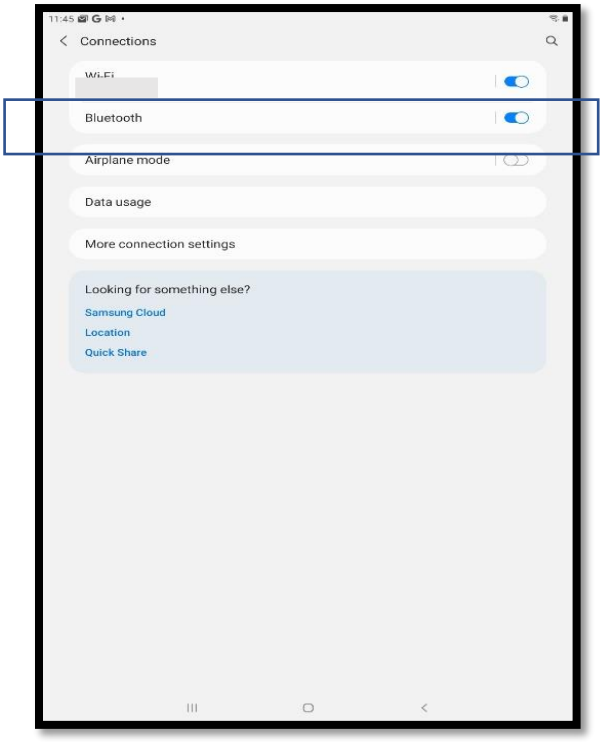
iHealth
Wireless Smart Gluco-Monitoring System

Package contents

1-iHealth Smart Glucose Meter
1-Travel case
1-iHealth Lancing Device (pen)
10-lancets
1-USB Charging cable
1-Clear cap for alternate site testing

First-Time Setup Instructions

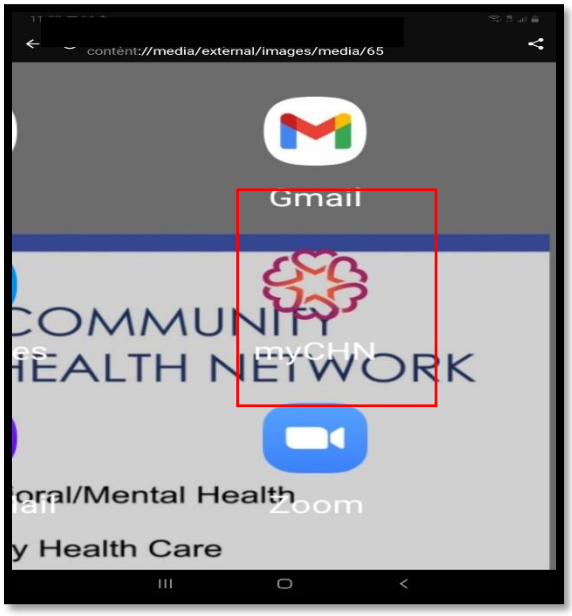
1.) Ensure Bluetooth is turned “ON” your Smart phone device.



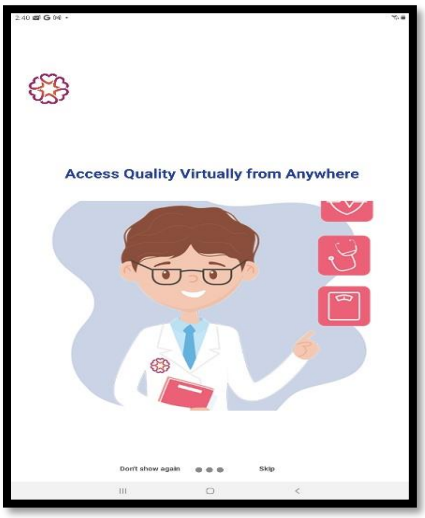
2.) Ensure you have signed up for a CHN Patient Portal account.
(If you do not have a Patient Portal account, please speak with your CCM Care Coordinator)

