

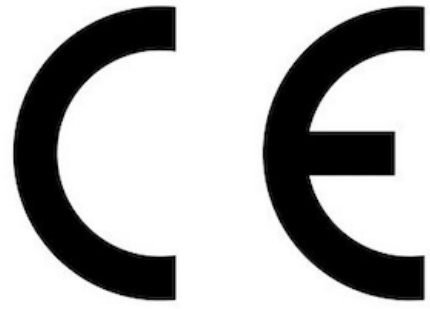


**REMOTE HEALTHCARE MADE SIMPLE**

# Patient App - User Manual

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*Date: April 27, 2021*



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# Introduction

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This user manual has been written for patients who must use OTH app. The user manual has been written in a way so that it is thorough and understandable for patients, and no prior teaching or workshop participation is necessary to understand it.

## Your health

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 Always be mindful of your own well being and health. If you experience any new symptoms or unexpected deterioration of existing symptoms you should seek medical attention outside the use of this app.

## Intended use of the OTH software

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### Intended use:

OpenTele version 2 is a software platform consisting of two integrated parts, a web application and a mobile device application. The software platform is intended to provide patient information from the patient to a remote healthcare team through relevant network technology.

OpenTele version 2 is intended for booking and management of appointments, patient interaction through video consultation and text messaging, capture of electronic questionnaires, aggregation, storage and management of clinical data, as well as information management of independent external physiological measurement devices connected either directly to the mobile device application or through digital communication technologies such as USB, Bluetooth or Bluetooth Low Energy (LE).

### Product claims:

The OpenTele software platform allows HCPs to remotely monitor patients' vital signs (blood pressure, pulse, body weight, and SpO2\*\* through questionnaires and/or forms requesting the patient to report on their health status and/or perform measurements. This combination of objective data and subjective responses enables HCPs to make informed, timely decisions for patients diagnosed with COPD, CHF or HTN.

OpenTele enables the healthcare professional to design and distribute individualized or generic electronic questionnaires and/or forms. The healthcare professional may add threshold values for reference when reviewing reported information in the web application.

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### Indication for Use:\*\*

OpenTele version 2 is indicated for use by patients and by healthcare professionals for collection and reviewing of data from patients who are capable and willing to engage in the use of OpenTele.

## Telemedicine platform OTH

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In OTH you will be using a mobile device, tablet or phone, along with an optional set of medical measurement devices: The combination of mobile device + measurement device will be referred to as an OTH kit in this user manual.

## Example OTH kit

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The example OTH kit consists of the following (yours may vary):

- A tablet, with the OTH app installed,
- a blood pressure monitor,

- a urine analysis device and urine test strips, and
- a weight scale.



## Supported measurement

The OTH app supports manual input of measurements as well as automatic input of measurements using Bluetooth enabled devices. The following set of devices are all supported by OTH:

Measurement type	Manufacturer	Model name
Activity tracker	Beurer	AS97
Activity tracker	Beurer	AS98
Blood pressure monitor	A&D	UA767PBT-Ci
Blood pressure monitor	A&D	UA-651BLE
Blood pressure monitor	Beurer	BM77
Blood pressure monitor	Beurer	SR BM1
ECG	Bittium	Faros-180
Glucometer	Contour	Next One
Oximeter	Nonin	Onyx 9560BT
Oximeter	Nonin	Onyx 3230
Spirometer	Vitalograph	4000
Thermometer	FORA	IR-21b
Thermometer	A&D	UT-201BLE-A
Weight scale	A&D	UC-351PBT-Ci
Weight scale	A&D	UC-352BLE
Weight scale	Marsden	M430

### Remember to keep Bluetooth switched on

Automatic input of measurements requires that Bluetooth is enabled. Do not turn off Bluetooth. If you turn off Bluetooth measurements can no longer be collected from the devices automatically.

# App parts

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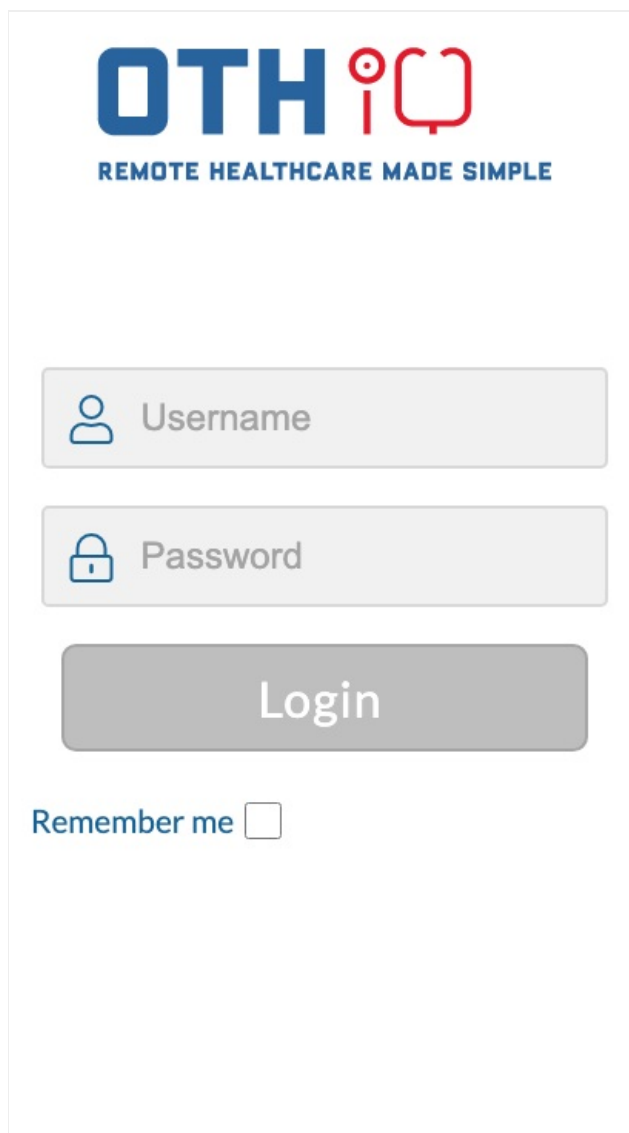
The following section describes different parts of the OTH tablet app.


