

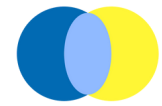
# DOKTORBAG

## User's Manual

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# USER'S MANUAL

1. DOKTORBAG: what is it and how to use it
2. APP: user guide
3. TECHNICAL SPECIFICATIONS



## 1. DOKTORBAG: what is it and how to use it

In a context where Silver Economy is increasingly growing, Telemedicine is a real method of **prevention** directly from home.

**Doktorbag** is Cerotek's case that contains devices that allow a complete check of the vital parameters.

The tablet in the case with app installed and linked to our software CentroStella, allows to register all the measurements done.

In case the values detected overcome the thresholds set, "**warnings**" are being generated in order for healthcare workers to evaluate each case.



## 2. APP: user guide

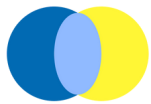
To access to Doktorbag's App, it will be necessary to insert the given credentials and click "ENTER".

**N.B before accessing to the app, remember to ACTIVATE THE BLUETOOTH.**

Username

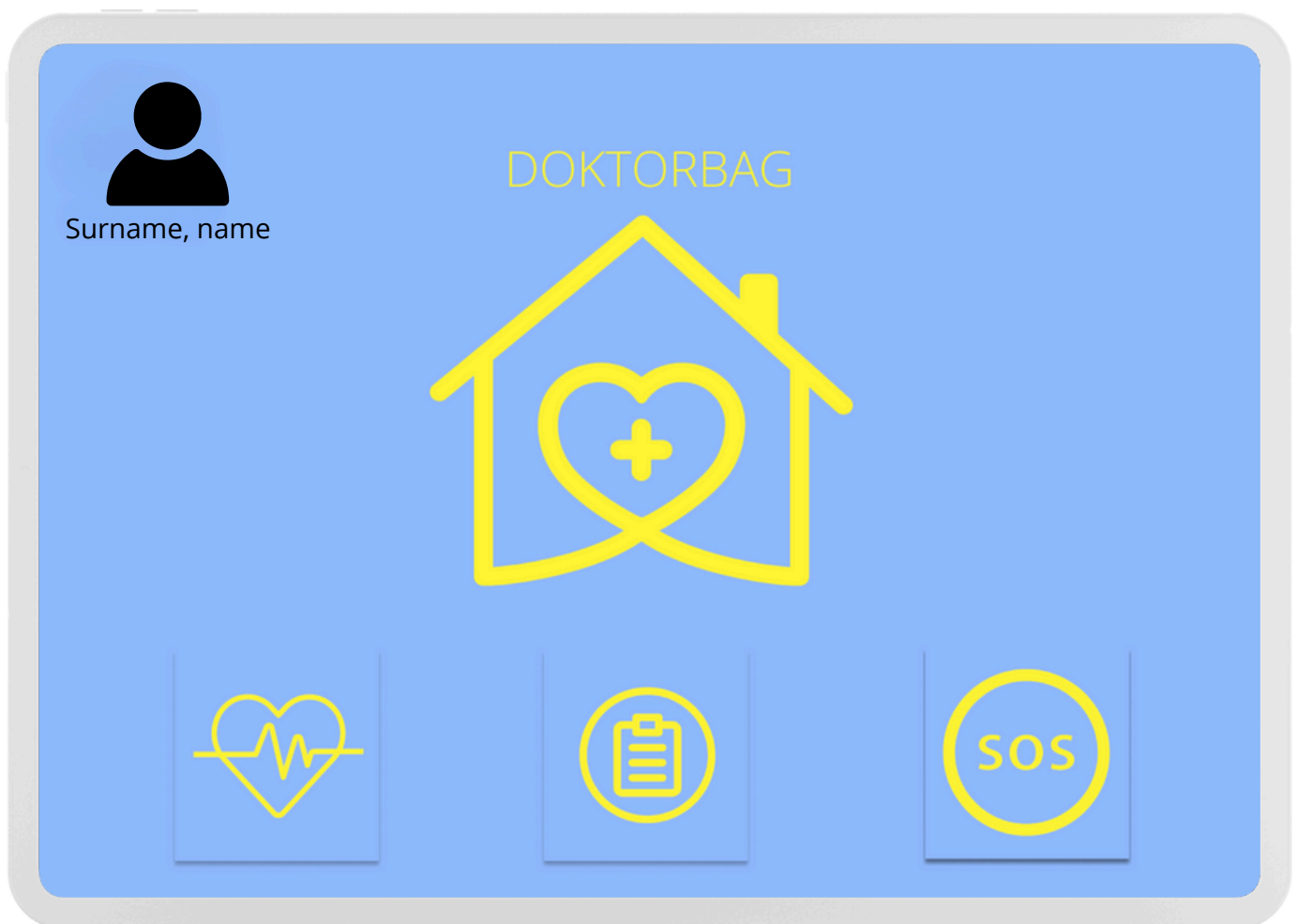
Password

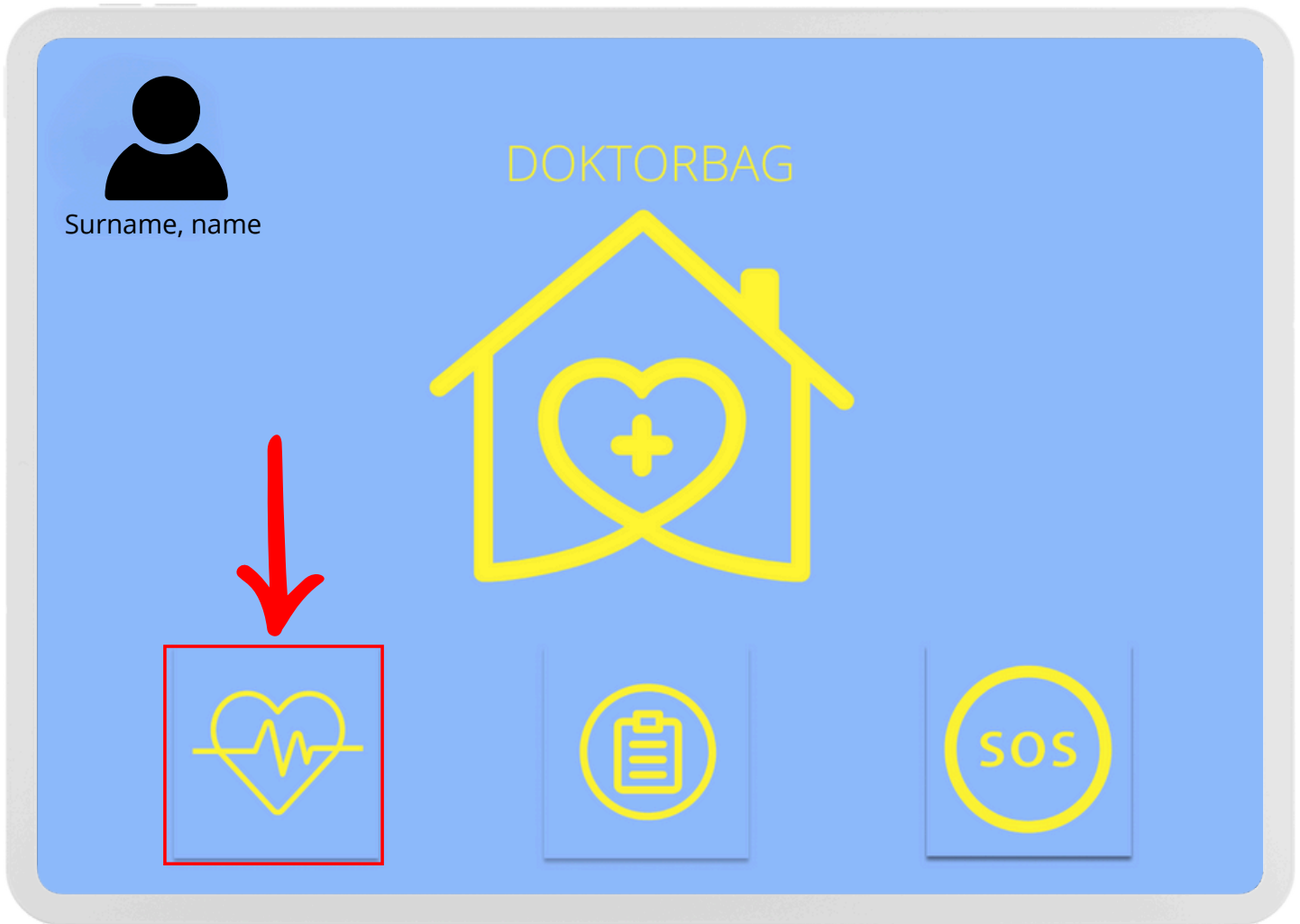
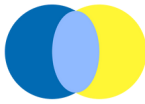
ENTER



