MedM Health Getting Started

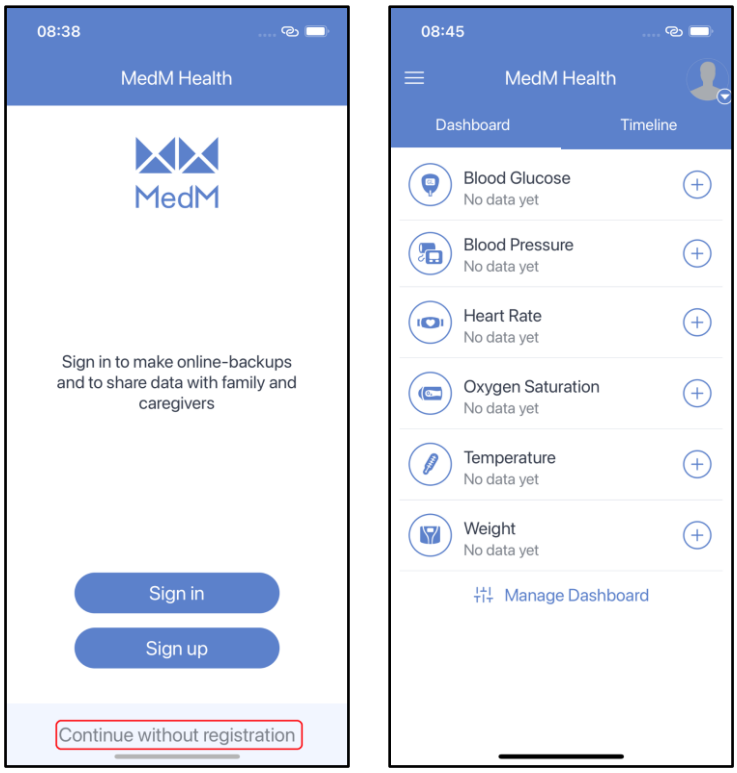
This document provides some basic guidelines for getting started with the MedM Health app.

Running the App

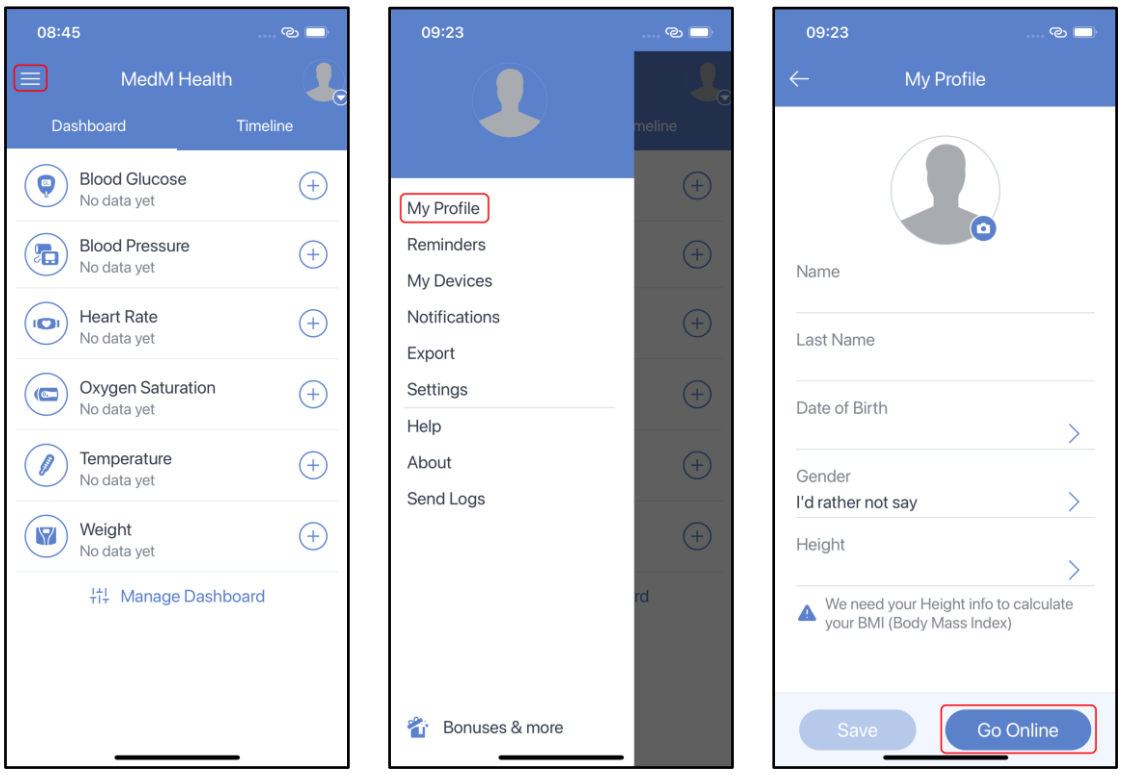
No Registration (Local) Mode

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



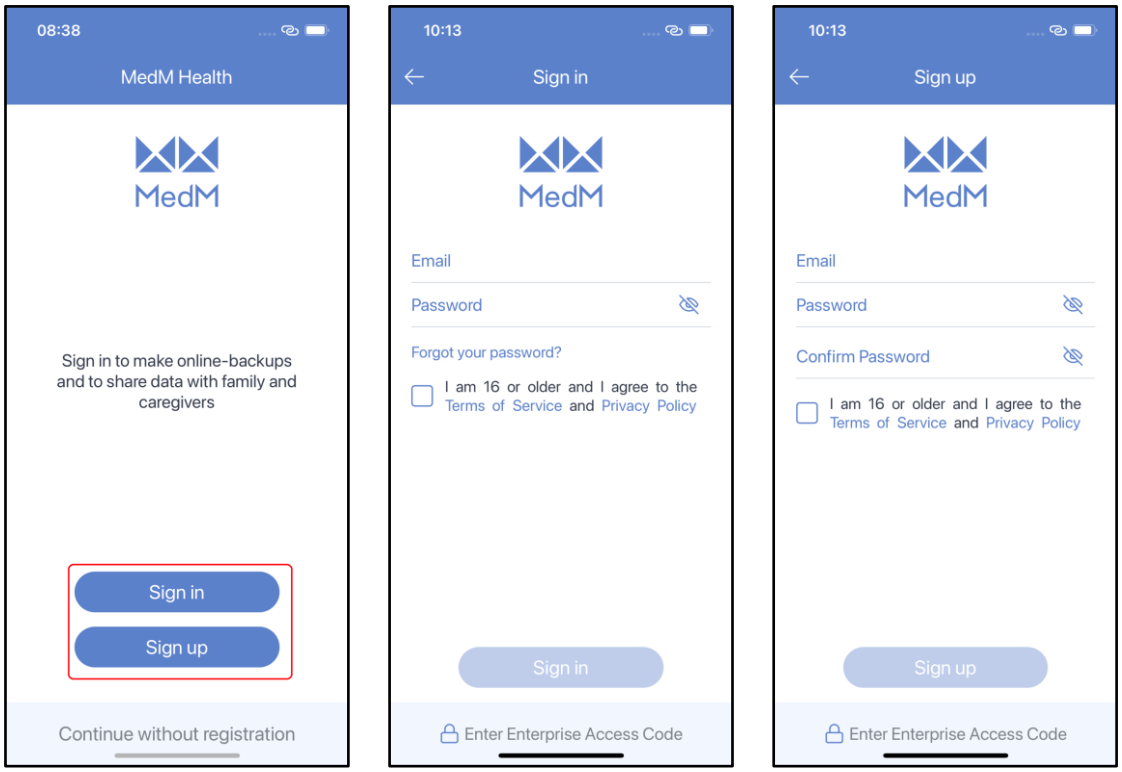
Connecting to MedM Health Cloud

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

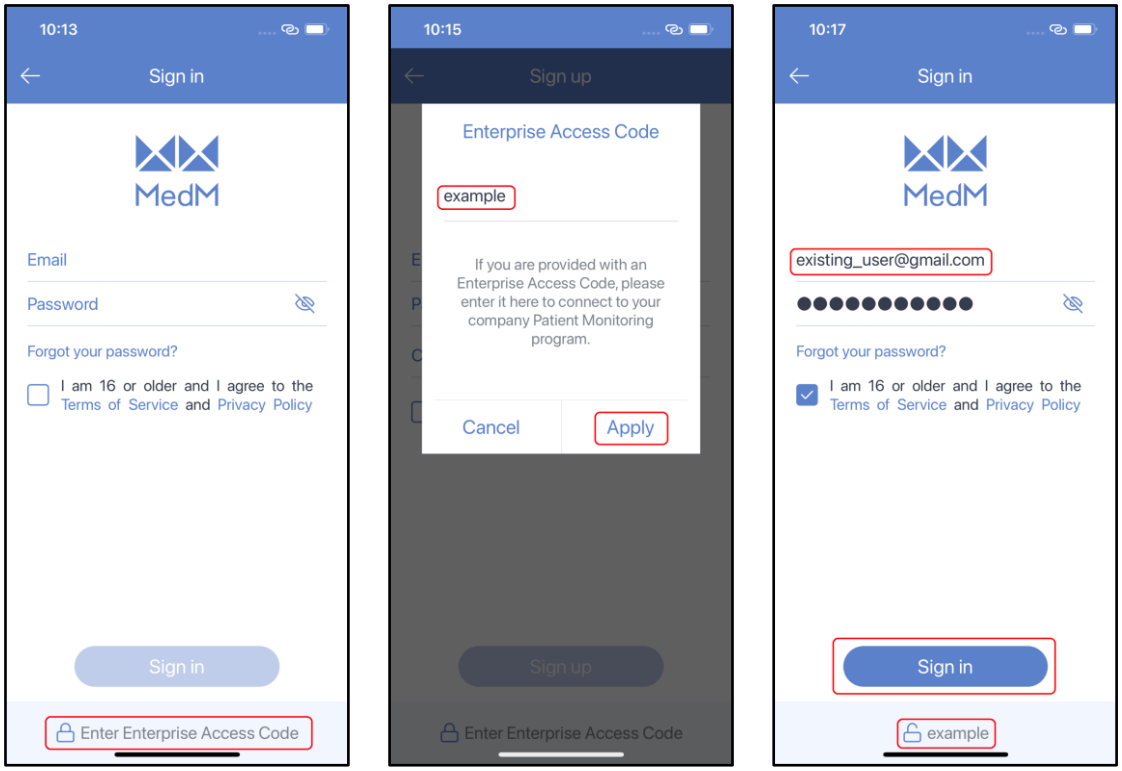
If you are signing up as an individual private user - do not tap the **Enter Enterprise Access Code** button. The default code is **health** since the app syncs with the MedM Health Portal to store private accounts and medical information.

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



For RPM (Remote Patient Monitoring) Users

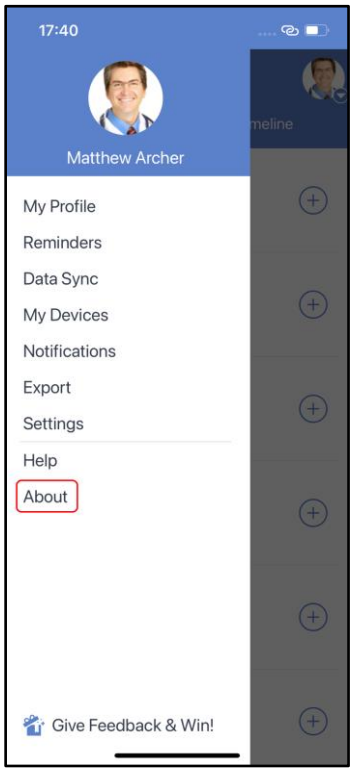
If you are a member of a Remote Patient Monitoring program powered by MedM - fill in the **Enterprise Access Code** field with the corresponding Enterprise Access Code name, for instance example for a service with the URL https://example.medm.com/:

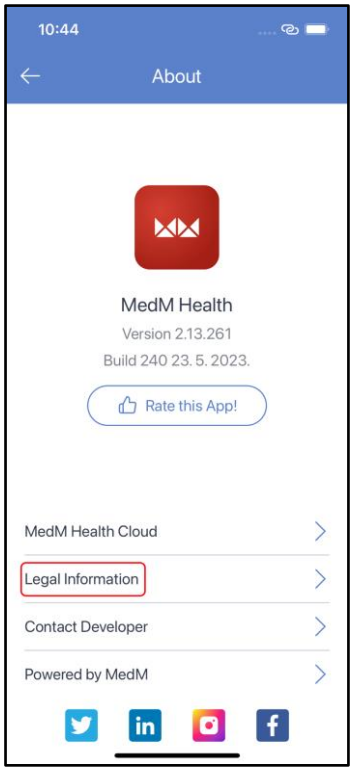


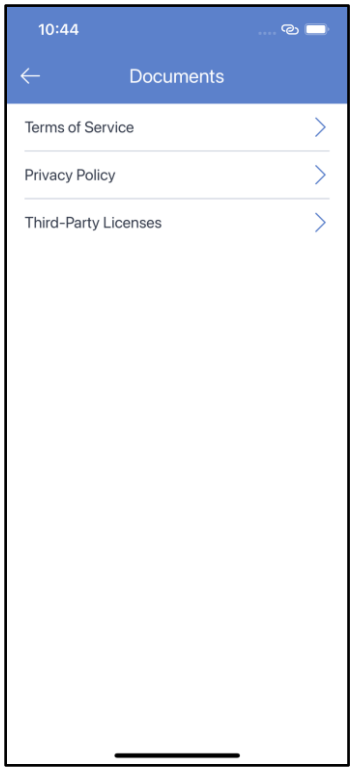
User Management

Legal Information

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







Health Record

All user data is saved within a specific Health Record. Any local or registered user has one automatically created main health record to store their own health profile and data. Any user may create 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:

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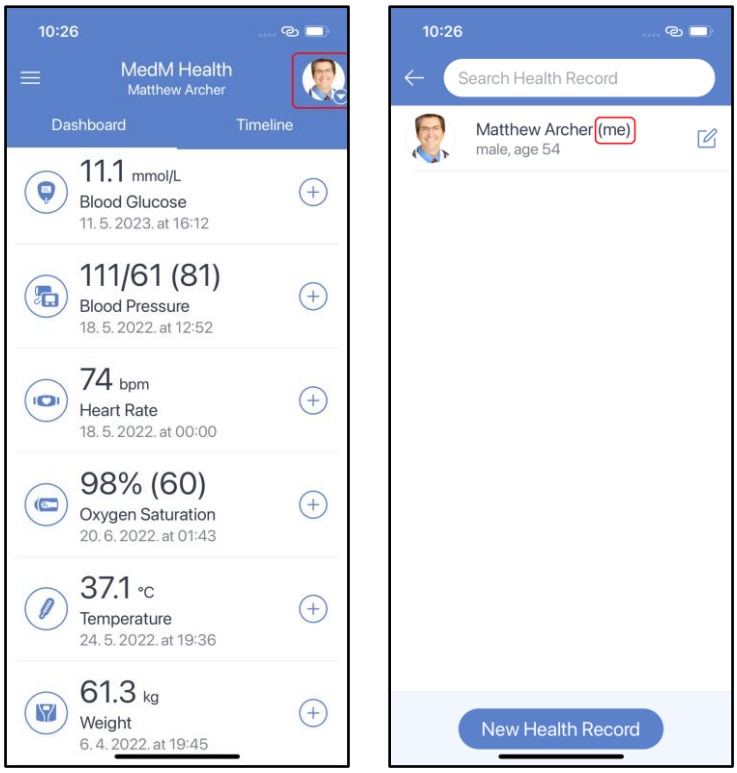
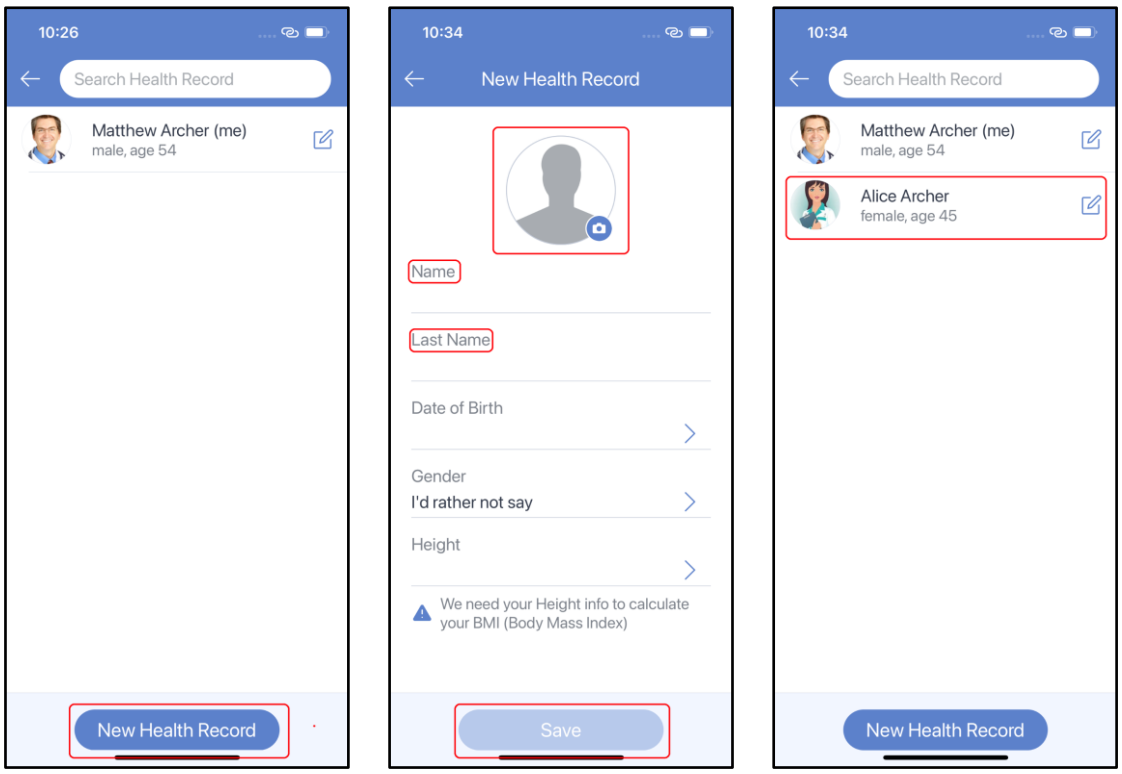


Any registered user has the **custodian** ownership of his **main** health record and hence may share access to it with other users. The only way to delete a main health record is to delete a corresponding user account.

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:



Any registered user has the custodian ownership of the health record he created and may share 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	☑	☑	☑
Edit Data	✗	☑	☑
Delete Data	✗	☑	☑
Share Health Record	✗	✗	☑

Delete Health Record	✗	✗	☑

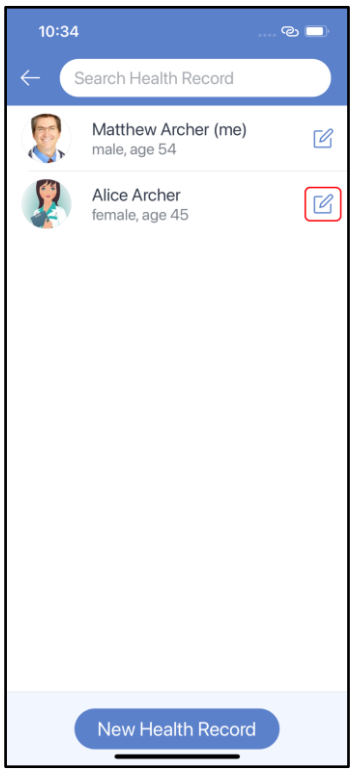
To Share a Health Record with Another User:

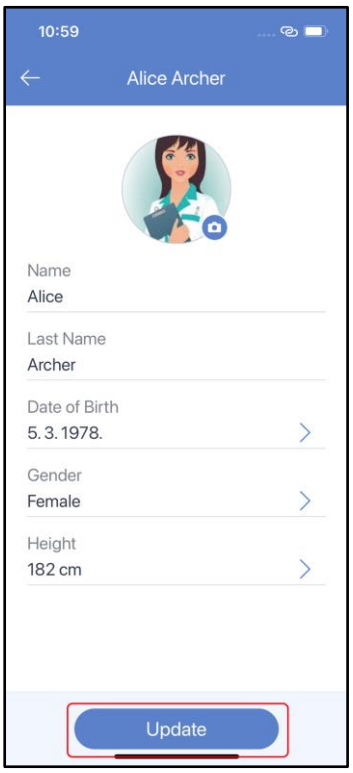
1. Sign in to the MedM Health Portal.
2. In the upper toolbar click **Care Circles** to get the list of your Health Records.
3. Choose a health record that you act as **Custodian** for and click on its **avatar** to go to its **Dashboard.**
4. Select **Sharing** from the menu and click **Share health 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 MedM Health Portal 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 MedM Health Portal.

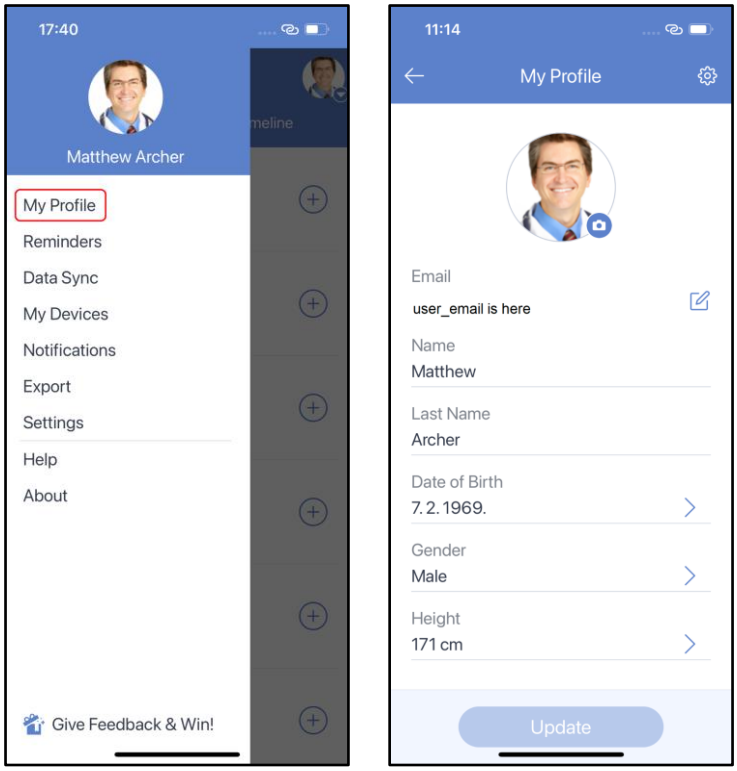
Edit Health Record

Editing of a health record and of the data stored in it is only available to custodians and modifiers. 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:



Deleting Health Record

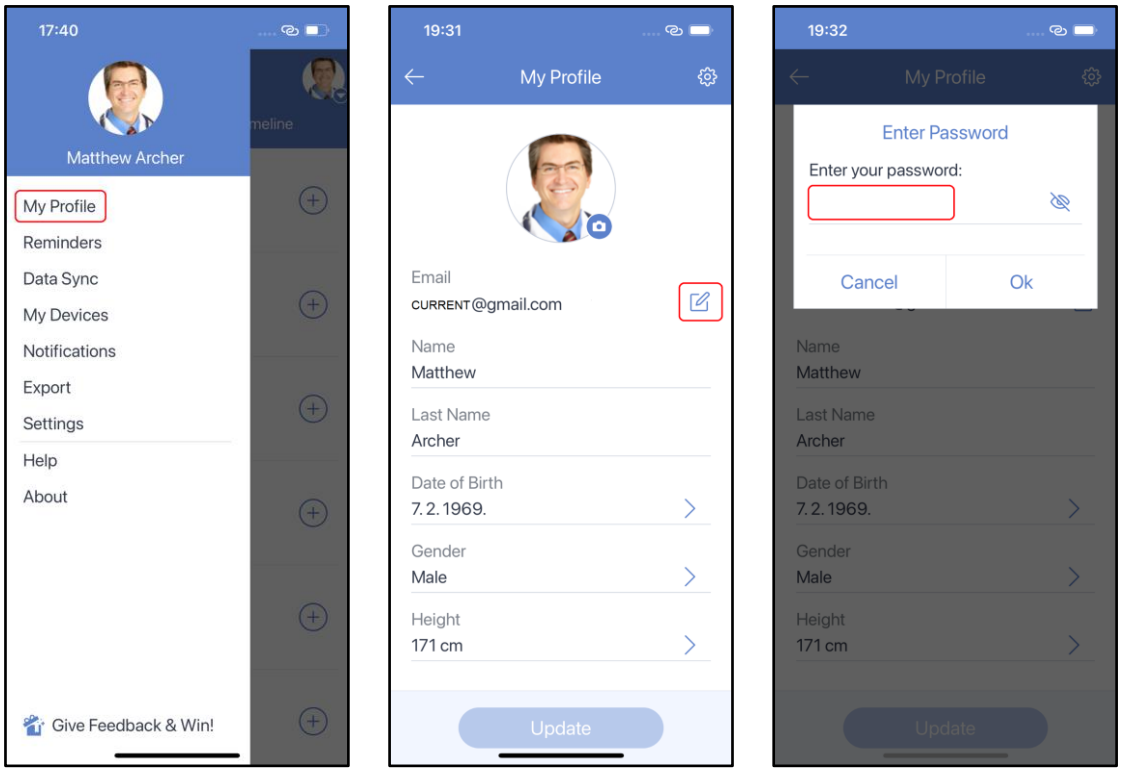
Health records cannot be deleted if you use the app in local mode. For registered users deletion of health records is available only for users with custodian access and only through the MedM Health Portal. The main health record cannot be deleted separately from a user. The only way to delete it is to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

To delete a Health Record Do the Following:

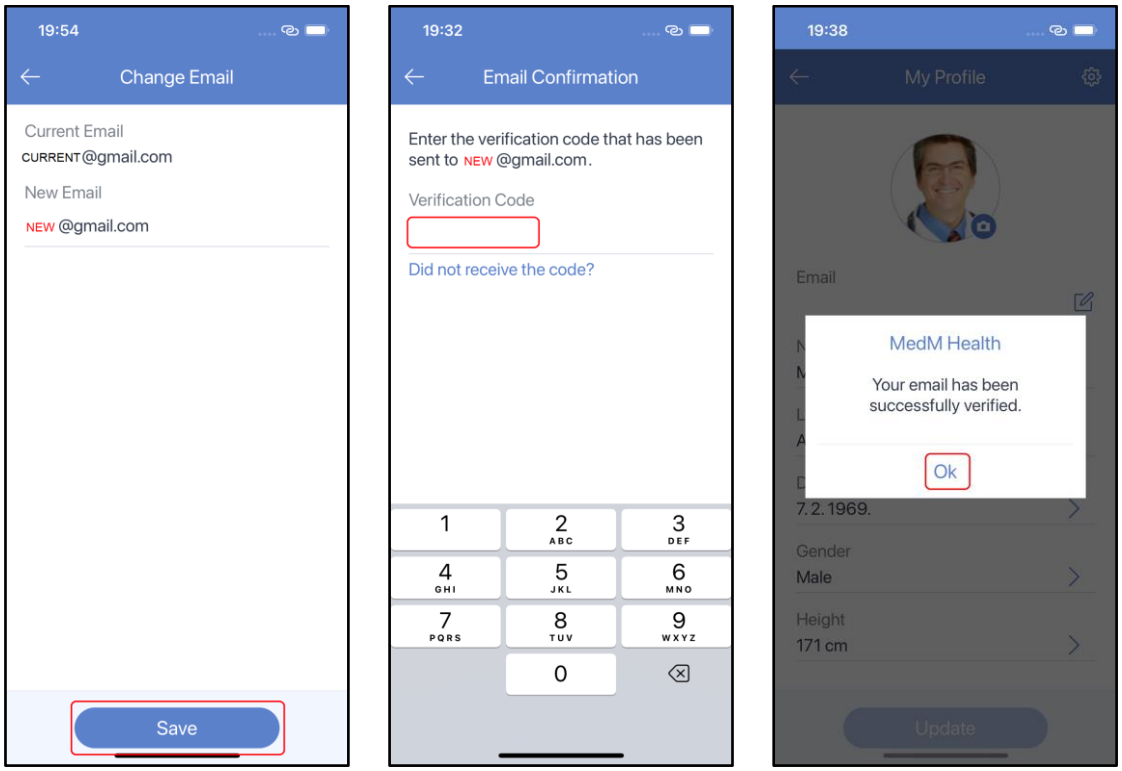
1. From the app menu select **About** and tap **MedM Health Cloud**. Now you are redirected to the MedM Health Portal
2. In the upper toolbar click **Care Circles**
3. Select the health record you wish to delete from the list
4. On the next screen click on the **avatar** to get the **Edit Personal Information** 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:



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:

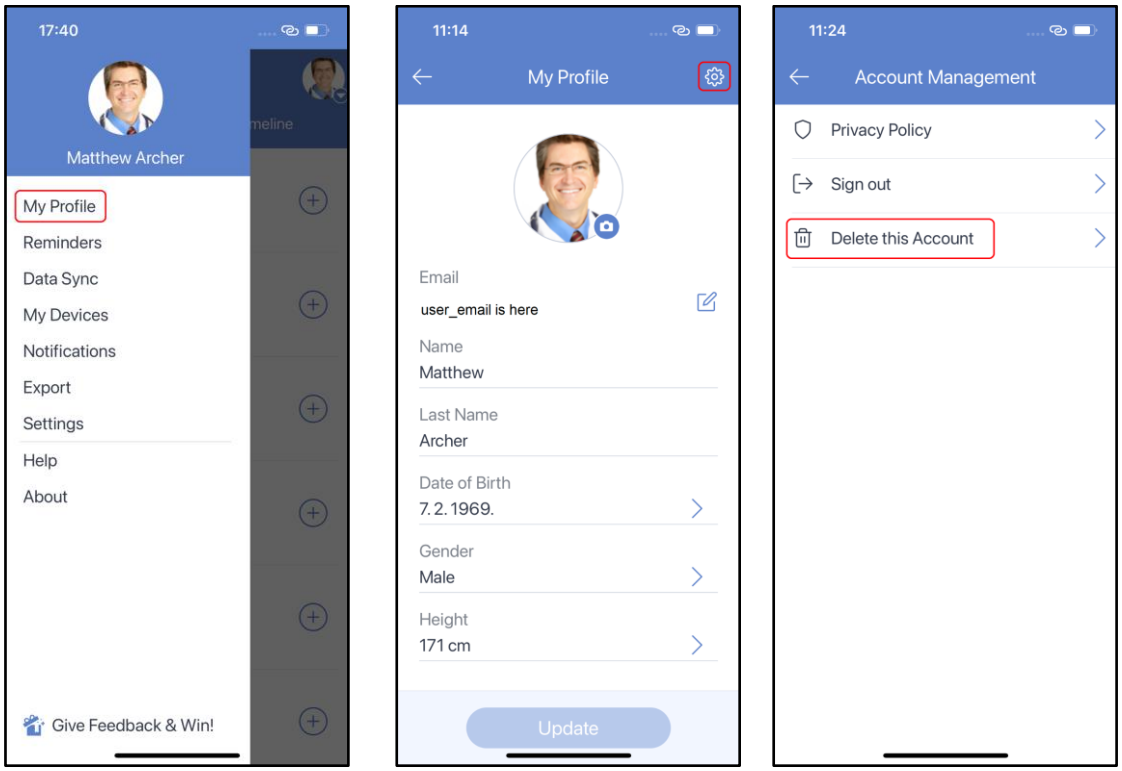


Email verification is optional, but it is necessary if you want to receive email notifications on such occasions as threshold violations, new measurements, and reminders (can be set up on the MedM Health Portal).

Delete User Account

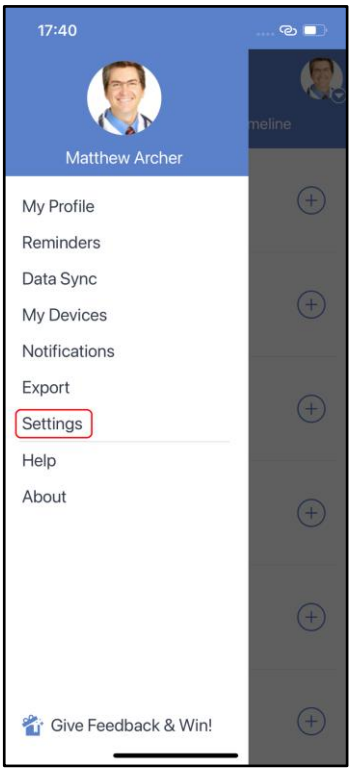
To delete a user account do the following:

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:



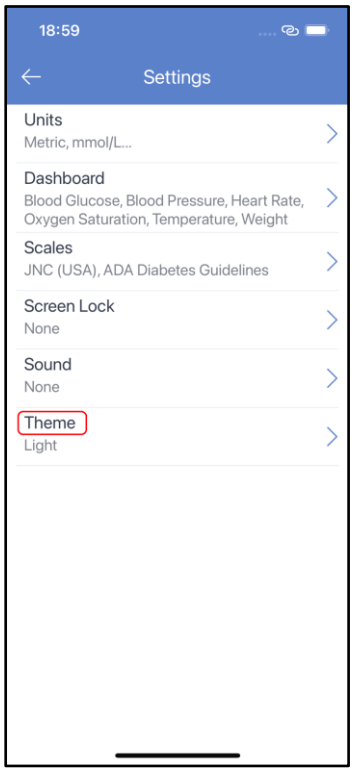
App Settings

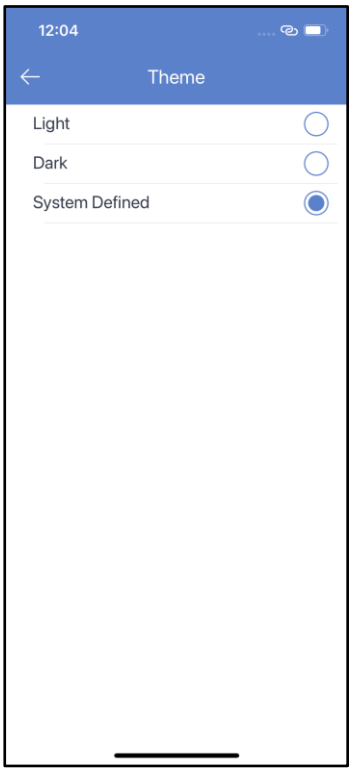
Select **Settings** from the **app menu**:

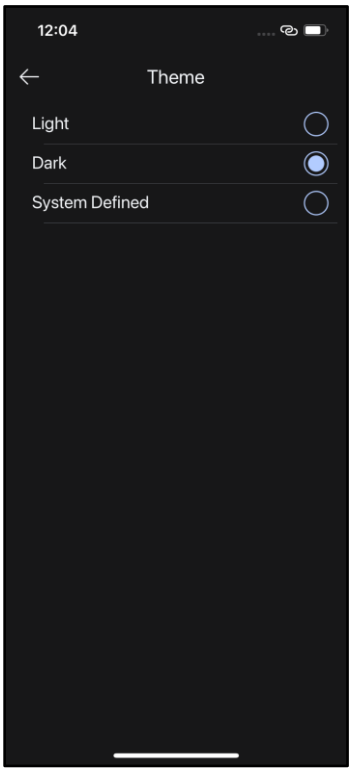


Theme

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:

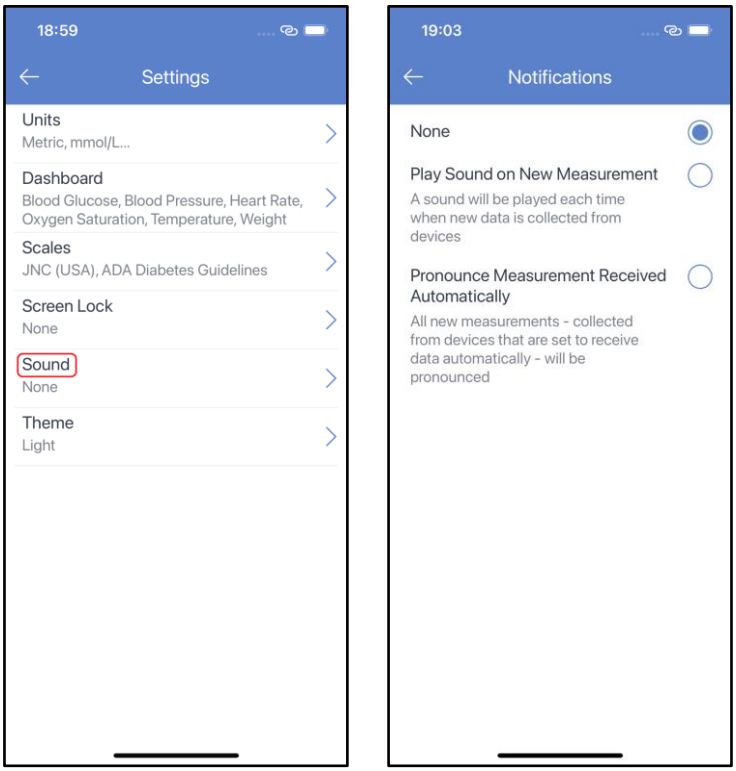






Sound

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



Units

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

There are two base unit sets:

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

Two options for Blood Glucose and Total Cholesterol units:

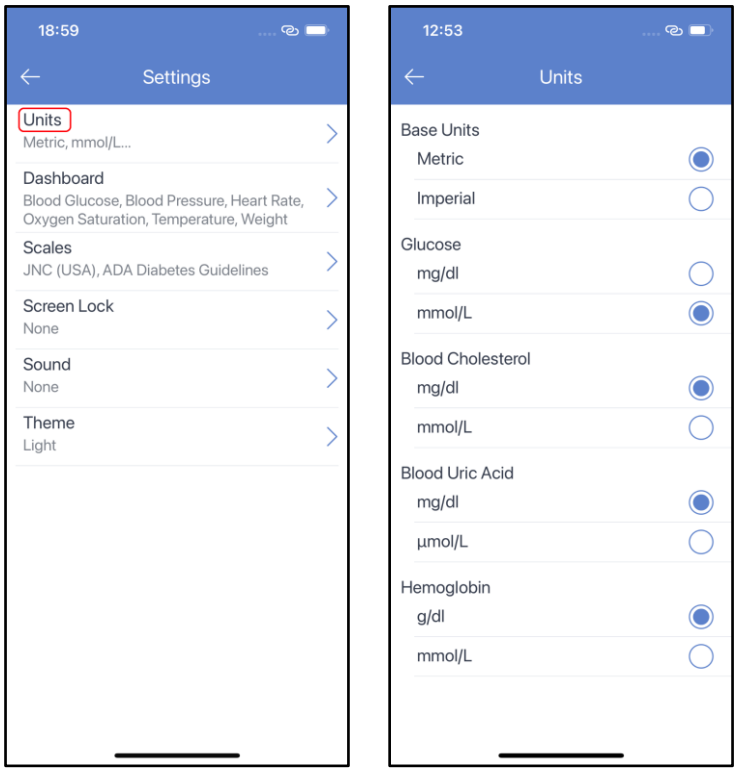
- mg/dL
- mmol/L

Two options for Uric Acid units:

- mg/dl
- µmol/L

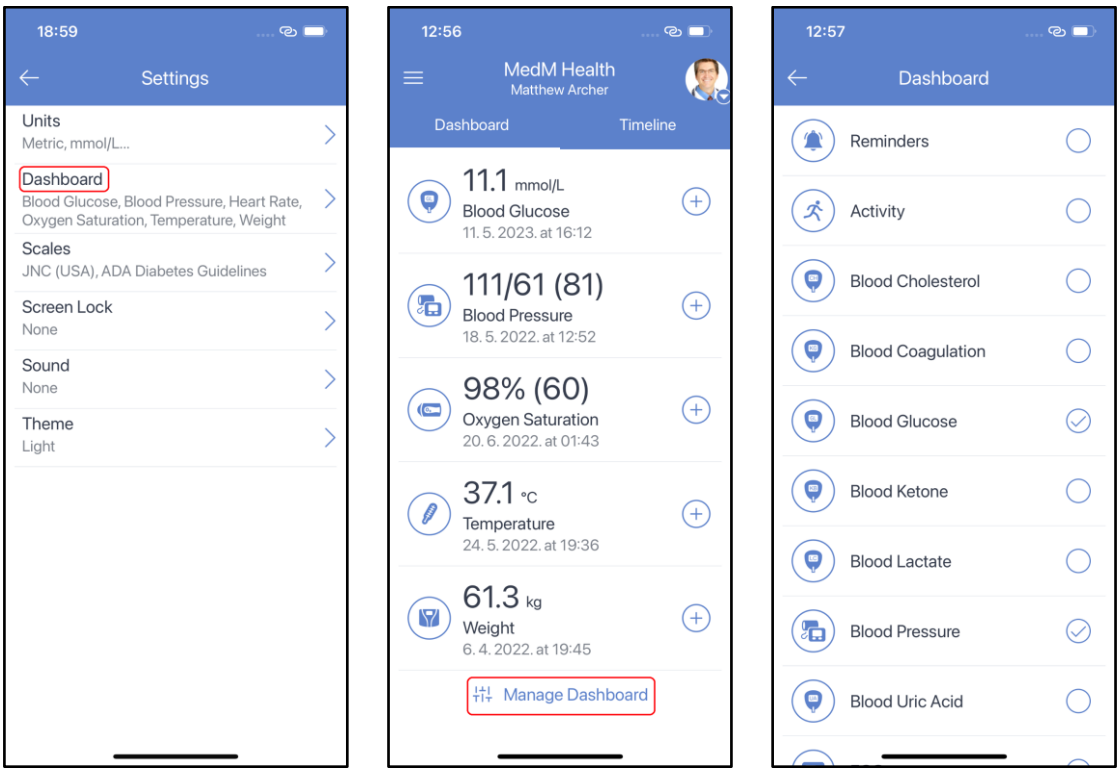
And two options for Hemoglobin units:

- g/dl
- mmol/L



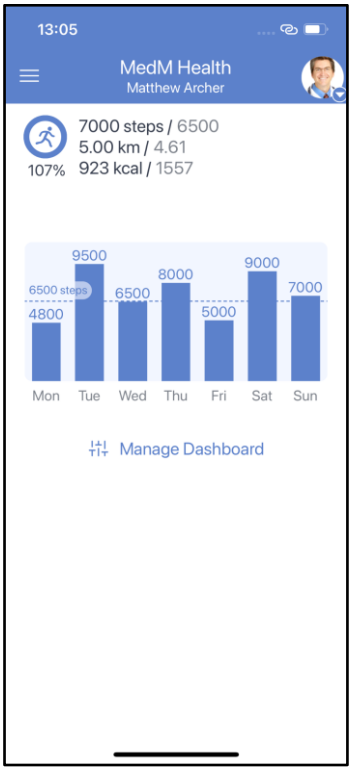
Dashboard

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:



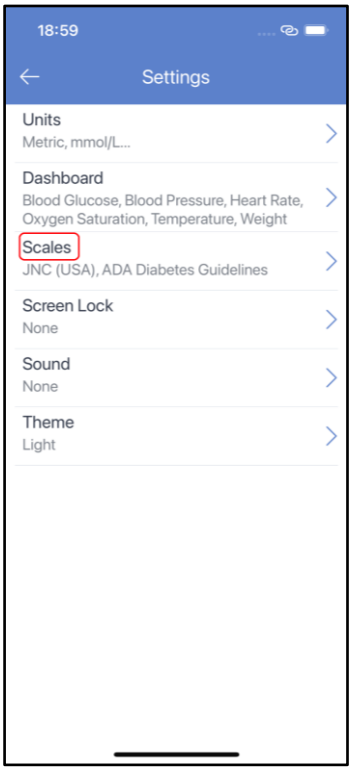
The last collected measurement of each data type is displayed on the dashboard.