## Log on to app


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When you open the OTH app you will be presented with the login screen. Enter your username and password to log in. If you check the “Remember me” checkbox, the app will remember your password and you will not need to enter your username and password again unless you explicitly logout from the app.

Please keep in mind that personally sensitive data is visible through the app so do not share your username and password with anyone. If using the “Remember me” function it is important that access to your device is protected by some other means (pin-code, fingerprint reader etc.).



**OTH**   
REMOTE HEALTHCARE MADE SIMPLE

 Username

 Password

Login

Remember me

## Main menu


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From the main menu you can navigate to one of the following submenus by pressing their corresponding button:

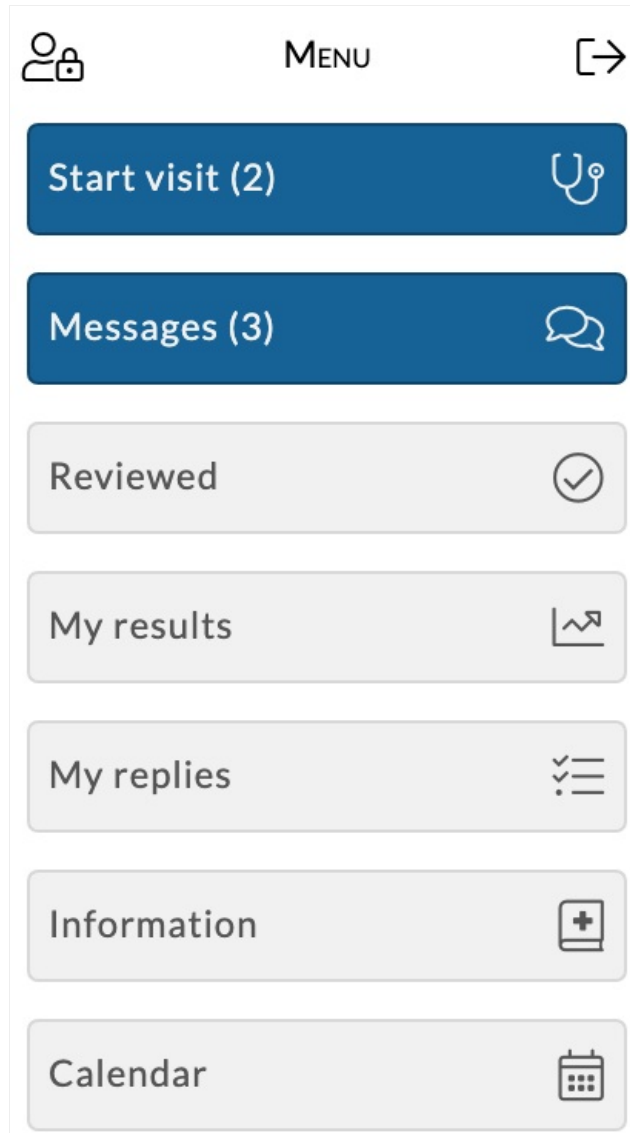
- **Start visit:** Press to show all questionnaires that can or need to be completed
- **Messages:** Press to show messages between you and the healthcare professionals
- **Reviewed:** Press to show acknowledgements of your recent measurements by healthcare professionals
- **My results:** Press to show tables and graphs of measurement results previously submitted by you.
- **My replies:** Press to show tables of questionnaire replies previously submitted by you.

- **Information:** Press to show links to further relevant material for your condition on the web.
- **Calendar:** See upcoming video conferences between you and a healthcare professional.

Depending on your condition you may not necessarily see all these menu items when logging into the OTH app.

Press the **change password** button  in the upper lefthand corner to go to the change password page.

Press the **logout** button  button in the upper righthand corner to log out of the app.



The menu items that have a blue background and a number next to the title, here **Start visit (2)** and **Messages (3)**, indicates that there are questionnaires to be answered and new messages from the clinicians, respectively.

