

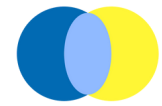
# DOKTORBAG

Operator's Manual

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# OPERATOR'S MANUAL

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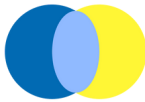
## 1. DOKTORBAG: what is it and how to use it

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.



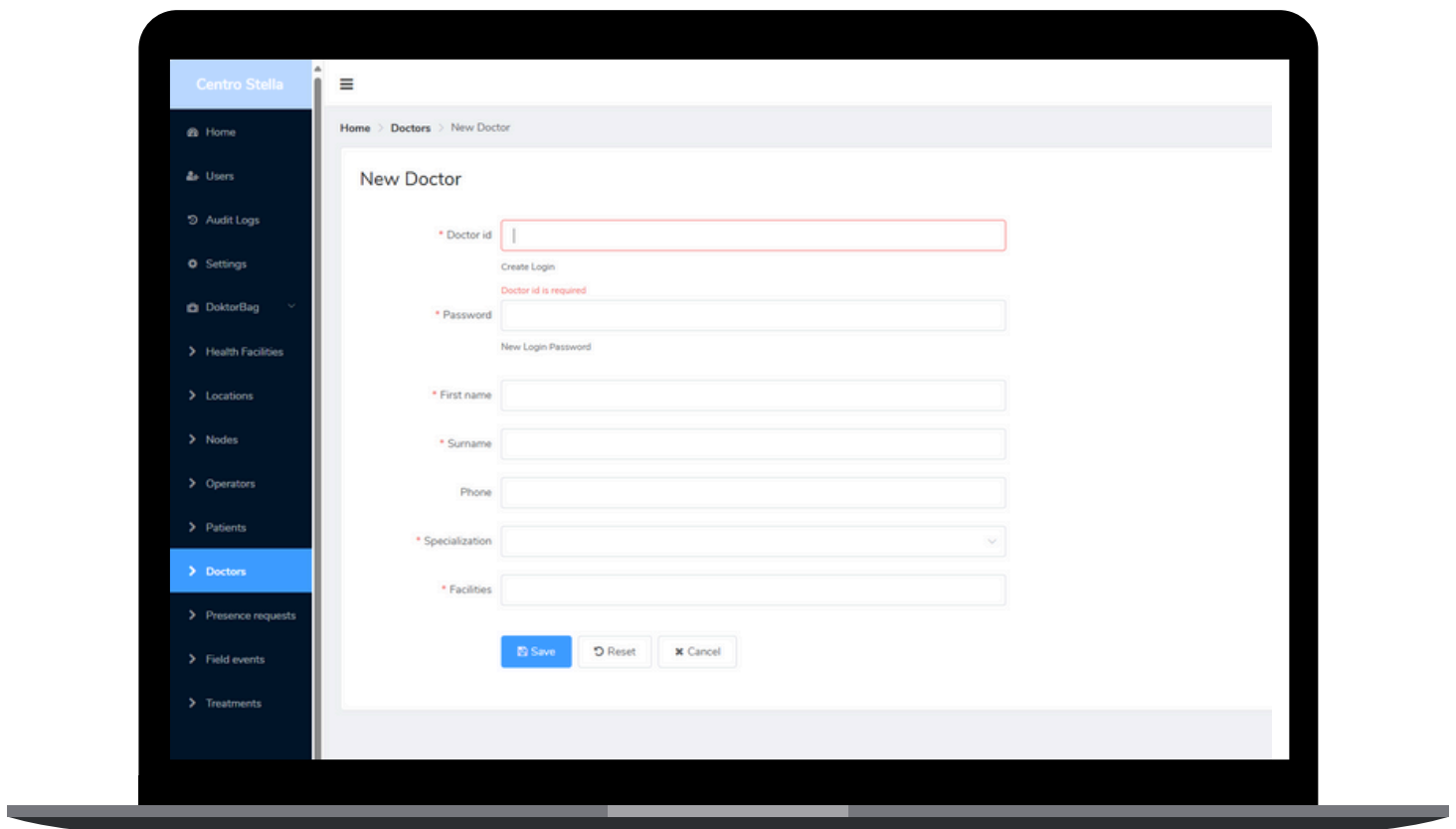
## 2. CENTROSTELLA: user guide

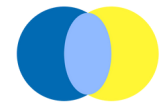
In order to access to CentroStella, it will be necessary to write on the chosen browser [centrostella.cerotek.it](http://centrostella.cerotek.it)

Accessing with given credentials, the admin can insert the datas of the people responsible. The admin can create the profiles of Doctors, Operators and Assisted.