3.) Ensure you have your Patient Portal username and password readily available

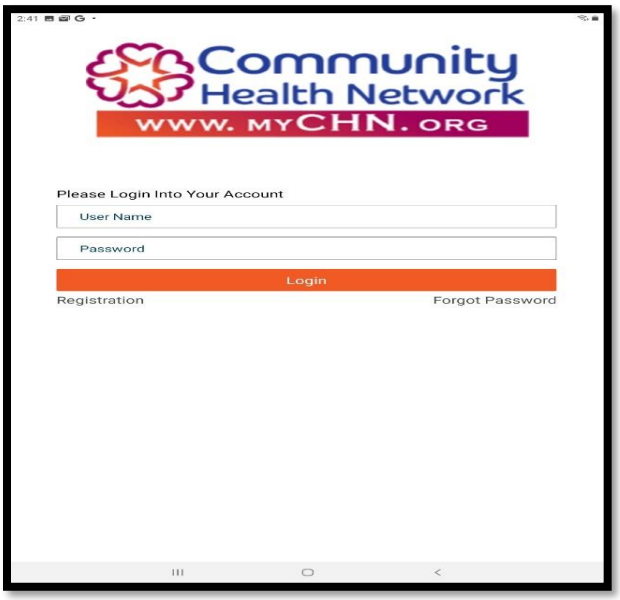
4.) Next, go to the myCHN app on your Smart phone. (myCHN icon)



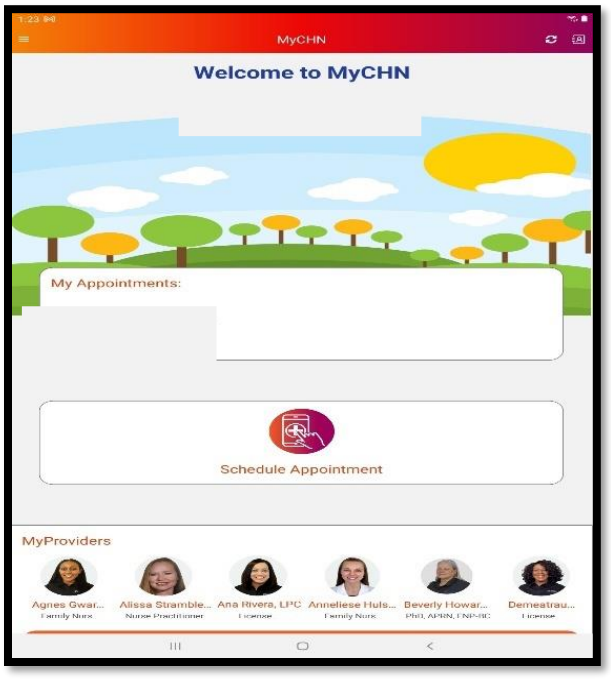
5.) Please make your desired language selection. Next click on Skip at the bottom of the screen.



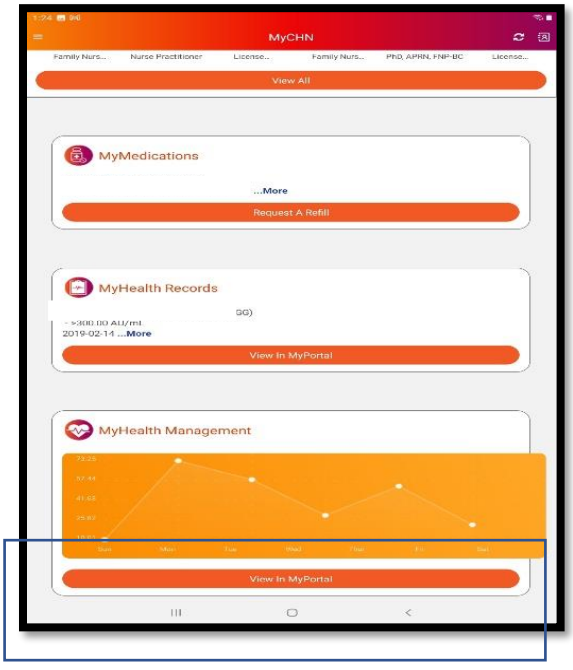
6.) Using your Patient portal username and password sign in to the MyChn app.



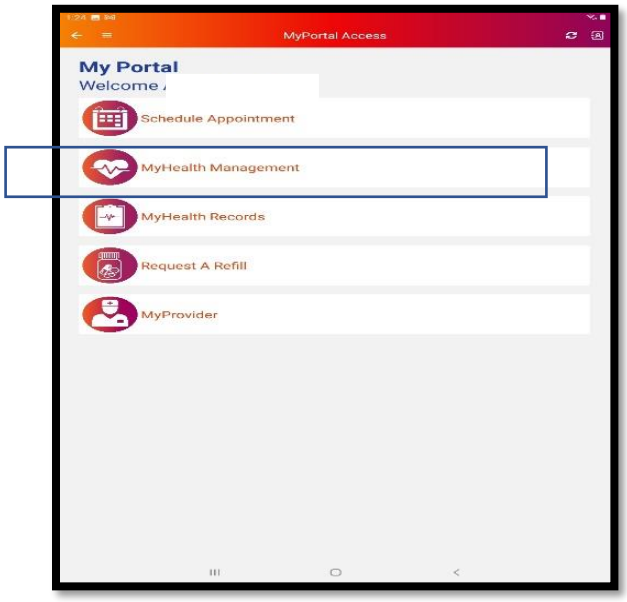
7.) The main page of the MyChn app will appear.