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:

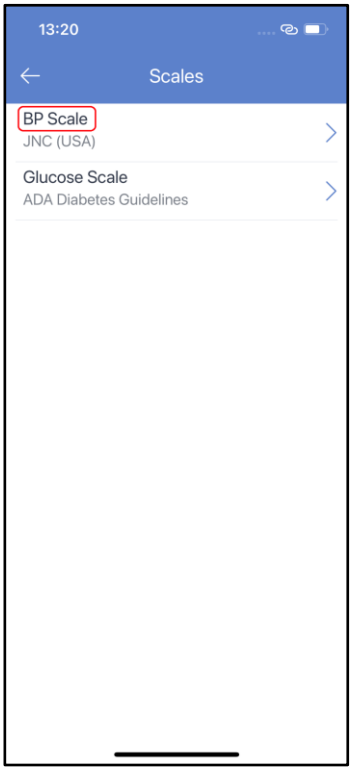


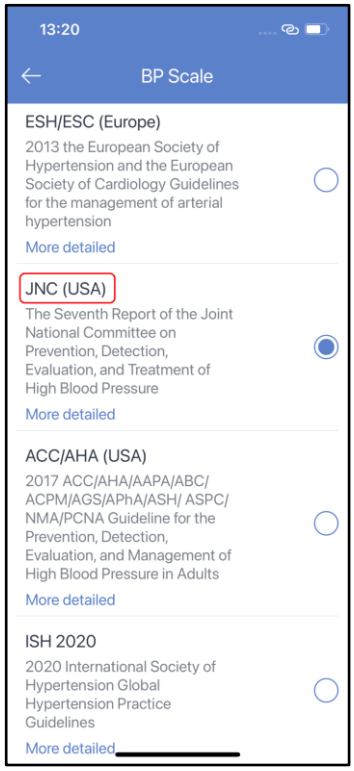
Hypertension and Glycemia Scales

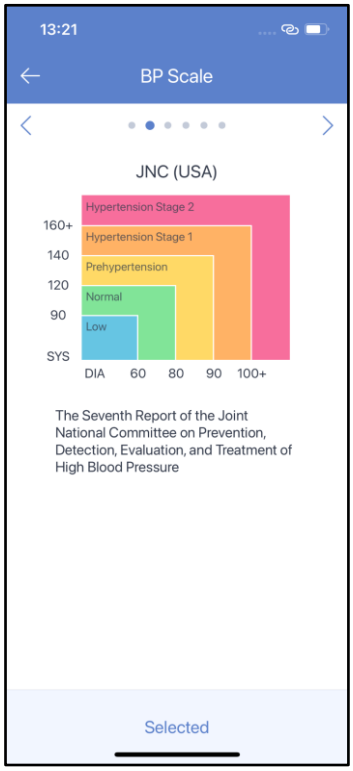
Set one of the scales for blood pressure and blood glucose measurements to be used to determine their statuses (low, normal, high etc.). Select **Scales** in the **Settings** screen, select **BP Scale** or **Glucose Scale**, and pick the preferred scale:



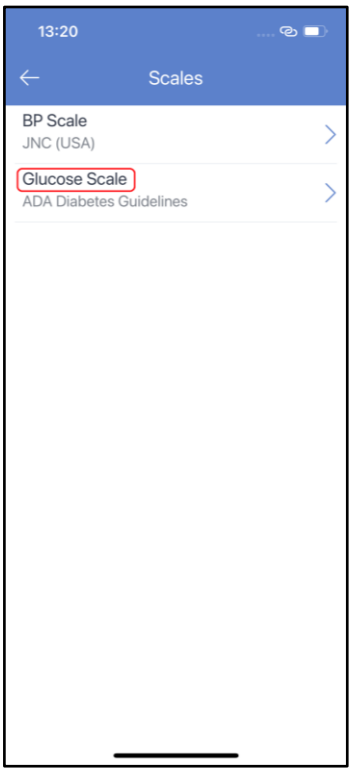
Blood pressure scales:

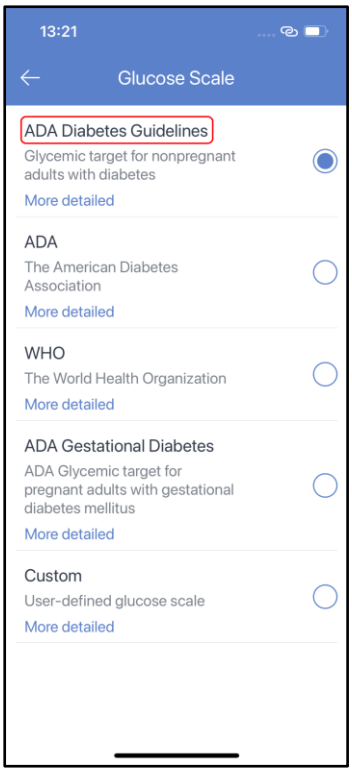






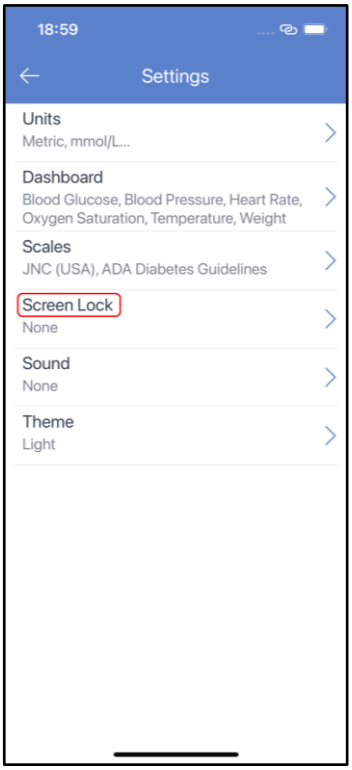
Blood glucose scales:

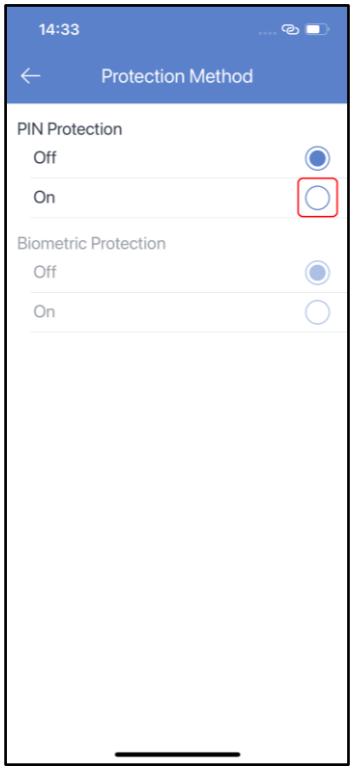


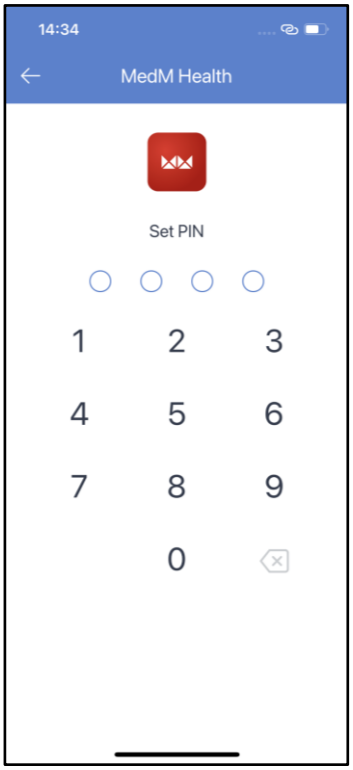


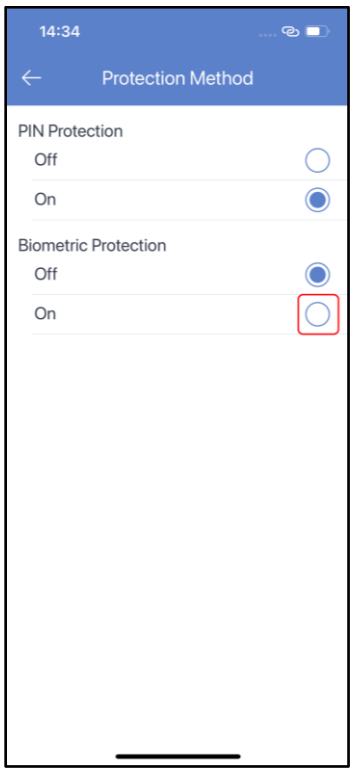
Screen Lock

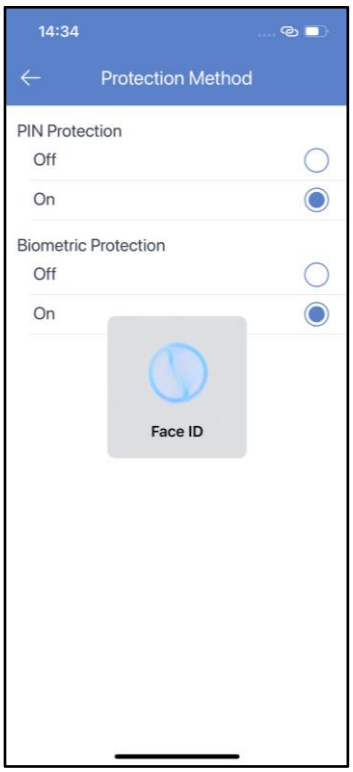
Set **Screen Lock** to protect the app and the data it contains from unauthorized access. The feature is available only to registered users and is unavailable for local users. Select the **Screen Lock** in the **Settings** screen. **PIN** protection is always available. **Biometric** protection includes 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:

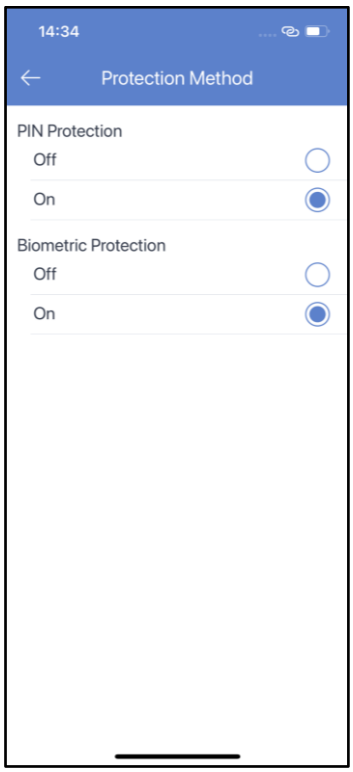






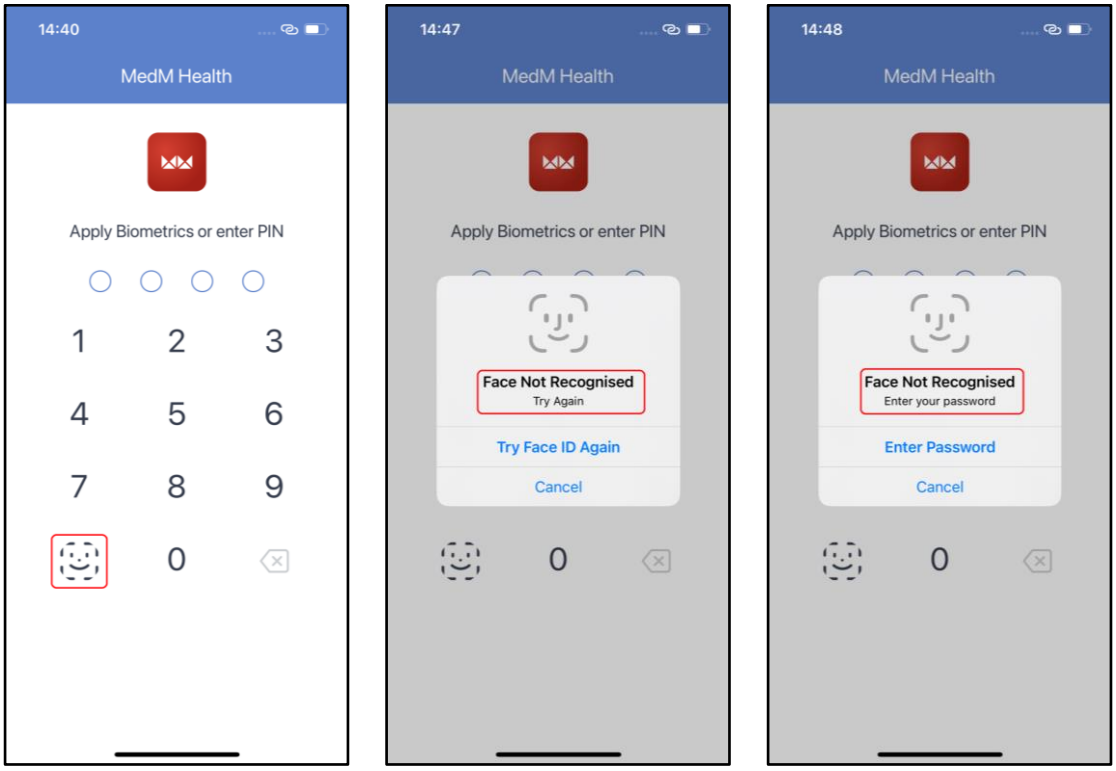


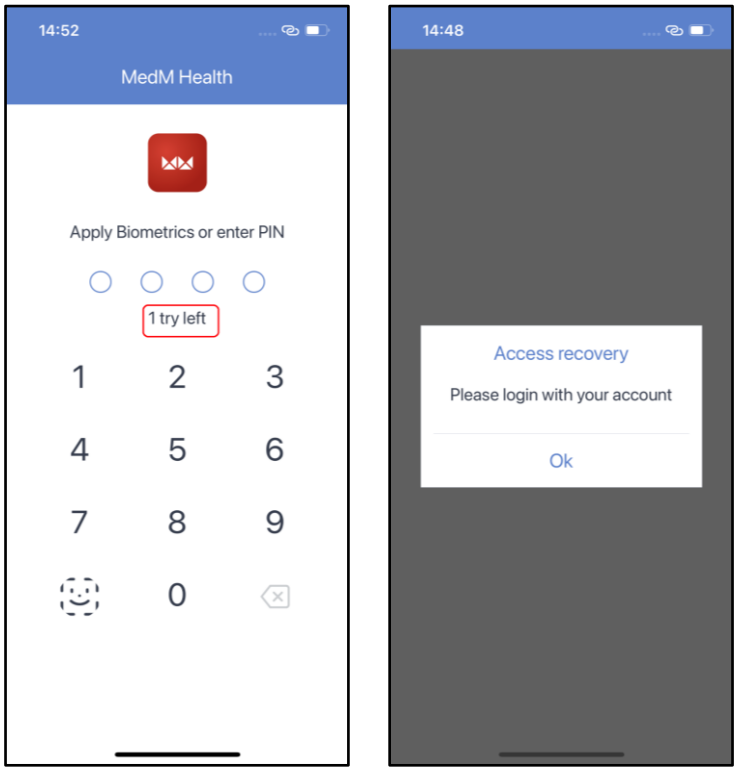




Once the screen lock is set, you will need to use your PIN or biometrics to open the app. If the

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:





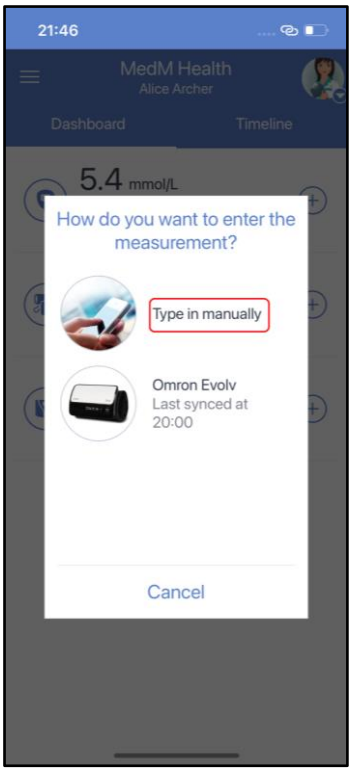
Manual Data Entry

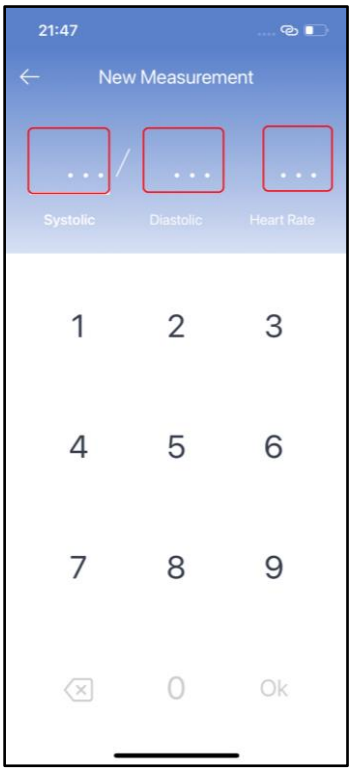
MedM Health supports manual data entry for **Blood Cholesterol**, **Blood Coagulation**, **Blood Glucose**, **Blood Ketone**, **Blood Lactate**, **Blood Pressure**, **Blood Uric Acid**, **Exercise**, **Fetal Doppler**, **Heart Rate**, **Hemoglobin**, **Medication Intake**, **Note**, **Oxygen Saturation**,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

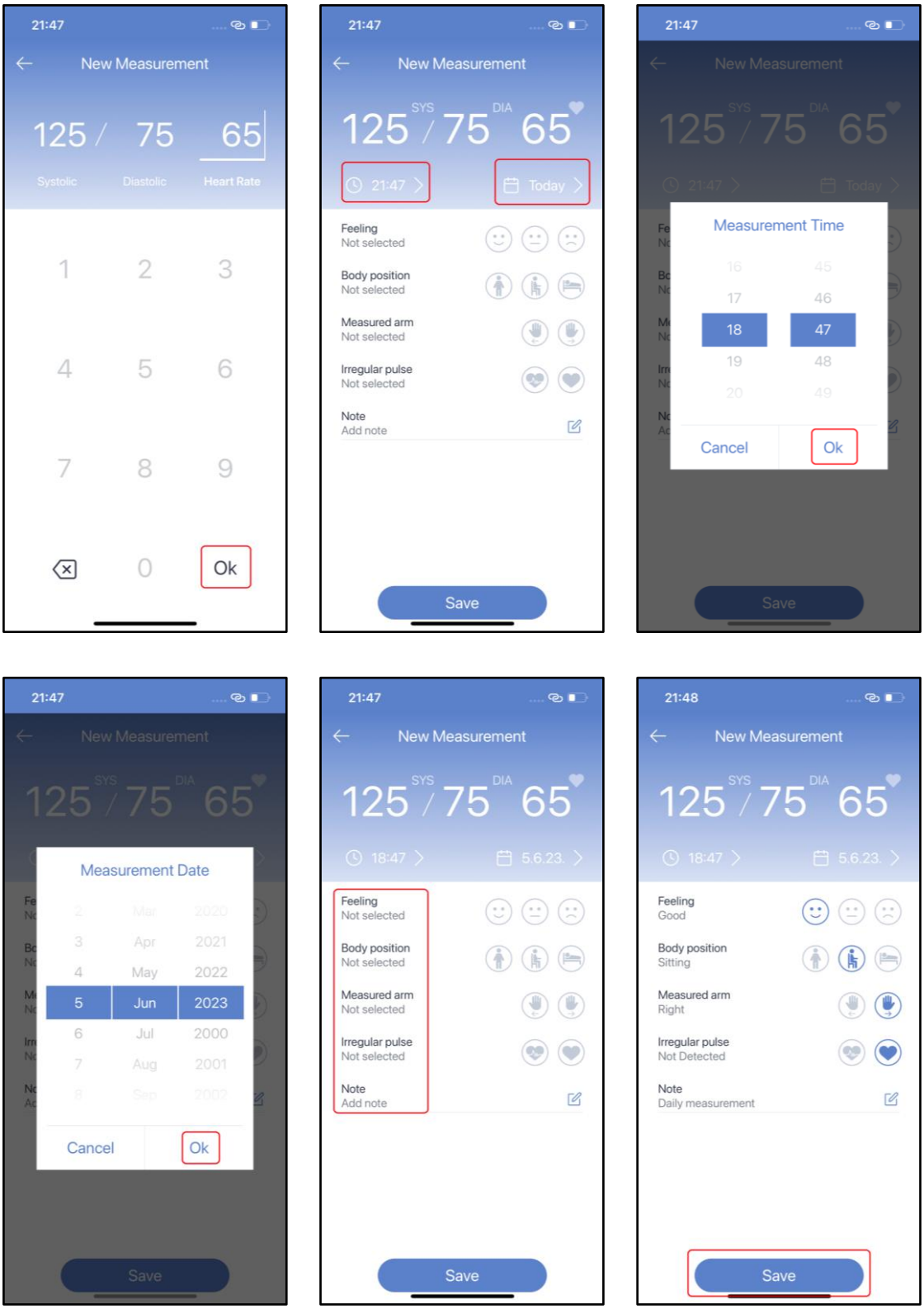
Weight data types. **Activity** and **Sleep** data can only be collected from compatible activity trackers and sleep trackers or imported from Apple Health, Google Fit or Fitbit. **Spirometry** data can only be collected from compatible spirometers or imported from Apple Health. **ECG** data can also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

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 700 devices 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 health record of any logged in user (including a local user) if they have the custodian or modify access level to the health record in question
     - For such devices, the device settings can be reconfigured at any time without the need to re-pair
     - Most devices are multi-user (except for all activity trackers, some weight scales and some blood pressure monitors)
   - **User-specific devices**
     - Once paired with the app for a specific user, such devices are ready to transfer data only to a specific health record (specified on pairing), provided that the user has custodian or modify access right for this health record
     - For such devices, user-specific settings are configured only on pairing and can be changed only on re-pairing
     - All activity trackers and some of weight scales and blood pressure monitors 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 health record of this user, provided that the user does have custodian or modify 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 compatible devices except some weight scales and blood pressure monitors
   - **Devices with several user IDs**
     - Examples of such devices are some weight scales and blood pressure monitors
     - 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 glucose meters, all blood pressure monitors, all weight scales
   - **Stream/Continuous devices**
     - Such devices provide a stream of values per measurement
     - Examples of such devices are some thermometers (e.g. CORE, Cosinuss Two), some pulse oximeters (e.g. Nonin 3230), some heart rate monitors (e.g. Wahoo Tickr), all ECG devices
   - **Statistical devices**
     - Such devices provide statistical data e.g average, max, min value for each measurement
     - An example of such devices are some pulse oximeters (e.g. Beurer PO 60)
   - **Stream + Spot devices**
     - Some devices support both modes (e.g. Nonin 32030, Choicemmed MD300Cl218). In this case the Device mode 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 activity trackers, some spirometers (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 Roche devices)
   - **Real time + history devices**
     - Some devices support both modes. In this case the Device mode 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 activity trackers

- **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 pulse oximeters and some spirometers (e,g, Jumper pulse oximeters, MIR spirometers)
- **Auto** + **manual** devices
    - For most compatible devices both modes are available. To select the preferred data upload mode use the Receive data automatically? setting

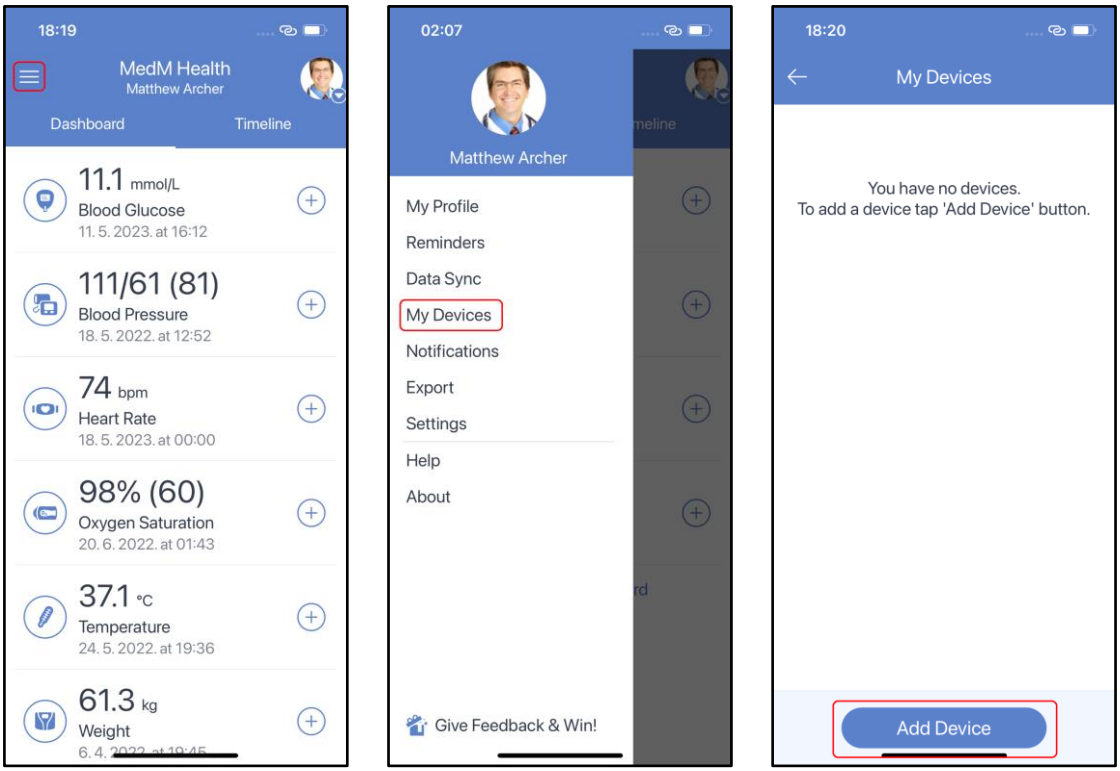
Pairing

Before pairing a compatible device, make sure that the Bluetooth is turned on your smartphone or tablet and that all of the necessary permissions are granted:

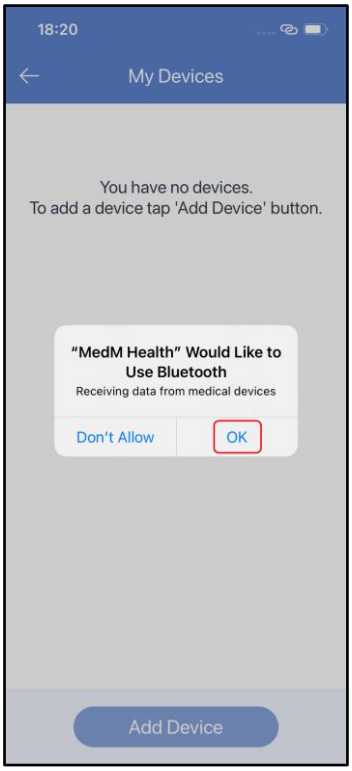
- iOS: on mobile devices running iOS you will be asked to allow MedM Health to access Bluetooth.
- Android 11 or lower: if you start discovering Bluetooth devices for the first time on a mobile device running Android OS 11 or lower you will be asked to grant permission to access your location. The permission 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 official Google For Developers source. 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 the official Google for Developers source.

To pair a compatible device with MedM Health please perform the following steps:

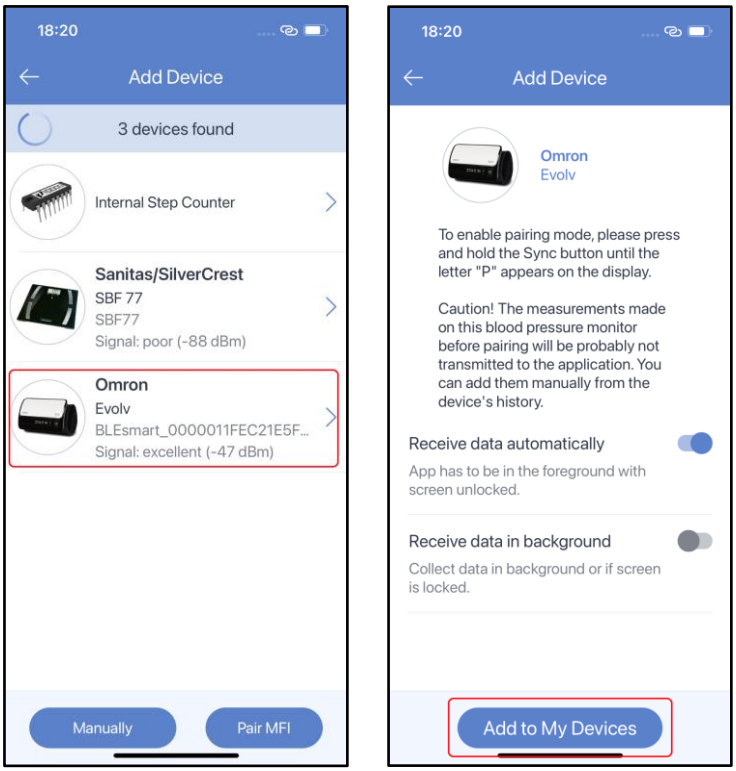
- Open the **app menu**, select **My Devices and** and **Add Device**:



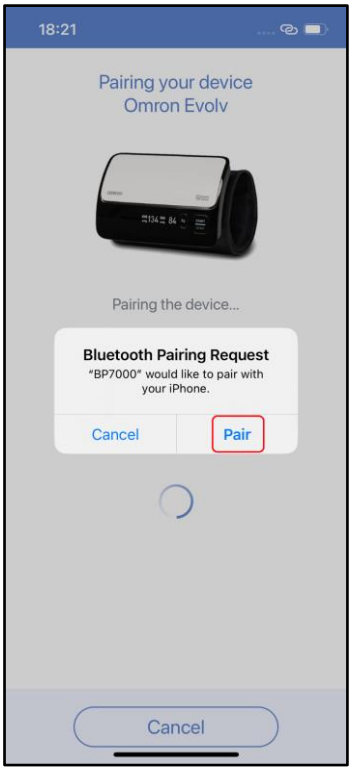
- Grant the required permissions to start the discovery your meter by the app:



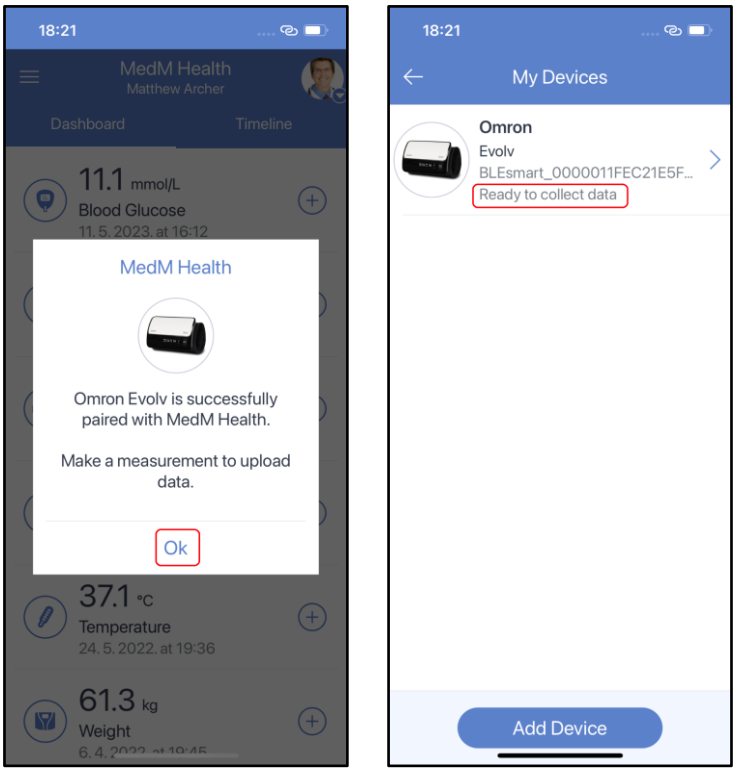
- Once your device is discovered, select it from the list, configure device settings and tap **Add to My Devices**:



- Accept the system pairing request (if present):

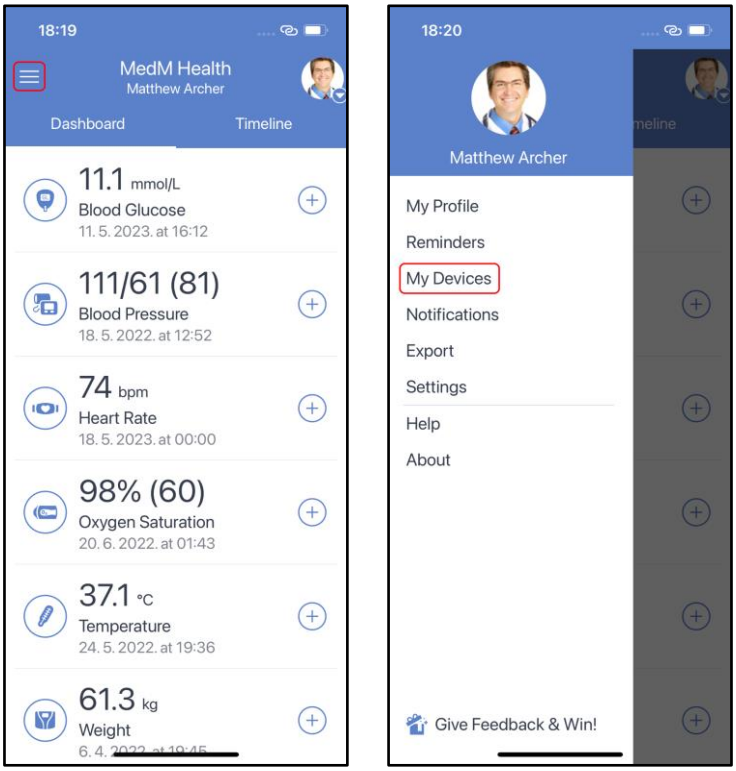


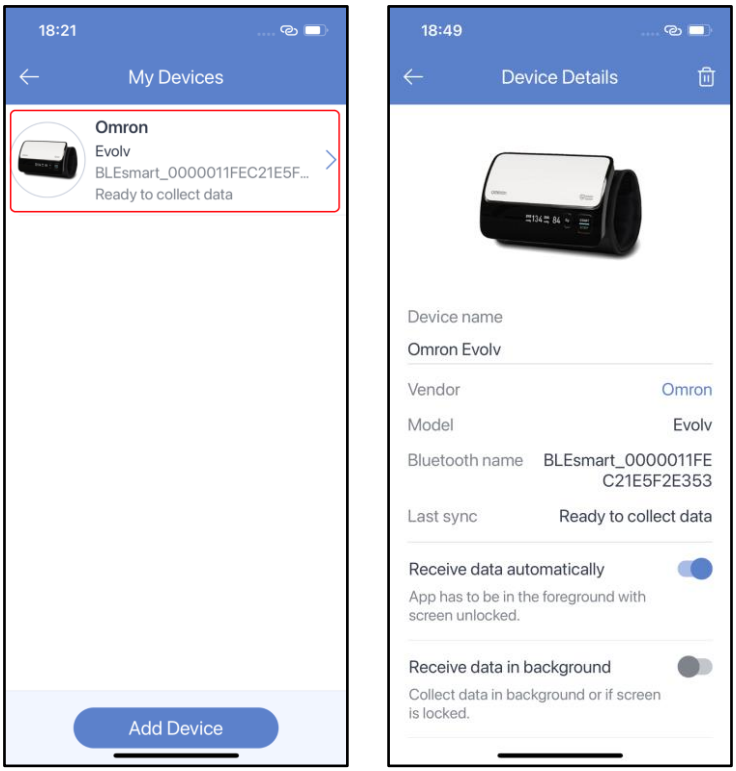
- Upon successful pairing you should see a corresponding popup. The paired device will become present in the **My Devices** list with **Ready for collect data** state:



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:





The **Device Details** screen contains:

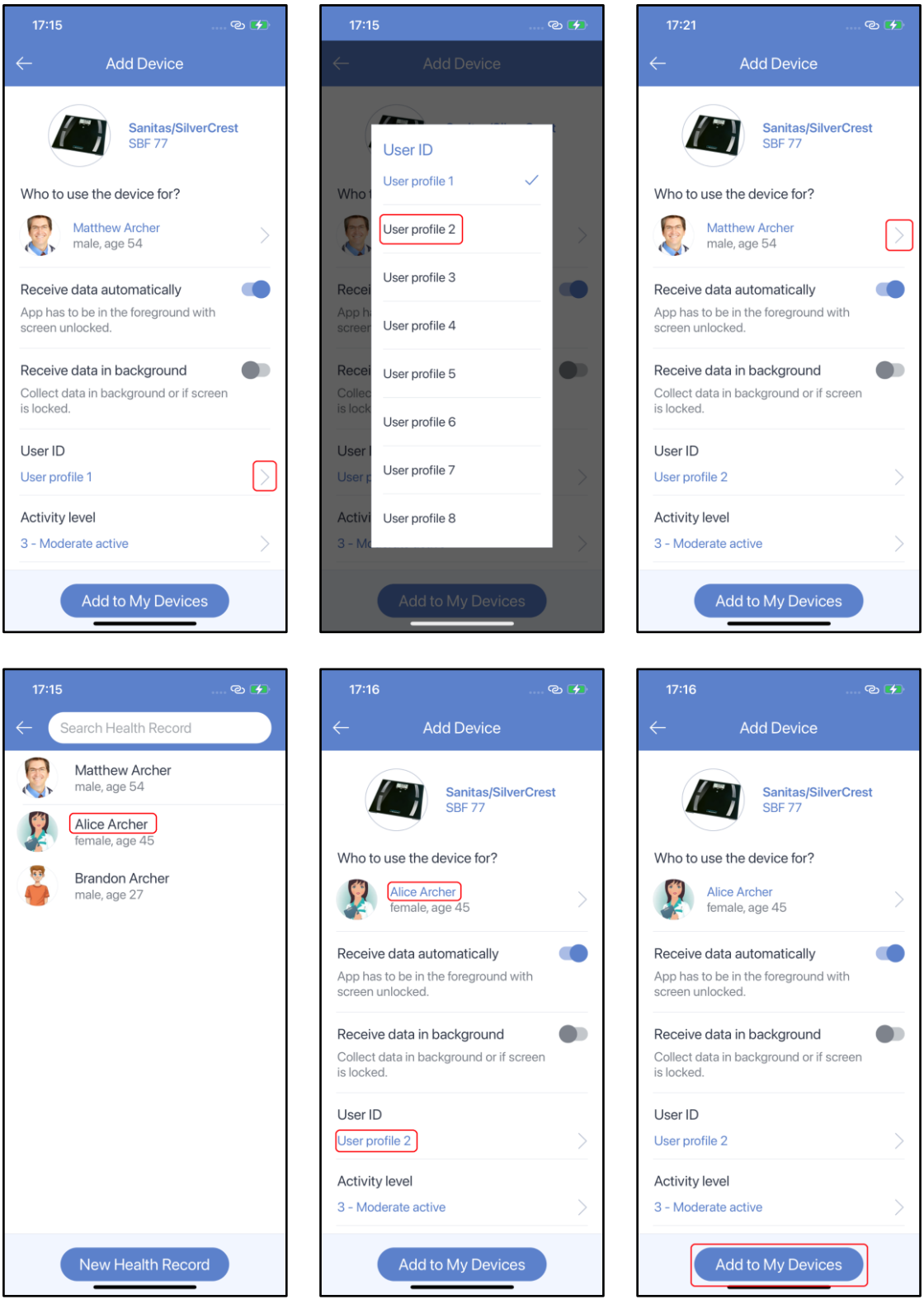
- Device picture
- Information about device name (editable), device vendor, device model, device Bluetooth name, device last sync time.
- Device settings that may be configured
- The **bin** icon to unpair device

User-Specific Settings

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

Some weight scales (e.g Omron VIVA) and blood pressure monitors (e.g. Welch Allyn) are also user-specific and all of them have several user IDs, 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 user-specific 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.

