



Quick Start Guide G2

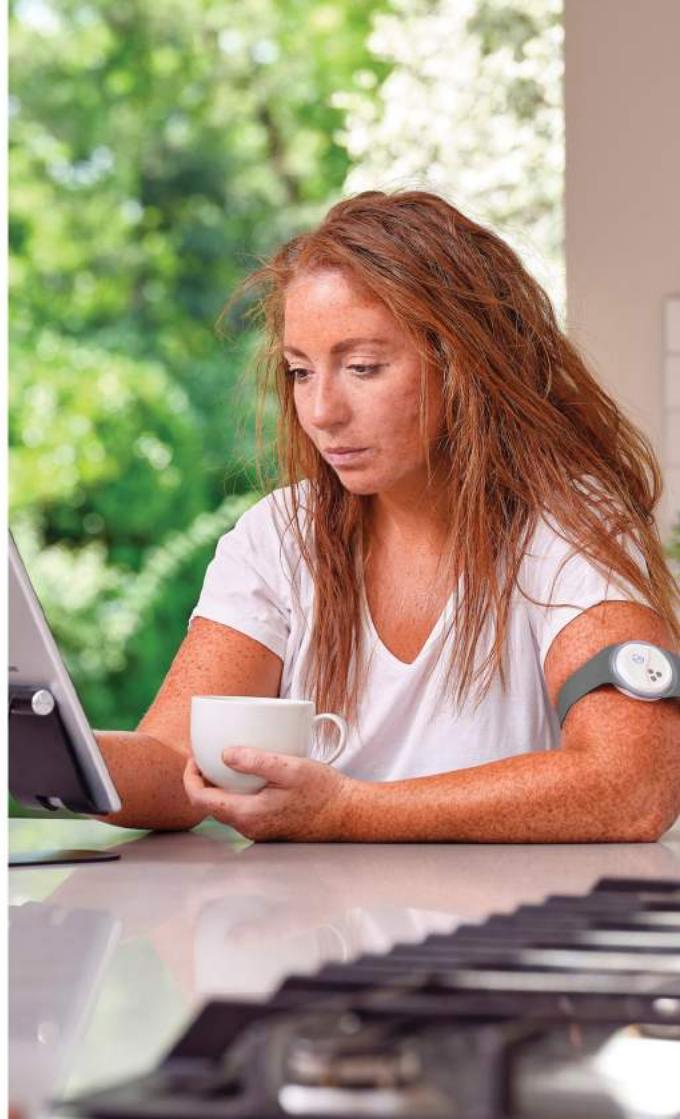
 current health

# Hello

Welcome to Current Health. Current Health is used by your care team to help keep you safe at home and out of the hospital.

Through Current Health, your care team is able to monitor your health (such as how fast your heart is beating) and track your recovery. Current Health also helps your care team understand if you might need further treatment.

Current Health is a crucial part of your care plan or care management.



# What's in the Kit?



## Wearable

Monitors vital signs



## Home Hub

Connects wearable to internet



## Straps (and strap size guide)

Holds wearable device on the arm.



## Charging dock

Charges the wearable

# Setting Up

**1** Remove the white Home Hub from the kit and plug it into a power socket, ideally near a window.



**2** Wait for 5 minutes while the Home Hub sets up. When it's ready, three solid blue lights will appear on the front of the Home Hub.

**3** **If 5 minutes have passed and three solid blue lights are not showing**, move the Home Hub next to your internet router (if available), unplugging and using a different power outlet if necessary.

Remove the white ethernet cable from the kit, and plug one end of the ethernet cable into the back of the Home Hub and the other end into an available slot in the back of your internet router. Wait for 5 minutes until three solid blue lights appear on the front of the Home Hub.



4

Remove the charging dock from the kit and plug it into a power outlet. Choose a location that is easily accessible as you will need to use the charging dock daily, to charge the wearable.



# Applying the Wearable

**1** Remove the wearable from the kit. Before applying the wearable for the first time, it needs to be fully charged.



**2** Place the charger head on to the wearable, ensuring that the metal contact points of the charger head and wearable align.

Magnets will snap the charger head into place, and hold it in place until you remove it. The lights on the charging dock will pulse green to indicate that the wearable is being charged correctly.



3

Place the wearable, with charger head attached, into the charging dock.

Charging takes approximately 30 minutes.

When the wearable is fully charged, the lights on the charging dock will stop flashing and turn a solid green. You should then remove the charger head from the wearable and place it back in the charging dock.



4

Remove the appropriate size of strap needed from the kit. If you do not know which size of strap to use, remove the strap size guide from the kit, and slide it up the arm.

As you tighten the guide, the size of the strap needed will be displayed.



4

Insert the wearable into the strap, ensuring the arrows on the wearable and the strap align. The wearable will pop into place when inserted correctly.



