StethoMe®

Quick start Guide

StethoMe.com

Hello!

We are pleased that you became a StethoMe® user.



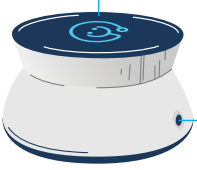
Stethoscope design

StethoMe® is a smart stethoscope which works directly with an app. It enables you to easily check your lungs and control asthma.

CE 2274

TÜV NORD PN-EN ISO 13485

StethoMe® is fully safe, and meets the highest standards confirmed by numerous academic publications and medical certification (CE 2274).







Disinfecting the stethoscope

For disinfection, it is advisable to use tissues or swabs moistened with alcohol-free disinfectant. Do not submerge the stethoscope in water or any other cleaning liquid.

1. Download and start the StethoMe® app

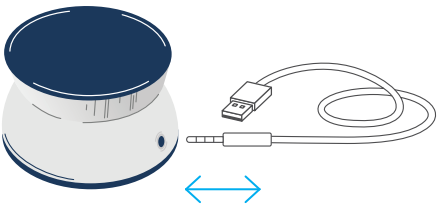
Download on the App Store

GET IT ON Google Play

For the application to work you need **internet** access. Communication between the app and the stethoscope is possible after activating the **Bluetooth** function in the device with the installed app. During the first connection, for devices running Android 12 and above, an access to nearby devices is required. For devices with an older system - access to phone's location is needed.

2. Activate the stethoscope

You should first activate the stethoscope by putting the mini jack plug in the socket and removing it (then the USB plug does not have to be connected to a power source). Remember to disconnect the cable before starting the examination.



From this moment on, you do not have to turn the stethoscope off.
When the stethoscope is not being used, it will switch itself to sleep mode. You can wake it up by moving it vigorously up and down.



FIRST ACTIVATION OF THE STETHOSCOPE

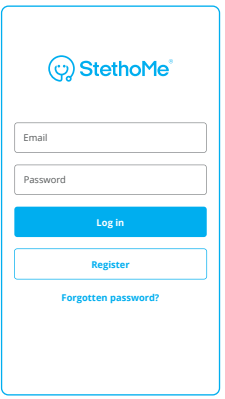
3. Log in or register an account

If you already have a StethoMe® account, log in using the data provided during registration.

If you do not have a StethoMe® account yet, select the **'Register'** option and proceed in accordance with the directions indicated.

? To finish registering you have to confirm your email address. Click the confirmation link sent to the email specified during the registration process.

? If you cannot find the message in your email inbox, check the **spam** folder as well.



4. Activate the licence

To use the StethoMe® AI applications and algorithms, you must have an active licence. Activation will take place upon first connection of the stethoscope with the app.

5. Choose or add a patient

Before commencing the examination, select a patient from a list, or add a new one, clicking on the icon below:

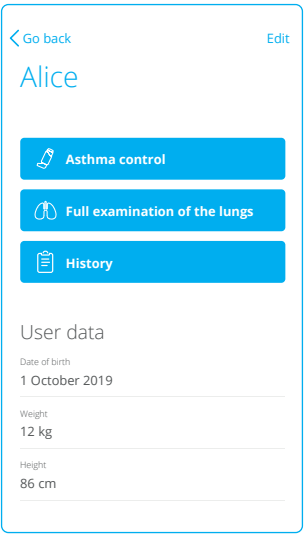
? If you use StethoMe® to monitor the health of multiple patients, create an individual profile for each of them. The examination process, the number of auscultation points and standards vary for different age groups.



! **PATIENT AGE**
Make sure that the patient's data is entered correctly. The course of the examination and the analysis of recordings (standard ranges) depend on the patient's age.

6. Select the type of examination

In order to commence an examination, choose the type of examination and proceed in accordance with the instructions displayed on the screen.



Asthma control*

A 30 second examination is performed in one location. With its help, you will detect and measure the intensity of wheezes and rhonchi. You will measure: respiratory rate (breaths per minute), inspiration/expiration time ratio and heart rate (heart beats per minute).

