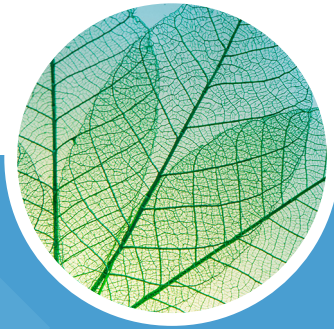


# In-home Biometrics Guide

*Step-by-step directions*



Allina Health

## General Tips

- Keep the tablet plugged in.
- Keep the scale, blood pressure cuff and pulse oximeter within 30 feet from the tablet.
- Replace the batteries when they are low or run out.
- **Check your blood pressure, oxygen level and weight at the same time each morning.**

## Choose Your Activity

- Choose which activity with which to start. It does not matter what order you complete them: survey (how are you feeling?), blood pressure, pulse oximeter and weight.

### — Survey

- Answer the questions on what is your normal. For example, if you always have some shortness of breath, you would score it “none” (0). If you have new or worse shortness of breath, select the numbers according to your symptoms.

### — Blood pressure

- Take your medicine(s) at least 30 minutes before checking your blood pressure.
- Avoid eating, smoking, having caffeine, exercising and drinking alcohol 30 minutes before you check your blood pressure.
- Wear a short-sleeve shirt. Having the cuff on bare skin will help you get an accurate reading.
- Try to use the same arm every time you check your blood pressure.
- Take your blood pressure after sitting for 5 minutes with your feet flat on the floor.

## — Pulse oximeter

- Take your pulse oximeter reading at rest. You may need to sit for a few minutes before placing the sensor on your finger.

## — Weight

- Weigh yourself every morning after you go to the bathroom and before you eat or drink anything.
- Weigh yourself with the same amount of clothing.

## How to Use the Tablet

- Turn it on. The power button is on top of the tablet.
- The tablet will start on the main screen. It looks like this:



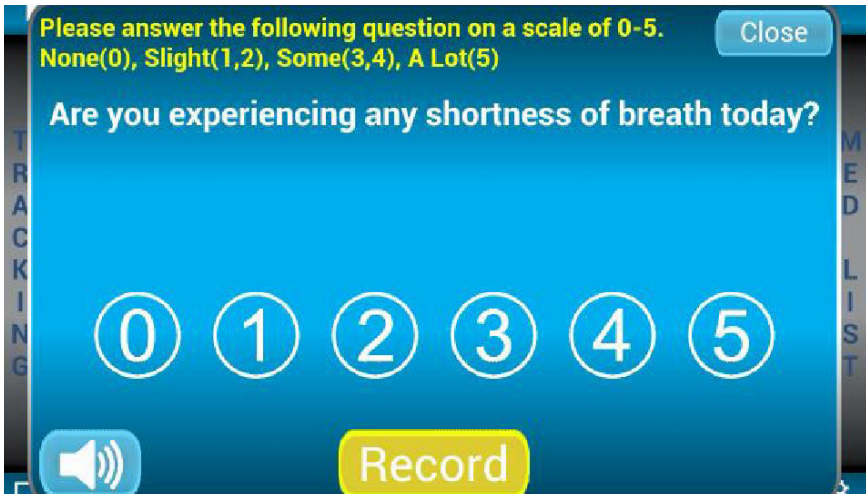
- There will be red Xs in the activities that have not been done yet for that day.
- When you finish your activity for the day the red X will change to a green check mark.

## How to Take the Survey

- Tap on “How Are You Feeling?” to start the survey.

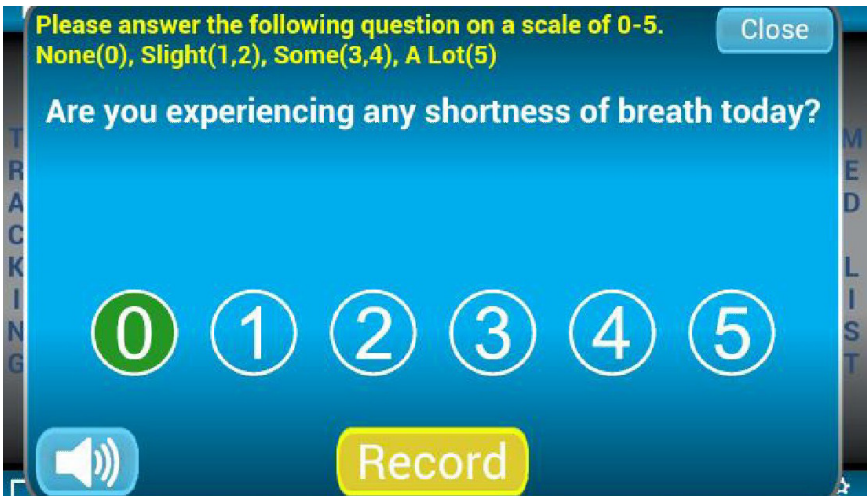


- The survey will open and ask you to answer some questions.



