dl (1.69 mmol/l)
- yellow triglycerides value is between 150 and 199 mg/dl (1.7 and 2.25 mmol/l)
- orange triglycerides value is between 200 and 499 mg/dl (2.26 and 5.64 mmol/l)
- crimson triglycerides value is 500 mg/dl or higher (5.65 mmol/l or higher):

23:55	© 🗖	23:55		७ 🗖
MedM Health Matthew Archer	<b>!</b>	~	Triglyceride	s 🛱
105/00/74			Tap to add devi	ces
125/68 (71) Blood Pressure	+	11 Febru	uary 2024	
11. 2. 2024. at 20:44		23:52	•	102 mg/dl >
10.7 g/dl		10 Febr	uary 2024	
Hemoglobin 6.4.2022. at 16:12	(+)	23:52		92 mg/dl >
05.04		9 Febru	ary 2024	
() 05:04 Sleep		23:52		108 mg/dl $>$
4.6.2023. at 00:44		8 Febru	ary 2024	
102 mg/dl		23:52		99 mg/dl $>$
<b>Triglycerides</b> 11. 2. 2024. at 23:52	(+)	7 Febru	ary 2024	
		23:53	•	104 mg/dl >
Weight 14.12.2023. at 23:59	+			Ð
	ports Menu			

Tap any line in the list of readings to view the triglycerides measurement details. Common parameters are: triglycerides value, date and time, feeling tag, note, data source (<u>manual entry</u> or <u>compatible Triglycerides</u> <u>meter</u>):





Go to **Triglycerides** history and tap the **chart** icon at the bottom of the screen. The chart shows every measurement as a single point. Tap on any point to call up the chart bubble, to view measurement details, and skim through measurements. You can change the time period selected by tapping **Day**, **Week**, **Month** under the chart:



The green zone on the chart represents the normal range.



### <u>Weight</u>

To enable data type availability, <u>configure</u> your **Home** Screen. From the **Home** screen tap the **Weight** section to open history. Measurements with body composition parameters are marked with the **body composition** tag. Arrows show whether your weight has changed compared to the previous measurement:

01:04	ര 🗖	01:04				-
MedM Health Alice Archer	1	←	W	eight 👻		Ħ
Blood Glucose	+		Tap to	add devi	ces	_
		Set resu		ght goal f	or the best	>
No data yet	(+)	11 Februa	ry 2024			
ECG No data yet		00:51	•	0	72.4 kg	<
		11 Januar	y 2024			
No data yet	+	00:50	•	٥	71.7 kg	t >
Sleep		11 Decem	ber 202	3		
No data yet		00:49	•	٥	71.1 kg	↑ >
72.4 kg		11 Novem	ber 202	3		
Weight 11. 2. 2024. at 00:51	(+)	00:52	•	٥	70.9 kg	>
뷰는 Manage Dashboa	ard					Ð
	iii 📰 📰 Sorts Menu		=		<u></u>	)

Tap any line in the list of readings to see the weight measurement details. Common weight parameters are:

- ✓ weight value
- ✔ date and time
- ✓ BMI (calculated according to the user's height)
- ✓ source (manual entry, compatible weight scale or external app)
- ✓ Optional <u>body composition parameters</u> (depending on your weight scale) are: Body Fat %, Body Mass Index, Muscles %, Muscles Mass, Water %, Water Mass, Basal Metabolic Rate, Active Metabolic Rate, Bones Mass, Visceral Fat, Fat Free Mass, Soft Lean Mass, Metabolic Age, and others

Click on the BMI picture to view the BMI scale for the selected health record (calculated based on height):





This chart consists of points connected by lines. Points on the graph represent the last value of the day for the Week graph and Month charts, the last value of the month for the 3 Months chart and the Year chart).

Go to Weight history and tap the chart icon at the bottom of the screen to open the chart.



You can change the time period by tapping **Week**, **Month**, **3 Months**, **Year** under the chart. The green zone on the chart represents the normal BMI range:

01:04		Ø		01:05		<u>ھ</u>
÷	Weight		Ë	$\leftarrow$	Weight 👻	
	Tap to add d	evices		Novemb	per 2023 - Febru	ary 2024
Set r resul	new weight goo Its!	al for the best	>	kg 80.0		
11 Februar	y 2024					
00:51	• 6	72.4 kg ↑	>			
11 January	2024			71.1	71.7	7:
00:50	• 6	71.7 kg ↑	>	70.0		
11 Decemb	per 2023					
00:49	• 🙆	71.1 kg ↑	>			
11 Novemb	per 2023					
00:52	• 6	70.9 kg	>	60.0		
				er Decem	iber January	Febr
		e	9	Week	Month 3 Mont	ths Ye
	= [				=	il D

At the top of the screen you can also select a body composition parameter to be viewed:

01:05	© 🗖	01:05	ଡ	01:05	& <b>=</b> )
← Weight ▾	]	< v		<i>←</i>	Body Mass Index 🔫
November 2023 - Feb	oruary 2024	December 2	023 - February 2024	Der	cember 2023 - February 2024
80.0		80,0		22.8	^
		Measureme	nts		22.6
711 717	72.4	Weight	~	22.5 22	4
70.0		Fat (%)			
		Body Mass Inde	x	22.2	
		Muscles (%)			
		Water (%)			
60.0		Bones (kg)		21.9	
1 1					
er December Janua	ry February	December	January February		
Week Month 3 Mo	onths Year	Week Mon	th <u>3 Months</u> Ye	ar Week	Month <b>3 Months</b> Year
	<u></u>				<u>⊫</u> <u>⊣</u>



You can set your weight goal and see progress on the **Weight** history screen. To set a goal, go to the weight history screen and tap **Set new weight goal for the best results!**:

01:10			<u>ි</u>	-)
←	W	eight 👻		Ħ
	Tap to	add dev	ices	
Set resu		ght goal f	or the best	>
11 Februa	ry 2024			
00:51	•	٥	72.4 kg	>
11 Januar	y 2024			
00:50	•	۵	71.7 kg	>
11 Decem	ber 202	3		
00:49	•	٥	71.1 kg 1	< 1
11 Novem	ber 202	3		
00:52	•	0	70.9 kg	>
			(	Ð
C	=		<u>l</u>	)
	-			au 

On the next screen you will be asked to provide the target weight and the difficulty (date by which you want to achieve this target weight). After specifying the target weight and difficulty tap **Save** and the progress bar will appear at the top of the weight history screen:





01:10	© 🗖	01:11			ଡ	-
← Weight	Goal	←	W	eight 👻		Ħ
My current weig	ght is 72.4 kg		Tap to	add dev	ices	
Goal we	eight	72.4 kg		1.1 kç	g remaining	
70		My goal by	23.2.2	024.:	73.5 kg	
73.		11 Februar	y 2024			
73	74	00:51	•	٥	72.4 kg 1	< 1
2.5 73.5	5 74.	11 January	/ 2024			
Tee ee	nn nn	00:50	•	٥	71.7 kg	< 1
	>>>>	11 Decem	ber 202	3		
Hard	23.2.2024. >	00:49	•	٥	71.1 kg 1	< 1
Calories surplus	750 kcal/day	11 Novem	ber 202	3		
Gain	0.7 kg/week	00:52	•	٥	70.9 kg	>
					(	Ð
Sav	e				<u></u>	)