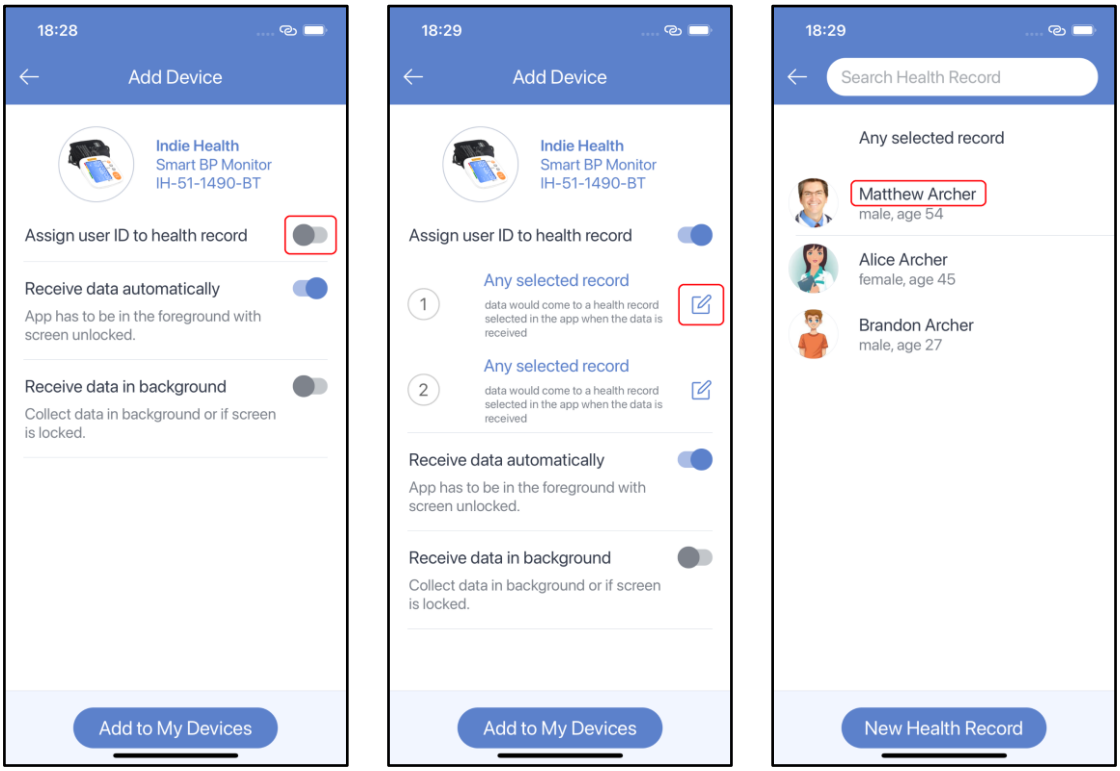
The user-specific **Who to use the device for?** and **User ID** settings can be configured only on pairing. So if you want to change the current configuration - you should unpair the device and set a new configuration on new pairing.

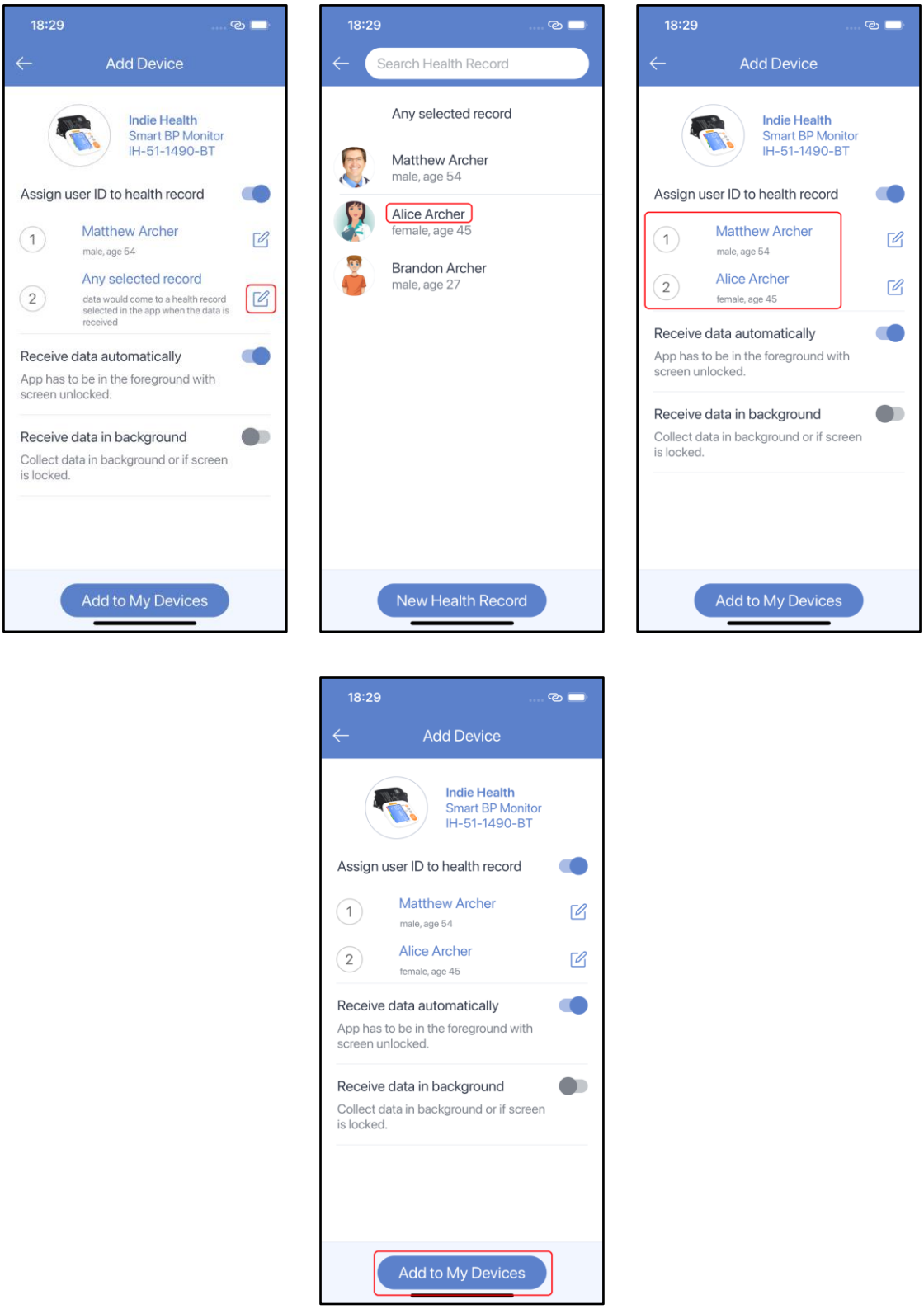
Multi-User Settings

All devices that are not user-specific are multi-user. 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 health record, provided that the user has custodian or modify 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 custodian or modify 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.

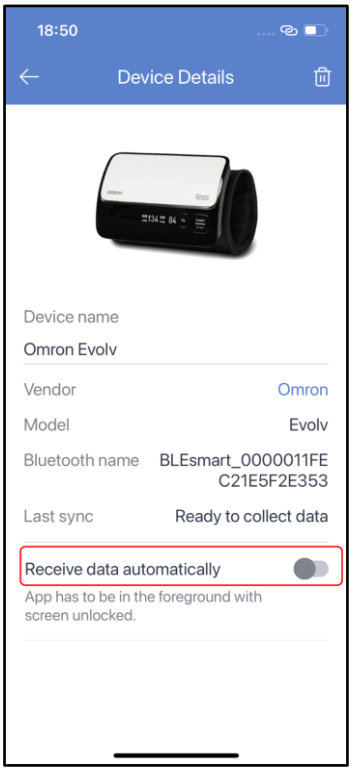
The **Assign user ID to health record** setting can be reconfigured at any time while the device is paired with the app.

Data Upload Settings

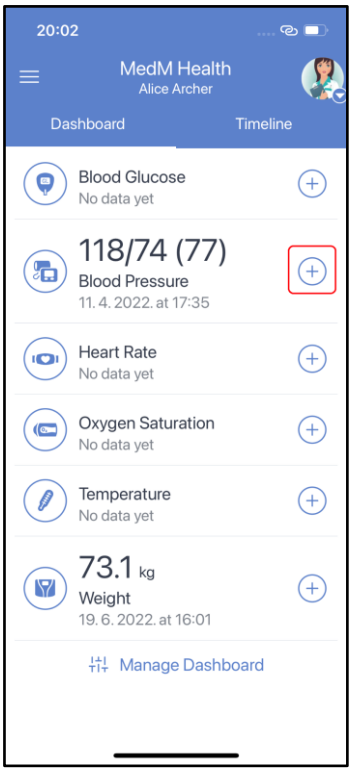
Some devices transfer data to the app only in manual mode, and other devices – only in automatic mode. For devices that support both modes, the **Device Details** page shows the **Receive data automatically?** setting.

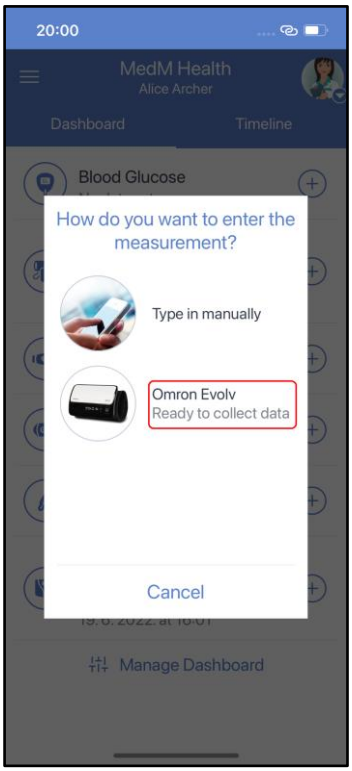
Manual Data upload

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:

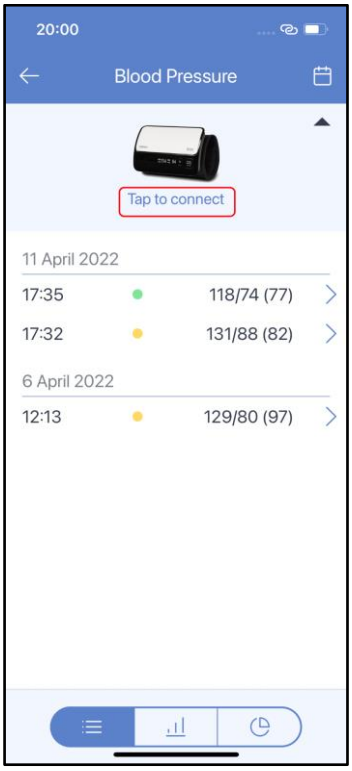


Manual data collection is initiated either by tapping the **+** icon on the dashboard (next to the corresponding data type) or by tapping the device icon at the top of the history screen (of the corresponding data type):

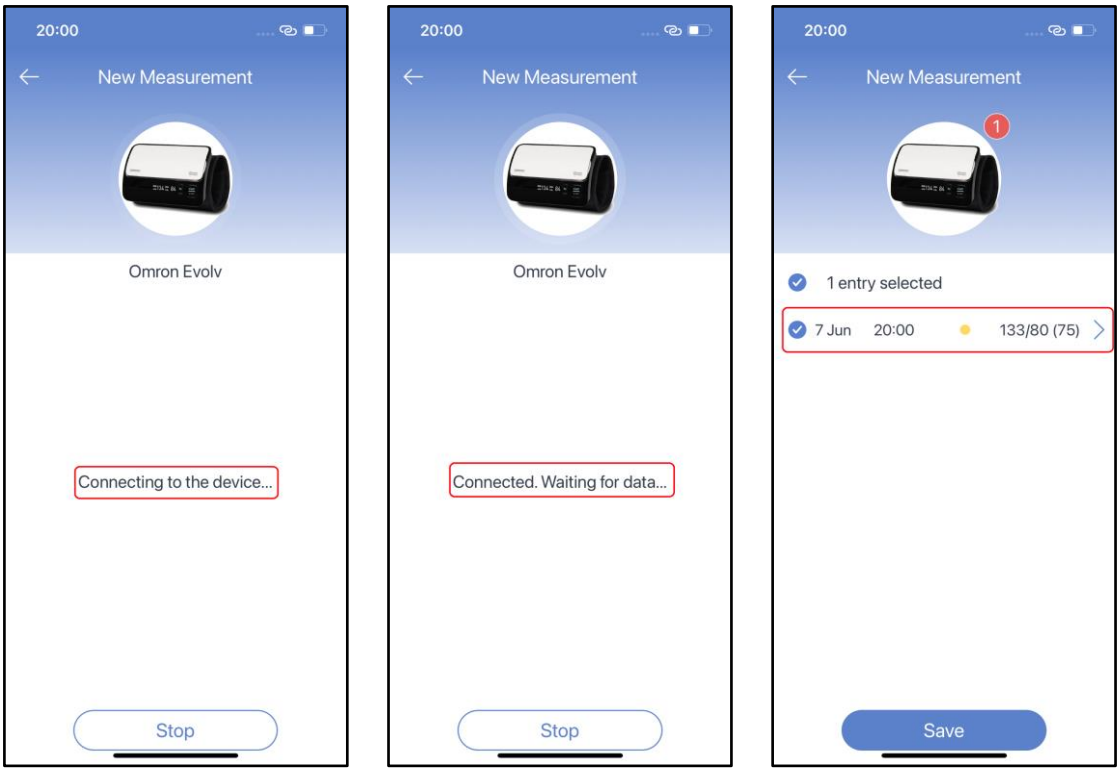




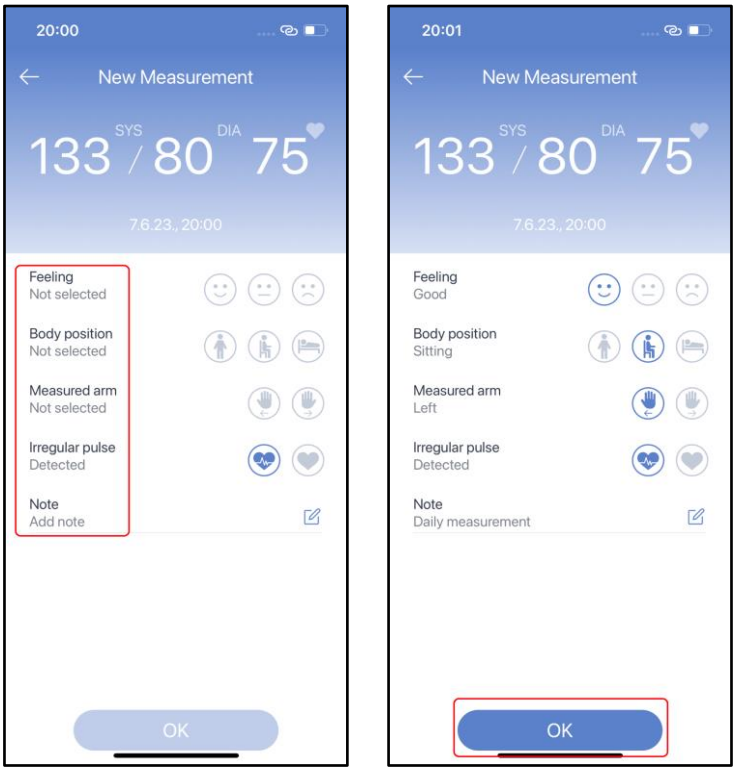
Or:



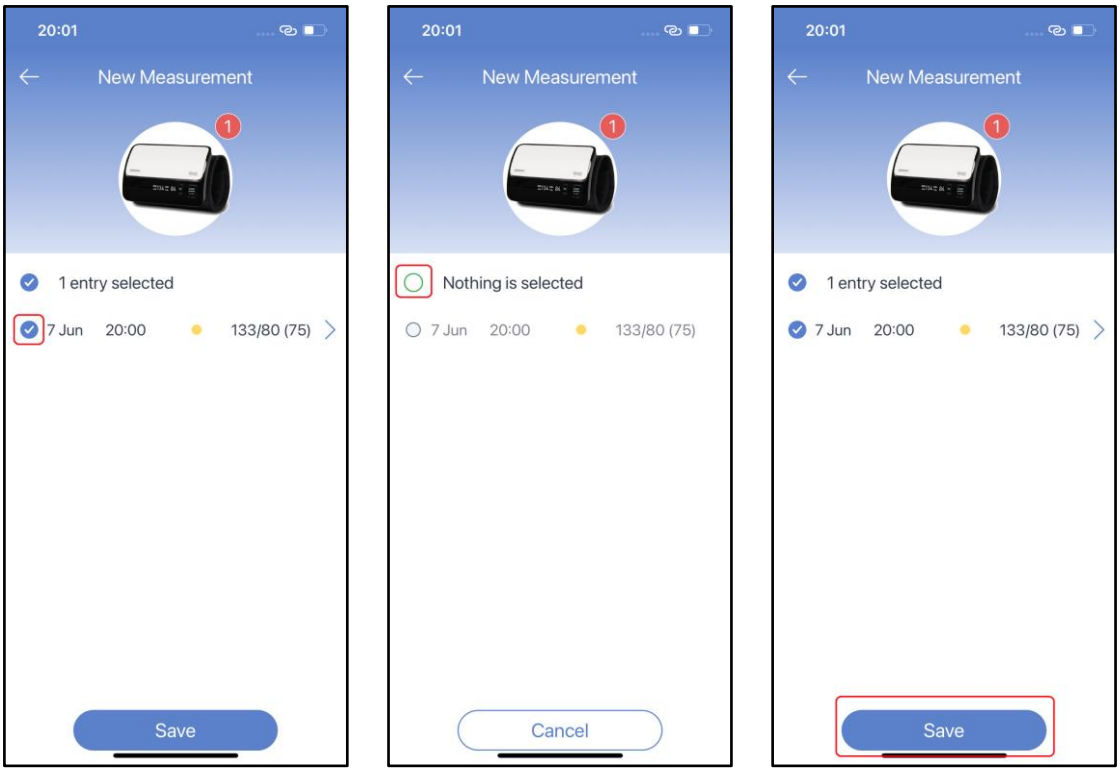
Once manual data collection is initiated, the app will start connecting to the device to collect new data:



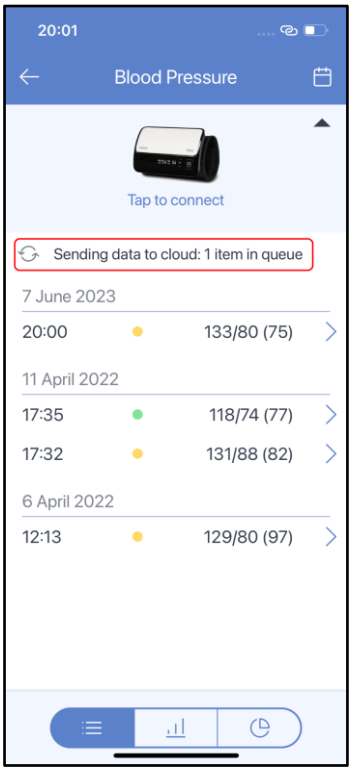
You can tap on the new measurement before saving it to add/edit available measurement details:



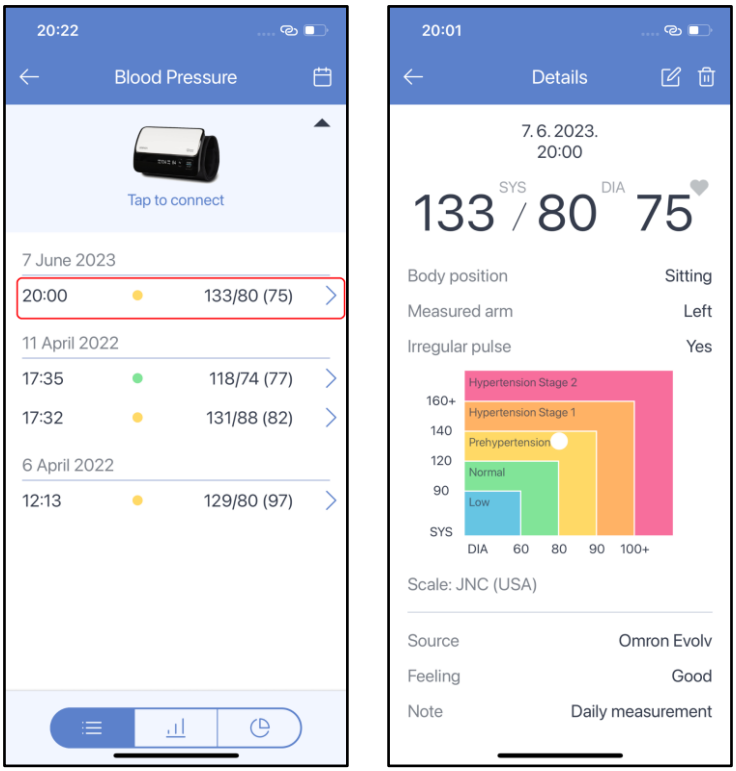
If you collected several measurements - you can select checkboxes next to the measurements you want to save to your measurements history:



Once you save new data, it will be immediately synced with the [MedM Health Cloud] for registered users:

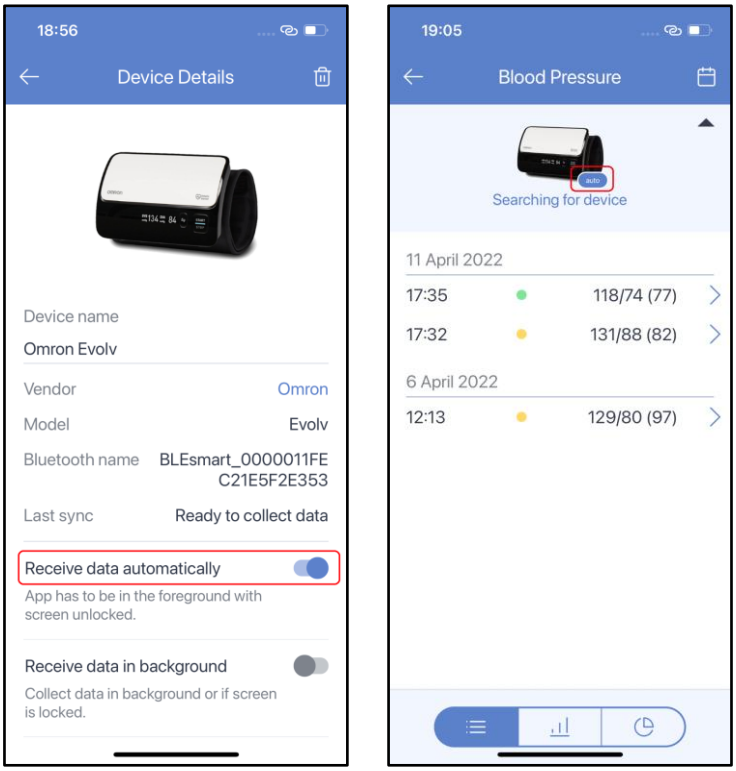


Tap on new measurement to review its details:



Auto Data Upload

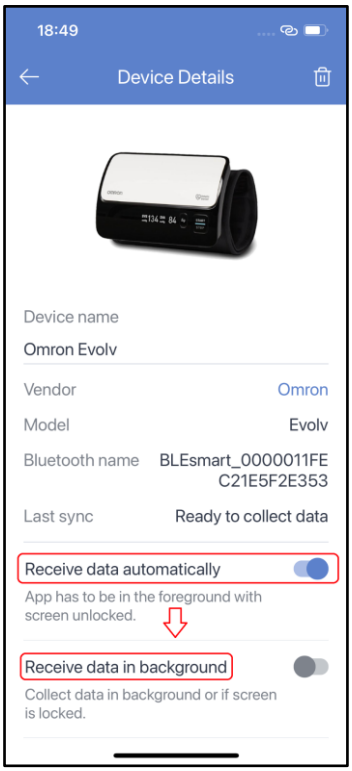
If the **Receive data automatically?** is **on** or the setting is not present for an auto device**,** then the device is displayed at the top of the corresponding measurement type history screen marked as **auto**:



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

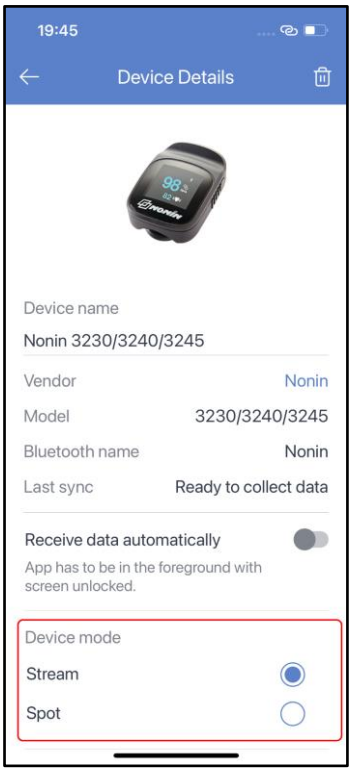
The **Receive data in background** setting is available for most auto devices if the **Receive data automatically?** setting is **on**:



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.

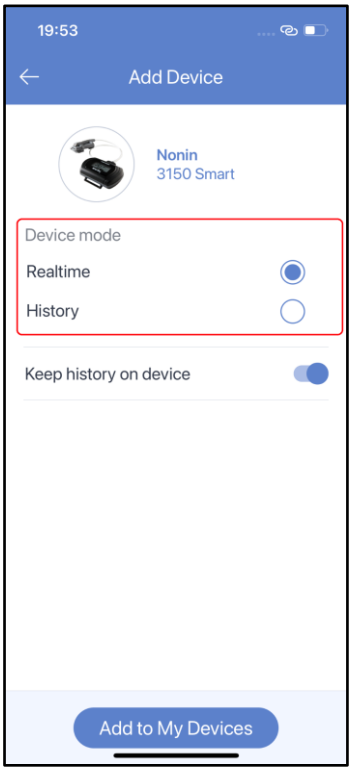
Stream/Spot Mode

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:



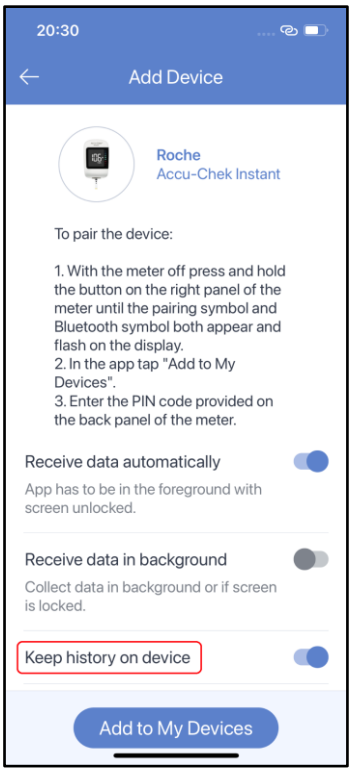
Real-Time/History Mode

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:



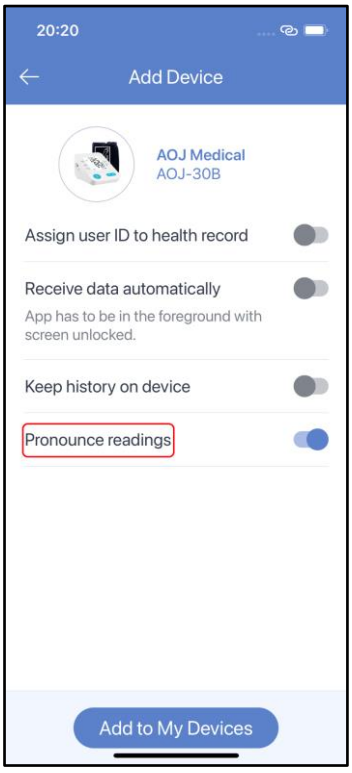
Keep History Setting

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

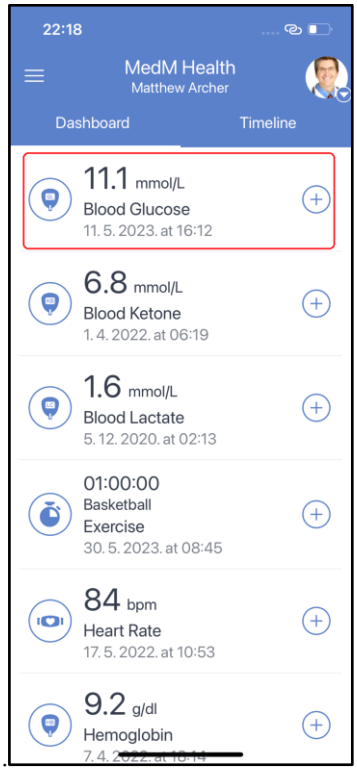
For some compatible devices the **Pronounce readings** setting is available. If this setting is turned **on**, the paired meter will pronounce measurement values aloud as they are received:



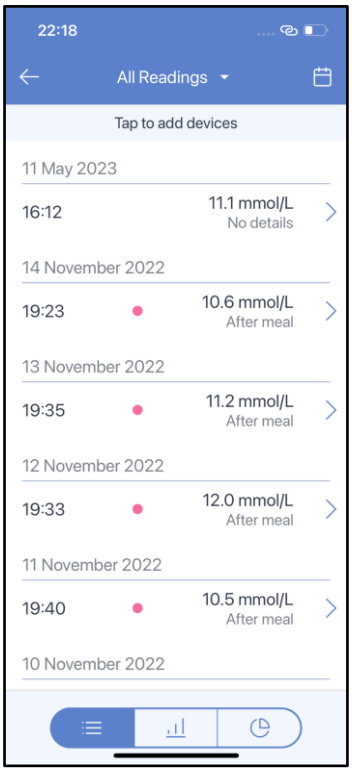
Data History

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:

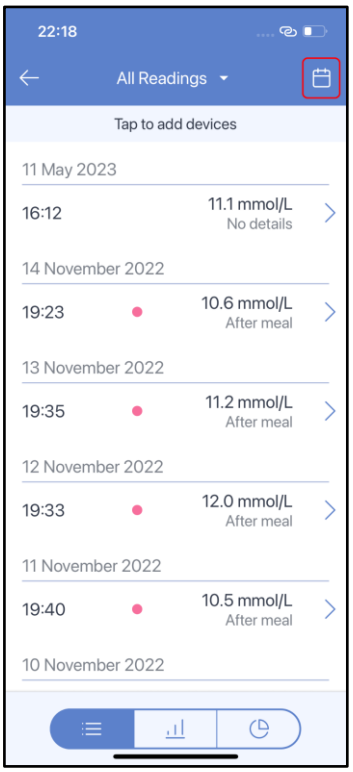


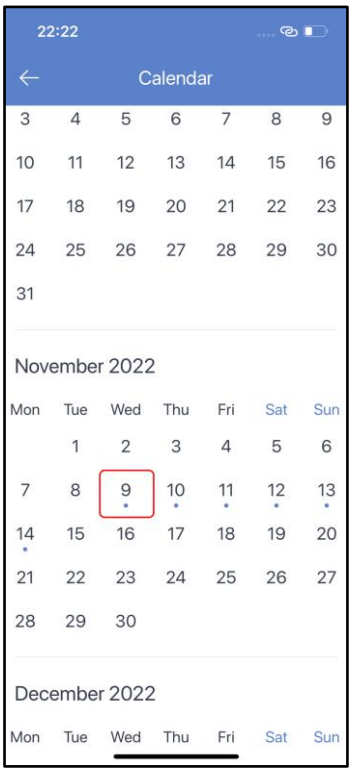
You are now on the history screen. View the previous measurements by scrolling (swiping) up or down:

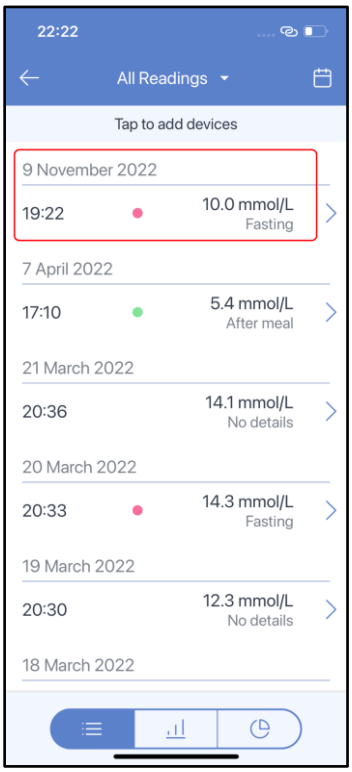


Calendar

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:

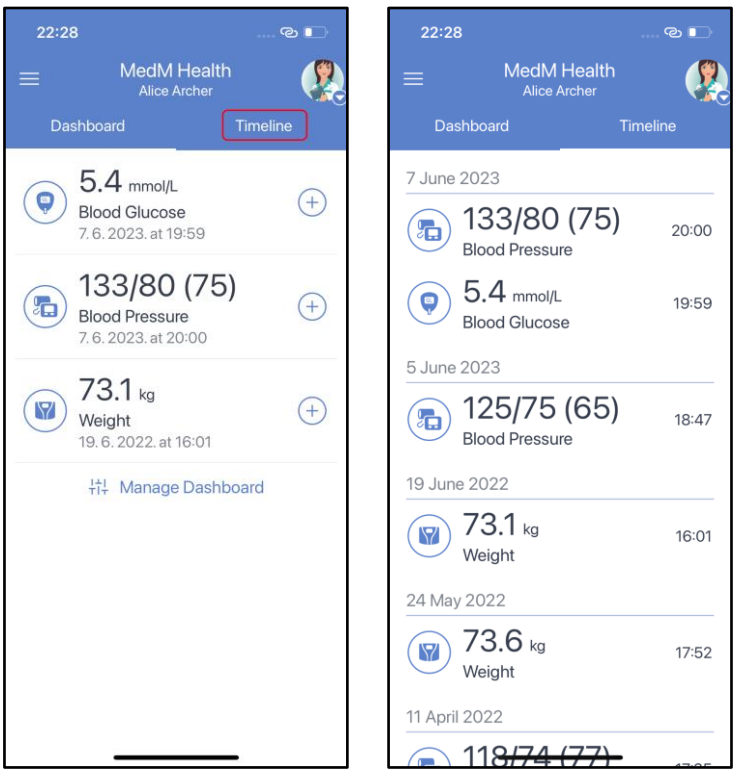






Overall Timeline

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

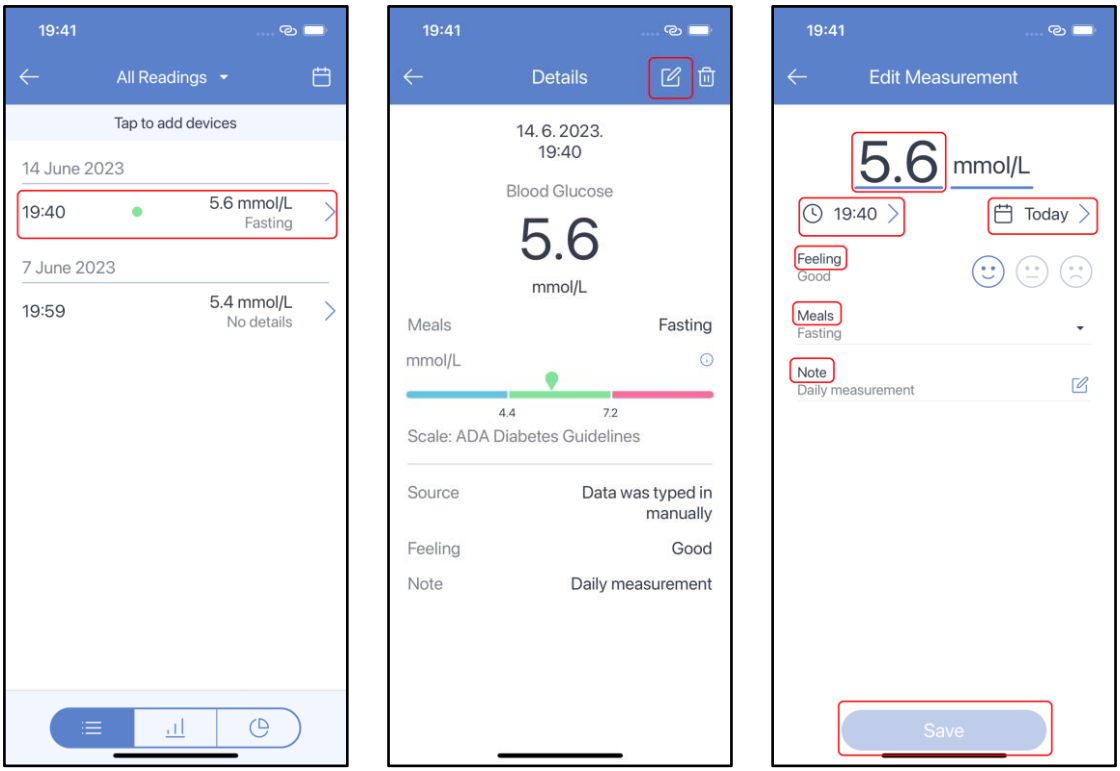


Edit Measurement

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.