After the log-in, you will be redirected to the home page where you will see, on the upper-left side, your **picture** (previously uploaded on CentroStella) with **Surname** and **Name** and three icons.

Starting from the left, you will find: **MEASUREMENTS**, **REPORTS**, **SOS**.

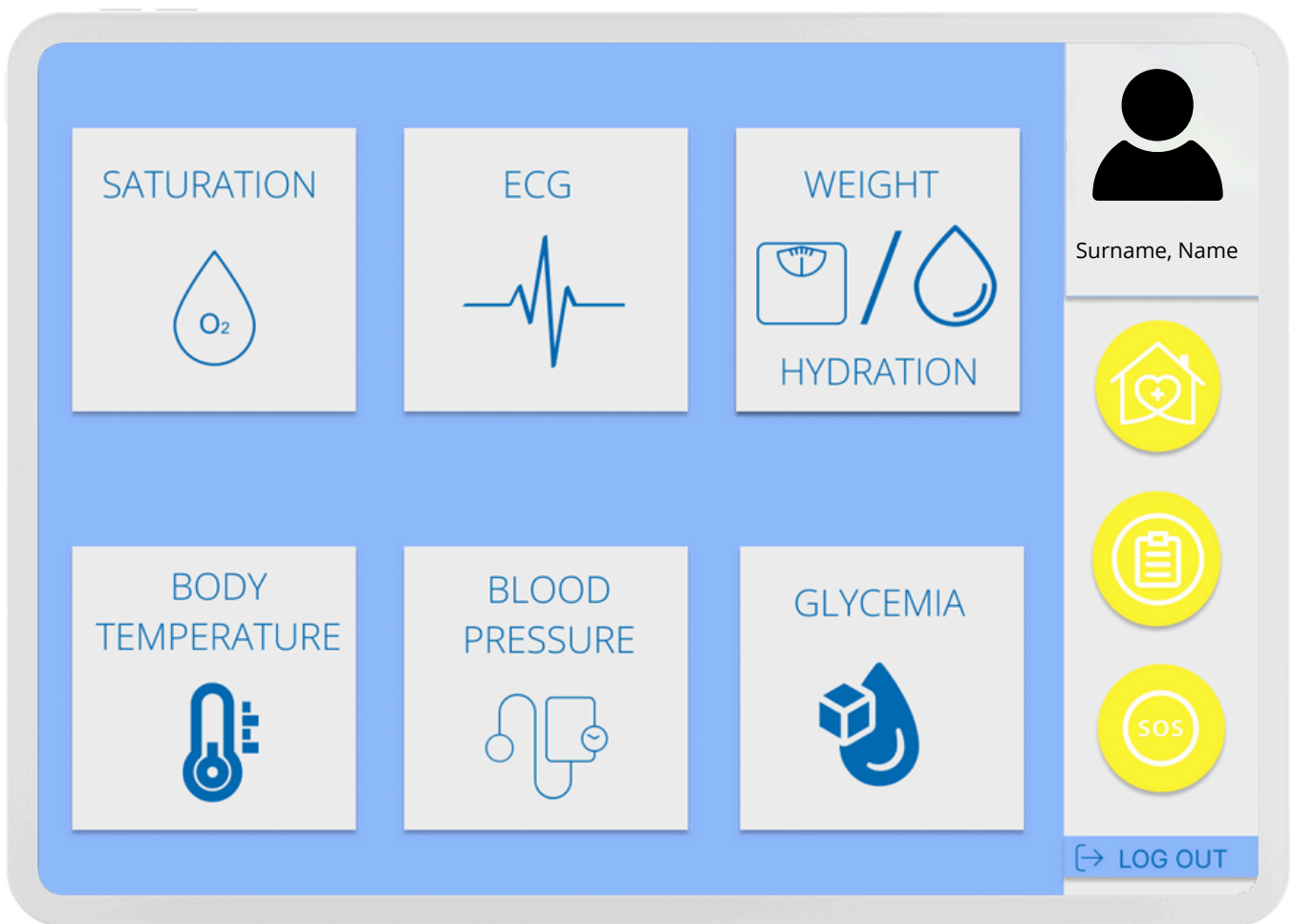


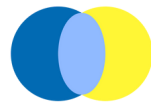


Clicking the MEASUREMENTS' icon, it will open the page where you'll be able to monitor **saturation, ECG, weight, body hydration, body temperature, blood pressure, glycemia.**