### Urine Test

To enable data type availability, <u>configure</u> your **Home** Screen. From the **Home** screen tap the **Urine Test** section to open urine test history. The source of the measurement is displayed as its title:

14:19		•	14:25		•	14:20			≈ ₽
	MedM Health Matthew Archer	1	÷	Urine Test	Ë	~	De	ails	C
	Spirometry Dec 4, 2023 10:15 AM		Τε	ap to add devices		<		5, 2024 9 PM	
			January 26, 2	2024		COLOR			Yellow
	38.9 °c	0	5:09 PM	CYBOW F	R-50S >	TURBIDITY	(		None
$\bigcirc$	Temperature Jan 9, 2024 3:52 PM	(+)	3:48 PM	CYBOW F	R-50S >				_
	Jan 9, 2024 3.52 PM	-				SG	1.030	ASA	Neg
~	1.78 mmol/L		December 12	2, 2023		URO	Norm	LEU	+/-
$(\mathbf{Q})$	Triglycerides	(+)	3:43 PM	CYBOW F	R-50S >	PH	5	BLD	Neg
$\bigcirc$	Dec 13, 2023 5:48 PM		November 27	7 2022		GLU	Neg	PRO	Neg
			November 27			BILI	Neg	KET	Neg
	CYBOW R-50S		5:52 PM	CYBOW F	R-50S >	NIT	Neg		
	Urine Test Jan 26, 2024 5:09 PM		November 17	7, 2023		Source		CYE	BOW R-50S
-			8:59 AM	CYBOW F	R-50S >	Feeling			-
	61.3 kg Weight	$(\pm)$	November 16	ō, 2023		Note			-
	Jan 26, 2024 8:10 PM		12:00 PM	CYBOW F	R-50S >				
	뷰 Manage Dashboard		November 15	5, 2023					
Home	() () History Devices Reports	 Menu		<u>11.</u>	$\supset$			•	



Tap any line in the list of readings to see the Urine Test measurement details. Data of this type can only be collected from compatible <u>Urine Test Meters</u>.

# **Calendar**

It is also possible to find and view measurements according to the date they were recorded. Use the **calendar** located in the top-right corner in the history screen for this purpose. Dates with measurements are marked with dots. Tap on a date with a dot to view the measurements history for the corresponding date:

02:36		ତ 🗖	02	36					5 <b>-</b> )	02:36			e 🗆
← /	All Readings	- 🖻	~		С	alend	ar			←	All Read	lings 👻	ť
1	lap to add dev	ices	24	25	26	27	28	29	30		Tap to ad	d devices	
9 February 2	024		31							10 Nover	mber 2022		_
00:01	•	8.6 mmol/L >	Nov	embe	er 202	2				19:34	•	10.9 mmo After m	I/L eal
15 June 2023	3		Mon	Tue	Wed	Thu	Fri	Sat	Sun	9 Novem	ber 2022		
21:49		8.4 mmol/L >	7	1 8	2 9	3	4	5 12	6 13	19:22		10.0 mmo Fasti	I/L ing
21:48		7.6 mmol/L >	14	15	16	10 17	18	19	20	7 April 20	022		
21:48		7.0 mmol/L >	21	22	23	24	25	26	27	17:10		5.4 mmo After m	I/L eal
20:12	•	5.5 mmol/L After meal >	28	29	30					21 March	2022		
11 May 2023			Dec	embe	er 202	2				20:36		14.1 mmo No deta	
16:12		11.1 mmol/L >	Mon	Tue	Wed	Thu	Fri	Sat	Sun	20 March	n 2022		
14 November	2022	Ð	5	6	7	1 8	2 9	3 10	4 11	20:33		14.3 mmo Fas	+
	al	(9)	12	13	14	15	16	17	18			u e	7
	<u>-11</u>		19	20	-21	22	23	24	25				)

# **Overall Timeline**

Use the **History** tab on the tab bar to see your data history in chronological order. View the previous measurements by scrolling (swiping) up or down:





# **Editing Measurements**

You can edit different measurement parameters depending on the selected measurement type. Measurement value editing is only available for measurements that were entered manually. Activity measurements cannot be edited.

Perform the following steps to edit a measurement:

- 1. Select a measurement from history to open measurement details
- 2. Tap the **Pen** icon
- 3. Tap the piece of data you want to change (e.g value, date, time, feeling, note)
- 4. After changes are made, tap the **Save** button:



02:36		02:45		© 🗖	02:45		୍ଦ୍ର 🗖
← All Reading	gs 🕶 🛱	<i>←</i>	Details	ľ	← Ec	lit Measurement	
Tap to add d	levices	<	9. 2. 2024. 00:01			Blood Glucose	
9 February 2024						06	
00:01 •	8.6 mmol/L >		Blood Glucose			8.6	
45 1			8.6			mmol/L	
15 June 2023			mmol/L		00:01	• Today	+
21:49	8.4 mmol/L No details >	Meals		Bedtime		loudy	
21:48	7.6 mmol/L >	mmol/L		O	Feeling	(:)	
21:48	7.0 mmol/L >		4.4 10.0 Diabetes Guideline	es	Good	0	
20:12 •	5.5 mmol/L >	Source	N	lanual entry	Bedtime		*
11 May 2023		Feeling		Good	Note		
TT Way 2025		Note		-			C
16:12	11.1 mmol/L >						
14 November 2022	<b>+</b>						
i ii	(9)						
				1			_

# **Deleting Measurements**

You can delete a measurement of any data type except **Activity** and past **Reminders**. To do this, open the measurement details, tap the **bin** icon and confirm deletion by tapping **Yes**:

02:36		ତ 🗖	0	02:45		ଡ 🗖
	All Readings	• E	÷	<del>.</del>	Details	C 🖸
	Tap to add devid	es		<	9. 2. 2024.	
ruary 2	2024				00:01	
	•	8.6 mmol/L Bedtime			Blood Glucose	
202	23				8.6	
i I		8.4 mmol/L >	>	Meals	mmol/L	Bedtime
		7.6 mmol/L No details		mmol/L		0
		7.0 mmol/L No details	>	Scale: ADA	4.4 10.0 Diabetes Guideline	es
	•	5.5 mmol/L >	>	Source	N	lanual entry
2023	3			Feeling Note		Good
		11.1 mmol/L No details	×	Note		-
ovembe	er 2022	+				
	211	<u>e</u> )				
100						



# Data Sync

# Apple Health

# **General info**

Data sync with Apple Health is available to users of iPhone and iPad (running iPadOS 16.3 or later) for the following measurement types: Activity, Blood Glucose, Blood Pressure, Exercise, Heart Rate, Oxygen Saturation, Respiration Rate, Sleep, Spirometry, Temperature, and Weight.