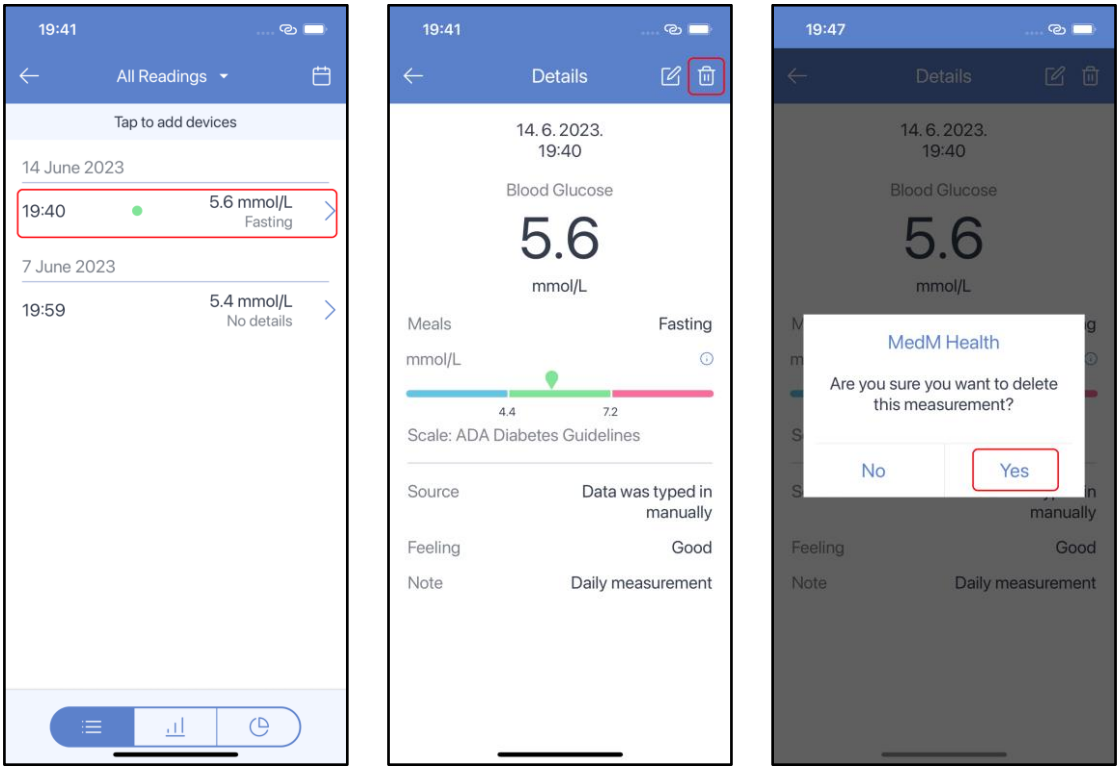
Perform the following steps to edit a measurement:

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:



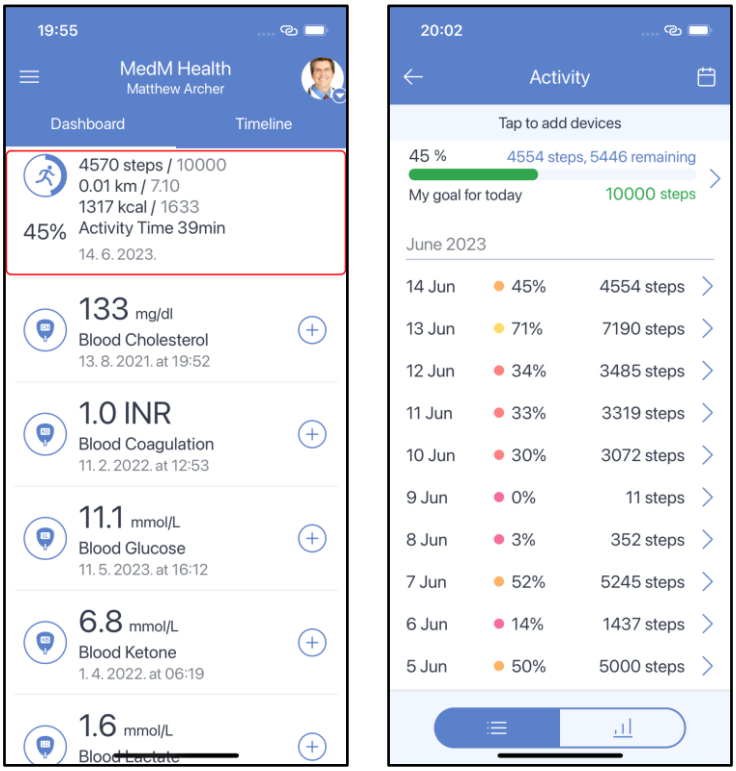
Delete Measurement

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**:

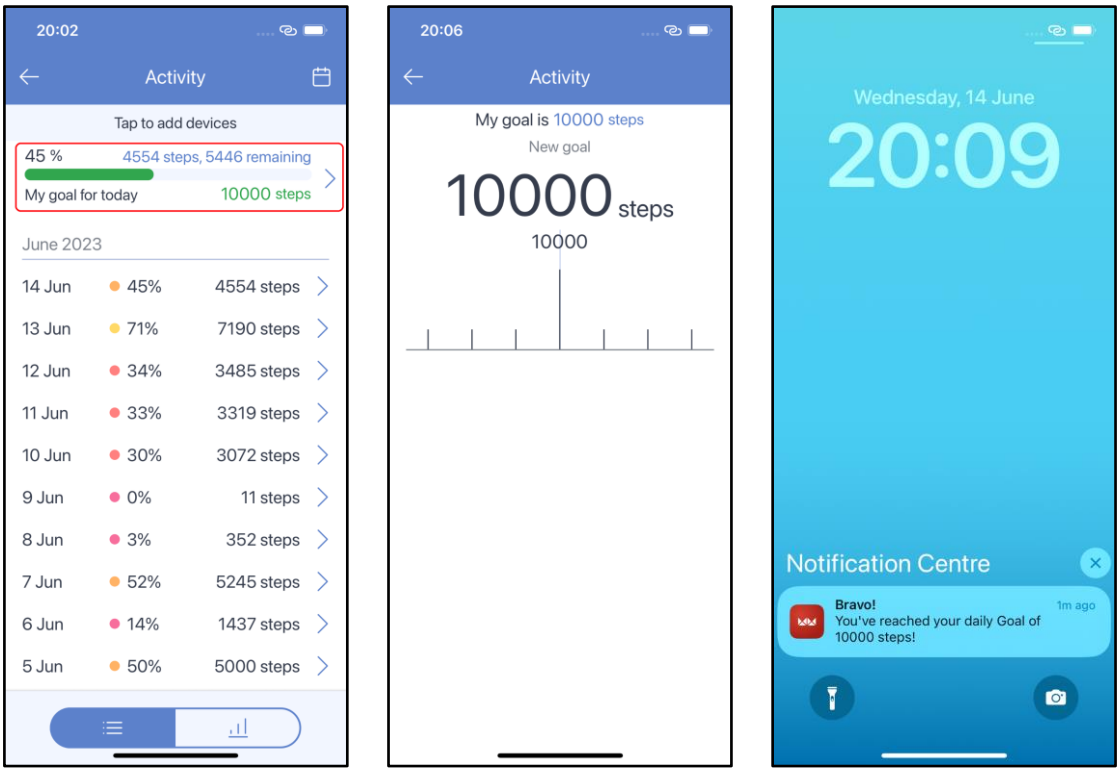


Activity

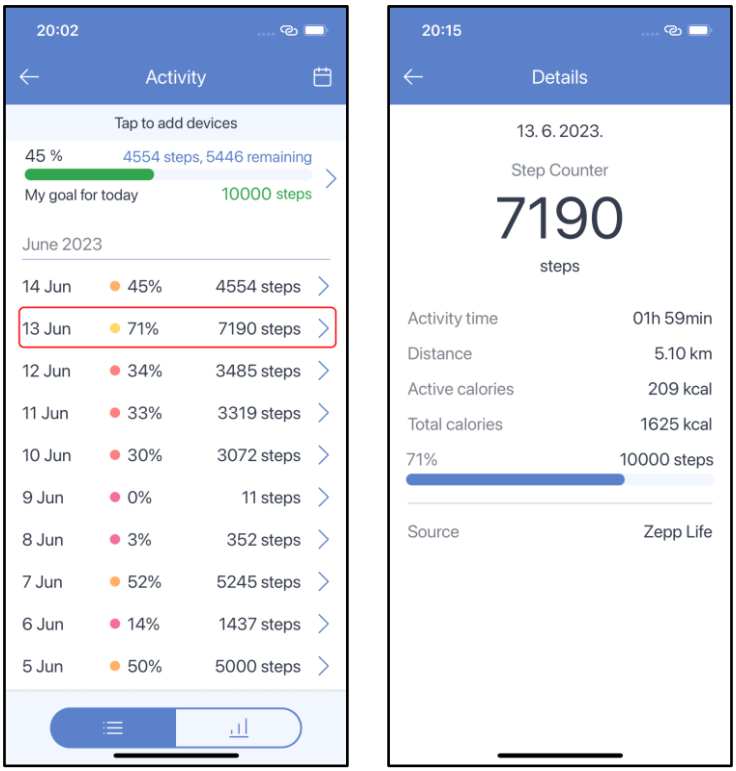
Tap the **Activity** section on the dashboard to open activity history:



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

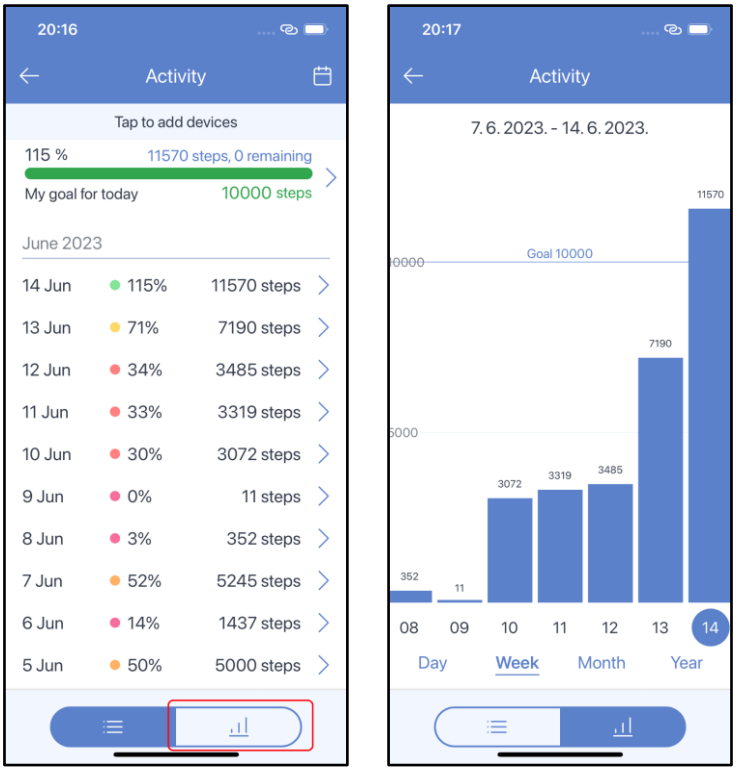


Tap any line in the list of measurements to view activity details. Common parameters are: steps count, distance, active calories, total calories, goal progress and data source (compatible activity tracker or external app):



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.

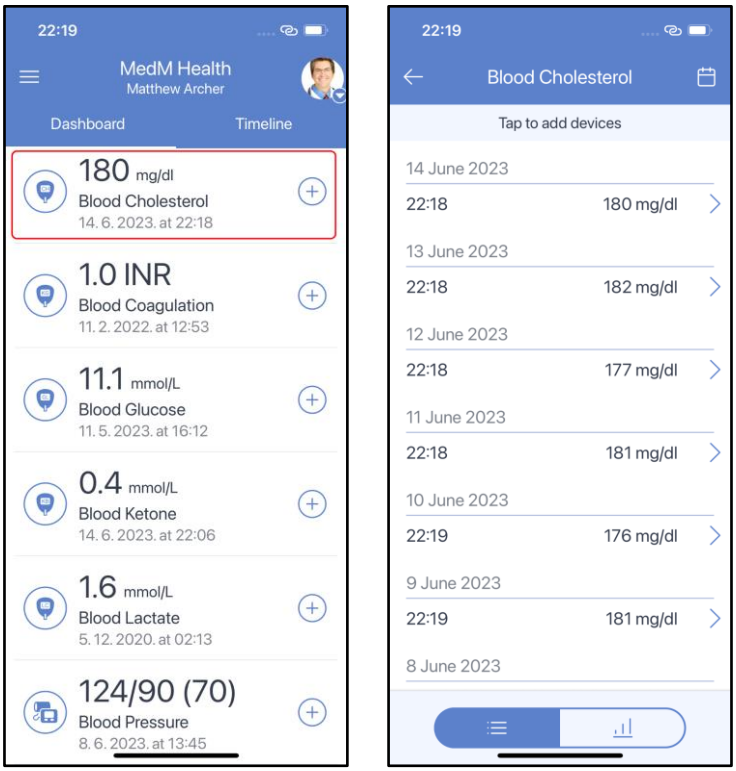
Tap the **chart** icon at the bottom of the screen or any daily activity data line to open the bar graph:



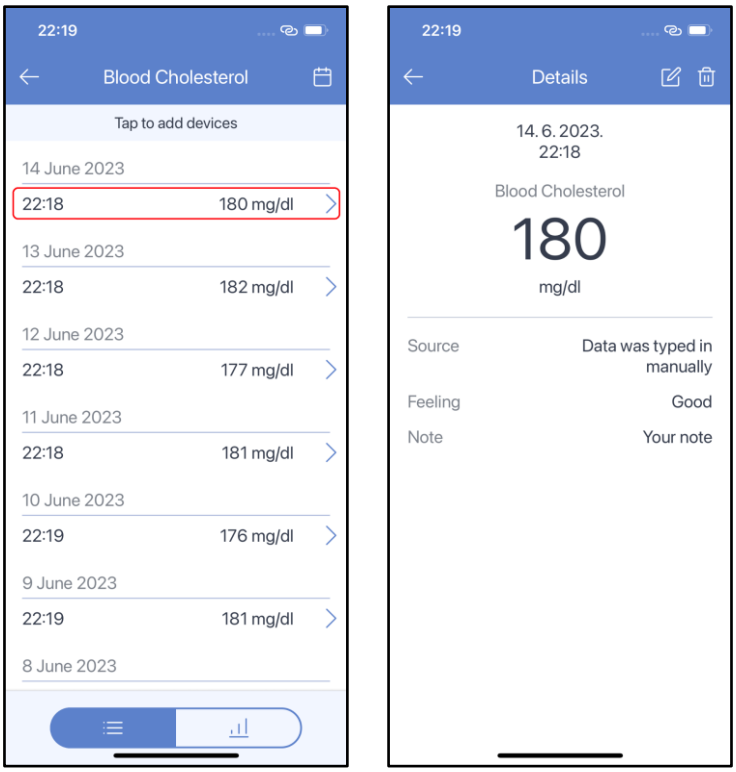
Change the amount of time by tapping **Day**, **Week**, **Month** or **Year** under the graph.

Blood Cholesterol

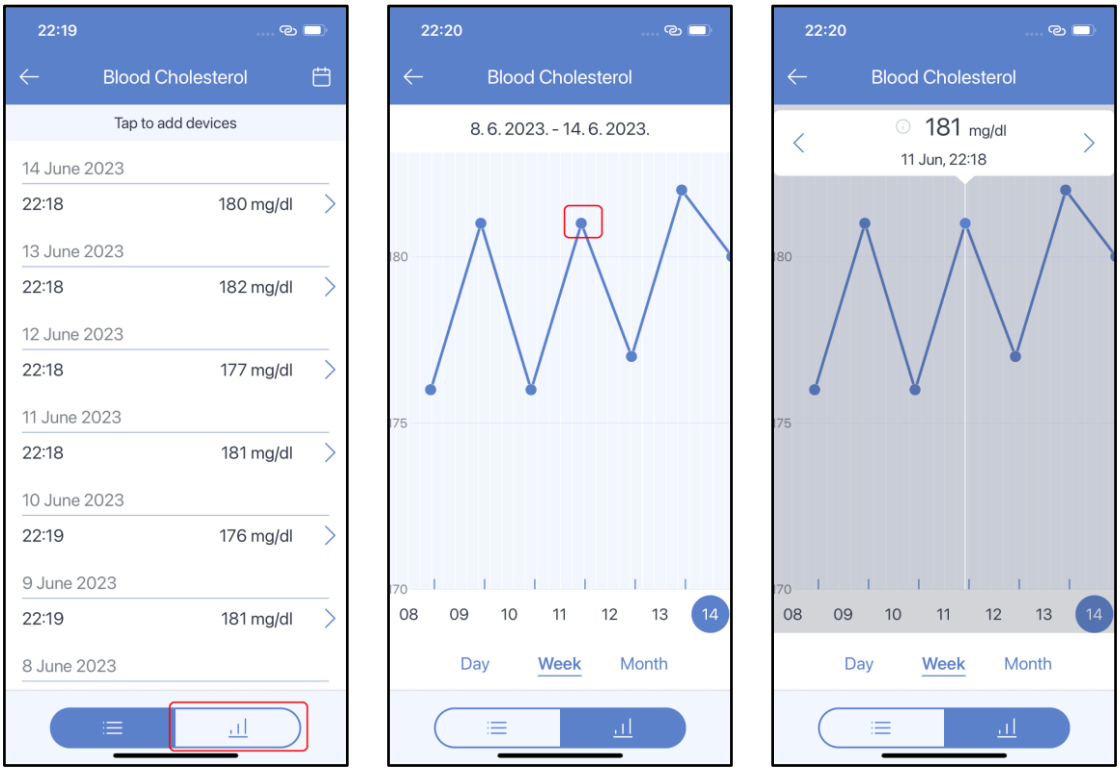
Tap the **Blood Cholesterol** section on the dashboard to open the blood cholesterol history:



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 compatible blood cholesterol meter):

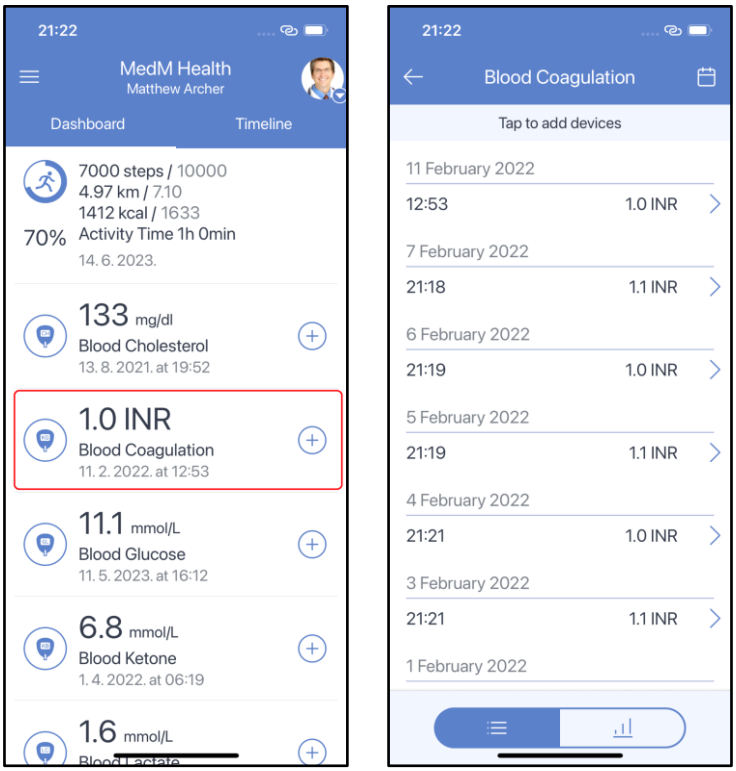


Go to the **Blood Total Cholesterol** history and tap the **chart** icon at the bottom of the screen. The chart shows every measurement as a single point. Tap any point to call the chart bubble to see measurement details and skim through measurements. You can change the time period selected by tapping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

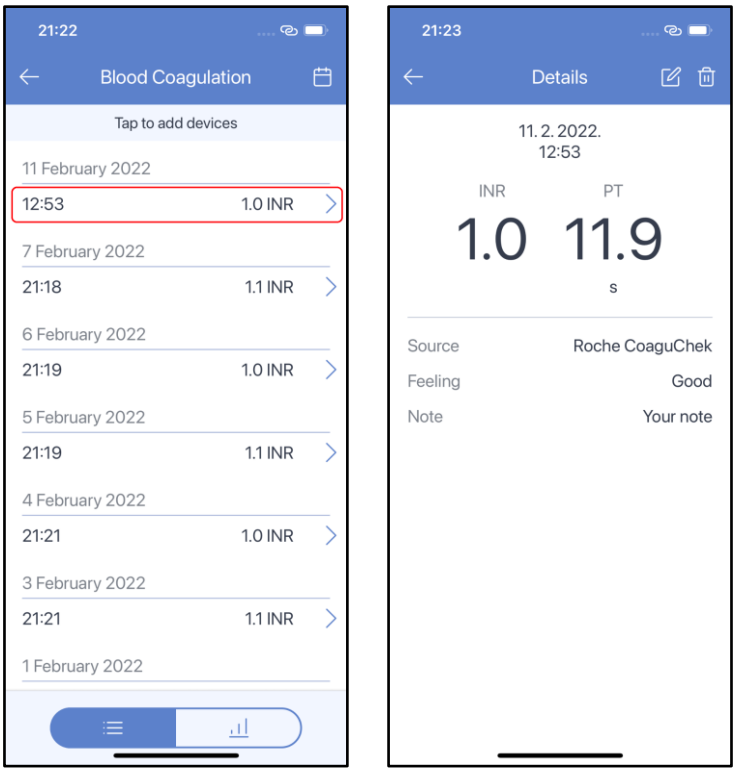


Blood Coagulation

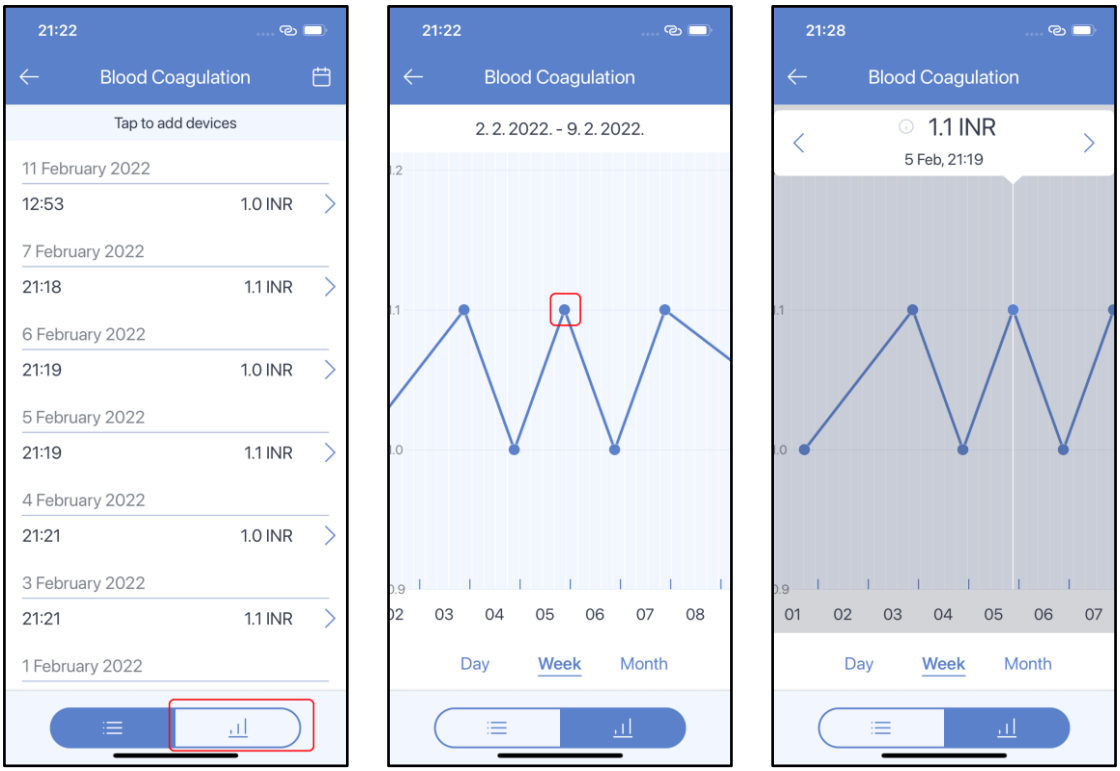
Tap the **Blood Coagulation** section on the dashboard to open blood coagulation history:



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 compatible blood coagulation meter):

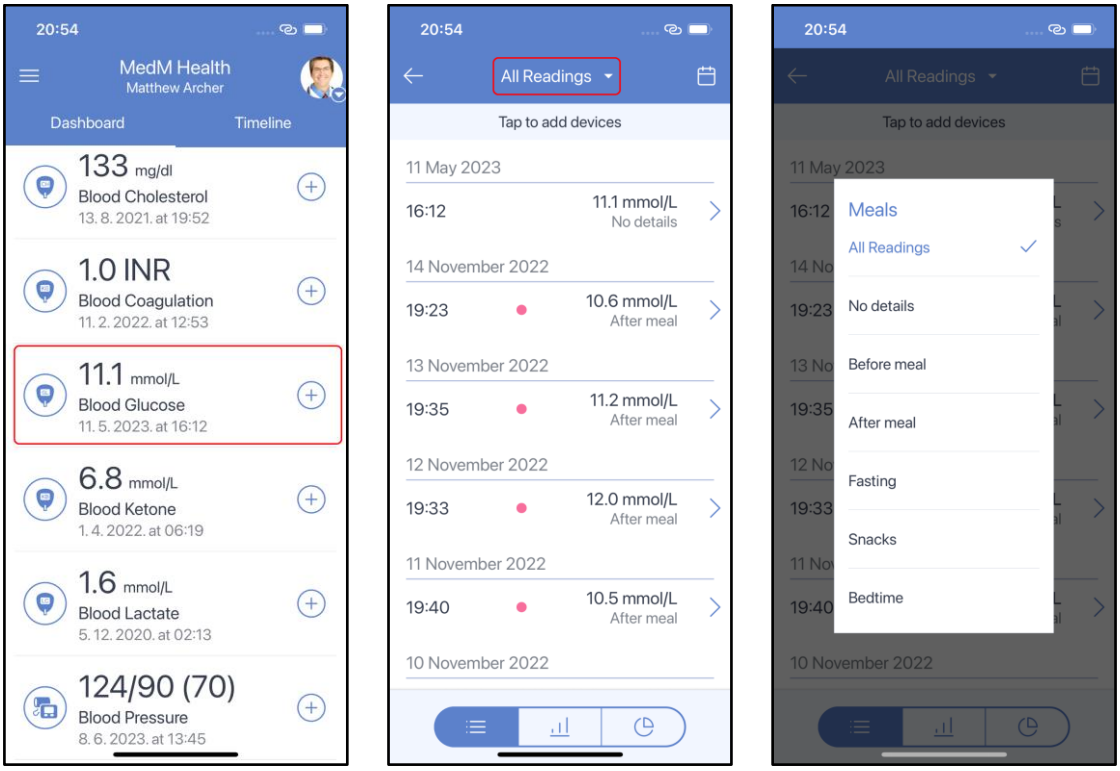


Go to the **Blood Coagulation** history and tap the **chart** icon at the bottom of the screen. The chart shows every measurement as a single point. Tap on any point to call the **chart bubble** to see measurement details and skim through measurements. You can change the time period selected by tapping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

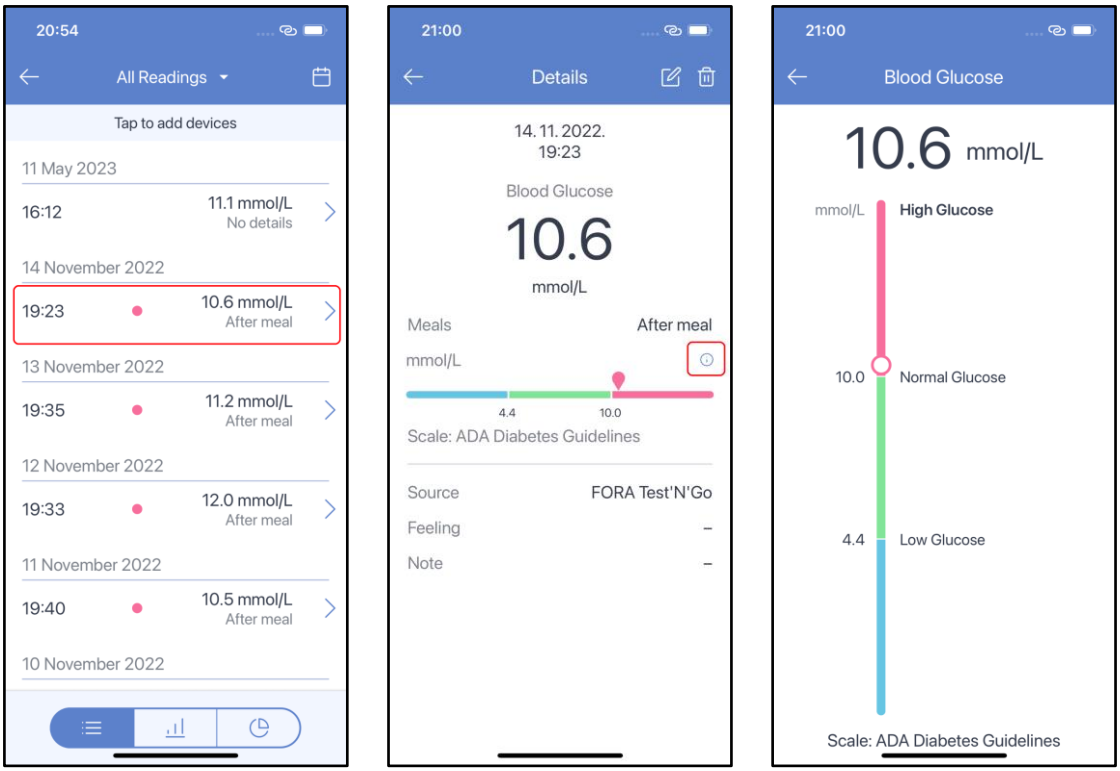


Blood Glucose

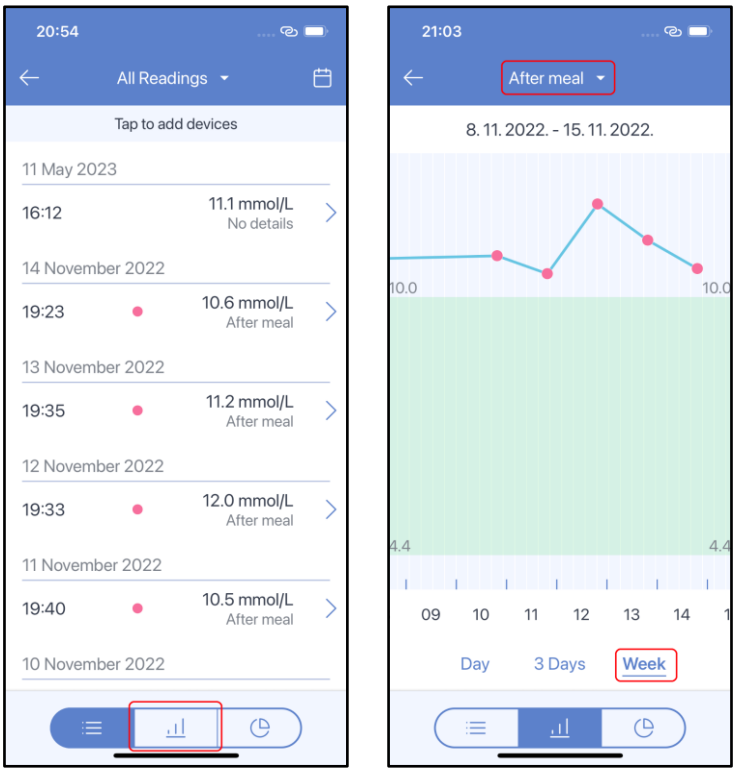
Tap the **Blood Glucose** section on the dashboard to open blood glucose history. It is possible to apply **meal tag** filters to blood glucose readings. Readings with a specified meal tag are marked with a colored dot in the history. The color of dot represents a glucose range according to a selected Glycemia Scale:



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 Glycemia Scale, data source (manual entry, compatible blood glucose meter or external app). Tap the **i** icon to expand the scale:



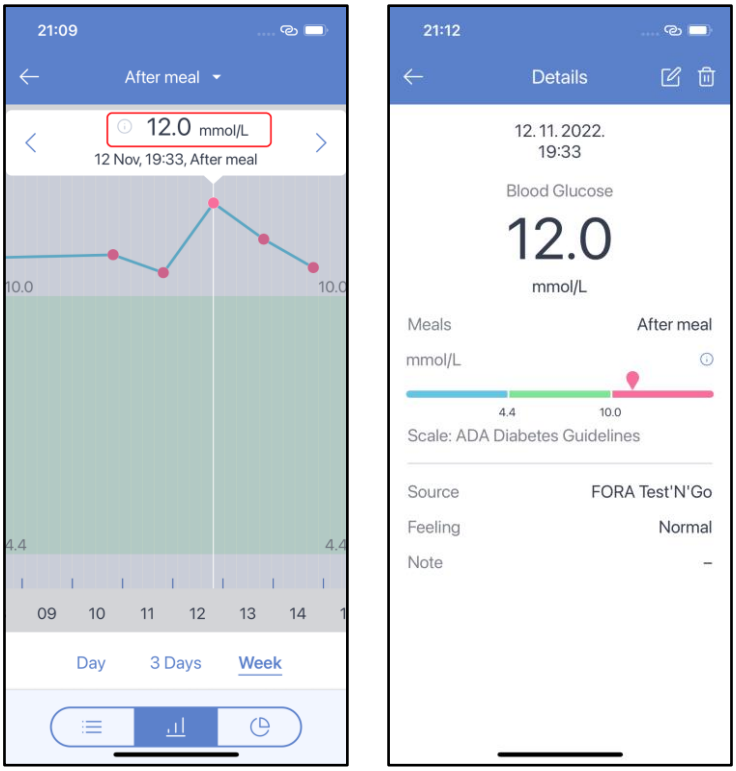
Every measurement is presented as a single point on the chart. To open the chart, go to **Blood Glucose** history and tap the **chart** icon at the bottom of the screen. You can change the time period selected by tapping **Day**, **3 Days**, **Week** under the chart. It is also possible to apply **meal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



The green zone on the chart represents the normal range according to the selected Glycemia Scale.

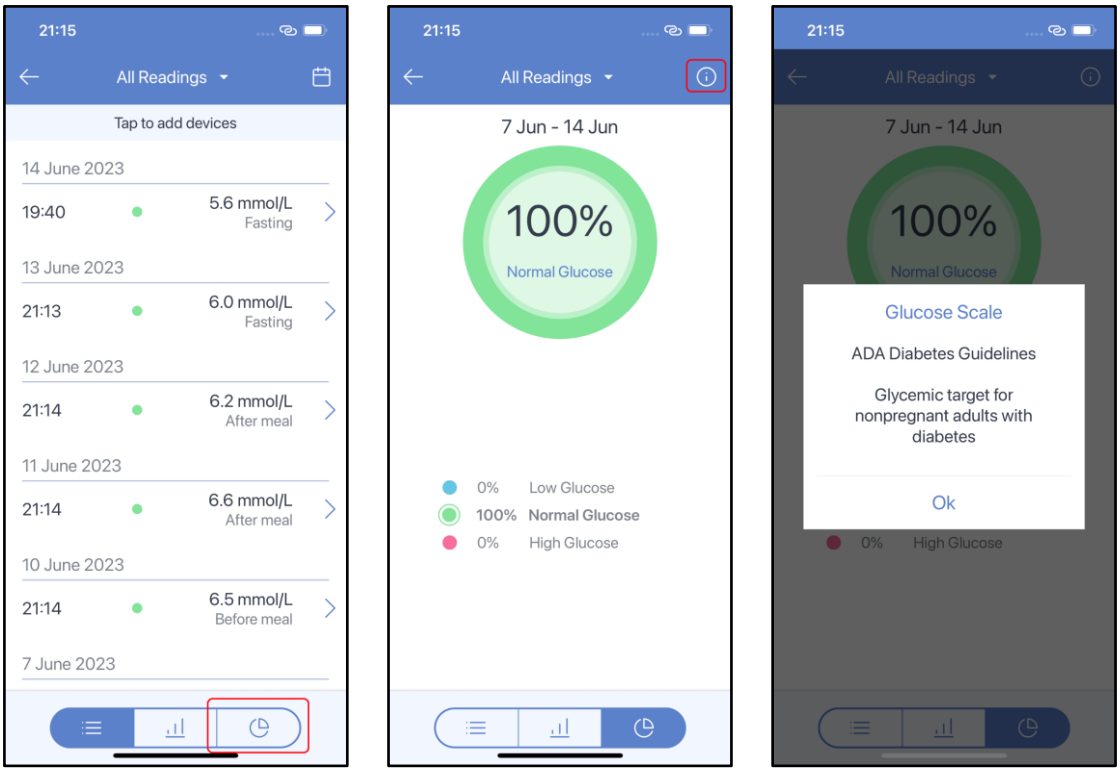
Call up a chart bubble with the value and date of a measurement by tapping on any point of the chart. Skim through measurements using arrows on the left and right side of the bubble:

Tap the value in the bubble to open measurement details:



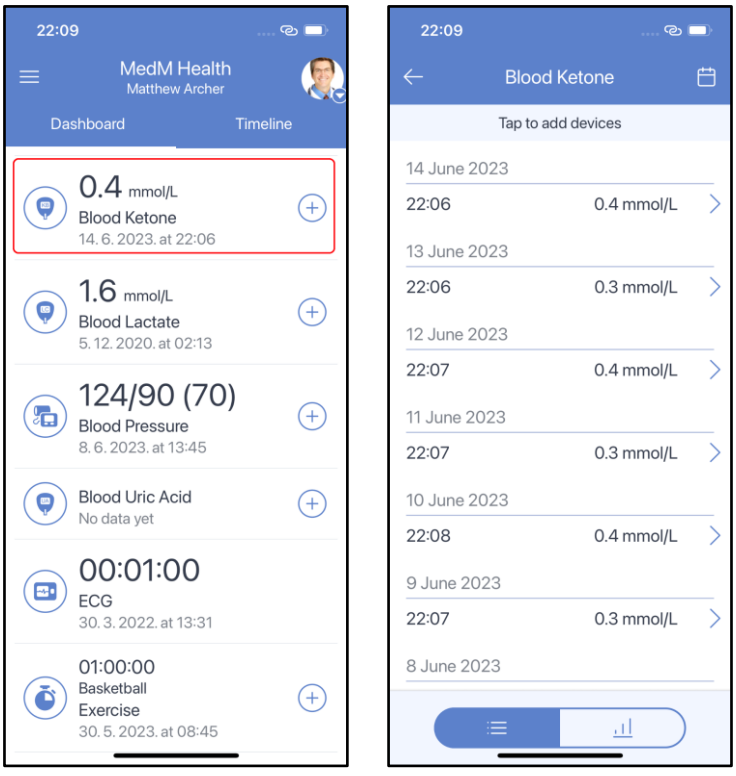
Blood glucose wheel diagram displays the blood glucose readings for the last week according to a selected Glycemia Scale. The **meal tag** filter is available for the wheel diagram.

