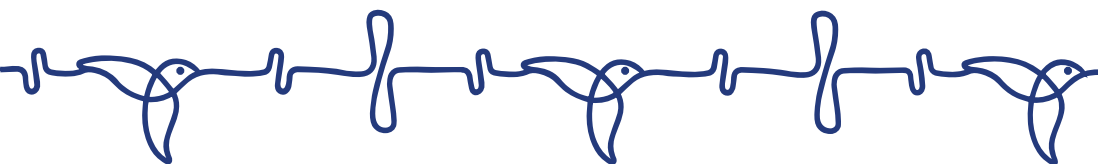




1 MINUTE FOR *my heart*

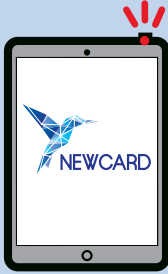
QUICK USER GUIDE



TAKE YOUR VITALS

In 1 minute tops

1 Open the tablet



Select the Newcard app

2 Tap to select

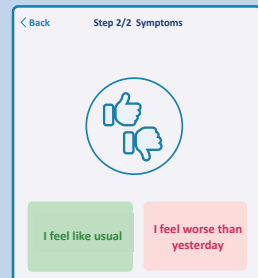
Take my vitals

3 Weight yourself

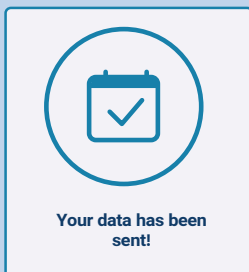


(Scale should be placed on a hard and stable surface)

4 Answer the questions



5 Send your data

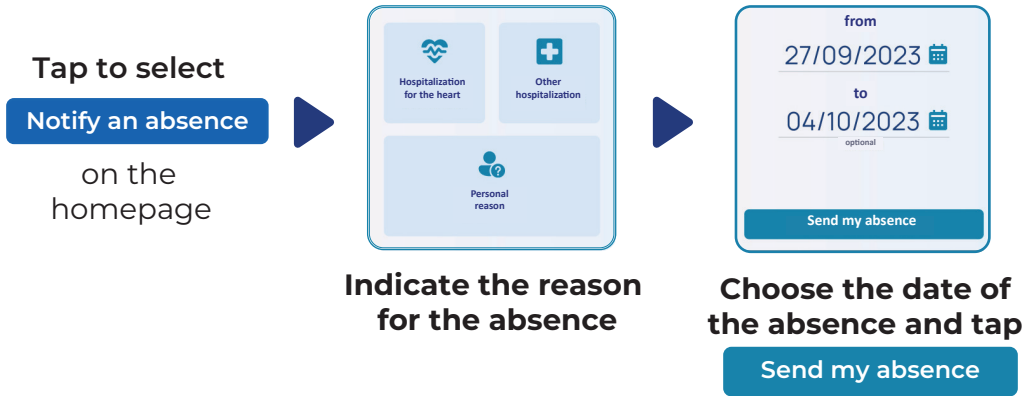


6



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

INDICATE AN ABSENCE



OUR ADVICE

- Make sure the batteries are inserted in the scale.
- Scale should be placed on a hard and stable surface.
- If your tablet is out of battery, plug it into the charger using a wall outlet.

**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



[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 : 28 april 2026 - Printed by : Référence Directe

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



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