



Spirometer USER GUIDE



ALWAYS ENSURE:

- Your mobile is charged and has sufficient data or wifi to upload results
- Your Bluetooth is activated
- Your GPS location is activated
- Your Spirometer has AAA batteries

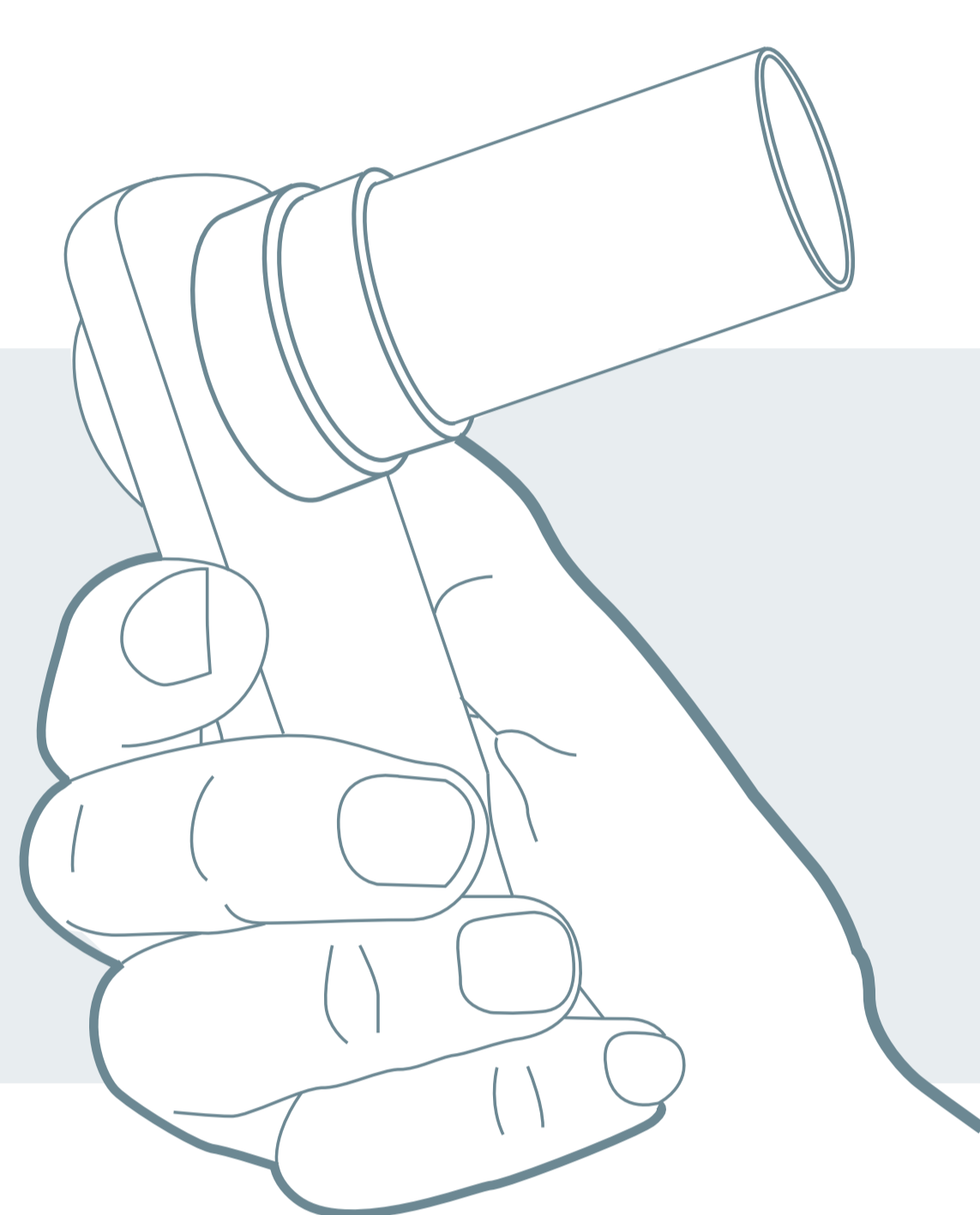


STEP 1

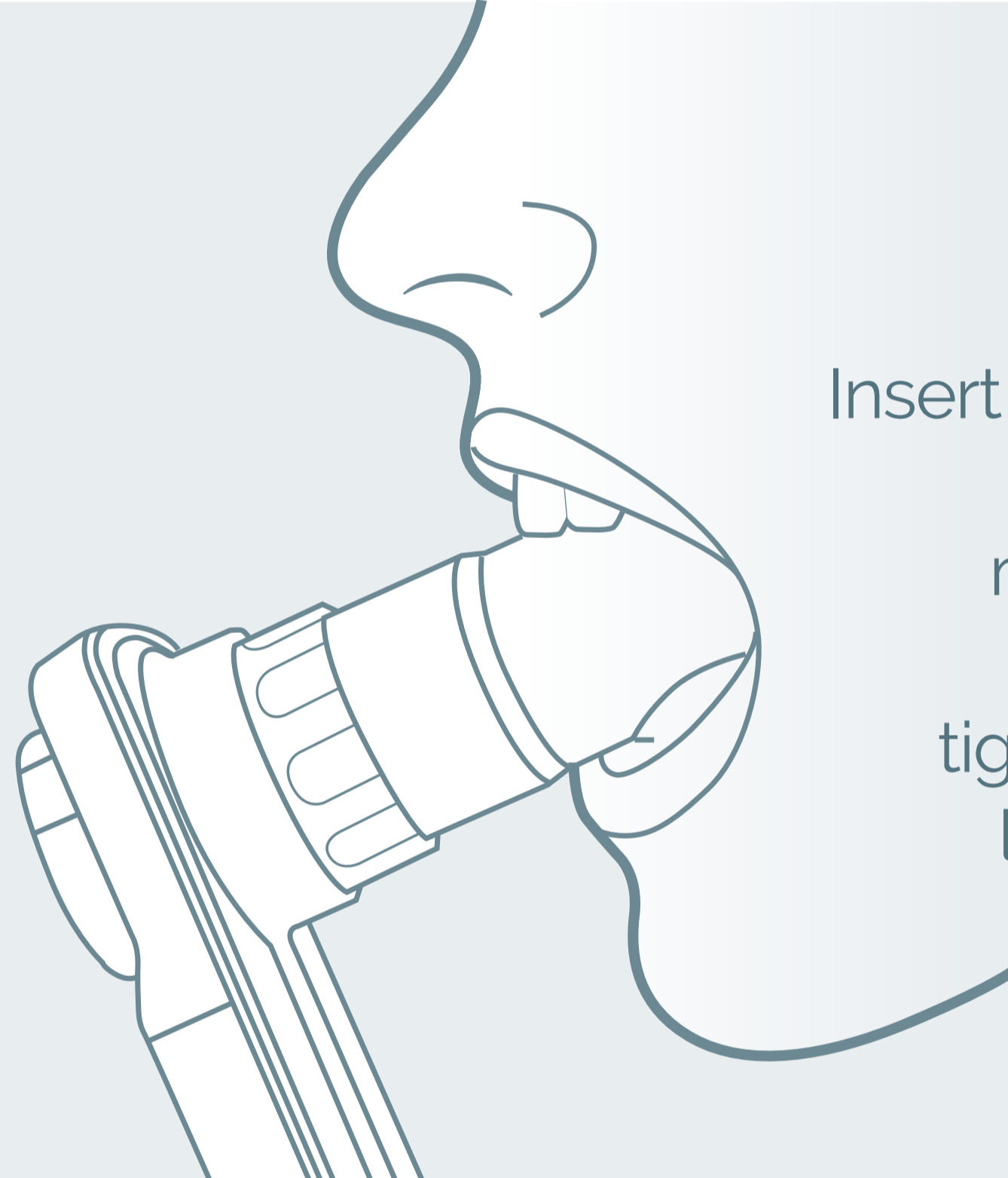
Click **My Devices**.
Click **Asthma/COPD**.
Click **Connect**.

STEP 2

Hold the device without covering the turbine.



