

Sphygmo Patient Guide - Basic

This is a basic guide of how to set up Sphygmo on your phone or tablet and link your account to your healthcare provider. For more features available on Sphygmo, please see the enhanced cheat sheet.

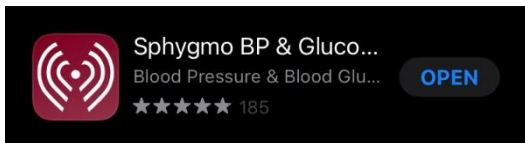


Go to your phone's app store. On an Android phone, that will be the Google Play Store.



On an iPhone, that will be the App Store.

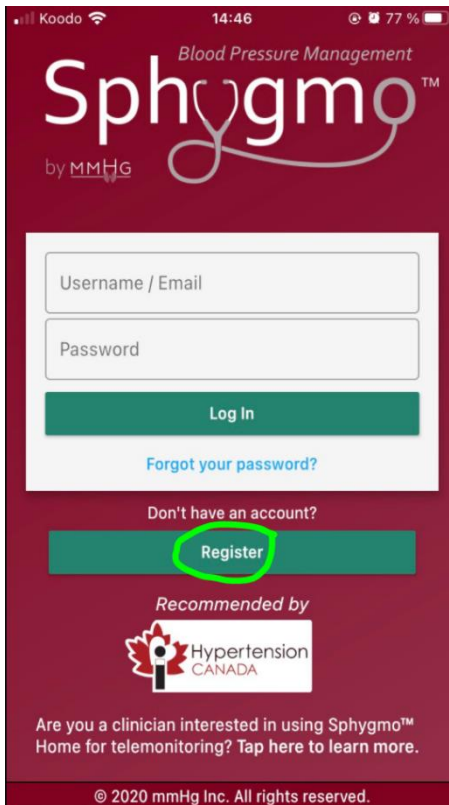
Search for "sphygmo"



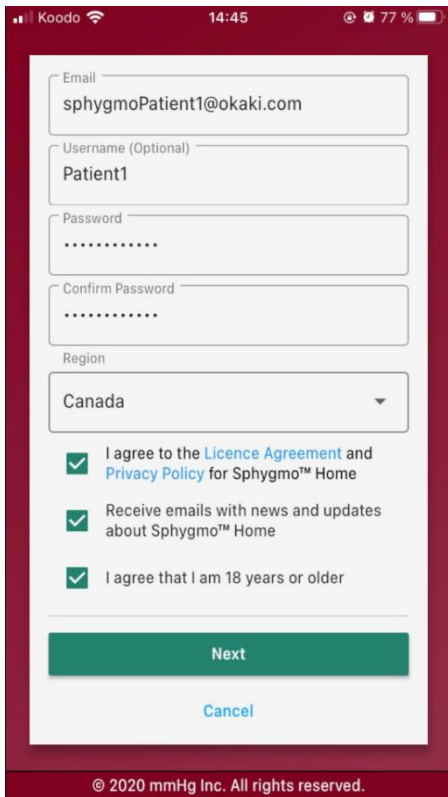
Click on "Sphygmo BP & Glucose" and download it

Click "allow" on all the permissions

Click "Register", because you will have to make an account



Fill in the required information. You will need to provide an email.

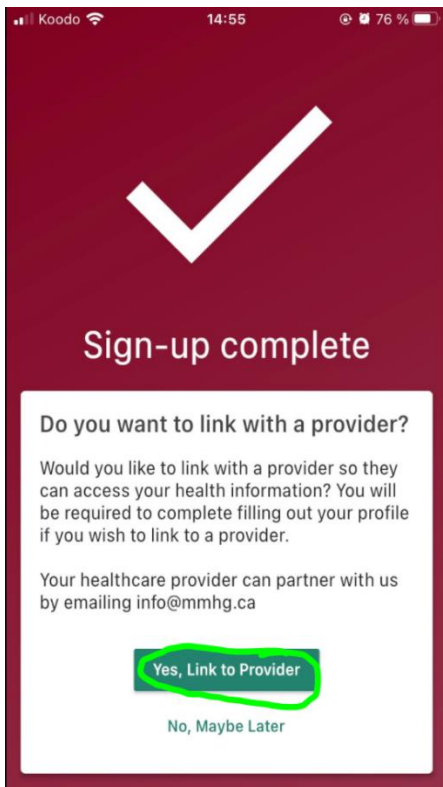


The screenshot shows a registration form on a mobile device. The form includes the following fields and options:

- Email: sphygmoPatient1@okaki.com
- Username (Optional): Patient1
- Password: [Redacted]
- Confirm Password: [Redacted]
- Region: Canada
- Agreement checkboxes:
 - I agree to the [Licence Agreement](#) and [Privacy Policy](#) for Sphygmo™ Home
 - Receive emails with news and updates about Sphygmo™ Home
 - I agree that I am 18 years or older
- Next button (green)
- Cancel button (blue)

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The app will ask if you want to link to a provider. Click yes



The screenshot shows a confirmation screen with a large white checkmark on a dark red background. The text reads:

Sign-up complete

Do you want to link with a provider?

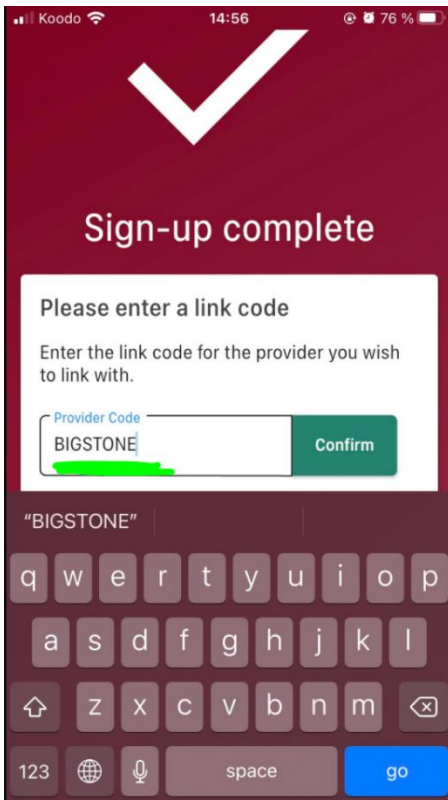
Would you like to link with a provider so they can access your health information? You will be required to complete filling out your profile if you wish to link to a provider.

Your healthcare provider can partner with us by emailing info@mmhg.ca

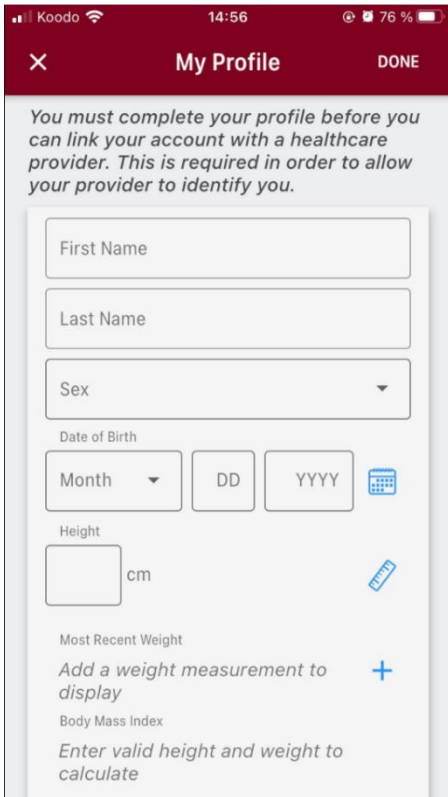
Yes, Link to Provider (highlighted with a green circle)

