



QUICK START GUIDE

version v1.0

**THANK YOU FOR CHOOSING
TELTOHEART SMARTWATCH**



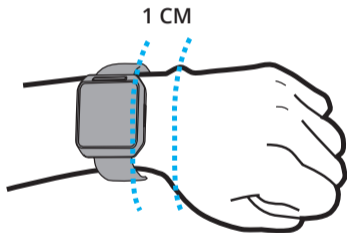
CONTENTS OF THE BOX



1x charging dock



1x TeltoHeart watch



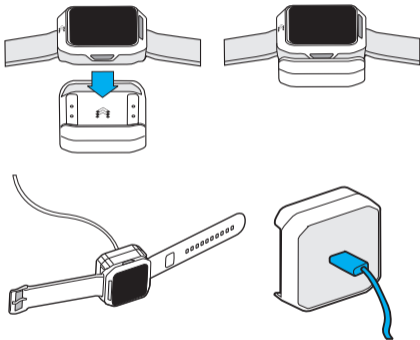
HOW TO WEAR TELTOHEART

For optimal wearing the wristband should be worn on the left hand, fit snugly yet comfortably and be positioned at a distance of 1 cm from the wrist bone.

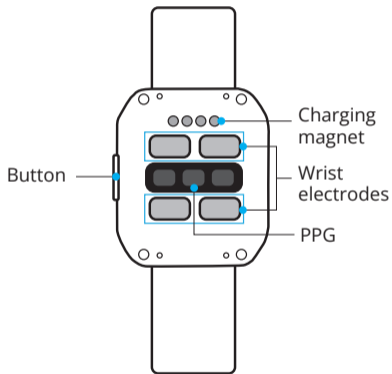
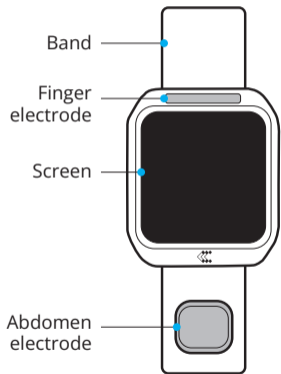
HOW TO CHARGE TELTOHEART

1. To recharge, use charging dock that is included in the packaging.
2. Insert a Type-C cable into the charging dock.

The battery life can last for a maximum of 24 hours.



OVERVIEW



QUICK START



Visit teltonika-telemedic.com/products/teltoheart to download the app or scan the QR code below.

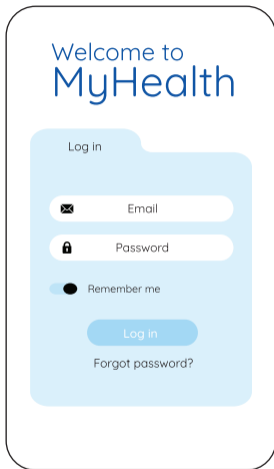


Scan QR code to download MyHealth application

INSTALLATION

Login to your MyHealth profile and pair your TeltoHeart.


1. After installing the app, tap to open the app. If it is your first time using the app, sign in by entering e-mail address and password, which is sent to your e-mail.



2. Select **Reset password option.**

Sign in

Enter your email below and we will send a message to reset your password

 Email address

[Return to sign in](#)

[Reset my password](#)

3. MyHealth app will prompt you to change the default password to a personal preferred password of your choice.

Sign in

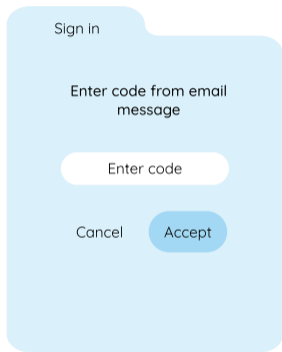
Enter your email below and we will send a message to reset your password

✉ Reset password

Repeat password

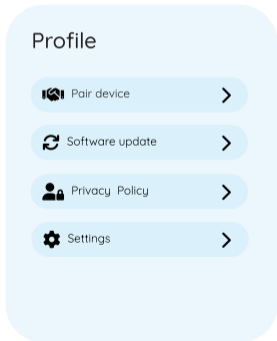
Cancel Accept

4. Enter the code received in e-mail.
5. After a successful password change, you will be asked to accept **Terms and Conditions**.
6. After a successful sign-in, MyHealth application will ask for Bluetooth permissions. Tap **Allow** to proceed further with onboarding process.

