

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



SPIROMETER

Measures peak expiratory flow and forced expiratory volume

Press the "ON" button

- » While standing, press the button and turn on Spirometer.

Step
04



Blow into spirometer

- » Take a deep breath, hold for 3 seconds, then blow into spirometer as hard and fast as you can.

Step
05



The results of your reading

- » After two short beeps, repeat blow-test 2 more times. Your Health Hub will announce your reading. Turn off device.

Step
06



**YOU'RE READY
AND PROTECTED!**



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