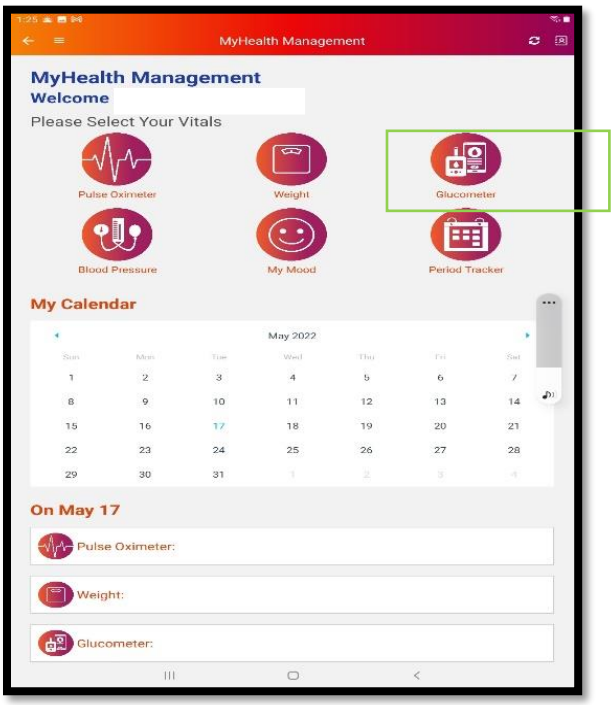
8.) Go down to My Health Management and select View in MyPortal.



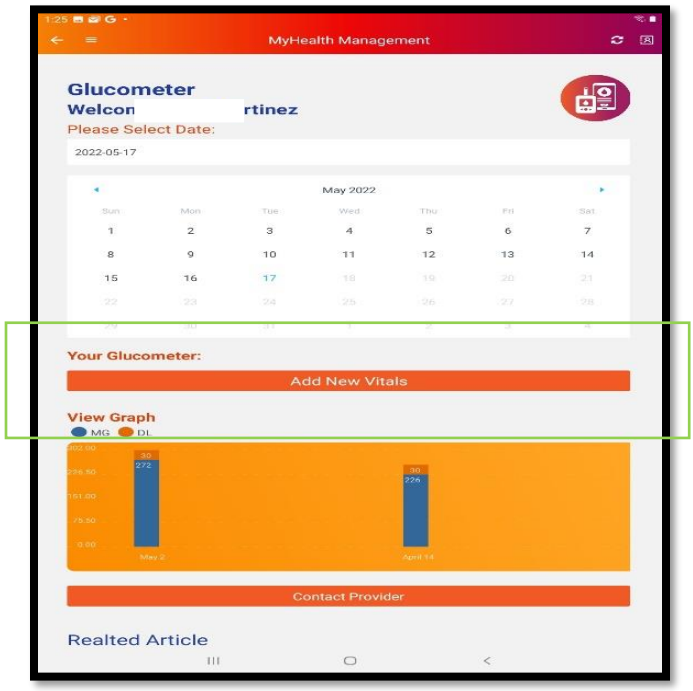
9.) Select MyHealth Management.



