

MedM Health Getting Started

This document provides some basic guidelines for getting started with the MedM Health app.

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Running the App

No Registration (Local) Mode

The app can be utilized without connecting to <u>MedM Health Cloud</u> hence all data will be stored only on the user's mobile device and some features such as access to web portal, <u>threshold</u> <u>notifications</u>, <u>sharing health records</u> and <u>screen lock</u> will be unavailable.

Launch the app and select **Continue without registration**:



Data acquired in the local mode can be synced with a registered MedM account at any time. Select **Profile** from the **app's menu** and tap **Go Online** to sign in or to register a new account:





Connecting to MedM Health Cloud

A user can connect to the MedM Health Cloud to store data safety and to access and share it at any time, from any desktop or mobile device, using either the app or the web portal. All features become available to registered and logged in users.

For Private Users

If you are signing up as an individual private user – do not tap the **Enter Enterprise Access Code** button. The default code is **health** since the app syncs with the <u>MedM Health Portal</u> to store private accounts and medical information.

Launch MedM Health and sign into your account or register a new one. Use the same credentials to sign in your account on the <u>MedM Health Portal</u>:





For RPM (Remote Patient Monitoring) Users

If you are a member of a <u>Remote Patient Monitoring</u> program powered by MedM – fill in the **Enterprise Access Code** field with the corresponding Enterprise Access Code name, for instance example for a service with the URL <u>https://example.medm.com/</u>:

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← Sign in		\leftarrow			\leftarrow	Sign in	
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Sign in						Sign in	
Enter Enterprise Ac	cess Code	合 Enter E	nterprise Access C	ode		example	-



User Management

Legal Information

To read app **Privacy Policy**, **Terms of Service** and **Third-Party Licenses** select About from the app menu and tap **Legal Information**:





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Terms of Service	>
Privacy Policy	>
Third-Party Licenses	>



<u>Health Record</u>

All user data is saved within a specific Health Record. Any <u>local</u> or <u>registered</u> user has one automatically created <u>main health record</u> to store their own health profile and data. Any user may <u>create</u> additional health records to keep health diaries for family members or patients.

Main Health Record

The main health record exists for any user. At sign in a user is prompted to the home screen or dashboard of his main Health Record. It is highlighted as **(me)** in a user's health records list, which becomes available on tapping the **user** icon in the top-right corner of the dashboard:

:



Any registered user has the **custodian** ownership of his **main** health record and hence may <u>share access</u> to it with other users. The only way to delete a main health record is to <u>delete</u> a corresponding user account.

New Health Record

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:



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← Search Health Record	← New Hea	alth Record	← Search Hea	alth Record
Matthew Archer (me) male, age 54	Name Last Name Date of Birth Gender I'd rather not say Height We need your He your BMI (Body M	> > sight info to calculate vlass lndex)	Matthew male, age Image: age Alice Arc female, age	Archer (me) 54 her 19 45
New Health Record	s	lave	New He	ealth Record

Any registered user has the <u>custodian</u> ownership of the health record he created and may <u>share</u> it with other users.

Share Health Record

Any user is a **Custodian** for their main Health Record and other health records that they have created. A **Custodian** may share access to their Health Records with other registered users.

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

- 1. **A Viewer** can only view the shared health record.
- 2. A Modifier can view and edit the shared health record as well as edit and delete measurements.*
- 3. **A Custodian** has full control: they can view and edit the health record, edit and delete measurements, grant or revoke access to the health record, and even delete it altogether.

Note: reminders and thresholds cannot be shared and need to be set up by users individually for each monitored Health Record.

	Viewer	Modifier	Custodian
View Data	$\mathbf{\mathbf{\nabla}}$	\bigtriangledown	\bigtriangledown
Edit Data	×	V	N
Delete Data	×	N	Ø
Share Health Record	×	×	



Delete Health Record	×	×	\checkmark
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To Share a Health Record with Another User:

- 1. Sign in to the <u>MedM Health Portal</u>.
- 2. In the upper toolbar click Care Circles to get the list of your Health Records.
- 3. Choose a health record that you act as **Custodian** for and click on its **avatar** to go to its **Dashboard.**
- 4. Select Sharing from the menu and click Share health information with someone you trust.
- 5. Fill in the required fields including the **email address** of the person you trust, specify the desired level of access and click **Send invitation**.
- 6. The invited user will receive an email with the link to **Accept/Reject** or **Postpone** the invitation. They should be signed in to the <u>MedM Health Portal</u> to accept an invitation.

Once the invitation is accepted – the shared Health Record with its data will be accessible for the invited user in their list of health records, both via the web portal and the app. Access can be revoked only via the <u>MedM Health Portal</u>.

Edit Health Record

Editing of a health record and of the data stored in it is only available to <u>custodians</u> and <u>modifiers</u>. To edit, first go to the list of accessible health records, then find the one you need, and tap the **pencil** icon next to it. Tap the **avatar** field to upload a new picture from the camera or gallery. Change the first name, last name, date of birth, gender and height. If you use MedM Health to track your weight, be sure that you have set the correct height, since this value is used for calculating the Body Mass Index. After changes are made tap **Update**:





The main health record information can also be edited from the **My Profile** or **Avatar** items in the **app menu**. The Email associated with the account and the main health record can be changed:

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Matthew Archer	+			
Data Sync My Devices	(+)	Email user_email Name	is here	ß
Export Settings	+	Matthew Last Name Archer	9	
About	+	Date of Bir 7.2.1969. Gender	th	>
	+	Height 171 cm		>
省 Give Feedback & Win!	+		Update	

Deleting Health Record

Health records cannot be deleted if you use the app in <u>local mode</u>. For registered users deletion of health records is available only for users with <u>custodian</u> access and only through the MedM Health Portal. The <u>main health record</u> cannot be deleted separately from a user. The only way to delete it is to <u>delete the entire account</u>.

To delete a Health Record Do the Following:

- 1. From the app menu select **About** and tap **MedM Health Cloud**. Now you are redirected to the MedM <u>Health Portal</u>
- 2. In the upper toolbar click **Care Circles**
- 3. Select the health record you wish to delete from the list
- 4. On the next screen click on the avatar to get the Edit Personal Information page
- 5. At the bottom of the **screen** click **Delete**
- 6. On the next screen confirm the action and Delete Record

Change and Verify Email

To change the email, associated with your account – tap **My Profile** from the **app menu**, tap the **Edit icon** next to your **user email address**, and enter your user password:



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	meline					Enter Password	k
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Notifications		Name Matthew			Name Matthew		
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		Gender Male		>	Gender Male		>
	+	Height 171 cm		>	Height 171 cm		>
省 Give Feedback & Win!	(+)		Update				

Enter a new email address and tap **Save**. If the new email address exists and is not yet linked to another MedM account – the verification code will be sent to the new email address. Enter the code on the next screen in the app. If the code is correct – you will see the popup that your email has been successfully verified:

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	G	4	5 JKL	6 MNO	Male		>
	PC	7 Drs	8 TUV	9 wxyz	Height		
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Email verification is optional, but it is necessary if you want to receive email notifications on such occasions as <u>threshold</u> violations, new measurements, and reminders (can be set up on the <u>MedM</u> <u>Health Portal</u>).



Delete User Account

To delete a user account do the following:

- 1. In the **app menu** tap the **My Profile** or **Avatar** items to get to the profile
- 2. Tap the Settings icon in the top-right corner of the screen
- 3. Select **Delete this account** and follow the instructions provided on the next screen:



App Settings

Select Settings from the app menu:





<u>Theme</u>

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

 ← Settings ← Theme Light Dashboard Blood Glucose, Blood Pressure, Heart Rate, > Oxygen Saturation, Temperature, Weight Scales JNC (USA), ADA Diabetes Guidelines Sound None Theme Light Charles Charles
Units > Metric, mmol/L > Dashboard Blood Glucose, Blood Pressure, Heart Rate, > Oxygen Saturation, Temperature, Weight > Scales > JNC (USA), ADA Diabetes Guidelines > Screen Lock > None > Theme > Light >
Dashboard Blood Glucose, Blood Pressure, Heart Rate, Oxygen Saturation, Temperature, Weight Scales JNC (USA), ADA Diabetes Guidelines Screen Lock None Sound None Theme Light
Scales > JNC (USA), ADA Diabetes Guidelines > Screen Lock > None > Sound > None > Theme > Light >
Screen Lock > None > Sound > None > Theme > Light >
Sound None > Light >
Theme > Light >

<u>Sound</u>



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:



<u>Units</u>

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 and Total Cholesterol 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



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← Settings		\leftarrow Units	
Units Metric, mmol/L	>	Base Units	
Dashboard Blood Glucose, Blood Pressure, Heart Rate, Oxygen Saturation, Temperature, Weight	>	Imperial	
Scales JNC (USA), ADA Diabetes Guidelines	>	Glucose mg/dl	\bigcirc
Screen Lock None	>	mmol/L	\bigcirc
Sound None	>	Blood Cholesterol mg/dl	۲
Theme Light	>	mmol/L	\bigcirc
		Blood Uric Acid mg/dl	۲
		µmol/L	\bigcirc
		Hemoglobin g/dl	
		mmol/L	\bigcirc
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<u>Dashboard</u>

Select **Dashboard** from the **Settings** screen or tap **Manage Dashboard** at the bottom. It is possible to select any/all of the available measurement types to be displayed on the dashboard. Tap a measurement type icon or name to enable/disable it:

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Units Metric, mmol/L	>	Dashboard	Timeline		Reminders	0
Dashboard Blood Glucose, Blood Pressure, Heart Rate, Oxygen Saturation, Temperature, Weight	>	() Blood Glucose 11. 5. 2023. at 16:12	+	Ŕ	Activity	\bigcirc
JNC (USA), ADA Diabetes Guidelines	>	111/61 (81)		P	Blood Cholesterol	\bigcirc
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		Ø7.1 °C	+	(Blood Ketone	\bigcirc
		24. 5. 2022. at 19:36		(Blood Lactate	\bigcirc
		(Weight 6.4. 2022. at 19:45	+		Blood Pressure	\bigcirc
		th Manage Dashb	board	(Blood Uric Acid	\bigcirc
			-			

The last collected measurement of each data type is displayed on the dashboard.



