User's Guide for VITAdLS Software

Thank you for purchasing a VITAdLS Cellular Gateway. We hope this greatly simplifies the taking and recording of your vital measurements using your iHealth medical devices. VITAdLS is a product and service of Birkeland Current.

1. Login and Dashboard View

On either your phone, tablet, or desktop Goto https://birkelandcurrentdataaccess.com/vitadls

You will see the following webpage and prompt:

User ID:	iHealth [*]	DEVICES
Password: Log In Eorpot Password	PULSE O	3M XIMETER
	PT3SBT THERMOMETER	BG5S BLOOD GLUCOSE METER
	KN550-BT	BP75

Enter your User ID and Password provided by email from <u>admin@vitadls.com</u>. If you have forgotten your password, please follow the "Forgot Password" link and follow the prompts. Entering a valid User ID and Password will take you to a *Dashboard Interface* that looks like this:



VITAdL	S	Demonstration Logout
Select a Widget		Select Site: Interal user - 00001
	VITALS GRAPHED OVER TIME	
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The *Dashboard* consists of several *Widgets* which may look different than the examples shown here. Login credentials determine access, and *Dashboard* preferences. Certain functionality *(Widgets)* may or may not be available to the specific person accessing the system. In the example shown above, there are a total of 3 *Widgets* being displayed.

A *Widget* is a specific software function and when accessed, may display as a plot, report, list, or graphic representation. Clicking on a *Widget* from the *Dashboard* will take you to that *Widget Graphical Interface*. Closing a *Widget* will bring you back to the *Dashboard*.

In *Dashboard View,* each *Widget* consists of a *Dashboard Image* which includes the *Widget Name.* If more than one Site (user locations) are associated with the user's account, then there is a drop down menu on the right side of the dashboard (shown here). Simply select from the drop-down menu which Site you wish to review. If there is only one site associated with the user account, the "Select Site" will be hidden, and the system will automatically default to the single location.

2. Account Maintenance

Click anywhere in the "Edit Your Account" Widget to display the following interface:



Edit Account Info	From this menu, you can change First and Last Name, account email and phone
Account Name:	number, preferences, and passwords.
Demonstration First Name:	To change password:
Demo Demo Last Name:	- input your current password
Test Test Email:	- enter a new password
admin@vitadls.com Temperature Unit:	- verify the new password
Fahrenheit Fahrenheit	- click on the change password button.
Colorblind Mode: Red: Green: Blue:	A text box will inform you if your password was changed successfully.
Apply Changes 2 Change Password	To change contact information or other preferences, enter the updates and click on "Apply changes".
Your Current Password: New Password:	After changes are complete click on the "Return to Dashboard" button.
Verify New Password:	You cannot change the account name which is the email address used when you made
Change Password	your purchase at vitadls.co
Return to Dashboard	
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3. Device Status and Data List View

To access all active medical devices and recent vital transmissions, from the widget dashboard, click anywhere in the "Recent Transmissions" widget. This will take you to the following screen.



VITAdLS

Device Model Name	Measurement Type	Measurement Value	Battery Percentage	Measurement Time	Hours Since Last Vital	Gateway Number
РОЗМ	SPO2	96.00	N/A	10/11/2023 9:39:20 PM	16	860016043846133
РОЗМ	Pulse	82.00	N/A	10/11/2023 9:39:20 PM	16	860016043846133
HS2S	Weight	182.14	30	10/11/2023 4:48:33 AM	33	860016043846133
BP7S	Systolic Pressure	118.00	46	10/9/2023 6:25:00 AM	79	860016043846133
BP7S	Diastolic Pressure	79.00	46	10/9/2023 6:25:00 AM	79	860016043846133
BP7S	Heart Rate	64.00	46	10/9/2023 6:25:00 AM	79	860016043846133

This interactive screen allows you to see at a glance all of the active medical devices associated with this user account. In this example, there is a pulse oximeter (PO3M), a scale (HS2S), and a blood pressure cuff (BP7S).

For each device, there may be multiple Measurement Types. In this example, the Blood Pressure measurement includes Systolic Pressure, Diastolic Pressure, and Heart Rate.