- Answer survey questions on a scale of 0 to 5. Select the answer by tapping the number. Tap “record” then “next” to move on to the next question.

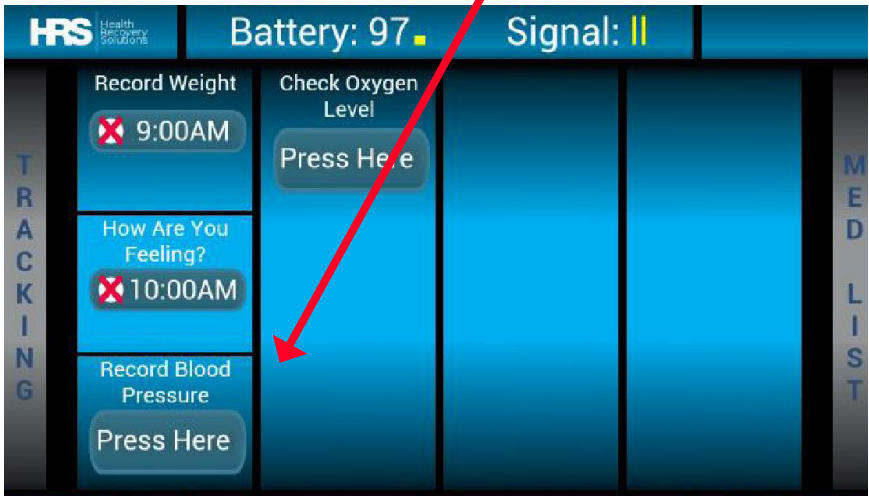
- 0 means “none.”
- 1 or 2 means “slight.”
- 3 or 4 means “some.”
- 5 means “a lot.”



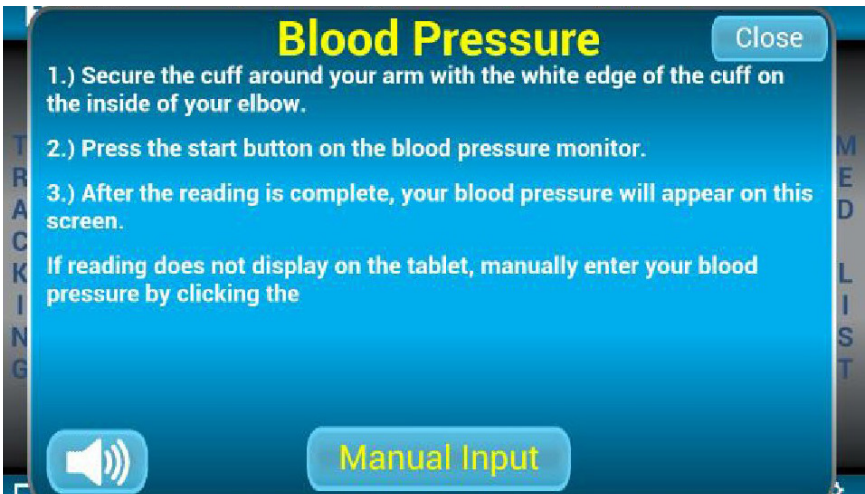
- When you get to the end of the survey, tap “close.”

## How To Take Your Blood Pressure

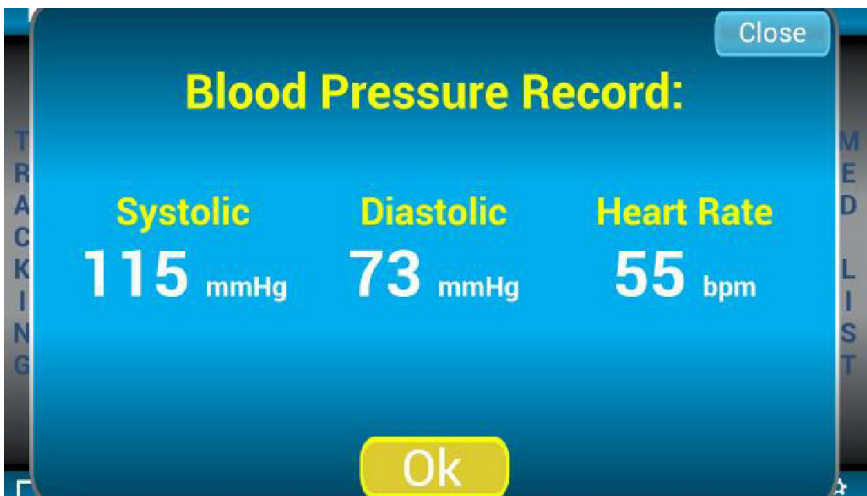
- Tap on “Record Blood Pressure.”