Please note:

- Data sync with Apple Health is a <u>Premium feature</u>, only available to registered users
- Data sync can only be set up for the main health record of any user
- Data export and import cannot be active for the same reading simultaneously
- Imported data will not be exported, and the exported data will not be imported
- MedM Health Diary app should be kept in the foreground for successful data transfer

# Reading and Writing Data

From the **app menu** select **Data Sync**, then select **Apple Health** and pick the desired measurement types to start importing or exporting your data:

22:13	👁 💶	06:39		ଡ 🗖
O Account		←	Data Sync	
🙈 Health Records			Apple Health	
🗞 Shared Access 单			No synchronization	
💟 Reminders		GARMAN	Garmin	
🔁 Data Sync			Enabled	
🗘 Notifications 🛥			Fitbit	
Settings			No synchronization	
Help		$\mathbf{O}$	Artes Electronics No synchronization	)
(i) About		-	no oynanomiatori	
👐 Bonuses & More 📧				
Home History Devices	Export Menu			
	-			

To continue with data export/import you will be asked to grant access rights for Apple Health data to the MedM app. After successful sync activation, the imported data should appear in Apple Health or MedM Health, accordingly. The last sync time will be specified under corresponding measurement types:







Exercise

Heart Rate

06:43

06:43

06:43

06:43

Last synced at 9.2.24.,

Last synced at 9.2.24.

Oxygen Saturation

Last synced at 9.2.24.

**Respiration Rate** 

Last synced at 9.2.24.,

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To stop exporting/importing data - simply uncheck the box for the corresponding measurement. Stopping the export/import of data will not affect any data already stored in MedM Health Diary and Apple Health. When data export is activated - data sync with Apple Health is performed automatically when a new measurement is added, edited, or deleted in the MedM app. When data import from Apple Health is activated - data sync is performed automatically every 4 hours. To force it, tap the **Sync Now** button or just swipe from top to bottom on the **Home** tab screen:





To manage permissions for **MedM Health Diary** in **Apple Health** on the **Summary** screen tap the **user icon** in the top-right corner, in the **Privacy** section tap **Apps** and choose **MedM Health Diary**.

### Data Types

#### **Activity**

MedM Health Diary activity measurements store **Steps**, **Activity Time**, **Distance**, **Active Calories** and **Total Calories** data.

Export: Steps, Distance, and Active Calories data is exported to Apple Health as separate measurements into Steps, Walking+Running Distance, and Active Energy correspondingly.

Import: Steps, Walking+Running Distance and Active Energy data is imported into MedM Health Diary as a single data type stored in Activity. If Walking+Running Distance and Active Energy data is not present in Apple Health - they are calculated by MedM Health Diary, based on Steps, the last weight measurement and other health record data such as height, age, and gender.

### Blood Glucose

MedM Health Diary blood glucose measurements store **Blood Glucose** data and may store additional **Meal Time** data.

Export: Blood Glucose data is exported to Apple Health as Blood Glucose. Related Meal Time data is also exported and stored in measurement details.



Import: Blood Glucose data is imported into MedM Health Diary as Blood Glucose. Related Meal Time data is also exported and stored in measurement details.

### **Blood Pressure**

MedM Health Diary blood pressure measurements store **Systolic** and **Diastolic Blood Pressure** readings and may store additional **Heart Rate**, **Body Position**, **Measured Arm**, and **Arrhythmia** data.

Export: Systolic and Diastolic Blood Pressure data is exported to Apple Health as Blood Pressure history. Related Heart Rate data is exported as Heart Rate history.

Import: Systolic and Diastolic Blood Pressure data is imported into MedM Health Diary as Blood Pressure history. If Apple Health stores related Heart Rate data - in MedM Health it is merged into one blood pressure measurement.

#### Exercise

MedM Health Diary exercise measurements store **Exercise Type** and **Duration** data and may store additional **Distance**, **Steps**, **Laps**, **Active Calories**, **Heart Rate**, and **Pace** data.

Export: Related Exercise Type, Duration, Distance, and Active Calories data is exported to Apple Health as one reading and stored in Workout. Steps data is exported into Steps history.

Import: Related Workout Type, Duration, Active Energy, Steps, and Distance data is imported into MedM Health Diary as one exercise reading and stored in Exercise history.

### <u>Heart Rate</u>

MedM Health Diary heart rate measurements store Heart Rate data which may be stream or spot.

Export: Heart Rate data is exported to Apple Health as Heart Rate history. Exported stream measurements are presented as ranges and may be expanded to view as sequences of spot values for each minute.

Import: Heart Rate data is imported into MedM Health Diary as Heart Rate history. If there are measurements in Apple Health that are less than 10 minutes apart - they are merged on import into one stream measurement.

### Oxygen Saturation

MedM Health Diary oxygen saturation measurements store **Oxygen Saturation** data and may store additional **Heart Rate** data.



Export: Oxygen Saturation data is exported to Apple Health as Blood Oxygen history. Related Heart Rate data is exported to Apple Health as Heart Rate history. Exported stream measurements are presented as ranges and may be expanded to view as sequences of spot values for each minute.

Import: Blood Oxygen data is imported into MedM Health Diary as Oxygen Saturation history with N/A Heart Rate data. If there are measurements in Apple Health that are less than 10 minutes apart - they are merged on import into one stream measurement.

# **Respiration Rate**

MedM Health Diary respiration rate measurements store **Respiration Rate** data.

Export: Respiration Rate data is exported to Apple Health as Respiratory Rate history.

Import: Respiratory Rate data is imported into MedM Health Diary as Respiration Rate history.

#### <u>Sleep</u>

MedM Health Diary sleep measurements store **Duration** data and may store additional **Deep**, **Light**, **REM** (rapid eye movement), and **Awake** values.

Export: Sleep measurements are exported to Apple Health as **Sleep** history. All related parameters can be viewed in measurement details.

Import: Sleep measurements are imported into MedM Health Diary as **Sleep** history. All related parameters can be viewed in measurement details.

### **Spirometry**

MedM Health Diary spirometry measurements may store data of FVC, PEF, FEV1, FEV3, FEV6, PIF, FEF25, VEXT, FIVC, MVV, FET, and many other spirometry parameters.

Export: Related FVC, PEF, and FEV1 data is exported to Apple Health as separate measurements into Forced Vital Capacity, Peak Expiratory Flow Rate, and Forced Expiratory Volume, 1 sec histories correspondingly. Other spirometry parameters are currently not supported by Apple Health.

Import: Related Forced Vital Capacity, Peak Expiratory Flow Rate, and Forced Expiratory Volume, 1 sec data is imported into MedM Health Diary as one Spirometry history measurement.

#### **Temperature**



MedM Health Diary temperature measurements may be stream or spot and store **Body Temperature** data, and may additionally store **Measurement Site** data.

Export: **Temperature** data is exported to Apple Health as **Temperature** history. **Measurement Site** data is currently not supported by Apple Health. Exported stream measurement is presented as a range and may be expanded to view as a sequence of spot values for each minute.

Import: **Temperature** data is imported into MedM Health Diary as **Temperature** history. If there are measurements in Apple Health that are less than 10 minutes apart - they are merged on import into one stream measurement.

### <u>Weight</u>

MedM Health Diary weight measurements store **Body Mass (Weight)** readings and may store additional **Body** Fat %, Body Mass Index, Muscles %, Muscles Mass, Water %, Water Mass, Basal Metabolic Rate, Active Metabolic Rate, Bones Mass, Visceral Fat, Fat Free Mass, Soft Lean Mass, and Metabolic Age data.

