

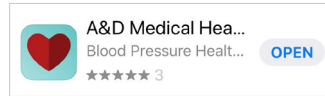
# Heart Track Quick Start Guide



## Set up your Account

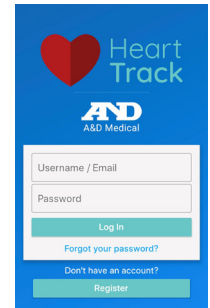
- Turn on Bluetooth® on your mobile device

- Install the A&D Medical Heart Track



- Open the app and enter your registration information

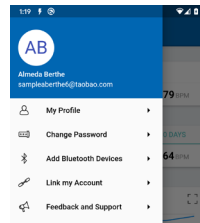
Note: if you have a provider code, enter it during this process.



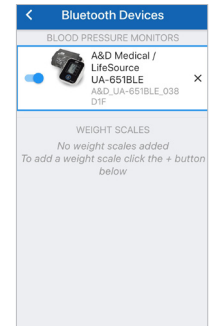
## Add Bluetooth Device

- Click on the **menu**, located at the top left on the screen and indicated with

- Select **Add Bluetooth Device** and click on

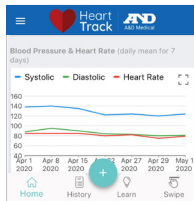


- Select your device and follow the instructions on the screen to pair

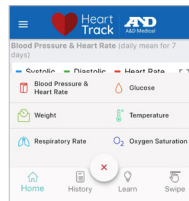


## Take an Automatic Blood Pressure Measurement

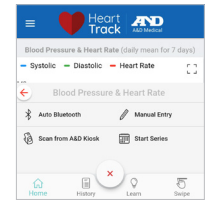
- Click on



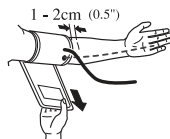
- Select **Blood Pressure and Heart Rate**



- Select **Auto Bluetooth**



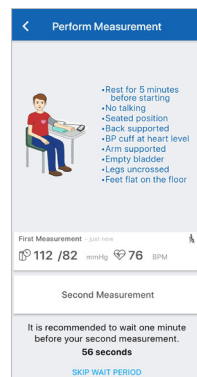
- Place the cuff on your upper arm



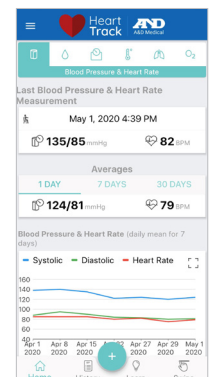
- Sit comfortably with your arm resting on a flat surface, elevated to heart level, palm up

- Press **START** button on the blood pressure monitor

- The measurement will be recorded, there will be a 60 second waiting period, then you will be prompted for the second measurement



- The measurements will now show on your dashboard




Note: Follow the same procedure for other measurement types

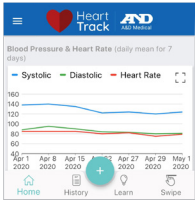
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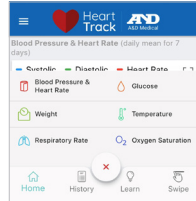
## Setting up a Blood Pressure Series and Blood Glucose Snapshot

Set up a series of blood pressure readings or snapshot of blood glucose measurements, providing reminders on your mobile device.

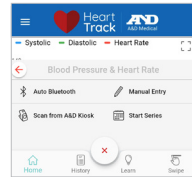
- Click on 



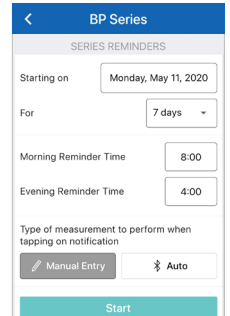
- Click on **Blood Pressure and Heart Rate** or **Glucose**



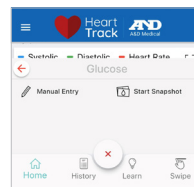
- Select **Start a Blood Pressure Series.**



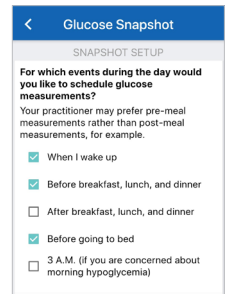
- Fill out when you want to receive reminders.



- Select **Start Snapshot for Glucose.**



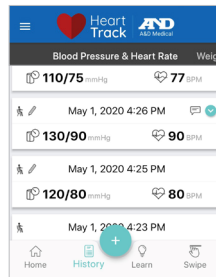
- Fill out the measurement schedule



## Viewing History

Review previous measurements

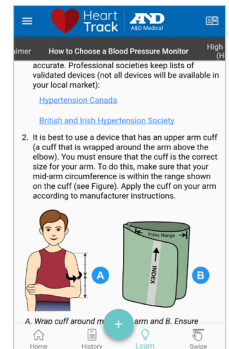
- Click on the **History** tab at the bottom of the home screen



## Learn

Expert advice on blood pressure and how to manage hypertension

- Click on the **Learn** tab at the bottom of the home screen



## Swipe Averaging

Simple and fast calculation of averages by clicking and dragging of a selected period of time for the most relevant data to quickly assess trends.

- Click on the **Swipe** tab at the bottom of the home screen



- Press and hold on a day until it is highlighted then drag your finger to the desired end date and release
- Set up as many series as you desire – the averages are shown on the top of the screen, scroll right or left to see all the series you have set up

