# **HEALTH HUB**

Connects you with your care team

### Plug it In

>>> Plug in the Health Hub Console.



#### Power On

- >>> Flip the Power Switch to the "ON" position (Located on the bottom of Console).
- >> Your Health Hub will automatically connect to our cellular network.



#### Press Call button

>>> Press the lower left hand blue button to test the connection and make sure that it's properly working.



Step 03

# **SPIROMETER**

Measures peak expiratory flow and forced expiratory volume

#### Press the "ON" button

>>> While standing, press the button and turn on Spirometer.

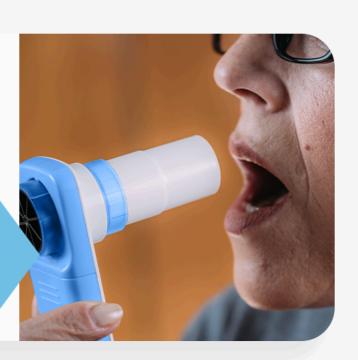




### Blow into spirometer

>>> Take a deep breath, hold for 3 seconds, then blow into spirometer as hard and fast as you can.

Step 05



# The results of your reading

After two short beeps, repeat blow-test 2 more times. Your Health Hub will announce your reading. Turn off device.





YOU'RE READY AND PROTECTED!