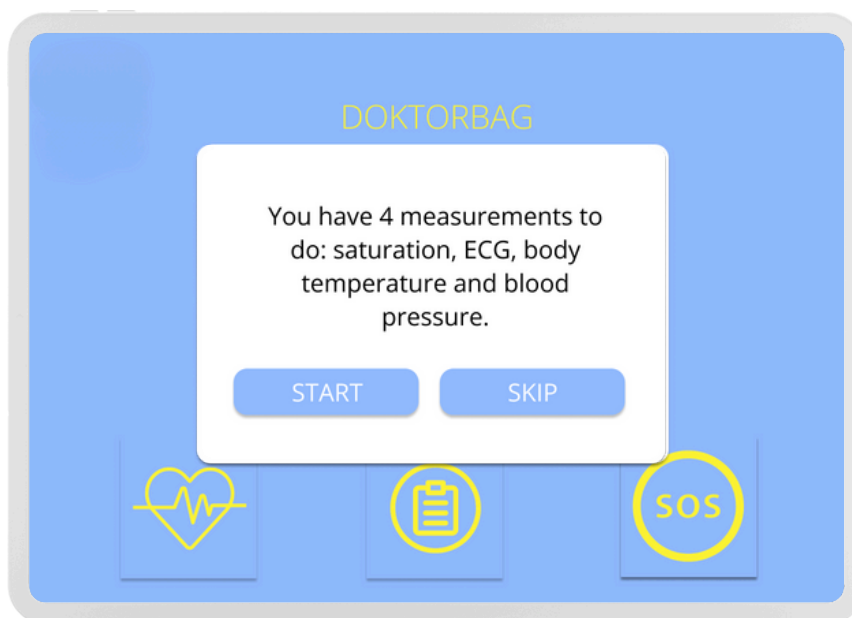


Tapping on the single icons, it will be possible to enter the chosen page and start the measurement.





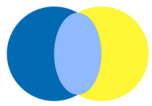
In case of scheduled measurements, after the login, it will appear a message with the number of measurements to do. Clicking “**START**”, you will be redirected to the instructions pages for the first measurement listed followed by the measurement’s page itself.