If only the **Activity** measurement type is selected, then the week bar chart will be displayed on the dashboard along with the current activity information:



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:

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← Settings	
Units Metric, mmol/L	>
Dashboard Blood Glucose, Blood Pressure, Hear Oxygen Saturation, Temperature, We	t Rate, > ight
Scales JNC (USA), ADA Diabetes Guideline:	s >
Screen Lock None	>
Sound None	>
Theme Light	>



Blood pressure scales:

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← Scales		<		BP Scale
BP Scale JNC (USA) Glucose Scale ADA Diabetes Guidelines	>	E H S	ESH/ESC 2013 the E Hypertens Society of for the mar	(Europe) European Society of ion and the European Cardiology Guidelines hagement of arterial on
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		T F E F	ACC/AHA 2017 ACC, ACPM/AG NMA/PCN Prevention Evaluation, High Blooc More detai	(USA) /AHA/AAPA/ABC/ S/APhA/ASH/ASPC/ A Guideline for the , Detection, and Management of d Pressure in Adults led
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Blood glucose scales:

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BP Scale JNC (USA) Glucose Scale ADA Diabetes Guidelines	>	ADA Diabetes Guidelines Glycemic target for nonpregna adults with diabetes More detailed	ant 🔘	ADA Diab	etes Guidelines
		ADA The American Diabetes Association More detailed	0	Before Meal (mmo 4.4 After Meal (mmol/l	//L) ① 7.2 _) ①
		WHO The World Health Organizatio More detailed	in O	4.4 Low Gluce Normal Gluce	10.0 Dose ucose
		ADA Gestational Diabetes ADA Glycemic target for pregnant adults with gestation diabetes mellitus More detailed	nal	High Glue	use
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	-		_	S	elected

Screen Lock



Set **Screen Lock** to protect the app and the data it contains from unauthorized access. The feature is available only to registered users and is unavailable for <u>local users</u>. Select the **Screen Lock** in the **Settings** screen. **PIN** protection is always available. **Biometric** protection includes fingerprint or face unlock depending on your mobile device and it is available in the app if it is already configured on your OS. Biometrics become active for use only if PIN protection is set:

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← Settings	\leftarrow	Protection Method		\leftarrow	MedM Heal	th
 ← Settings Units Metric, mmol/L Dashboard Blood Glucose, Blood Pressure, Heart Rate, Oxygen Saturation, Temperature, Weight Scales JNC (USA), ADA Diabetes Guidelines Screen Lock None Sound None Theme Light 	 PIN Protect Off On Biometric Off On 	Protection Method etion Protection		← (1 4 7	MedM Heal Set PIN 2 5 8 0	th ○ 3 6 9 ×
14:34 ☜ ■ ← Protection Method	● 14:34	 Protection Method	C 🔳	14:34 ←	Protection Me	⊛ ■) thod
PIN Protection	PIN Protec	tion		PIN Protect	tion	
Off	Off		0	Off		0
On	On			On		\bigcirc
Biometric Protection Off	Biometric	Protection	0	Biometric F Off	rotection	\bigcirc
On C	On	0	٢	On		٢

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:



Manual Data Entry

MedM Health supports manual data entry for Blood Cholesterol, Blood Coagulation, Blood Glucose, Blood Ketone, Blood Lactate, Blood Pressure, Blood Uric Acid, Exercise, Fetal Doppler, Heart Rate, Hemoglobin, Medication Intake, Note, Oxygen Saturation, Respiration Rate, Temperature and



Weight data types. Activity and Sleep data can only be collected from compatible <u>activity trackers</u> and <u>sleep trackers</u> or imported from <u>Apple Health</u>, <u>Google Fit</u> or <u>Fitbit</u>. Spirometry data can only be collected from compatible <u>spirometers</u> or imported from <u>Apple Health</u>. ECG data can also only be collected from compatible <u>ECG meters</u>.

To manually enter a new measurement:

- 1. Tap the + icon for the corresponding measurement type on the dashboard
- 2. If there is a device paired, you will be asked to choose the input method choose **Type** in manually
- 3. Type in the value and tap **OK**
- 4. Type in date, time, tags, note, and tap **Save**:







After you save the measurement, it will appear in the measurement history of the corresponding data type. Tap on the measurement to review its details:





Upload Data From Device

Device Classification

Currently there are over <u>700 devices</u> compatible with the app. A wide variety of supported devices can be classified by the following properties:

1. By the type of pairing with a MedM user:

• Multi-user devices

- Once paired with the app, such devices are ready to transfer new data to any <u>health record</u> of any logged in user (including a <u>local user</u>) 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 only on pairing and can be changed only on re-pairing
- All <u>activity trackers</u> and some of <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> of 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</u> <u>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 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 the data transfer mode:
 - Real-time devices
 - Such devices transfer data to the app in real-time and don 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 taken measurements in memory and the app can collect this history data at any time after the measurements are taken
 - 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 should be initiated by the user. This can be done either by tapping 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

<u>Pairing</u>

Before pairing a <u>compatible device</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 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 the <u>official 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 to access Nearby devices. More info at <u>the official Google for Developers</u> <u>source</u>.

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

• Open the app menu, select My Devices and and Add Device:





• Grant the required permissions to start the discovery your meter by the app:

18	:20ල 🗖
	My Devices
To a	You have no devices. add a device tap 'Add Device' button.
	"MedM Health" Would Like to Use Bluetooth Receiving data from medical devices Don't Allow OK
	Add Device

• Once your device is discovered, select it from the list, configure <u>device settings</u> and tap **Add to My Devices**:





• Accept the system pairing request (if present):



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





Device Settings

To open device settings go to the **app menu**, select **My Devices** and select a paired device to get to the **Device Details** screen:





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			Device n	name		
			Omron E	Evolv		
			Vendor			Omron
			Model			Evolv
			Bluetoot	h name	BLEsmart_(C21	0000011FE IE5F2E353
			Last syn	C	Ready to	collect data
			Receive	data auto	omatically	
			App has t screen ur	to be in the nlocked.	e foreground w	ith
			Receive	data in b	ackground	
	Add Device		Collect da is locked.	ata in bacl	kground or if so	creen
				_		

The **Device Details** screen contains:

- Device picture
- Information about device name (editable), device vendor, device model, device Bluetooth name, device last sync time.
- Device settings that may be configured
- The **bin** icon to unpair 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 **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 **Who to use the device for?** and the **User ID** settings to assign **the second user ID** to **Alice Archer's** health record:





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

The user-specific **Who to 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 record.

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 2 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 **First user ID** is collected to the blood pressure history of **Matthew Archer's** health record while blood pressure data measured on the **Second user ID** – 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 **off** or the setting is not present – the app has to be in the foreground with screen unlocked for successful manual data upload from the paired device:

18:50			ତ 🔳
\leftarrow	Dev	vice Details	回
	5590.5		
Device nam	ie		
Omron Evol	v		
Vendor			Omron
Model			Evolv
Bluetooth n	ame	BLEsmart_(C21	0000011FE IE5F2E353
Last sync		Ready to	collect data
Receive dat	ta aut	omatically	
App has to b screen unloc	e in th ked.	e foreground w	ith

Manual data collection is initiated either by tapping the + icon on the dashboard (next to the corresponding data type) or by tapping the 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:



20:00	© 💶	20:00		ര 🗖	20:00		ര 🗖
New Measurement	t 	÷	New Measurement		<i>←</i>	New Measure	ement
Omron Evolv	.e	Cc	Omron Evolv	ata	1 ent7 Jun	try selected	133/80 (75) >
Stop	\supset	(Stop	\supset		Save	

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

20:00	© _	20:	:01	© 💶
← Nev	v Measurement	\leftarrow	New Me	easurement
133	× 80 [™] 75	1:	33 ^{°/}	80 ^{° 75}
	7.6.23., 20:00			
Feeling Not selected		Feelin Good	ng d	
Body position Not selected		Body Sittin	/ position	
Measured arm Not selected		Meas Left	sured arm	۱
Irregular pulse Detected		Irregu Deter	ular pulse cted	
Note Add note	Ľ	Note Daily	measurement	Ľ
	OK			OK
	OK			ОК

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





Once you save new data, it will be immediately synced with the <u>MedM Health Cloud</u> for registered users:

20:01			Ū
← 6	Blood Pre	ssure	Ë
	Tap to cor	anect	•
Sending d	ata to cloue	d: 1 item in queu	е
7 June 2023			
20:00	•	133/80 (75)	>
11 April 2022			
17:35	•	118/74 (77)	>
17:32	•	131/88 (82)	>
6 April 2022			
12:13	•	129/80 (97)	\rightarrow
	<u></u>	e)

Tap on new measurement to review its details:


20:22		୍ଚ		20:01		© 🔲
\leftarrow	Blood Pre	essure	Ë	\leftarrow	Details	ピョ
	Tap to co	nnect	•	133	7. 6. 2023 20:00 3 / 80	^{DIA} 75
7 June 20 20:00 11 April 20 17:35 17:32 6 April 20 12:13	23 122 • • 22	133/80 (75) 118/74 (77) 131/88 (82) 129/80 (97)	\rangle	Body posi Measured Irregular p 160+ H 140 P 120 Sys Di Scale: JNC	tion arm ulse pertension Stage 2 pertension Stage 1 ahypertension armal w A 60 80 s C (USA)	Sitting Left Yes
	<u>الہ</u> ا	e)	Source Feeling Note	Dai	Omron Evolv Good ily measurement

Auto Data Upload

If the **Receive data automatically?** is **on** 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**:

18:56		@ 🔳	19:05		e	•
\leftarrow	Device Details	団	\leftarrow	Blood Pre	essure	Ħ
-	nor			Searching for	pr device	•
			11 April 20)22		
Davias			17:35	٠	118/74 (77)	>
Omron Evolv	e /		17:32		131/88 (82)	>
Vendor		Omron	6 April 20	22		
Model		Evolv	12:13		129/80 (97)	>
Bluetooth na	ame BLEsmart_000 C21E5	00011FE F2E353				
Last sync	Ready to col	lect data				
Receive data	a automatically					
App has to be screen unlock	e in the foreground with ked.					
Receive data	a in background					
Collect data in is locked.	n background or if scree	'n		≡ <u></u>	e)

The app collects new data automatically in foreground with the screen unlocked from an auto device without the need to take additional actions on the part of the user.



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 **on**:

18:49		ି 🗖
← D	evice Details	创
	्र माध्यम् ४ - मा	
Device name		
Omron Evolv		
Vendor		Omron
Model		Evolv
Bluetooth nam	e BLEsmart_ C2	_0000011FE 21E5F2E353
Last sync	Ready to	o collect data
Receive data a	automatically	
App has to be in screen unlocked	the foreground v d.	with
Receive data i	n background	
Collect data in b is locked.	background or if s	screen

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:



19:45		ര 💶
\leftarrow	Device Details	۵
	98: ()	
Device na	ame	
Nonin 32	30/3240/3245	
Vendor		Nonin
Model	3230/3	3240/3245
Model Bluetooth	3230/3 n name	3240/3245 Nonin
Model Bluetooth Last sync	3230/3 n name c Ready to c	3240/3245 Nonin collect data
Model Bluetooth Last sync Receive of	3230/3 n name c Ready to c data automatically	3240/3245 Nonin collect data
Model Bluetooth Last synce Receive of App has to screen un	3230/3 n name c Ready to c data automatically b be in the foreground will locked.	Nonin collect data
Model Bluetooth Last synce Receive of App has to screen un Device m	3230/3 n name c Ready to c data automatically to be in the foreground will locked.	Nonin collect data
Model Bluetooth Last synce Receive of App has to screen un Device m Stream	3230/3 n name c Ready to o data automatically b be in the foreground wi locked.	Nonin collect data

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:

19:53	 ا
← Add Device	
Nonin 3150 Smart	
Device mode	
Realtime	\bigcirc
History	\bigcirc
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 at the next connection instance with the app:



Pronounce Data Setting

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

20:20		ଡ 🗖
	Add Device	
	AOJ Medical AOJ-30B	
Assign us	er ID to health record	
Receive d	ata automatically	
App has to screen unic	be in the foreground wit ocked.	th
Keep histo	ory on device	
Pronounce	e readings	
	Add to My Devices	



Data History

The following measurement types are available in MedM Health: Activity, Blood Cholesterol, Blood Coagulation, Blood Glucose, Blood Ketone, Blood Lactate, Blood Pressure, Blood Uric Acid, ECG, Exercise, Fetal Doppler, Heart Rate, Hemoglobin, Medication Intake, Note, Oxygen Saturation, Respiration Rate, Sleep, Spirometry, Temperature and Weight.