Export: Related Weight, Body Mass Index, Soft Lean Mass, and Body Fat % data is exported to Apple Health as separate measurements into Weight, Body Mass Index, Lean Body Mass, and Body Fat Percentage histories correspondingly. Other weight parameters are currently not supported by Apple Health.

Import: Weight data is imported into MedM Health Diary as Weight history. If Apple Health stores the related Body Mass Index, Lean Body Mass, and Body Fat Percentage data, it is merged with Weight data into one weight measurement on import and marked in MedM Weight history with a body composition icon. Body Mass Index data is calculated by MedM Health Diary, based on such health record data as height, age, and gender.

# **Google Fit**

### Migrating from Google Fit to Health Connect

<u>According to Google</u> the Google Fit Android API has been deprecated as of May 11, 2022 and will no longer be accessible by the end of 2024. For all MedM users who have been using the data sync with Google Fit, we recommend to first migrate their data from Google Fit to <u>Health Connect</u>, and then switch their MedM app data sync from Google Fit to Health Connect. Read <u>here</u> how to do it.

### **General Info**

Data sync with Google Fit is available to Android users for the following measurement types: Activity, Blood Glucose, Blood Pressure, Exercise, Heart Rate, Oxygen Saturation, Sleep, Temperature, and Weight.

Please note:

• Data sync with Google Fit/Health Connect is a <u>Premium feature</u> only available to registered users



- Data sync can only be set up for the <u>main health record</u> of any user
- Export and import cannot be active simultaneously
- Imported data will not be exported and the exported data will not be imported
- MedM Health Diary app should be kept in the foreground for successful data transfer

#### **Reading and Writing Data**

From the **app menu** select **Data Sync**, select **Google Fit** and pick the desired measurement types to start importing (**down** arrow) or exporting (**up** arrow) your data:



Grant MedM Health Diary the right to access your Google account. After a successful data transfer, the last sync time will be shown under each corresponding measurement type:





To stop exporting/importing data to/from Google Fit, just uncheck the box of the corresponding measurement type. This will not affect any data already stored in the MedM app and Google Fit. If data export is activated for any measurement type, then synchronization with Google Fit is performed automatically as new measurements are added, edited, or deleted. If data import into MedM Health Diary is activated for any measurement type - synchronization is performed automatically every 4 hours. To force it, tap the **Sync Now** button or swipe from top to bottom on the **Home** tab screen:





#### Data Types

#### <u>Activity</u>

MedM Health Diary activity measurements store **Steps**, **Activity Time**, **Distance**, **Active Calories**, and **Total Calories** data.

Export: Related Steps, Activity Time, Distance, and Active Calories data is exported to Google Fit Activity data type as separate measurements into Steps, Move Minutes, Distance, and Energy Expended histories correspondingly.

Import: Related **Steps** and **Distance** data is imported into MedM Health Diary as one activity measurement stored in **Activity** history. If **Distance** data is not present in Google Fit, it is calculated by MedM Health Diary, based on **Steps** and some health record data such as height, age, and gender. **Activity Time** and **Active Calories** data is calculated by MedM Health Diary based on **Steps**, the last weight measurement, and health record data.

# Blood Glucose

MedM Health Diary blood glucose measurements store **Blood Glucose** data and may store additional **Meal Time** data.

Export: Blood Glucose data is exported to Google Fit as Blood Glucose history. Related Meal Time data is also exported and stored in measurements details.

Import: Blood Glucose data is imported into MedM Health Diary as Blood Glucose history. Related Meal Time data is also exported and stored in measurements details.

# Blood Pressure

MedM Health Diary blood pressure measurements store **Systolic** and **Diastolic Blood Pressure** data and may store additional **Heart Rate**, **Body Position**, **Measured Arm**, and **Arrhythmia** data.

Export: Systolic and Diastolic Blood Pressure data is exported to Google Fit as Blood Pressure history. Related Body Position and Measured Arm data is also exported and stored as measurements details. Related Heart Rate data is exported to Google Fit into Heart Rate history.

Import: Systolic and Diastolic Blood Pressure data is imported into MedM Health Diary as Blood Pressure history. Related Body Position and Measured Arm data is also imported and stored in measurement details. If Google Fit stores related Heart Rate data - it is merged into one blood pressure measurement.

**Exercise** 



MedM Health Diary exercise measurements store **Exercise Type** and **Duration** data and may also store additional **Distance**, **Steps**, **Laps**, **Active Calories**, **Heart Rate**, and **Pace** data.

Export: Related Exercise Type, Duration, Distance, Steps, and Active Calories data is exported as one activity measurement and stored in Google Fit Journal. At the same time this data is stored in Activity data types: Steps data in Steps history, Activity Time data in Move Minutes history, Distance data in Distance history, Active Calories data in Energy Expended history.

Import: Related Activity type, Duration, Distance, Steps, and Energy Expended data is imported into MedM Health Diary as one measurement and stored in Exercise history.

### Heart Rate

MedM Health Diary heart rate measurements store Heart Rate data which may be stream or spot.

Export: Heart Rate data is exported to Google Fit as Heart Rate history. Exported stream measurements are presented as ranges and may be expanded to view as sequences of spot values for each minute.

Import: Heart Rate data is imported into MedM Health Diary as Heart Rate history. If there are measurements in Google Fit that are less than 10 minutes apart - they are merged on import into one stream measurement.

### Oxygen Saturation

MedM Health Diary oxygen saturation measurements store **Oxygen Saturation** data and may store additional **Heart Rate** and **PI** data.

Export: Oxygen Saturation data is exported to Google Fit as Oxygen Saturation history. Related Heart Rate data is exported to Google Fit as Heart Rate history. Exported stream measurements are presented as ranges and may be expanded to view as sequences of spot values for each minute.

Import: Oxygen Saturation data is imported into MedM Health Diary as Oxygen Saturation history with N/A Heart Rate data. If there are measurements in Google Fit that are less than 10 minutes apart - they are merged on import into one stream measurement.

#### <u>Sleep</u>

MedM Health Diary sleep measurements store data of **Duration** and may store additional **Deep**, **Light**, **REM** (rapid eye movement), and **Awake** time readings.

Export: Sleep measurements are exported to Google Fit as **Sleep** history. All related parameters are presented in measurement details.



Import: Sleep measurements are imported into MedM Health Diary as **Sleep** history. All related parameters are present in measurement details.

### <u>Temperature</u>

MedM Health Diary temperature measurements may be stream or spot and they may store **Body Temperature** data as well as additional **Measurement Site** data.

Export: **Temperature** data is exported to Google Fit as **Temperature** history. Related **Measurement Site** data is also exported and stored in measurement details. Exported stream measurements are presented as ranges and may be expanded to view as sequences of spot values for each minute.

Import: **Temperature** data is imported into MedM Health Diary as **Temperature** history. Related **Measurement Site** data is also exported and stored in measurement details. If there are measurements in Google Fit that are less than 10 minutes apart - they are merged on import into one stream measurement.