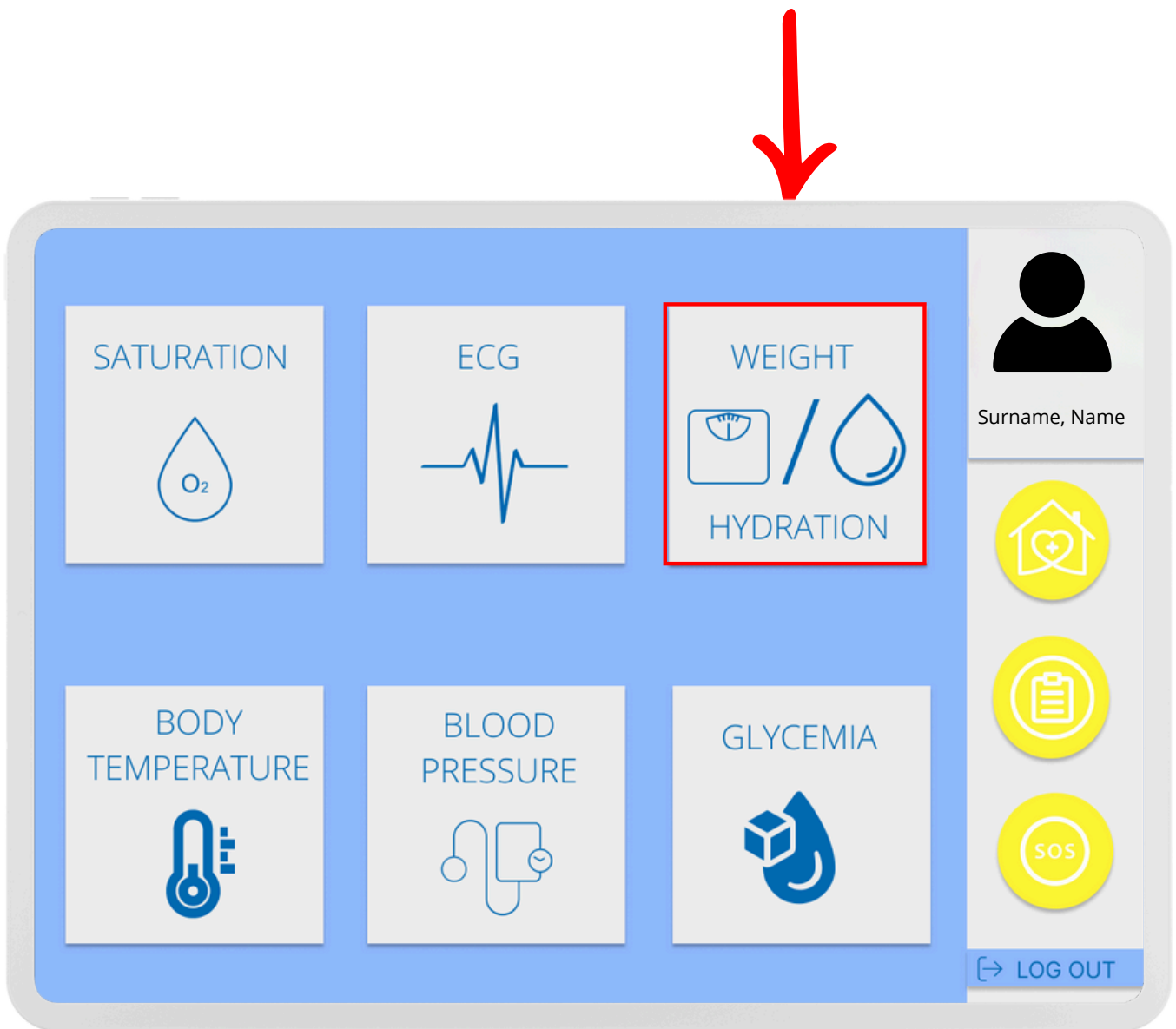
Choosing “**SKIP**”, you’ll be redirected to the measurements page where only the icons of the measurements scheduled will be available.