### Doctors

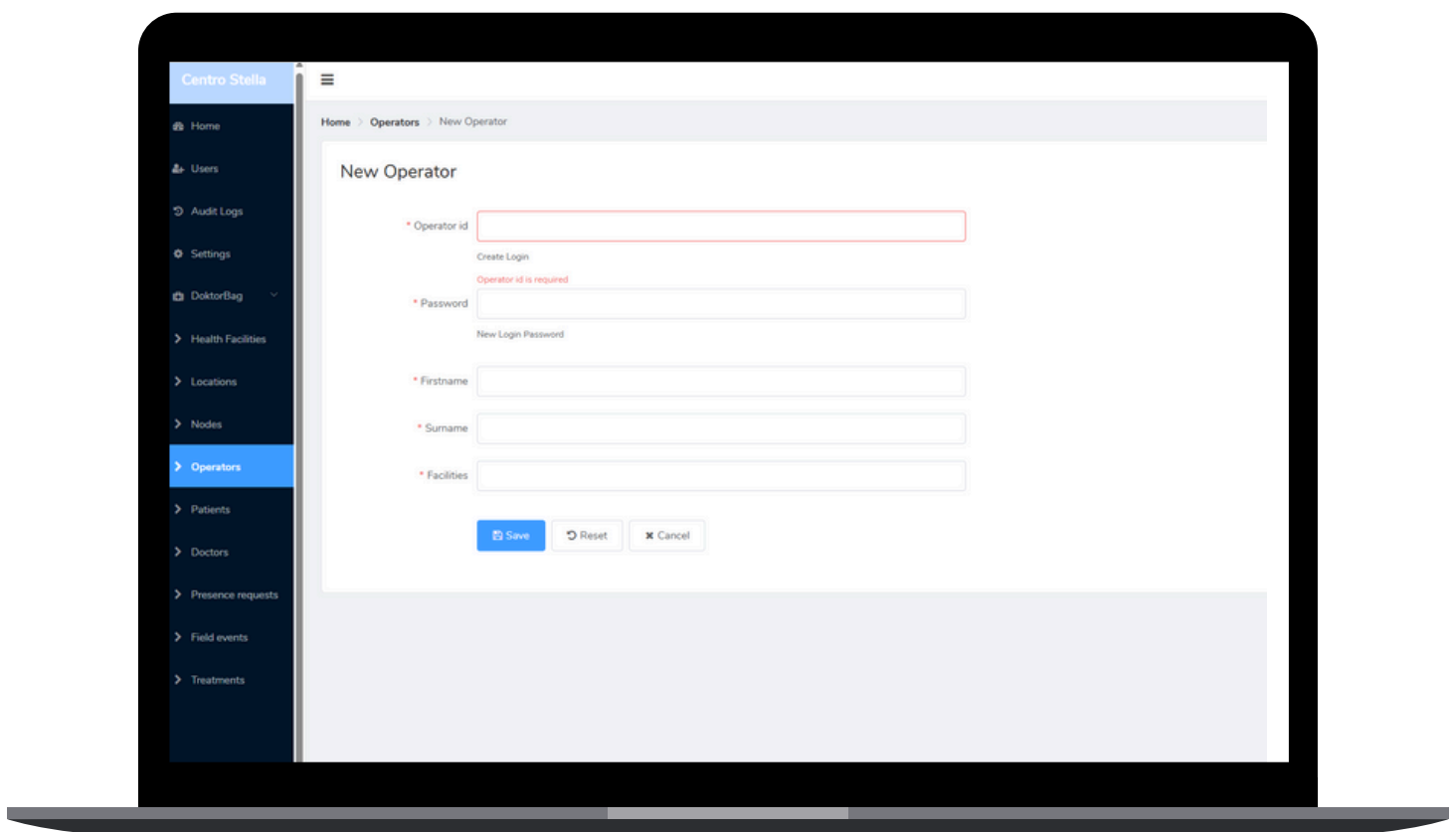
On CentroStella, in the “**doctors**” section, a list of the doctors registered will appear. Selecting the given icon +, the master data of the single doctor will be uploaded. It will be necessary to insert the **Surname**, **Name**, the **Specialization**, the **Structure**, the **phone number** and the **email address**.





## Operators

To guarantee the Operators' access to the App, the **DoktorbagAdmin** needs to select the "**Operators**" section. Clicking on "New", the **Username**, the **First Name** and the **Last Name** and the **facility** where they operate need to be inserted.





## Assisted

In the section “Doktorbag” in ASSISTEES, clicking “New”, it will be mandatory to insert: **Username**, the **password**, **name**, **surname**, **date of birth**, **sex**, **height**, the **Social Security Card**, the **parameters** that need to be monitored, the **days selected** to do the measurements, the **time slot** (morning, afternoon), the **expiry date** of the assistance’s notification and the **Structure**.

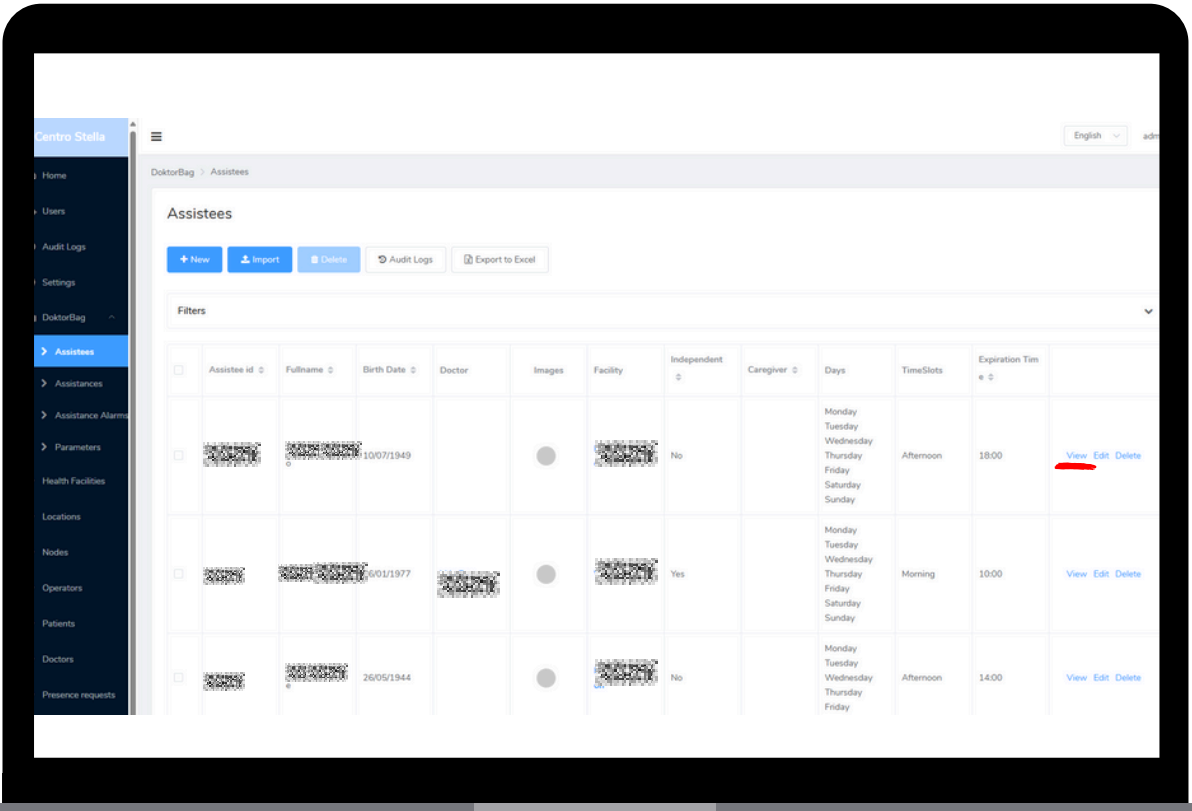
The screenshot shows the 'New Assissee' form in the Centro Stella application. The form is displayed on a laptop screen. The left sidebar shows the navigation menu with 'Assisseees' selected. The main content area shows the 'New Assissee' form with various input fields and a 'Create Login' button.