## Change Password

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This menu allows you to change your password by entering your current password followed by a new password twice and pressing change.

You can always press the **back** button  to return to the previous menu.

← CHANGE PASSWORD

Current

New

Repeat

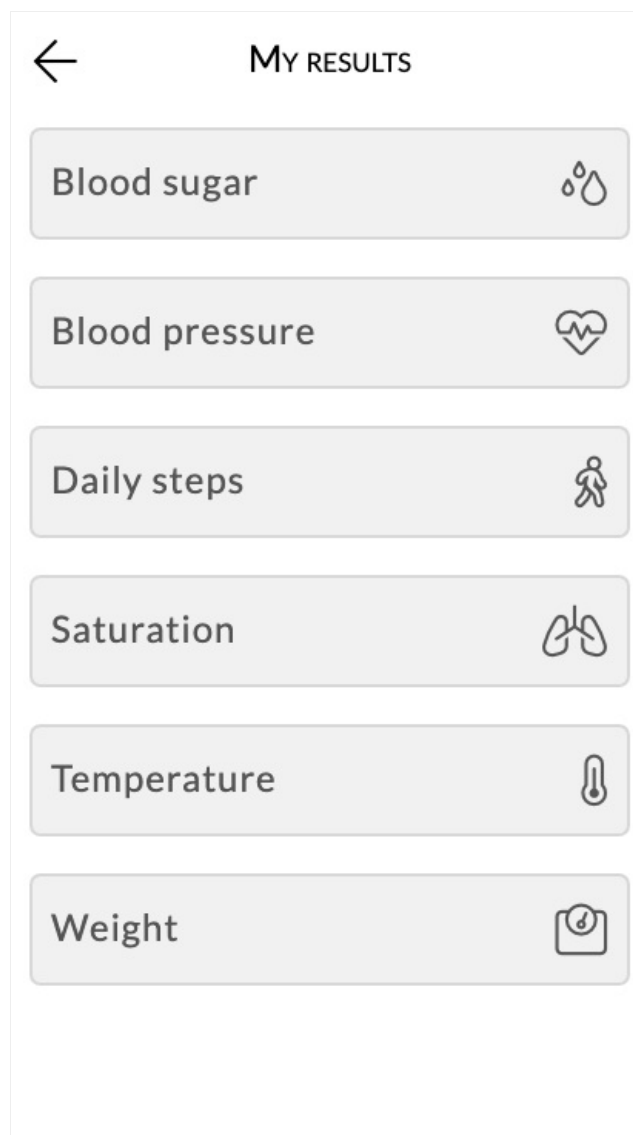
Change

## My Results

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This menu allows you to see previous submitted results and measurements as tables and graphs. Press one of the measurement types in the list to see more details.



You can always press the **back** button ← to return to the previous menu.