For each device active on the account, the dashboard shows:

- the last recorded measurement
- when the measurement was taken
- the number of hours from the current time that the last measurement was taken
 - Green for < 1 day
 - Yellow for > 1 day and < 2 days
 - Red for > 2 days
- the current battery state for the measurement device (if this is available for that device type)

This dashboard also indicates that status of the VITAdLS Gateway assigned to this account in the right most column. For the Gateway column, Green indicates normal communications in the past 24 hours, yellow indicates the Gateway has not been heard from in the past 24 hours, and Red indicates the Gateway hasnot been heard from in the past 48 hours. Note that the Gateway automatically checks in and verifies proper function either upon medical device reading or once per day. If the Gateway has power, it will automatically correct any errors encountered within 2 days. Measurement records that are not passed immediately will be uploaded as soon as the Gateway recovers communications and will not be lost.

A listing of all records for a measurement device can be obtained by clicking any of the device lines. An example result is shown below from clicking on the pulse oximeter above.

Each page displays 30 readings in descending time order. Page controls are available at the bottom of the page to move through the pages. Browser print controls will produce a printed report of the selected page(s). (example shown below)



Demonstration | Logout

A "Download Data" button at the bottom of the page will export all available readings to a Microsoft Excel file titled "Transmissions Table [todays date]". Note: depending on the program used to open the data extract file, the Measurement Time format may need to be converted to a desired format.

Buttons on the bottom of the page allow a return to the widget dashboard or to the last transmissions dashboard.

Measurement Type	Device Model Name	Measurement Value	Measurement Time	Battery Percentage	Gateway Number
Pulse	PO3M	82.00	10/28/2023 6/08/08 PM	N/A	860016043846133
SPO2	PO3M	96.00	10/28/2023 6:08:08 PM	N/A	860016043846133
Pulse	PO3M	82.00	10/27/2023 6(08:25 PM	N/A	860016043846133
SPO2	PO3M	99.00	10/27/2023 6:08:25 PM	N/A	860016043846133
Pulse	PO3M	89.00	10/24/2023 8:05:58 PM	N/A	860016043846133
SPO2	PO3M	95.00	10/24/2023 8:05:58 PM	N/A	860016043846133
Pulse	PD3M	82.00	10/23/2023 10:10:54 PM	N/A	860016043846133
SPO2	PD3M	97.00	10/23/2023 10:10:54 PM	N/A	860016043846133
Pulse	PO3M	75.00	10/23/2023 6:25:26 AM	N/A	860016043846133
SPO2	POIM	95.00	10/23/2023 6:25:26 AM	N/A	860016043846133
Pulse	PO3M	88.00	10/21/2023 9:23:05 PM	N/A	860016043846133
SPO2	PO3M	93.00	10/21/2023 9:23:05 PM	N/A	860016043846133
Pulse	PO3M	79.00	10/20/2023 4:42:31 PM	N/A	860016043846133
5PO2	PO3M	96.00	10/20/2023 4:42:31 PM	N/A	860016043846133
Pulse	PO3M	87.00	10/18/2023 9:18:38 PM	N/A	860016043846133
SPO2	PO3M	97.00	10/18/2023 9:18:38 PM	N/A	860016043846133
Pulse	PO3M	80.00	10/17/2023 10:29:18 PM	N/A	860016043846133
SPO2	P03M	94.00	10/17/2023 10:29:18 PM	N/A	860016043846133
Pulse	PO3M	71.00	10/17/2023 7/19/28 AM	N/A	860016043846133
SPO2	P03M	94.00	10/17/2023 7/19/28 AM	N/A	860016043846133
Pulse	PO3M	69.00	10/16/2023 6:32:23 AM	N/A	860016043846133
5PO2	PD3M	98.00	10/16/2023 6:32:23 AM	N/A	860016043846133
Pulse .	PO3M	81.00	10/12/2023 7/56:34 AM	N/A	860016043846133
SPO2	PDIM	97.00	10/12/2023 7:56:34 AM	N/A	860016043846133
Pulse	PO3M	82.00	10/11/2023 10:39:20 PM	N/A	860016043846133
5PO2	PO3M	96.00	10/11/2023 10:39:20 PM	N/A	860016043846133
Pulse	PO3M	98.00	9/27/2023 11:35:56 PM	N/A	860016043846133
5PO2	PO3M	95.00	9/27/2023 11:35:56 PM	N/A	860016043846133
luise	PO3M	75.00	9/23/2023 4:08:53 AM	N/A	860016041942850
SPO2	PO3M	95.00	9/23/2023 4:08:53 AM	N/A	860016041942850
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4. Data Graphing

