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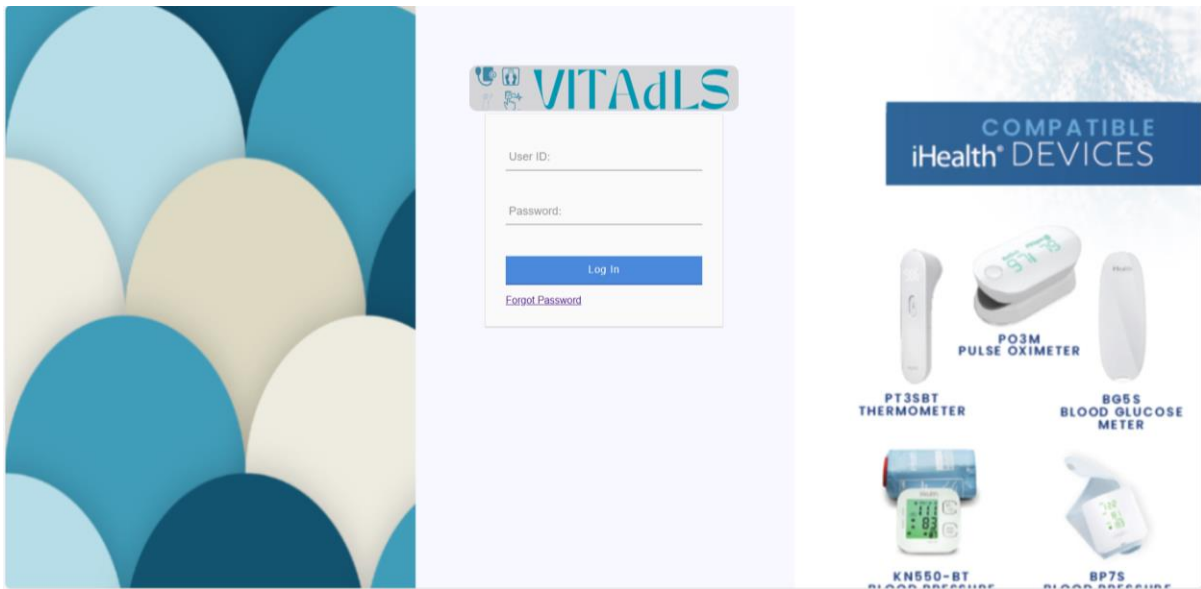
Enter your User ID and Password provided by email from admin@vitadls.com . If you have forgotten your password, please follow the "Forgot Password" link and follow the prompts. Entering a valid User ID and Password will take you to a *Dashboard Interface* that looks like this:

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:

From this menu, you can change First and Last Name, account email and phone number, preferences, and passwords.

To change password:

- input your current password

- enter a new password

- verify the new password

- click on the change password button.

A text box will inform you if your password was changed successfully.

To change contact information or other preferences, enter the updates and click on "Apply changes".

After changes are complete click on the "Return to Dashboard" button.

You cannot change the account name which is the email address used when you made your purchase at vitadls.co

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.

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)

VITAdLS
HOME MONITORING MADE SIMPLE

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.

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.]
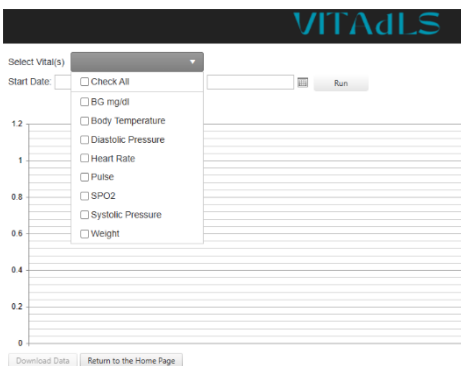

Select the measurements you wish to graph. If you do not change the start and stop time, the plot will show all measurements for the past two months. Each time you update the start and stop time you will need to hit therun button to plot the new dates.