STEP 3

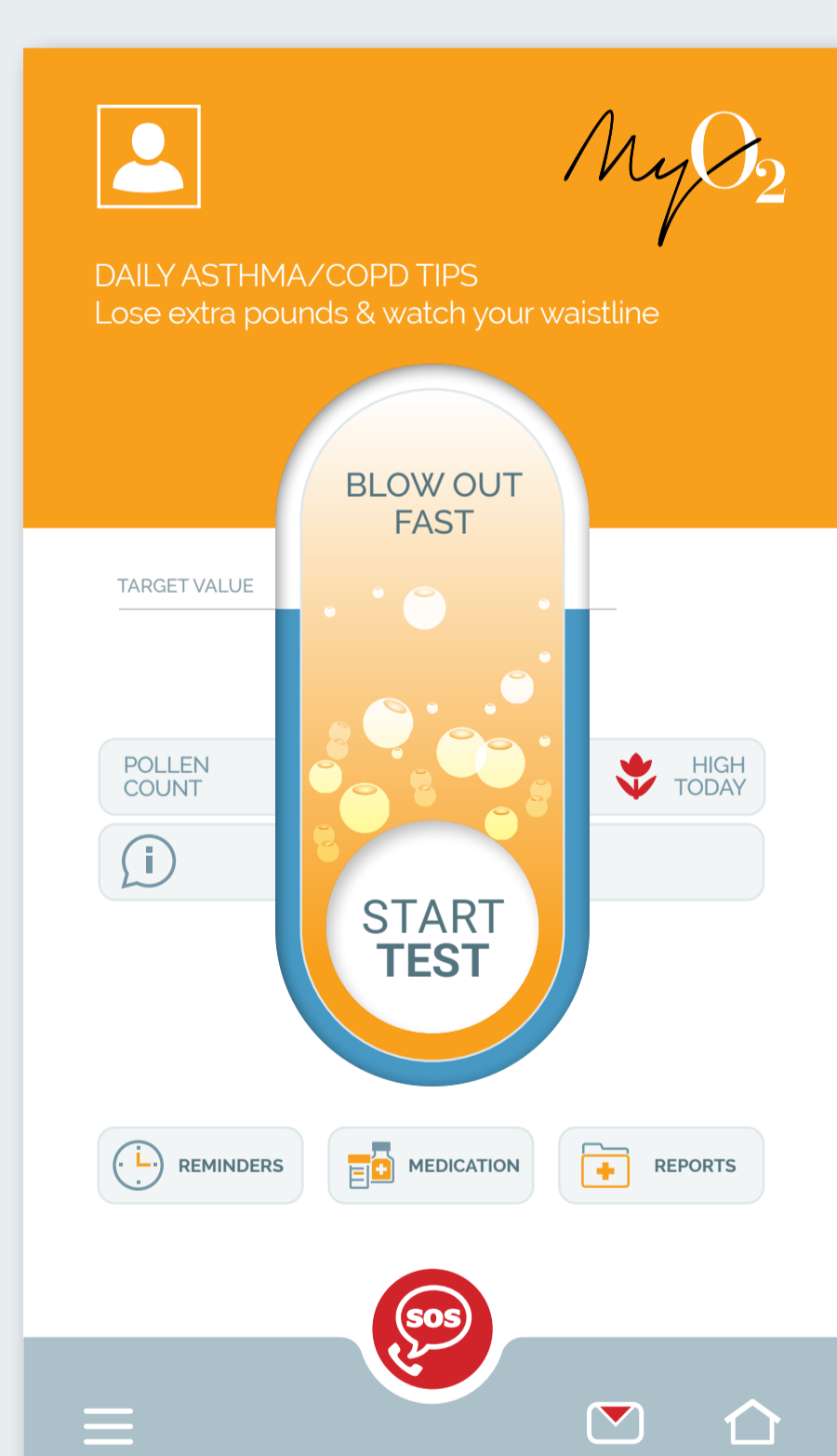


It is best to do the test standing or sitting upright. Do not bend your neck. Insert the mouthpiece attached to the Spirometer in your mouth, beyond your teeth. It is important to make a tight seal around it with your lips so that no air escapes. Place tongue under mouthpiece, not in it.