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:

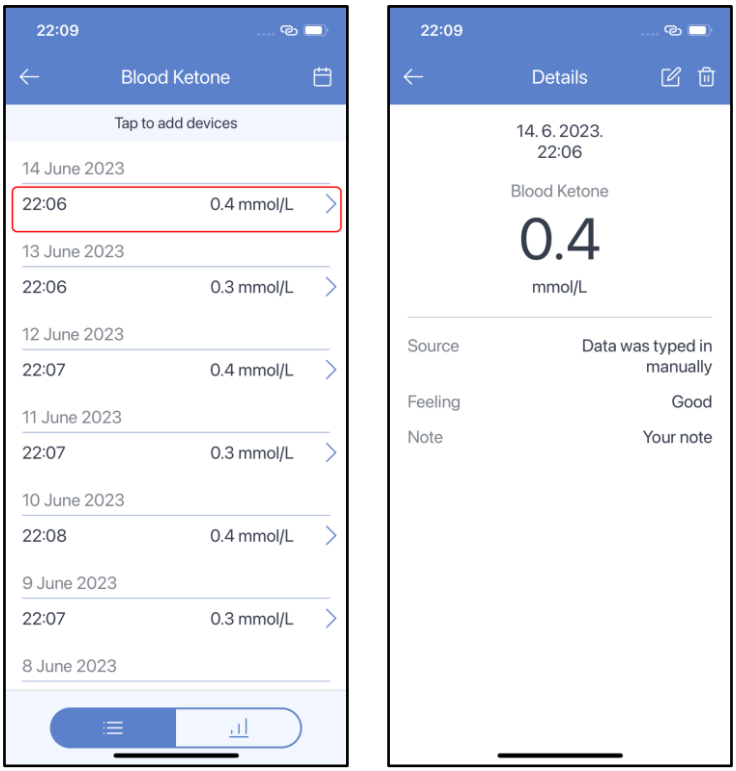


Blood Ketone

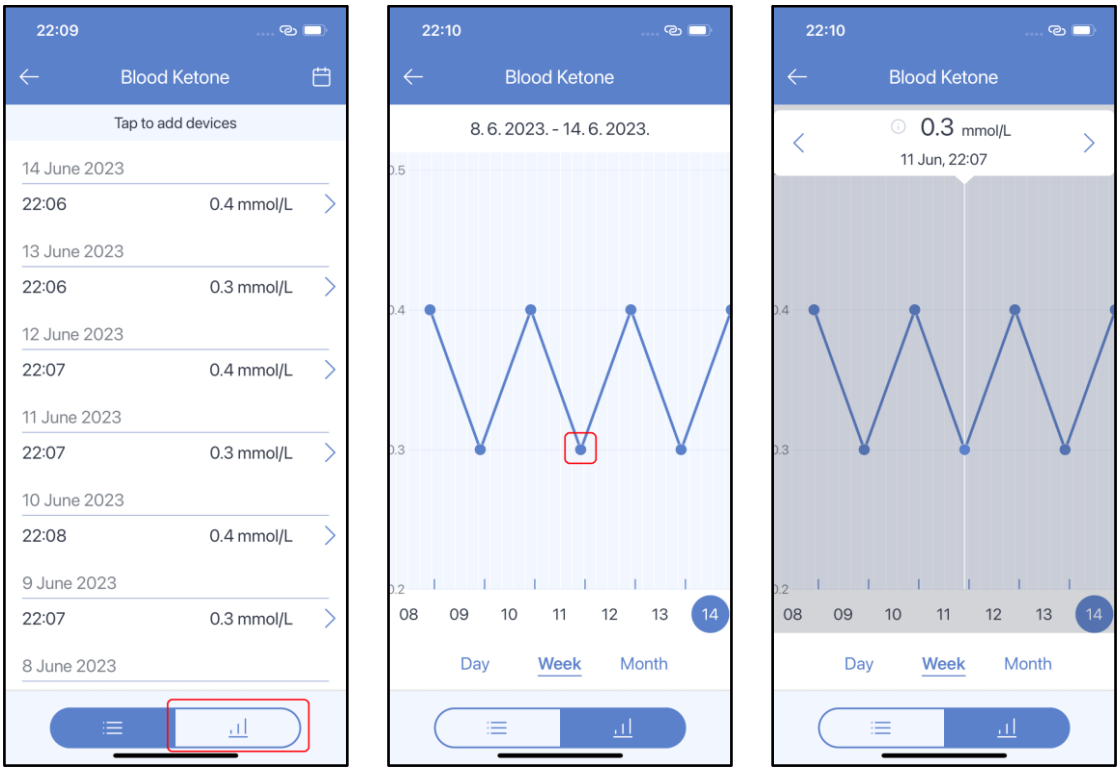
Tap the **Blood Ketone** section on the dashboard to open blood ketone history:



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

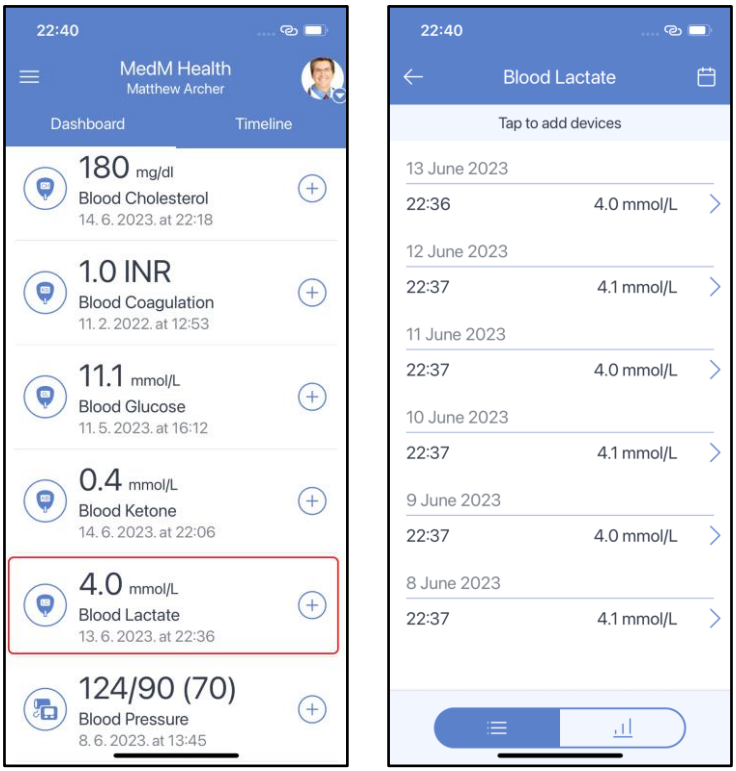


Go to the **Blood Ketone** history and tap the **chart** icon at the bottom of the screen. The chart shows every measurement as a single point. Tap on any point to call the chart bubble to see measurement details and skim through measurements. You can change the time period selected by tapping **Day**,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

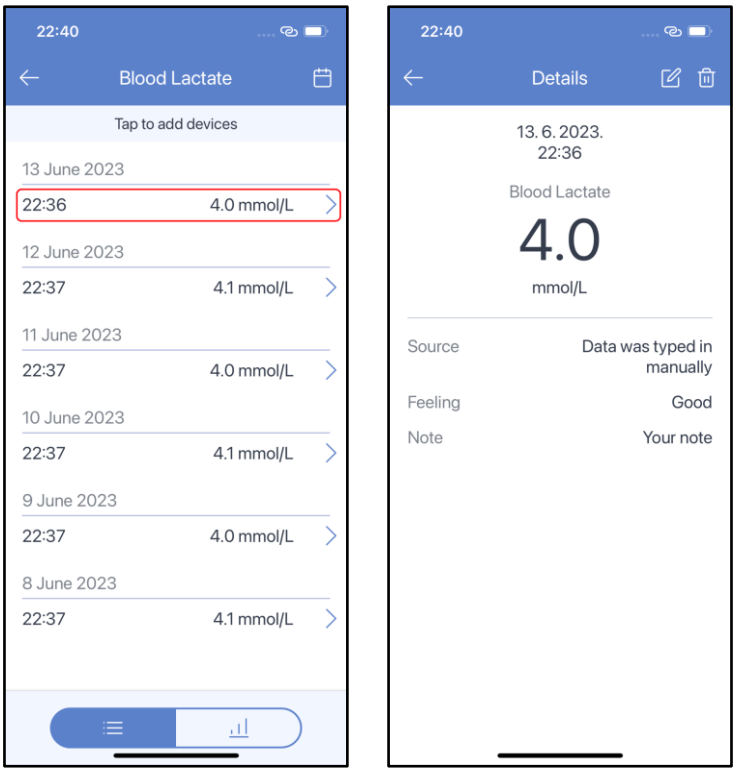


Blood Lactate

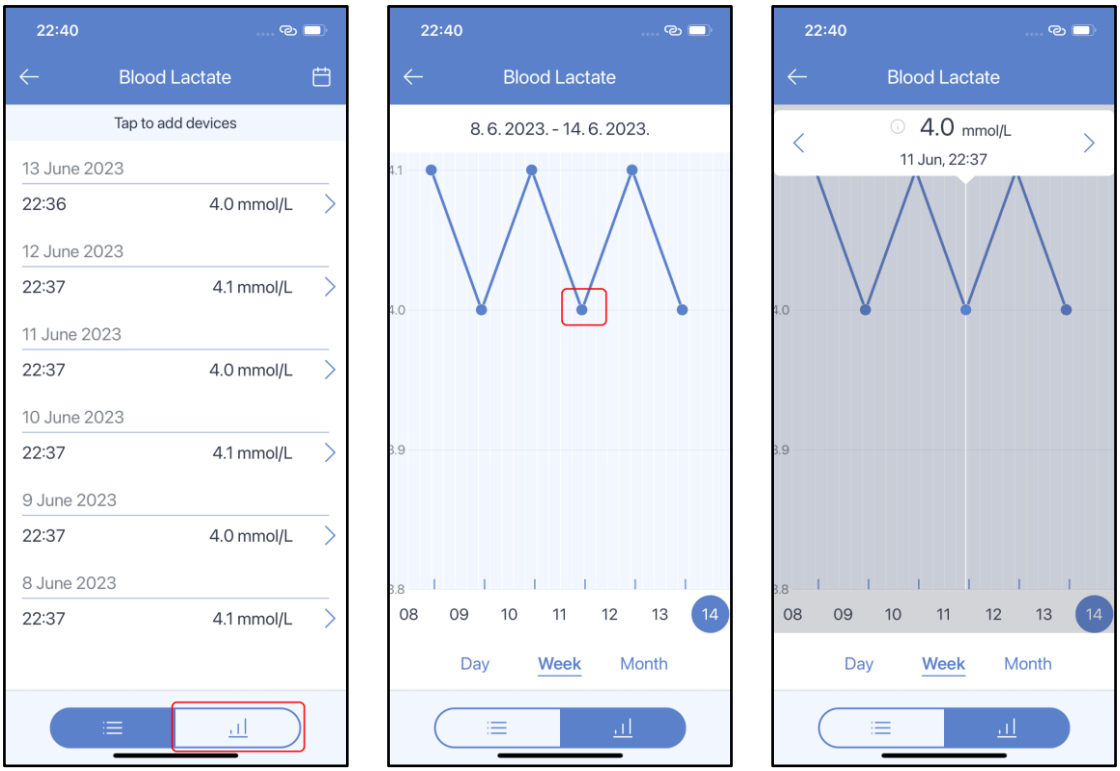
Tap the **Blood Lactate** section on the dashboard to open lactate history:



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 compatible blood lactate meter):



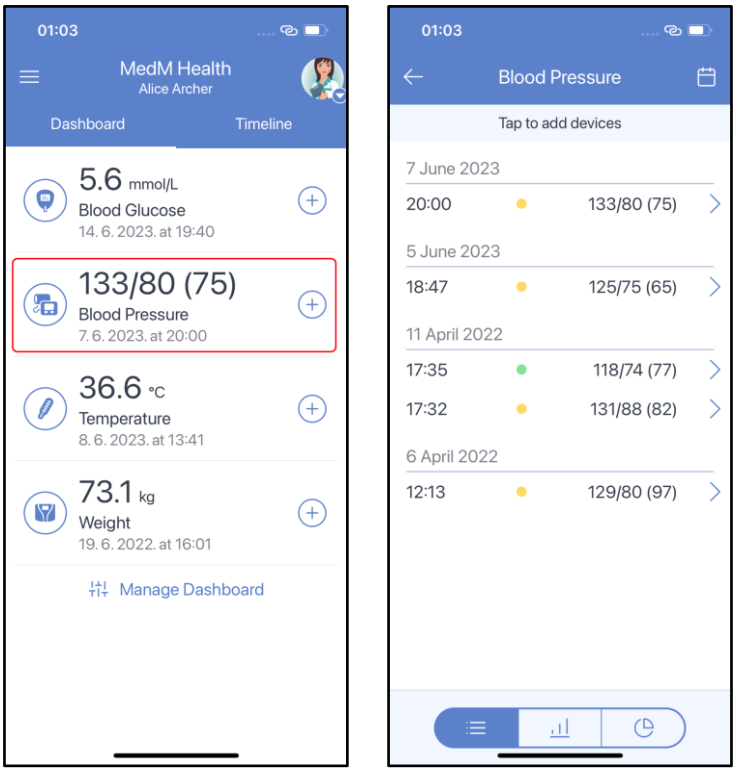
Go to the **Blood Lactate** history and tap the **chart** icon at the bottom of the screen. The chart shows every measurement as a single point. Tap on any point to call the chart bubble to see measurement details and skim through measurements. You can change the time period selected by tapping **Day**,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



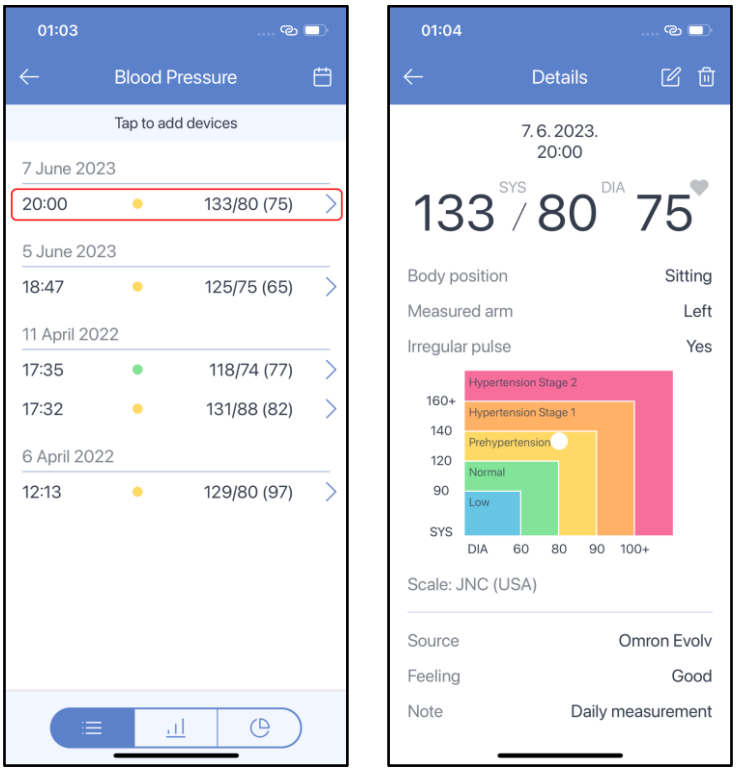
Blood Pressure

In MedM Health a blood pressure measurement stores **Blood Pressure** data and may store additional **Heart Rate** data since all compatible blood pressure monitors 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 Hypertension Scale:



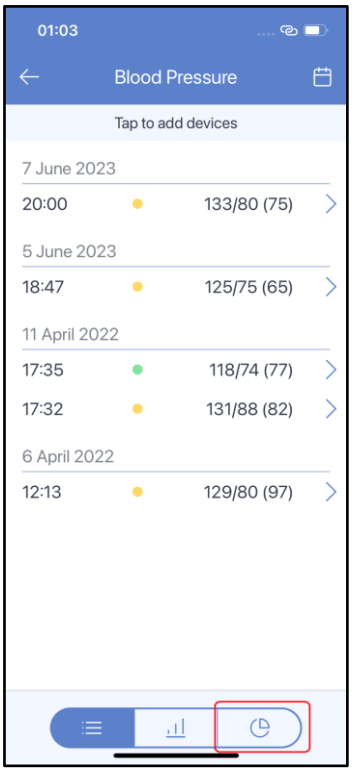
Tap any line on the list of readings to view blood pressure measurement details. Common parameters are: blood pressure value, heart rate value, date and time, Hypertension stage chart (according to a selected Hypertension Scale), feeling, body position, arrhythmia and measured arm tags, note, source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

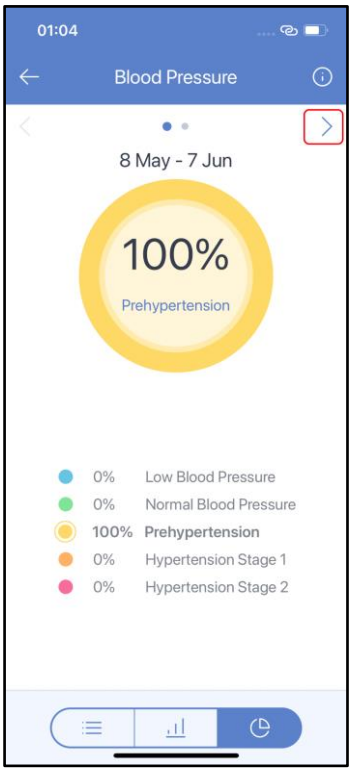


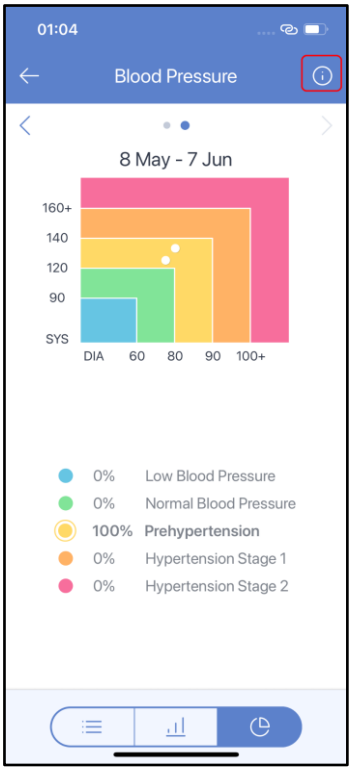
Go to **Blood Pressure** history and tap the **chart** icon at the bottom of the screen. The chart is represented by points which are connected by lines. Green zones on the chart represent the combined optimal and normal ranges of systolic and diastolic blood pressure according to the selected

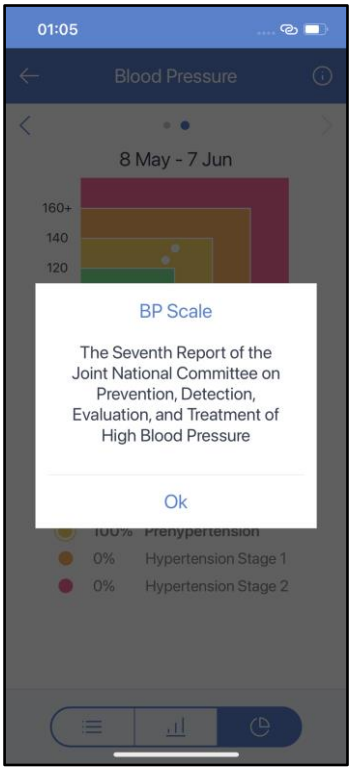
Hypertension Scale. You can change the time period by tapping **Day**, **Week, Month** under the chart. It is possible to apply **Blood Pressure** and **Heart Rate** filters to blood pressure readings:

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 Hypertension Scale. Tap the **info** icon in the top-right corner of the screen to see the selected scale. You can also see the **square diagram**:



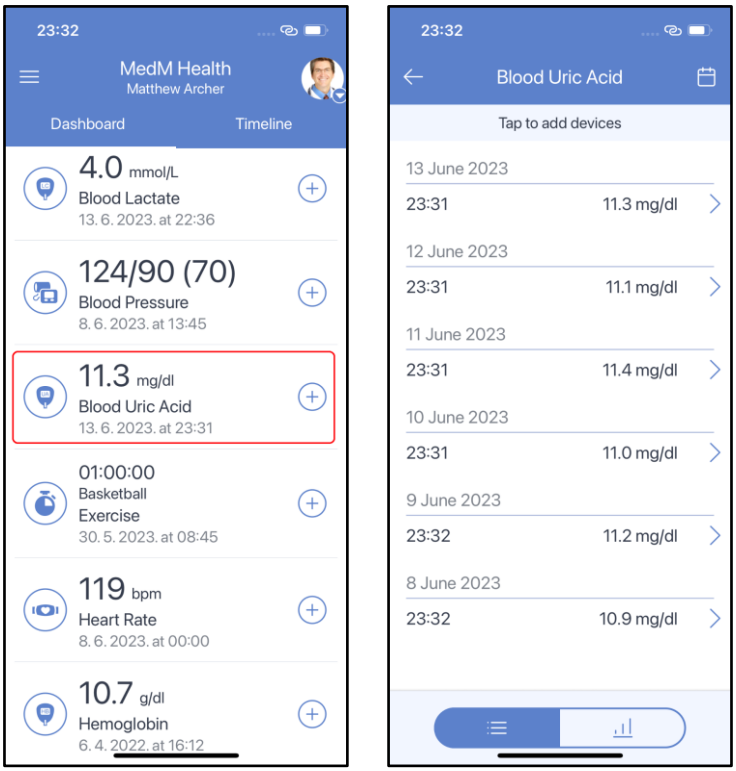




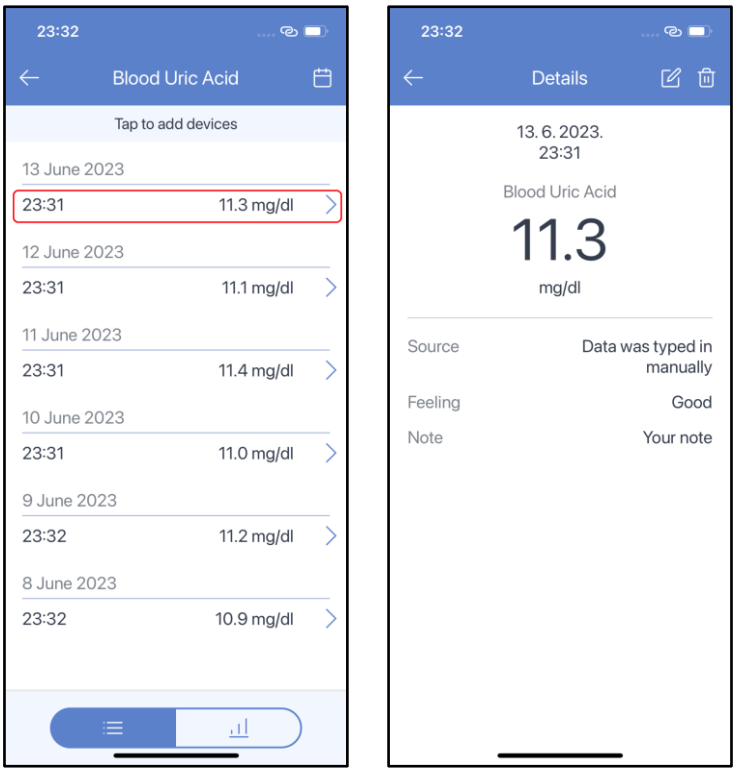


Blood Uric Acid

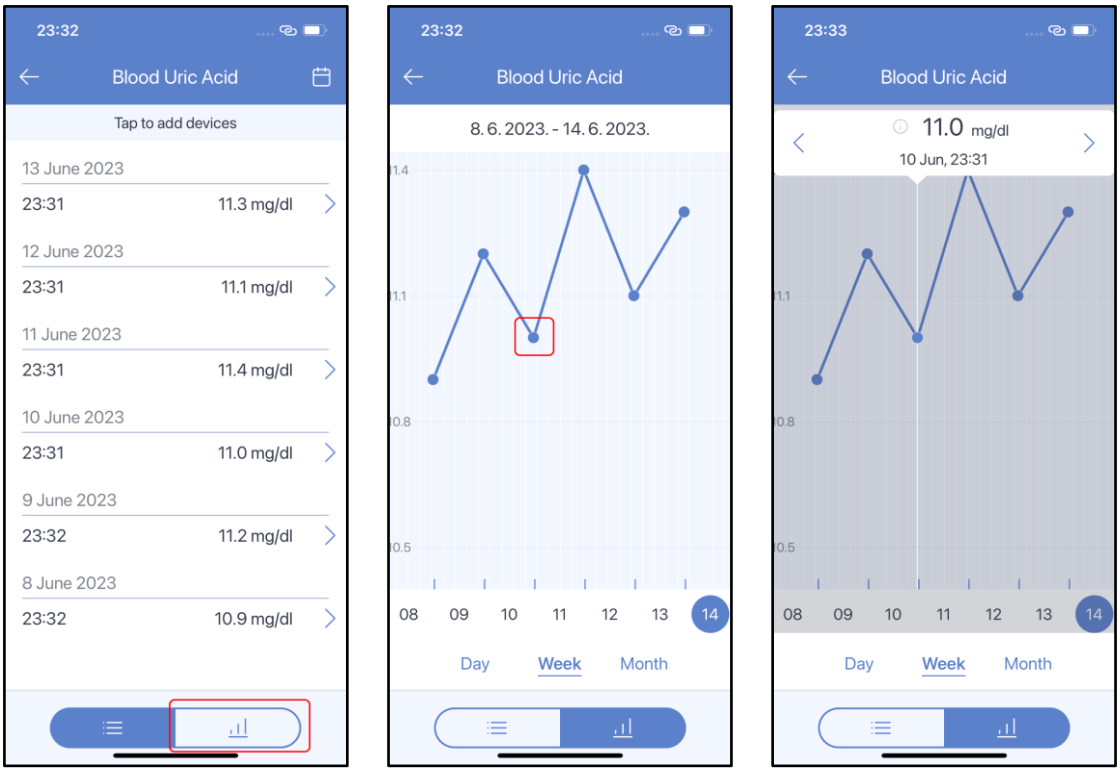
Tap the **Blood Uric Acid** section on the dashboard to open blood uric acid history:



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 [compatible blood uric acid meter]):

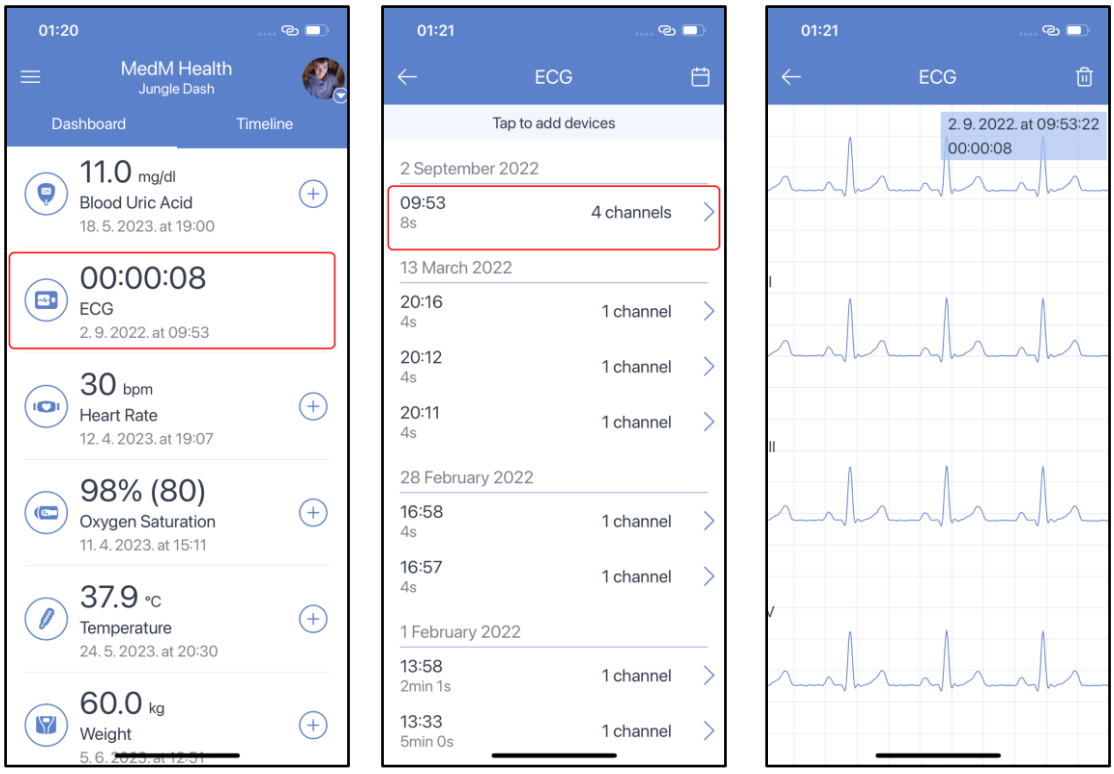


Go to the **Blood Uric Acid History** and tap the **chart** icon at the bottom of the screen. The chart shows every measurement as a single point. Tap on any point to call the chart bubble to see measurement details and skim through measurements. You can change the time period selected by tapping **Day**,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



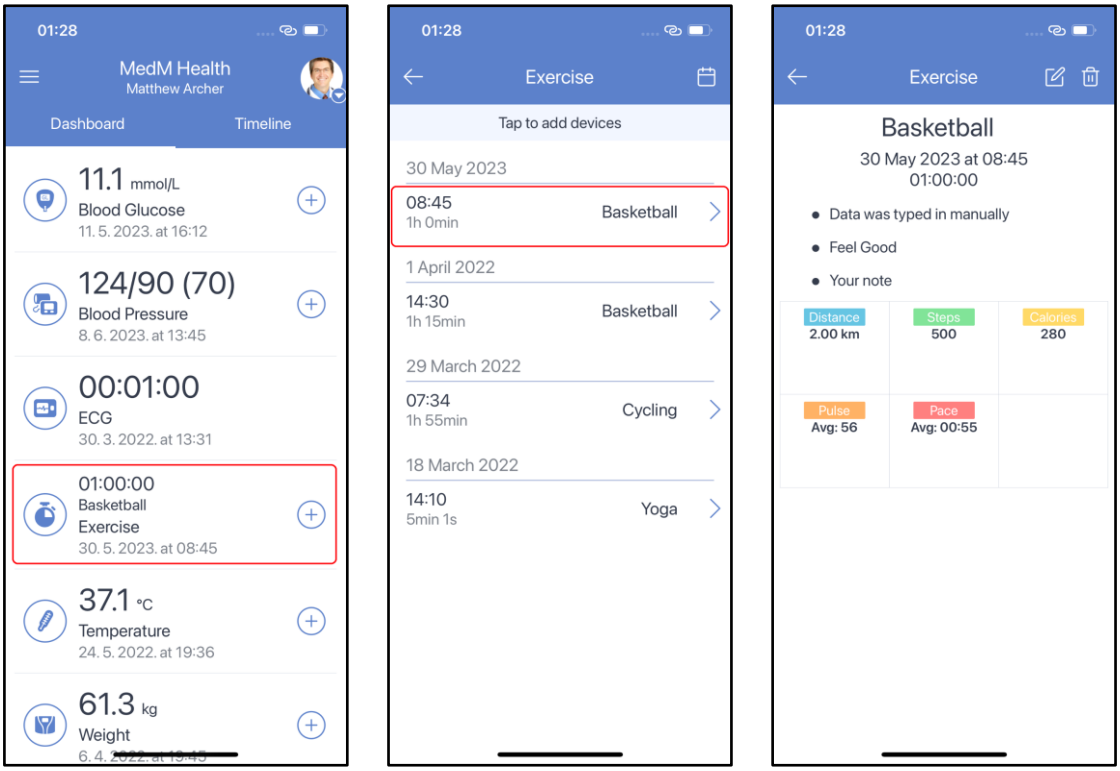
ECG

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:



Exercise

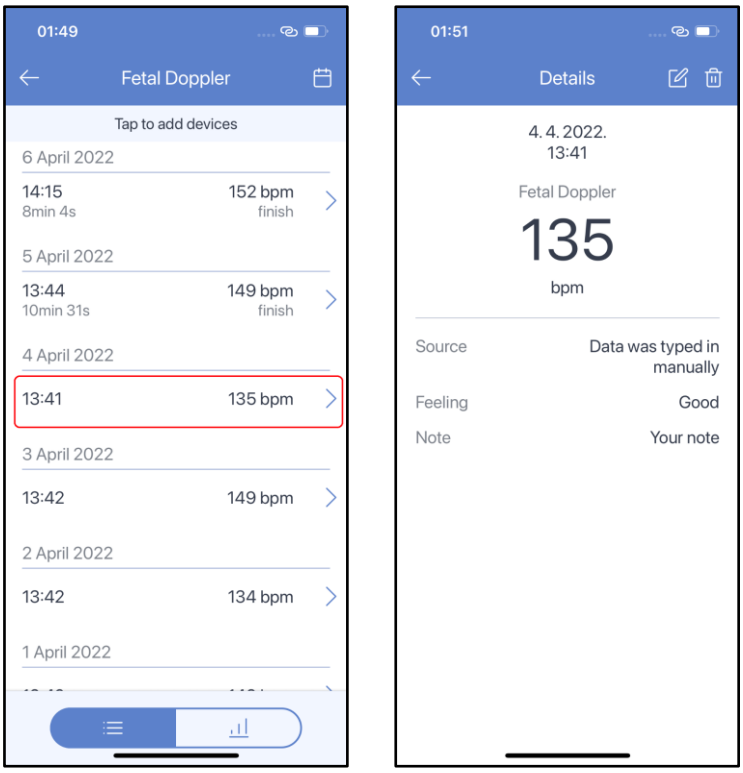
Tap the **Exercise** section on the dashboard to open history. Exercise data may have the following parameters: exercise type, duration, start time, pulse, distance, steps, active calories, laps, pace, feeling, note, source (manual entry, compatible exercise tracker or external app):



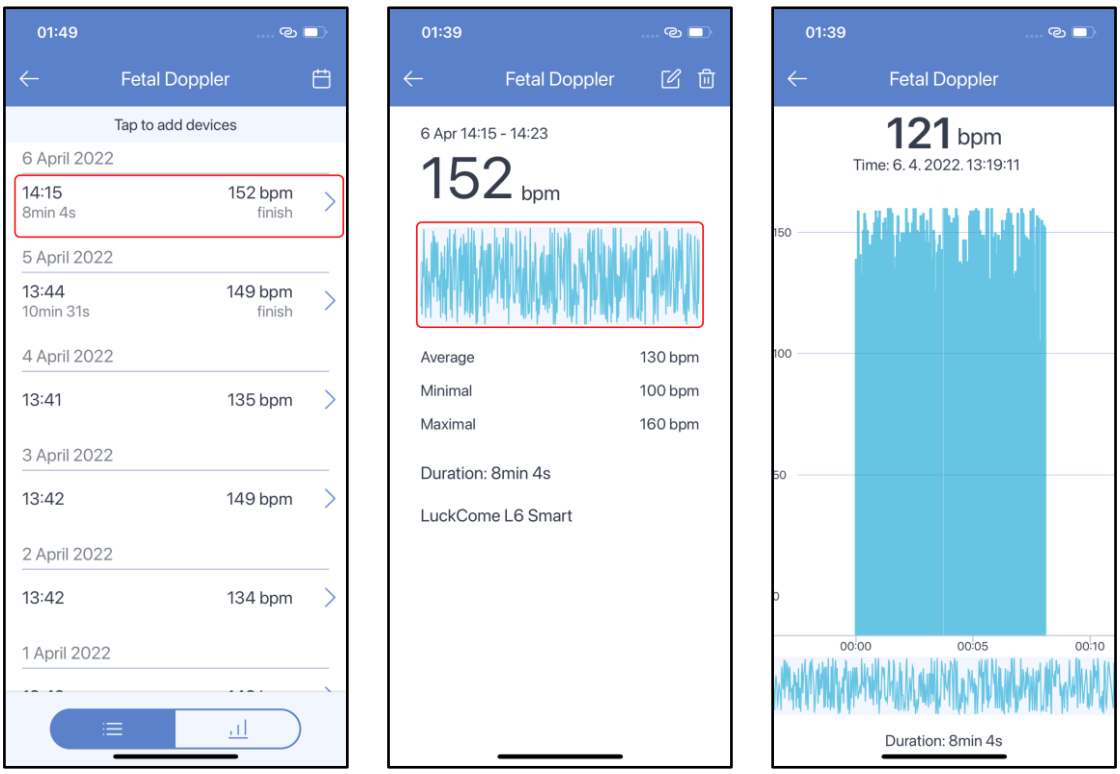
Fetal Doppler

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):



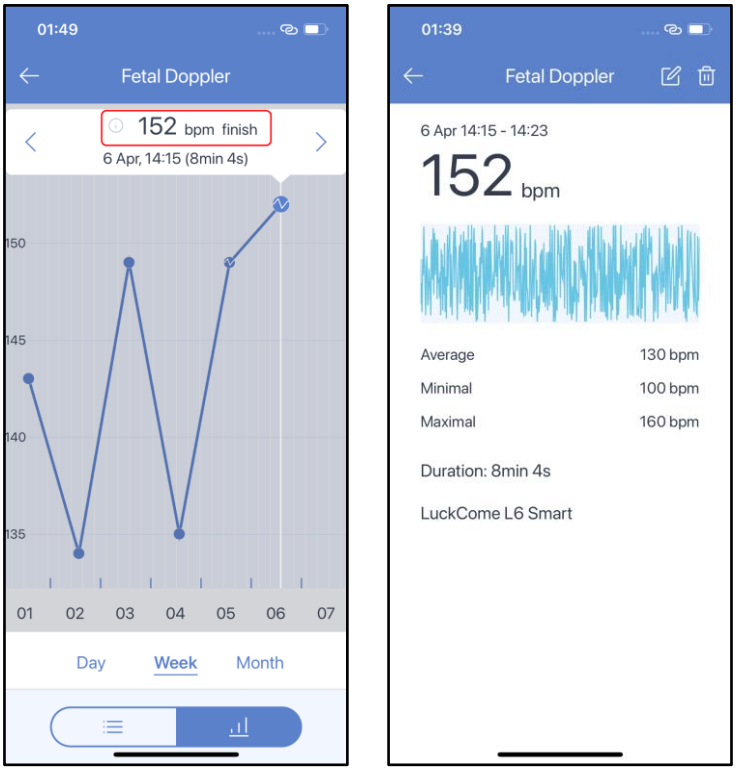
For stream measurements you will see the following parameters: date and time, finish value, heart rate graph (you can tap the graph to enter the interactive observing mode), maximum, average and minimum values, duration, feeling tag, note, source (manual data entry or compatible fetal doppler):



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

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:

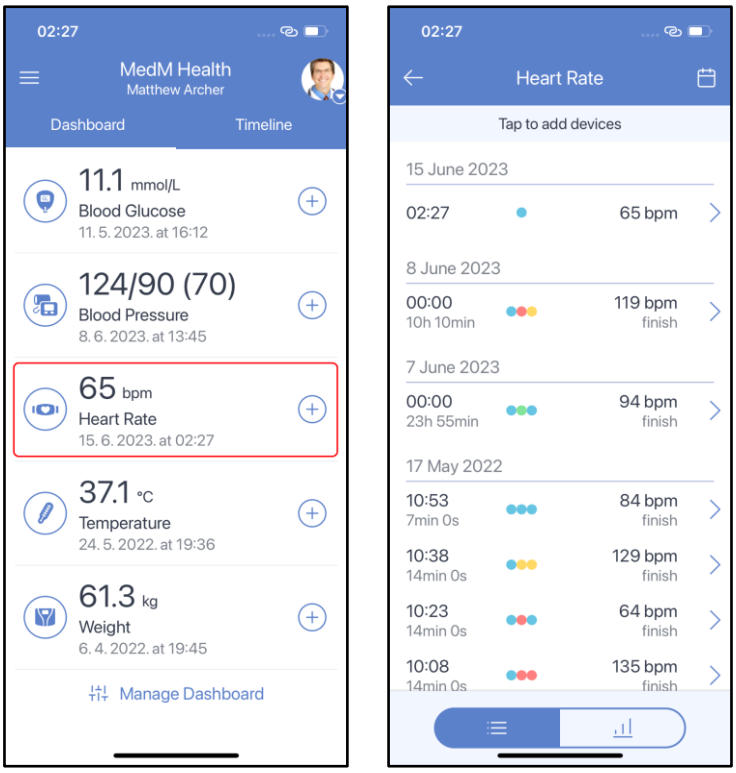


Heart Rate

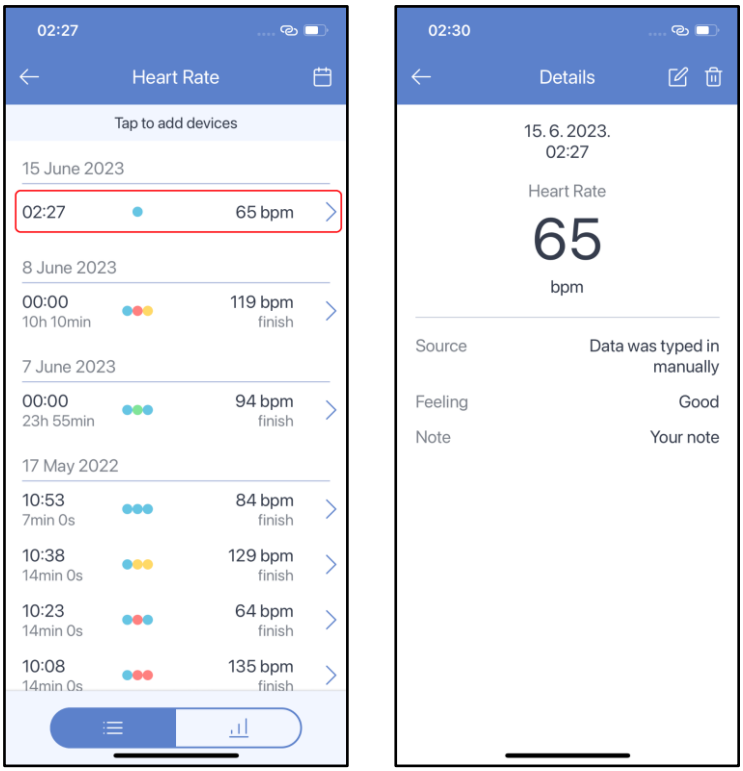
Tap the **Heart Rate** section on the dashboard to open heart rate history. Spot measurements are marked with a single dot, stream measurements – with three dots which from left to right represent the starting value, the maximum value and the finish value. Dot colors represent the heart rate range.

