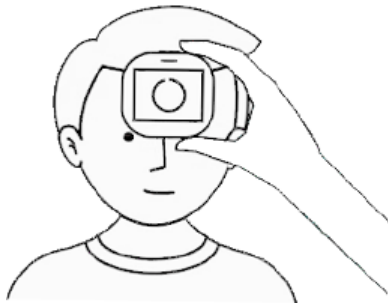


Welcome! Follow these steps to set up and use your Tyto device.

## SET UP

You'll need a mobile phone or tablet that has internet access through Wi-Fi or a personal hotspot.

- 1 Download the TytoCare app from the App Store (iOS) or Google Play (Android) onto your smartphone or tablet.
- 2 Open the TytoCare app. Sign into your account with your email address and the temporary password you received from TytoCare. Be sure to change your password.
- 3 Turn on your Tyto device by pressing the button on the top of the device. Follow the instructions on your device to pair it with the TytoCare app.

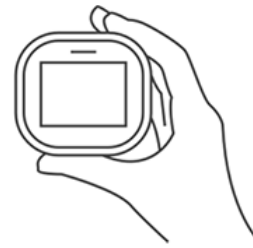


## PERFORM EXAM


TytoCare exams are used to share measurements with your provider in two different situations.

- **Before a Scheduled Virtual Visit**  
Perform the exam one day before a scheduled visit.
- **For Non-Emergency Health Concerns**  
The exams you submit are not monitored continuously. For follow-up, you **MUST** contact your clinic.

See back of sheet for detailed exam instructions.



## LEARN

- 1 **Complete Tyto Academy**  
Follow the Tyto tutorials to learn how to use your Tyto device. To start, tap the  icon in the upper right corner of the TytoCare app.
- 2 **Try It Out with Our Help**  
Our support team will contact you about a week before your upcoming virtual visit. You'll practice using the Tyto device by taking and submitting a temperature exam.


## Tyto Device Exams

Perform these exams first.

- Log in to the TytoCare app.
- Choose the patient and select **Exam and Forward**.
- Use your Tyto device to perform the following exams:


### Temperature

To get an accurate measurement, avoid charging your Tyto device for an extended period of time before taking the temperature.

- 1 Tap the  **TEMP** icon on your Tyto device.
- 2 Select **Calibrate** from the dropdown menu to calibrate the thermometer. Then hold your Tyto device 1 to 2 inches from a wall of the room you're in.
- 3 After calibrating, hold the Tyto device no more than 2 inches from the center of the patient's forehead.
- 4 The temperature will display after 3 seconds. Tap **DONE**.


### Heart Rate

The patient should be awake when recording the heart rate. If asleep, please let your provider know during visit.

- 1 Connect the stethoscope adaptor to the Tyto device by lining up the blue dots.
- 2 Tap the  **HEART RATE** icon on your Tyto device.
- 3 The Tyto device will guide you through the steps to take all needed measurements. Then tap **DONE**.

### Skin

Take photos of the area of concern.

- 1 Tap the  **SKIN** icon on your Tyto device.
- 2 Tap the camera icon to take a photo. The photo will save automatically.
- 3 Continue to take photos by tapping the camera icon. When you are finished, tap **DONE**.

When these exams are completed, press **Submit** to send the measurements to your TytoCare app. Next, perform the add-on device exams.

## Add-On Device Exams

Then perform exams from add-on devices.

- Select **Add external exam or data** from the Exams screen on your TytoCare app.
- Then select each measurement you want to add.

### Weight

- 1 Step on the scale and it will automatically turn on.
- 2 When the scale beeps twice the measurement has been captured.
- 3 From the External Examination screen, select **Weight** and enter the measurement.

### Blood Oxygen Levels

- 1 Hold the device at chest level. Slide the patient's finger into the oximeter until the fingertip touches the top inside edge of the oximeter. This will turn on the oximeter.
- 2 The oximeter will display readings. Measure for at least 4 seconds.
- 3 From the External Examination screen, select **Saturation (SpO2)** and enter the measurement.

### Blood Pressure

- 1 Wrap the arm cuff around the patient's left upper arm and fasten securely. The bottom edge of the arm cuff should be a half inch above the elbow.
- 2 Press the **START** button on the blood pressure cuff. It will inflate, then deflate.
- 3 Select **Done** when the measurements are complete. From the External Examination screen, select **Blood Pressure** and enter the measurement.

After completing and reviewing the measurements, tap **Finish Exam**. Select **Send to clinician** and then select the clinician.