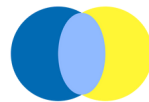







If there's no measurement planned, all the icons will be enabled.  
Wanting to check, for example, weight and hydration, it will be necessary to select the icon "**WEIGHT/ HYDRATION**"

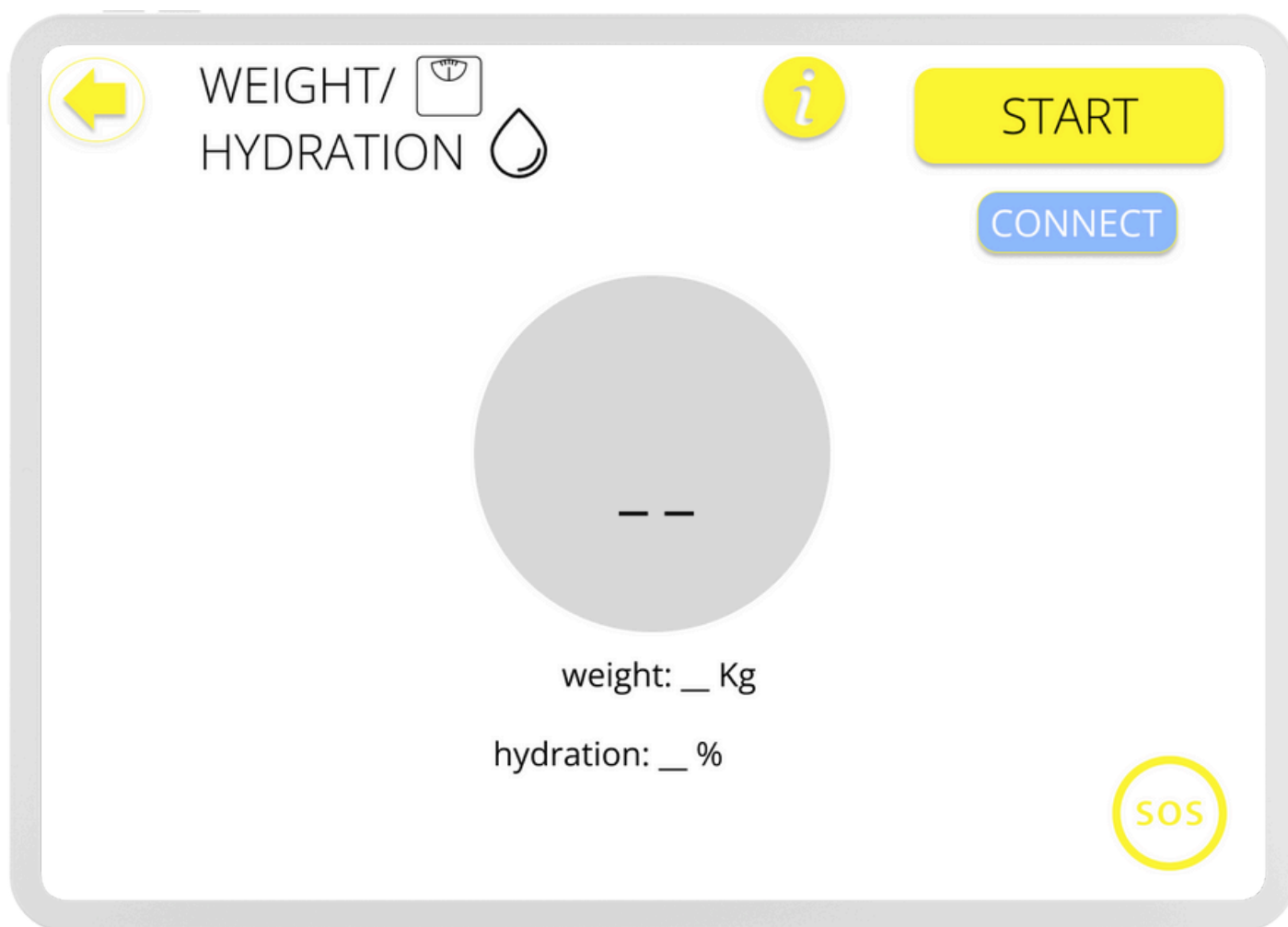


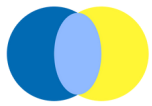


Clicking on , it will be possible to consult the guide about how to do the measurement.