# <u>Weight</u>

MedM Health Diary weight measurements store **Body Mass (Weight)** data and may store additional **Body Fat** %, **Body Mass Index, Muscles %, Muscles Mass, Water %, Water Mass, Basal Metabolic Rate, Active Metabolic Rate, Bones Mass, Visceral Fat, Fat Free Mass, Soft Lean Mass,** and **Metabolic Age** readings.

Export: Related Weight and Body Fat % data is exported to Google Fit as separate measurements into Weight and Body Fat histories correspondingly. Other weight parameters are currently not supported by Google Fit.

Import: Weight data is imported into MedM Health Diary as Weight history. If Google Fit stores the related Body Fat data, it is merged with Weight data into one weight measurement in MedM Health Diary on import and marked in Weight history with a body composition icon. health conn

# Health Connect

### Migrating from Google Fit to Health Connect

<u>According to Google</u> the Google Fit Android API has been deprecated as of May 11, 2022 and will no longer be accessible by the end of 2024. For all MedM users who have been using the data sync with Google Fit, we recommend to first migrate their data from Google Fit to <u>Health Connect</u>, and then switch their MedM app data sync from Google Fit to Health Connect. Here is how to achieve this:

- 1. Download the Health Connect app from the Google Play Store on your Android phone
- 2. The first time you open Google Fit after installing Health Connect, you should see a **Sync with Health Connect** banner
- 3. Tap Get started
- 4. Select **Set up** from the **Sync with Health Connect** page:


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	Ø
Sync with H	ealth Connect
A E Lö	* *
To help you stay on top of all you Health Connect to share data with	
This means that you can add data devices, and share your Fit data w	
How it works	
When you set up Health Connect, Fit to read or write.	
When you allow Fit to read a data in your Google Account with your to provide features, like tracking y related recommendations and ins	our fitness and health and giving
How Fit uses data also depends o example, Fit may show distance o summaries, or show heart rate da	
Fit also uses this data to persona services. Usage data is collected improvement purposes.	
Data that you choose to write to H device, and other apps that you cl will be able to access this data.	fealth Connect is stored on your loose to sync with Health Connect
Not now	Set up

5. Grant Fit access to Health Connect data. You can allow access to all data or select the categories individually:





6. Tap **Done** to proceed:



After a connection is established, Google Fit reads data shared with Health Connect over the last 30 days to pull existing data saved by other services. You can confirm Google Fit is syncing data with Health Connect by following the steps below:

- 1. Open Google Fit app on your phone
- 2. Tap the **Profile** button from the bottom navigation bar
- 3. Tap the **Settings** button at the top
- 4. Ensure that Sync Fit with Health Connect option is turned on:



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## **General Info**

Data sync with Health Connect is available to Android users for the following measurement types: Activity, Blood Glucose, Blood Pressure, Exercise, Heart Rate, Oxygen Saturation, Respiration Rate, Sleep, Temperature and Weight.

Please note:

- Data sync with Health Connect is a <u>Premium feature</u> only available to registered users
- Data sync can only set up for the main health record of any user
- Export and import cannot be active simultaneously
- Imported data will not be exported and the exported data will not be imported
- MedM Health Diary should be kept in the foreground for successful data transfer

#### **Reading and Writing Data**

From the **app menu** select **Data Sync**, select **Health Connect** and pick the desired measurement types to start importing (**down** arrow) or exporting (**up** arrow) your data:





You will be redirected to the Health Connect app access screen to grant permissions for MedM app -> select data types you want to read or write and tap **Allow**:



To stop exporting/importing data to/from Health Connect, just uncheck the box of the corresponding measurement type. This will not affect any data already stored in the MedM app and Health Connect. If data export is activated for any measurement type, then synchronization with Health Connect is performed automatically as new measurements are added, edited, or deleted. If data import into MedM Health Diary is



activated for any measurement type - synchronization is performed automatically every 4 hours. To force it, tap the **Sync Now** button or just swipe from top to down on the **Home** tab screen:



## Data Types

#### **Activity**

MedM Health Diary activity measurements store **Steps**, **Activity Time**, **Distance**, **Active Calories**, and **Total Calories** data.

Export: Related Steps, Distance, and Active Calories data is exported to Health Connect as separate measurements into Steps, Distance, and Active calories burned histories correspondingly.

Import: Related **Steps** and **Distance** and **Active calories burned** data is imported into MedM Health Diary as one activity measurement stored in **Activity** history. If **Distance** data is not present in Health Connect, it is calculated by MedM Health Diary, based on **Steps** and health record data such as height, age, and gender. **Activity Time** and **Active Calories** data is calculated by MedM Health Diary based on **Steps**. The last weight measurement, and health record data.

## Blood Glucose

MedM Health Diary blood glucose measurements store **Blood Glucose** data and may store additional **Meal Time** data.



Export: Blood Glucose data is exported to Health Connect as Blood Glucose history. Related Meal Time data is also exported and stored in measurement details.

Import: Blood Glucose data is imported into MedM Health Diary as Blood Glucose history. Related Meal Time data is also imported and stored in measurement details.

## **Blood Pressure**

MedM Health Diary blood pressure measurements store **Systolic** and **Diastolic Blood Pressure** data, and may additionally store **Heart Rate**, **Body Position**, **Measured Arm**, and **Arrhythmia** data.

Export: Systolic and Diastolic Blood Pressure data is exported to Google Fit as Blood Pressure history. Related Body Position and Measured Arm data is also exported and stored in measurement details. Related Heart Rate data is exported to Health Connect as Heart Rate history.

Import: Systolic and Diastolic Blood Pressure data is imported into MedM Health Diary as Blood Pressure history. Related Body Position and Measured Arm data is also imported and stored in measurement details. Related Heart Rate data from Health Connect is merged into blood pressure measurements in MedM Health Diary.

## Exercise

MedM Health Diary exercise measurements store **Exercise Type** and **Duration** data, and may additionally store **Distance**, **Steps**, **Laps**, **Active Calories**, **Heart Rate**, and **Pace** data.

Export: Related Exercise Type, Duration, Distance, Steps, and Active Calories data is exported to Health Connect in the following way: Steps as Steps history, Distance as Distance history, Active Calories as Active calories burned history, Exercise Type and Duration as Exercise history.

Import: Related Exercise type, Duration, Distance, Steps, and Active calories burned data is imported into MedM Health Diary as one exercise measurement and stored in Exercise history.

## Heart Rate

MedM Health Diary heart rate measurements store Heart Rate data which may be stream or spot.

Export: Heart Rate data is exported to Health Connect as Heart Rate history. Exported stream measurements are presented as ranges and may be expanded to view as sequences of spot values for each minute.

Import: Heart Rate data is imported into MedM Health Diary as Heart Rate history. If there are measurements in Health Connect that are less than 10 minutes apart - they are merged into one stream measurement on import.



#### Oxygen Saturation

MedM Health Diary, oxygen saturation measurements store **Oxygen Saturation** data and may store additional **Heart Rate** and **PI** data.

Export: Oxygen Saturation data is exported to Health Connect as Oxygen Saturation history. Related Heart Rate data is exported to Health Connect as Heart Rate history. Exported stream measurements are presented as ranges and may be expanded to view as sequences of spot values for each minute.

