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.

**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.

**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.

For questions or help using Tyto call 617-919-5141
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.

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