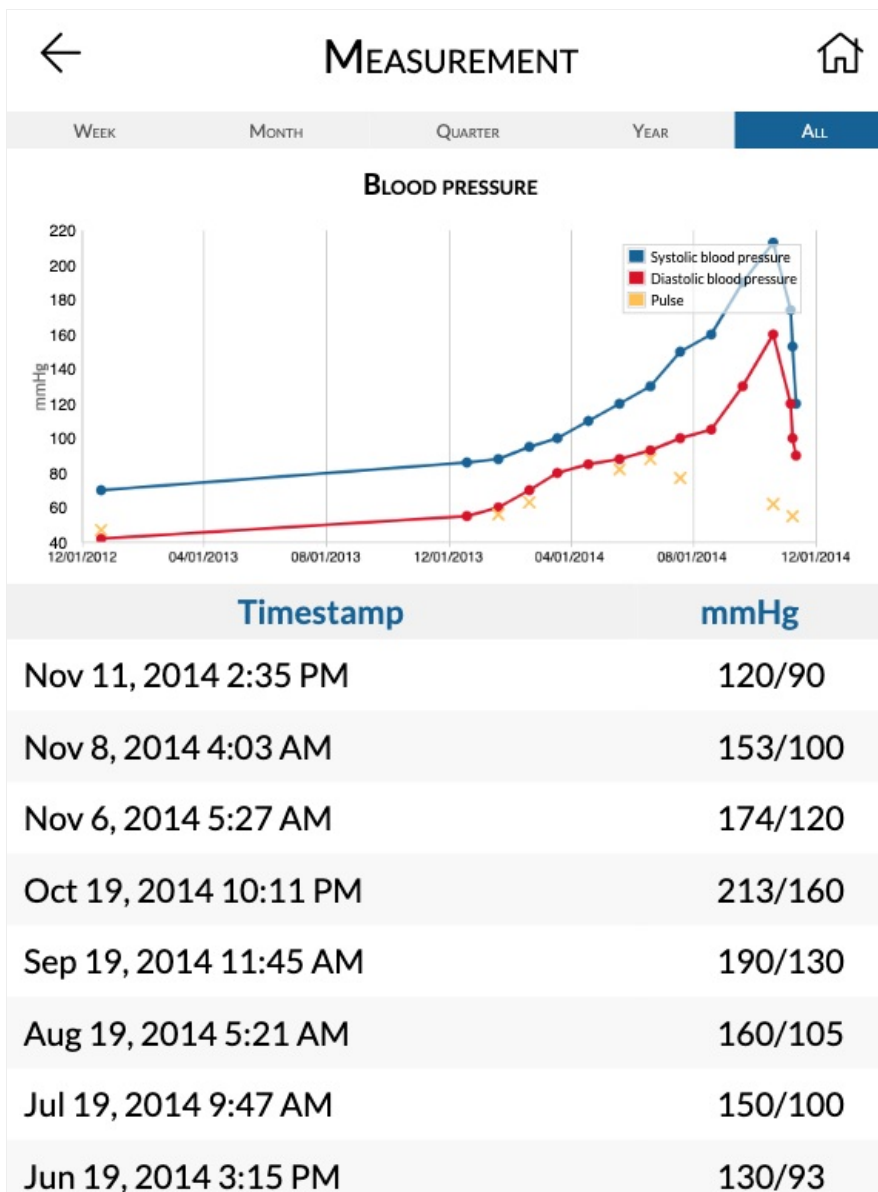


## My Results - Blood pressure

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This is an example of results for a specific measurement type that was chosen in the previous *My results* menu. Here you can see a graph and a table of results, where you can filter the amount of results shown by pressing on one of the time filters at the top of the menu.

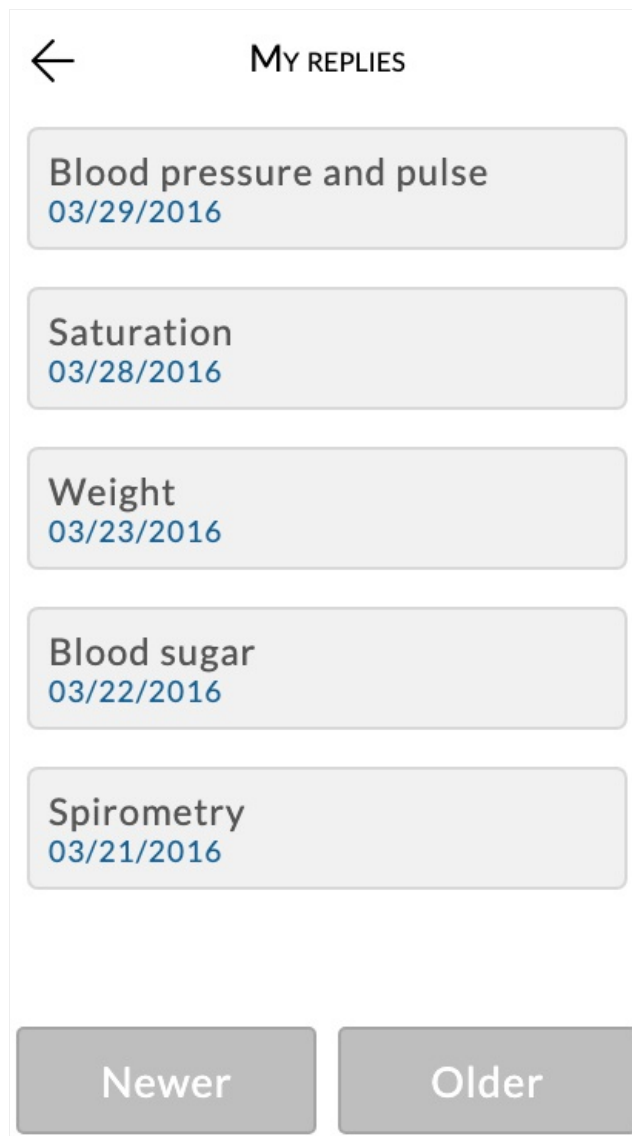
You can always press the **back** button  to return to the previous menu or the **home** button  to return to the main menu.



## My Replies

This menu allows you to see previous submitted questionnaire replies displayed as tables. Press one of the questionnaire replies in the list to see more details. You can navigate to newer or older questionnaire replies using the **Newer** and **Older** buttons at the bottom of the screen.



You can always press the **back** button  to return to the previous menu.



## My Replies - Saturation

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This is an example of a reply for a questionnaire that was chosen in the previous *My replies* menu. Here you can see a table with a column for the **Questions** asked and the **Replies** given.

You can always press the **back** button  to return to the previous menu or the **home** button  to return to the main menu.

