

# Quick Start Guide

## DIGITIVA™ Mobile Application



Your heart in good hands.™



## Step 1: Download the DIGITIVA Mobile Application to Begin Setup



## Step 2: Create Your Account

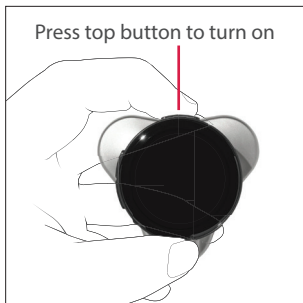
Open the DIGITIVA Mobile App and set up your account, if you haven't already. You will need to type in the program ID located on the front page of this Quick Start Guide during your account setup.

Once you have logged into your account, the app walks you through:

- Step 3: Learn How to Use Your Digital Stethoscope
- Step 4: Connect Your Digital Stethoscope with the DIGITIVA Mobile App
- Step 5: Take Your Daily Heart Health Recording

## Step 3: Learn How to Use Your Digital Stethoscope

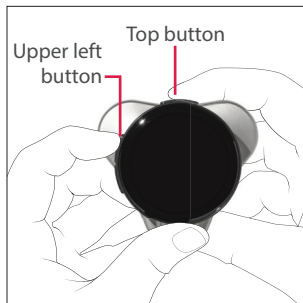
Follow the on-screen instructions to learn about the parts and features of your digital stethoscope.



### How to power on

To turn on the digital stethoscope, press the top button.

**Note:** Your digital stethoscope is powered on by default out of the packaging.



### How to power off

1. To turn off the digital stethoscope, press the top button and the upper left button at the same time.
2. Press the upper left button again to confirm the shutdown.

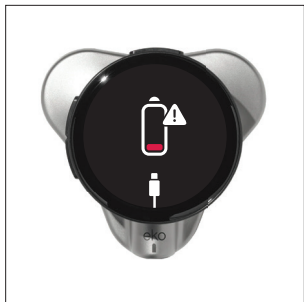


### Sleep mode

To save battery life, the digital stethoscope automatically goes to sleep after a short period of not being used.

To wake it up, press the top button or pick up the device .

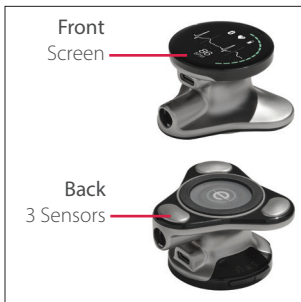
## Step 3: Learn How to Use Your Digital Stethoscope (continued)



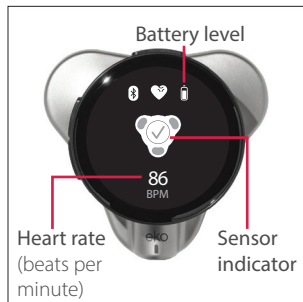
### Charging your digital stethoscope

Plug the USB-C end of the supplied charging cord into the port under the screen to charge your digital stethoscope's battery.

**Do not** take a recording while charging.



### Parts of your digital stethoscope



### Digital stethoscope screen

## Step 3: Learn How to Use Your Digital Stethoscope (continued)

Your digital stethoscope has 3 features that are non-essential to completing a heart health recording. You **do not** need to use these features at any time. Accessing these features **will not** affect the quality of your heart health recordings.



### Audio modes

Non-essential features not necessary for patient use

Short pressing the top button (less than 1 second) will change the audio mode.



### Earpiece port

Non-essential features not necessary for patient use

The circular opening on the bottom of the digital stethoscope is a port for an optional earpiece attachment (not included) for healthcare provider use only.



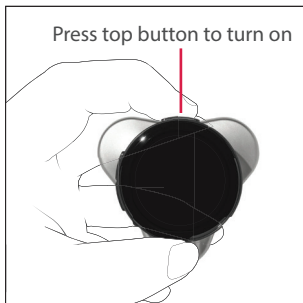
### Volume controls

Non-essential features not necessary for patient use

Pressing the side buttons on the the digital stethoscope will adjust the volume of the earpiece (not included) that a healthcare provider would use in their office.

## Step 4: Connect Your Digital Stethoscope with the DIGITIVA Mobile App

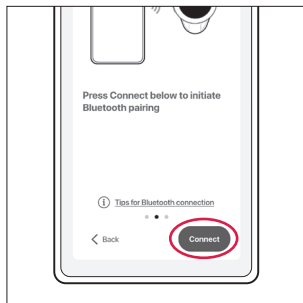
Follow the on-screen instructions to connect your digital stethoscope with the DIGITIVA Mobile App via Bluetooth.



### Turn on the digital stethoscope to connect

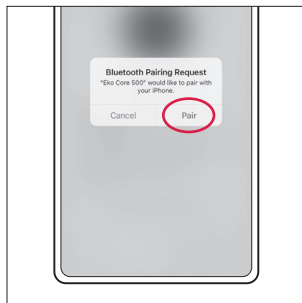
Rotate your digital stethoscope to find the top button on the top edge of the screen.

Press the top button on your digital stethoscope to turn it on.



### Press Connect to initiate Bluetooth pairing

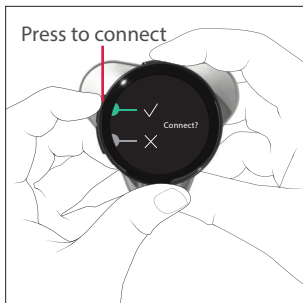
Once you press Connect, it may take a few seconds for your mobile device to discover your digital stethoscope. Ensure Bluetooth is turned on in your mobile device's settings.



