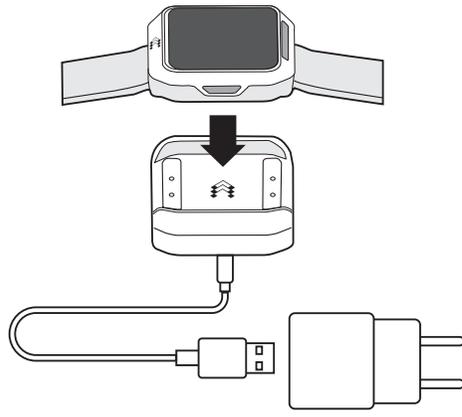




# SHORT USER INSTRUCTIONS

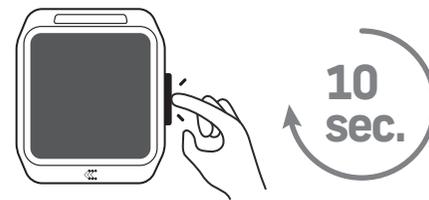


## „TELTOHEART“ START



### 1) CHARGING

- Insert cable into the charging dock.
- Place your TeltoHeart on the charging dock.
- Insert the charging unit into the power source.



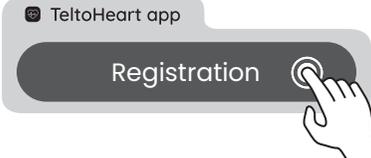
### 2) TURNING ON

Activate the "TeltoHeart" wearable by pressing and holding the button for 10 seconds.



### 3) DOWNLOAD THE APP

Search for "TeltoHeart" (📱) in the *App Store* (🍏) or *Play Store* (📺) and download the app to your phone.



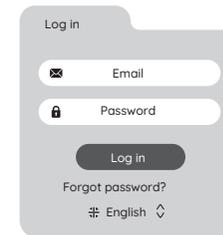
### 4) CREATE AN ACCOUNT

In the mobile application you downloaded to your phone or on [teltocare.com](http://teltocare.com), tap the "Register" button and complete the registration. Once registered, you will receive a temporary password via email.

**OR** If you have purchased from the healthcare provider, you should have received a temporary password in your email.

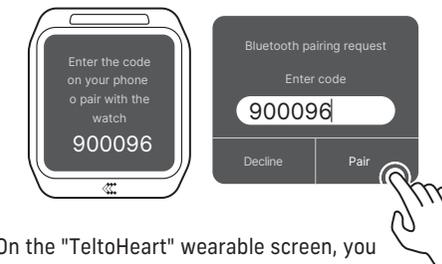
### 5) LOG IN

Using your login ID and password, log in to the mobile app on your phone.



### 6) PAIR

Ensure that Bluetooth is enabled on your phone. Open the "TeltoHeart" mobile application, navigate to the "Pair Device" section, and tap on the device name displayed in the list.

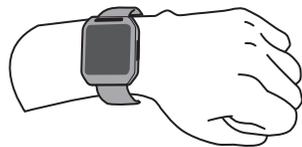


On the "TeltoHeart" wearable screen, you will see numbers that need to be entered into the phone application.



If you have any questions, please contact us at: [teltocare@teltonika-telemedic.it](mailto:teltocare@teltonika-telemedic.it)

## QUICK ECG RECORDING



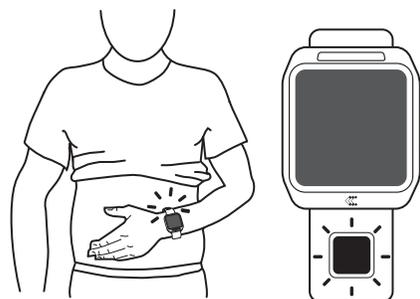
1) Sit down and ensure that the "TeltoHeart" device is on your left wrist, fastened securely but comfortably.



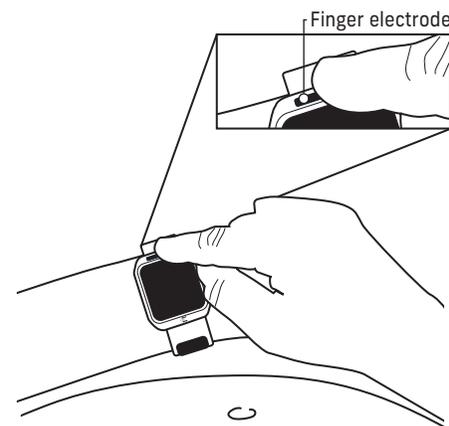
2) Swipe up on the "TeltoHeart" display with your finger to open the quick menu.



3) Tap "Start ECG" button on the screen.



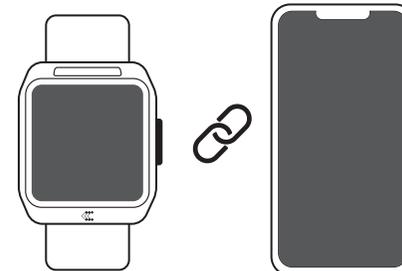
4) Place and hold the abdomen electrode on the left abdomen side in the level of the belly button.



5) While holding the abdomen electrode on the left side of your abdomen, place a finger from your right hand on the finger electrode above the screen.

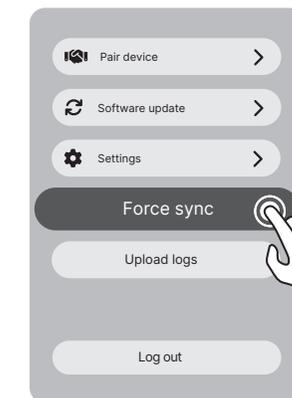
Stay calm and not to move while the atrial fibrillation and heart rhythm are being recorded.

## QUICK DATA REVIEW



Make sure the "TeltoHeart" application is enabled and "TeltoHeart" wearable is connected to the mobile app.

There should be no notifications in the app's main window, and the "Pair Device" sections shall display "Connected" status.

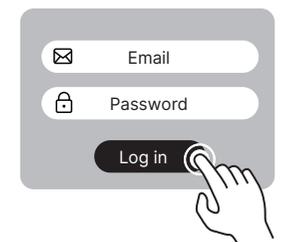


### DATA TRANSFER

In the mobile app, tap the "Force Sync" button and ensure that the mobile app remains enabled and paired with the "TeltoHeart" smart wearable.

Data transfer to [teltocare.com](http://teltocare.com) may take up to 15 minutes.

[teltocare.com](http://teltocare.com)



### DATA REVIEW

Data collected by the "TeltoHeart" wearable can be viewed on the website [teltocare.com](http://teltocare.com) using the same login credentials as for the "TeltoHeart" mobile application.

Electrocardiogram

Click on "Electrocardiogram" section and review your electrocardiogram recordings.