To graph all devices transmissions, from the dashboard, click anywhere in the "Vitals Graphed Over Time" widget. This will take you to the following screen with auto-filled values for group and the dates defaulted to show two months from current time. If there is only one site available to the users, the select group menu will be hidden.



You must select one or more available Vital measurements from the drop-down menu shown below. [Note that if there is more than one iHealth device taking the same measurement operating at the site you may see a "-1" "-2" for that measurement in this drop-down menu. The VITALdS software keeps individual device measurements separate and plots each device's measurements as an individual line. Most people will not have two devices operating at the same site. However some may choose to monitor more than one individual by using two medical devices but only a single gateway.]

		VITAdLS
Select Vital(s)	•	
Start Date:	Check All	Run
	BG mg/dl	
1.2	Body Temperature	
	Diastolic Pressure	
1	Heart Rate	
	Pulse	
0.8	□ SPO2	
	Systolic Pressure	
0.6	Weight	
0.4		
0.2		
0		
Download Data	Return to the Home Page	

Select the measurements you wish to graph. If you do not change the start and stop time, the plot will show all measurements for the past two months. Each time you update the start and stop time you will need to hit therun button to plot the new dates.

For convenience, a "Check All" box is provided to allow all data to be plotted on one graph. By doing this, you may then use the toggle on/off capability by clicking any line in the legend. An example is shown below. In each

of the examples below, the 'hover' capability is also demonstrated. By hovering the cursor over a point, the data associated with that point will show. By hovering the cursor over a measurement type in the legend, the line will be highlighted.

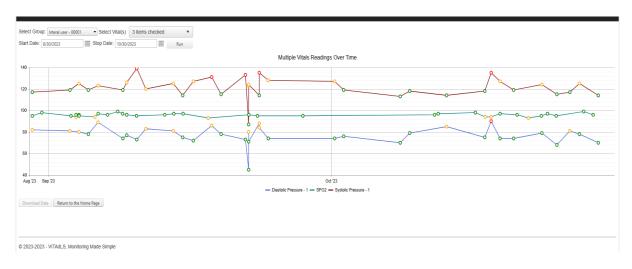


All devices toggled on.

	Multiple Vitals Readings Over Time		
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A	<u> </u>	Weight read 186 18 on Oct-8-2023 at 06 10	
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	Sep 23 BG mg/dl — Body Temperature — Diastolic Pressure — Heart Rate — Putse — SPO2 — Systolic	Oct 23	
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Diastolic and Systolic Pres (s) Al lems checked	Multiple Vitals Readings Over Time		
Diastolic and Systolic Pres (s) Al lems checked	Multiple Vitals Readings Over Time		

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For Blood Pressure and Oxygen Levels, VITAdLS adds colored circles representing what is considered appropriate physiology. For Systolic pressure, readings below 120 are green, between 120 and 130 are yellow and above 130 are red. Similarly, for Diastolic pressure, readings below 80 are green, between 80 and 90 are yellow, and above 90 are red. For Oxygen levels, above 95 are green, between 93 and 95 are yellow, and below 93 are red. The plot below shows an example of the different circle colors represented.





As with the list output, web browser print functions allow for the plots to be sent to a printer. Note that depending on print settings, scaling may be required.





5. Other Items to be aware of

- Clicking on the VITAdLS logo in any page will bring you back to the widget dashboard.
- The website will log you out after approximately 5 minutes without usage.
- Please see the Frequently Asked Questions (FAQ) on <u>www.vitadls.com</u> for answers to common questions.
- Please see the FAQ page for instructions on how to add the VITAdLS data access as an app icon on your phone's home screen.
- Additional functionality will be added continuously with updates made to this user's guide and email notifications of changes for those who have signed up for them.
- To suggest additional functionality please send a note to us at admin@vitadls.com