Import: Oxygen Saturation data is imported into MedM Health Diary as Oxygen Saturation history with N/A Heart Rate data. If there are measurements in Health Connect that are less than 10 minutes apart - they are merged into one stream measurement on import.

## **Respiration Rate**

MedM Health Diary respiration rate measurements may be stream or spot.

Export: **Respiration Rate** data is exported to Health Connect as **Respiratory Rate** history. Exported stream measurements are presented as ranges and may be expanded to view as sequences of spot values for each minute.

Import: **Respiratory Rate** data is imported to MedM Health Diary as **Respiration Rate** history. If there are measurements in Health Connect that are less than 10 minutes apart - they are merged into one stream measurement on import.

#### <u>Sleep</u>

MedM Health Diary sleep measurements store data of **Duration** and may store additional **Deep**, **Light**, **REM** (rapid eye movement), and **Awake** time data.

Export: Sleep measurements are exported to Health Connect as **Sleep** history. All related parameters are present in measurement details.

Import: Sleep measurements are imported into MedM Health Diary as **Sleep** history. All related parameters are present in measurement details.

## <u>Temperature</u>

MedM Health Diary temperature measurements may be stream or spot, and they may store **Body Temperature** data as well as additional **Measurement Site** data.



Export: **Temperature** data is exported to Health Connect as **Temperature** history. Related **Measurement Site** data is also exported and stored in measurement details. Exported stream measurements are presented as ranges and may be expanded to view as sequences of spot values for each minute.

Import: **Temperature** data is imported into MedM Health Diary as **Temperature** history. Related **Measurement Site** data is also exported and stored in measurement details. If there are measurements in Health Connect that are less than 10 minutes apart - they are merged into one stream measurement on import.

## <u>Weight</u>

MedM Health Diary weight measurements store **Body Mass (Weight)** data and may store additional **Body Fat** %, **Body Mass Index**, **Muscles %**, **Muscles Mass**, **Water %**, **Water Mass**, **Basal Metabolic Rate**, **Active Metabolic Rate**, **Bones Mass**, **Visceral Fat**, **Fat Free Mass**, **Soft Lean Mass**, and **Metabolic Age** data.

Export: Related Weight, Body Fat %, Water Mass, Soft Lean Mass, BMR and Bone Mass data is exported to Health Connect Body Measurements history as separate measurements into Weight, Body Fat, Body water mass, Lean body mass, BMR and Bone Mass histories correspondingly. Other weight parameters are currently not supported by Health Connect.

Import: Weight data is imported into MedM Health Diary as Weight history. If Health Connect stores the related Body Fat, Body water mass, Lean body mass, BMR and Bone Mass data, it is merged with Weight data into one weight measurement on import and marked in Weight history with the body composition icon.

# **Garmin Connect**

Import from Garmin Connect is available to Android and iOS users for the following measurement types: Activity, Blood Pressure, Exercises, Heart Rate, Oxygen Saturation, Respiration Rate, Sleep, and Weight.

Please note:

- Import from Garmin Connect is a <u>Premium feature</u> only available to registered users
- Data sync is available only for the <u>main health record</u> of any user
- Garmin Connect provides only read API (so uploading data to Garmin Connect is not possible)

Open the app menu, select **Data Sync**, select **Garmin Connect**, sign in to your Garmin account and grant the required permissions. Once the sync is established - your Garmin data will be imported to MedM app (until access is revoked):





#### <u>Fitbit</u>

Import from Fitbit is available for Android and iOS users for the following measurement types: Activity, Sleep, and Weight.



- Import from Fitbit is a <u>Premium feature</u> only available to registered users
- Data sync is available only for the main health record of any user
- MedM Health Diary should be kept in the foreground while data is being imported
- Fitbit provides only read API (so uploading data to Fitbit is not possible)

Open the app menu, select Data Sync, select Fitbit, and import your Activity or Sleep data:

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O Account	← Data Sync	2	← Synchronization	
<ul> <li>As Health Records</li> <li>∞ Shared Access ★</li> </ul>	Apple Health No synchronization	>	All	4
I Reminders	Garmin	>	Activity Not synchronized yet	٢
🔁 Data Sync	Enabled		Not synchronized yet	<u>(4</u> )
<ul> <li>A Notifications *</li> <li>Settings</li> </ul>	Fitbit No synchronization	>	Weight Not synchronized yet	٢
Help	Artes Electronics No synchronization	>		
i About				
Bonuses & More NEW				
G (⊙) ( ) Home History Devices Export Menu				

To continue with data import, you will be redirected to the **Fitbit** login web page. Enter your Fitbit credentials and finish importing data:





Once activated, data will be imported automatically every 4 hours (until deactivated). To force data import click **Sync Now** or just swipe from top to down on the Home tab screen:

07:30	<u>ه</u>	06:4		ം ര 🗖
← Synch	nronization		MedM Health Matthew Archer	<b>(</b>
all				
Sleep	at 9.2.24., 07:30	0%	0 steps / 10000 0 mi / 4.41 400 kcal / 1625 Activity Time 0s 9.2.2024.	
Usight	at 9.2.24., 07:30		5.6 mmol/L Blood Glucose 9.2.2024. at 05:40	+
		<b></b>	<b>129/83 (73)</b> Blood Pressure 9.2.2024. at 01:24	(+)
		٢	00:59:00 Running Exercise 14. 12. 2023. at 17:04	÷
	ically synchronized even	ry	71 bpm	(+)
Sy	nc Now	Home		ports Menu

**Artes Electronics** 



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Import from Artes Electronics (NOTA Mole tracker app) is available for Android and iOS users for the Mole Scan measurement type.

Please note:

- Import from Artes Electronics is a Premium feature only available to registered users •
- Data sync is available only for the main health record of any user •

Open the app menu, select Data Sync, select Artes Electronics. To continue with enabling synchronization, you will be redirected to the Nota login web page. Enter your Nota credentials, make sure you agree to terms and click the Share button:







Mole scan readings import is performed automatically each time a new measurement is added in the NOTA Mole tracker app.

To stop synchronization with Artes Electronics (NOTA Mole tracker app) click on the Artes Electronics item in the Data Sync menu and cancel sharing. This will not affect Mole scan data already stored in the MedM app.

# **Export**

Data of all types can be exported from the <u>MedM Health Cloud</u> in CSV, XLSX and PDF format (menu -> Reports -> Create new report). How to quickly access the <u>MedM Health Cloud</u> and export a file with data please read the <u>Export PDF or XLSX</u> chapter.

# **Export in CSV**

Exporting data as CSV files is available both for registered and local mode users.

From the Export tab it is possible to share reports with Blood Cholesterol, Blood Coagulation, Blood Glucose, Blood Ketone, Blood Lactate, Blood Pressure, Blood Uric Acid, Medication Intake, Note, Oxygen Saturation, Temperature, and Weight data in CSV format via email or to an external app installed on your mobile device. You can also generate one ZIP file containing All Data.

## **Generic CSV**



The Generic CSV format has column parameters separated by commas. It is intended for viewing with any generic CSV reader. Data can be exported for a specific time period (week, month, 3 months, lifetime or custom period).

