

## **Mount Sinai National Jewish Health Respiratory Institute Telemonitoring Program**

Welcome to the Mount Sinai National Jewish Health Respiratory Institute Telemonitoring Program. You have been discharged on new oxygen therapy, and we understand that this can be daunting as you recover at home. Therefore, we have partnered with the patientMpower mobile application to provide remote vital sign monitoring for COVID-19 survivors.

We will provide a digital Nonin© 3230 pulse oximeter with Bluetooth technology prior to discharge. This will be paired with the patientMpower application downloaded on your mobile device. You will use this application and pulse oximeter to log data about your symptoms. This will include:

1. Oxygen Saturation (the level of oxygen in your blood)
2. Your heart rate
3. Whether you are feeling breathless

**You will need to log this twice per day at 9am and 3pm.** You may use the device more than twice daily, but it is not necessary to open the app other than at 9am and 3pm. It is important that you are logged into the application for the data to be transmitted to the clinic. The types of symptoms that you can record are limited to breathing abnormalities, so if you have other symptoms or concerns, please contact your doctor or call 911 in an emergency. You may use the pulse oximeter more frequently, but monitoring is only available from 9am-5pm

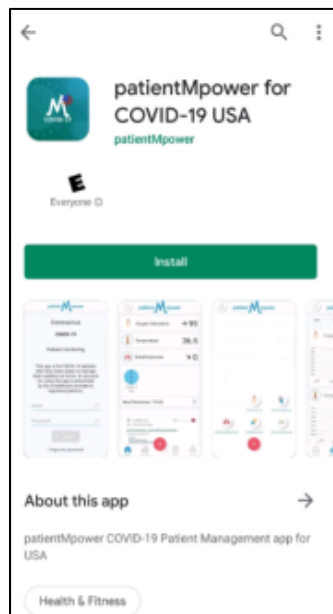
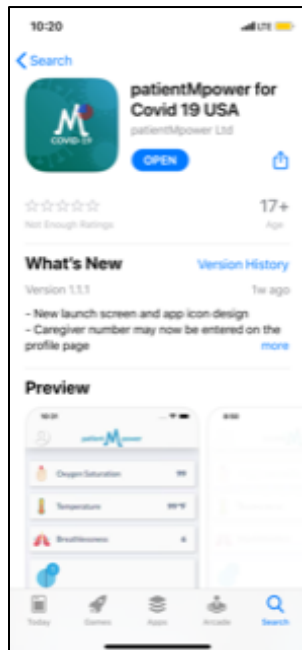
You will be contacted to follow-up with a pulmonologist at the Mount Sinai National Jewish Health Respiratory Institute within 2-6 weeks. Please bring your pulse oximeter with you to your first in-person visit. We look forward to supporting you in your recovery.

### **How to Activate and Use Your Device**

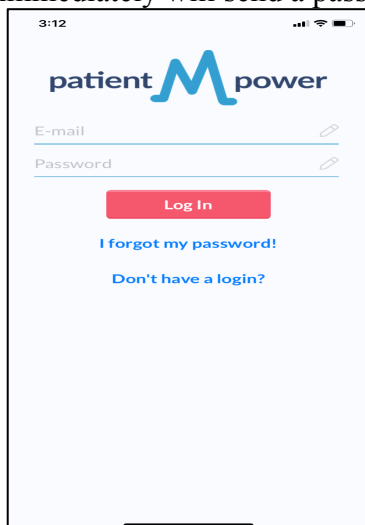
- Download the application (patientMpower for COVID-19) on your mobile device. Only iPhone and Android devices are supported at this moment.

#### **iPhone App**

#### **Android App**




- Please use the link provided in the introductory email to create a password. (If you forget your password details, you can always reset the password by opening up the App on your device and select “I forgot my password!”, It will ask you for your email address and immediately will send a password reset link to your email).



- Please ensure that your phone notification for the app are turned on (when you download any mobile application, usually a small window pops-up on your phone and asks if you would like to received notifications - click Allow or yes!) – this is needed to receive reminders to use the pulse oximeter.





- Once you log in to the application, please update your profile. Select the  on the top left corner.