No, Maybe Later

Fill in the provider code for our clinic: OKAKI

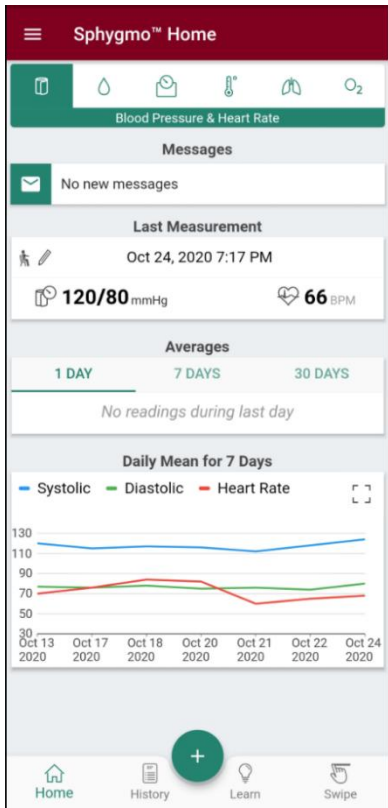


You will be prompted to complete your profile



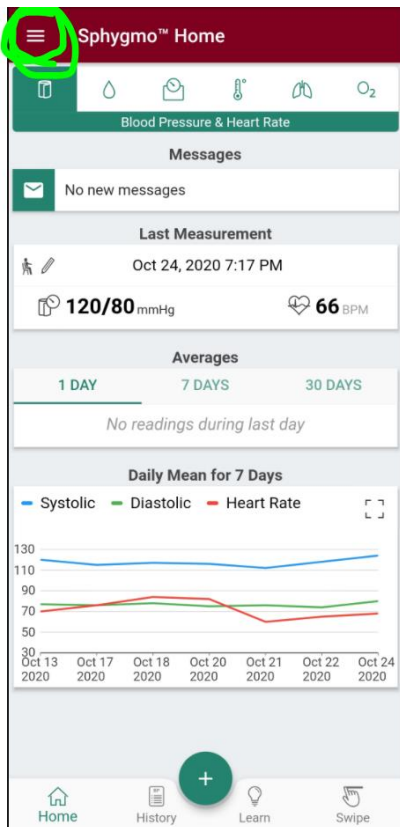
Agree to the three boxes and click "Link"

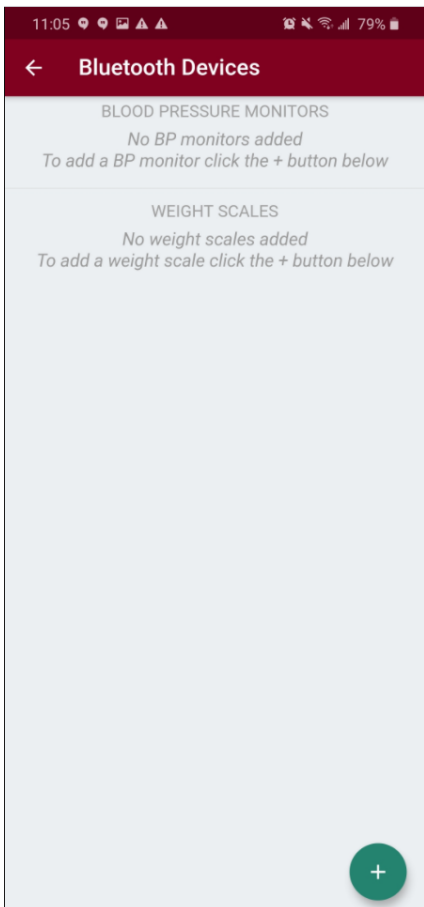
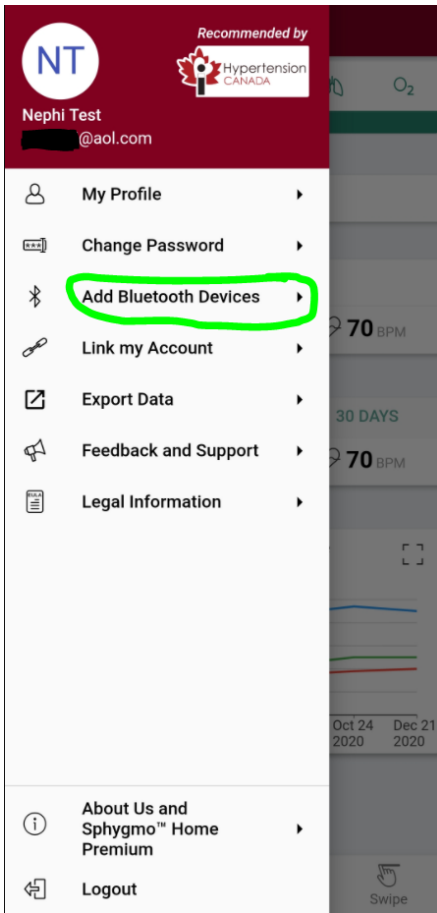
You are now at the main page of the app