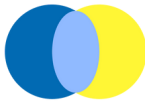
The form fields include:

- \* Assissee id (text input)
- Create Login (button)
- \* Password (text input)
- New Login Password (text input)
- \* First name (text input)
- \* Surname (text input)
- \* Birth Date (date picker)
- \* Sex (dropdown menu)
- \* Height (text input)
- \* Health card code (text input)
- Health card validity (date picker)
- Address of Residence (text input)
- City of Residence (text input)



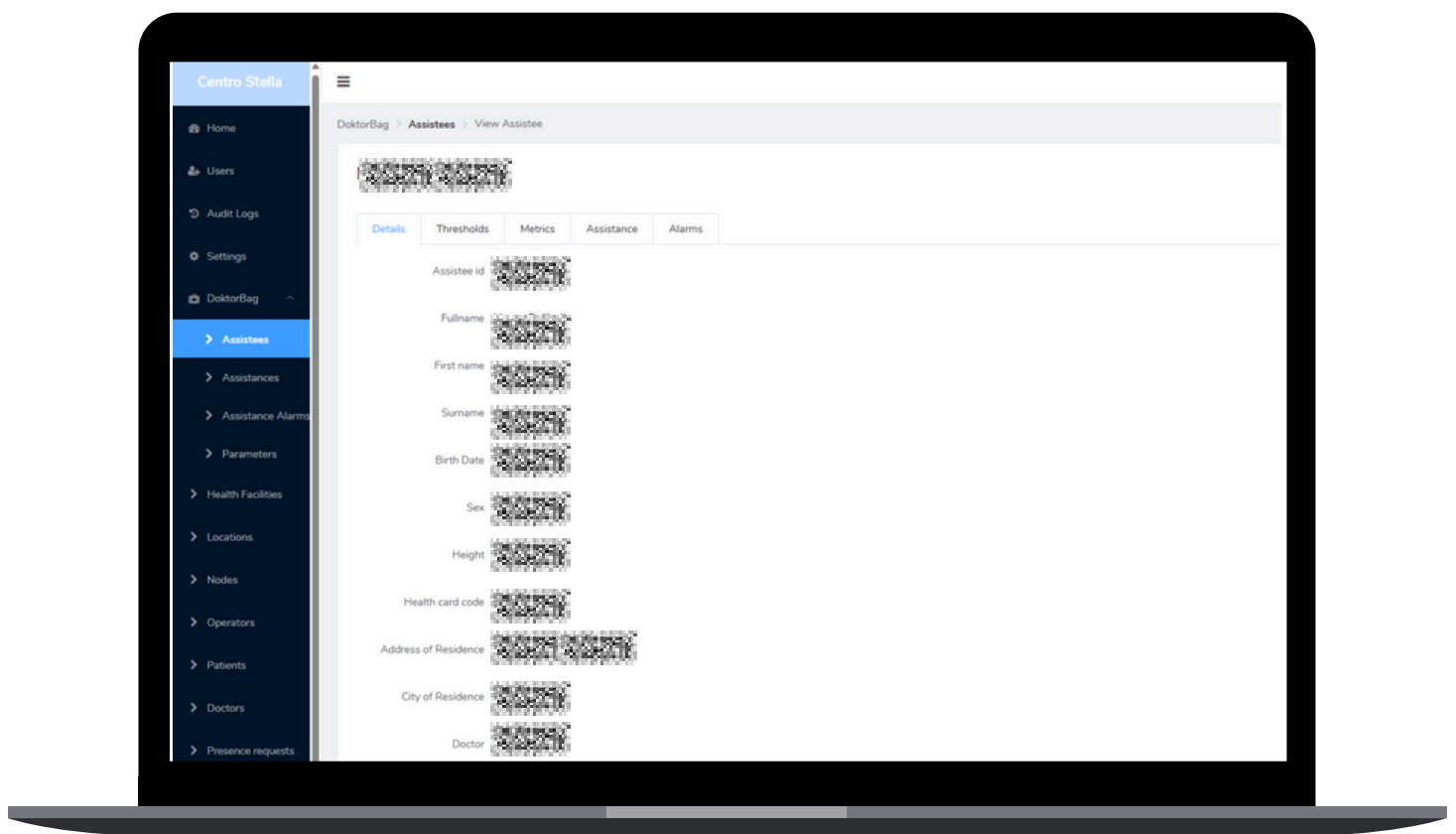
In ASSISTEES, it will be available the list of the assisted. To **schedule the assistances**, set the **thresholds** and **manage the alarms**, it will be necessary to click “**view**”



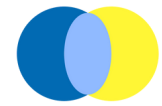



Clicking on “**view**”, this screen will be available.

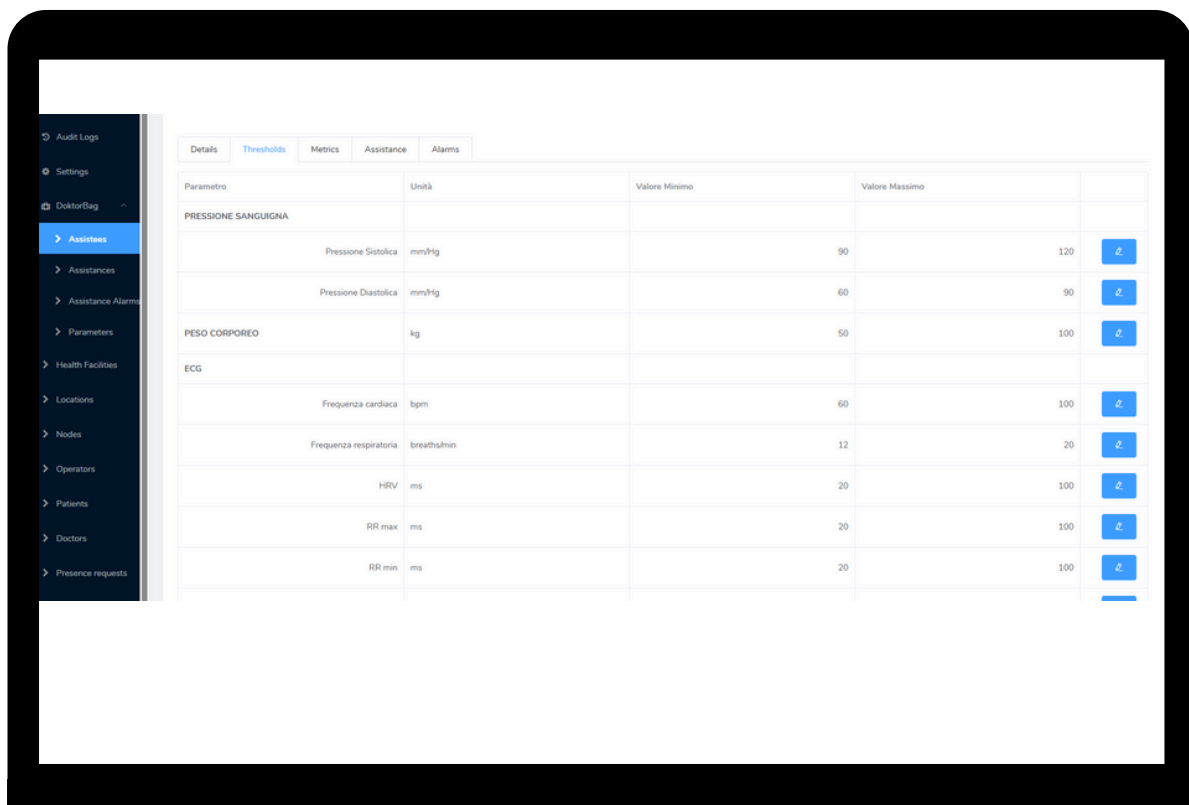
In “**Details**”, the data previously uploaded about the assisted are available, with the possibility to change them choosing “edit”.











