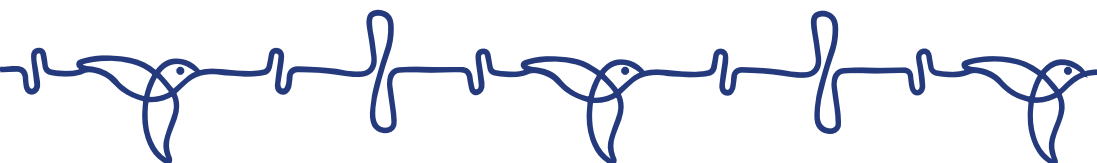




1 MINUTE POUR *mon cœur*

(1 Minute for my Heart)

QUICK USER GUIDE



France - ENG



Tablette



Tensiomètre

TAKE YOUR VITALS

In 1 minute tops

1 Open the tablet

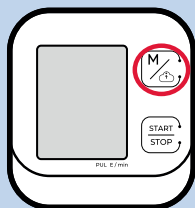


Select the Newcard app

2 Tap to select

Take my vitals

4 Send my blood pressure



Press the button



5 Weight yourself



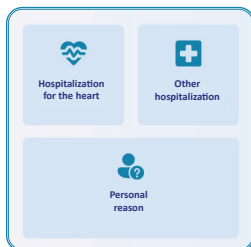
(Scale should be placed on a hard and stable surface)

INDICATE AN ABSENCE

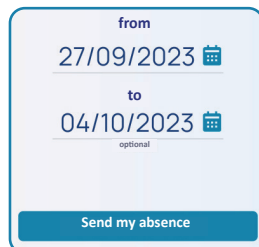
Tap to select

Notify an absence

on the
homepage



Indicate the reason
for the absence



Choose the date of
the absence and tap

Send my absence



Do not pull the end of the cuff beyond the metal loop.

3 Take your blood pressure correctly

In 4 steps

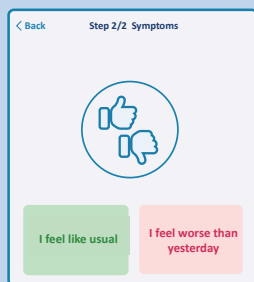


- a. Sit down and place the cuff around your left arm.
- b. The red band should be placed inside the crease of your elbow.
- c. Place your left arm on a table, with the palm facing up.

d. Press start

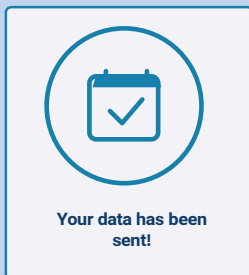
START
STOP

6



Answer the questions

7



Send your data

8



Your data is monitored by your Newcard nurse and your cardiologist.



OUR ADVICE

- Make sure the batteries are inserted in both the scale and the blood pressure monitor.
- To take your blood pressure, sit comfortably in a calm room.
- Do not unroll/unfold the cuff completely, slide your arm into it.
- Place the cuff on your arm, at the same level as your heart.
- The red mark should be in the crook of your elbow.

For the first measure, don't hesitate to ask your relatives, your caregiver, or your neighbour.

YOUR THERAPEUTIC SUPPORT

One mandatory session of approximately 15 minutes by phone, with additional sessions available for:

- **Getting to know your condition better,**
- **Learning the appropriate behaviors during your remote monitoring,**
- **Getting involved in your care journey.**

Contact your cardiologist or Newcard to learn more.



CONTACTS



Phone number
03 20 14 71 14



SMS
07 57 90 27 24



E-mail
cardio@newcard.io

In case of emergency
call 15

FIND OUT MORE



<https://26570142.hs-sites-eu1.com/en/patient-1-minute-pour-mon-cœur-leaflet>

We kindly ask that you keep the original packaging to transport the kit or return it to us.



This application is a medical device accessory within the meaning of Regulation (EU) 2017/745, class I.

This documentation is a concise guide to facilitate the use of the application. It does not replace the instruction for use.

For complete information, precautions, and full operating instructions, please consult the instruction for use available by scanning the QR code above, or request it from our support team.

Manufactured by NEWCARD SAS - Last modification : 24 juin 2026 - Printed by : Référence Directe

Do not litter or discard in public areas – Reference : MPC-NTU-PAT-ENG-02.



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