STEP 4

After breathing normally, slowly blow out until your lungs are empty. Then take a big, deep breath in.

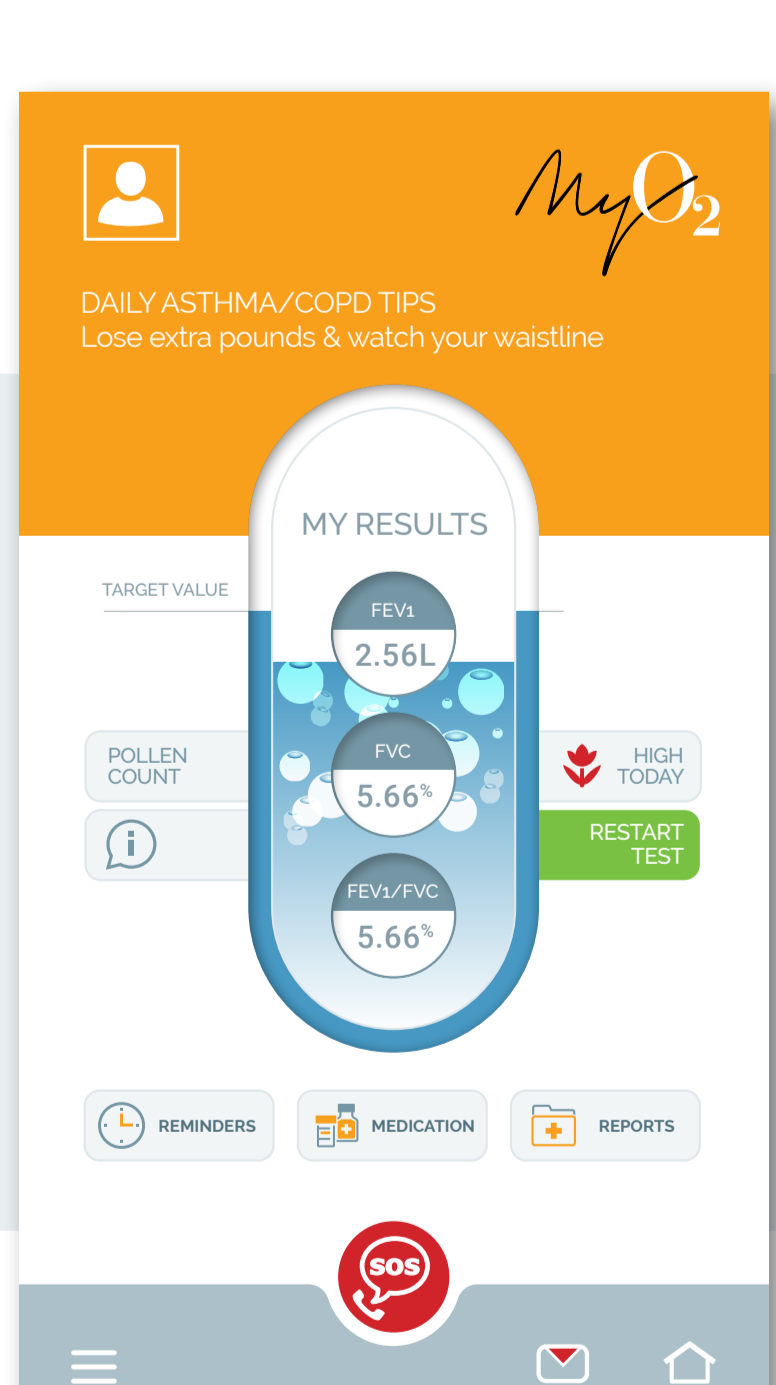
As soon as your lungs are full, blow out as hard and as fast as possible, until your lungs are completely empty. After exhalation slowly remove the device from your mouth.



STEP 6

View your results.