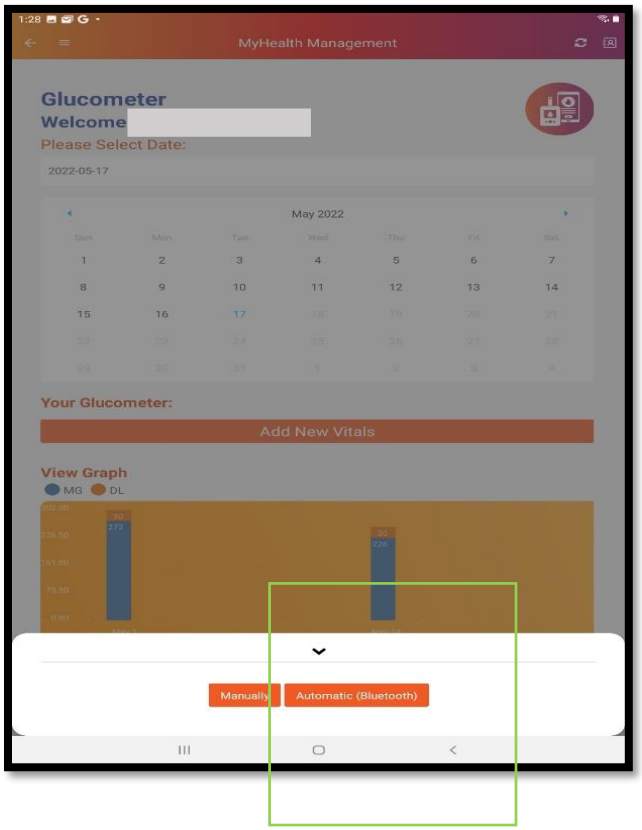
10.) Ensure your glucometer is fully charged. Select Glucometer.



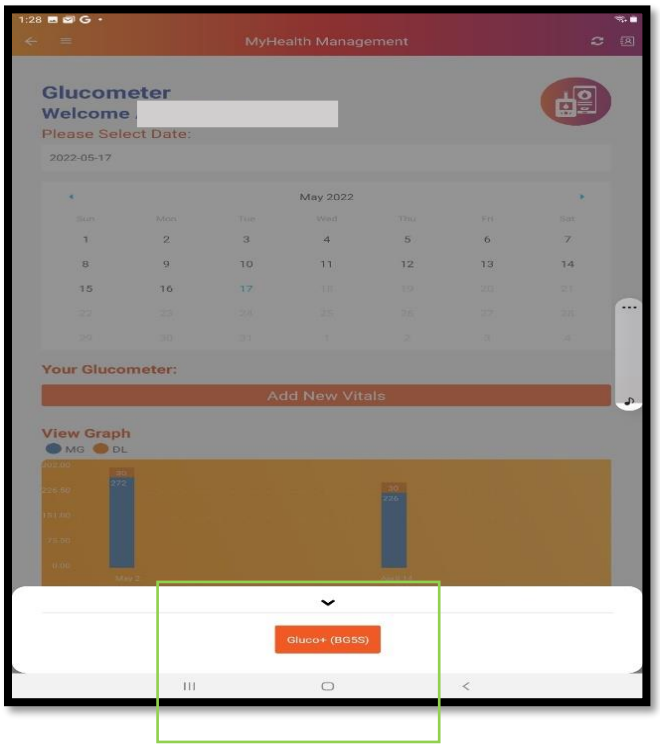
11.) Select Add New Vital.



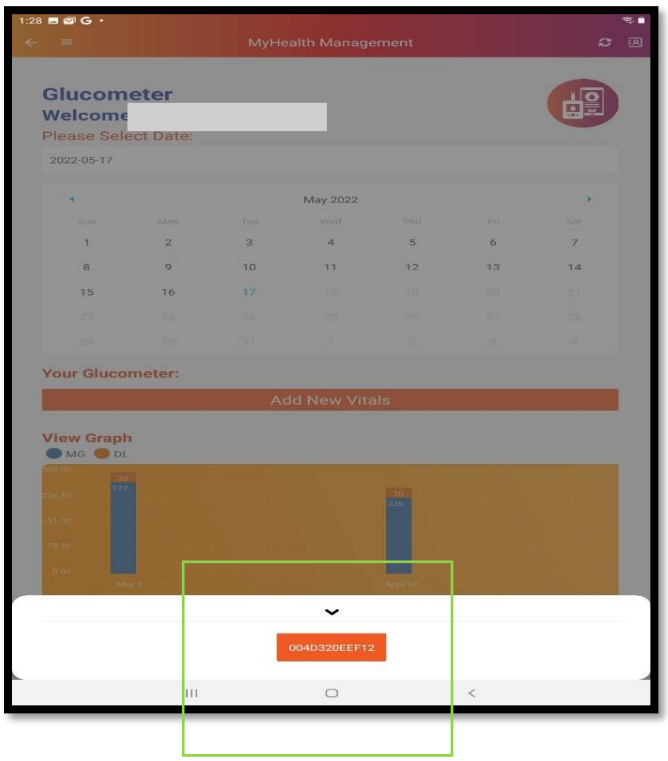
12.) Select Automatic (Bluetooth).



