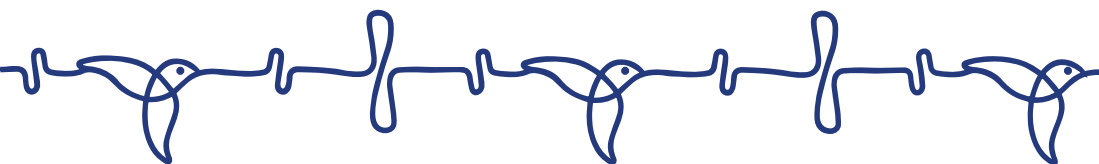




1 MINUTE FOR *my heart*

QUICK USER GUIDE



TAKE YOUR VITALS

In 1 minute tops

1 Open the tablet

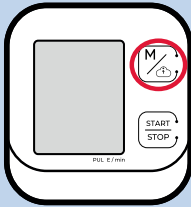


Select the Newcard app

2 Tap to select

Take my vitals

4 Send my blood pressure



Press the button



5 Weight yourself



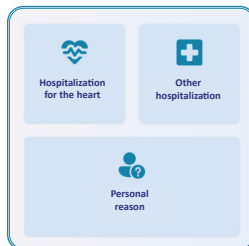
(Scale should be placed on a hard and stable surface)

INDICATE AN ABSENCE

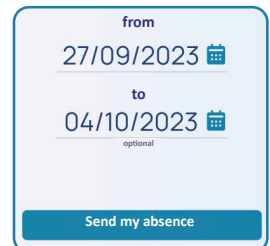
Tap to select

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

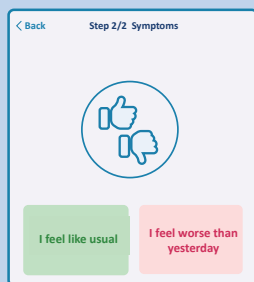


- a. Sit down and place the cuff around your **left arm**.
- b. The **red band** should be placed inside the **crease of your elbow**.
- c. Place your **left arm on a table**, with the **palm facing up**.

d. Press start

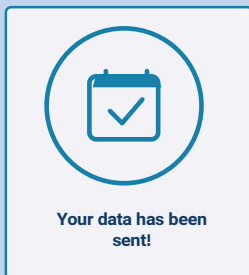
START
STOP

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.



CONTACTS



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En cas d'urgence médicale :
appeler le 112

FIND OUT MORE



[http://26570142.hs-sites-eu1.com/
complete-user-guide-1](http://26570142.hs-sites-eu1.com/complete-user-guide-1)

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

This Class I medical device is a health product that bears the CE marking under this regulation (2019).
Please read the instructions in the user manual carefully.

Manufactured by NEWCARD SAS - Last modification : 29 avril 2026 - Printed by : Référence Directe

Do not litter or discard in public areas – Reference : MPC-NTU-PAT-ENG-BEL-00



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