At Sign In users are prompted to the home screen or dashboard. The last measurement is displayed on the dashboard for each available data type. To view history, select one of the data types by tapping the corresponding section on the Dashboard:



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



10.0 mmol/L Fasting

5.4 mmol/L After meal

14.1 mmol/L No details

14.3 mmol/L Fasting

12.3 mmol/L No details

O

22:18		୍ଦ	
	All Readin	gs 🝷	Ħ
	Tap to add	devices	
11 May 202	23		
16:12		11.1 mmol/L No details	>
14 Novemb	ber 2022		
19:23	•	10.6 mmol/L After meal	>
13 Novemb	ber 2022		
19:35	•	11.2 mmol/L After meal	>
12 Novemb	er 2022		
19:33	•	12.0 mmol/L After meal	>
11 Novemb	er 2022		
19:40	•	10.5 mmol/L After meal	>
10 Novemb	ber 2022		
	<u>.11</u>	<u> </u>	

<u>Calendar</u>

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

22:18					22:22				ල ව			22:22		
	All Readir	ngs 👻	(††	~		C	Calend	ar					All Rea	adings 🝷
	Tap to add	devices		3	4	5	6	7	8	9	- 1		Tap to a	add devices
11 May 20	023			10	11	12	13	14	15	16		9 Novem	oer 2022	
16:12		11.1 mmol/L No details	>	17	18	19	20	21	22	23		19:22	٠	10.0
14 Noven	nber 2022			24	25	26	27	28	29	30		7 April 20	22	
19:23	٠	10.6 mmol/L After meal	>	31								17:10	٠	5.4 At
13 Noven	nber 2022			No	vembe	er 202:	2					21 March	2022	
19:35	٠	11.2 mmol/L After meal	>	Mor	Tue	Wed	Thu	Fri	Sat	Sun		20:36		14.1 N
12 Novem	nber 2022				1	2	3	4	5	6		20 March	2022	
19:33	٠	12.0 mmol/L After meal	>	7 14	8 15	9 • 16	10 17	11 • 18	12 19	13 • 20		20:33	٠	14.3
11 Novem	nber 2022			21	22	23	24	25	26	27		19 March	2022	
19:40	•	10.5 mmol/L After meal	>	28	29	30						20:30		12.3 N
10 Noven	nber 2022											18 March	2022	
	لي ≡			De	cembe _{Tue}	Wed	2 Thu	Fri	Sat	Sun			=	<u>l</u>



Overall Timeline

Use the **Timeline** tab on the Dashboard to see your data history in chronological order:



Edit Measurement

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 the 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:



19:41	œ		19:41		ତ 🗖	19:4	11	ତ 🗖
\leftarrow	All Readings 👻	Ë	\leftarrow	Details	ľð	\leftarrow	Edit Mea	surement
14 June 20 19:40 7 June 20 19:59	Tap to add devices		Meals mmol/L Scale: ADA D Source Feeling Note	14. 6. 2023. 19:40 Blood Glucose 5. 6 mmol/L 4 7.2 iabetes Guidelin Data v Daily m	Fasting © was typed in manually Good easurement	Feelin Good Mealis Fastir Note Daily	5.6 19:40) 9 9 measurement	mmol/L Today > C C C
)			8		Sa	ve

Delete Measurement

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



Activity



Tap the **Activity** section on the dashboard to open activity history:



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

20:02				20:06		ا	
\leftarrow	Activi		Ē	\leftarrow	Activity		Wednesday 14 June
	Tap to add o	devices		My	r goal is 10000 s	steps	
45 % My goal fo	4554 step or today	os, 5446 remaini 10000 ste	ng ps >	10)000	steps	20:09
June 202	3				10000		
14 Jun	• 45%	4554 step	s >				
13 Jun	• 71%	7190 steps	s >				
12 Jun	• 34%	3485 step	s >				
11 Jun	• 33%	3319 step	s >				
10 Jun	• 30%	3072 step	s >				
9 Jun	• 0%	11 step	s >				
8 Jun	• 3%	352 step	s >				Natification Contro
7 Jun	• 52%	5245 step	s >				Bravel Image
6 Jun	• 14%	1437 step	s >				You've reached your daily Goal of 10000 steps!
5 Jun	• 50%	5000 step	s >				0 0
	≔	<u>l</u>)			_	

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</u> <u>tracker</u> or <u>external app</u>):



20:02		ି ଜା	-
	Activ	ity	Ë
	Tap to add	devices	
45 %	4554 ste	ps, 5446 remaining	
My goal fo	or today	10000 step:	s
June 202	23		
14 Jun	• 45%	4554 steps	>
13 Jun	• 71%	7190 steps	>
12 lun	. 34%	3485 steps	<u> </u>
12 5011	0,000	0010 1005	
11 Jun	- 33%	3319 steps	2
10 Jun	• 30%	3072 steps	>
9 Jun	• 0%	11 steps	>
8 Jun	• 3%	352 steps	>
7 Jun	• 52%	5245 steps	>
6 Jun	• 14%	1437 steps	>
5 Jun	• 50%	5000 steps	>
	=		

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

ര — ල ____ **Blood Cholesterol** Tap to add devices 14 June 2023 180 mg/dl 0 (+)Blood Cholesterol 22:18 180 mg/dl >14.6.2023.at 22:18 13 June 2023 1.0 INR 22:18 182 mg/dl 9 (+)Blood Coagulation 11. 2. 2022. at 12:53 12 June 2023 22:18 177 mg/dl) 11.1 mmol/L 0 (+)Blood Glucose 11 June 2023 11. 5. 2023. at 16:12 22:18 181 mg/dl >0.4 mmol/L 10 June 2023 9 (+)Blood Ketone 14.6.2023.at 22:06 22:19 176 mg/dl 9 June 2023 1.6 mmol/L 9 (+)Blood Lactate 181 mg/dl 22:19 5.12.2020.at 02:13 8 June 2023 124/90 (70) 5 (+)Blood Pressure 8. 6. 2023. at 13:45

Tap the **Blood Cholesterol** section on the dashboard to open the blood cholesterol history:

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

22:19			22:19		© 🗖
← Blood Ch	nolesterol	ŧ		Details	6 0
Tap to ad	d devices			14.6.2023.	
14 June 2023				22:18	
22:18	180 mg/dl	>		Blood Cholesterol	
13 June 2023				180	
22:18	182 mg/dl	>		mg/dl	
12 June 2023			Source	Data v	vas typed in
22:18	177 mg/dl	>			manually
11 June 2023			Feeling		Good
22:18	181 mg/dl	>	Note		Your note
10 June 2023					
22:19	176 mg/dl	>			
9 June 2023					
22:19	181 mg/dl	>			
8 June 2023					
	<u></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 measurement details and skim through measurements. You can change the time period selected by tapping **Day**, **Week**, or **Month** under the chart:



Blood Coagulation

Tap the **Blood Coagulation** section on the dashboard to open blood coagulation history:





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

21:22	ංල		21:23			ି
	pagulation	ŧ	←	D	etails	C
Tap to ad	ld devices			11.2	2.2022.	
11 February 2022				1	2:53	
12:53	1.0 INR	>		INR	PT	
7 February 2022				1.0	11.	.9
21:18	1.1 INR	\rightarrow			S	
6 February 2022			Source		Roche	CoaquCh
21:19	1.0 INR	>	Feeling		Roono	Go
5 February 2022			Note			Your no
21:19	1.1 INR	>				
4 February 2022						
21:21	1.0 INR	>				
3 February 2022						
21:21	1.1 INR	>				
1 February 2022						
	ul					
	<u></u>					

Go to the **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 skim through measurements. You can change the time period selected by tapping **Day**, **Week**, **Month** under the chart:





Blood Glucose

Tap the **Blood Glucose** section on the dashboard 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 dot represents a glucose range according to a selected <u>Glycemia Scale</u>:

20:54	ි –	20:54		୍ଦ			20:5	4	G	ಶ 🗆)
= MedM Health Matthew Archer	?	~	All Readi	ngs 👻	Ħ	<					
Dashboard	Timeline		Tap to add	ldevices				Tap to add devices			
133 mg/dl	(+)	11 May 20)23			1	1 May	2023			
Blood Cholesterol 13. 8. 2021. at 19:52		16:12		11.1 mmol/L No details	>	1	6:12	Meals		L S	>
1.0 INR		14 Novem	ber 2022			1	4 No	All Readings	~		
Blood Coagulation 11. 2. 2022. at 12:53	(+)	19:23	•	10.6 mmol/L After meal	>	1	9:23	No details		L al	>
		13 Novem	ber 2022			1	I3 No	Before meal			
Blood Glucose 11. 5. 2023. at 16:12	+	19:35	•	11.2 mmol/L After meal	>	1	9:35	After meal		L al	
68 mmol//		12 Novem	ber 2022			1	2 No	Fasting			
Blood Ketone	+	19:33	•	12.0 mmol/L After meal	>	1	9:33	lasting		al	>
1. 4. 2022. at 06:19		11 Novem	ber 2022			1	1 Nov	Snacks			
1.6 mmol/L Blood Lactate 5.12.2020. at 02:13	(+)	19:40	•	10.5 mmol/L After meal	>	1	9:40	Bedtime		L	
124/90 (70) Blood Pressure 8.6.2023. at 13:45	(+)	10 Novem	hber 2022)	1	IO Nov	ember 2022 ≡ <u>⊥⊥</u>	e		

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





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** under the chart. It is also possible to apply **meal tag** filters to the blood glucose chart:

20:54					21:0)3				5 🗆
\leftarrow	All Readin	igs 🝷	Ë			(After mea	al 👻		
	Tap to add	devices				8. 11. 2	2022 15	5. 11. 2	022.	
11 May 202	23									
16:12		11.1 mmol/L No details	>					<u> </u>		
14 Novem	per 2022			10	0	-				10.0
19:23	•	10.6 mmol/L After meal	>	i.						10.0
13 Novem	per 2022									
19:35	•	11.2 mmol/L After meal	>							
12 Novemb	per 2022									
19:33	٠	12.0 mmol/L After meal	>	a	А					A.Z
11 Novemb	er 2022			- 1 .	4					4.4
19:40	•	10.5 mmol/L After meal	>		09	10	11 -	12	13	14 1
10 Novem	oer 2022					Day	3 Day	's	Week]
	<u>l</u>	e)		(=	<u>l</u>		Ċ)

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 last week according to a selected <u>Glycemia Scale</u>. The **meal tag** filter is available for the wheel diagram.