*** option available for selected service packages**

Full examination of the lungs

Examination performed in 6-8 locations on the chest (depending on the patient's age). Detects abnormal auscultation sounds: wheezes, rhonchi, fine and coarse crackles. The following parameters are also measured: respiratory rate (breaths per minute), inspiration/expiration time ratio and heart rate (heart beats per minute).

History

You can review the results of all your examinations here. You can select the ones which you want to present to the doctor.

Earphones during the examination



During the examination, it is not necessary to use earphones. If you want to have better control over the audibility of the breath during the examination, you may connect earphones to the mini jack socket in the stethoscope.

RESPIRATORY SOUNDS

StethoMe® analyses the sounds generated by the air flowing through the respiratory tract. If possible, try to encourage the patient to breathe deeply and in a natural rhythm.



REMEMBER!

- Maintain silence in the room during the examination. Additional noises, e.g. a turned on TV set, radio or conversations may disturb or even make the examination impossible.
- Try to keep the stethoscope in one position during the examination and do not tap on its enclosure.



Before you commence the examination:

- Blow the child's nose and ask the child to cough up the residual respiratory secretion.
- During the examination, the patient should breathe as deeply as possible.



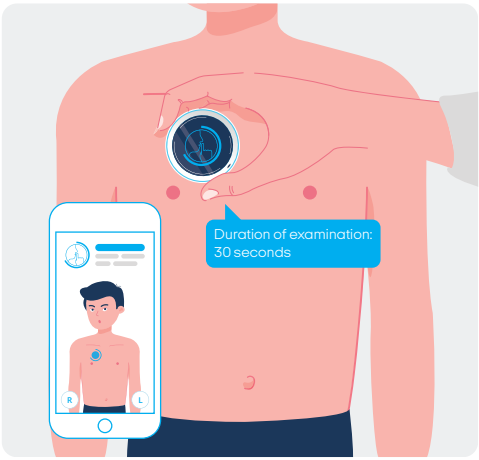
Patient's position

Ask the patient to sit down or lie on his/her back. During the examination, the patient should not be wearing any upper clothing, look straight ahead and not press the chin to the chest.

1. Perform the examination

Proceed in accordance with the tips displayed in the application. Make sure that the stethoscope is turned on.

- Place the stethoscope at the indicated point, on the right side of the chest.
- Hold the stethoscope, pressing it lightly against the body - the recording will start and stop automatically.
- The app may ask you to record an additional point for more accurate measurement of the heart rate. The additional measurement will take 15 seconds. If possible, during the examination, the patient should hold their breath or breathe as shallowly as possible, so that the sounds of the heart can be heard better.



? StethoMe® automatically detects excessively loud sounds and stethoscope movements. If the noises are too loud, a red icon will be displayed (see opposite).



2. Read the result of the examination

Once the examination is finished, you will receive a result of the analysis conducted by certified StethoMe® AI algorithms.

? If a result could not be obtained, repeat the examination. The most frequent cause of failure is inaudible breath or external interference, e.g. noises or stethoscope movements.

Possible indications

No abnormal auscultation sounds were detected

A small number of abnormal auscultation sounds were detected

Abnormal auscultation sounds were detected

The examination result could not be established
During the examination the breath was not audible enough to establish the result of the examination.

↑ Too high value of the parameter

↑ Elevated value of the parameter

↓ Reduced value of the parameter

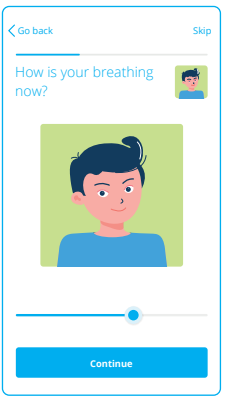
Scale which presents the intensity of recorded wheezes and rhonchi.

Wheezes (0-100) ↑63

Rhonchi (0-100) 20

Clicking on the **'i'** icon will display additional information about the interpretation of the results and how to proceed.

3. Answers to additional questions



Once the examination is finished, a few additional questions about the current health of the patient will appear. Answer the questions. The answers will be recorded in the history of examinations. This will also be additional information for the doctor when the examination results are shared.

4. Share the result with the doctor

You can share the link to the examination using the **'Share'** button. By default, the link is active 48 hours, but you can change this option in the application settings.