13.) Select Gluco + (BG5S)



14.) Smart device will begin to search for Bluetooth device. Bluetooth ID number should display. Click on it.

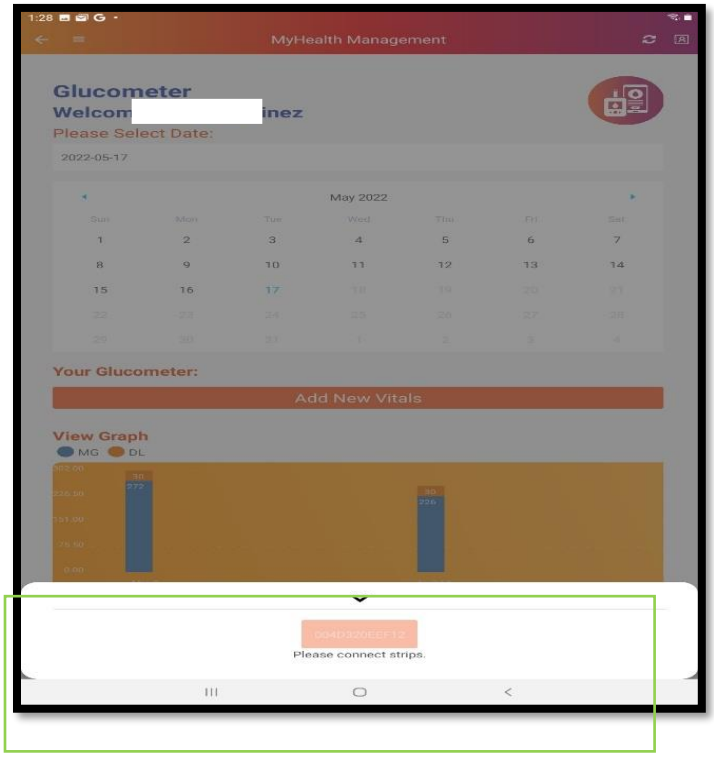


15.) Test your blood glucose level. Prepare the lancing device**.**

a.) Remove the lancing device cap.
b.) Insert a new lancet firmly into the lancing holder cio.
c.) Twist the lancet cover off.
d.) Replace the lancing device cap
e.) Adjust the puncture depth setting. Set the lancing level from level 1-5
f.) Twist until “clicks”

16.) Wash your hands with soap or sanitize your hands.

17.) Insert test strip into lancet device. Blue side of the test strip should be facing up and arrow should be facing the lancet device. Blood droplet icon will appear on the device screen.

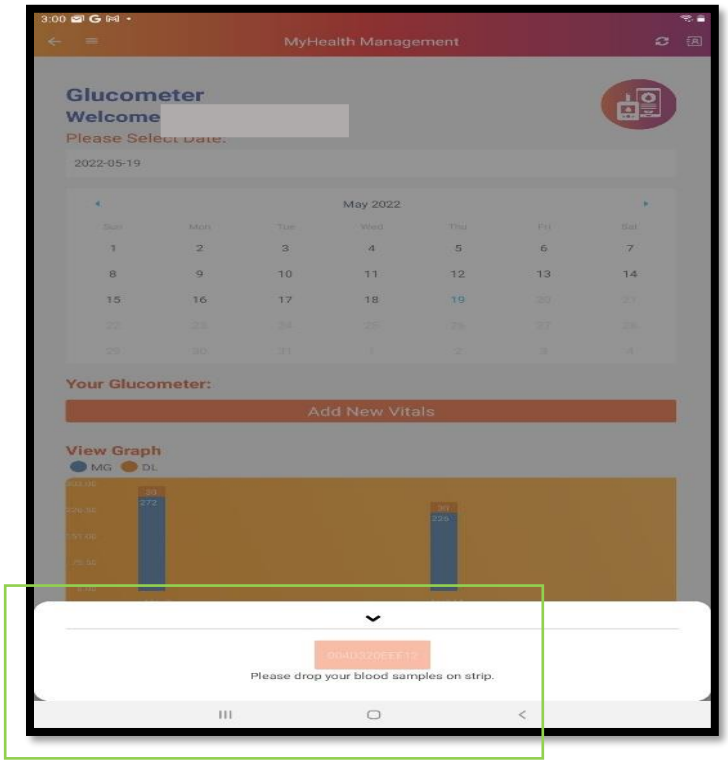


18.) Obtain a blood sample.

a.) Press the lancing device against the site to be lanced.

b.) Press release button to lance the site.

c.) Massage your finger until a drop forms.