Go to the **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:





<u>Blood Ketone</u>

Tap the **Blood Ketone** section on the dashboard to open blood ketone history:

22:09		ତ 🗖	22:09		ଡ	
≡	MedM Health Matthew Archer			Blood Ke	tone	Ħ
Dash	hboard	Timeline		Tap to add c	levices	
	0.4		14 June 20	023		
	U.4 mmol/L Blood Ketone	+	22:06		0.4 mmol/L	>
	14. 0. 2023. at 22.00		13 June 20	023		
	1.6 mmol/L	(+)	22:06		0.3 mmol/L	>
	5. 12. 2020. at 02:13	\bigcirc	12 June 20	023		
	104/00 (70)		22:07		0.4 mmol/L	>
		(+)	11 June 20	023		
	8. 6. 2023. at 13:45	<u> </u>	22:07		0.3 mmol/L	>
	Blood Uric Acid	+	10 June 20	023		
	No data yet		22:08		0.4 mmol/L	>
	00:01:00		9 June 20	23		
	ECG 30. 3. 2022. at 13:31		22:07		0.3 mmol/L	>
	01:00:00		8 June 20	23		
	Basketball Exercise 30. 5. 2023. at 08:45	+		≡	<u>l</u>)

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 (manual entry or <u>compatible blood ketone meter</u>):



22:09			22:09		
← Bloc	od Ketone	Ë	\leftarrow	Details	Ľ
Tap to	add devices			14.6.2023.	
14 June 2023				22:06	
22:06	0.4 mmol/L	>		Blood Ketone	
13 June 2023				0.4	
22:06	0.3 mmol/L	>		mmol/L	
12 June 2023			Source	Data	wastures
22:07	0.4 mmol/L	>	Source	Data	manu
11 June 2023			Feeling		Go
22:07	0.3 mmol/L	>	Note		Your n
10 June 2023					
22:08	0.4 mmol/L	>			
9 June 2023					
22:07	0.3 mmol/L	>			

Go to the **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 skim through measurements. You can change the time period selected by tapping **Day**, **Week**, **Month** under the chart:



Blood Lactate

Tap the **Blood Lactate** section on the dashboard 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 (manual entry or <u>compatible blood</u> <u>lactate meter</u>):

22:40		୍ଦ	
	Blood Lactate		Ħ
	Tap to add devices		
13 June 2	2023		
22:36	4.0 m	mol/L	>
12 June 2	:023		
22:37	4.1 m	mol/L	>
11 June 2	023		
22:37	4.0 m	mol/L	>
10 June 2	2023		
22:37	4.1 m	mol/L	>
9 June 20	023		
22:37	4.0 m	mol/L	>
8 June 20	023		
22:37	4.1 m	mol/L	>

Go to the **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 skim through measurements. You can change the time period selected by tapping **Day**, **Week**, **Month** under the chart:





Blood Pressure

In MedM Health 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.

Tap the **Blood Pressure** section on the dashboard to open blood pressure history. Readings are marked with a colored dot in the history. Colors represent 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 a selected <u>Hypertension Scale</u>), feeling, body position, arrhythmia and measured arm tags, note, source (manual entry, <u>compatible blood pressure monitor</u> or <u>external app</u>):

01:03				01:04				ಲ 🗖
\leftarrow	Blood Press	ıre	ŧ	\leftarrow	De	etails	ľ	2 0
7 June 202	Tap to add devi	ces			7.6 2	. 2023. 0:00		
20:00 5 June 202 18:47 11 April 202 17:35	• 1: 23 • 1: 22 • 1	25/75 (65) 18/74 (77)	\rightarrow	13 Body po Measure Irregular	3 ^{SYS} 8 sition ed arm pulse	30 [°]	^A 7!	5 Sitting Left Yes
17:32 6 April 202 12:13	• 1: :2 • 1:	31/88 (82) 29/80 (97)	> >	160+ 140 120 90 SYS	Hypertension St Hypertension St Prehypertensior Normal Low DIA 60	age 2	100+	
	<u>.11</u>	9		Source Feeling Note		Daily	Omron measure	Evolv Good ement

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 **Heart Rate** 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 **last month** according to a selected <u>Hypertension Scale</u>. Tap the **info** icon in the top-right corner of the screen to see the selected scale. You can also see the **square diagram**:





Blood Uric Acid

Tap the **Blood Uric Acid** section on the dashboard to open blood uric acid 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 (manual entry or <u>compatible blood</u> <u>uric acid meter</u>):

23:32		ی ا	23:3	2	ල 🗖
	Blood Uric Acid	ŧ	\leftarrow	Details	ර ඕ
	Tap to add devices			13.6.2023.	
13 June 202	23			23.31	
23:31	11.3 mg/	dl >		Blood Uric Acid	1
12 June 202	23			11.3	
23:31	11.1 mg/	dl >		mg/dl	
11 June 202	3		Source	e Data	a was typed in
23:31	11.4 mg/	dl >			manually
10 June 202	23		Feelin	g	Good
23:31	11.0 mg/	dl >	Note		Your note
9 June 2023	3				
23:32	11.2 mg/	dl >			
8 June 2023	3				
23:32	10.9 mg/	dl >			
	≡ <u>l</u>				
					-

Go to the **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 skim through measurements. You can change the time period selected by tapping **Day**, **Week**, **Month** under the chart:





<u>ECG</u>

Tap the **ECG** section on the dashboard to open ECG history. Every ECG measurement is a cardiogram. Select a measurement and tap any place on it to see the cardiogram. Date, time, and duration are displayed in the top-right corner of the screen. You can scroll cardiograms by swiping right and left:

01:20	© 🗖	01:21	ତ		01	:21		ତ 🗖
≡ MedM Health Jungle Dash		\leftarrow	ECG	Ë	\leftarrow		ECG	
Dashboard	Timeline	т	ap to add devices			4	2.9.20	22. at 09:53:22
11.0 mg/dl Blood Uric Acid 18.5.2023. at 19:00	+	2 September 3 09:53 8s	2022 4 channels	>	~	.h.		
00:00:08 ECG 2.9.2022. at 09:53		13 March 202 20:16 4s	2 1 channel	>				
30 bpm Heart Rate 12.4.2023.at 19:07	(+)	20:12 4s 20:11 4s	1 channel 1 channel	>				
98% (80)		28 February 2	022			A		
Oxygen Saturation 11. 4. 2023. at 15:11	(+)	16:58 4s	1 channel	>	~	Mh	-Mh-	-11-1-
Ø 37.9 °c Temperature	(+)	16:57 4s 1 February 20	1 channel	>	V			
60.0 kg Weight	+	13:58 2min 1s 13:33 5min 0s	1 channel 1 channel	>	<u>^</u>	.h.		



Exercise

Tap the **Exercise** section on the dashboard 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 (manual entry, <u>compatible exercise tracker</u> or <u>external app</u>):

01:2	8	ତ 🗖	01:28	ං ම		01::	28		ତ 🗖
	MedM Health Matthew Archer		\leftarrow	Exercise	ŧ	\leftarrow		Exercise	ピョ
Da	ashboard	Timeline		Tap to add devices			E	Basketball	
	11.1 mmol/L		30 May 20	023			30 N	/lay 2023 at 08 01:00:00	3:45
	Blood Glucose 11, 5, 2023, at 16:12	(+)	08:45 1h Omin	Basketball	>	•	Data was	typed in manual	ly
			1 April 202	22		•	Feel Good	b	
	124/90 (70) Blood Pressure 8. 6. 2023. at 13:45	+	14:30 1h 15min	Basketball	>	• Dist 2.0	Your note tance 0 km	Steps 500	Calories 280
	00:01:00		29 March	2022					
	ECG 30. 3. 2022. at 13:31		07:34 1h 55min	Cycling	>	Pu Avg	ulse g: 56	Pace Avg: 00:55	
	01:00:00		18 March	2022					
٢	Basketball Exercise 30. 5. 2023. at 08:45	+	14:10 5min 1s	Yoga	>				
	37.1 °c Temperature 24. 5. 2022. at 19:36	+							
	61.3 kg Weight 6.4.2 022.at 13:45	(+)					-		-

Fetal Doppler

The Fetal Doppler measurement type is present in health records with non-male gender. Tap the **Fetal Doppler** section on the dashboard to view fetal doppler history:





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

01:49		ି ତ 🗆	Ċ
	Fetal Doppler	ť	Ē
	Tap to add devices		
6 April 2022	2		_
14:15 8min 4s	152 b fi	pm nish	>
5 April 2022	2		_
13:44 10min 31s	149 b fi	pm nish	>
4 April 2022	2		_
13:41	135 b	pm	>
3 April 2022	2		
13:42	149 b	pm	>
2 April 2022	2		_
13:42	134 b	pm	>
1 April 2022			
			`
		\supset	

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 data entry or <u>compatible fetal</u> <u>doppler</u>):





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** under the chart:

01:49	୍ଷ		01:49		© 🔲
	Fetal Doppler	Ë	\leftarrow	Fetal Doppler	
	Tap to add devices			1. 4. 2022 7. 4. 202	22.
6 April 202	2				
14:15 8min 4s	152 bpm finish	>			p
5 April 2022	2		150	• 3	
13:44 10min 31s	149 bpm finish	>			
4 April 2022	2		145		
13:41	135 bpm	>			
3 April 2022	2		140		
13:42	149 bpm	>	105	/ V	
2 April 2022	2		155	l T	
13:42	134 bpm	>	01 03	2 03 04 05	06 07
1 April 2022	2			Day <mark>Week</mark> M	Nonth
			\subset	<u>⊫</u>	

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

Tap the **Heart Rate** section on the dashboard to open heart rate 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 we recognize 5 heart rate ranges:

- blue HR range lower than 104 very light training
- green HR range is between 104 and 113 light
- yellow HR range is between 114 and 132 moderate
- pink HR range is between 133 and 151 hard
- red HR range is 152 and higher maximum



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



02:27		୍ଦ	
	Heart Rat	te	Ë
15 June 202	Tap to add dev	vices	
02:27	•	65 bpm	>
8 June 2023 00:00 10h 10min	•••	119 bpm finish	>
7 June 2023	3		
00:00 23h 55min	•••	94 bpm finish	>
17 May 2023 10:53 7min 0s	2	84 bpm finish	>
10:38 14min 0s	•••	129 bpm finish	>
10:23 14min 0s	•••	64 bpm finish	>
10:08 14min 0s	•••	135 bpm finish	>
	=		

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>):