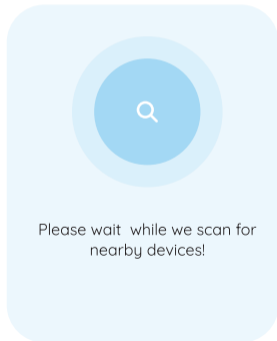


HOW TO PAIR TELTOHEART

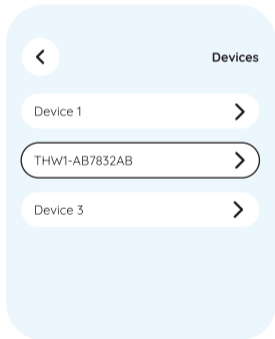
1. After a successful sign-in, tap the **Pair device** button.



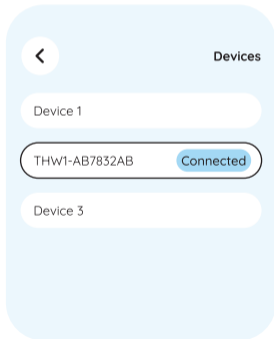
2. MyHealth application will initiate a nearby device search.



- 3.** Select your watch by tapping on it.



- 4.** After successful pairing, Connected indication will appear.

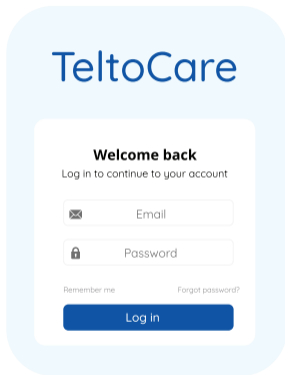


HOW TO VIEW ECG DATA IN TELTOCARE

1. Open a web browser and go to the URL <https://www.teltocare.com>
2. Enter your password in the login field.

Note: MyHealth application and TeltoCare share the same password.

3. Click the **Login** button to access your TeltoCare account.



4. Once logged in, you will be directed to the Patient Dashboard where you can view various patient-related information.
5. Look for the **Electrocardiogram** section.
6. Review the ECG recordings displayed in the Patient Dashboard to access the relevant data related to the patient's electrocardiogram.

RECORDING AN ECG

Before you start

- To measure and record physiological parameters, TeltoHeart utilizes photoplethysmography (PPG) and electrocardiogram (ECG).
- To transmit ECG data, ensure that TeltoHeart and MyHealth are paired with iOS 14 or later and Android 10 or later.
- To activate the ECG function, simply open the ECG app through the TeltoHeart.

Setup

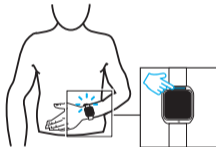
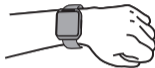
- Tap the ECG app icon on your TeltoHeart.
- Follow instructions on screen.



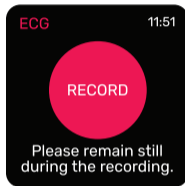
RECORDING AN ECG

How to take ECG recording

1. Please sit down and make sure TeltoHeart is on your left wrist and strapped tightly but comfortably.
2. Place and hold the abdomen electrode on the left abdomen.
3. While holding the electrode on the left abdomen, put your right hand finger on the finger electrode above the screen.



4. After placing the watch band electrode on your left abdomen, tap **Press to Record** and remain still during recording.
5. The recording lasts for 60 seconds.
6. Once the recording is finished, you will see the message **Recording completed** displayed on the TeltoHeart screen.



Note: Please keep the MyHealth application running in the background to allow ECG data transfer.

Technical specifications

BODY

Dimensions (Width x Length x Height) in mm:	40.5 (1.6") x 47 (1.9") x 14.7 (0.6")
Weight (g):	52
Chip:	nRF5340 2x ARM Cortex M33 cores for application and network
Platform (OS):	Zephyr RTOS

DISPLAY

Brightness (nits):	250
Resolution (px):	240 x 240
Type:	LCD TFT
Size ("):	1.3
Cover lens:	Corning gorilla glass 3
Surface hardness (H):	>8
Display area (sq mm):	547.56

TELTOHEART MEMORY

Capacity (Mb)	128
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CONNECTIVITY

Bluetooth:	5.3
Remote access:	Cloud

FEATURES

- ECG sensors for electrocardiogram
- PPG sensors for AFib detection
- Heart rate monitoring
- Low/High heart rate
- Cloud-based firmware updates, configuration app (Bluetooth)
- Water resistant 1 m (for 30 minutes)
- Protection level against access to hazardous parts and ingress of solid objects: IP 67

POWER SUPPLY

Build-in rechargeable Li-Po battery (not replaceable by the user) (mAh, Wh):	410 1.56
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Charging voltage (V _{in}):	USB-C, 5
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Operating voltage (V _{in}):	Extreme low: – Internal Battery 3.0 – External power supply 4.35 Normal: – Internal Battery 3.8 – External power supply 5 Extreme high: – Internal Battery 4.43 – External power supply 6
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Max. Input current (A):	0.5
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BUTTONS