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Export			Glucose
All Data	>	Time Interval	
Blood Cholesterol	>	Week	0
	1	Month	۲
Blood Coagulation	>	3 Months	0
		Lifetime	0
Blood Glucose	>	Custom	0
Blood Ketone	>	10.1.24. •	9.2.24.
Blood Lactate	>	Format	
		Generic CSV	
Blood Pressure	>	Excel CSV	0
Blood Uric Acid	>	Action	
		Share	۲
Medication Intake	>	Email	0
(io) Home History Devices	Export Menu	Create	Report

## **Excel CSV**

The Excel CSV format is intended for viewing data in Excel. Data can also be exported for a specific time period (week, month, 3 months, lifetime or custom). Please note, that if the exported data does not contain Latin symbols, or if the exported values are not separated by commas - it is advised to follow these steps to open the file:

- 1. Open Excel
- 2. Select Data section
- 3. Tap the From text button (a window for file selection will open)
- 4. Find and import the exported file
- 5. Tap the Next button (step 1 window opens)
- 6. Check the box comma (step 2) and tap the Next button
- 7. Tap the Finish button, and the exported file should open correctly

## Export PDF or XLSX

Downloading PDF and XLSX reports is only for registered users. Open the **app menu**, select **About** and tap **MedM Health Cloud**. You will be automatically signed into the <u>MedM Health Portal</u>:



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Help	Rate this App		Hemoplobin 10.7 pin.	Blood Ketone 7.3 mmili Manual M. Altin Million I
About     Bonuses & More NEW			Bood Laclate 4.0	Remander Date Bernster Oner
	MedM Health Cloud	>	Medication Intake	Oxygen Saturation 98% 60 type total
	Legal Information	>	Respiration Rate Stopm	Sieep 05:04: 11:
	Contact Developer Powered by MedM	>	Investor 15,000 Investor 15,000 Spinometry FFV, 4,625 Contest has an antimise. By using set introduce	Temperature 98. A vi
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From the menu select Reports and tap Generate New Report, select a time period, data type, CSV, PDF or XLSX format, and tap Order Report:

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120	Act	25 C		Activity	ECG	
	00:0	Reports		Blood Cholesterol	Exercise	
( T	42 / 0.02	O Please note that generated reports an	e available for downloading for 2	Blood Coagulation	Heart Rate	
	0.02	weeks ONLY.	Contractor and the State	Blood Glucose	Hemoglobin	
Matthew Archer	Dece		Generate New Report	Blood Ketone	Medication Intake	
55 years, Male	12:42		Contraction (Section 1990)	Blood Lactate	O Mole Scan	
		No reports available at this time.		Blood Pressure	Note	
🔒 Dashboard	Blo			Blood Uric Acid	Oxygen Saturation	
				10.00		
History	11			Reminders		
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	10:53			Report Format		
Reports	1.00008					
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Notifications	18				CSV PDF XLS	×
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**Reminders** New Reminder



**Reminders** can be set for taking medication and/or making measurements. Reminders are created for specific <u>health record</u>s the user manages and all past reminder events are saved to the reminder history.

From the **app menu** select **Reminders**, select a <u>health record</u> (in the upper right corner), tap **New Reminder**, select **medication** or **measurement** reminder. Acting on a medication reminder will add a record to the <u>Medication Intake</u> history. Responding to a measurement reminder takes users to the **Add Measurement** screen of the corresponding measurement type, to record a new reading manually or to upload one from a paired device:



To set a measurement reminder select reminder **type**, add **title**, **description**, specify the **days of the week**, **time**, **date**, and tap **Save**:





A new reminder is created and appears at the top of the **Home** screen:



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O Account	- Reminders	MedM Health Ratthew Archer
<ul> <li>A Health Records</li> <li>∽ Shared Access ★</li> </ul>	Daily Reminder 05:40	Daily Reminder at 05:40
<ul> <li>Shaled Access =</li> <li>Reminders (1)</li> <li>Data Sync</li> <li>Notifications *</li> </ul>	Take Glucose Measurement	O steps / 10000           0 mi / 4.41           330 kcal / 1625           0%           Activity Time Os           9.2.2024.
<ul><li>Settings</li><li>Help</li></ul>		(*) 180 mg/dl Blood Cholesterol 14.6.2023.at 22:18
About     Bonuses & More      NEW		1.0 INR Blood Coagulation 11.2.2022.at 12:53
		9.0 mmol/L Blood Glucose 9.2.2024. at 03:19
G (⊙) ⊞ ≡ Home History Devices Export Menu	New Reminder	tome History Devices Reports Menu

Tap the **Reminders** section of the dashboard to see your reminders history:

05:38	ا م ا	05:39		ି 🔍
MedM Health Matthew Archer	<b>?</b>	~	Reminders	
Daily Reminder at 05:40		< Active Re	Today minders	>
Image: 0 steps / 10000           0 mi / 4.41           330 kcal / 1625           0 M Activity Time 0s           9.2.2024.		( 😜 ) 08	aily Reminder 5:40 minute from now	
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Blood Coagulation 11.2, 2022. at 12:53	(+)			
9.0 mmol/L Blood Glucose 9.2.2024. at 03:19	(+)			
	ports Menu			Ð

Acting on a Reminder

When the reminder time comes - you will receive a push notification. Tap on the notification to open the reminder alarm screen and select an action for this reminder: **Take**, **Snooze**, or **Skip**. Tap **Take** and if you have



a paired Bluetooth sensor corresponding to the reminder type - you will be prompted to get data from the sensor or to enter it manually:



After a reminder has been acted on - its state in Reminder history will change from **Active** to **Past**. Use arrows to scroll through reminder history:



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<	Today	$\geq$	<	Tomorrow	>
Past Remin Dai 05:- Nov	<b>ly Reminder</b> 40	<b>e</b> taken		ily Reminder 40	
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# **Editing or Deleting a Reminder**

Past reminders cannot be deleted from history. To edit or delete an active reminder select **Reminders** from the **app menu** and choose an active reminder. Choose an action in the top right corner of the screen: the **pencil** icon to edit, and the **bin** icon to delete a reminder.

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O Account		← Re	minders		$\leftarrow$	Reminder D	etails	
<ul> <li>A Health Records</li> <li>              ≪<sup>0</sup> Shared Access</li></ul>		Daily Rem 05:40 Take Glucos	inder se Measurement		Title * Daily Re Descripti	on		>
<ul> <li>Notifications *</li> <li>Settings</li> <li>Help</li> </ul>						e Wed Thu	Fri Sat	Sun
i About					$\square$	Add Tim		
Bonuses & More NEW						Starts: 9.2.2	2024.	
						Ends: 9. 3. 2	2024.	
Home History Devices	Export Menu	New	Reminder			Save		



# **Measurements Notifications**

# **General Info**

Setting push or email notifications for new measurements is only available for <u>registered users</u> with a Premium subscription. Notifications are available for the following data types:

- 1. Activity
- 2. A1C
- 3. Blood Cholesterol
- 4. Blood Coagulation
- 5. Blood Glucose
- 6. Blood Ketone
- 7. Blood Lactate
- 8. Blood Pressure
- 9. Blood Uric Acid
- 10. Heart Rate
- 11. Hematocrit
- 12. Hemoglobin
- 13. Oxygen Saturation
- 14. Respiration Rate
- 15. Sleep
- 16. Spirometry
- 17. Temperature
- 18. Triglycerides
- 19. Weight

Only the measurement types <u>displayed on the Home screen</u> are available in Notifications.