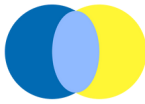




In “**Thresholds**”, it will be possible to set the minimum and maximum value for each parameter by clicking this icon 

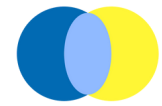


Parametro	Unità	Valore Minimo	Valore Massimo	
<b>PRESSIONE SANGUIGNA</b>				
Pressione Sistolica	mmHg		90	120 
Pressione Diastolica	mmHg		60	90 
<b>PESO CORPOREO</b>				
	kg		50	100 
<b>ECG</b>				
Frequenza cardiaca	bpm		60	100 
Frequenza respiratoria	breath/min		12	20 
HRV	ms		20	100 
RR max	ms		20	100 
RR min	ms		20	100 

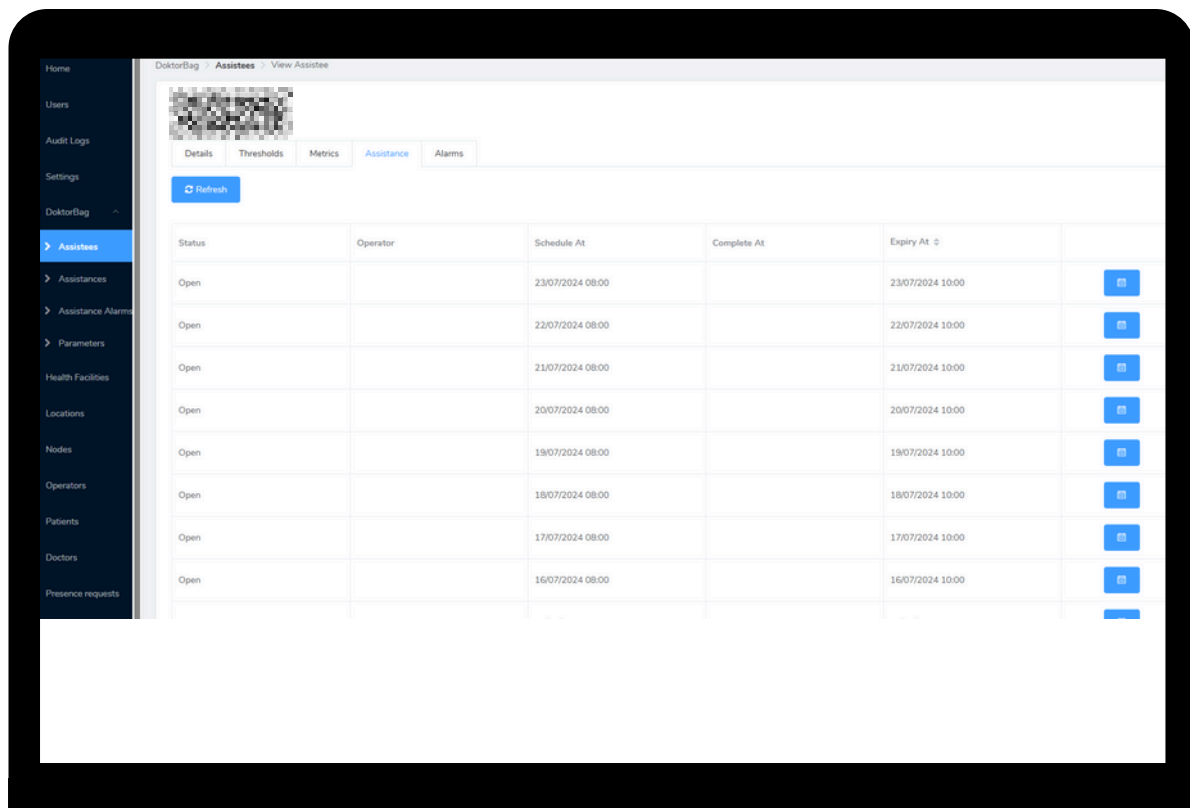


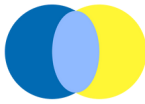
In “**Metrics**”, there will be available graphics with all the measurements done in order to be able to analyze the values registered.


Parametro	Unità	Minimo/Massimo	Valore	Data/Ora	Andamento		
<b>PRESSIONE SANGUIGNA</b>							
Pressione Sistolica	mm/Hg		90/120	115	Jul 12, 2024 1:24 PM	--	IM
Pressione Diastolica	mm/Hg		60/90	72	Jul 12, 2024 1:24 PM	--	
<b>PESO CORPOREO</b>							
	kg		50/100	58,85	Jul 12, 2024 7:41 AM	--	IM
<b>ECG</b>							
							IM
<b>Frequenza cardiaca</b>							
	bpm		60/100	77	Jul 12, 2024 1:26 PM	--	
<b>Frequenza respiratoria</b>							
	breaths/min		12/20	11	Jul 12, 2024 1:26 PM	--	
<b>HRV</b>							
	ms		20/100	19	Jul 12, 2024 1:26 PM	--	
<b>RR max</b>							
	ms		20/100	816	Jul 12, 2024 1:26 PM	--	
<b>RR min</b>							
	ms		20/100	730	Jul 12, 2024 1:26 PM	--	
<b>SATURAZIONE</b>							
	%		95/100	99	Jul 12, 2024 1:25 PM	--	IM
<b>TEMPERATURA CORPOREA</b>							
	°C		37/38	36,9	Jul 16, 2024 3:36 PM	--	IM
<b>IDRATAZIONE CORPOREA</b>							
	%		50/70	46,2	Jul 12, 2024 7:41 AM	--	IM