02:27		©		02:33		ି 🗆	02	:33		୍ ତ 🗖
	Heart Rat	e	Ë	\leftarrow	Heart Rate	د ا	\leftarrow		Heart Rate	
	Tap to add dev	ices		8 Jun 00:	00 - 10:10			1	18 bpm	
15 June 20	023			119)			Time: 8.	6.2023.05:06:	14
02:27	•	65 bpm	>		bpm					
8 June 20:	23			MA	My MAY JAM	AMMAAr				a to da
00:00 10h 10min	•••	119 bpm finish	>	WWV	With the	ΥΥ.	100			
7 June 202	23			Average	•	114 bpm				
00:00		94 bpm	>	Minimal	•	68 bpm				
17 May 20	22	IIIISI		Duration	: 10h 10min	143 bpm	50			
10:53 7min 0s	•••	84 bpm finish	>	Transtek	M6					
10:38 14min 0s	•••	129 bpm finish	>							
10:23 14min Os	•••	64 bpm finish	>				0 03	00 04:00	05:00 06:00	07:00
10:08 14min 0s	•••	135 bpm finish	>				M	NUMP		whythe
	=					_	VV	Dur	ation: 10h 10min	

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** and **Month** 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 values duration is also displayed in the bubble:



Tap the value in the bubble to open measurement details:





<u>Hemoglobin</u>

Tap the **Blood Hemoglobin** section on the dashboard to open the blood hemoglobin history:



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



21:53			21:53		ና
← н	emoglobin	Ħ	\leftarrow	Details	Ľ
Тар	to add devices			5.4.2022.	
7 April 2022				16:12	
18:14	9.2 g/dl	>		Hemoglobin	
6 April 2022				10.8	
16:12	10.7 g/dl	>		g/dl	
5 April 2022			Source	Data	was tun
16:18	9.0 g/dl	>	Source	Data	man
16:12	10.8 g/dl	>	Feeling		(
4 April 2022			Note		example
16:12	10.7 g/dl	\rightarrow			
3 April 2022					
16:12	10.8 g/dl	\rightarrow			
2 April 2022					

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, see measurement details and scroll through measurements. You can change the time period selected by tapping **Day**, **Week**, **Month** under the chart:



Medication Intake



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>. To view the medication intake history tap the **Medication Intake** section on the dashboard. Tap any line in the list of readings to see the details:

02:58		© 🗖	02:58	<u>ه</u>		02:58		ବ 💷
	MedM Health Matthew Archer	2	\leftarrow	Medication Intake	Ħ	\leftarrow	Details	ピロ
Dashbo	oard 1	limeline		Tap to add devices			7.4.2022.	
<u> </u>	1.1 mmol/L		7 April 2	2022			Nedication Intek	
Blo	ood Glucose	(+)	12:52	Asprine			Asprine	3
	5. 2025. at 10-12		11:54	Erythromicin	>	Descrip	tion	3x5-7
	24/90 (70)	(+)	10:53	Vitamin C	>	Fooling		Cood
8. 6	ood Pressure 6. 2023. at 13:45		31 Aug	ust 2021		Note		after meal
~ 6	5 hom		03:54	Vicodin	>	Hoto		arter mear
He	eart Rate	+						
15.	. 6. 2023. at 02:27							
As Me	sprine edication Intake	(+)						
7.4	4. 2022. at 12:52							
3	7.1 ∘c							
24 Tei	mperature . 5. 2022. at 19:36	(+)						
0	10							
(W) 6	eight	+						
6.4	4. 2022. at 19:45							

<u>Note</u>

You can manually add personal notes to the MedM Health diary. Tap the **Note** section on the dashboard to open **Note** history:





Oxygen Saturation

Our oxygen saturation measurement stores **Oxygen Saturation** data and may also store additional **Heart Rate** data since all <u>compatible pulse oximeters</u> measure pulse and oximetry.

Tap the **Oxygen Saturation** section on the dashboard to open oxygen saturation history:

23:3		ତ 🗖	23	:39		
≡	MedM Health Jungle Dash	e	\leftarrow	Oxygen S	Saturation	Ë
Da	ashboard	Timeline				
9	6.8 mmol/L Blood Lactate 27.10.2022. at 16:48	+		Tap to d	connect	
	11.0		11 A	oril 2023		
?	II.U mg/dl Blood Uric Acid 18, 5, 2023, at 19:00	+	15:1 29s	1	98% (80) finish	>
			10 A	pril 2023		
	30 _{bpm} Heart Rate	+	15:0 8s	0	98% (91) avg	>
	12. 4. 2023. at 19:07		2 Fe	bruary 2023		
	98% (80) Oxygen Saturation	+	15:0 24s	2	96% (91) avg	>
	11. 4. 2023. at 15:11		26 J	anuary 2023		
	37.9 ∘c	(+)	17:1 9 14s	9	98% (73) finish	>
	24. 5. 2023. at 20:30)	17:19	9	98% (97)	>
	60.0 kg Weight	+		≣	<u></u>	


Measurements which are uploaded from <u>statistical devices</u> marked as **avg** since their average value is shown in history. Measurements which are uploaded from <u>stream devices</u> are marked as **finish** since their finish value is shown in history. Measurements which are not marked as **avg** or **finish** are entered manually or uploaded from <u>spot devices</u>.

Tap any line on the list of readings to see blood oxygen measurement 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 (manual entry, <u>compatible pulse oximeter</u> or <u>external app</u>):

00:42	୍ଦ		00:42			ം ര 🗆
← Oxyge	en Saturation	Ħ		Det	ails	ය ඕ
				26.1. 17	2023. :19	
Тар	to connect			SpO ₂	Pulse	
11 April 2023				98	9/	,
15:11 29s	98% (80) finish	>	PI	%	bpm	3.5%
10 April 2023						0.070
15:00	98% (91)	>	Source		Medisa	na PM100
2 February 2023			Note			Your note
15:02 24s	96% (91) avg	>				
26 January 2023						
17:19 14s	98% (73) finish	>				
17:19	98% (97)	>				
	<u>l</u>)				

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



23:39	@		00:31		ଡ 🗆	00:3	1	ତ 🗖
← Oxyge	n Saturation	Ë	<i>←</i>	Details	ピロ	\leftarrow	Oxygen S	Saturation
		•		11. 4. 2023 15:11		C	SpO2	Heart Rate
Тар	to connect		s		Pulse	SpO2 (%	0 %	HR (bpm)
11 April 2023			9	8 8	30	100	~	255
15:11	98% (80)			%	bpm			
29s	finish		PI		14.4%	90		170
10 April 2023			Start		15:11			
15:00	98% (91)	>	End		15:11	80		85
os	avg		Duration		29s			
2 February 2023			100					
15:02	96% (91)	>				70		0
245	avg		96					
26 January 2023			50					
17:19	98% (73)	>	Source		Yonker YK-81C			
145	TINISN		Feeling		Good			
17:19	98% (97)	>	Note		Your note			
	<u>l</u>)			_			s

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

23:39	୍ଦ		00:38		ି 🔍
← Oxygen S	Saturation	Ë		Oxygen Satura	ition 🖒 🖻
				10. 4. 2023. 15:00	
Tap to	connect		SpO ₂ Min	n SpO ₂ Avg	SpO₂ Max 98
11 April 2023			%	%	%
15:11 29s	98% (80) finish	>	Pulse Mi	n Pulse Avg	Pulse Max 95
10 April 2023			bpm	bpm	bpm
15:00 8s	98% (91) avg	>	Start		15:00
2 February 2023			End		15:00
15:02	96% (91)		Duration		85
24s	avg		Source		Beurer PO 60
26 January 2023			Feeling		Good
17:19 14s	98% (73) finish	>	Note		Your note
17:19	98% (97)	>			
	<u></u>)			_

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). It is possible to apply **SpO2** and **HR** filters at the top of the chart screen:







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

Tap the **Respiration Rate** section on the dashboard to open respiration rate history:





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

03:35		ତ		03:35		ල 🔲
	Respiration Rate		ŧ	÷	Details	6
	Tap to add devices				13.6.2023.	
15 June 2	2023				03.34	
03:34	25	5 brpm	>		Respiration Rate	
14 June 2	2023				20	
03:34	22	2 brpm	>		brpm	
13 June 2	2023			Source	Data	was typed in
03:34	20) brpm	>			manually
12 June 2	2023			Feeling		Good
03:34	26	6 brpm	>	Note		Your note
11 June 2	2023					
03:34	18	3 brpm	>			
10 June 2	2023					
03:34	26	6 brpm	>			
9 June 2	023					

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 respiration rate range between 14 and 24 breaths per minute. Tap on any point to call up the chart bubble to view measurement details and scroll through them. You can change the time period selected by tapping **Week**, **Month**, **3 Months** under the chart:





<u>Sleep</u>

Tap the **Sleep** section on the dashboard to open sleep history:





As sleep measurements you will see some of the following parameters: total sleep duration, deep sleep time (optional depending on a source), light sleep time (optional depending on a source), awake time (optional depending on a source), rapid eyes movement time or REM (optional depending on a source), sleep time (light + deep + REM), source (compatible sleep tracker or external app), sleep diagram:

03:54		••	0	3:55		ତ 🗆
	Sleep	Ħ	\leftarrow		Details	Ē
Тар	to add devices				27. 4. 2023.	
4 June 2023					03:32	
00:44 - 05:48	5 h 4 mir	n >			Sleep Duratio	n
1 June 2023				5	3, 44,	min
22:43 - 05:02	6 h 19 mir	n >	Sta	art		03:32
28 April 2023			End	d		12:16
03:14 - 09:05	5 h 51 mir	א >				
27 April 2023						
03:32 - 12:16	8 h 44 mir	ı >				
16 March 2023			De	ер	11% 🔵	1h 1mir
06:13 - 12:05	5 h 52 mir	1 >	Lig	ht	73% 🔵	6h 13mir
10 14. 0000		-	RE	M	13% 🔵	1h 13mir
18 May 2022	5 4i	_	Aw	vake	3% 😐	0h 17mir
00:56 - 01:47	5'l mir	י ו 🔪				7
14 May 2022			So	urce		Zepp Life
02:13 - 08:34	6 h 21 mir	n >				
11 May 2022						_



<u>Spirometry</u>

Tap the **Spirometry** section on the dashboard to open spirometry history:



Tap any line on the list of readings to see spirometry details. The number of displayed spirometry characteristics and availability of a measurement diagram 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:

04:24		© 🗖		04:24		ତ 🗖	04	:25	© 🗖
~	Spirometry	Ë	•		Spirometry	ය බ	~	Spiromet	ry 匕面
	Tap to add device	s		24	March 2022 at 05:4	16		24 March 2022 a	at 05:46
24 March	2022			FVC	521 cL		Flov	v (L/s)	
			ין ה	PEF	1045 cL/s			10.45	
05:46	FVC	521 cL	> I I	FEV1	471 cL	90.4%	9		
C Amril 200	10		י	FEV3	521 cL	100%	6		
6 April 20	18		.	FEV6	521 cL	90.4%	3	4.	T
16:03	FVC	265 cL	>	PIF	441 cL/s		0	2	2 4
14:41	FVC	207 cL	>	FEF25	813 cL/s		-3		Volume (
			`	VEXT	50 mL		-6		
30 March	2018		.	FIVC	508 cL		-9		
20:18	FVC	327 cL	>	FEF50	647 cL/s				
20:11	FVC	370 cL		FEF25-75	537 cL/s		Volu	ume (L)	
				MVVcalc	1649 cL		5		4.71
14:41	FVC	345 cL	>	FEF75	293 cL/s				l ime (
11:00	FVC	473 cL	>	FET	164 ms				1
				FIV1	448 cL	88.2%			
28 March	2018								
16:13	FVC	503 cL	>						
16:06	FVC	384 cL 💙	>	VIR Spirote	l				
	;≡				=		(<u>11</u>



