

Your Minder daily routine

A quick guide to help you
take your daily readings.



Your Minder daily routine



Weighing Scales

am

- Tap with foot to turn on scales
- Stand on scales with barefeet, covering the 4 silver circles with feet
- After a few seconds, readings are uploaded automatically



Thermometer

am

- Remove the green protective cap
- Press button to turn device on
- Scan device across forehead, 1 cm away from skin.
- When device vibrates twice, swipe up over the dots on the display
- When your username shows, click the button.
- The green light indicates you are done



Blood Pressure

am

- Put the cuff on upper arm, with room for two fingers
- Press start and wait for reading to complete (do not press stop)
- Open iHealth app on tablet computer
- Select "Blood Pressure" in menu
- On the machine press the M/cloud button
- On the tablet press "Sync"
- On the tablet press "upload all readings", then "OK"



Pulse Oximeter

am

- Open iHealth app on tablet computer
- Select "Pulse Oximeter" in menu
- Put pulse oximeter device on finger
- Push button on device to start the reading
- Wait 20 seconds, or until reading has stabilized on the app screen
- Tap the 'back arrow' on top left of app screen to complete the reading (no need to add a note)



Daily Questions

pm

- Open the Minder app on tablet
- On the Home screen, Find "Answer well-being questions for today"
- Click "start"
- Answer question and click "next"
- Repeat until all questions completed
- Click "Finish"

For help with any of these devices, please contact the Minder Monitoring Team: **0800 138 65544** or minder@sabp.nhs.uk

There are videos to help with these tasks in the Minder App, and on this website: <https://mindermeetingplace.com/help/>



Additional information:

If it becomes difficult to do all these tasks everyday, talk to the Minder Monitoring Team about adjusting your schedule.

Tel: 0800 138 65544

Email: minder@sabp.nhs.uk