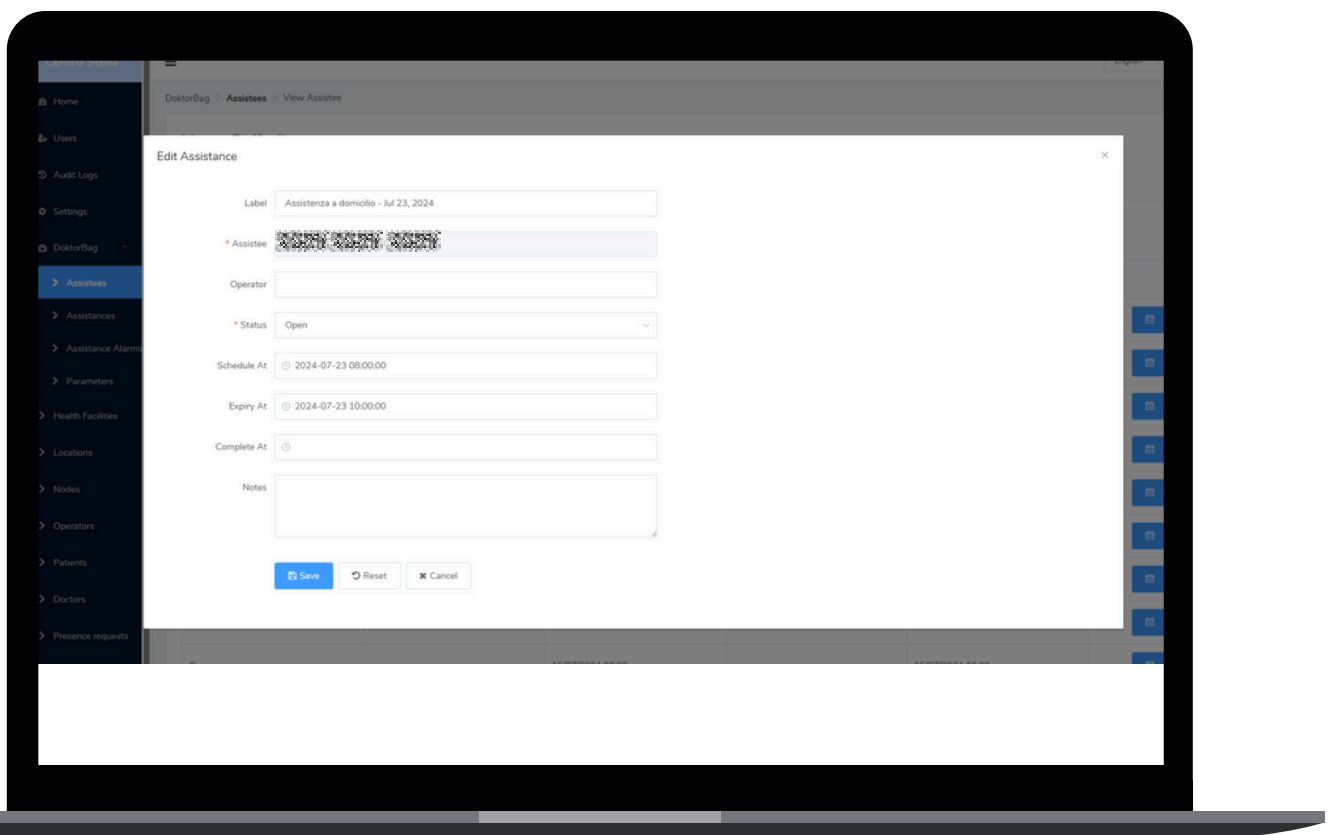


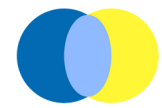
In “**Assistance**”, it will be possible to assign an assistance to an operator. In order to generate an assistance, it will be necessary to click “**Refresh**”. After that, it will be possible to assign the assistance.





It will be necessary to click on the calendar icon (  ), choose between the operators that can be selected and click “save” to complete the operation.



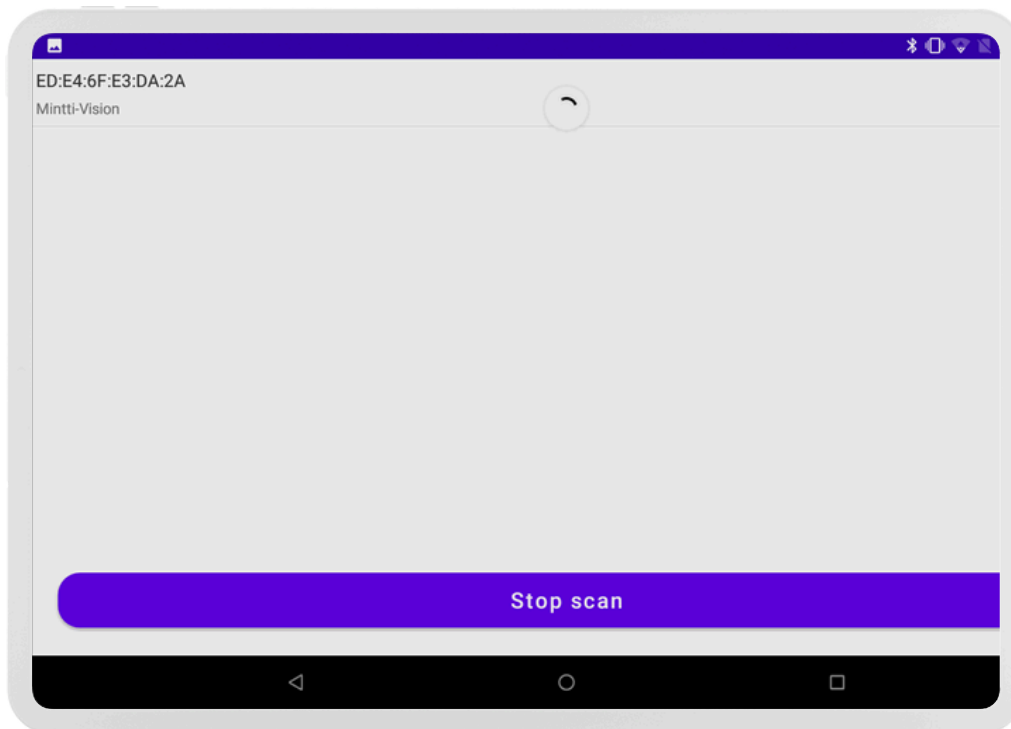


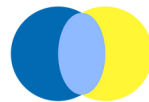
### 3. APP: user guide

When using it for the first time, it will be necessary to pair the health monitor to the tablet. Make sure that the bluetooth is activated and click “**Scan**”.



Wait for the device to appear and then click “**Stop scan**”. This way, the device is paired to the tablet correctly.