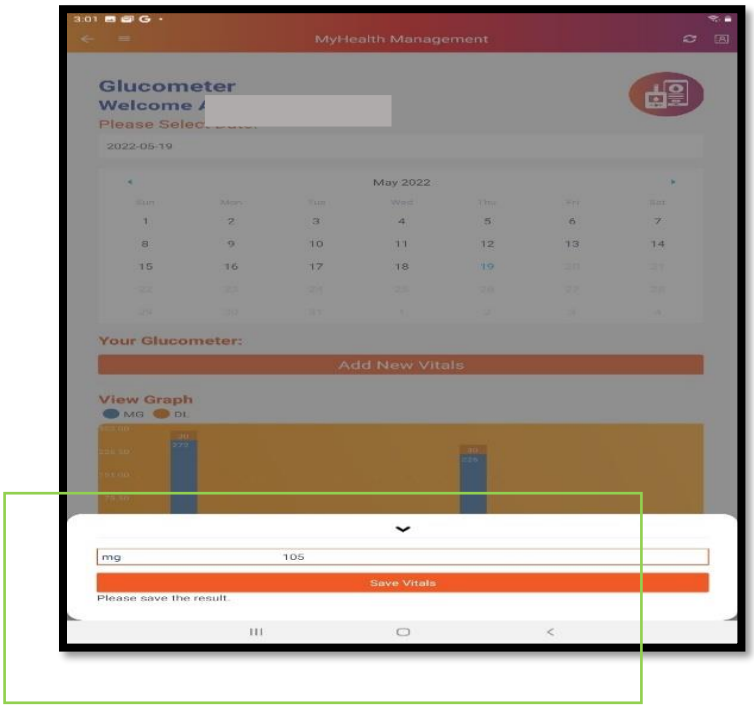
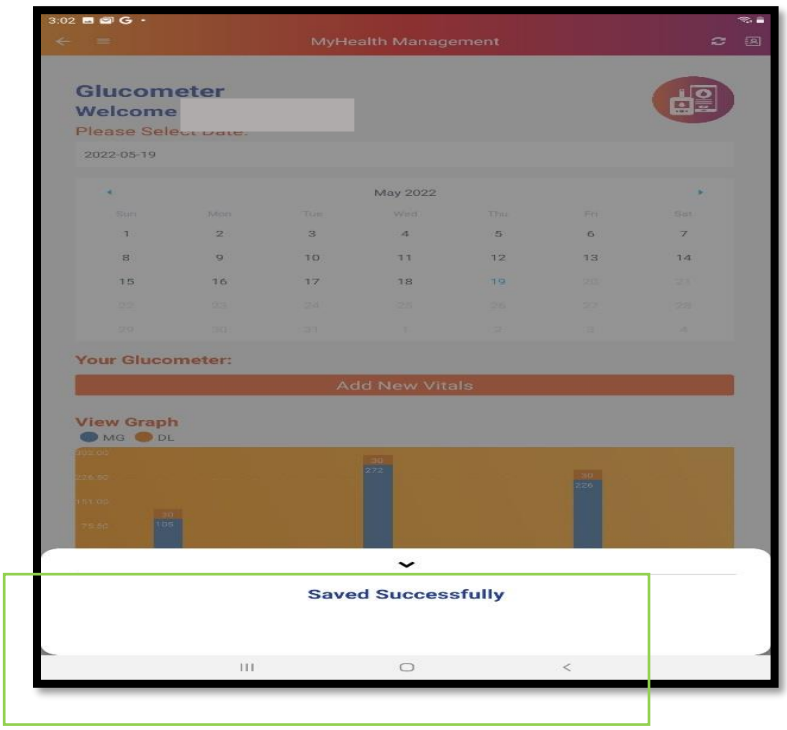


19.) Apply the blood sample to the test strip. (Device should not be charging when blood is being applied)

a.) Quickly apply the blood sample to the absorbent hole of the test strip. Make sure the confirmation window of the test strip is filled with the blood sample.

b.) Remove your finger from the test strip when device starts counting down.

20.) Blood Glucose reading will display at the bottom of the myCHN app. Then, click on Save Vitals.



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