One (Turn on, Restart, Back)

STRAPS

The wristband with an electrode is made of TPE rubber with an integrated stainless-steel electrode

Strap material:	TPSiV® 4000-60A Black Dupont TPE
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STRAP SIZE

Band with electrode (W x L x H) in mm:	22 x 115 x 3
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Band with buckle (W x L x H) in mm:	22 x 75 x 3
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SUPPORTED PERIPHERALS

ACCESSORIES: TeltoHeart charging dock

Compatibility with other manufacturer accessories:

- Any CE marked wall charger with 5 V_{max} /1A output and USB type-A connector
- Any CE certified USB-A to USB-C cable
- Any smartphone using Android OS version 10 or above
- Any smartphone using iOS version 14 or above

COMPATIBILITY WITH MRI OR CT WAS NOT CHECKED AND USE OF DEVICE IN MRI OR CT ENVIRONMENT IS PROHIBITED

Bluetooth compatibility: Devices that use Bluetooth v5.0 in 2.4 GHz (2.402 – 2.480 GHz) band and SMP protocol are compatible with the device

Temperature range Operation (°C):

- Extreme low: -10
- Normal: +20
- Extreme high: +45

CAUTIONS

Handling and Care:

- Handle TeltoHeart watch with care. TeltoHeart watch cases are made of various materials that include the following:
 - TeltoHeart watch contains sensitive electronic components and can be damaged if dropped, burned, punctured, or crushed.
 - TeltoHeart watch cases made of Aluminium and plastic, which may crack or chip if dropped or subjected to forceful impact.
 - Do not use a damaged TeltoHeart watch, if device has a cracked case or screen, damaged or cracked band or visible intrusion of liquid as it may cause injury.

- Avoid heavy exposure to sand or dust.
- Do not disassemble the device.
- Do not handle a damaged or leaking battery. For safe disposal of your battery, contact your nearest authorised service centre.
- Do not bend the wristband excessively.
- Do NOT bend or damage the power cord.
- PPG glass scratches or cracks may affect device PPG performance.
- Follow all instructions in this manual to ensure the longest lifespan of your device and battery. Damages or poor performance caused by failure to follow warnings and instructions can void your manufacturer's warranty.

Usage and Maintenance:

- The device is not intended to be put in any bodily orifice.
- The device is meant to be used by adults of age 22 or older.
- Do not use the device in environment where temperature exceeds over 45°C.
- Oily, muddy, or otherwise contaminated skin surface will worsen the ECG and PPG quality! Make sure your skin is clean before recording ECG or PPG.
- Due to excess heat battery might be damaged. If device starts heating, stop using the device immediately!
- Do not use the device in environment where temperature exceeds over 45°C.
- Oily, muddy, or otherwise – contaminated skin surface will worsen

the ECG and PPG quality! Make sure your skin is clean before recording ECG or PPG.

- Due to excess heat battery might be damaged. If device starts heating, stop using the device immediately!
- If you start feeling nauseous or symptoms of a headache, consider not using the device until you feel better.
- Prolonged viewing at the device's screen is not recommended.
- If device irritates your skin, please stop using it immediately.
- Use on intact skin only.
- If any allergic reaction occurs, stop wearing device immediately, wash your skin with cool clean water and consult with your doctor.
- Do not use excessive force while

using device. Excessive force may break or damage accessories.

- The bracelet must be replaced if a defect in the strap or metal buckle is observed.
- If TeltoHeart watch is damaged or has malfunctions, contact Teltonika Telemedic Service Provider.

Warranty and Claims:

- Any modifications, performed by third parties, will void the warranty.
- Warranty claims may be excluded if you do not use and maintain the device as instructed or if you repair or modify the device yourself.
- We strongly advise avoiding downloading or installing firmware found in third-party sites such as

forums, etc. Installing unverified firmware will result in a warranty void.

Connectivity and Data Management:

- For correct functioning of the system, Bluetooth connection must be established.
- The system will not be able to backup the data or send information to medical experts if there is no internet connection.
- If data cannot be saved locally, please clear cache and try again.
- If the system is unable to communicate with the server, try again later.
- The device requires a stable internet connection to function properly.

Environmental and Safety Precautions:

- Avoid using the watch in sandy environments.
- Do not submerge the device in salty water or any other electrically conductive liquid.
- Avoid pairing the device in public places.
- Do not use the device in MRI or CT environment.
- Watch is not intended to be used underwater.
- Do not clean or use water on the device while charging.
- Make sure the charging contacts are dry prior to charging the device.