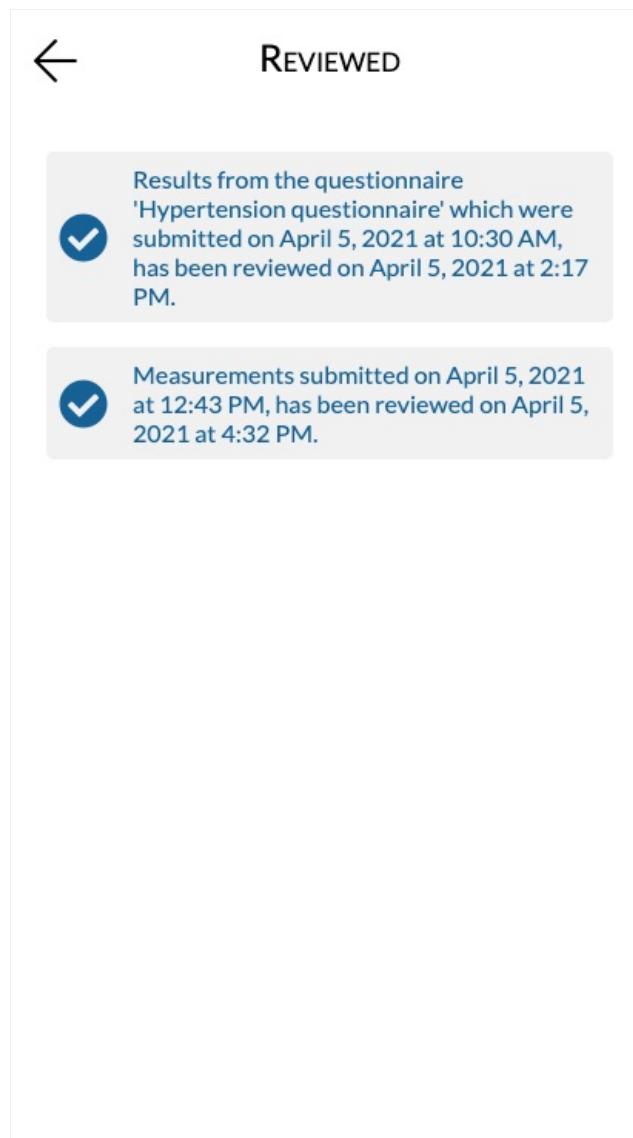
Question	Reply
Are you feeling well?	Yes
Measure your saturation	Saturation: 98 % Pulse: 54 BPM

## Reviewed

This menu shows you when a healthcare professional has reviewed your most recent results. A list of messages is displayed, one for each of your recent results sent in to the healthcare professionals including the date and time at which it has been reviewed.

If there are no results reviewed yet, you will get the message "There are currently no reviewed results to show".

You can always press the **back** button  to return to the previous menu.



## Messages

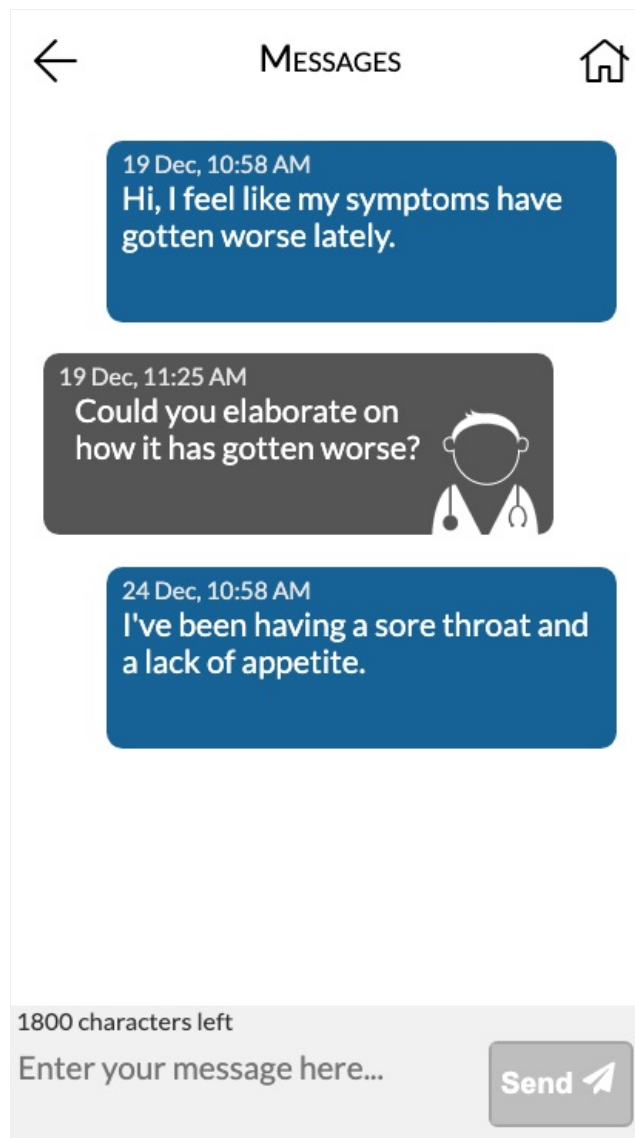
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This menu shows the messages sent between you and the healthcare professionals. The newest message will be at the bottom of the screen.

At the bottom of the screen in the white input field, you can enter a message for the healthcare professionals.

After writing the message press the  button to send it to the healthcare professionals.