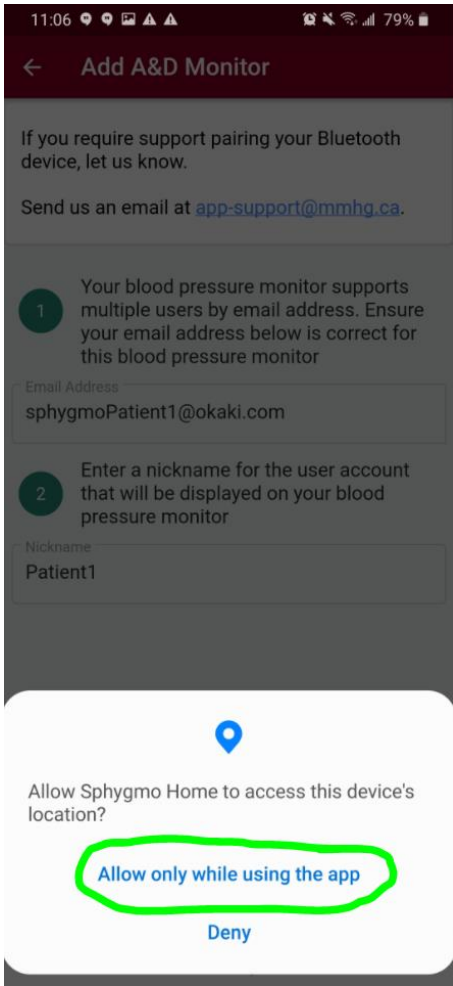


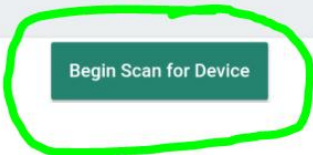
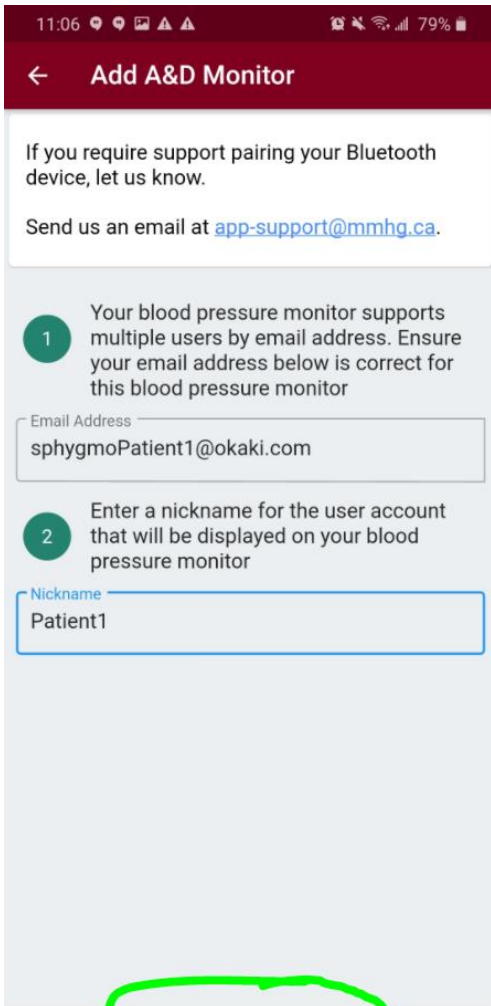
Link Your Bluetooth Blood Pressure/Glucose Monitor

To link your blood pressure or glucose monitor, click the three lines at the top left corner