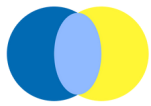
In order to access to CentroStella's assigned assistances, the operator will have to log-in with given credentials.

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

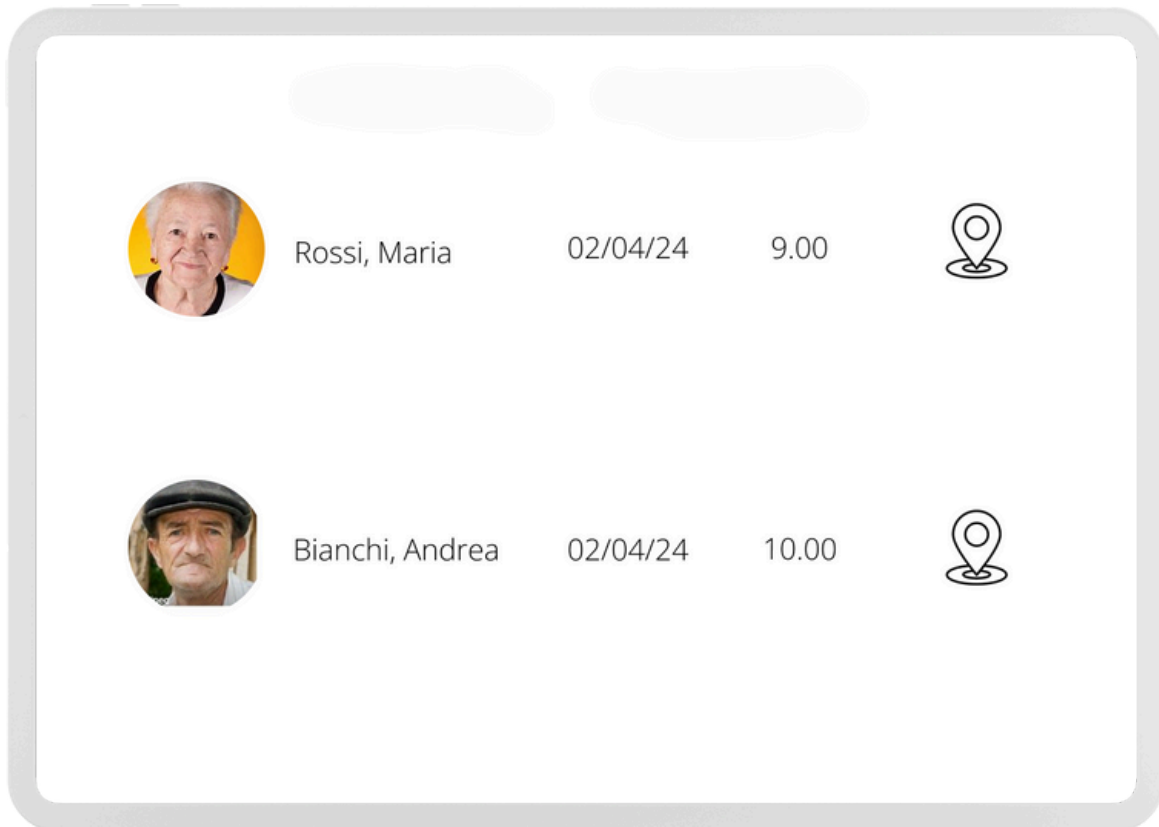
Username

Password

ENTRA



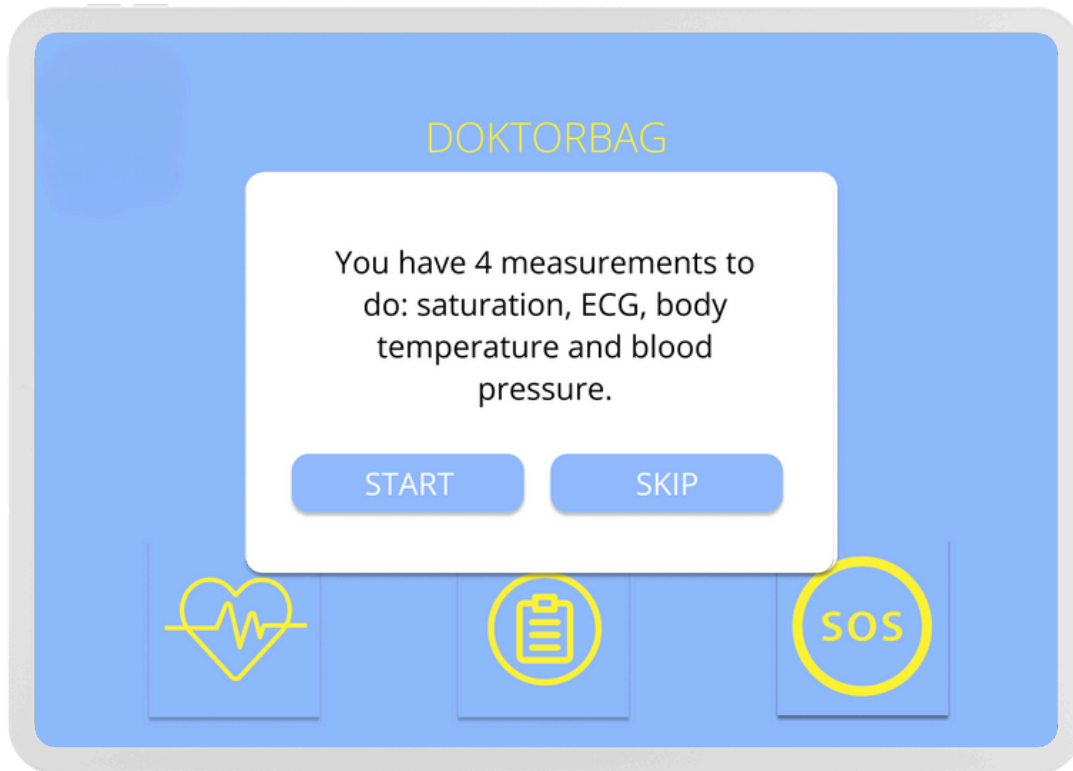
After the log-in, a list of assistances peviously assigned on CentroStella will appear.



Clicking of the single person, the home screen will open with the picture, surname and name of the assisted on the upper-left side and three icons for **MEASUREMENT**, **REPORTS**, **SOS** on the lower side.



In case of **scheduled measurements**, this message will appear with the **number** and **which measurements** need to be done.