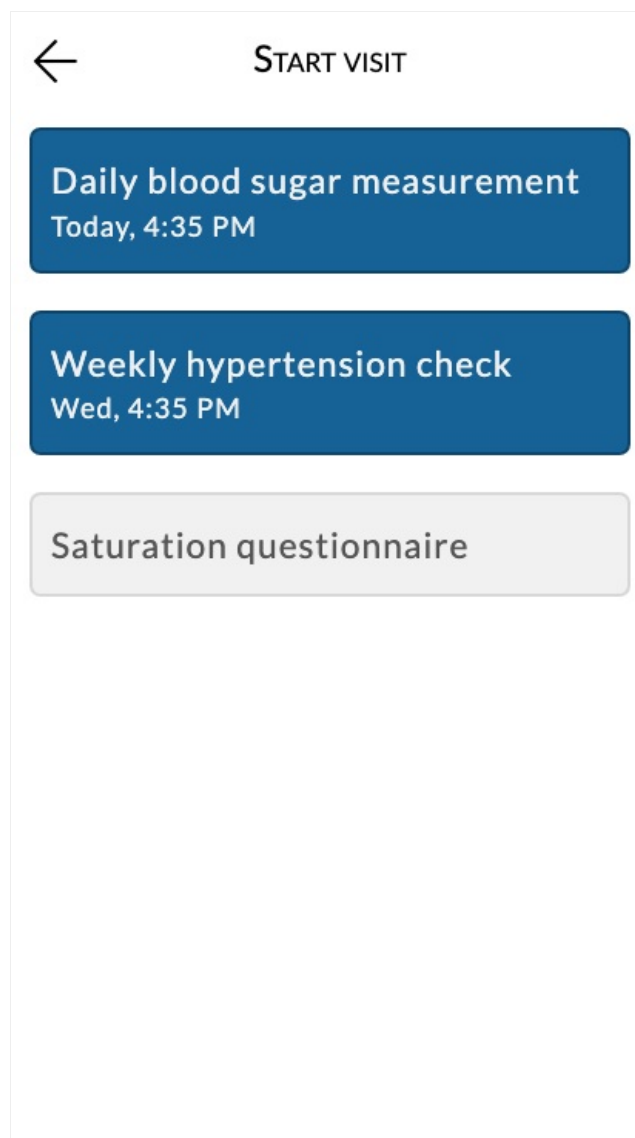
You can always press the **back** button  to return to the previous menu.



## Start visit

This menu shows all the questionnaires currently available for you to answer. Press one of the questionnaires in order to start completing it.

You can always press the **back** button ← to return to the previous menu.



The questionnaires with a blue background indicate that these should be answered before the deadline displayed underneath the questionnaire title, e.g. the **Daily blood sugar measurement** questionnaire has a deadline at *Today, 4:35 PM*.

If a questionnaire has a visible deadline but has not been marked with a blue background yet, that means you should not complete the questionnaire just yet but wait until you get closer to the deadline.

## Answer a questionnaire

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This is an example of a questionnaire that was chosen in the previous screen.

When answering a questionnaire, you are led through a series of different questions, each either showing a text, a simple input field, a measurement input field or a multiple choice question.

For each question, you navigate to the next by clicking on one of the buttons at the bottom of the screen.



The number of buttons may vary between the different screens, i.e. a **Next** button, a **No** and **Yes** button or a **Skip** and **Next** button.

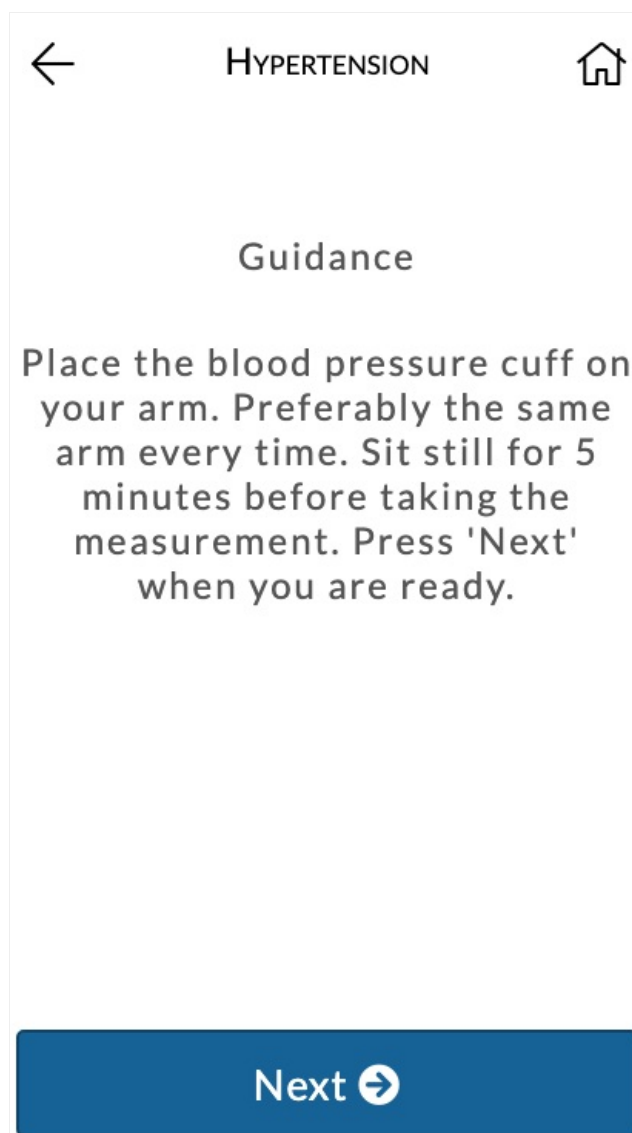
At the end of a questionnaire you must choose to either send the questionnaire results to the healthcare professionals or omit the results.