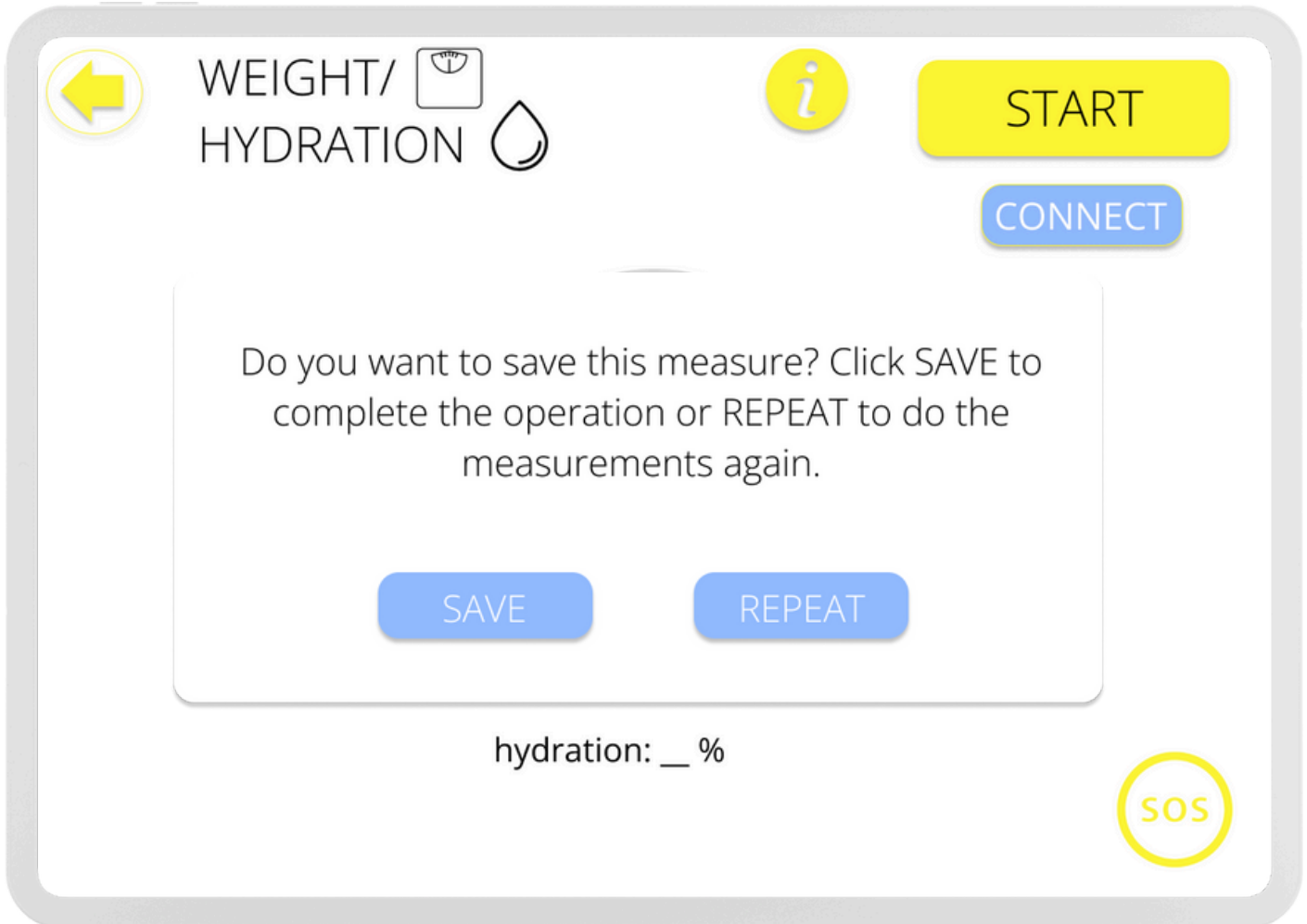
Before starting the measurement, it will be necessary to connect the device via bluetooth (in this case the scale) by tapping “**CONNECT**”.