### Press Pair to connect your digital stethoscope with your mobile device

Your digital stethoscope must be paired with your mobile device to be able to take heart health recordings.

## Step 4: Connect Your Digital Stethoscope with the DIGITIVA Mobile App (continued)



### Press the upper left button to connect

Once you see the confirmation screen on your digital stethoscope, press the upper left button of your digital stethoscope that corresponds with the check mark to confirm connection to your mobile device via Bluetooth.

## Tips for Bluetooth Connection

### Reduce distance

Make sure there aren't objects such as walls, furniture, or people between the digital stethoscope and your mobile device. Reduce the distance between the digital stethoscope and your mobile device.

### Reduce interference

Keep the digital stethoscope at least 6 feet away from radiofrequency (RF) emitters, such as Wi-Fi routers, other mobile and cordless phones, medical scanners, radar systems, and microwave ovens.

### Lost connection

You'll lose Bluetooth connection if you force close the DIGITIVA Mobile App or turn off the digital stethoscope. On the digital stethoscope, the Bluetooth symbol has a slash through it when it's no longer connected.

To regain connection:

1. Turn on the digital stethoscope.
2. Open the DIGITIVA Mobile App and re-connect the digital stethoscope.

## Step 5: Learn How to Take Your Daily Heart Health Recording

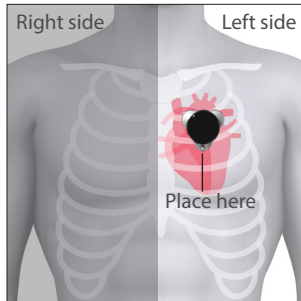
Follow the on-screen instructions to learn how to take your first heart health recording with your digital stethoscope.



### Find an appropriate place to take a recording

Find a place away from other electronics such as Wi-Fi routers or radios.

Make sure there are **no background noises** such as TVs, radios, or people talking.



### Heart health recording location

You will take a recording by placing the digital stethoscope on your skin, on the left side of your chest, in the exact location as shown above. Correct positioning will lead to a better recording.



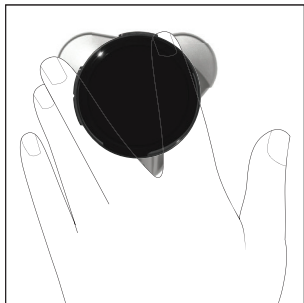
### Hold still and remain quiet during recording

The digital stethoscope is sensitive to movement and noise. Stay still and quiet during a recording.

**Do not** lift the digital stethoscope from the skin until recording is complete.

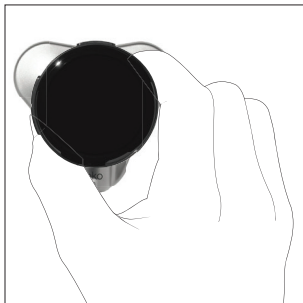
## Step 5: Take Your Daily Heart Health Recording (continued)

There are a few ways you can hold the digital stethoscope while taking your daily heart health recording. It will not affect the quality of your heart health recording if your fingers touch the buttons on the digital stethoscope. **Do not** place your fingers on the bottom of the digital stethoscope.



### Y grip

You can use a Y grip between the middle and pointer finger or between the middle and ring finger. This grasp helps you put pressure on the sensors for a clear signal.



### C grip

Another position you can use to take a recording is the C grip. This grasp allows for steady pressure against the skin for good contact and a clear signal.

# Tips for a Good Recording Signal

## Skin contact

You may need to adjust your clothing, such as a bra, to get the best contact between the digital stethoscope and your skin. **Do not** allow the digital stethoscope to touch clothing during recording.

## Device interference

Find a place away from other electronics such as Wi-Fi routers or radios.

## Where to take a recording

Take your heart health recording in a quiet place. The microphone in the digital stethoscope is sensitive to background noise. Best placement can vary. The digital stethoscope is sensitive to vibration and hand movement. Apply steady pressure against the body to ensure good contact. **Do not** too press hard.

## Skin preparation

If you are having difficulty getting a good heart health recording, use an alcohol wipe to remove any lotions or body oils from where you are taking the recordings. If possible, trim body hair where you will be taking the recordings.

# Indications and Precautions

## Indications

DIGITIVA is intended to guide heart failure patients in the management of heart failure, as well as patients with suspected cardiac diseases or conditions. The CORE 500™ Digital Stethoscope is intended to be used by clinicians or lay users to electronically amplify, filter, and transfer body sounds and three lead electrocardiogram (ECG) waveforms.

## Precautions

- If you feel ill, **do not** use DIGITIVA to check your condition. Call your doctor immediately.
- **Do not** use the CORE 500 Digital Stethoscope over broken skin or wound areas.
- **Do not** continue to use if you have an allergic reaction to CORE 500 materials or if your skin appears irritated or inflamed after use. Check with a healthcare professional before restarting use.

DIGITIVA does not diagnose or provide treatment for heart failure or other cardiac conditions. DIGITIVA is not a substitute for appropriate medical attention in the event of an emergency and should be used as directed by a physician. DIGITIVA is dependent on the data that is being entered and must be verified for accurate performance. The data is only significant when considered in conjunction with a healthcare provider assessment.

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## Learn More

Visit us at [www.digitiva.com](http://www.digitiva.com).

For support through our Patient Services Team please call (855)-348-6069.

To view the full DIGITIVA Instructions for Use, go to [www.digitiva.com/resources/ifu](http://www.digitiva.com/resources/ifu).

To view the digital stethoscope (Eko CORE 500™) Instructions for Use, go to [ekohealth.com/ifu](http://ekohealth.com/ifu).

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