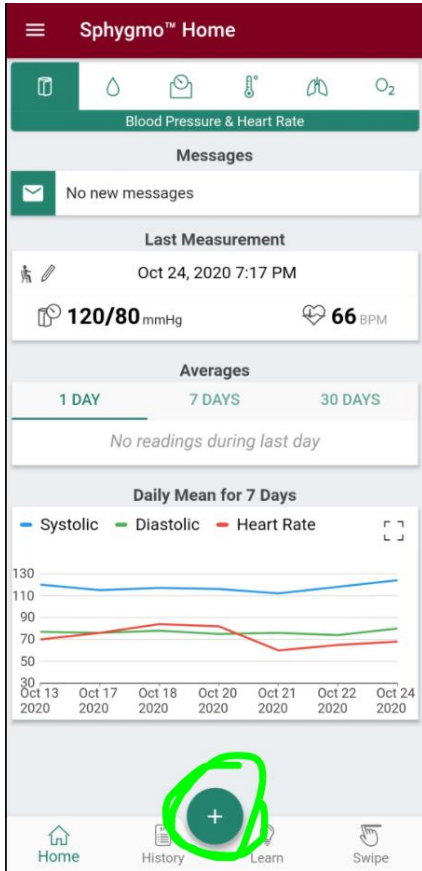




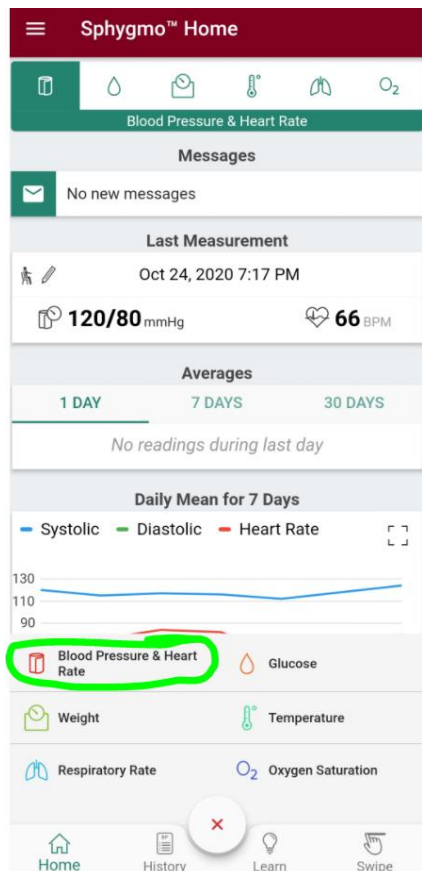


Add Manual Blood Pressure Measurements

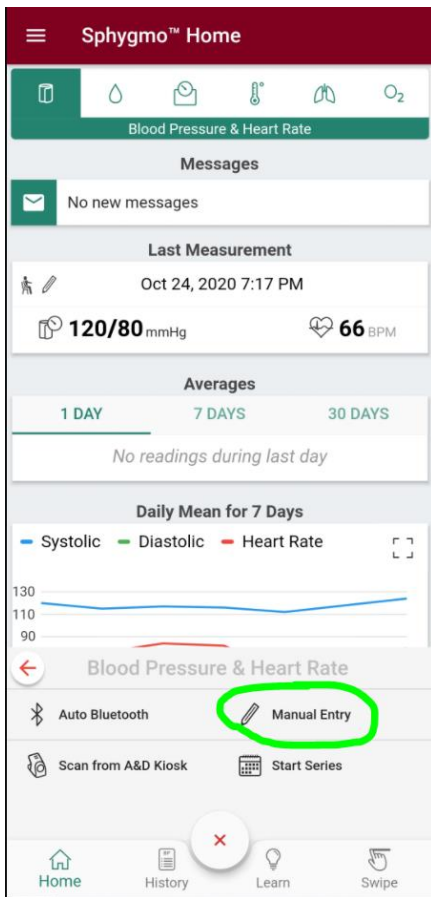
To add a blood pressure measurement, click the plus sign on the bottom



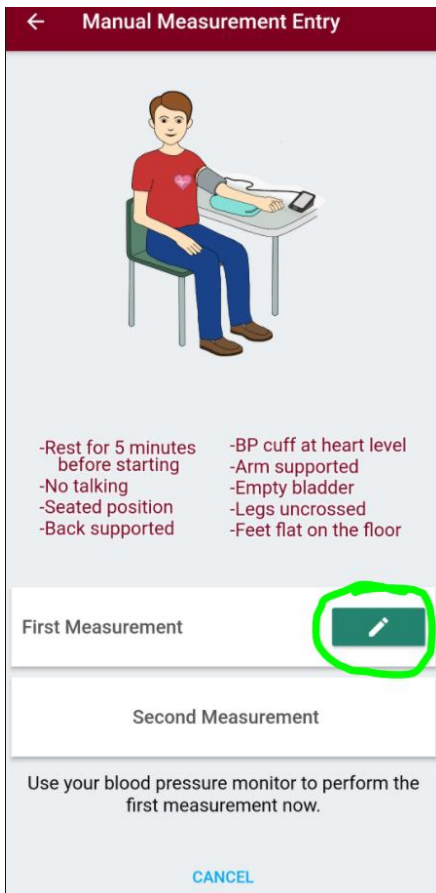
Click Blood Pressure & Heart Rate



Click "Manual Entry"



Click the pencil in the green box to manually enter blood pressure.