Once the device is connected, it will be possible to start the measurement by clicking “**START**”.





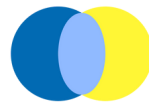
The measurement will be completed once this message appears.



If you want to save the measurement, you have to tap “**SAVE**”, closing the operation; if you want to repeat the measurement, you have to tap “**REPEAT**”.



**DO NOT** login if the App is being updating. Wait for the update to be completed before using the App.



### 3. TECHNICAL SPECIFICATIONS

These products are not medical devices, the measurements results are for reference only, not for any medical purposes and basis. Please follow your doctor's instructions and do not rely on the test results for self-diagnosis and treatment. This manual is based on existing informaton, in the spirit of continuous improvement. The company reserves the right to change product specifications and functions and any product described in this manual to modify and improve.

#### Health Monitor

Technology: Health monitor VO 0.10

Power: rechargeable, 3.7V 400 mAh

Battery life: charge-discharge cycles 300 times

Dimensions: 70x70x18.4 mm

Work Frequency: 2.400-2.4835 GHZ

Communication protocol: bluetooth 4.0

Validity: 3 anni

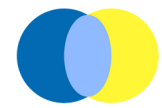
Measurments: RRI (min/max)/ECG; HRV; respiratory rate; blood pressure; heartbeat; saturation; body temperature; glycemia.



#### BLOOD PRESSURE

#### Problem

	possible cause	solution
1 abnormal result ( too low value)	the cuff position could be wrong; speaking or body movement during testing; body posture incorrect.	Review the body posture, apply the cuff correctly and please stay calm during the process. For more information, check the info section of the "BLOOD PRESSURE" page on the App.
2 unable to inflate	Cuff leakage or incorrect device placement	Review the device position; please replace the cuff if there is a problem with cuff and contact the manufacture for a replacement.
3 unable to test	Incorrect device placement or low battery	Check if the monitor is placed correctly and check the device battery.

**BODY TEMPERATURE****Problem**

measured error

possible cause	solution
Sweat/oil/dirt on forehead	Clean the forehead before measurement, stay dry and clean for the measuring part.
Measured distance was too far	The interval between monitor probe and forehead should be 1 to 2 cm. For more information, check the info section of the "BODY TEMPERATURE" page on the App.

**SATURATION****Problem**

measured error

possible cause	solution
finger overexerted	Lightly press the middle finger on the device, do not overexert
finger is too thin	Use another finger to measure, ensure the finger is covering the blood-oxygen light during the process

**ECG****Problem**

ECG diagram reverse

possible cause	solution
the position of the hands is reverse	Please correctly place both hands, for more information check the info section of the "ECG" page on the App.



The device must be charged min. 2 times/week in order to work correctly.  
The time of charge is 2 hours.



## Scale

Dimensions: 26x26x2.2 cm

Capacity: 5~180 kg/ 11-396Lb

Power: 2\*1.5V AAA

Measurements: weight; IMC; body fat; muscular rate; fat loss; subcutaneous fat; visceral fat; body water; skeletal muscle; muscular mass; bone mass; proteins; BMR; body age.



## Smartwatch (Glycemia)

Power: 5 V, 500 mA MAX

Bluetooth: Bluetooth 4.0

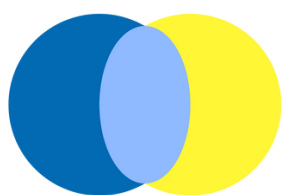
Functionality: full touchscreen + button

Power: USB 2.0



**!** Prohibit the use of an adapter with charging voltage greater than 5V, charging current greater than 2A, and charging time of 2-3 hours.

# Silver Years, to be Safe and Free



**CEROTEK<sup>®</sup>**

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