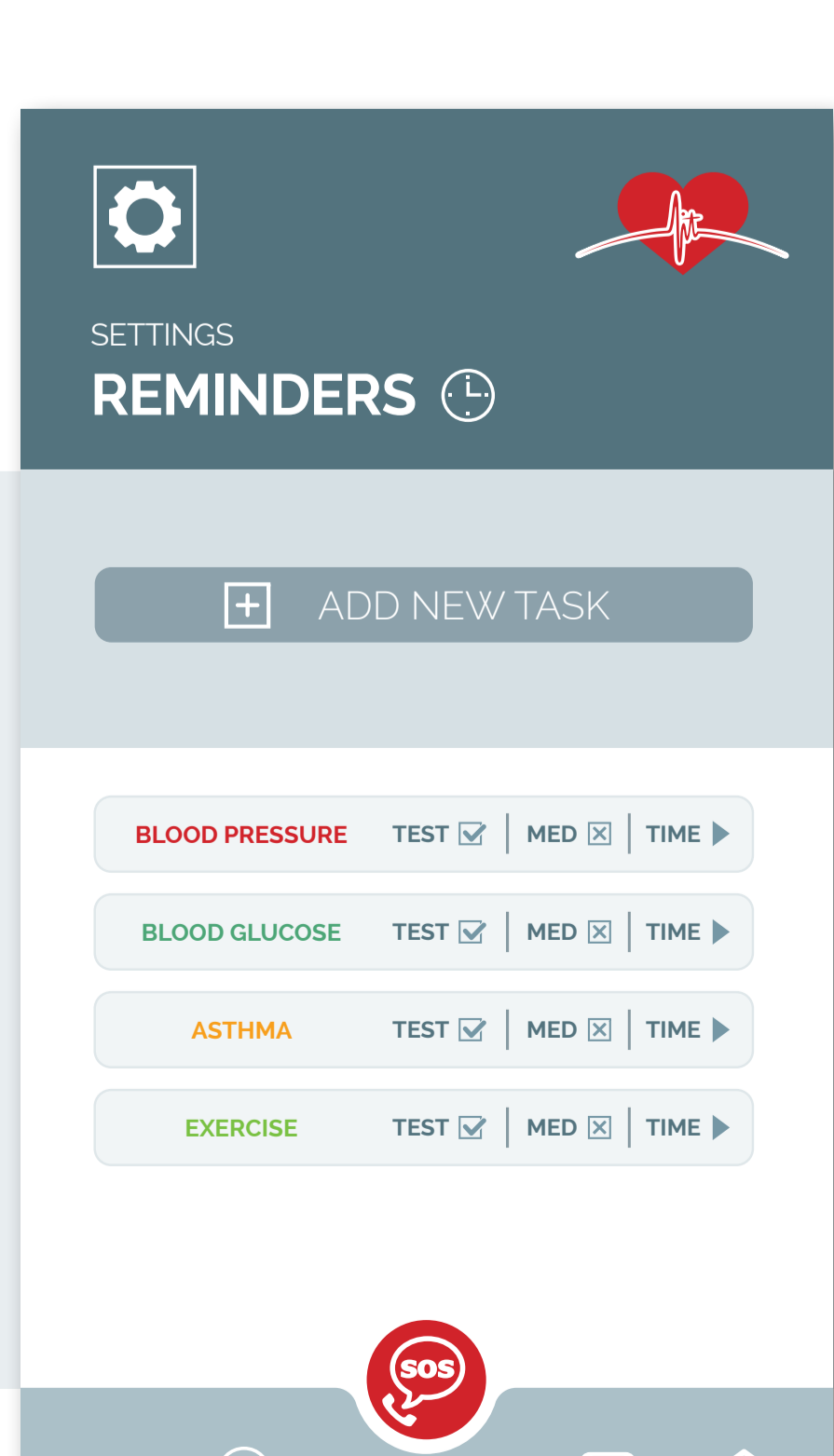
You will be contacted by ER24 if your oxygen levels is dangerously low.



STEP 7

Set a reminder to take your medication.

Set a reminder for your next Spirometer reading.



FOR YOUR CONVENIENCE YOU CAN ALSO WATCH OUR HOW TO MEASURE YOUR LUNG FUNCTION TUTORIAL

<https://youtu.be/6CoUKeJo85A>