B



5

Thread the velcro end of the strap through the slot on the opposite end, and fold the end over to create a loop.



6

Slide the wearable up the arm, arrows pointing towards the shoulder, and tighten.

Make sure the wearable is at least 2 inches above the elbow, on the outside of the arm and the back of the wearable is in good, snug contact with the skin.



# Charging the Wearable: Method 1 (On your arm)

Daily

- 1 Check the charging dock is plugged in to a power outlet.

Remove the charger head from the charging dock. The top light on the charging dock will flash orange to indicate that it is ready to be attached.



- 2 Place the charger head on to the wearable, ensuring that the metal contact points of the charger head and wearable align.

Magnets will snap the charger head into place, and hold it in place until you remove it. The lights on the charging dock will pulse green to indicate that the wearable is being charged correctly.



3

Charging takes about 30 minutes.



4

When the wearable is fully charged, the lights on the charging dock will stop pulsing and turn a solid green.



5

Remove the charger head from the wearable and place it back in the charging dock.

# Charging the Wearable: Method 2 (In the dock)

Daily

- 1 Loosen the strap and remove the wearable from the arm.

Pop the wearable out of its strap.



- 2 Check the charging dock is plugged in to a power outlet.

Remove the charger head from the charging dock. The top light on the charging dock will flash orange to indicate that it is ready to be attached.

- 3 Place the charger head on to the wearable, ensuring that the metal contact points of the charger head and wearable align.

Magnets will snap the charger head into place, and hold it in place until you remove it. The lights on the charging dock will pulse green to indicate that the wearable is being charged correctly.



4

Place the wearable, with charger head attached, into the charging dock.

Charging takes approximately 30 minutes.



5

When the wearable is fully charged, the lights on the charging dock will stop pulsing and turn a solid green.



6

Remove the wearable and charger head from the charging dock.

Remove the charger head from the wearable and place it back in the charging dock. Now put the wearable back on.

# ② Frequently Asked Questions

## **When should I wear the wearable?**

Unless your healthcare professional has told you otherwise, you should wear the wearable all the time for the duration of the program, during the day and while sleeping at night. You can remove the wearable to shower, but you should aim to reapply the wearable within 15-30 mins.

## **Do I need to remove the wearable when bathing or showering?**

Yes, you should remove the wearable before bathing and showering and put it back on once you have dried off. The wearable is splash-proof but should not be exposed to very steamy or damp environments such as your bathroom.

## **Could the wearable strap be too tight or too loose?**

The wearable should be fitted snugly to the arm. Once fitted, when moved gently from side to side, the wearable should not slide around the arm, but should move with the skin underneath it. The strap should not be squeezing your arm or causing discomfort. If, when you remove the device, there are red marks or imprints on your arm, then consider fitting a little more loosely next time.

## **Are there any clothing or skincare restrictions with the wearable?**

You should not wear anything between the wearable and your arm - the wearable must be in full contact with your skin. You may wear loose clothing over the device. In order to keep the sensor on the back of the wearable clean and free of debris, please wait a while for any lotion or sunblock to absorb on the upper arm before putting the wearable back on.

## **How should I choose what arm to apply the wearable to?**

The wearable can be used on either arm. When fitting the wearable, please try to avoid the following areas:

Dense hairy areas

Moles or areas of raised skin

Deep wrinkles, areas of pitted skin, or scar tissue

Tattoos or areas of varying skin color

Sunburn or inflamed skin

### **How long should the battery last on the wearable, and how often should I change it?**

You should try to charge the wearable every day for 15-30 minutes. The battery in the wearable will last slightly longer than 24 hours.

### **My velcro strap is dirty/worn down, what should I do?**

Please contact your care team who will send you a replacement.

### **Can the Home hub use my home internet connection?**

Yes. If after plugging in the Home Hub there are not three solid blue lights on the front within 5 minutes then you should follow the instructions in this guide to plug the Home Hub into your home internet router.

### **What if I don't have home internet?**

If you have no internet and we haven't been able to get connection through the cellular network, then you should contact your care team.

### **How can I tell if the Home hub is connected properly?**

There are three lights on the front of the Home hub. If all are solid blue, everything's working fine.

### **How close do I need to be to the Home Hub for the data from the wearable to be sent to the Coordinator/Provider?**

The Home Hub will cover all areas of the average home. If your home environment leaves you frequently out of contact with the Home Hub, your care team will contact you.

### **What happens if I'm out of range of the Home Hub?**

If you go out of range of the Home Hub the wearable will store up to 18 hours of information, provided it remains on your arm. Once you come back into range of the Home Hub, it will be transmitted.

### **How do I get help with Current Health Kit?**

For help with your Current Health Kit, please contact your care team.