2:39 [Signal] [Wi-Fi] [Battery]

← My Profile Update Log out

About Me ?

Heather 

Bosco 

Email: [Redacted]@gmail.com

Gender:  
☒ F ☐ M

Date of birth:  
 12/29/94

Country:  
 United States >

Height:  
 Select height >

Do you currently

2:41 [Signal] [Wi-Fi] [Battery]


← My Profile Update Log out

Do you currently smoke tobacco?  
☐ Yes ☒ No

Have you smoked tobacco in the past?  
☐ Yes ☒ No

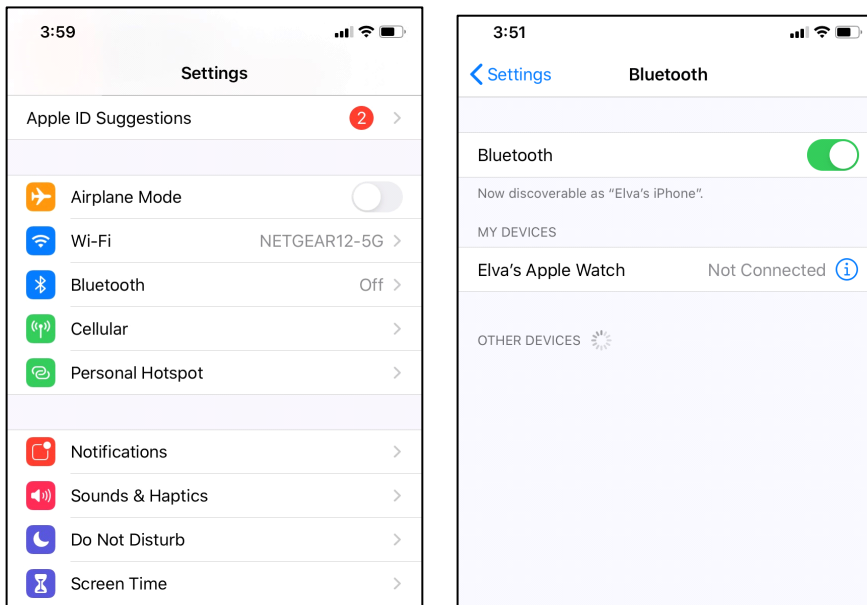
Do you currently use vape products?  
☐ Yes ☒ No

Have you used vape products in the past?  
☐ Yes ☒ No

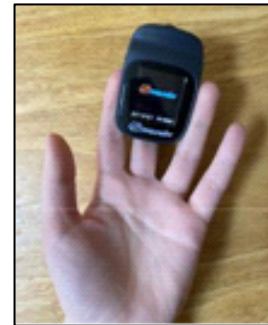
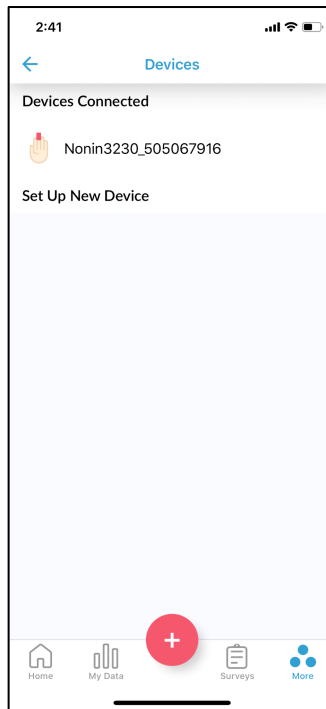
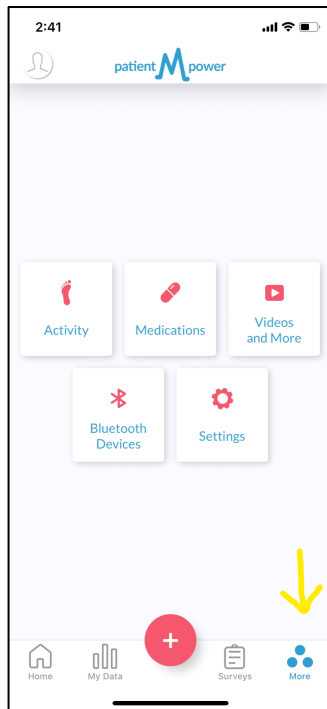
Telephone number:  
 Please enter your phone number in international format and without spaces (e.g. +353855555555)  
 [Redacted] 


- Please verify that your name and email are correct.