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, compatible heart rate monitor or external app):



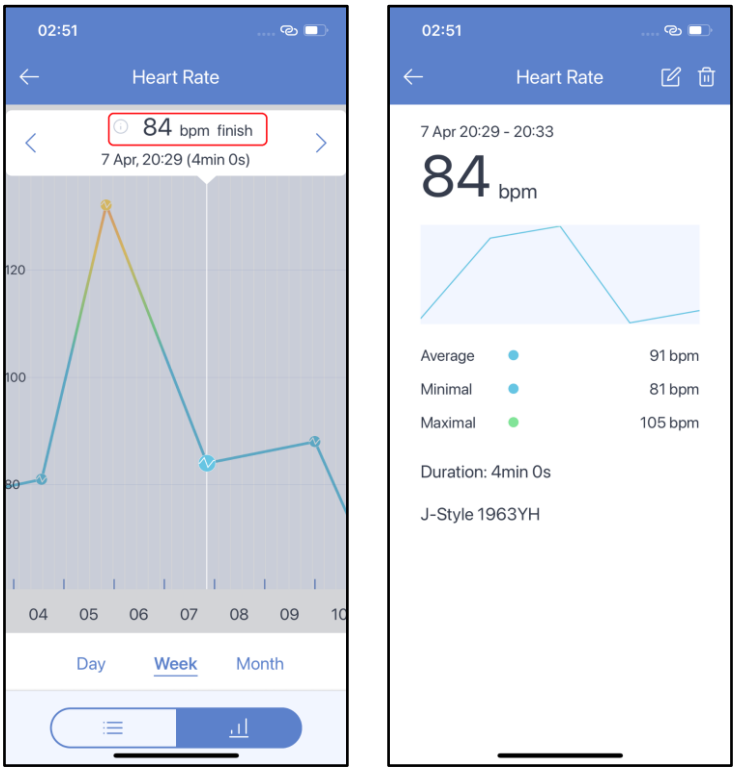
For stream measurements you will see the following parameters: date and time, finish measurement value, heart rate graph (you can tap the graph to enter the interactive observing mode), average value, minimal value, maximal value, duration, feeling tag, note, source (manual entry, compatible heart rate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

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:

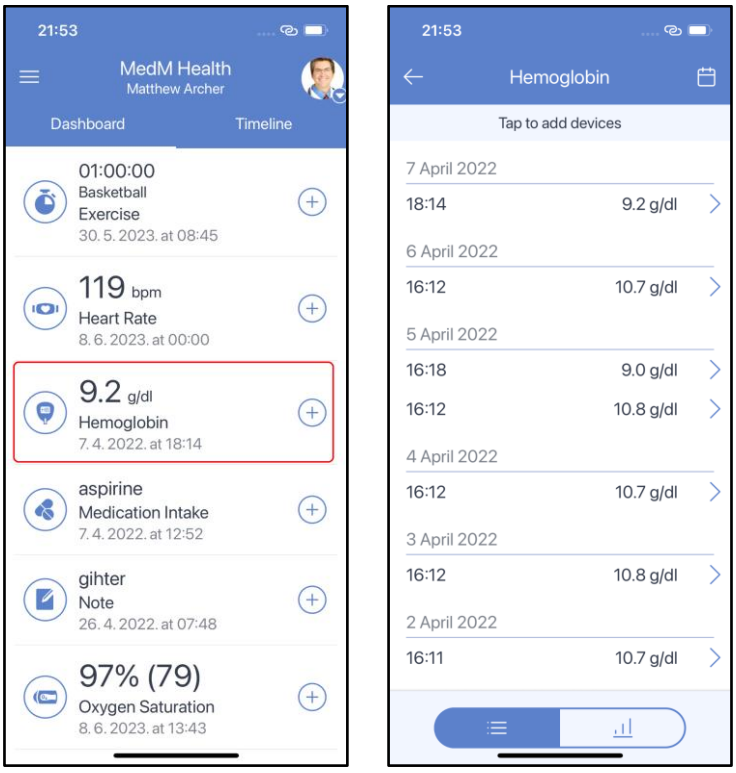
On tapping any point on the chart a bubble will appear with the value and the date of the measurement. Scroll through measurements using arrows on the left and right side of the bubble. Stream values are marked with the graph sign inside the circle. For such values duration is also displayed in the bubble:

Tap the value in the bubble to open measurement details:



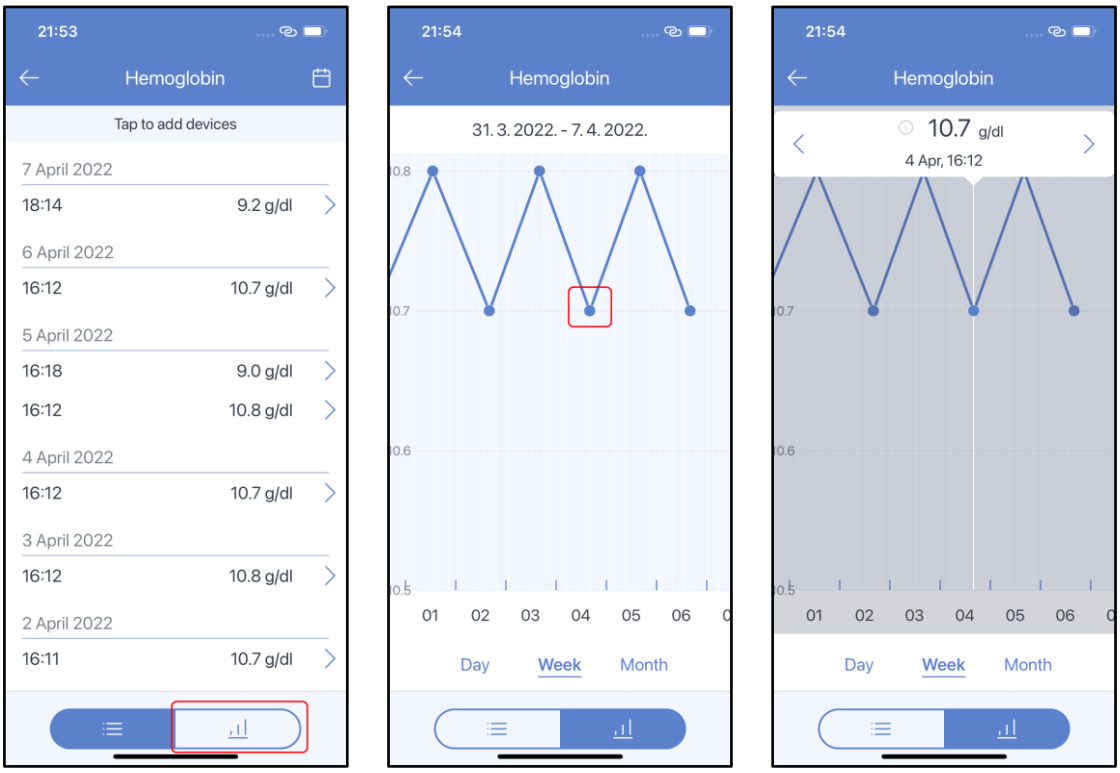
Hemoglobin

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



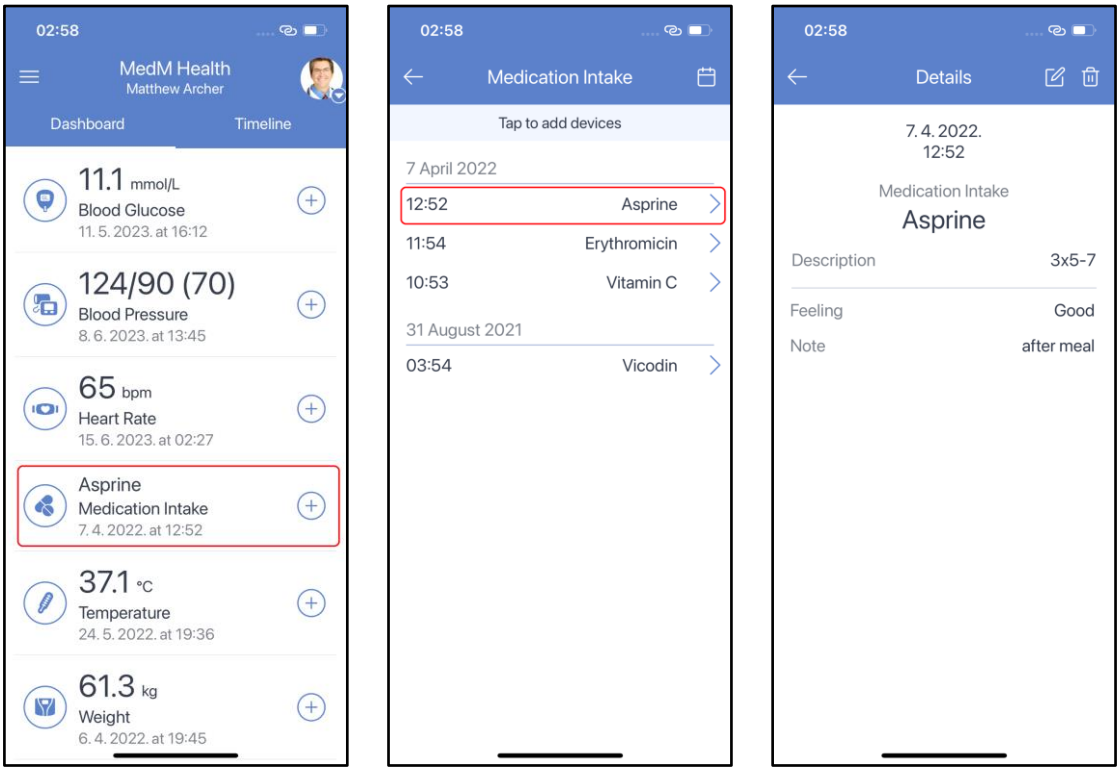
Tap any line in the list of readings to view the hemoglobin measurement details. Common parameters are: blood hemoglobin value, date and time, feeling tag, note, data source (manual entry):

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:



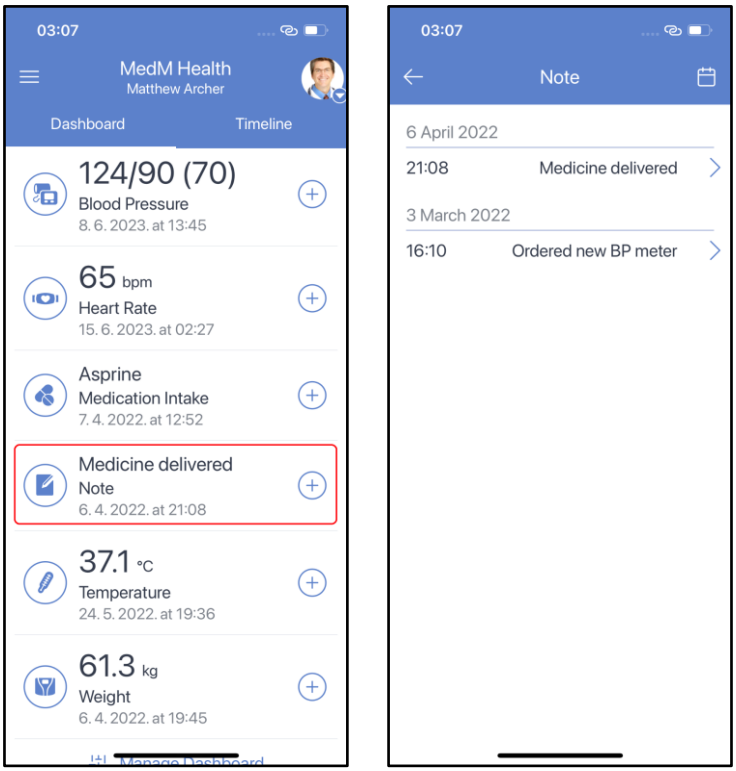
Medication Intake

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 medication reminder. 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:



Note

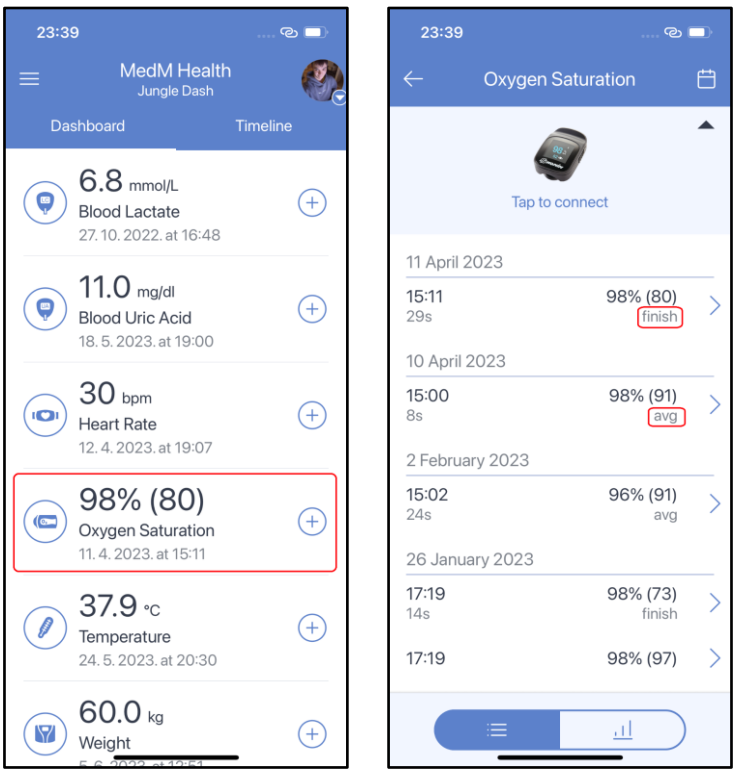
You can manually add personal notes to the MedM Health diary. Tap the **Note** section on the dashboard to open **Note** history:



Oxygen Saturation

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

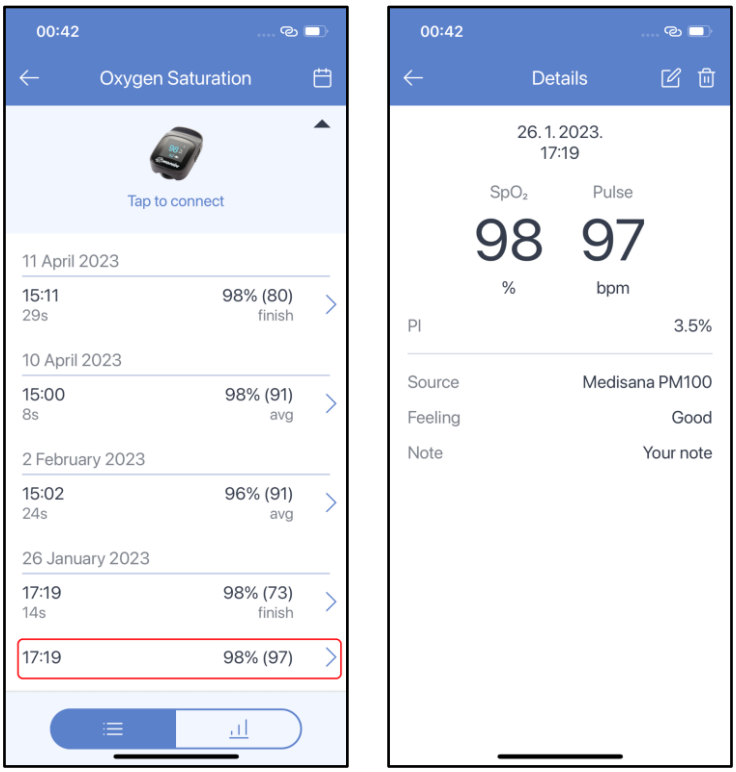
Tap the **Oxygen Saturation** section on the dashboard to open oxygen saturation history:



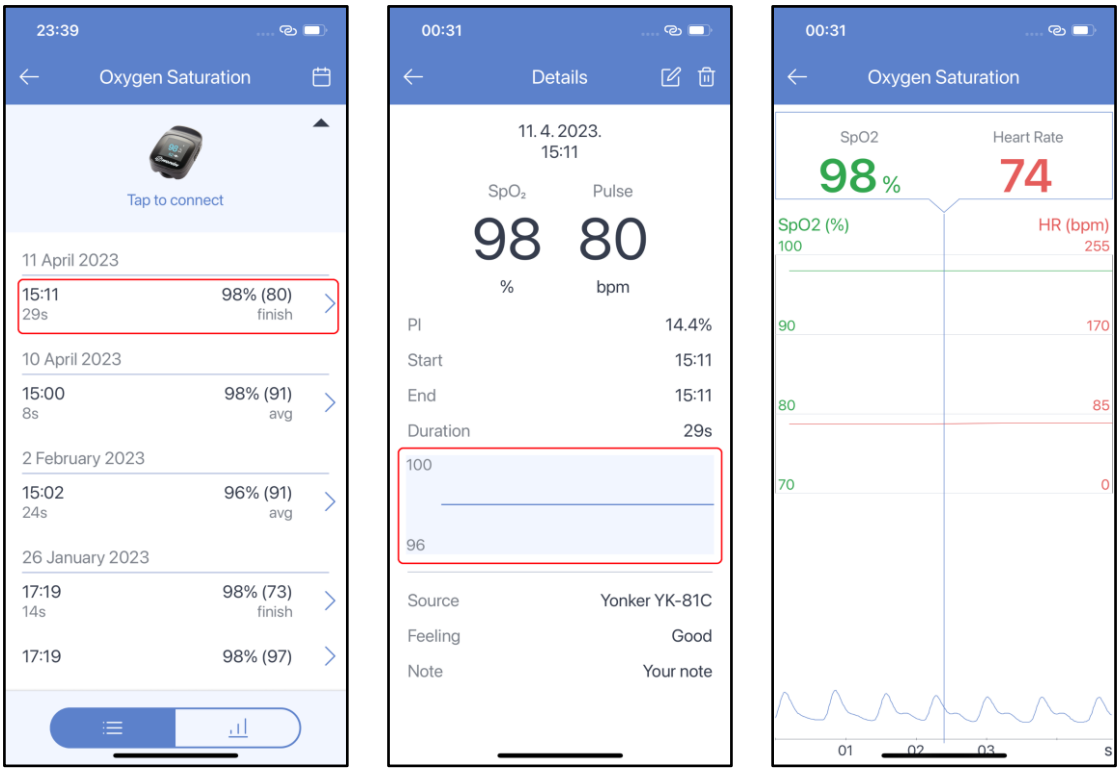
Measurements which are uploaded from statistical devices marked as **avg** since their average value is shown in history. Measurements which are uploaded from stream devices are marked as **finish** since their finish value is shown in history. Measurements which are not marked as **avg** or **finish**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

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

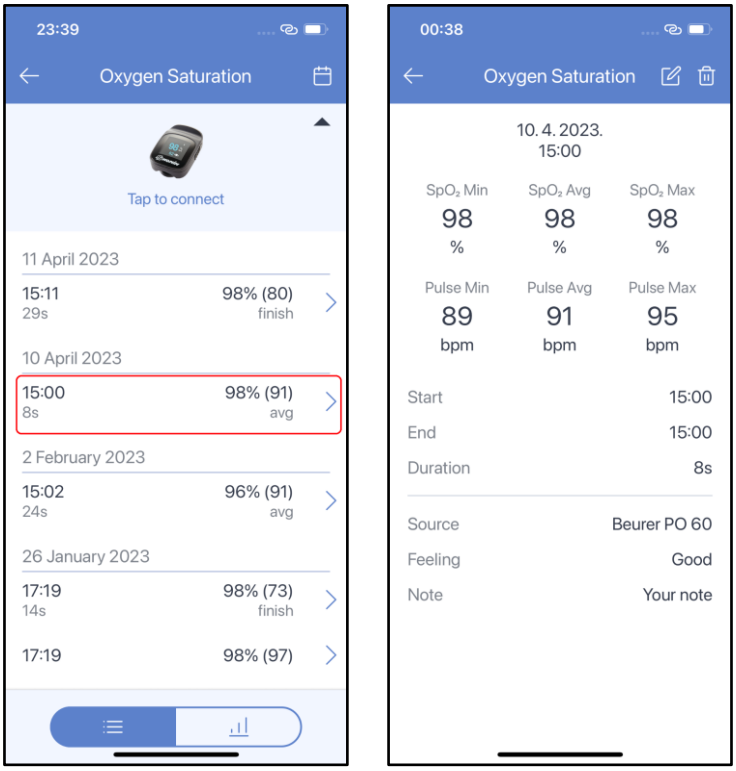
Common spot blood oxygen parameters are: blood oxygen value, heart rate value, PI value (if your sensor supports this parameter), date and time, feeling tag, note, source (manual entry, compatible pulse oximeter or external app):



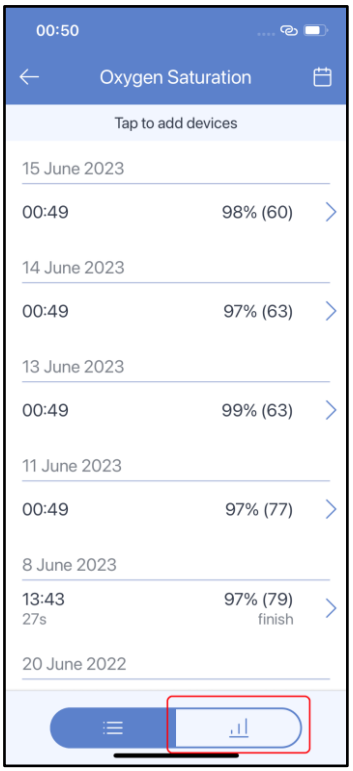
On the stream measurement details screen you will see the start, end and duration times, feeling tag, note and a graph in interactive viewing mode. You can expand the graph and scroll it by swiping right or left:

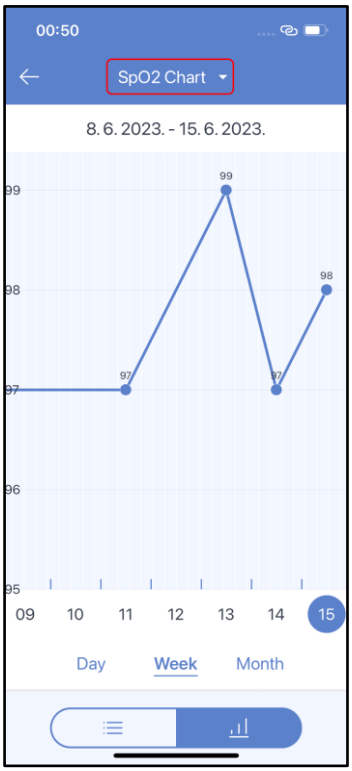


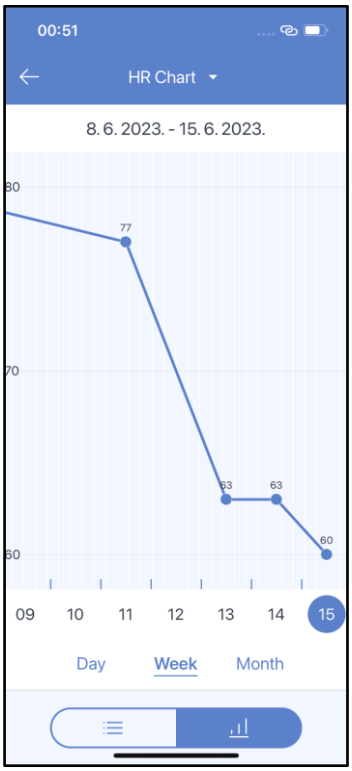
In the **statistical** measurement details view you will also see the start, end and duration times, as well as maximum, average and minimum values for heart rate and oxygen saturation:



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:



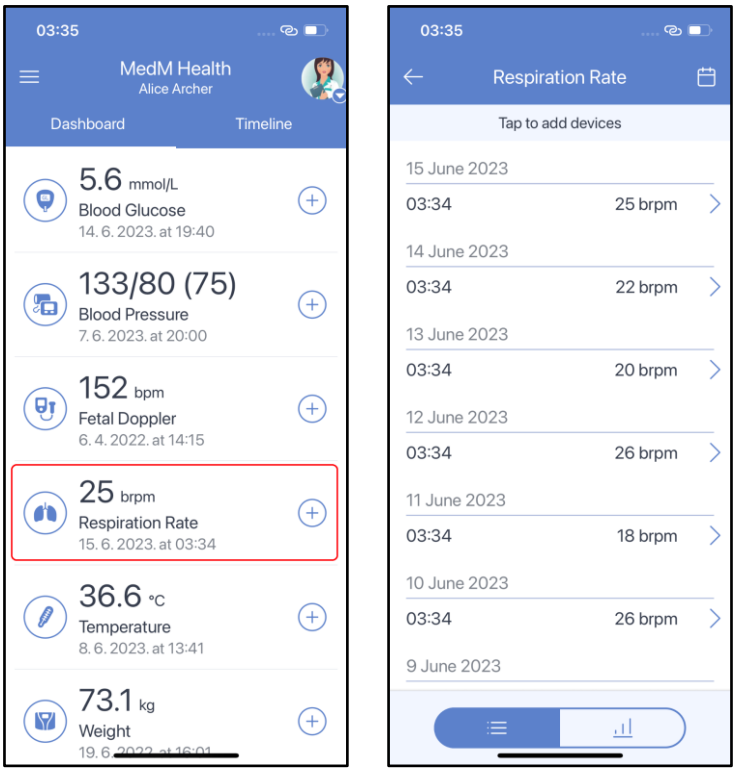




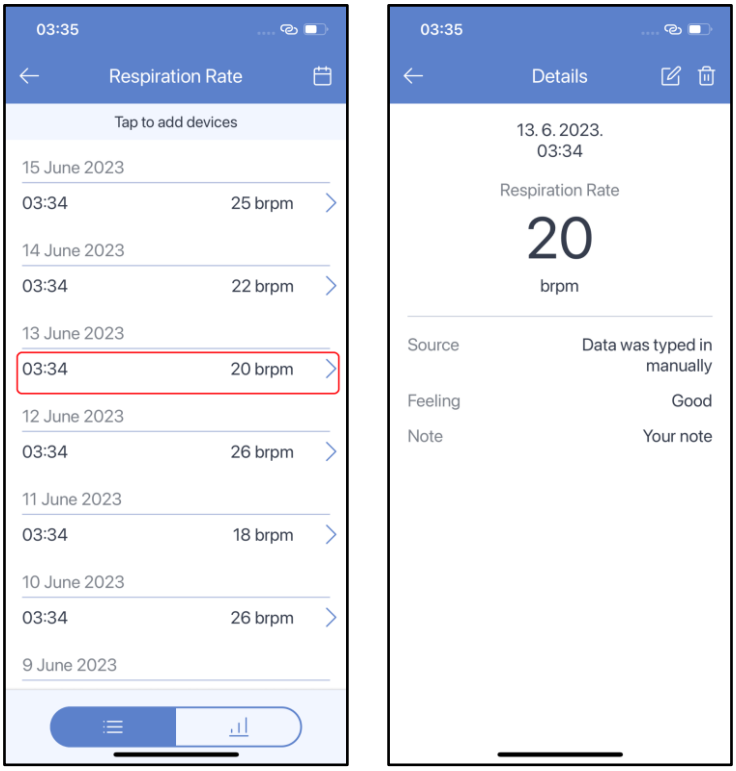
The chart displays dots with average values for statistical measurements, the finish value for stream measurements and single values which correspond to spot measurements.

Respiration Rate

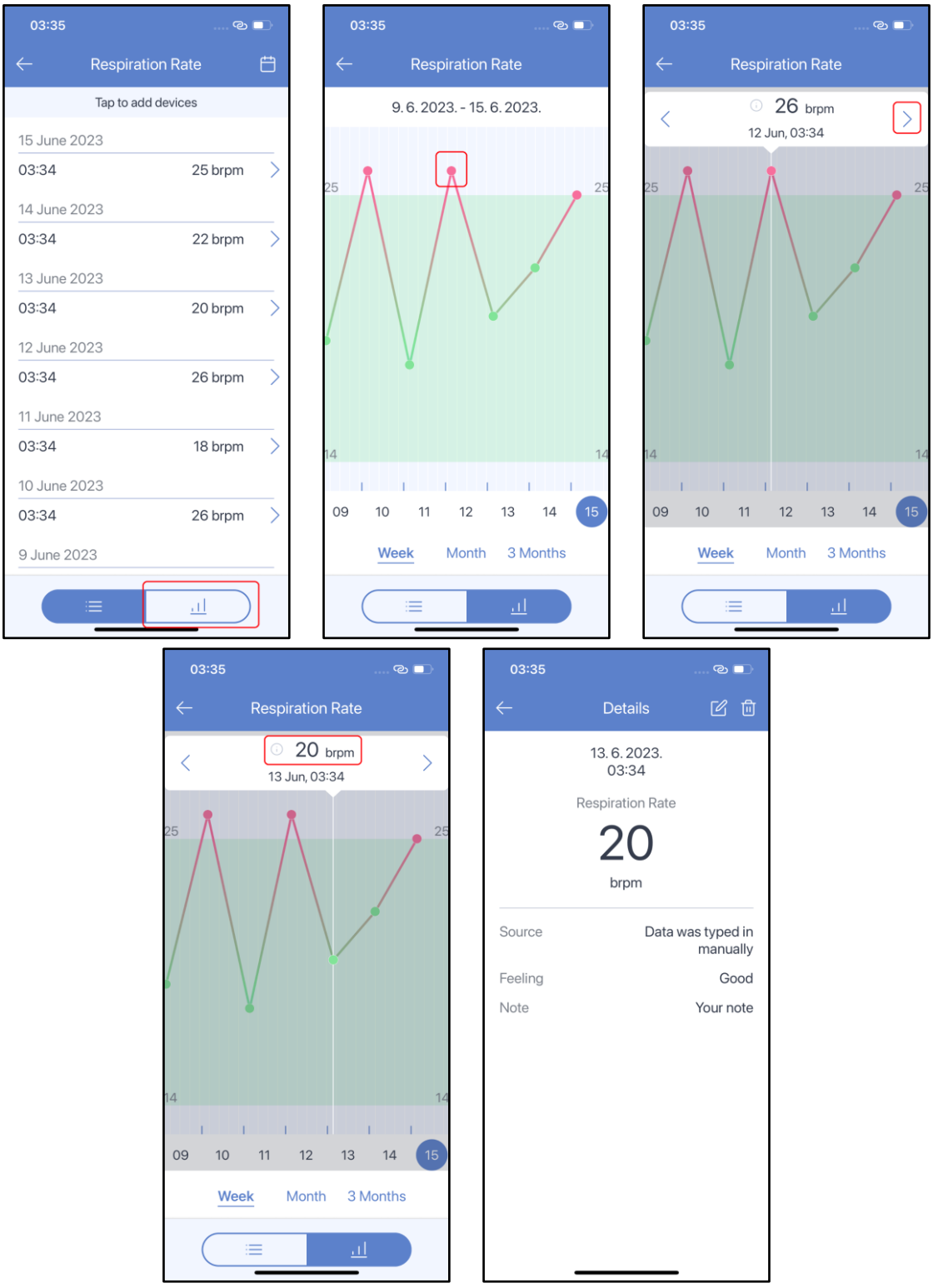
Tap the **Respiration Rate** section on the dashboard to open respiration rate history:



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

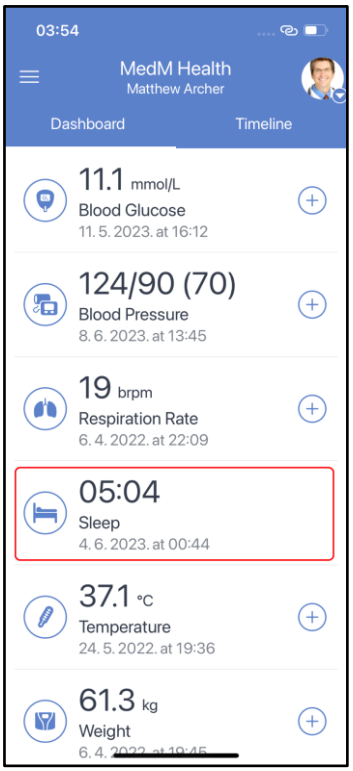


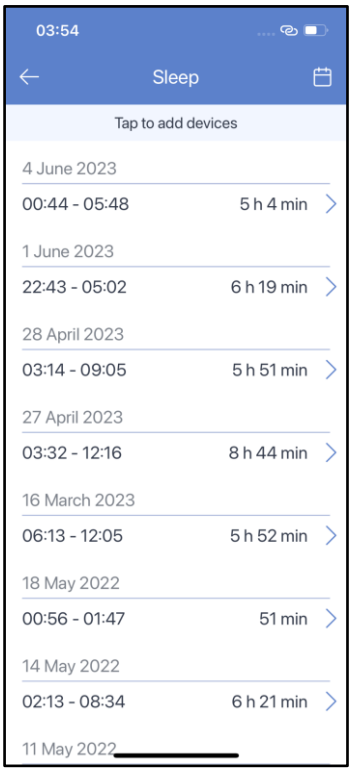
Go to **Respiration Rate** history and tap the **chart** icon at the bottom of the screen. The green zone on the chart represents the normal respiration rate range between 14 and 24 breaths per minute. Tap on any point to call up the chart bubble to view measurement details and scroll through them. You can change the time period selected by tapping **Week**, **Month, 3 Months** under the chart:



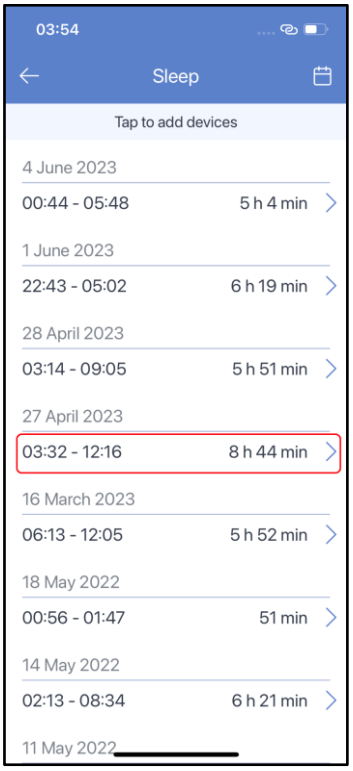
Sleep

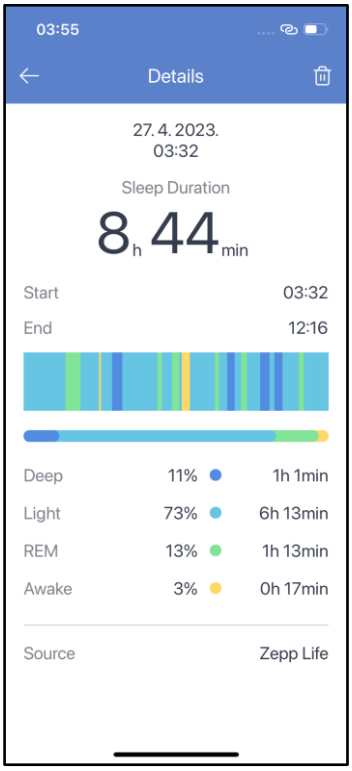
Tap the **Sleep** section on the dashboard to open sleep history:





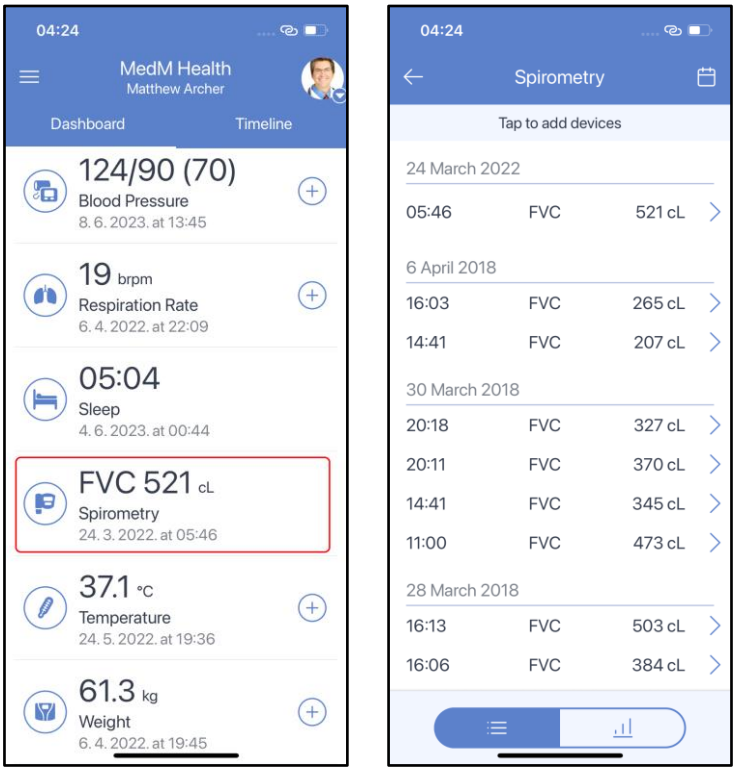
As sleep measurements you will see some of the following parameters: total sleep duration, deep sleep time (optional depending on a source), light sleep time (optional depending on a source), awake time (optional depending on a source), rapid eyes movement time or REM (optional depending on a source),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





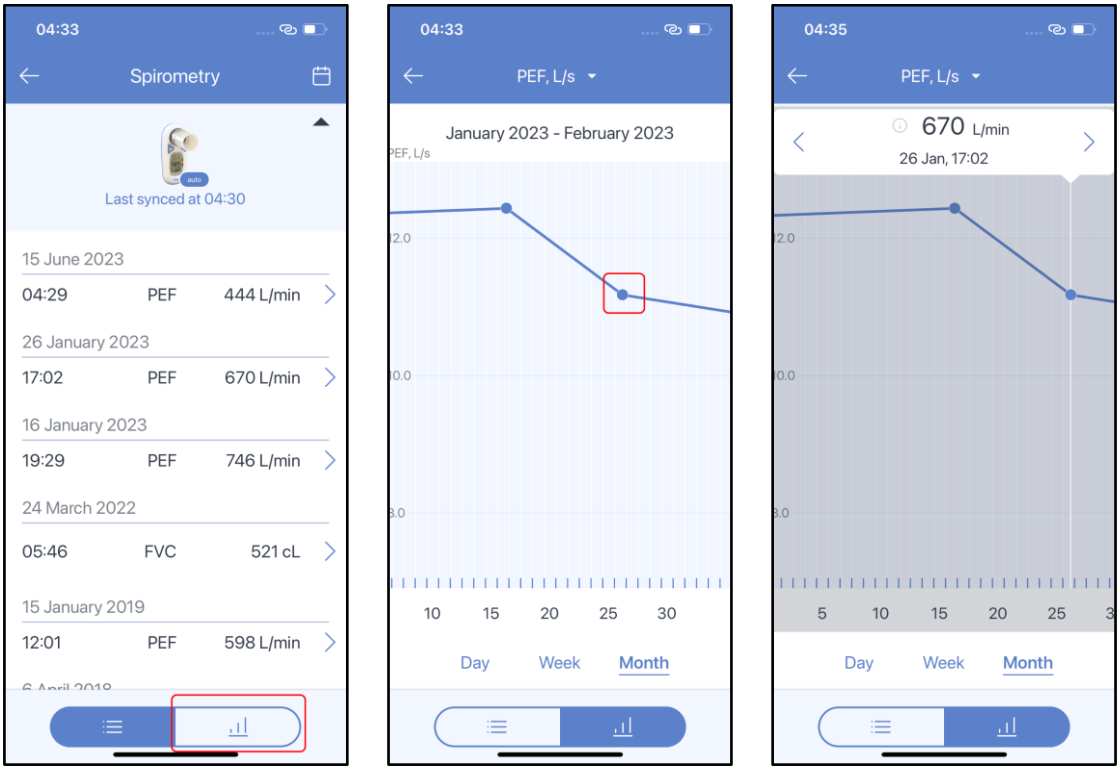
Spirometry

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 compatible spirometer 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:

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:

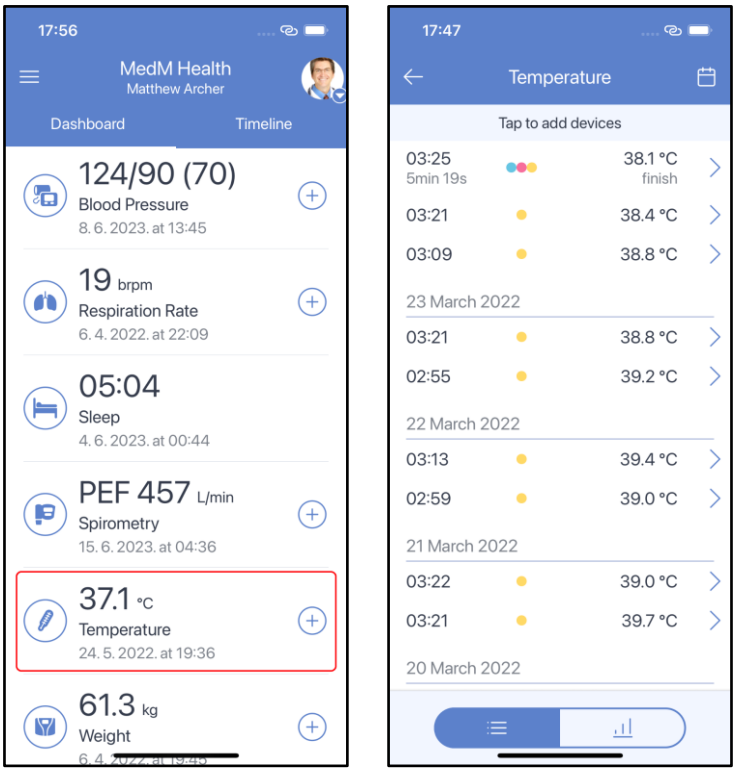


Temperature

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

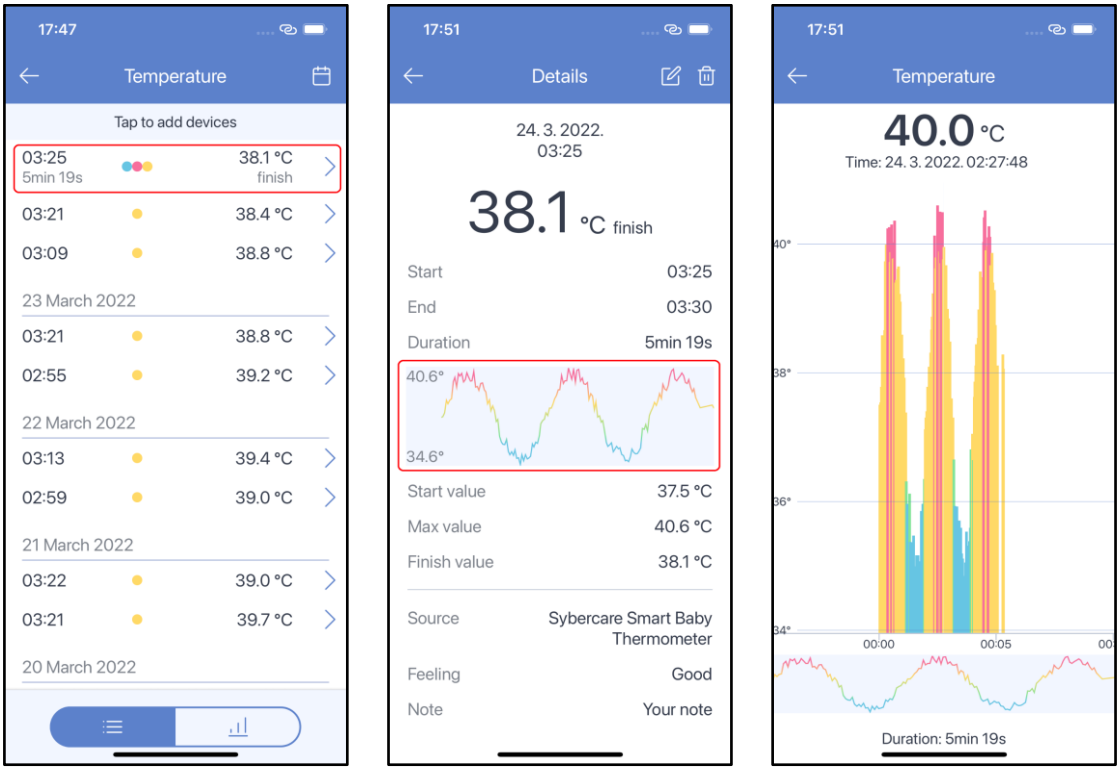


Tap any line in the list of readings to see temperature details.