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

04:33		ି ।		04:33		و ا	0	4:35		ି ଜ
	Spirometr	У	Ë	\leftarrow	PEF, L/s 🝷		\leftarrow	I	PEF, L/s 👻	
			•	Janua PEF, L/s	ary 2023 - Febru	ary 2023	<	ت ۲	670 L	/min 2
	Last synced at ()4:30			-				-	
15 June 20)23			12.0			12.0			
04:29	PEF	444 L/min	>							-
26 January	y 2023									
17:02	PEF	670 L/min	>	10.0			10.0			
16 January	/ 2023									
19:29	PEF	746 L/min	>							
24 March 2	2022			8.0			8.0			
05:46	FVC	521 cL	>							
							1.1.1			
15 January	2019			10 1	5 20 2	5 30		5 10	15	20 25
12:01	PEF	598 L/min	>	Day	Week	Month		Day	Week	Month
6 April 201										
	=					<u>l</u>				<u> </u>

Temperature

Tap the **Temperature** section on the dashboard to open temperature 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 temperature range. The app recognises 3 temperature ranges:

- green temperature is less than 37.1 °C
- yellow- temperature is between 37.1 °C and 39.9 °C
- red temperature is 40 ° and higher



17:56	୍	17:47		ଡ	
E MedM He Matthew Ar	ealth 🤤	\leftarrow	Temperatur	e	Ê
Dashboard	Timeline		Tap to add devid	ces	
124/90 (7	70)	03:25 5min 19s	•••	38.1 °C finish	
Blood Pressure 8. 6. 2023. at 13:4	5	03:21	•	38.4 °C	
10		03:09	•	38.8 °C	
Respiration Rate	+	23 March	2022		
6. 4. 2022. at 22:0	9	03:21	•	38.8 °C	
05:04		02:55	•	39.2 °C	
Sleep		22 March	2022		
4. 6. 2023. at 00:4	.4	03:13	•	39.4 °C	
PEF 457	L/min +	02:59	•	39.0 °C	
15. 6. 2023. at 04:	36	21 March	2022		
371		03:22	•	39.0 °C	
Temperature	+	03:21	•	39.7 °C	
24. 5. 2022. at 19.	30	20 March	2022		
61.3 kg Weight	(+)		:=)

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 (manual entry, <u>compatible thermometer</u> or <u>external app</u>):

17:47		୍ଦ	ļ	17:48 🗲		୍ଦ୍ର 🗖
\leftarrow	Tempera	ature	ŧ	\leftarrow	Details	ピ 🖻
	Tap to add	devices			24.3.2022.	
03:25 5min 19s		38.1 °C finish	>		03:21 Temperature	
03:21	•	38.4 °C	>			
03:09	٠	38.8 °C	>		38.4	
23 March	2022				°C	
03:21	•	38.8 °C	>	Measurem	ient site	Finger
02:55	•	39.2 °C	>	Source	Generic ⁻	Thermometer Smart
22 March	2022			Feeling		Good
03:13	•	39.4 °C	>	Note		Your note
02:59	•	39.0 °C	>			
21 March 2	2022					
03:22	•	39.0 °C	>			
03:21	•	39.7 °C	>			
20 March	2022					
	≡	<u>l</u>				•

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 observing mode), minimal, average



and maximal value, duration, feeling tag, note, source (manual entry, <u>compatible thermometer</u> or <u>external app</u>):



The temperature chart shows both stream and spot measurements as a single point on the chart. 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** under the chart:

17:47		୍ଦ		17:5	55 ල 🗖	ŀ
\leftarrow	Temperat	ure	Ħ	\leftarrow	Temperature	
	Tap to add de	evices			28. 3. 2022 4. 4. 2022.	
03:25 5min 19s		38.1 °C finish	>			
03:21	•	38.4 °C	>		<u>^</u>	
03:09	•	38.8 °C	>	40.0°		
23 March 2	2022				•	_
03:21	•	38.8 °C	>			
02:55	•	39.2 °C	>	38.0°		
22 March 2	2022					
03:13	•	39.4 °C	>			
02:59	•	39.0 °C	>	36.0°		
21 March 2	2022			50.0		
03:22	•	39.0 °C	>			
03:21	•	39.7 °C	>	28 2	29 30 31 01 02 0	3
20 March 2	2022				Day 3 Days Week	
	≡]			

On tapping any point on the chart a bubble will appear with the value and the date of a 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 values duration is also displayed in the bubble:



Tap the value in the bubble to open measurement details:



<u>Weight</u>



Tap the **Weight** section on the dashboard to open weight history. Measurements with measured body composition parameters are marked with the **body composition** tag. Arrows show whether your weight has changed compared to the previous measurement:

19:04	ି 🔲	19:04	1	୍	
≡ MedM Health _{Alice Archer}		\leftarrow	Weight 🗣		Ê
Dashboard	Timeline		Tap to add dev	/ices	
9 152 bpm Fetal Doppler	+		Set new weight goa best results!	al for the	
6. 4. 2022. at 14:15		15 June	e 2023		
~ 25 kmm		18:48		72.7 kg	Ļ
Respiration Rate	+	19 June	e 2022		
15. 6. 2023. at 03:34		16:01	6	73.1 kg	Ļ
∂ 36.6 •c		24 May	2022		
8. 6. 2023. at 13:41		17:52	🔕	73.6 kg	
70.7		6 April	2022		
Weight 15. 6. 2023. at 18:48	+	21:54	6	73.6 kg	
뷰 Manage Dashbo	ard				
					\ \
				<u> </u>)

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

- ✓ weight value
- \checkmark date and time
- ✓ BMI (calculated according to user height)
- ✓ source (manual entry, <u>compatible weight scale</u> or <u>external app</u>)
- ✓ Optional body composition parameters (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):



19:04	e 🗆	19:16		© 🗖	19:17		© 🗖
\leftarrow Weight $ extsf{-}$	ŧ	\leftarrow	Details	ピロ	\leftarrow	Your B	MI Scale
Tap to add devices							704
Set new weight goal for the best results!	>	\downarrow	73.1	kg	22	2.1 вмі	/3.1 kg Weight
15 June 2023		19 J	une 2022 at 16	S:01	E	3MI kg	Obesity III
18:48 72.7 kg	\uparrow >	18.5 2	25.0 30.0 35.0	40.0			
19 June 2022		BMI	22.1, Normal we	ight	4	0.0 132.5	o Obesity II
16:01 🚫 73.1 kg	↓ >	Omron VI	VA				
24 May 2022		Feel Good	b		3	5.0 115.9	Obesity I
17:52 🙆 73.6 kg	>	Your note					
6 April 2022		Fat (%) 32.3	() BMI	() Muscles (%) 27.2	3	0.0 99.4	Pre-obesity
21:54 🙆 73.6 kg	>	Health	22.1	Insufficient			
		BMR (kcal/day) 1566	ं Visceral Fat 4	i Metabolic Age 25	2	5.0 82.8	Normal weight
					1	8.5 61.3	Underweight
	\supset	-		-			

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!**:

← Weight - É	ŧ
Tap to add devices	
Set new weight goal for the best results!	>
15 June 2023	
18:48 72.7 kg ↓	>
19 June 2022	
16:01 🚷 73.1 kg ↓	>
24 May 2022	_
17:52 🚷 73.6 kg	>
6 April 2022	
21:54 🚷 73.6 kg	>



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:

19:28	© 🗖	19:28		ତ 🗖)
← Weight Go	al 🗊	\leftarrow	Choose		
My current weight i Goal weight	s 72.7 kg t	Easy Calories proficit Gain		23. 8. 202 250 kcal/e 0.2 kg/w	23. day eek
75.0 74 75	kg 7€	Medium Calories proficit Gain		19. 7. 202 500 kcal/ 0.5 kg/w	23. day eek
74.5	75.5	Hard Calories proficit Gain		8. 7. 202 750 kcal/ 0.7 kg/w	23. day eek
Easy	23.8.2023	Aggressive Calories proficit Gain		2. 7. 202 1000 kcal/o 0.9 kg/w	23. day eek
Calories proficit Gain	250 kcal/day 0.2 kg/week	Custom Calories proficit Gain		15. 6. 202 0 kcal/u 0.0 kg/w	23. day eek
Save				_	
19:20	ල 🗖	19:20	Mainlat	୍ କ୍)·
19:20 ← Weight Go	☜ 🗩	19:20 ←	Weight 👻	୍ଦ୍ର 🗖	₽
19:20 ← Weight Go My current weight i Goal weight	al s 72.7 kg	19:20 ← 72.7 kg	Weight 👻	👁 🗖 es ca remaining	
19:20 ← Weight Go My current weight i Goal weight 75.0	֎ ■) al s 72.7 kg t	19:20 ← 72.7 kg My goal by 8.7	Weight - ap to add devic 2.3 k	es g remaining 75.0 kg	•
19:20 ← Weight Go My current weight i Goal weight 75.0 74 75	al s 72.7 kg t kg 76	19:20 ← 72.7 kg My goal by 8.7 15 June 2023	Weight • ap to add device 2.3 k 2023.:	es (g remaining 75.0 kg	〕 = →
19:20 ← Weight Go My current weight i Goal weight 75.0 74 75 74.5	⊘ ■) al s 72.7 kg t kg 76. 75.5	19:20 ← 72.7 kg My goal by 8.7 15 June 2023 18:48	Weight - ap to add devic: 2.3 k 2023.:	es kg remaining 75.0 kg 72.7 kg ↓	
19:20 ← Weight Go My current weight i Goal weight 75.0 74 75 74.5	② ■ al s 72.7 kg t kg 76.5	19:20 ← 72.7 kg My goal by 8.7 15 June 2023 18:48 19 June 2022 16:01	Weight - ap to add devic: 2.3 k 2023.:	⊗ = [es (g remaining 75.0 kg 72.7 kg ↓ 73.1 kg ↓	
19:20 ← Weight Go My current weight i Goal weight 75.0 74 75 74.5 Hard	al s 72.7 kg kg 75.5 ↓↓↓↓↓↓↓↓	19:20 ← 72.7 kg My goal by 8.7 15 June 2023 18:48 19 June 2022 16:01 24 May 2022	Weight	२ = [g remaining 75.0 kg 72.7 kg ↓ 73.1 kg ↓	
19:20 ← Weight Go My current weight i Goal weight 75.0 74 75 74.5 Hard Calories proficit	② ■ al s 72.7 kg t kg 75.5 	19:20 ← 72.7 kg My goal by 8.7 15 June 2023 18:48 19 June 2022 16:01 24 May 2022 17:52	Weight	⊗ = [es (g remaining 75.0 kg 72.7 kg ↓ 73.1 kg ↓ 73.6 kg	
19:20 ← Weight Go My current weight i Goal weight 75.0 74 75 74.5 Hard Hard Calories proficit Gain	② ■ al s 72.7 kg t kg 75.5 8.7.2023.> 750 kcal/day 0.7 kg/week	19:20 ← 72.7 kg My goal by 8.7 15 June 2023 18:48 19 June 2022 16:01 24 May 2022 17:52 6 April 2022	Weight ap to add device 2.3 k 2023.:	② = { es 75.0 kg 72.7 kg ↓ 73.1 kg ↓ 73.6 kg	
19:20 ← Weight Go My current weight i Goal weight 75.0 74 75 147 74.5 Hard Calories proficit Gain	② ■ al s 72.7 kg t 75.5 8.7.2023.> 750 kcal/day 0.7 kg/week	19:20 ← 72.7 kg My goal by 8.7 15 June 2023 18:48 19 June 2022 16:01 24 May 2022 17:52 6 April 2022 21:54	Weight	Res 75.0 kg 72.7 kg ↓ 73.1 kg ↓ 73.6 kg	

