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"



 Sphygmo BP & Gluco...

 Blood Pressure & Blood Glu...

 ★★★★★ 185



Sphygmo Blood Pressure & Blood Glucose

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.

Email	
sph	ygmoPatient1@okaki.com
Useri	name (Optional)
Pati	ent1
Passi	word
Confi	irm Password
Regio	on
Can	ada
	l agree to the Licence Agreement and
-	Privacy Policy for Sphygmo [™] Home
~	Receive emails with news and update about Sphygmo™ Home
~	I agree that I am 18 years or older
	Next
	Cancel

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



Fill in the provider code for our clinic: OKAKI



You will be prompted to complete your profile

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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





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← Bluetooth Devices

BLOOD PRESSURE MONITORS No BP monitors added To add a BP monitor click the + button below

WEIGHT SCALES No weight scales added To add a weight scale click the + button below





Add Manual Blood Pressure Measurements

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

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Click Blood Pressure & Heart Rate



Click "Manual Entry"

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



× BP Measurement	
Please fill out fields b	elow
Systolic 120	mmHg
Diastolic	mmHg
Heart Rate	BPM
Monday, December 21, 2020	09:41
Body position during meas	urement
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Ok	

One 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-BP cuff at heart level -Arm supported-No talking -Seated position -Back supported-Empty bladder -Legs uncrossed -Feet flat on the floor
First Measurement - 23 mins ago
120/80 мтнд 120/80 мтнд 120/80 мтнд
Second Measurement
Use your blood pressure monitor to perform the second measurement now.
SKIP SECOND MEASUREMENT

Fill in the second measurement and click "Ok"

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× BP Measurement	
Please fill out fields l	below
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Diastolic 81	mmHg
Heart Rate	BPM
Monday, December 21, 2020	10:05
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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

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← Glucose

Set Normal Glucose Ranges

6 mmol/L	Ĺ
Before Lunch	•
Monday, December 21, 2020	15:16
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