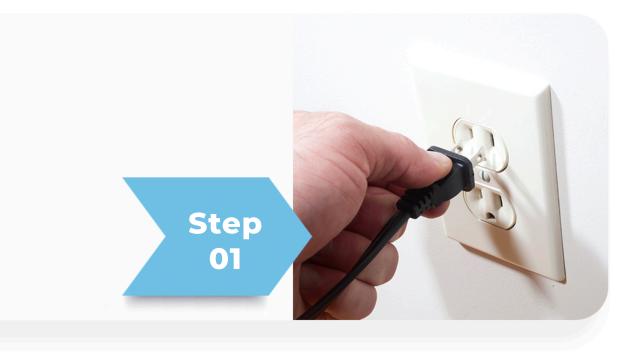# HEALTH HUB
Connects you with your care team

Plug it In

» Plug in the Health Hub Console.

Step 01

Power On

» Flip the Power Switch to the "ON" position (Located on the bottom of Console).

» Your Health Hub will automatically connect to our cellular network.

Step 02

Press Call button

» Press the lower left hand blue button to test the connection and make sure that it's properly working.

Step 03

BLOOD PRESSURE MONITOR
Measures your systolic/diastolic numbers

Put the cuff around the arm

» Slide blood pressure cuff on and velcro firmly on your bicep. Your palm should be up and the hose from the cuff should lead down the inside of your resting forearm.

Step 04

Press the power button

» Press the power button on the blood pressure monitor which will inflate cuff automatically and take reading. It is best to take reading while sitting upright with feet on the floor.

Step 05

Turn the device off

» Your Health Hub system will announce results. Remove cuff and turn off blood pressure monitor.

Step 06

YOU'RE READY AND PROTECTED!

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