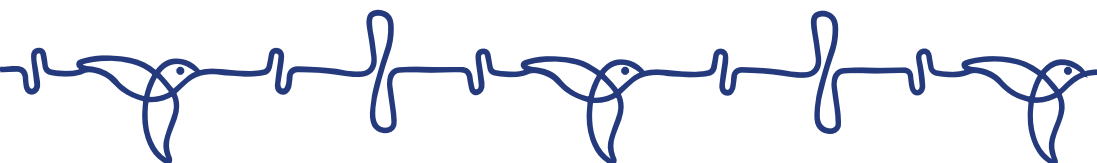




1 MINUTE POUR *mon cœur*

(1 Minute for my Heart)

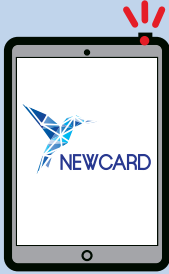
QUICK USER GUIDE



TAKE YOUR VITALS

In 1 minute tops

1 Open the tablet



Select the Newcard app

2 Tap to select

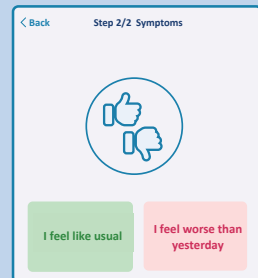
Take my vitals

3 Weight yourself

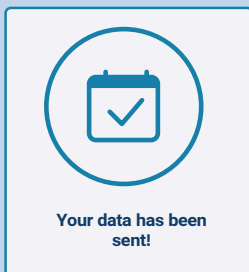


(Scale should be placed on a hard and stable surface)

4 Answer the questions



5 Send your data



6



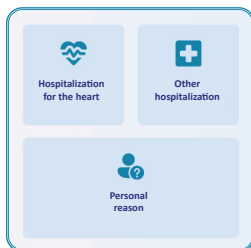
Your data is monitored by your Newcard nurse and your cardiologist.

INDICATE AN ABSENCE

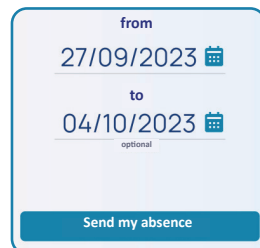
Tap to select

Notify an absence

on the
homepage



**Indicate the reason
for the absence**



**Choose the date of
the absence and tap**

Send my absence



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



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

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-ST-ENG-00



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