When asked to perform a measurement please find the appropriate measurement device and take a measurement.

The medical devices should already have been paired with the tablet via Bluetooth allowing for automatic measurements.

If you are using devices that are not using Bluetooth, you enter the result into the questionnaire answer box.

You can always press the **back** button  to go back to the previous question to choose a different answer or the **home** button  to return to the main menu.



Enter the value in the input field and press **Next**. (Consult the help text if needed, shown when clicking on the **?** in the top right corner)



Measure your blood pressure

Systolic blood pressure

120

Diastolic blood pressure

80

Pulse

60

Skip 

Next 

To send the completed questionnaire results to the healthcare professionals, press **Yes**.



SUBMIT



Would you like to send in  
your results?

No 

Yes 

An acknowledgment is shown when the completed questionnaire is successfully received.

SUBMIT



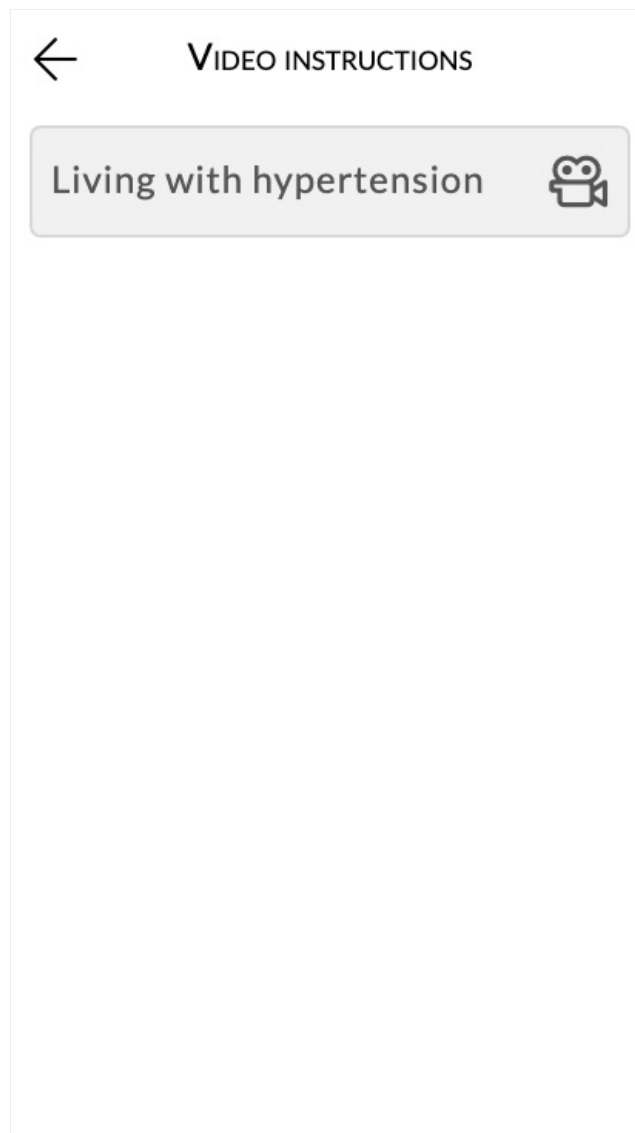
Completed questionnaire  
received

OK 

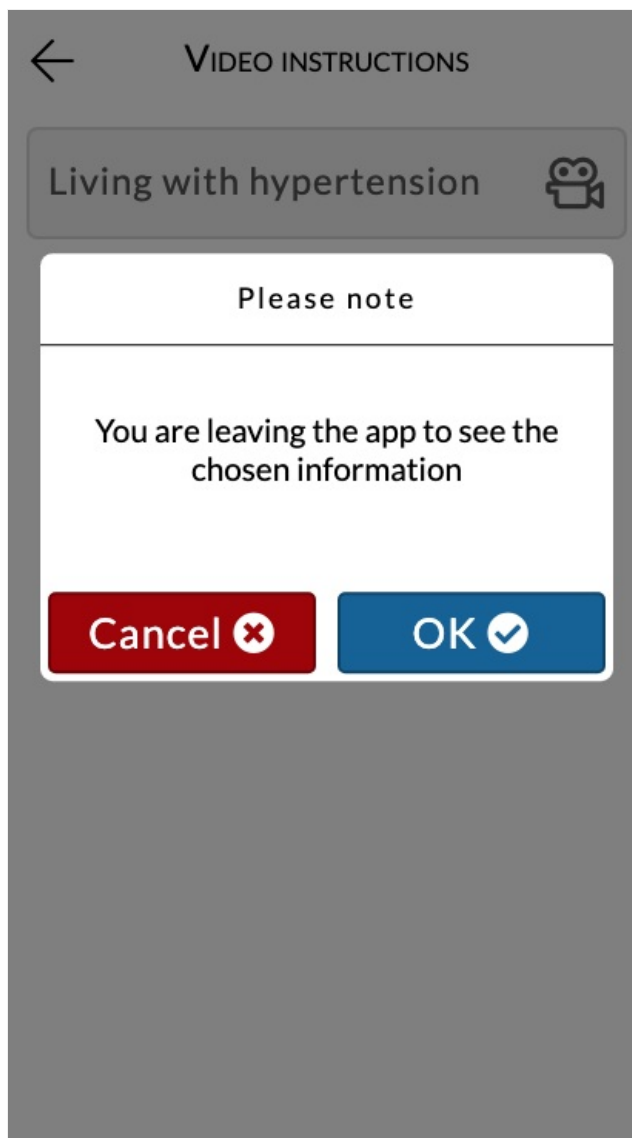
## Information and guidance

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This menu shows a list of links to pages, videos or document containing further information that might help you in your treatment.



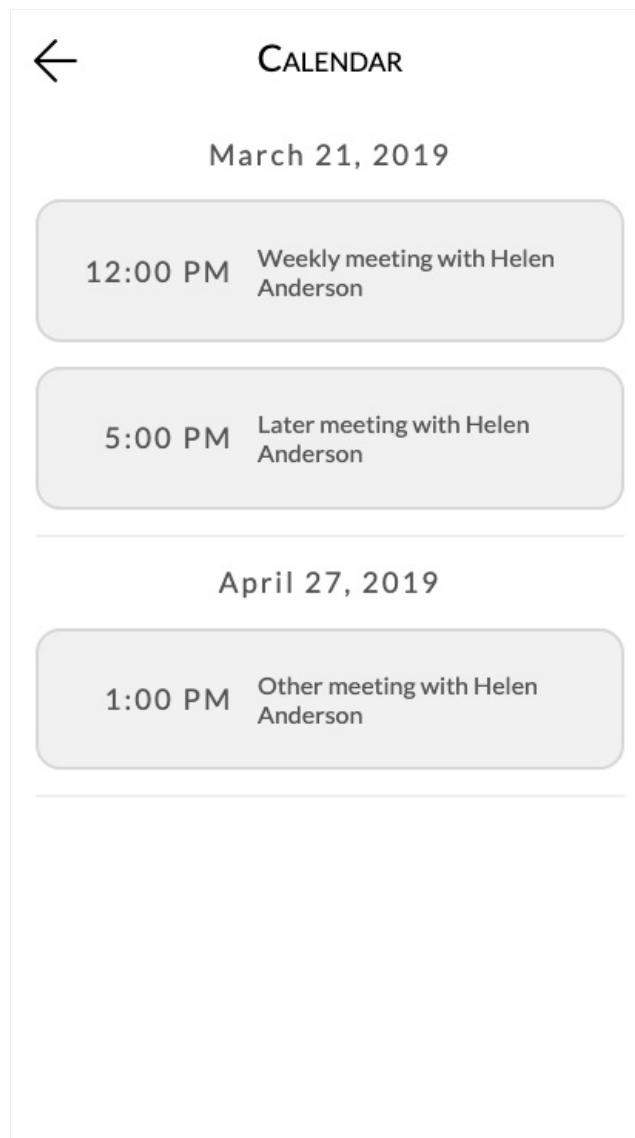
When clicking such a link a popup is shown ensuring that you are aware that you are leaving the OTH app and opening the link in the web browser on your mobile device.



## Calendar

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The menu allows you to view upcoming video conference with a healthcare professional.



