

## PRE-TRIP RECOMMENDED CARE

1

### POWER ON

Power on each device.



2

### BATTERY LIFE CHECK

If the batteries are completely drained or have less than 25% charge remaining, replace or recharge them.



3

### APP UPDATE

Turn on the iPad and connect to Wi-Fi to allow any updates.



4

### STOW KIT

Power off each device after checking them. Stow kit away.



## POST USE

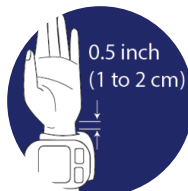
- Power off the iPad/ECG.
- Disinfect each diagnostic tool.
- Return all items to the kit.
- Store in a safe dry area.
- Contact MedAire to reorder supplies if needed.

**MedAire**  
An International SOS Company

DIGITAL ASSESSMENT KIT  
QUICK REFERENCE GUIDE

[www.medaire.com](http://www.medaire.com)

## BLOOD PRESSURE MONITOR



1. Place the blood pressure cuff firmly on the person's wrist. The palm and monitor display should both face upward. **Do not place over clothes.** The person should be seated and be as relaxed as possible. **They must not talk while the measurement is being taken.**
2. Place the arm flat on armrest, palm facing upward.
3. After pressing the **"START"** button, slowly raise the arm without removing the elbow from the armrest.
4. Stop moving the arm when monitor lines up with person's heart level. **A blue square will appear around the Heart Icon**, stop moving. **If not applied correctly**, this symbol will appear Turn the monitor off and try again.
5. The monitor starts the measurements 5 seconds after pressing **"START"**.
6. The screen will display three values. Input the **"SYS / DIA mmHg"** value in the App in the field **"BLOOD PRESSURE"**.
7. The device will automatically power off 2 minutes from last activity.

## PULSE OXIMETER

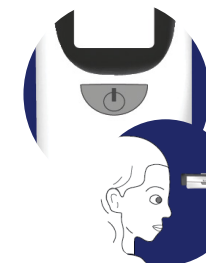


The Pulse Oximeter **measures five different readings.** You will need to record the following readings: **PR** (Heart Rate), **SpO2** (Pulse Oximetry), and **RRp** (Respiratory Rate).



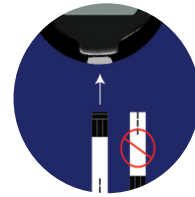
1. The device features **Auto Power** - it will turn on once placed on the finger.
2. Open the Pulse Oximeter clamp fully. Place the sensor on finger of either hand, palm facing down. Ensure the finger is completely inserted inside the device, covering the pulse sensor.
3. Obtain the **PR (Heart Rate)**, **SpO2 (Pulse Oximetry)**, and **RRp (Respiratory Rate)**; proceed to input the vitals in the App.
4. The device will automatically power off 2 minutes from last activity.

## THERMOMETER



1. Remove cap from the top of the thermometer.
2. Press the **"POWER/START"** button to turn on the thermometer. The thermometer will read **"LO"** when powered on; *this means low temperature.*
3. On the left there is a Fahrenheit (°F) and Celsius (°C) button which can be used to change temperature settings.
4. Hold the thermometer in the center of the forehead area 1/2" to 2" (1.2 to 5 cm) away from the skin's surface. **Ensure the body temperature icon shows.** Press and release the **"POWER/START"** button. A **double beep is heard** and the temperature will display.
5. Input the **temperature** in the vitals section of the App.
6. The device will automatically power off 30 seconds from last activity.

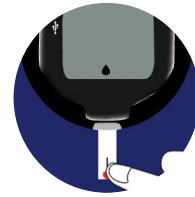
## BLOOD SUGAR - GLUCOMETER



1. Disinfect the person's finger of either hand with an alcohol wipe.
2. Open the glucometer's vial and remove one test strip. **Close immediately to prevent contamination of remaining strips.**
3. Insert the test strip into the glucometer **with dark dashed lines faced up**. Once inserted correctly, the meter will power on.



4. Using the lancet, **twist the pointed end and pull** to remove the needle guard. Place the lancet on the tip of the sanitized finger. Press the top of the lancet to pierce the side of finger.



5. With the strip still in meter, touch the tip of the strip to the blood drop. Allow blood to be drawn into the strip. **Remove the finger from the strip immediately after dashes appear across the meter display.**

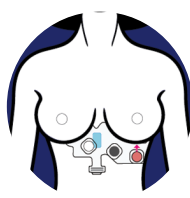
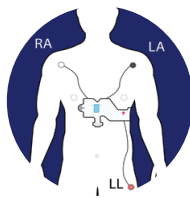
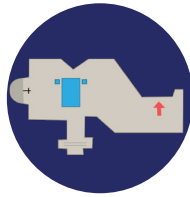
6. Clean the person's finger and apply a bandage.



7. **Relay the readings to MedLink** during call. Remove the test strip and safely discard with the used lancet.
8. The device will automatically power off after 30 seconds from last activity.

## ELECTROCARDIOGRAM - ECG

Follow the steps below after **MedLink advises you to perform an ECG tracing**. Click on the button **Perform ECG** on the summary page.