# ⚠ Safety & Precautions

## GENERAL

Current Health is intended for use in a healthcare environment or in your home. It is intended for use by adults only. Current Health is not a toy. Please take care of the equipment.

Please only use Current Health as described. Please don't modify or change the Current Health equipment. Please only use Current Health with the accessories provided.

Please check the Current Health equipment before you use it. If you see any damage, please set it aside and contact your care team for a replacement. If at any point the Current Health device or other equipment becomes damaged, please contact your care team and they will replace it.

Please do not place any part of Current Health in your mouth as it can be a choking hazard.

Please keep the Current Health equipment out of direct sunlight and when not in use, please store in a clean, dry area. Please keep the equipment away from sources of heat.

Once your care team lets you know that you don't need to use Current Health any longer, please do not dispose of the Current Health equipment. It will be collected by your care team or by Current Health.

Please remove the Current Health wearable and other equipment before you receive an MRI. The wearable and equipment should also be removed before defibrillation.

## ON-ARM CHARGING

**Warning: If you have a pacemaker or you use other mechanical or electro-mechanical medical devices, you should not charge the wearable on your arm. Instead, charge it in the charging dock.**

Please don't charge the wearable on your arm while you are in the bath or shower. Please make sure you are dry before charging the wearable on your arm.

Please don't charge the wearable on your arm while you are holding another device that is connected to a mains power outlet.

## STRAP

Please inspect the strap used to attach your wearable to your arm regularly. If your strap frays or stops holding the wearable securely on your arm, please contact your care team for a replacement.

If you require additional straps, please contact your care team.

## WEARABLE

The wearable device uses the included strap to fit on either your left or right upper arm. Don't apply the wearable over open wounds, sores or cuts.

The wearable is protected against splashes and spills but should be cleaned after any contact with liquid. It is not suitable to wear in the bath or the shower. It should be cleaned with an antibacterial wipe.

The wearable is a medical device and should be handled carefully. If any cracks or splits appear on the device, stop using it and let your care team know.

Please take care with your wearable as there may be a buildup of electrostatic energy during movement.

High frequency equipment such as microwave ovens can interfere with the Current Health wearable

If any redness appears under or around the wearable, stop using it and let your care team know.

## CHARGING DOCK

Take care when handling the charging head and cable.

Before charging a wearable device, inspect the Charging Dock and power cable for damage. If you notice any damage they should not be used and you should contact your care team for replacement.

Only use the mains power adapter provided with Current Health to connect the charging dock.

Please take care to prevent any liquid getting onto or into the Charging Dock. If the Charging Dock does get something spilled on it, or it falls into liquid, please contact your Care Team for a replacement.

Please take care with your Charging Dock's cable and ensure it is stored correctly. The cable can be a trip hazard or strangulation hazard.

If the power cable for the Charging Dock appears damaged or frayed, please don't use it and contact your care team for a replacement.

Before charging, please check the charging contacts on the wearable and the charger head and, if there is any dirt, clean with a dry cloth.

## FCC WARNING STATEMENT

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions:

- (1) This device may not cause harmful interference, and
- (2) This device must accept any interference received, including interference that may cause undesired operation.

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. End users must follow the specific operating instructions for satisfying RF exposure compliance. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

## CLEANING THE WEARABLE

The Current Health equipment is not sterile. A dry cloth can be used to wipe the equipment of any dust or dirt. This includes the charging contacts of the wearable.

## SAFETY SYMBOLS



Warning/Caution – this symbol shows information to be aware of to ensure safe use of the device.



Manufacturer – this symbol shows who the manufacturer of the Medical Device is. This is Current Health Ltd.



Catalog number – this is the product number which can be referenced



CE Mark – this symbol demonstrates the Current Health system meets the requirements of the Medical Device Directive.



Classification Type BF Applied Part – this symbol shows it meets the electrical safety requirements



Magnetic Resonance Unsafe – the equipment should not be used in an area such as an MRI room



Rx only symbol – the equipment is available only on prescription from your healthcare professional

## SPECIFICATIONS FOR WEARABLE

The wearable operates at room temperature. This information is provided for your information as the specification for which the wearable can operate. The wearable and charging dock can be used in temperatures between 5°C (41°F) to 40°C (104°F) and stored between -20°C (-4°F) to 60°C (140°F) up to 95% relative humidity. The wearable is IP22, and the charging dock is IP21, which means it is protected from dust and water ingress in the home environment.

When not connected to the Home Hub, the wearable can store up to 10 hours of information.

## WHO IS CURRENT HEALTH?

Current Health Ltd is a global healthcare company and we manufacture this equipment.

You can contact us at [hello@currenthealth.com](mailto:hello@currenthealth.com).

You can also write to us at:

UK: Playfair House, Broughton Street Lane, Edinburgh, EH1 3LY

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## Notes











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USA Federal Law restricts this device to sale by or on order of a physician

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