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, compatible thermometer or external app):

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, compatible thermometer or external app):

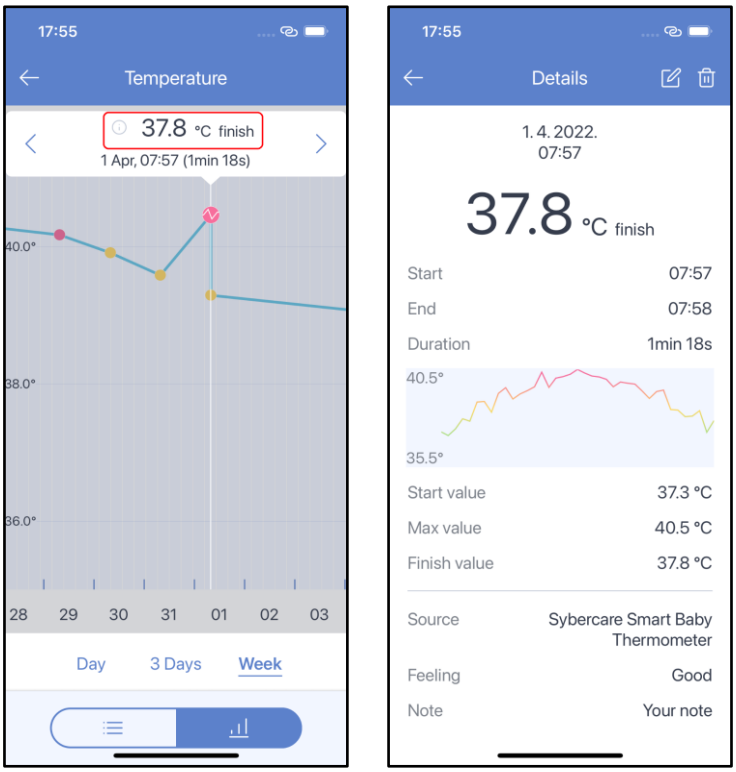


The temperature chart shows both stream and spot measurements as a single point on the chart. To open this type of chart, go to **Temperature** history and tap the **chart** icon at the bottom of the screen. You can change the time period selected by tapping **Day**, **3 Days,** and **Week** under the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

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.

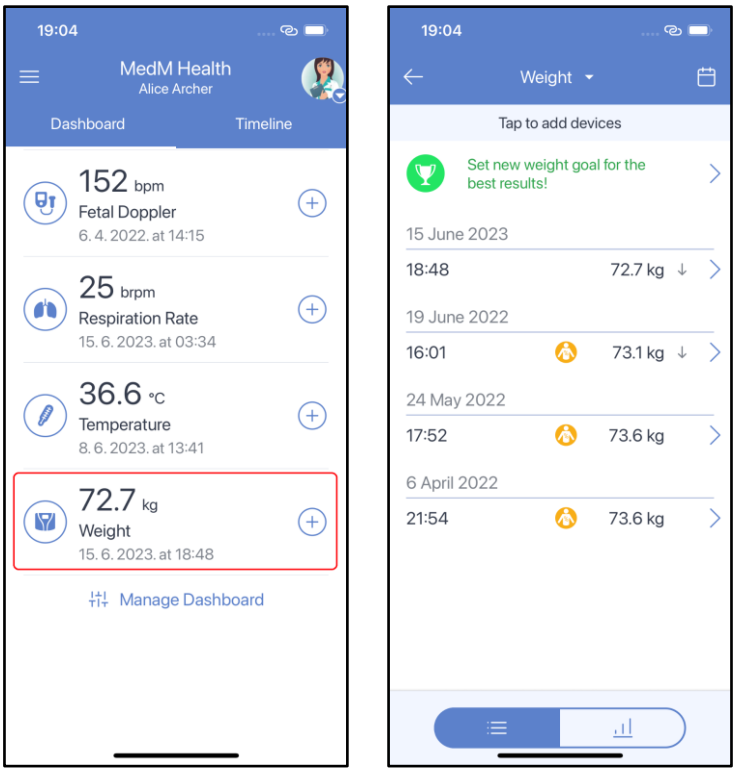
Stream values are marked with the graph sign inside the circle. For such values duration is also displayed in the bubble:

Tap the value in the bubble to open measurement details:



Weight

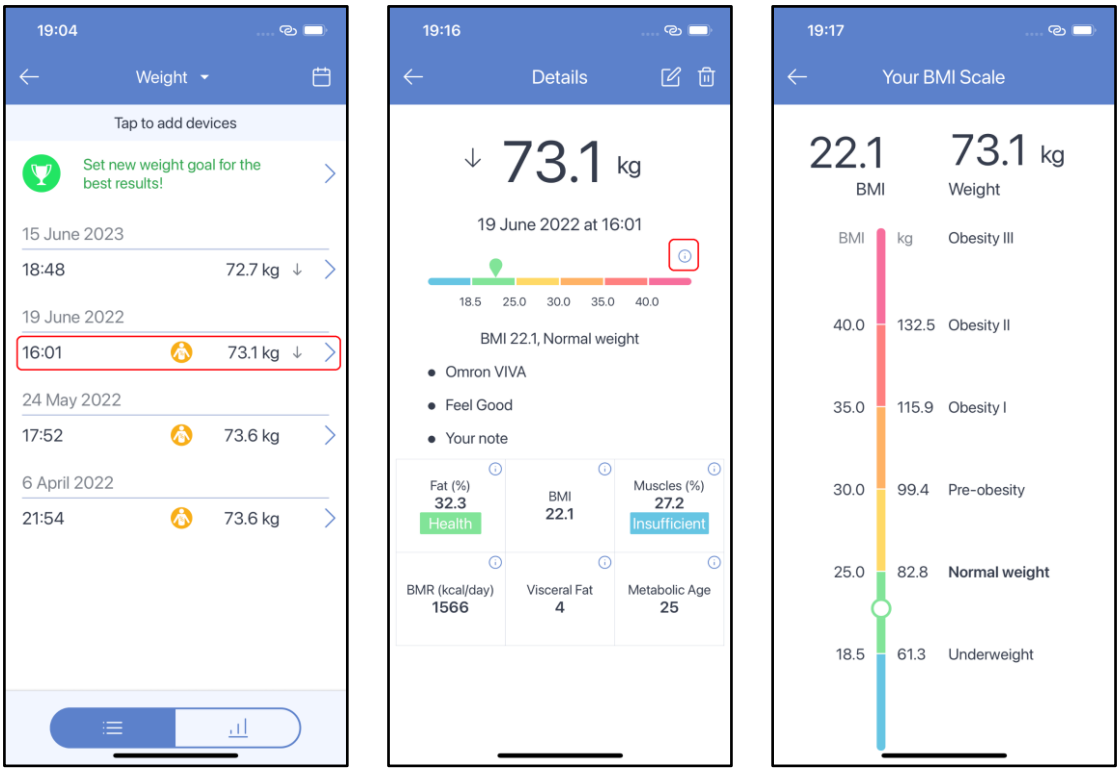
Tap the **Weight** section on the dashboard to open weight history. Measurements with measured body composition parameters are marked with the **body composition** tag. Arrows show whether your weight has changed compared to the previous measurement:



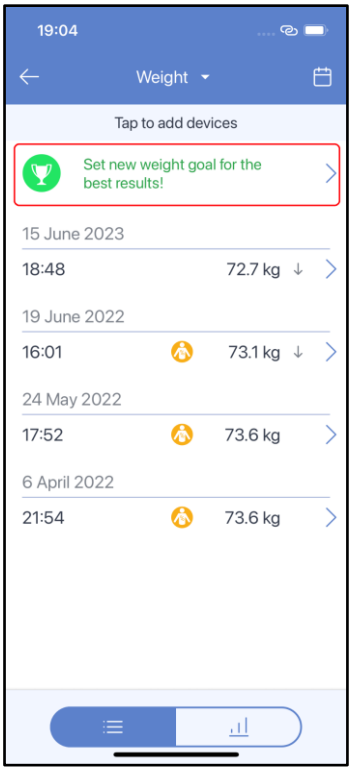
Tap any line in the list of readings to see the weight measurement details. Common weight parameters are:

- ✓ weight value
- ✓ date and time
- ✓ BMI (calculated according to user height)
- ✓ source (manual entry, compatible weight scale or external app)
- ✓ 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

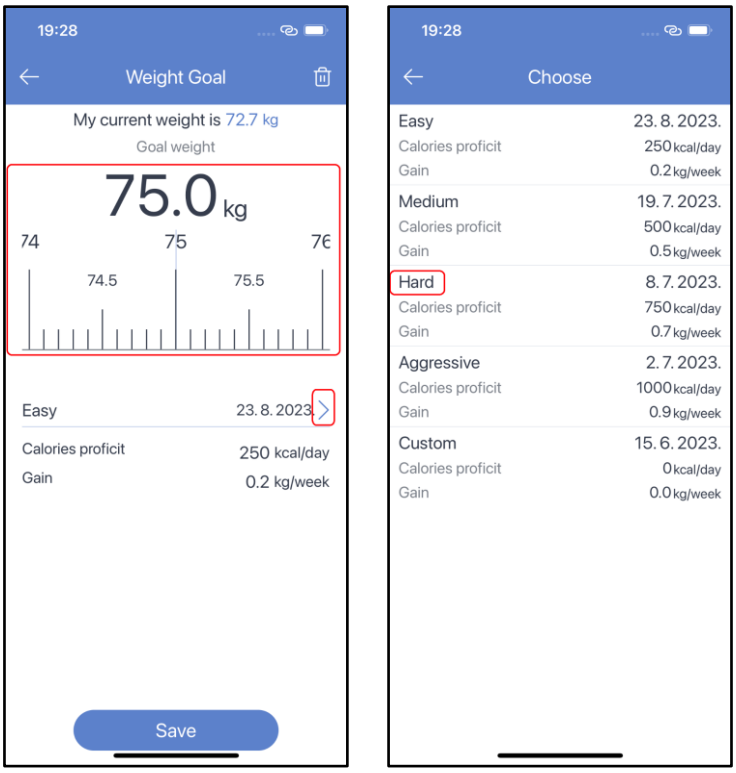
Click on the BMI picture to view the BMI scale for the selected health record (calculated based on height):



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!**:



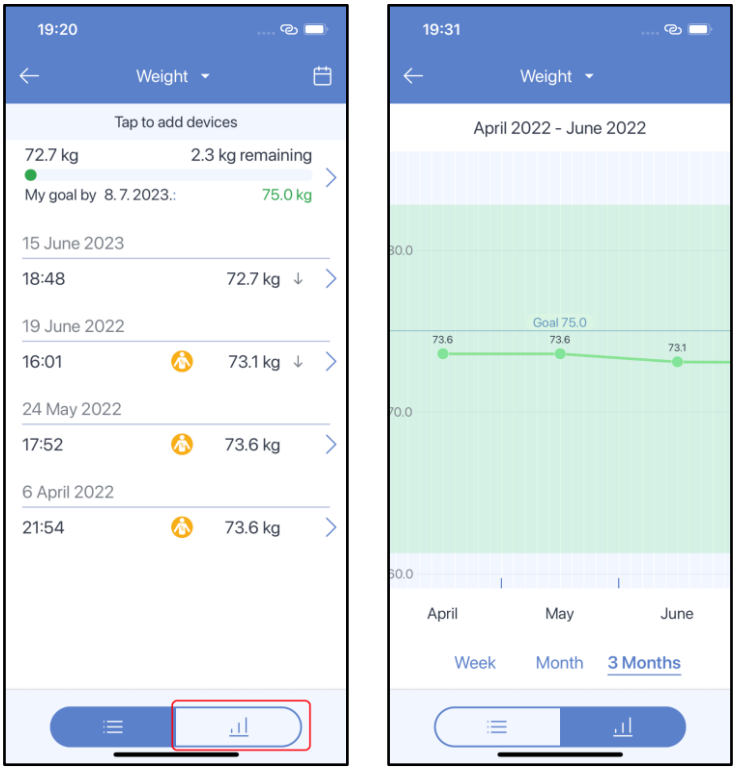
On the next screen you will be asked to provide the target weight and the difficulty (date by which you want to achieve this target weight). After specifying the target weight and difficulty tap **Save** and the progress bar will appear at the top of the weight history screen:



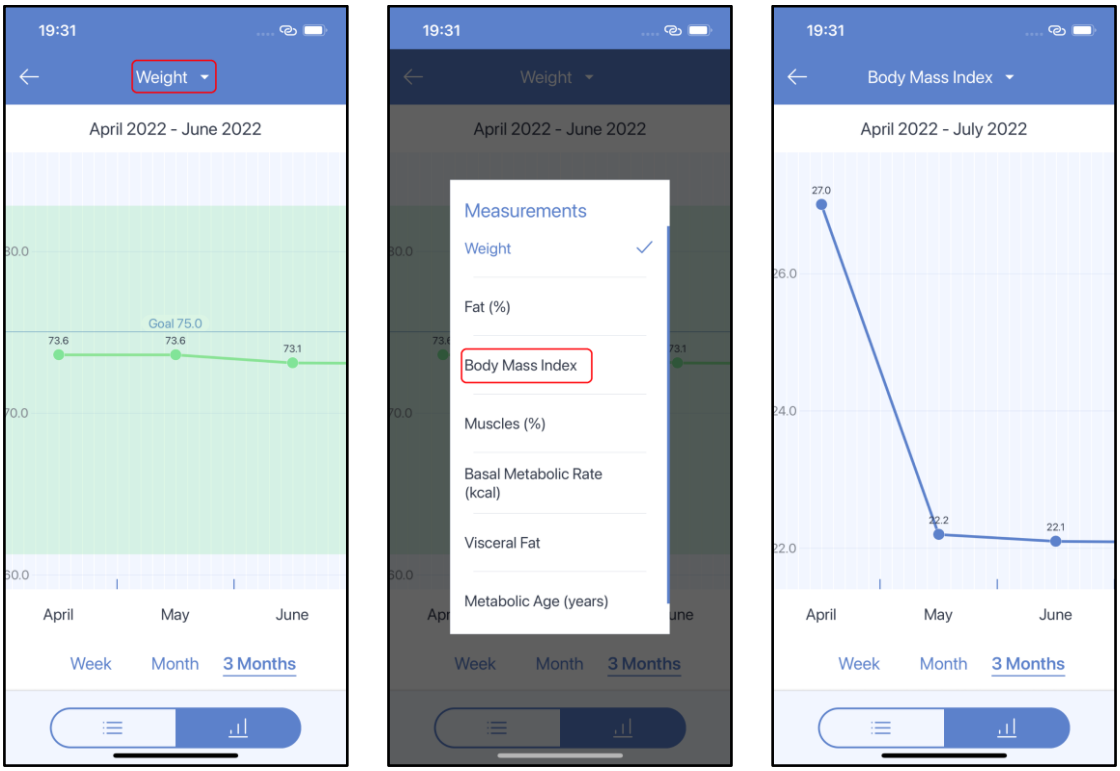
This chart is represented by points which are connected by lines. Points on the graph represent the last value of the day for the Week graph and Month charts and the last value of the month for the 3 Months chart).

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:



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



Data Sync

Google Fit

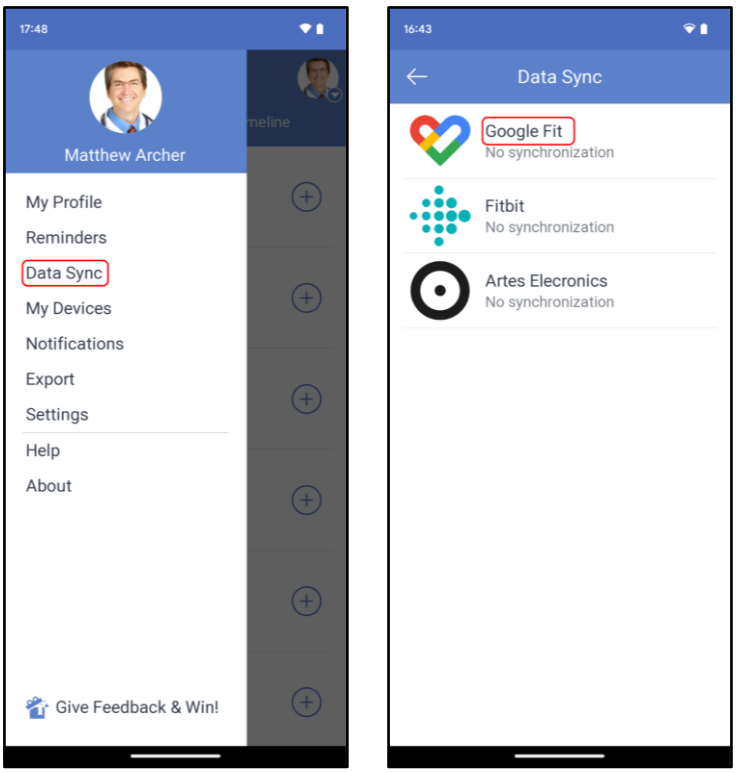
General information

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**.

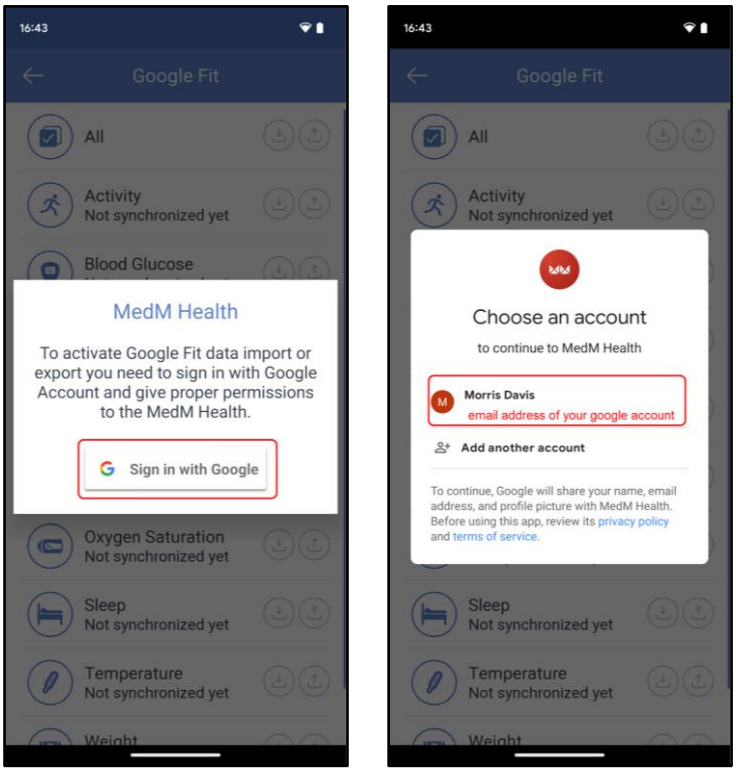
Note:

- Data sync is available only to the 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

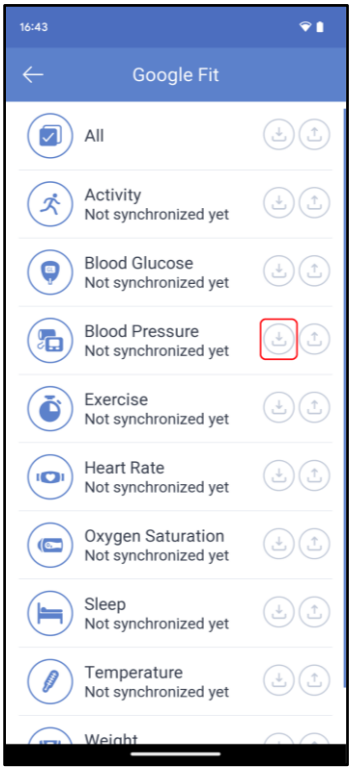
Open the **app menu**, select **Data Sync** and select **Google Fit**:



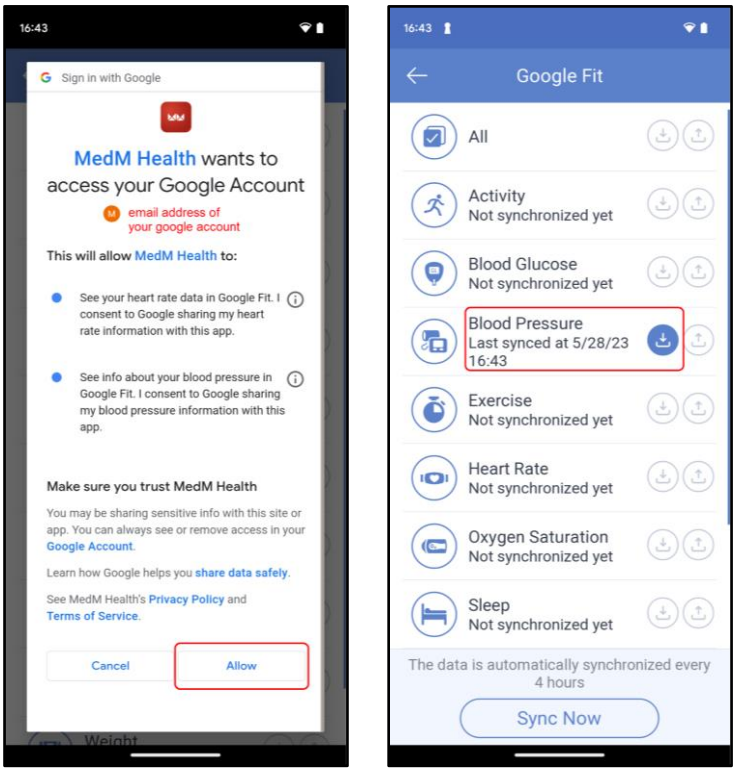
To continue with data export/import, first you will get the Google Sign-In screen asking you to select your Google account:



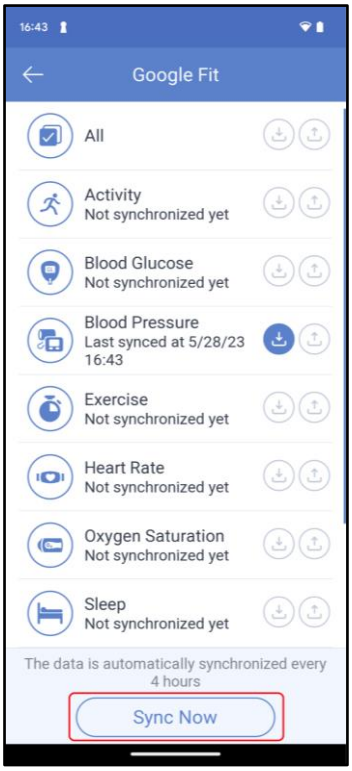
Pick the desired measurement type to start importing (**down** arrow) or exporting (**up** arrow) your data:



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:

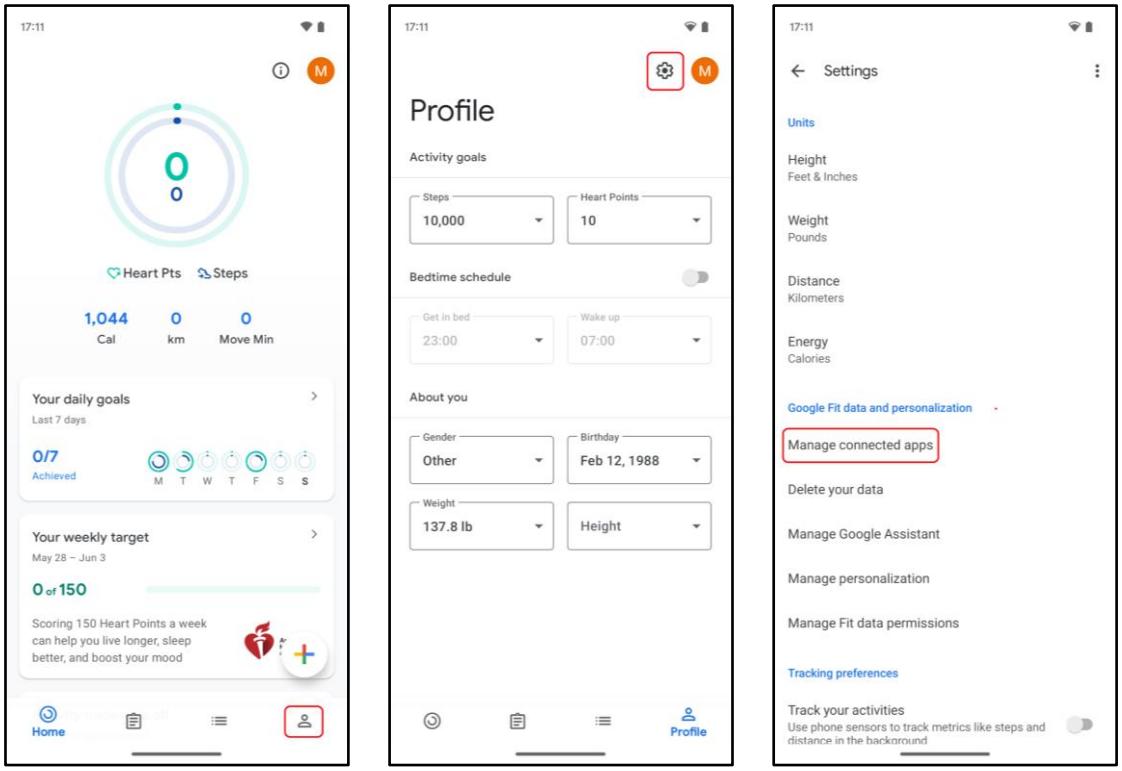


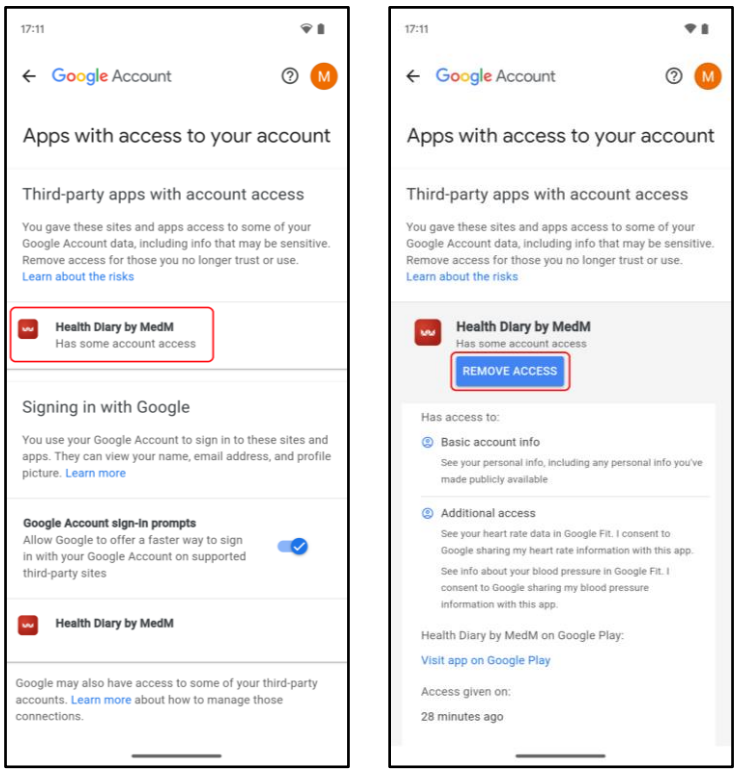
To stop exporting/importing data to/from Google Fit, just uncheck the box of the corresponding measurement type. This will not affect any data already stored in MedM Health and Google Fit. If data export is activated for any measurement type, then synchronization with Google Fit is performed automatically 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:



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:





Activity

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.

Sleep

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.

Weight

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

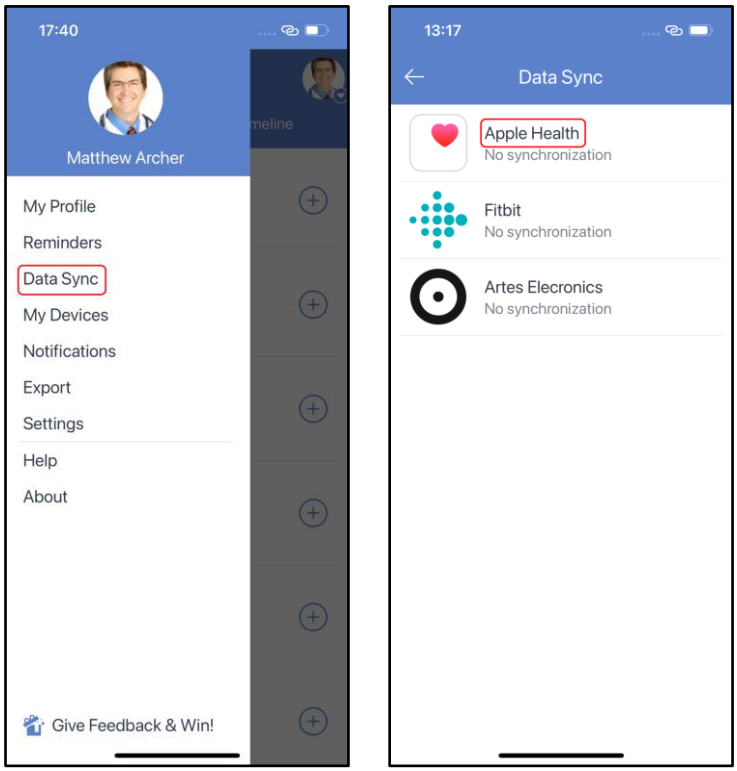
General information

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.**

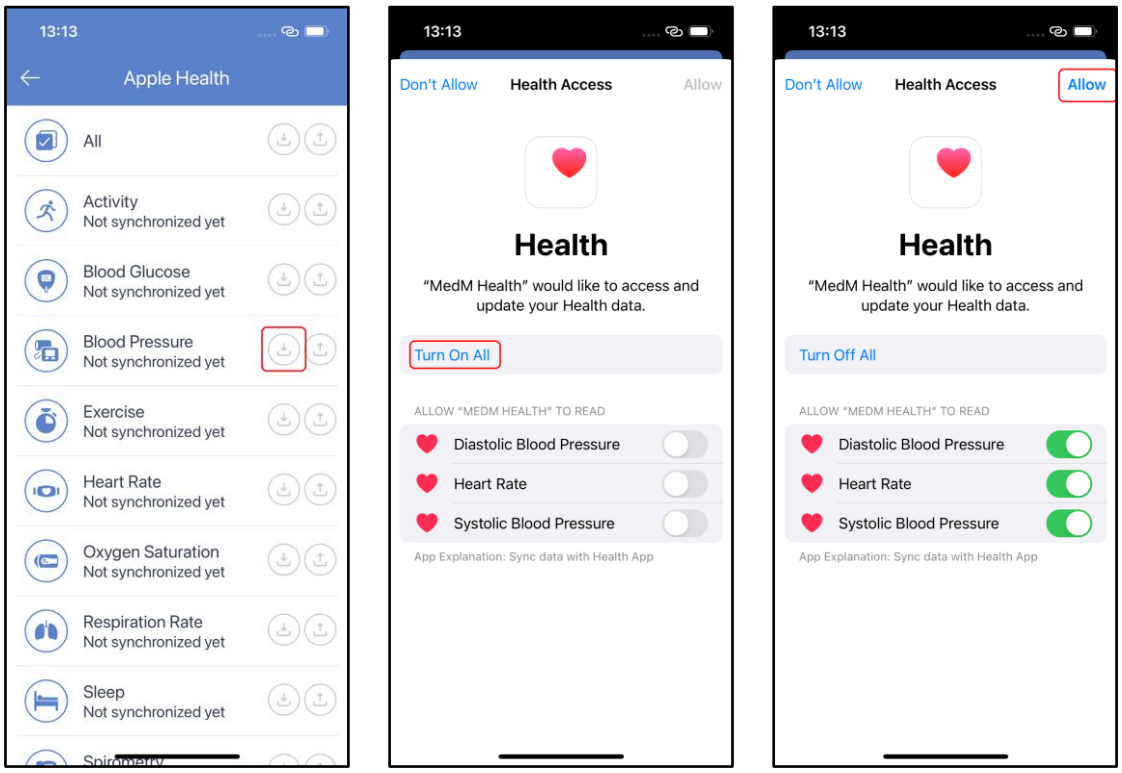
Note:

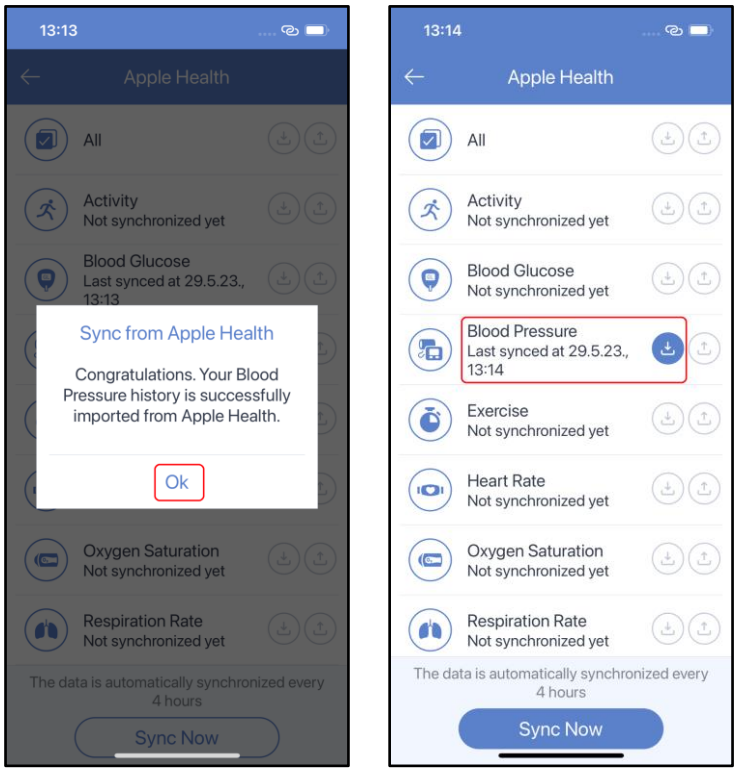
- Data sync is available only for the main health record of any user
- Export and import cannot be active simultaneously
- Imported data will not be exported, and the exported data will not be imported
- MedM Health should be kept in the foreground while data is being imported or exported for successful 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:

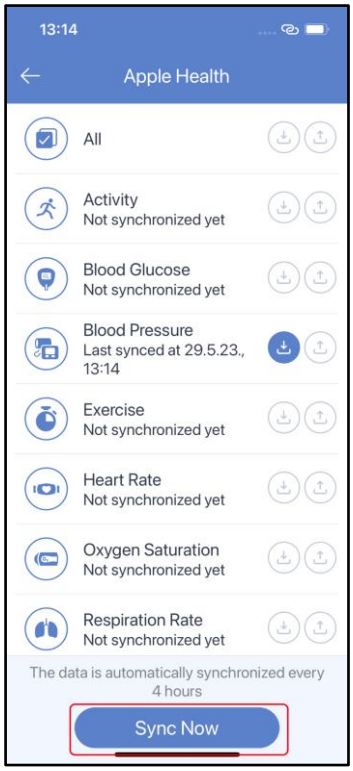


To continue with data export/import, you will be asked to grant MedM Health the access rights to Apple Health data. As a result, the data should be synchronized and appear in Apple Health/MedM Health history. The last sync time will be specified under a corresponding measurement type:





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 type – synchronization is performed 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**.

Activity

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.

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**, **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.

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 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.

Sleep

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.

Weight

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.

