



1 MINUTE POUR *mes reins*

QUICK USER GUIDE



TAKE YOUR VITALS

In 1 minute tops

1 Open the Newcard app 2 Tap to select 3

Available on :



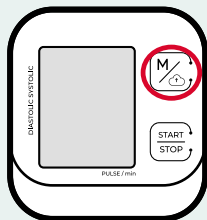
Take my vitals

Par rapport à hier, quelle gêne nouvelle ressentez-vous ?
1 ou plusieurs réponses possibles

- ☐ Je tousses plus
- ☐ Je suis plus essouffé
- ☐ Je rajoute un créteil pour dormir
- ☐ Je suis plus fatigué
- ☐ J'ai les chevilles plus gonflées
- ☐ Rien à signaler

Complete the quality of life questionnaire
(to be completed once every 3 months)

5 Send my blood pressure



Press the button



6



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

SHARE YOUR LAB RESULTS

Select **lab results** on the home screen

Wednesday, 3 June
Time to take your measurements

Take my measurements

Enter a biological analysis

Report an absence

Historical

Complete the form



Please add photos of each page of your laboratory tests results

Add a photo

Take a photo of the lab results



Validate and send



Do not unroll the cuff completely, slide your arm into it.

4 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 the **left arm** on your table, with the **palm facing up**.

d. Press start

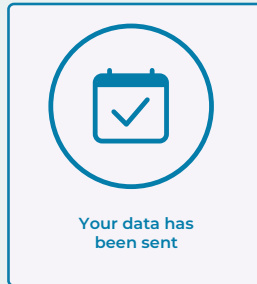
START
STOP

7



**Answer the
2 questions**

8



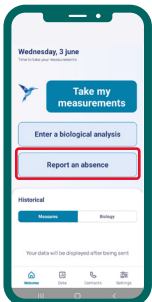
Send your data

9



**Your data is
monitored by your
Newcard nurse and
your nephrologist.**

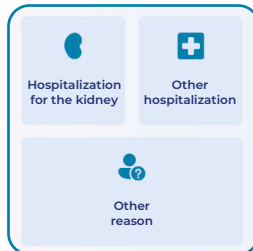
INDICATE AN ABSENCE



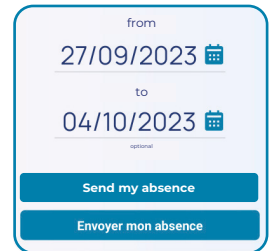
Select

Notify an absence

on the home page



**Indicate the reason
of your absence**



**Select the dates
and**

Send



CONTACT



Phone number
03 20 14 71 14



SMS
07 57 90 27 24



E-mail
nephro@newcard.io

In case of emergency
call 15

FIND OUT MORE



[https://26570142.hs-sites-eu1.com/
1-minute-pour-mes-reins-eng](https://26570142.hs-sites-eu1.com/1-minute-pour-mes-reins-eng)

**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**
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