



Measuring Your Heart Rate & Oxygen Level

1 GET READY

- On your tablet, open the VitalCare app
- Make sure you haven't recently exercised
- Do not use with a damaged, infected or artificial /fake fingernail

2 BODY POSITION

- Sit upright and comfortable in a chair
- Make sure you are relaxed and quiet

3 PULSE OXIMETER PLACEMENT

- Insert finger fully into the device
- Fingernail can be up or down in the device

4 TAKE MEASUREMENT

- Press the "Power" button
- Hold the device at heart level
- Keep hand steady for 20-30 seconds, until final reading is displayed
- If heart rate is less than 60, or blood oxygen reads less than 92%, please take the reading a second time