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.

Only Diastolic and Systolic Pressure Toggled on:
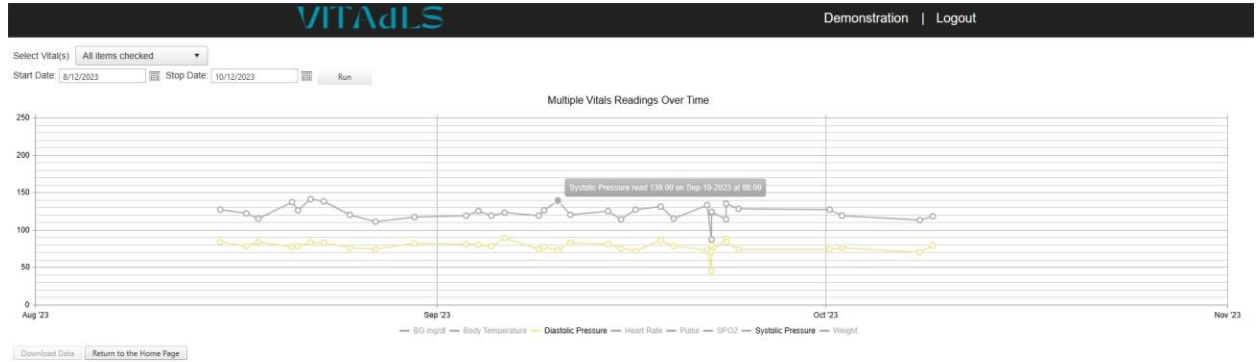
For Blood Pressure and Oxygen Levels, VITAdLS adds colored circles representing what is considered appropriate physiology. For Systolic pressure, readings below 120 are green, between 120 and 130 are yellow and above 130 are red. Similarly, for Diastolic pressure, readings below 80 are green, between 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.
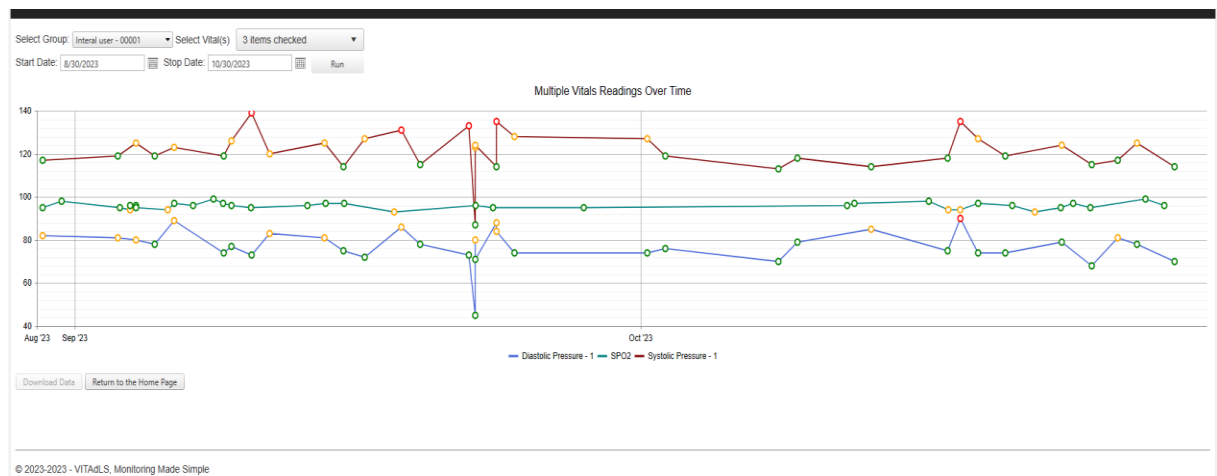
As with the list output, web browser print functions allow for the plots to be sent to a printer. Note that depending on print settings, scaling may be required.

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 www.vitadls.com 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