This chart is represented by points which are connected by lines. Points on the graph represent the last value of the day for the Week graph and Month charts and the last value of the month for the 3 Months 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** under the chart. Green zone on the chart represents the normal BMI range:

19:20		ତ 🗖			19:31				୍ 🗆
	Weight 👻		Ë	~			Weight 👻		
	Tap to add devices	i				April 2	022 - Jun	e 2022	
72.7 kg	2.3 kg	remaining	~						
My goal by 8.	7. 2023.:	75.0 kg	/						
15 June 2023	3			30.0					
18:48	7	2.7 kg ↓	>						
19 June 202:	2				72.6		Goal 75.0		
16:01	6 7	'3.1 kg ↓	>		•		73.0		73.1
24 May 2022	2			70.0					
17:52	<u>(</u>) 7:	3.6 kg	>						
6 April 2022									
21:54	<u>(</u>) 7:	3.6 kg	>						
				60.0					
					April		May		June
					We	eek	Month	3 Mo	nths
	Ξ				\subset	=		<u>.11</u>	

You can also select a body composition parameter to view its history and graph:

19:31	© 🔲	19:31	© 🗖	D 19:31	ල 💷
← Weight -)	\leftarrow		\leftarrow	Body Mass Index 👻
April 2022 - Jun	e 2022	April 2	2022 - June 2022		April 2022 - July 2022
30.0 73.6 73.6 70.0	731	20.0 Weight Fat (%) 73.1 Body M Muscles Basal M (kcal) Visceral	ass Index s (%) letabolic Rate	26.0	22.2 22.1
April May	June	Apr Metabo	lic Age (years)	April	May June
Week Month	3 Months	Week	Month <u>3 Months</u>	w	/eek Month <u>3 Months</u>
	<u></u>				<u> </u>



Data Sync

<u>Google Fit</u>

General information

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

Note:

- Data sync is available only to 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 should be kept in the foreground while data is being imported or exported for successful data sync

Open the app menu, select Data Sync and select Google Fit:



To continue with data export/import, first you will get the Google Sign-In screen asking you to select your Google account:





Pick the desired measurement type to start importing (**down** arrow) or exporting (**up** arrow) your data:



Now grant MedM Health the right to access your Google account. As a result, the data should be synchronized and appear in Google Fit/MedM Health history. The last sync time will be specified under a 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 MedM Health and Google Fit. If data export is activated for any measurement type, then synchronization with Google Fit is performed automatically when new measurements are added, edited, or deleted. If data import is activated for any measurement type – synchronization is performed automatically every 4 hours. To force it, tap the **Sync Now** button:

16:43 🛔		€∎
←	Google Fit	
	All	
Ŕ	Activity Not synchronized yet	
9	Blood Glucose Not synchronized yet	÷.
	Blood Pressure Last synced at 5/28/23 16:43	
٢	Exercise Not synchronized yet	(±)(±)
	Heart Rate Not synchronized yet	
	Oxygen Saturation Not synchronized yet	
	Sleep Not synchronized yet	
The dat	a is automatically synchro 4 hours	nized every
	Sync Now	$\mathbf{)}$

To remove MedM Health as a connected app from Google Fit open **Google Fit**, tap **Profile**, tap **Settings**, select **Manage connected apps**, select the **MedM Health app** and then tap the **REMOVE**



ACCESS button. Disconnecting the app will not delete any data already stored in MedM Health and Google Fit:

17:11	17:11	Ŷ ()	17:11	Ŷ I
0 М		(B) 😣	← Settings	:
	Profile		Units	
(o	Activity goals		Height	
ō	Steps	Heart Points	- and a menda	
	10,000 -	10 -	Weight Pounds	
CHeart Pts Steps	Bedtime schedule		Distance Kilometers	
1,044 0 0	Get in bed	Wake up		
Cal km Move Min	23:00	07:00	Energy Calories	
Your daily goals	About you		Google Fit data and personalize	ation -
0/7	Gender	Birthday	Manage connected apps	
Achieved M T W T F S S	Unier	reb 12, 1908 *	Delete your data	
	137.8 lb +	Height -	Manago Coopila Assistant	
Your weekly target > May 28 - Jun 3			manage Google Assistant	
0 of 150			Manage personalization	
Scoring 150 Heart Points a week can help you live longer, sleep hetter and boost your mood			Manage Fit data permission	ns
			Tracking preferences	
oo Home	0 Ê	i≡ ≙ Profile	Track your activities Use phone sensors to track me	trics like steps and
17:11	₽ ∎	17:11	* 1	
← Google Account	0 M	← Google Account	0 M	
Apps with access t	o your account	Apps with acces	s to your account	
Third party open with		Third porty opportuit	h account access	
I nird-party apps with a	ICCOUNT ACCESS	You gave these sites and and	n account access	
Google Account data, including Remove access for those you no Learn about the risks	info that may be sensitive.	Google Account data, includi Remove access for those yo Learn about the risks	ing info that may be sensitive. u no longer trust or use.	
Health Diary by MedM Has some account access	s	Health Diary by M Has some account a	ccess	
Signing in with Gooale				
You use your Google Account to	sign in to these sites and	Basic account info		
apps. They can view your name, picture. Learn more	email address, and profile	See your personal info, in made publicly available	cluding any personal info you've	
Google Account sign-in prompt	8	Additional access See your heart rate data in	n Google Fit. I consent to	
Allow Google to offer a faster w in with your Google Account on third-party sites	ay to sign variable supported	Google sharing my heart of See info about your blood	rate information with this app. I pressure in Google Fit. I	
Health Diary by MedM		consent to Google sharing information with this app.	g my blood pressure	
		Health Diary by MedM on Visit app on Google Play	Google Play:	
Google may also have access to accounts. Learn more about how	some of your third-party to manage those	Access given on:		
connections.		28 minutes ago		

<u>Activity</u>

In MedM Health, 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 to MedM Health into one activity measurement stored in **Activity** history. If **Distance** data is not present in Google Fit, it is calculated by MedM Health, based on **Steps** and user profile data such as height, age, gender. **Activity Time** and **Active Calories** data is calculated by MedM Health based on **Steps**, last weight measurement and user profile data.

Blood Glucose

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

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

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

Blood Pressure

In MedM Health, 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 into **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 Google Fit into **Heart Rate** history.

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

Exercise

In MedM Health, 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, Steps and Active Calories data is exported into one activity measurement and stored in Google Fit Journal. At the same time this data is stored in Activity data type: 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 to MedM Health into one exercise measurement and stored in Exercise history.



Heart Rate

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

Export: Heart Rate data is exported to Google Fit into Heart Rate history. Exported stream measurement is present as range and may be expanded to view a sequence of spot values for each minute.

Import: Heart Rate data is imported to MedM Health into 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

In MedM Health, 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 into **Oxygen Saturation** history. Related **Heart Rate** data is exported to Google Fit into **Heart Rate** history. Exported stream measurement is present as range and may be expanded to view a sequence of spot values for each minute.

Import: Oxygen Saturation data is imported to MedM Health into 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>

In MedM Health, 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 Google Fit into **Sleep** history. All related parameters are present in measurement details.

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

Temperature

In MedM Health, 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 into **Temperature** history. Related **Measurement Site** data is also exported and stored in measurement details. Exported stream measurement is present as range and may be expanded to view a sequence of spot values for each minute.



Import: Temperature data is imported to MedM Health into 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>

In MedM Health, 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 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 to MedM Health into Weight history. If Google Fit stores the related **Body Fat** data, it is merged with Weight data into one weight measurement on import and marked in Weight history with a body composition icon.

Apple Health

General information

Data sync with Apple Health is available to iOS users (unavailable on iPadOS) for the following measurement types: Activity, Blood Glucose, Blood Pressure, Exercise, Heart Rate, Oxygen Saturation, Respiration Rate, Sleep, Spirometry, Temperature and Weight.

Note:

- Data sync is available only 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 should be kept in the foreground while data is being imported or exported for successful data sync

Open the **app menu**, select **Data Sync**, select **Apple Health** and pick a desired measurement type to start importing or exporting your data:





To continue with data export/import, you will be asked to grant MedM Health the access rights to Apple Health data. As a result, the data should be synchronized and appear in Apple Health/MedM Health history. The last sync time will be specified under a corresponding measurement type:







To stop exporting/importing data – just uncheck the box for the corresponding measurement. Stopping the export/import of data will not affect any data already stored in MedM Health and Apple Health. If data export is activated for any measurement type, then synchronizing with Apple Health is performed automatically when a measurement is added, edited, or deleted. If data import is activated for any measurement automatically every 4 hours. To force it, tap the **Sync Now** button:



To manage permissions for **MedM Health** 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**.



<u>Activity</u>

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

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

Import: Related Steps, Walking+Running Distance and Active Energy data is imported to MedM Health into one activity measurement stored in Activity history. If Walking+Running Distance and Active Energy data is not present in Apple Health, it is calculated by MedM Health, based on Steps, last weight measurement and user profile data such as height, age, gender.

Blood Glucose

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

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

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

Blood Pressure

In MedM Health, 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 Apple Health into **Blood Pressure** history. Related **Heart Rate** data is exported to Google Fit into **Heart Rate** history.

Import: Systolic and Diastolic Blood Pressure data is imported to MedM Health into Blood Pressure history. If Apple Health stores the related Heart Rate data it is merged with highlighted above data into one blood pressure measurement.

<u>Exercise</u>

In MedM Health, 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, Active Calories data is exported to Apple Health into one measurement and stored in Workout measurement details. Steps data is exported into Steps history,

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



<u>Heart Rate</u>

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

Export: Heart Rate data is exported to Apple Health into Heart Rate history. Exported stream measurement is present as range and may be expanded to view a sequence of spot values for each minute.

Import: Heart Rate data is imported to MedM Health into 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

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

Export: Oxygen Saturation data is exported to Apple Health into **Blood Oxygen** history. Related **Heart Rate** data is exported to Apple Health into **Heart Rate** history. Exported stream measurement is present as range and may be expanded to view a sequence of spot values for each minute.