## Video conference

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Your clinician can choose to start a video conference with you. They will call you up on your mobile device, after which you have to accept the call by pressing the **OK** button.

## VIDEO CONSULTATION

It is time for a video  
consultation

Press the OK button to start the  
consultation

OK

Once in a video conference has started, the clinician may ask you to perform a measurement, in which case a form similar to the one in a questionnaire shows up instructing you to take a measurement:

## VIDEO CONSULTATION

 Connecting


Systolic blood pressure

Diastolic blood pressure

Pulse

After the measurement has been successfully taken, the measurement will automatically be sent to the clinician you are in a conference with.

## VIDEO CONSULTATION

 Measurement completed

Systolic blood pressure

122

Diastolic blood pressure

95

Pulse

80

# Manufacturer

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OpenTeleHealth ApS,  
Toldbodgade 8, 1., 8000  
Aarhus C, Denmark



## Manufacturer responsibility

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The manufacturer is only responsible for the software of OTH itself and does therefore not take responsibility for the functionality of the measurement devices used, the tablet or other devices that the OTH app can communicate with. The manufacturer ensures compliance with the listed Bluetooth devices in this document. No parts of this document may be reproduced or translated without the prior written permission of the manufacturer.

## Note

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The device (OTH software) works as an assisting tool and is not a replacement of treatments. It is recommended to avoid performing a measurement with moist or wet hands. A pen or other hardware tool can be used in case of touch screen challenges.