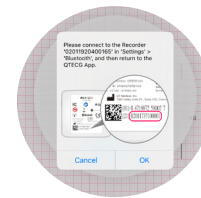
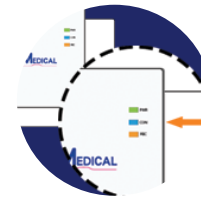
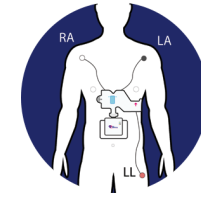
1. Ensure that the individual's chest is dry and free of oil. There is no need to shave chest hair. Ask the person to rest by sitting still or lying down for a minimum of 5 minutes before commencing the ECG tracing.

2. Remove the plastic backing from the pad, ensuring the sticky side faces the person. Position the **Blue Box at the center of the chest**, between the nipples. Wrap the pad from the center of the chest around to the left side, aligning the **Pink Arrow with the left nipple**.

3. Place the hydrogel circle labeled '**Right Arm**' on the right shoulder area, the hydrogel circle labeled '**Left Arm**' on the left shoulder area, and the hydrogel circle labeled '**Left Leg**' on the left lower hip area.

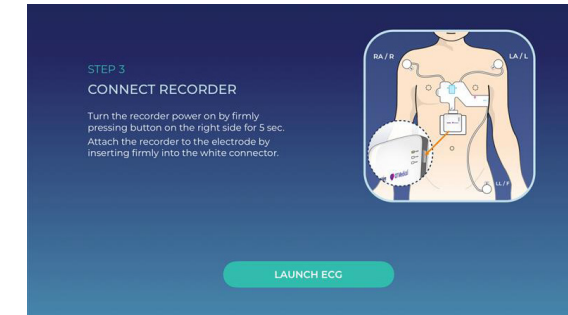
**Note:** Large ECG pads are provided in the kit as standard; this should be sufficient to fit everyone.

**Note:** You may need to lift the breast tissue for proper placement.



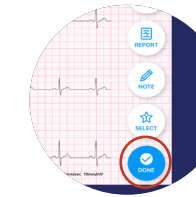
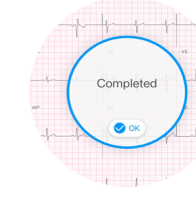
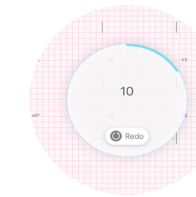
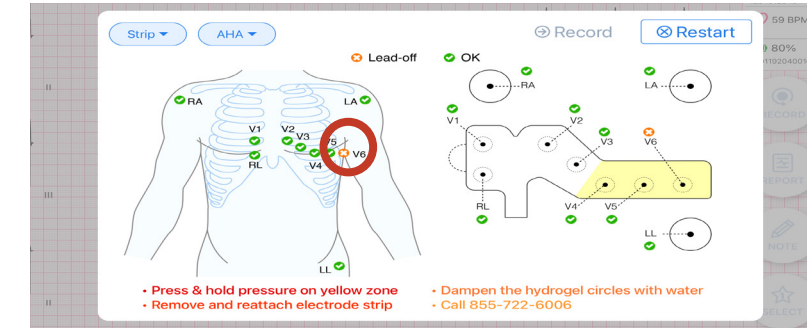
## ELECTROCARDIOGRAM - ECG

4. Connect the **ECG recorder to the strip**, ensuring the connector is securely attached. It is recommended to place a piece of gauze under the ECG recorder to separate it from the skin.
5. On the ECG recorder box, press and hold the **Power** button for 5 seconds. A solid green light will appear near '**PWR**'. Once powered on and connected, click the **Launch ECG** button in the MedAire Aviation App.



6. The ECG recorder box will pair with the iPad via Bluetooth.
7. In case the ECG feature prompts you to connect the ECG recorder box via Bluetooth, press '**Okay**' and the iPad's settings page will appear.
8. Choose the device with the same serial number located on the back of the recorder box. **Once connected**, return to the iPad's home screen and navigate back to the QT ECG app.

## ELECTROCARDIOGRAM - ECG

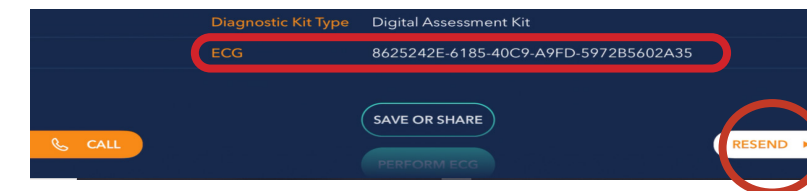


9. If all leads are connected, the device will automatically start the tracing for 10 seconds. **In case of a lead-off alert, adjust the pad or the hydrogel circle** to ensure a good connection to the skin. A red mark on a lead indicates a poor connection; make sure all leads turn green.

10. Once the recording is complete select the '**OK**' button.

11. Click on '**Done**' located at the bottom right corner, to return to the app's summary page, where the ECG tracing is now attached.

12. Click '**Resend**' the summary page to MedLink.



## REVISION: 2025

List of changes:

- Updated ECG Recorder Bluetooth connection method
- Formatting improvements

## START HERE

When using the kit you must start by:

- WEARING appropriate PPE
- Turning on iPad
- Following prompts on the App
- Choosing appropriate equipment needed to collect vital signs.

## DIAGNOSTIC TOOL LIST :

- Blood Pressure Monitor
- Pulse Oximeter
- Thermometer
- Glucometer
- ECG Recorder & ECG Pads



**Note:** For troubleshooting, refer to the User Guide included in the Digital Assessment Kit.