Import: Blood Oxygen data is imported to MedM Health into 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

In MedM Health, respiration rate measurements store **Respiration Rate** data.

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

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

<u>Sleep</u>

In MedM Health, 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 Apple Health into **Sleep** history. All related parameters are present in measurement details.

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



Spirometry

In MedM Health, 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 to MedM Health as one measurement stored in Spirometry history.

Temperature

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

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

Import: **Temperature** data is imported to MedM Health into **Temperature** history. 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>

In MedM Health, 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 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 to MedM Health into 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 Weight history with a body composition icon. Body Mass Index data is calculated by MedM Health, based on user profile data such as height, age, gender.

<u>Fitbit</u>

Import from Fitbit is available for data of Activity and Sleep.

Note:



- Data sync is available only for the main health record of any user
- MedM Health should be kept in the foreground while data is being imported for successful data sync



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

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





Data will be imported automatically every 4 hours. To force data import just click **Sync Now**:

16:3	1	© 🗖
\leftarrow	Fitbit	
	All	(±
Ŕ	Activity Last synced at 1.6.23., 16:31	(
	Sleep Not synchronized yet	(±)
The da	ata is automatically synchro 4 hours	onized every
	Sync Now	

Zepp Life

Heart Rate, Sleep, Steps and Weight data may be imported from Zepp Life to MedM Health via <u>Google Fit/Apple Health</u> import.

To make MedM Health start collecting data from Zepp Life, please take the following steps:

• Open Zepp Life app, select **Profile** from the Home page, select **Add accounts** and set your Google Fit/Apple Health account to export data there.



16:40 ල 🔲	16:40	© ■)	16:40		© ■
0 13% +	Prof	le	<	Add accounts	
Steps Just updated	Battery 13%	>			
Distance 5,39 km	+ Add d	evice	O Health		>
Calories 202 kcal	More				
	Set goals	7.000 steps Not set >			
Sleep 28 Apr 64 5h 23m 1h 1m Sleep score In bed for Deep sleep duration	Family	>			
	Store	>			
03:14 09:05	Behavior tagging	>			
Heart rate 08:43	Add accounts	>			
♥ 87 BPM Relaxed	User feedback	>			
24-hour average heart rate 92 bpm	Smart analysis	>			
00 04 08 12 16 20 24	Settings	>			
Home page Workout Family Profile	Home page	Family Profile			

• Perform data import from <u>Google Fit/Apple Health</u> to MedM Health (tap the links to read the instructions).

CSV Export

It is possible to share a report with **Blood Cholesterol**, **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. The mentioned measurement types are available for export if they are displayed on the MedM app's <u>dashboard</u>.

Generic CSV

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



17:40	© 🗖	16:21ල	■ 17:46 @ ■
		← Export	← Blood Pressure export
	meline	Choose Measurement Type	Choose Time Interval
Matthew Archer		Blood Cholesterol	Week
My Profile	+		Month
Reminders		Blood Glucose	3 Months
Data Sync			Lifetime
My Devices	(+)	Plood Ketone	Custom
Notifications		\sim	📋 8.5.23.) 📋 7.6.23.)
Export	(+)	Blood Lactate	
Settings			Choose Format
Help		Blood Pressure	
About	+		Excel CSV
			Choose Share Type
		Medication Intake	Share
	+		Email
		Note	
省 Give Feedback & Win!	(+)	Oxygen Saturation	Export

Excel CSV

The Excel CSV format is intended for viewing the exported 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

Reminders

<u>New Reminder</u>

You can set a **reminder** to take a pill or to make a measurement. Created reminders are applied only to the <u>main health record</u> of any user and all reminder events are saved to the reminder history of the main health record.

To create a new reminder go to the **app menu**, select **Reminders**, tap **New Reminder**, select **medication** or **measurement** reminder. After taking a medication reminder data will be saved to the



<u>Medication Intake</u> history while taking a measurement reminder leads to the screen to add data of the corresponding measurement manually or upload it from a paired device:

20:06	୍ଲ 🗖	20:06	ି 🗆	20:	06 ල 🔲
		← F	Reminders	\leftarrow	
	meline				
Matthew Archer					
My Profile	(+)				
Reminders					
Data Sync					
My Devices	(+)				Select Reminder Type
Notifications					Medication
Export	(_)	You have no ren	ninders. To add a reminder		
Settings		tap 'New	Reminder button.		Measurement
Help					
About	(+)				Cancel
	(+)				
省 Give Feedback & Win!	rd	Ne	w Reminder		New Reminder

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

20:07 💿 🗖	20:26 ලා 📼	20:07 ලා 🗖
← New Reminder	← Measurement Type	← New Reminder
Select Type	Blood Cholesterol	Blood Glucose
Title	Blood Coagulation	Daily Reminder
Description	Blood Glucose	Take Glucose Measurement
Mon Tue Wed Thu Fri Sat Sun	Blood Ketone	Mon Tue Wed Thu Fri Sat Sun
Add Time	Blood Lactate	Add Time
Starts: 15. 6. 2023.	Blood Pressure	Starts: 15. 6. 2023.
Ends: 14. 7. 2023.	Blood Uric Acid	Ends: 14. 7. 2023.
	ECG	
Save	Exercise	Save



20:07 ල 🗖	20:07		୍କ 🗖	20:07	© 🔲
← New Reminder				← Ne	w Reminder
Blood Glucose	Blood G	lucose	>	Plood G	lucose
Daily Reminder	Daily Reminder			Daily Reminder	
Take Glucose Measurement	Tak Re	minder Time		Take Glucose M	easurement
Mon Tue Wed Thu Fri Sat Sun	M 18	10 11	un 3	Mon Tue We	d Thu Fri Sat Sun
Add Time	20	12 13		20	0:12 S
Starts: 15. 6. 2023.	22				
Ends: 14. 7. 2023.	Cance	l Ok		Start	s: 15. 6. 2023. s: 14. 7. 2023.
Save					Save

A new reminder is created and appears in the Reminder list and on the app dashboard:

20:43	© 🗖	20:07	@	b 🔲	20:0	8	ି <u> </u>
		<i>←</i>	Reminders		≡	MedM Health Matthew Archer	י 🥷
A Solution	meline	20:12	eminder	>	Da	shboard	Timeline
Matthew Archer	0:12, 16. 6.	Take Glu	ucose Measurement			Daily Reminder a	t 20:12
My Profile]
Reminders (1)						11.1 mmol/L	
Data Sync	(+)					Blood Glucose	(+)
My Devices						11. 3. 2023. at 10.12	
Notifications						124/90 (70)
Export	Ð					Blood Pressure 8, 6, 2023, at 13:45	(+)
Settings							
Help	(+)					19 brpm	(+)
About						Respiration Rate 6. 4. 2022. at 22:09	\bigcirc
						371	
	+					Temperature	+
						24. 5. 2022. at 19:36	
						61.3 kg	
	(+)					Weight	(+)
Give Feedback & Win!		N	ew Reminder			6. 4. 2022. at 19:45	_

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





Take 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 on the reminder **Take**, **Snooze** or **Skip**. Tap **Take** and if you have a paired bluetooth sensor of the reminder type you will be prompted to get data from the sensor or enter it manually:





20:12 ල 🗖	20:12 ල 🗖
← New Measurement	= MedM Health
000	Dashboard Timeline
mmol/L	Daily Reminder at 20:12, 16. 6. 2023.
.0 5,0 6.	(5.5 mmol/L Blood Glucose 15.6.2023. at 20:12
4.5 5.5	(The second seco
~~~ >>>	(19 brpm Respiration Rate 6.4.2022. at 22:09 (+)
	<b>37.1 °c</b> Temperature 24.5.2022. at 19:36
ОК	61.3 kg Weight 6.4.2022. at 19:45

After taking action on a reminder its state will also change in the Reminder history from **Active** to **Past**. Use arrows to move in the history:

20:12	ି 🔍	20	):12	ତ 🗖
← Reminders		$\leftarrow$	Reminders	
< Today	$\geq$	<	Tomorrow	>
Past Reminders Daily Reminder 20:12 Now	taken		Daily Reminder 20:12	
				-

# **Delete and Edit 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: **pencil** icon to edit and **bin** to delete a reminder.





# **Threshold Notifications**

Any <u>registered user</u> can set thresholds for a <u>health record</u> to receive push and email notifications if a new measurement value violates the threshold for this health record.

Threshold settings may be applied to any health record (including shared ones by a <u>user with</u> <u>any of the three sharing access levels</u>). The settings applied to one health record by several users are personal for every user.

Any <u>registered user</u> can apply thresholds to any available <u>health records</u> to receive push and email notifications if a new measurement for this health record violates a configured threshold.

Threshold settings may be applied by a user <u>with any access level</u> to any health record (including shared ones). The settings applied to one health record by several users are personal for each user.

Threshold notifications are available for the following measurement types: **Blood Cholesterol**, **Blood Coagulation**, **Blood Glucose**, **Blood Ketone**, **Blood Lactate**, **Blood Pressure**, **Blood Uric Acid**, **Heart Rate**, **Hemoglobin**, **Oxygen Saturation**, **Respiration Rate**, **Spirometry**, **Temperature** and **Weight**.

To set up thresholds select the **Notifications** item from the **app menu** and pick a measurement type. Only the measurement types <u>displayed on the dashboard</u> will be available in Notifications:


21:29	© 🗖	21:29 ල 🗖	21:30 ල 🗖
		← Notifications	$\leftarrow$ Blood Glucose Thresholds
	meline	Blood Glucose 3.9 - 6.1 mmol/L	Blood Glucose
Matthew Archer	(+)	Blood Pressure Sys: 90 - 120, Dia: 60 - 80, Pulse: 60 - 90	min (≥) max (≤) 3.9 6.1
Reminders		Oxygen Saturation SpO ₂ : 95 - 100%, Pulse: 60 - 90	mmol/L mmol/L
Data Sync My Devices	(+)	Temperature > 35.8 - 38.3 °C	
Notifications		Weight >	
Export Settings	+		
Help			
About	$(\pm)$		
	+		Notify on thresholds violation:
			Email
省 Give Feedback & Win!	-		Save

Set a new threshold range and choose how you want to be notified when the threshold is violated: by emails, by push notifications, or both options. Click **Save**:

21:30 🕲 🗖	21:31 ම 🔳
← Blood Glucose Thresholds	← Notifications
Blood Glucose	Blood Glucose 4.0 - 7.0 mmol/L
$\overset{\min(\geq)}{4} \overset{\max(\leq)}{7}$	Blood Pressure Sys: 90 - 120, Dia: 60 - 80, Pulse: 60 - 90
mmol/L mmol/L	Oxygen Saturation SpO ₂ : 95 - 100%, Pulse: 60 - 90
	Temperature >   35.8 - 38.3 °C >
	Weight 54.0 - 73.0 kg
Notify on thresholds violation:	
Push	
Email Save	

If you selected to be notified by push when a threshold is violated - you will receive a push notification:





## Backup and Restore

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</u> <u>source</u> for Android users.

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.