× BP Measurement

Please fill out fields below




Systolic mmHg

Diastolic mmHg

Heart Rate BPM

Monday, December 21, 2020 09:41

Body position during measurement


Notes

0/1024


Ok



Once you fill it out, the app will make you wait a minute before you can enter your second measurement. If you absolutely must skip it, you can.


← Manual Measurement Entry



- Rest for 5 minutes before starting
- No talking
- Seated position
- Back supported
- BP cuff at heart level
- Arm supported
- Empty bladder
- Legs uncrossed
- Feet flat on the floor

First Measurement - 23 mins ago 

 120/80 mmHg  70 BPM

Second Measurement 

Use your blood pressure monitor to perform the second measurement now.

[SKIP SECOND MEASUREMENT](#)

Fill in the second measurement and click "Ok"

10:05 79%

BP Measurement

Please fill out fields below




Systolic
121 mmHg

Diastolic
81 mmHg

Heart Rate
71 BPM

Monday, December 21, 2020 10:05

Body position during measurement

Notes

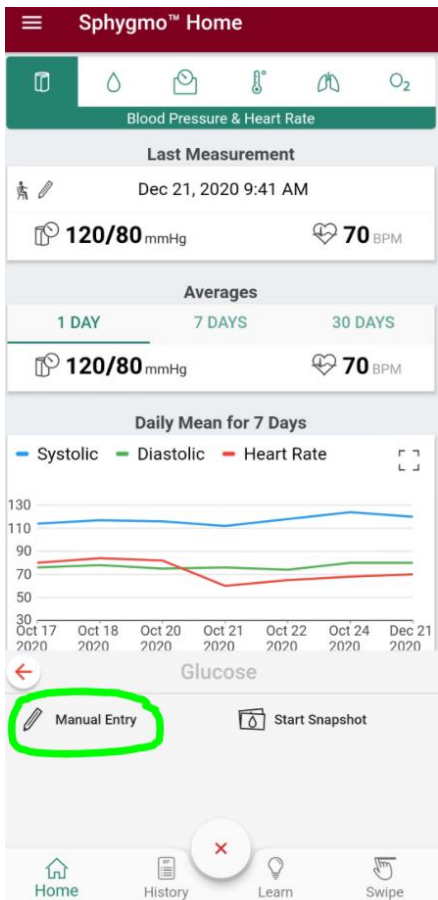
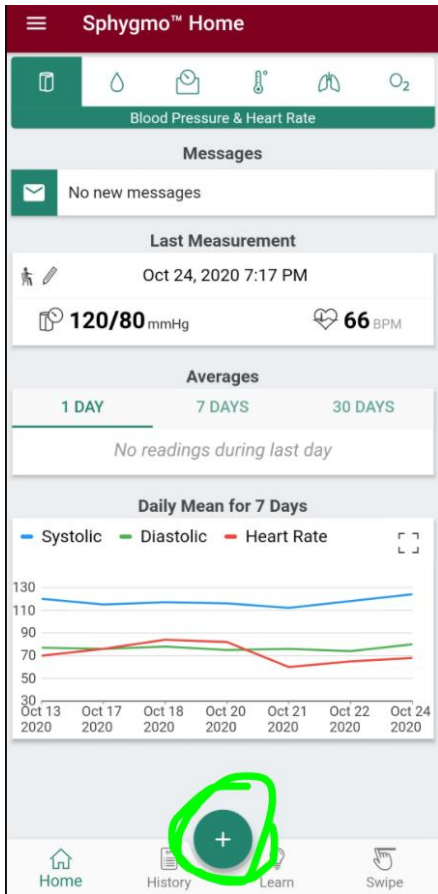
0/1024

Ok

The results will be automatically sent to the clinic

Add Manual Glucose Measurements

To add manual glucose measurements, click the plus sign on the bottom



Set Normal Glucose Ranges

Sugar Concentration

6 mmol/L 

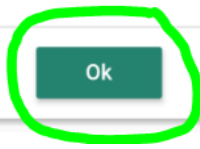
Measured

Before Lunch ▼

Monday, December 21, 2020 15:16

Notes

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Ok