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.



Press Call button

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



YOU'RE READY AND PROTECTED!

SPIROMETER

Measures peak expiratory flow and forced expiratory volume

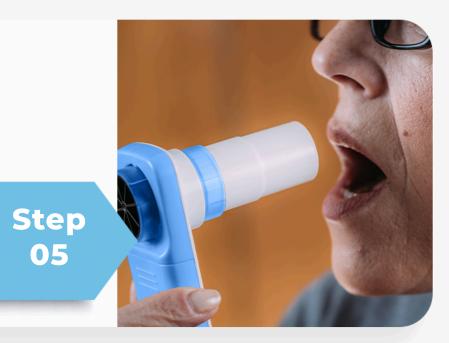
Press the "ON" button

>> While standing, press the button and turn on Spirometer.



Blow into spirometer

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



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

04





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