- Enter your gender, date of birth (DOB), country, height, smoking history, vaping history.
  - Ensure your mobile phone number and caregiver phone number are correct.
  - Please enter your date of first symptoms.
  - Once finished, select “update” in the top right corner.
- To sync or pair the application with your Bluetooth device, ensure your Bluetooth is enabled on your mobile device in setting. Go to Settings click on Bluetooth ”turn on” Bluetooth



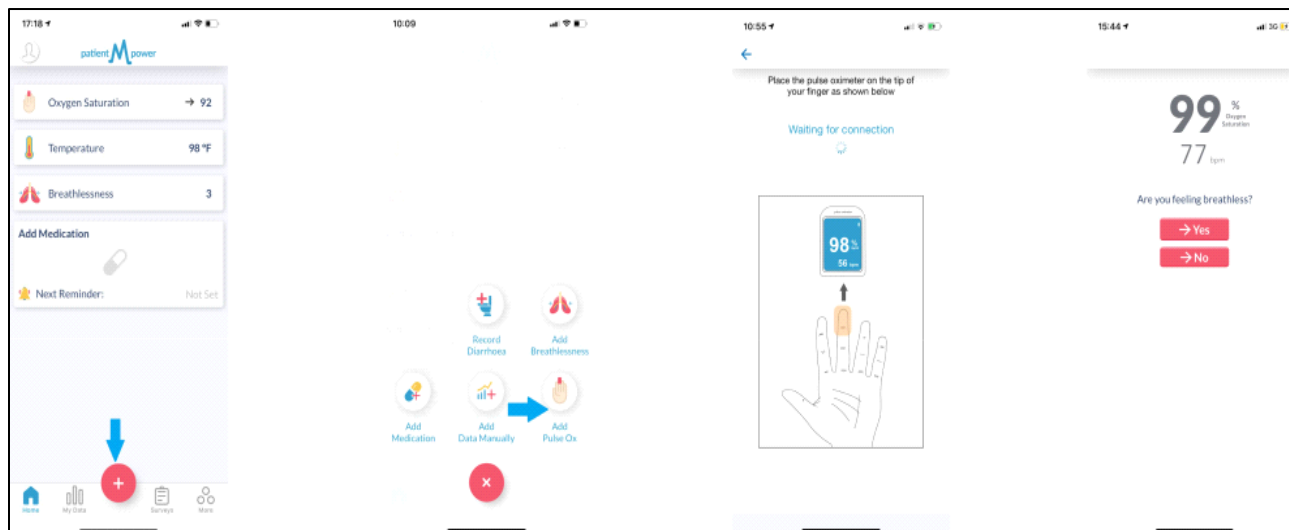
- In the patientMpower app, select the “More” tab on the bottom right corner. Then, select “Bluetooth Devices”. Now, you can place the pulse oximeter (device) on your finger as shown in the image, the device turns on automatically. You should see the device appear Nonin3230\_xxxxxx select this and press pair in the pop-up. Once paired you will see a success message.



- Once the pulse oximeter is paired with your device, go to the  “Home” icon on the bottom left of your screen. Ensure the pulse oximeter is on your finger palm facing up. Allow 1 minute prior to reading. Select “Add Pulse Ox”, hold still until the measurement is completed.

Please note these points:

- Rest for 5 minutes before taking a measurement
- Your finger should be clean and dry
- Remove nail varnish and false nails to ensure an accurate reading



- You will then be prompted to determine whether you are breathless. The information will be transmitted to the clinic and read by the staff during working hours. Please try to send the information twice daily at 9am and 3pm.
- If the answer is “YES” to “are you feeling breathless?” Press the add measurement “(+)” button and select “Add breathlessness.” Answer the questions that follow.