Full examination of the lungs

Before you commence the examination:

- Blow the child's nose and ask him/her to cough up the residual respiratory secretion.
- During the examination of each point, the patient should take at least 3 breaths.

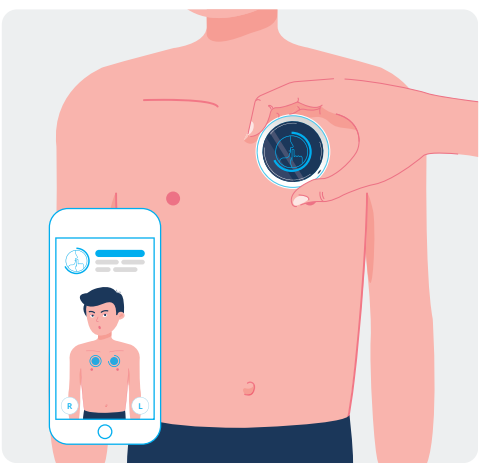
Patient's position

A sitting or standing position is recommended. During the examination, the patient should not be wearing any upper clothing. Please make sure that the examined person looks straight ahead and does not press the chin to the chest.

1. Perform the examination

Proceed in accordance with the tips displayed in the application. Make sure that the stethoscope is turned on.

- The examination will commence automatically after the stethoscope is placed directly on the patient's skin.
- Place the stethoscope precisely on the locations shown on the app's screen.
- The sequence of the examined points can be changed. You just have to select another point on the silhouette in the app, or vigorously move the stethoscope right or left.

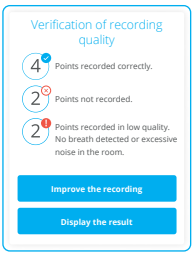


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After all the points are recorded, the recording quality is verified. If not all the points were recorded or some of them were of low quality, you will be notified and will be able to make corrections.

The quality of recorded sounds can be improved:



- by avoiding any noise during the recording, moving the stethoscope, sliding fingers over the stethoscope,
- encouraging the patient to breathe deeply, preferably through the mouth, while maintaining min. 3 breath cycles while recording a single point.

2. Read the result of the examination

Once the examination is finished, you will receive a result of the analysis conducted by certified StethoMe® AI algorithms.

Possible indications

No abnormal auscultation sounds were detected

A small number of abnormal auscultation sounds were detected

Abnormal auscultation sounds were detected

The examination result could not be established
To determine the general result of the examination, a greater number of points recorded in high quality is required.

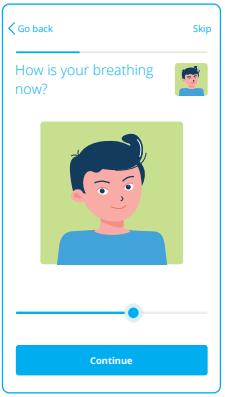
↑ Too high value of the parameter

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Clicking on the **'i'** icon will display additional information about the interpretation of the results and how to proceed.

3. Answers to additional questions



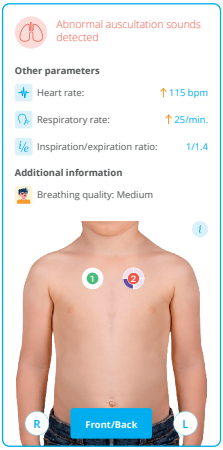
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4. Share the result with the doctor

You can share the link to the examination using the **'Share'** button. By default, the link is active 48 hours, but you can change this option in the application settings.

Detailed result of the examination

After clicking the **'Detailed result of the examination'** button on the examination results screen, a web browser will be opened with a detailed analysis of the result and the possibility of listening to the recorded sounds.



IMPORTANT!
The detailed result of the examination should be interpreted by a doctor for a diagnosis. Instructions for reading the result are available only after clicking the **'Help'** button in the upper right corner of the screen.

REMEMBER!

- Only a doctor may diagnose and prescribe treatment of respiratory tract diseases.
- Never diagnose the patient on your own, based only on the results obtained with the device.
- The device should not be used in the event of an acute asthma attack or respiratory failure.

Thank you for taking
care of health
with StethoMe®!



StethoMe®

For any questions, please
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