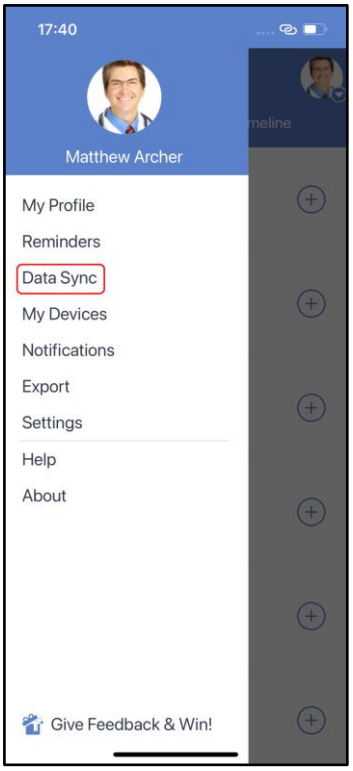
Fitbit

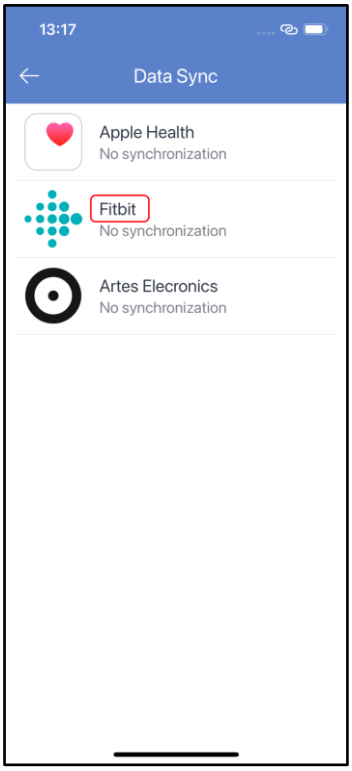
Import from Fitbit is available for data of **Activity** and **Sleep**.

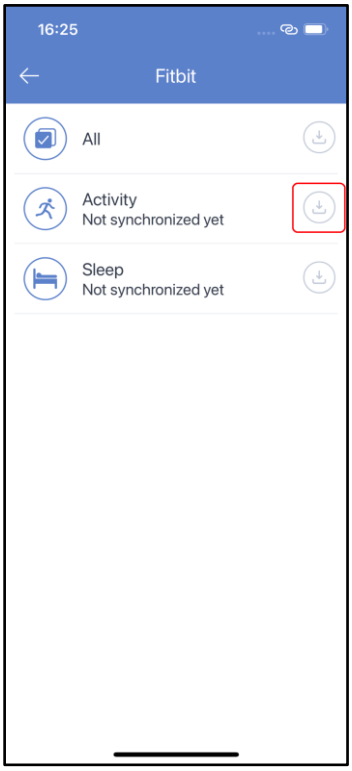
Note:

- 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

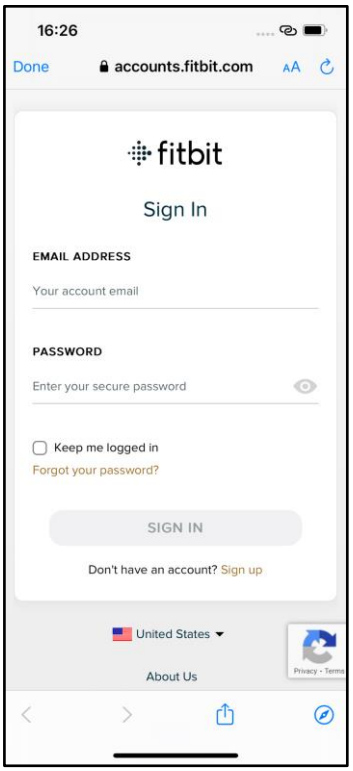
Open the app menu, select **Data Sync**, select **Fitbit**, and import your **Activity** or **Sleep** data:

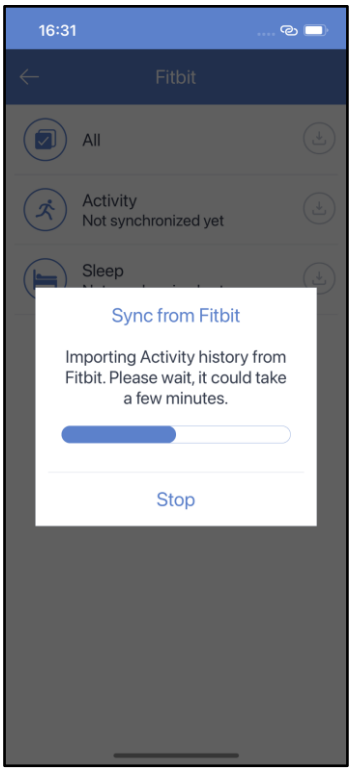


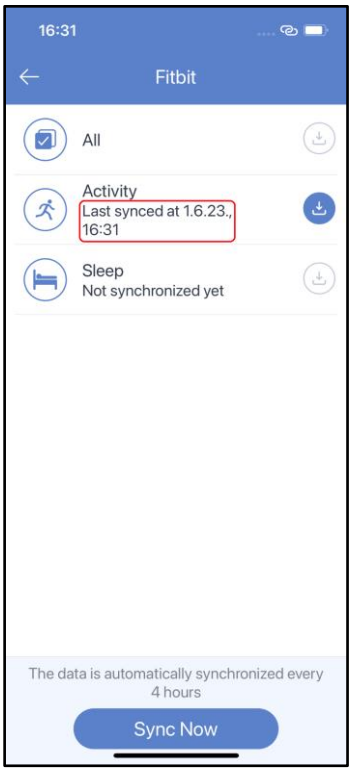




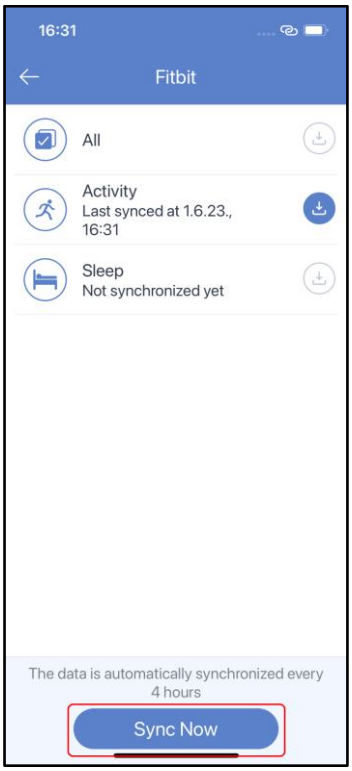
To continue with data import, you will be redirected to the **Fitbit** login web page. Enter your Fitbit credentials and finish importing data:







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

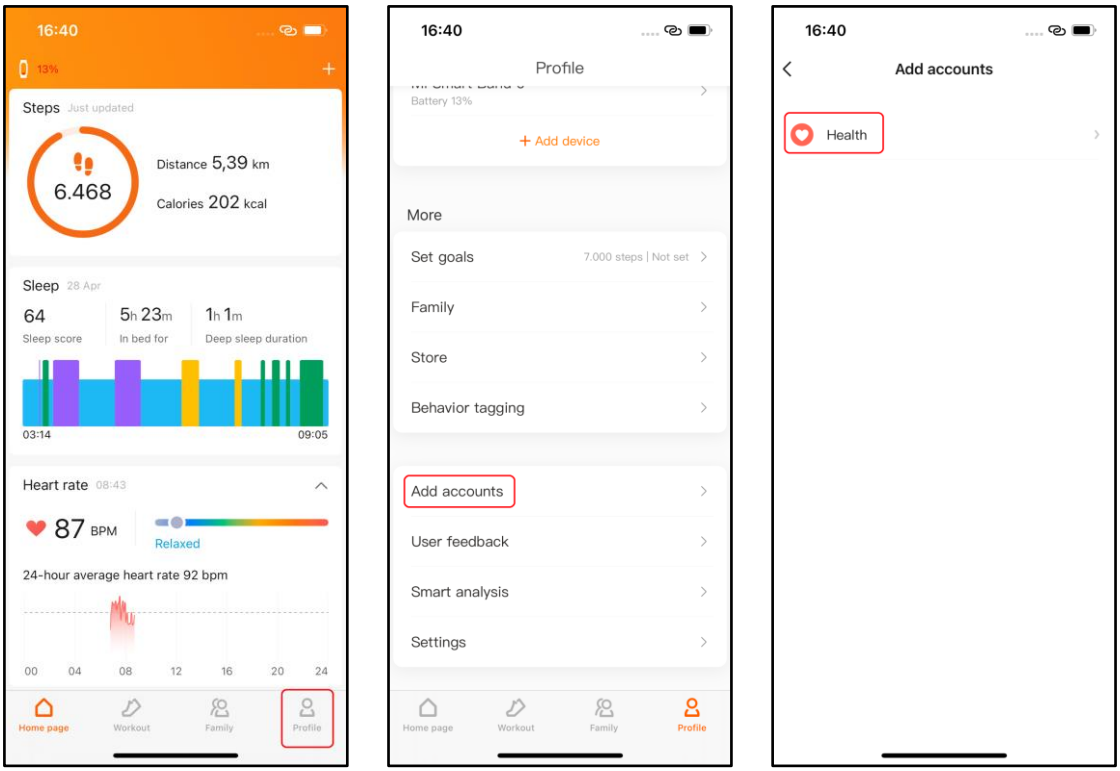


Zepp Life

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



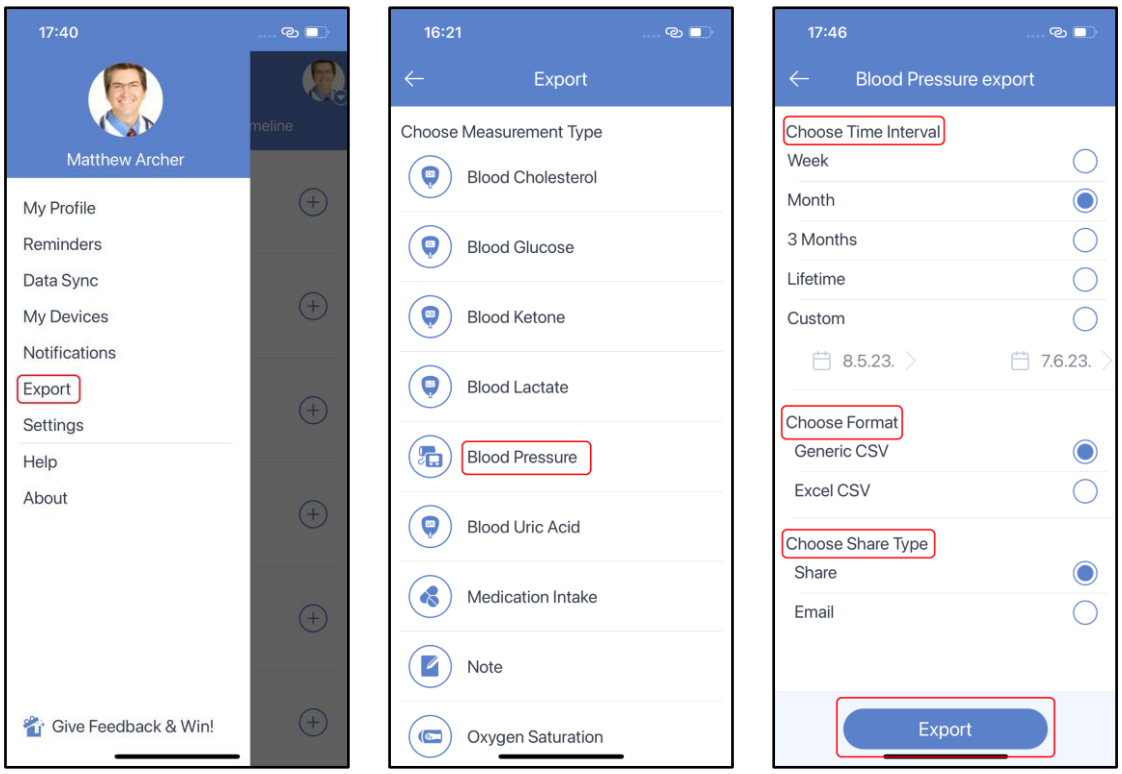
- Perform data import from Google Fit/Apple Health to MedM Health (tap the links to read the instructions).

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 dashboard.

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):



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

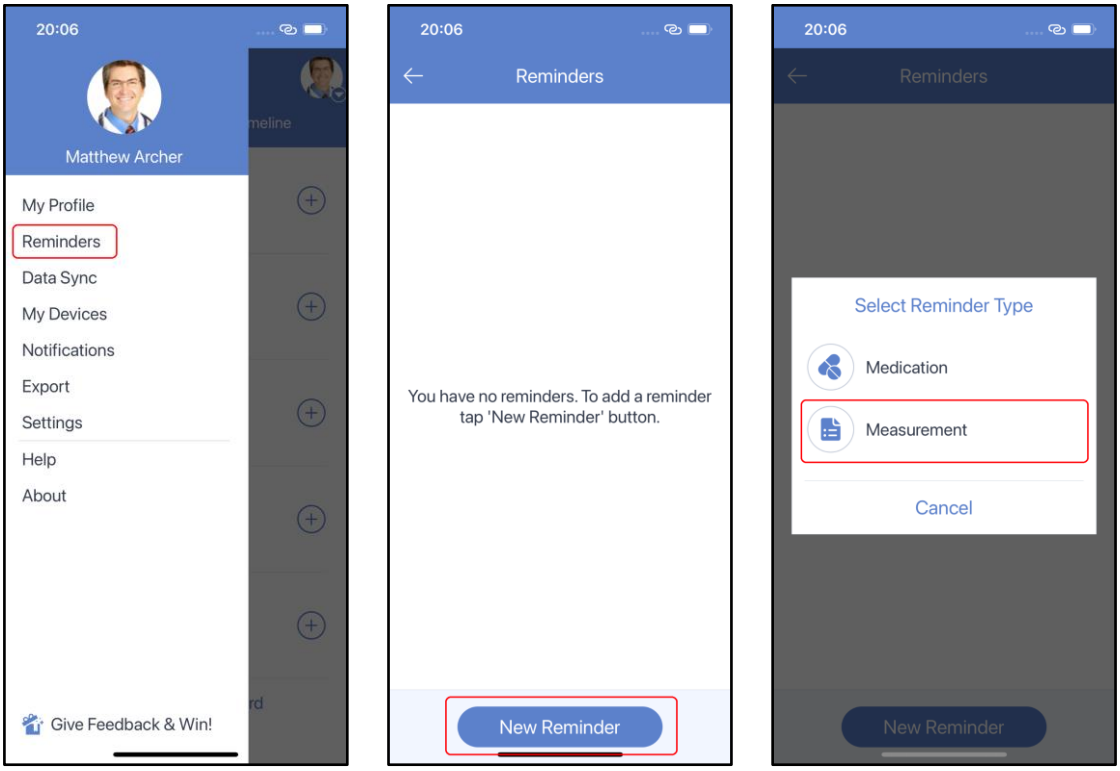
Reminders

New Reminder

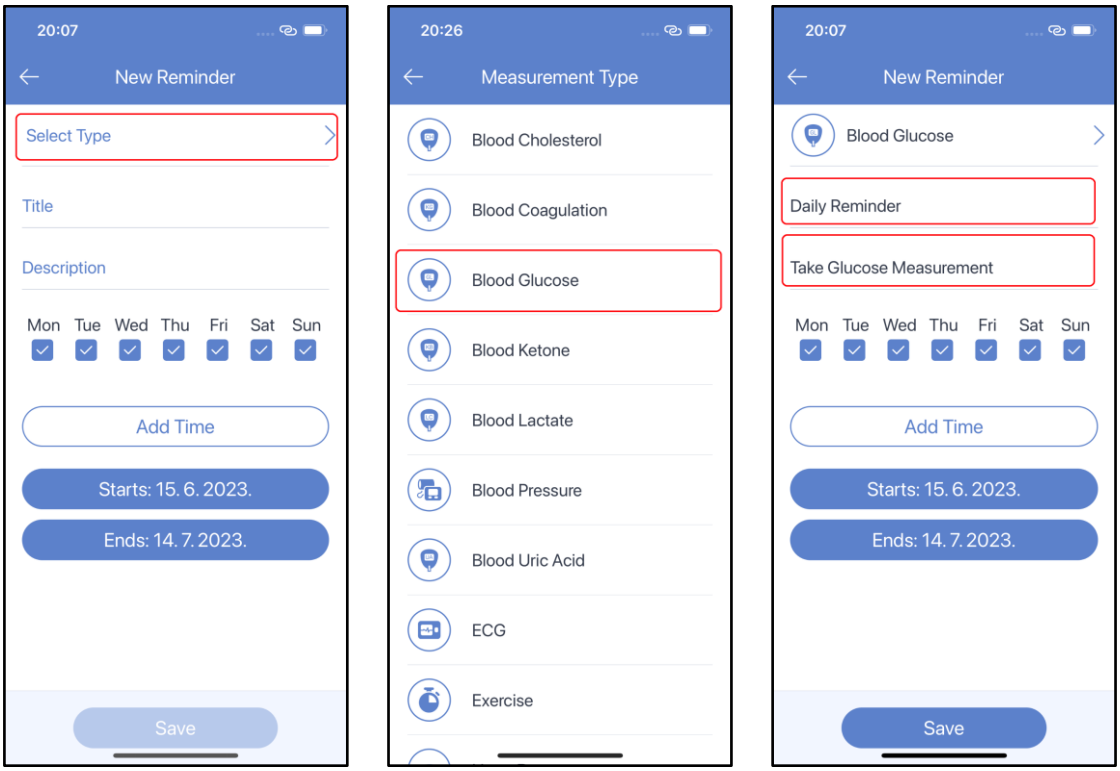
You can set a **reminder** to take a pill or to make a measurement. Created reminders are applied only to the main health record of any user and all reminder events are saved to the reminder history of the main health record.

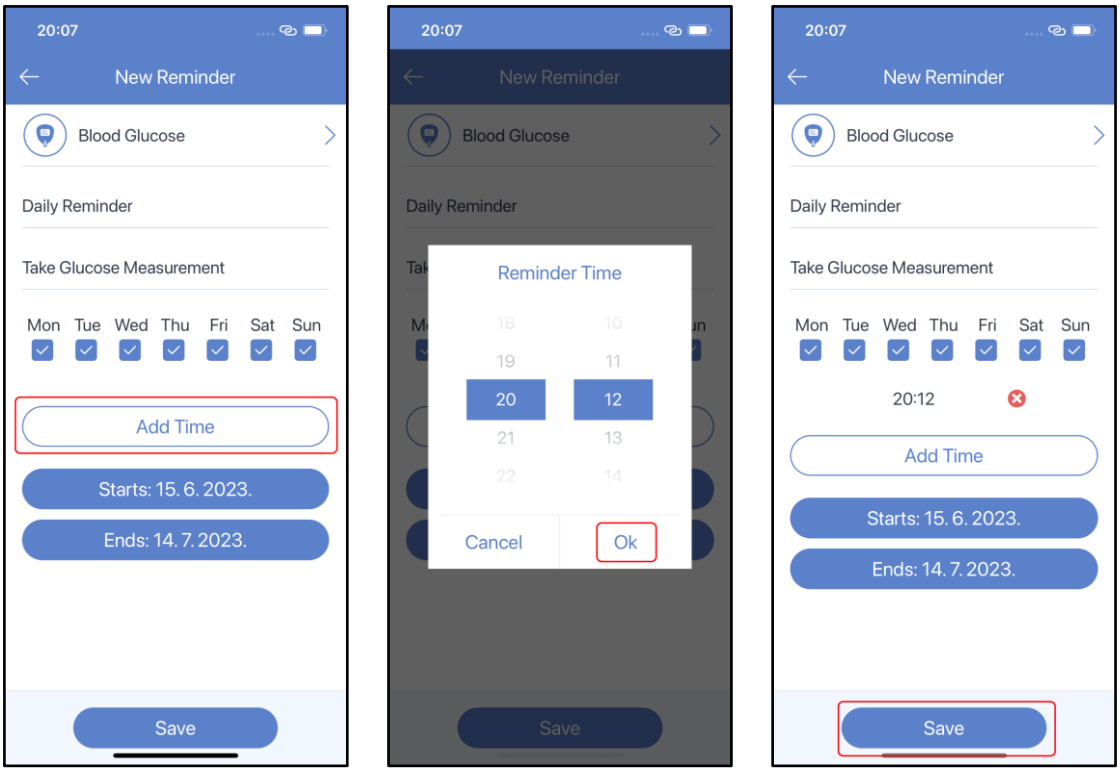
To create a new reminder go to the **app menu**, select **Reminders**, tap **New Reminder**, select **medication** or **measurement** reminder. After taking a medication reminder data will be saved to the

Medication Intake 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:

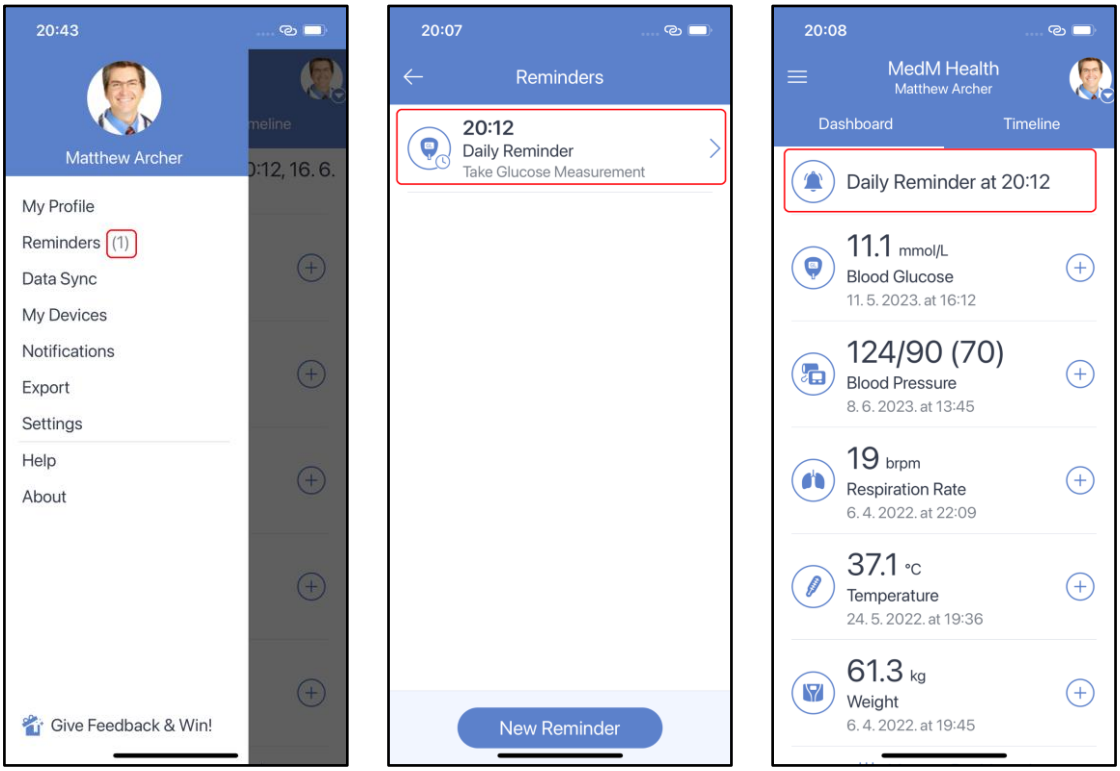


For a measurement reminder select reminder **type**, add **title**, **description**, specify the **days of the week**, **time**, **date** and tap **Save**:

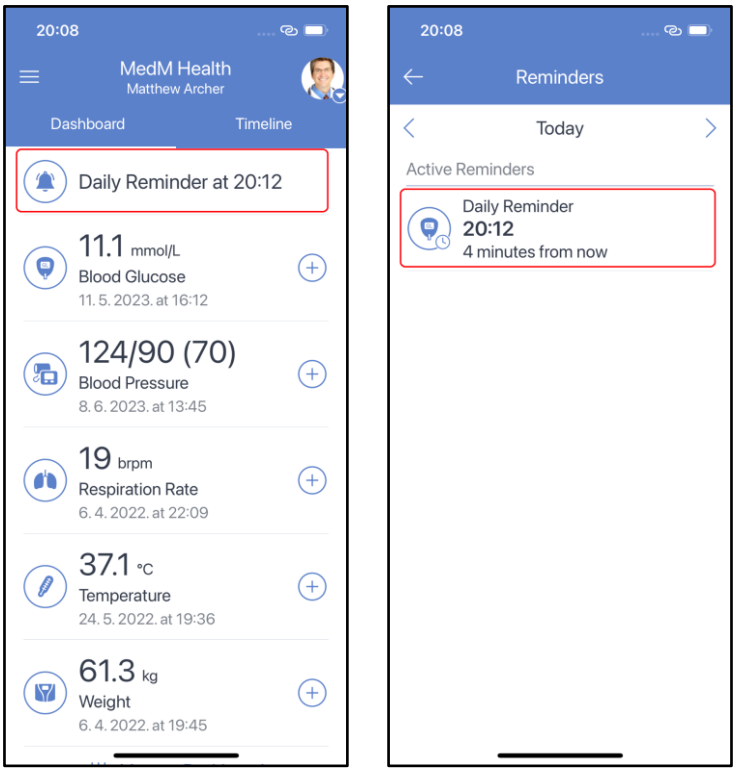




A new reminder is created and appears in the Reminder list and on the app dashboard:

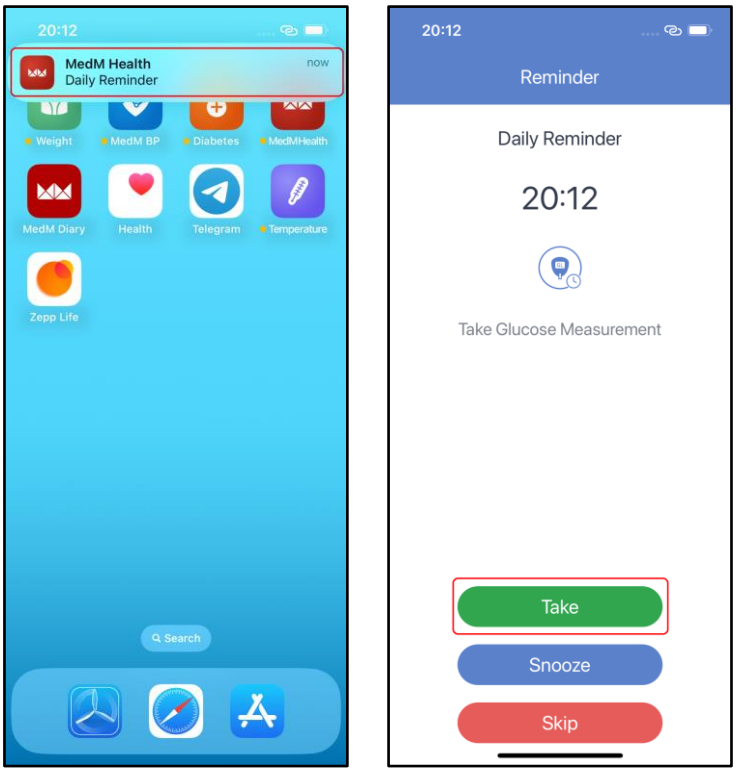


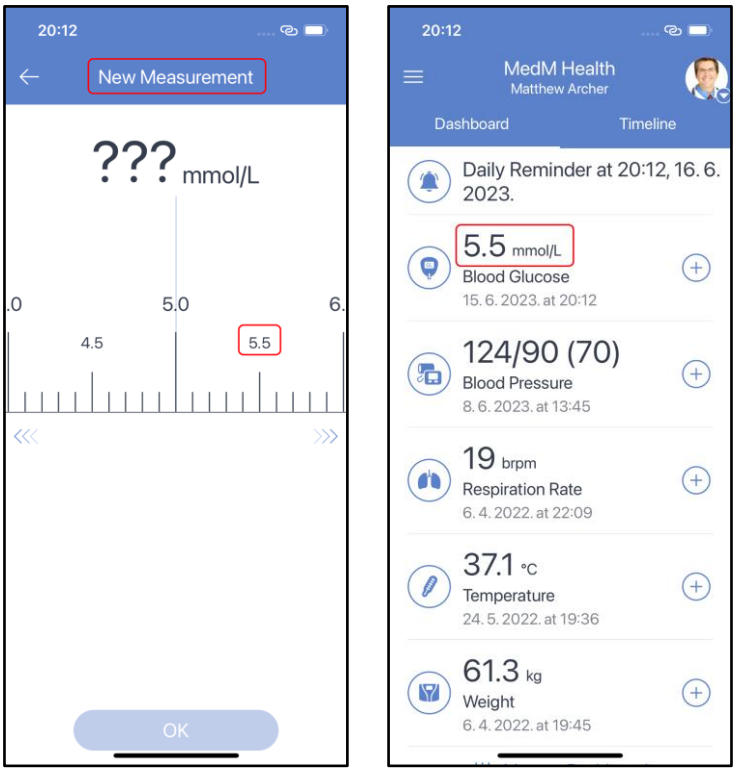
Tap the **Reminders** section of the dashboard to see your reminders history:



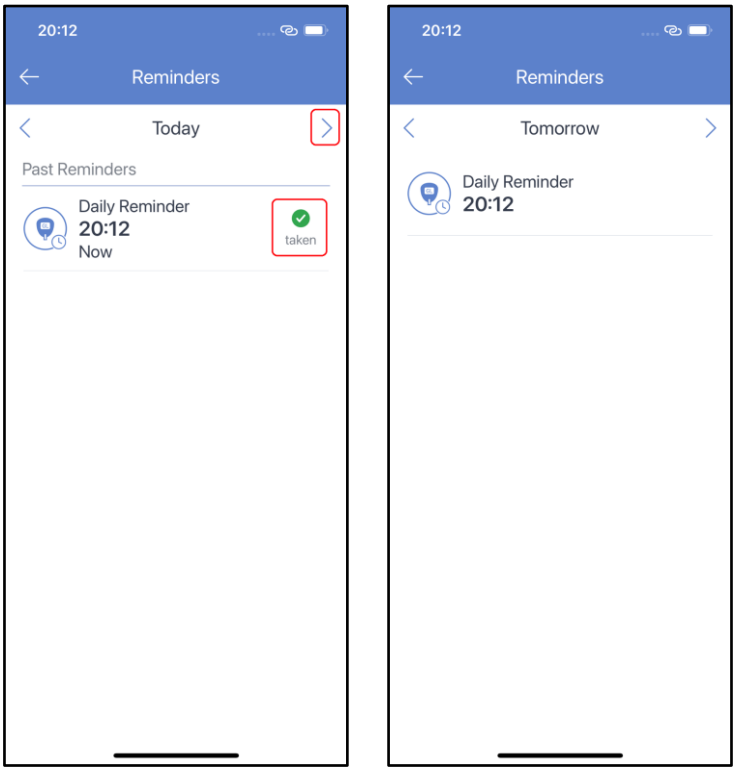
Take Reminder

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:



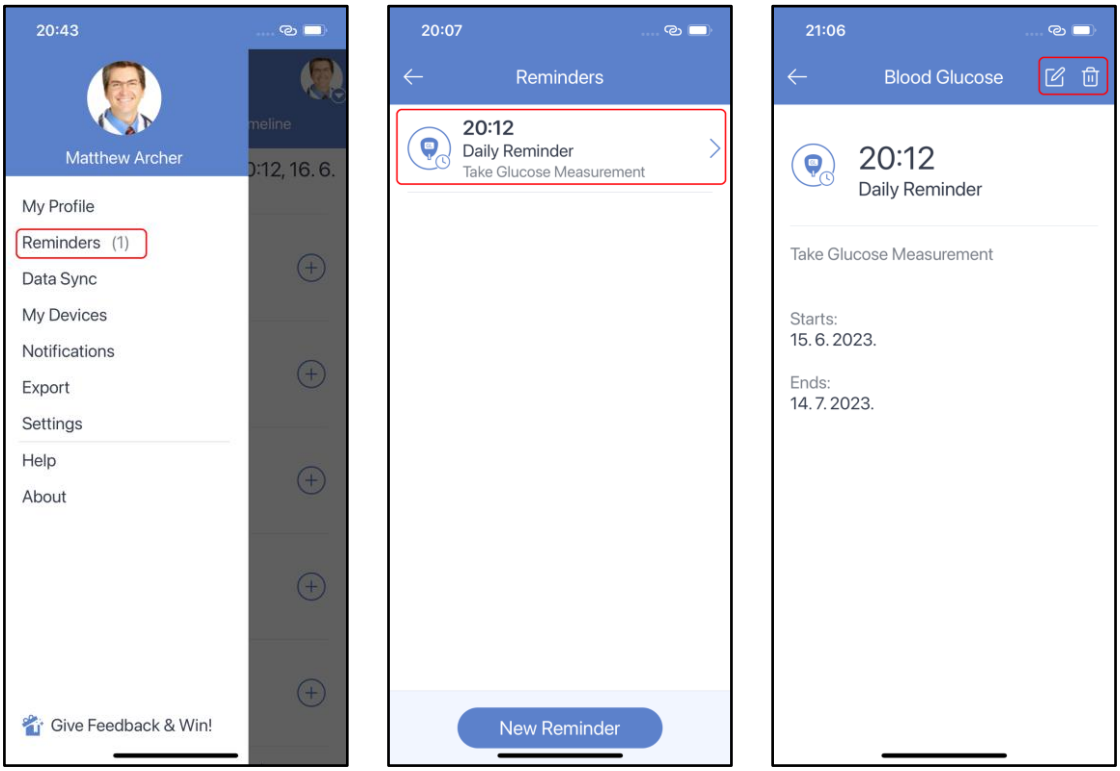


After taking action on a reminder its state will also change in the Reminder history from **Active** to **Past**. Use arrows to move in the history:



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

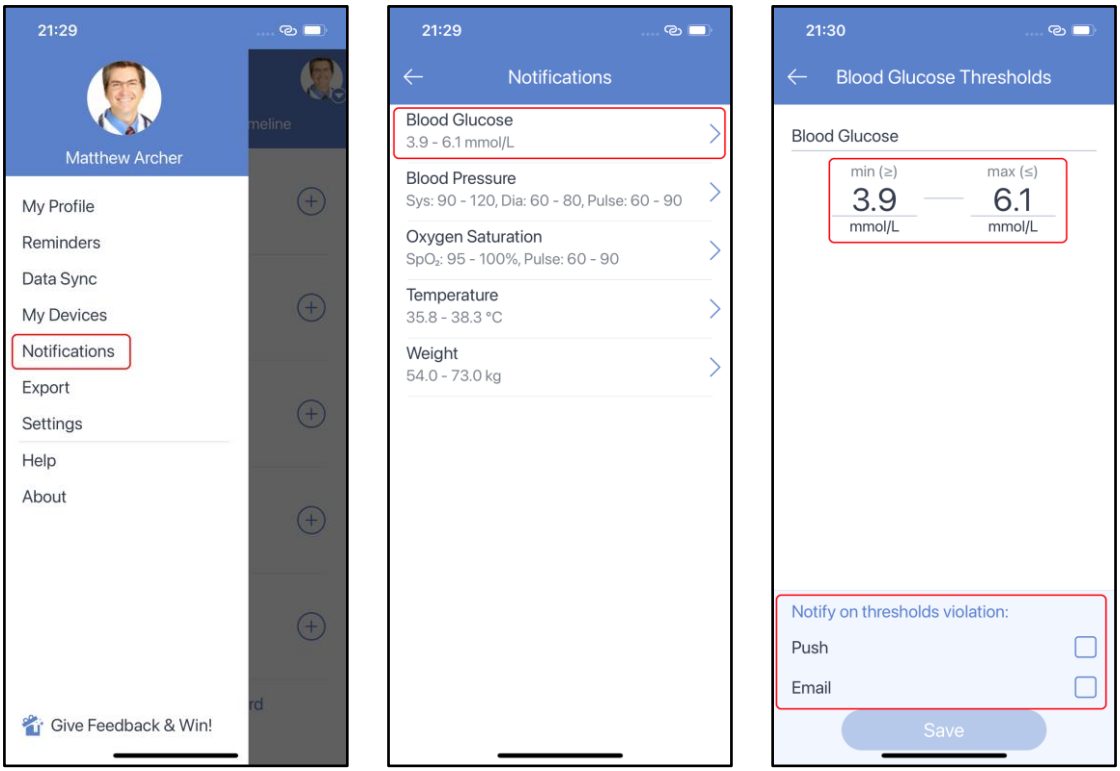
Threshold settings may be applied to any health record (including shared ones by a user with any of the three sharing access levels). The settings applied to one health record by several users are personal for every user.

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

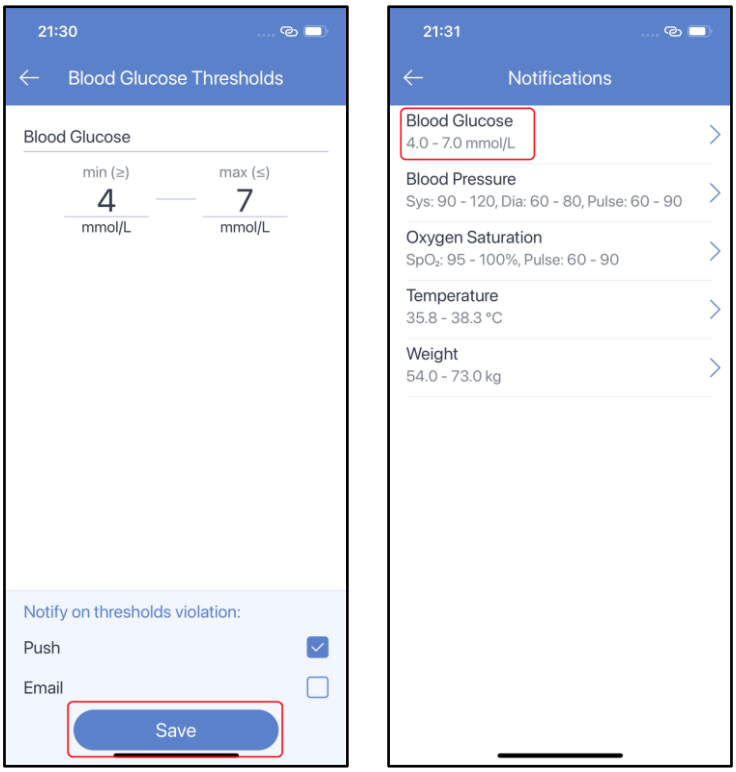
Threshold settings may be applied by a user with any access level to any health record (including shared ones). The settings applied to one health record by several users are personal for each user.

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**.

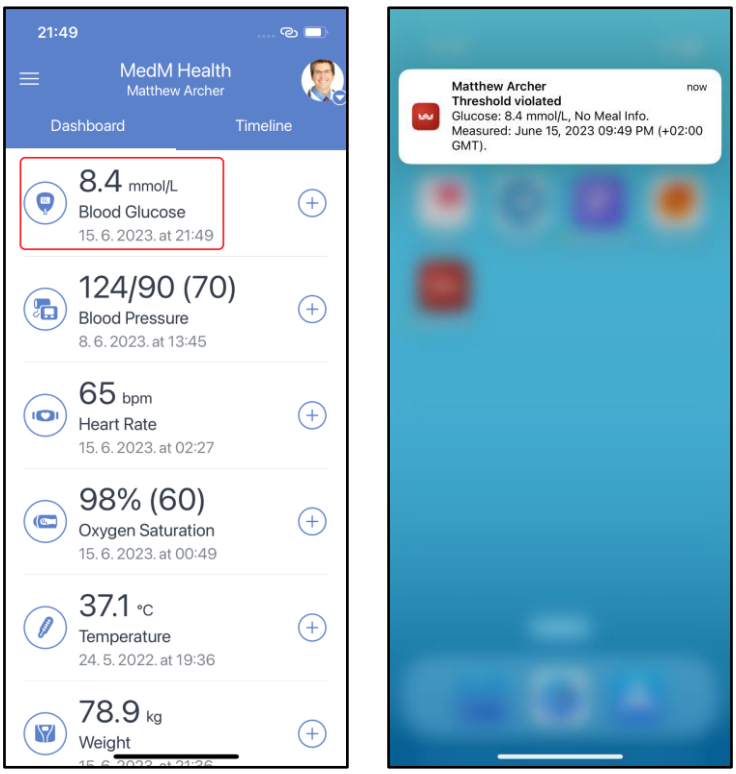
To set up thresholds select the **Notifications** item from the **app menu** and pick a measurement type. Only the measurement types displayed on the dashboard will be available in Notifications:



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**:



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 the local mode 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 back up and restore data; and the official source for Android users.

If you are connected to MedM Health Cloud – 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.