

# SeniorConnect

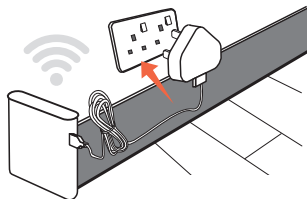
Connected Care by SJMC

A Remote Patient Monitoring Kit



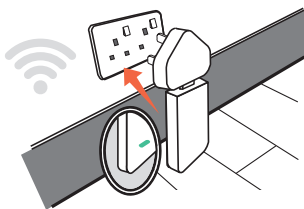
## STEP 1: HOW TO SETUP THE GATEWAY?

1. Plug the USB cable into the USB wall charger and connect the other end of the cable to the gateway.
2. Ensure the gateway is within 15 meters of the wi-fi modem & within 3 meters of the vital sign devices.



## STEP 2: HOW TO SETUP THE WI-FI MODEM?

Plug the wi-fi modem to the USB wall charger. Ensure the indicator shows a bluish green light for the strongest network connection.

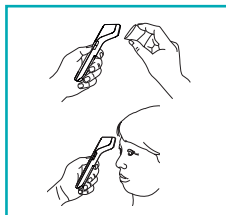


**SCAN FOR VIDEO  
SET-UP GUIDE**

Note:

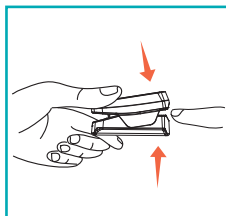
All the devices will automatically switch off

## STEP 3: HOW TO TAKE YOUR HEALTH VITALS?



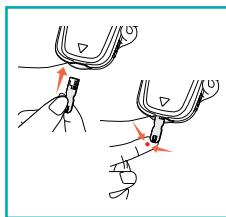
### Thermometer

1. Remove the protective cap.
2. Aim thermometer 3-7 cm away from forehead.
3. Press the scan button and take your reading.



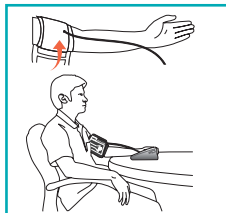
### Oximeter

1. Clamp the oximeter on your middle or index finger.
2. Rest on your hand on a flat surface.
3. Keep the oximeter in place for a minute or longer to get the reading



### Blood Glucose Monitor

1. Insert a test strip into the meter.
2. Prick your fingertip with the needle (lancet).
3. Hold the test strip to the drop of blood.
4. Eject the used test strip once the reading is done.



### Blood Pressure Monitor

1. Hold your arm out with your palm facing up.
2. Wrap & tighten the cuff on the upper part of your arm.
3. Place your elbow on a flat surface and relax.
4. Press the "on" button to take the reading and remove the cuff once reading appears on the display.