iHealth Blood Pressure Monitor

Package contents
1-iHealth Wireless Blood Pressure Monitor
1 Standard size Blood Pressure Cuff
1-Charging cable (USB cord)

Remote Patient Monitor User

1.) Ensure Bluetooth is “ON” Smart phone device

2.) Ensure you have signed up for a CHN Patient Portal account.
   (If you do not have a Patient Portal account, please speak with your CCM Care Coordinator)
   a.) Ensure you have your Patient Portal username and password readily available.
3.) Next, go to the myCHN app on your Smartphone. (myCHN icon)

4.) Please make your desired language selection. Next click on Skip at the bottom of the screen.
5.) Using your Patient portal username and password sign in to the MyChn app.

6.) The main page of the MyChn app will appear.
7.) Go down to My Health Management and select View in MyPortal.

8.) Select MyHealth Management.
9.) Select Blood Pressure.

10.) Select Add New Vital.
11.) Select Automatic (Bluetooth).

12.) Select BP Measure (BP3L).
13.) Smart device will begin to search for Bluetooth device. Bluetooth ID number should display. Click on it.

14.) Ensure you connect the cuff to your iHealth Ease by inserting the cuff tubing connector into the airport on the left side of the monitor. Make sure that the connector is completely inserted to avoid air leakage during blood pressure measurements.

15.) Ensure device is fully charged before first use. Connect the monitor to a USB port using the charging cable provided until the green indicator light stabilizes.

16.) Place your Smart phone device on the dock (optional)
17.) Device connected. Please attach all required accessories before connection.

18.) Apply the cuff to your left arm.

  a.) Pull the cuff end through the metal loop, positioning it outward (away from the body)
  b.) Place your bare left arm through the cuff with the red arrow facing up and position the
cuff ½ inch above the elbow joint.
  c.) Tighten the cuff by pulling it towards your body, securing it closed with the Velcro
fastener.
  d.) While seated, place your hand, palm side up, in front of you on a flat surface such as a
desk or table.
  e.) The cuff should fit comfortably, yet snugly around your left arm.
  f.) Cuff will begin to inflate.
19.) Blood Pressure reading will display at the bottom of the myCHN app. Then, click on Save Vitals.

20.) Blood Pressure reading has been “Saved Successfully”, and data has been automatically sent for review.