- A box will appear with a few reminders:



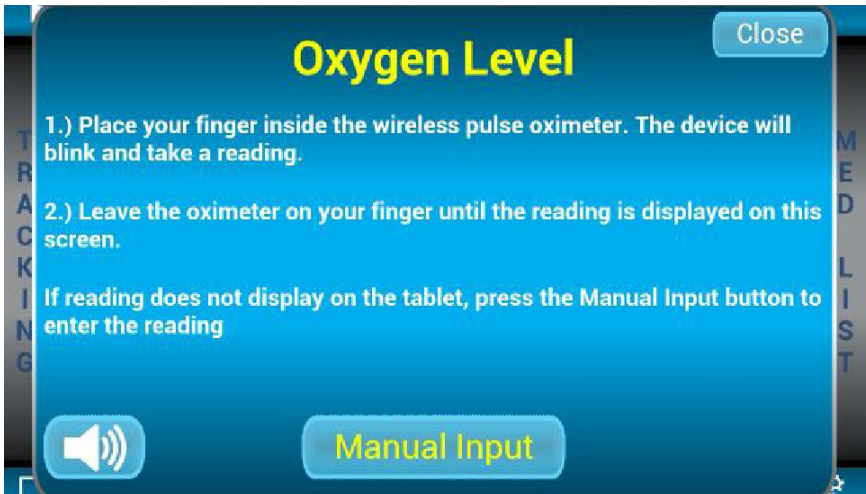
- Place the cuff on your upper arm 1 inch above the bend of your elbow.
  - Keep the tubing down your arm toward your palm.
  - Make sure your arm lies flat on the table with the palm of your hand up. Your arm should be at heart level. If your upper arm is higher or lower than heart level, you will get an inaccurate reading.
- Push the start button at base of blood pressure machine.
  - The machine will show your systolic (top) and diastolic (bottom) numbers.
  - Wait for tablet to display and announce blood pressure reading.
- Tap “OK.”



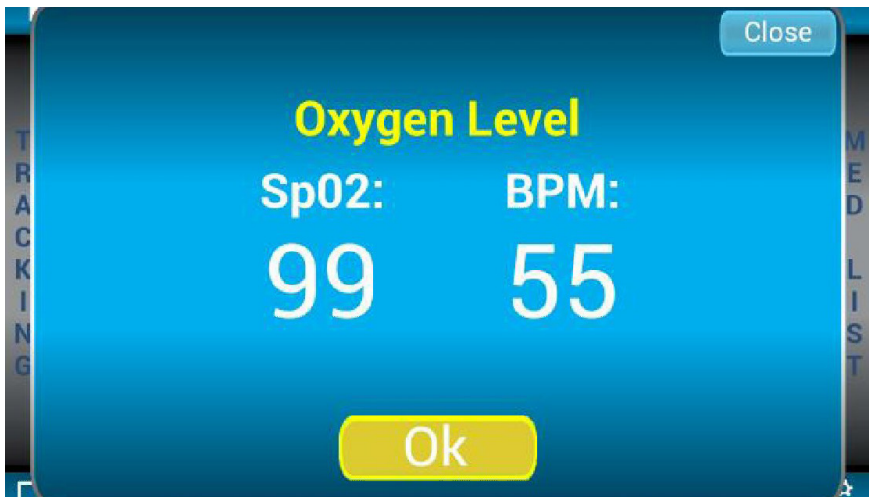
- If you have a blood pressure reading that is higher than you expect, rest for 5 to 10 minutes and then take your blood pressure again.

## How to Use the Pulse Oximeter

- Place the pulse oximeter on your finger.
- A pop -up will appear on the tablet and show a reminder:



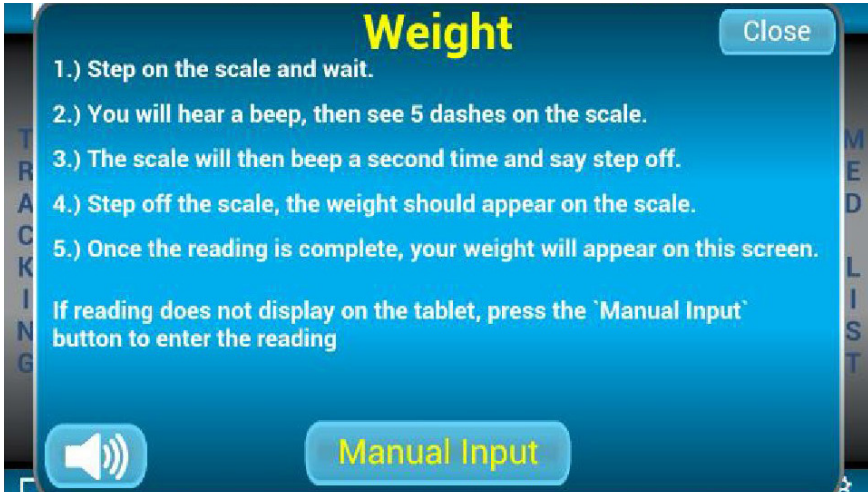
- Wait until your reading is displayed or announced.
- Tap "OK."



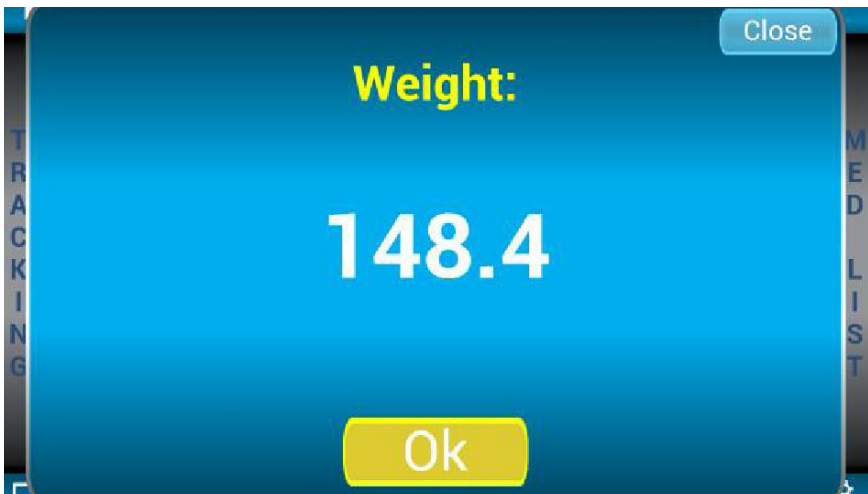


## How To Take Your Weight

- Tap on “Record Weight.”
- A pop-up box will appear with a few reminders:



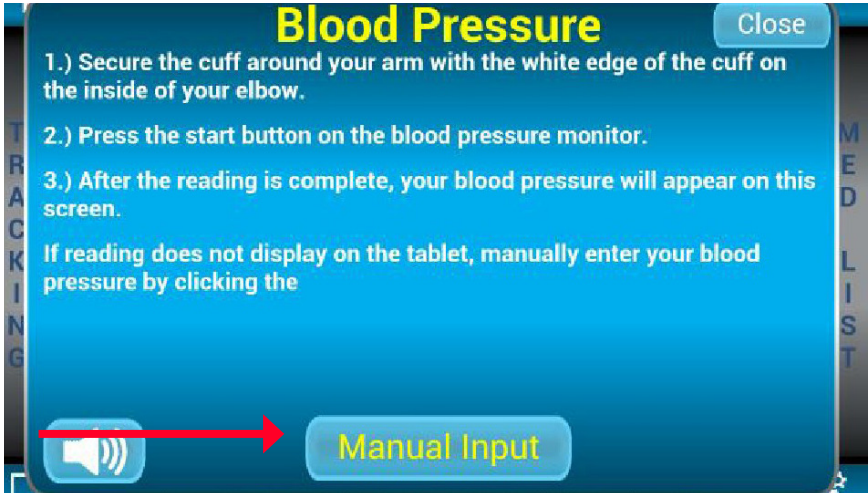
- Step on the scale. Wait until you hear 3 beeps or you see the scale read “Step Off.” Wait for tablet to display or announce your weight.
- Click “OK.”



## How to Enter a Reading

If your weight, blood pressure or pulse oximeter reading does not appear automatically on the tablet you are able to enter each of these.

- Click on “Manual Input” within the selected activity’s pop-up box. For example:



## Whom to Contact

- For help with the equipment:
  - Press the Phone icon and then Tech Support on Monday through Friday from 8 a.m. to 5 p.m.
  - Leave a voice mail and someone will call you.
  - Call technical support at 612-246-3766 if the tablet does not turn on.
- For questions about your health:
  - Call your health care provider.

name: \_\_\_\_\_

clinic: \_\_\_\_\_

number: \_\_\_\_\_

- On Saturdays, Sundays and holidays:
  - If you cannot reach your health care provider, call Care Management Intake at 612-262-8100 and speak with the representative. He or she will have a nurse call you within 1 hour.



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