## **On New Measurements**

Setting notifications on new measurements can be applied to any <u>health record</u> the user has access to (with <u>any access levels</u>). All notifications are personal and health-profile-specific, only visible to the user setting them.

To set up a new notifications select the **Notifications** item from the **app menu**, pick the target health record (in the upper right corner), and select a measurement type:



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O Account		<b>,</b>
A Health Records	Blood Cholesterol	>
Shared Access *	Off	
🖸 Reminders (1)	Blood Coagulation Off	>
🔁 Data Sync	Blood Glucose	
🗘 Notifications 🗯	Off	>
Settings	Blood Ketone Off	>
() Help	Disaddastate	
(i) About	Blood Lactate Off	>
Bonuses & More NEW	Blood Pressure Off	>
	Blood Uric Acid Off	>
	Heart Rate Threshold Violation	>
Home History Devices Export Menu	Hemoglobin Threshold Vio <del>lation</del>	>

Enable your notification of choice (push and/or email). The notification will be sent when a new measurement is added to the <u>health record</u>'s history:

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← Notific	ations	← Notific	ations	~	Notifications	<b>!</b>
New Measurement		New Measurement		Blood Chol	esterol	>
Push		Push		Off		
Email	•	Email		Blood Coag	gulation	>
Thresholds Violation		Thresholds Violation				
Push		Push		Blood Gluc New measur		>
Email		Email		Blood Keto	ne	×
Set threshold	>	Set threshold	>	Off		
				Blood Lacta Off	ate	>
				Blood Press	sure	>
				Blood Uric	Acid	>
				Heart Rate Threshold V		>
				Hemoglobi Threshold V		>

**On Violated Thresholds** 



Thresholds can be set for a <u>health record</u> to receive push and/or email notifications if a new measurement value violates the threshold for this health record.

Setting notifications for threshold violations can be applied to any <u>health record</u> the user has access to (with <u>any access levels</u>). All notifications are personal and health-profile-specific, only visible to the user setting them.

To set up thresholds select the **Notifications** item from the **app menu**, select the needed health record (in the upper right corner) and pick a measurement type:



Set a new threshold range and pick how you want to be notified of a violation: email, push notification, or both. Click **Apply**:



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← Notific	ations	←	Thresholds	0	← No	tifications
New Measurement		Blood Glucose			New Measureme	nt
Push		min (≥)	max (≤)	- 1 1	Push	•
Email		4.0	7.0	_	Email	•
Thresholds Violation		mmol/L	mmol/L		Thresholds Viola	tion
Push					Push	
Email					Email	•
Set threshold	>				Blood Glucose	4.0 - 7.0 mmol/L
			Apply			
-			Contraction of the second seco	a	-	

If you select to be notified by a push notification on threshold violation - you will receive a push notification:



**Backup and Restore** 



If you are <u>connected to MedM Health Cloud</u> - then your data is securely backed up there and can be accessed at any time from any mobile device or PC, after signing into your MedM account.

To users utilizing <u>the local mode</u> it is recommended to periodically make system and data backups to iCloud (for Apple users) and as an option to Google Drive (for Android users). In case a user utilizing the local mode has lost or broken his mobile device, they want to perform a factory reset of their mobile device, or if they want to change their mobile device - then they can restore data from their backup. Note that only the last system backup is available to restore both for iOS and Android. If you make the system back up after MedM data was lost, it would not be restored from the previous backups. So if you want to restore your lost data, you should restore it as soon as possible from the last backup where data was not yet affected.

Here is the official source for Apple users on how to <u>back up</u> and <u>restore</u> data; and the <u>official source</u> for Android users.

# MedM Premium

# **General Info**

The following features of the app are free and accessible to both registered and local mode users:

- <u>Automatic data collection via Bluetooth from an unlimited number of connected health meters</u>
- <u>Manual data entry</u>
- <u>App use with or without registration</u>
- <u>Keeping 2 health records</u>
- Online data backups for registered users
- <u>Reminders for taking medications & making measurements</u>
- <u>Configurable Home screen</u>
- Measurements history, trends, and graphs
- <u>Generate printable reports in PDF, CSV, and XLSX formats</u> (PDF and XLSX not available for <u>local mode</u> <u>users</u>)
- A two-week free MedM Health Premium trial (not available for <u>local mode users</u>)

## What Features Are Premium?

- <u>Creating multiple health records for family (and even pets)</u>
- Syncing data with other connected health ecosystems (Google, Apple, Garmin, Fitbit)
- Shared access to managed health records
- Monitoring loved ones (via the app or portal) and support them in taking charge of their health
- <u>Customize notifications</u>

## How to Get MedM Premium



First time subscribers are offered a two-week-long free premium trial. The subscription fee is charged after the free trial period ends, unless the subscription is cancelled.

## Subscribing in App Store or Google Play

- 1. Sign into your MedM account in the MedM Health Diary app
- 2. Open the **app menu**
- 3. Select Account
- 4. Select Subscription
- 5. Tap Try Now
- 6. Select Plan
- 7. Subscribe with your Google Play account or your Apple ID

## **Subscribing in MedM Health Portal**

- 1. Sign into your MedM account on the MedM Health Portal
- 2. In the upper toolbar click Try Premium
- 3. Select Subscription Plan and tap Try 14 Days for free
- 4. Proceed payment with Stripe
- 5. Once activated, your subscription can be viewed in the **Account menu**, located in the top right corner of the portal

## How to Cancel MedM Premium Subscription

Once your subscription is activated - it will automatically renew each month or year (depending on your plan). If you no longer wish to use the Premium subscription - you will need to cancel it. The subscription plan can be renewed at any time.

## Cancel in App Store

- 1. Open Settings on your Apple device
- 2. Select Apple ID
- 3. On iPhones and iPads Select **Subscriptions**. On Macs first select **Media & Purchases** and then select **Subscriptions**
- 4. Select MedM Health Diary app
- 5. Cancel subscription

## **Cancel in Google Play**

- 1. Open Google Play on your Android device
- 2. Tap on the **user icon** in the top right corner of the screen



- 3. Select **Payment and subscriptions**
- 4. Select Subscriptions
- 5. Select MedM Health Diary app
- 6. Cancel subscription

#### **Cancel in MedM Health Portal**

- 1. Sign into your MedM account on the MedM Health Portal
- 2. In the upper right corner click on the user icon (your account)
- 3. Select Subscription from the dropdown menu
- 4. If you have an active subscription click Cancel
- 5. If you bought the subscription via Apple Store or Google Play you will be redirected to cancel your subscription there

# <u>Help</u>

Open the app menu and tap Help. The app FAQ page will open:



In the FAQ page you can also find this document in electronic format with all working links to external sources.

Please feel free to contact us at <u>Support@medm.com</u> if you face any issues, have questions or suggestions.



Best regards, The MedM Team