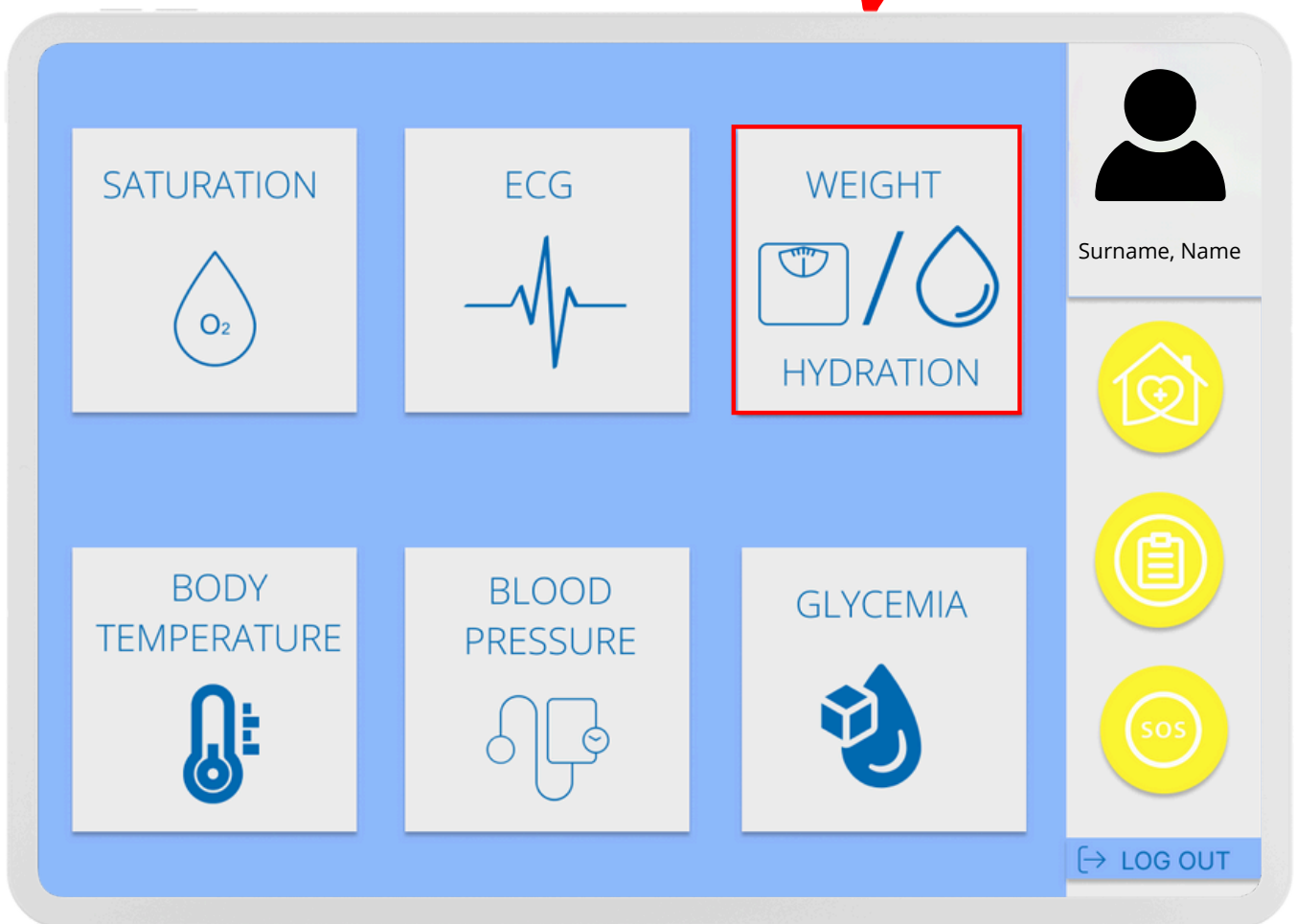


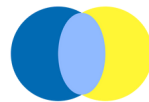
Clickin “**START**”, you will be redirected to the instuctions pages for the first measurement listed followed by the measurement’s page itself. Choosing “**SKIP**” and clicking the Measurement icon, it will be possible to tap only the icons of the measurements scheduled.






Wanting to check, for example, **weight** and **hydration**, it will be necessary to select the icon “**WEIGHT/ HYDRATION**”

