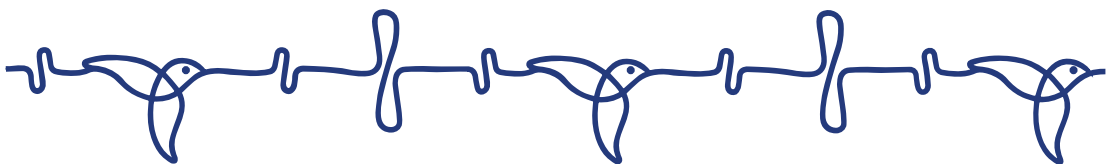




1 MINUTE POUR *mon cœur*

(1 Minute for my Heart)

QUICK USER GUIDE Mobile app

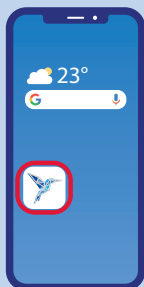


TAKE YOUR VITALS

In 1 minute tops

1 Open the Newcard app

Available on :



2 Tap to select

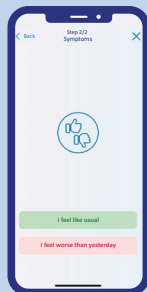
Take my vitals

3 Weight yourself

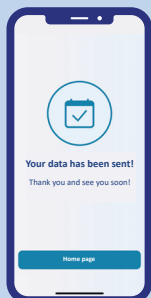


(Scale should be placed on a hard and stable surface)

4 Answer the question



5 Send your data



6



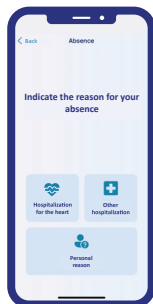
Your data is monitored by your Newcard nurse and your cardiologist.

INDICATE AN ABSENCE

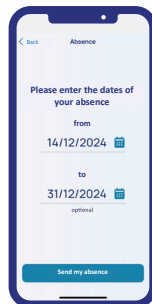
Tap to select

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.**



CONTACTS



Phone number
+32 78 48 16 93



E-mail
ic-be@newcard.io

In case of emergency
call 112

FIND OUT MORE



[https://26570142.hs-sites-eu1.com
/en/patient-1-minute-pour-mon-
cœur-st](https://26570142.hs-sites-eu1.com/en/patient-1-minute-pour-mon-cœur-st)

**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.
Please read the instructions in the user manual carefully.

Manufactured by NEWCARD SAS - Last modification : 11 june 2026 - Printed by : Pixartprinting
Do not litter or discard in public areas – Reference : MPC-NTU-APP-PAT-ST-ENG-BEL-00



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