Storage and Usage:

- If watch storage is full newest records will be written on top of the oldest.
- Do not cause excessive mechanical strain or shock to the device.
- The device may be damaged, explode, or result in a fire if too much pressure is applied to it.
- Device is intended to be used by one person. Do not share the device with anyone.
- The system is not intended for detection of stroke or other life-threatening conditions.
- User must grant storage permissions on mobile application.
- Please store the charger and docking station in appropriate environment to avoid magnet degaussing.

- Never dispose of the battery or device in a fire. Never place the battery or device on or in heating devices, such as microwave ovens, stoves or radiators. The device may explode when overheated. Follow all local regulations when disposing of used battery or device.

Electromagnetic Fields and Ultrasound:

- Do not use the device in presence of strong electromagnetic fields.
- Do not use the device near ultrasound equipment.

Cleaning and Maintenance:

- Do not use corrosive chemical materials for cleaning. Read material description before use.
- Ensure that the magnetic connection

of the docking station is clean of metallic bodies.

Device Usage and Limitations:

- The watch is not supposed to be worn in situations where the watch would be exposed to strong vibrations, for example while working with rammer compactors, vibrating plate compactor machines, hammer drills, etc.
- The device is not suitable for people with paralyzed, deformed arms, or absence of both arms since the recordings in such cases may not be possible. The user is recommended to try other methods of monitoring in such cases.
- Do not wear the device on moles, birthmarks, psoriasis, or other skin

surface defects.

- Patients with diseases, which manifest as skin photosensitivity should not use the device.
- Use of the device may harm patients with exaggerated emotional instability or other elevated anxiety disorder in general and therefore is contraindicated in these subjects.
- Darker skin tones on wrist might affect PPG performance.
- Do not paint or put stickers on your device.

WARNINGS

Battery Safety:

- Do NOT short-circuit the charging contacts.
- The Li-Po battery in TeltoHeart watch should be serviced only by Teltonika Telemedic or an authorized service provider.
- If the device starts heating, stop using it immediately to prevent damage to the battery and other components.
- Batteries must be recycled or disposed of separately from household waste. Do NOT incinerate the battery.

Environmental Safety:

- Please do NOT discard a product with general waste.

- Do NOT use the device outside of operational temperature and humidity conditions, for example in a sauna.
- Do NOT use the device in close proximity with flammable anesthetics, drugs, pressurized oxygen, gasoline or other flammable substances.

User Safety:

- Exaggerated movement impairs the system's ability to take measurements.
- Users with bruised skin, cuts, scars, too much body fat, very dry skin, or too much body hair may experience reduced performance of the sensors of the device due to the physiological conditions that compromise signal quality.
- Comply with all safety warnings and

regulations regarding mobile device usage while operating the vehicle. While driving, safely operating the vehicle is your first responsibility. Never use your mobile device while driving, if it is prohibited by law. For your safety and the safety of others, use your common sense.

Charger Safety:

Chargers and accessories shall comply according to compatibility requirements provided in watch instructions for use.

NOTES

Operating Temperature:

- Device operating temperature is -10 to 45 degrees Celsius.
- Do NOT use the device outside of this operational temperature range.

Cleaning Instructions:

Wipe your TeltoHeart watch clean with nonabrasive, microfiber cloth. If necessary, lightly dampen the cloth with fresh water and clean the watch. Other cleaning products and soaps shall not be used to clean the watch.

Firmware Updates:

initiating any firmware updates.

- ECG recordings cannot be performed if battery charge is too low.
- Please keep the MyHealth application running in the background to allow ECG.
- Please leave the device in synchronization for the duration of firmware update.

WARRANTY

The warranty conditions and term of warranty shall apply in accordance with agreed conditions between you and your supplier.

It is important to carefully read and follow information for user (included but not limited quick start guide, technical specifications and user

manual) and terms and conditions provided by the manufacturer. Failure to adhere to these guidelines may result in malfunctions or damage to the product, for which the manufacturer cannot be held responsible. It is the responsibility of the user to ensure that they fully understand and comply with the information provided by the manufacturer and terms and conditions before using the product. By doing so, users can help ensure the safe and effective use of the product and avoid any potential damage or liability.

EQUIPMENT SYMBOLS



Manufacturer



Consult
instructions for use



TELTONIKA TELEMEDIC UAB hereby declares that the device TeltoHeart is in conformity with the essential requirements and other relevant requirements of Directive 2014/53/EU

IP67

Protection against ingress of water or particulate matter.



Temperature
limit

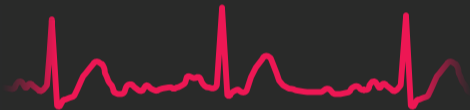
**UK
CA**



Quickly access the full manual by scanning the QR code.



Scan QR code to download MyHealth



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