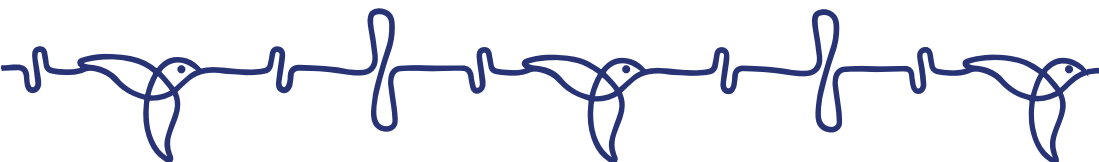




1 MINUTE POUR *mon cœur*

(1 Minute for my Heart)

QUICK USER GUIDE

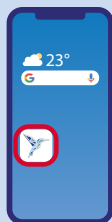


TAKE YOUR VITALS

In 1 minute tops

1 Open the Newcard app

Available on :



2 Tap to select

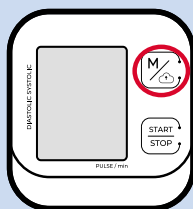
Take my vitals



Need a tablet?

A paid option is available upon request.

4 Send my blood pressure



Press the button



5 Weight yourself



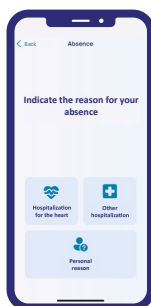
(Scale should be placed on a hard and stable surface)

INDICATE AN ABSENCE

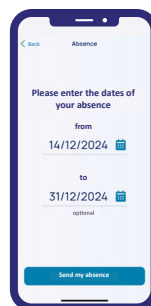
Tap to select

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 unroll the cuff completely, slide your arm into it.

3 Take your blood pressure correctly

In 4 steps

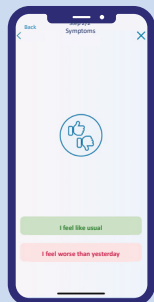


- a. Sit down and place the cuff around your **left arm**.
- b. The **red band** should be placed inside the **crease of your elbow**.
- c. Place your **left arm on a table**, with the **palm facing up**
- d. **Press start**

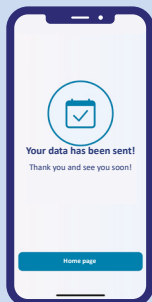


The blood pressure monitor can be deactivated by your doctor. If you do not have one, please skip this step.

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.
- 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.



FRANCE



Phone number
(+33) 03 20 14 71 14



SMS
07 57 90 27 24



E-mail
cardio@newcard.io



In case of emergency
call 15



BELGIQUE



Phone number
(+33) 03 20 14 71 14



SMS
+32 460 24 01 54



E-mail
cardio@newcard.io



In case of emergency
call 112

FIND OUT MORE

**Scan the QR code to access
the complete user guide**

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



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

CE 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 : 30 juin 2026 -

Printed by : Référence Directe - **Do not litter or discard in public areas**
Reference : MPC-NTU-PAT-ENG-00.



Parc du Moulin
236 Av. Clément Ader
59118 Wambrechies
www.newcard.fr