## **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

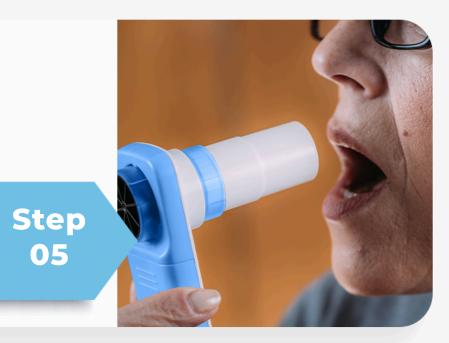
### Press the "ON" button

>> 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





#### www.nsightcare.com