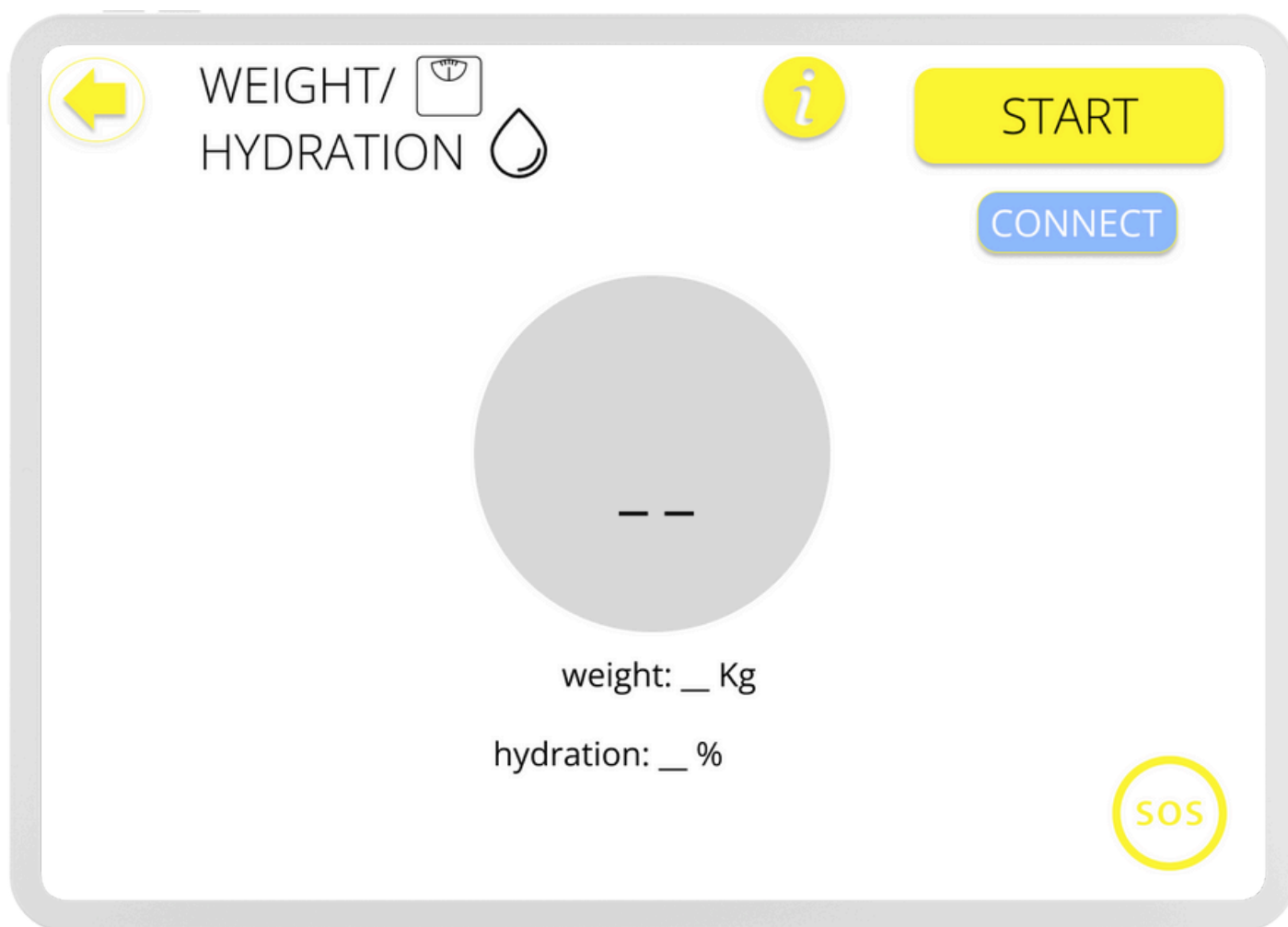


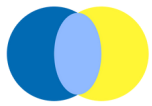


Clicking on , it will be possible to consult the guide about how to do the measurement.

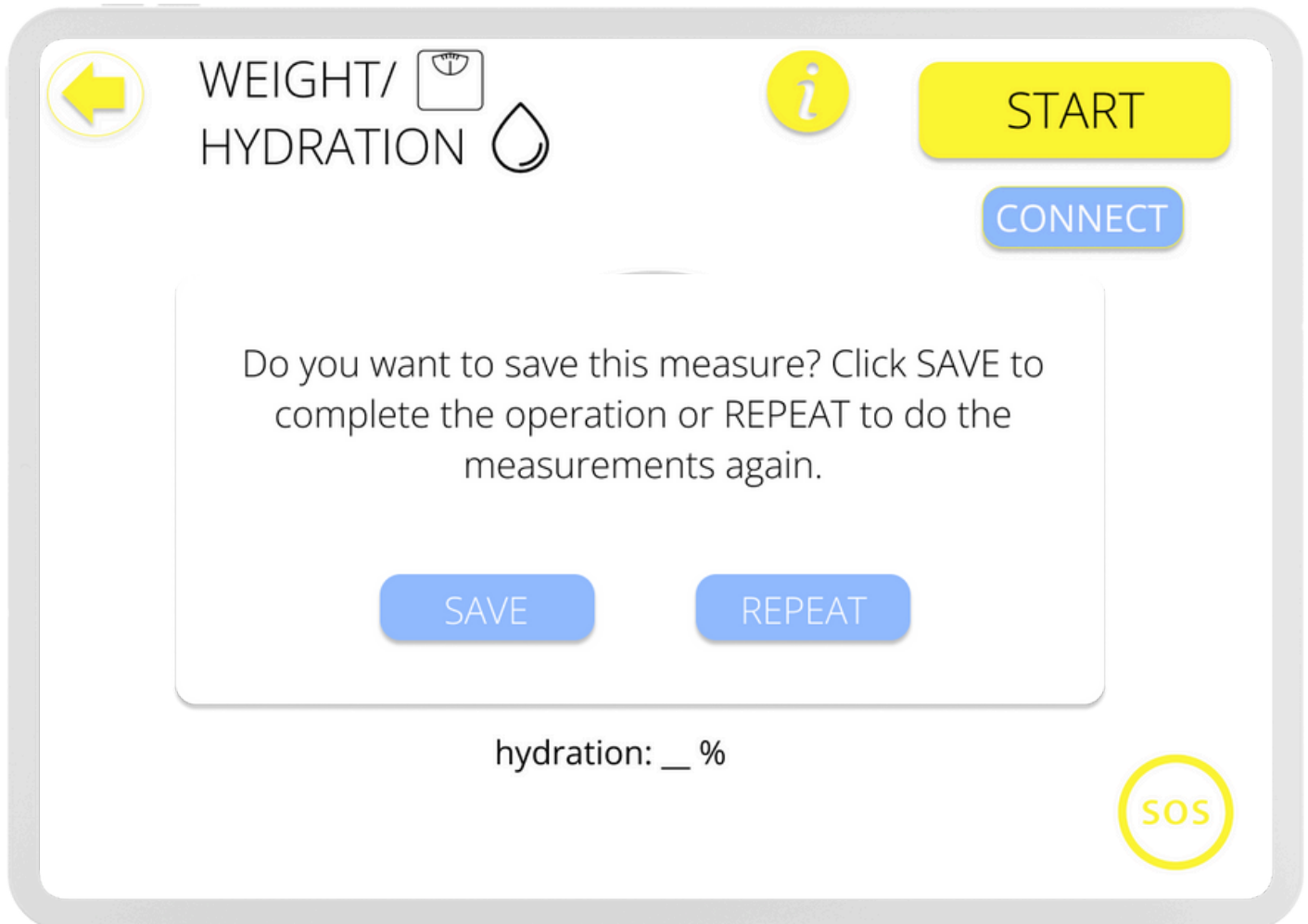
Before starting the measurement, it will be necessary to connect the device via bluetooth (in this case the scale) by tapping “**CONNECT**”.

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





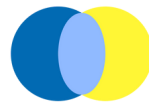
The measurement will be completed once this message appears.



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.



## 4. 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

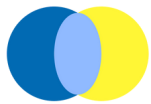
## Problem

**1** abnormal result ( too low value)

**2** unable to inflate

**3** unable to test

possible cause	solution
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 proces. For more information, check the info section of the “BLOOD PRESSURE” page on the App.
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.
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

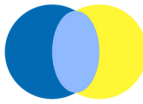
**ECG****Problem**

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

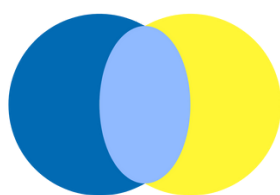
Functionality: full touchscreen + button

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



**CERROTEK®**

C.so Vercelli, 117 10015, IVREA (TO)

email: [mktg@cerrotek.it](mailto:mktg@cerrotek.it)

web: [www.cerrotek.it](http://www.cerrotek.it)

tel/fax: 0125 615188

Legal Residence: BAM LAM- Piazza Galli, 7  
12061 Carrù (CN)