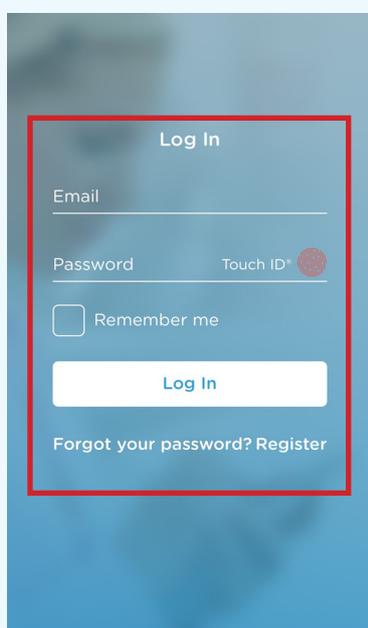


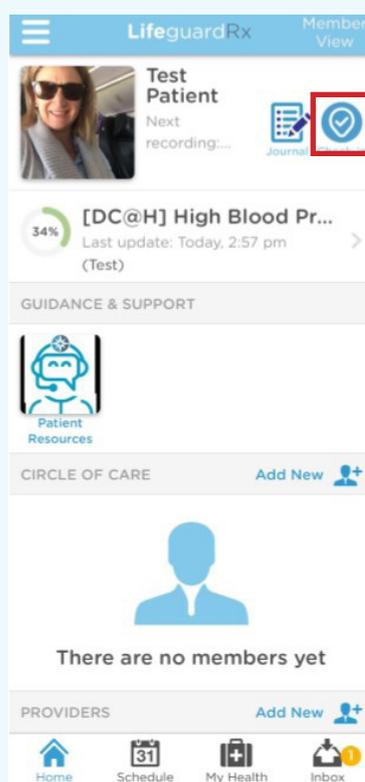
Lifeguard Remote Monitoring Platform

Patient Recording Symptoms and Vital Signs Quick Guide

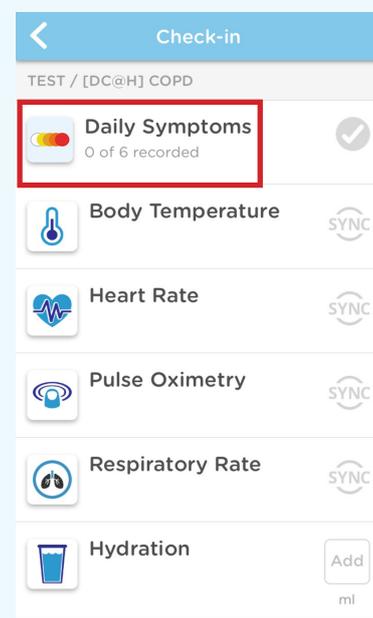
Step 1 Open the Lifeguard app and log in.



Step 2 Click on the “Check in” button in the top right corner.



Step 3 Click on “Symptoms”.



Lifeguard Remote Monitoring Platform

Patient Recording Symptoms and Vital Signs Quick Guide

Step 4 Report on all your symptoms by tapping on the level of severity. Click on "Next" in the bottom right-hand corner to move to the next symptom. Click on "Save" in the top right corner when symptom entry is completed.

The screenshot shows the 'Daily Symptoms' screen for 'SHORTNESS OF BREATH'. At the top, there is a blue header with a back arrow, the text 'Daily Symptoms', and a 'Save' button. Below the header, the symptom name 'SHORTNESS OF BREATH' is displayed. The question asks: 'In the last 24 hours, what was the SEVERITY of your SHORTNESS OF BREATH?'. Below this question is a row of five colored circles representing severity levels: None (green), Mild (yellow), Moderate (orange), Severe (red-orange), and Very severe (red). The 'None' circle is selected. Below this is another question: 'In the last 24 hours, how much did your SHORTNESS OF BREATH INTERFERE with your daily activities?'. Below this question is a row of five white circles representing interference levels: Not at all, A little bit, Somewhat, Quite a bit, and Very much. At the bottom, there is a '1/6' indicator and a 'Next' button with a right arrow.

The screenshot shows the 'Daily Symptoms' screen for 'COUGH'. At the top, there is a blue header with a back arrow, the text 'Daily Symptoms', and a 'Save' button. Below the header, the symptom name 'COUGH' is displayed. The question asks: 'In the last 24 hours, what was the SEVERITY of your COUGH?'. Below this question is a row of five colored circles representing severity levels: None (green), Mild (yellow), Moderate (orange), Severe (red-orange), and Very Severe (red). The 'None' circle is selected. Below this is another question: 'In the last 24 hours, how much did your COUGH INTERFERE with your daily activities?'. Below this question is a row of five white circles representing interference levels: Not at all, A little bit, Somewhat, Quite a bit, and Very much. At the bottom, there is a '< Back' button, a '2/6' indicator, and a 'Next' button with a right arrow.

Step 5 Report on your vital signs by entering in your information on the right-hand side. Once complete be sure to click "Submit".

The screenshot shows the 'Check-in' screen. At the top, there is a blue header with a back arrow, the text 'Check-in', and a 'Submit' button. Below the header, the text 'TEST / [DC@H] COPD' is displayed. Below this is a list of vital signs and symptoms. Each item has an icon on the left and a value on the right. A red box highlights the 'Submit' button and the right-hand side of the list. The items are: 'Daily Symptoms' (2 of 6 recorded) with a checkmark icon; 'Body Temperature' (37 °C) with a thermometer icon; 'Heart Rate' (68 bpm) with a heart rate icon; 'Pulse Oximetry' (SYNC) with a pulse oximetry icon; and 'Respiratory Rate' (16 BPM) with a respiratory rate icon.

Lifeguard Remote Monitoring Platform

Patient Recording Symptoms and Vital Signs Quick Guide

Step 6 If required, enter information on medication adherence. Click on the “Confirm” button in top right corner.

Confirmation **Confirm**

Please confirm the following regimen change:

Blood Pressure Medication

DOSE PHASE

Morning

REGIMEN

Morning: 1 x Blood Pressure Medication

I HAVE BEEN TAKING IT FOR ___ DAYS ALREADY

1 day(s) >

Step 7 When you have completed all the symptoms and vital signs, click on the “Submit” button in the top right corner.

Check-in **Submit**

TEST / [DC@H] COPD

Daily Symptoms 2 of 6 recorded

Body Temperature 37 °C

Heart Rate 68 bpm

Pulse Oximetry SYNC

Respiratory Rate 16 BPM

Hydration 1800

Step 8 If any of your symptoms or vital signs are outside of your normal range, a clinical alert will be shown. This will advise you of what to do next. Click on the “Call now” button at the bottom to speak to your health professional during business hours to discuss your symptoms that are outside of your normal range.

Clinical Alert

TU Clinical Alert Notification Today, 9:37 pm

DETAILS

Trial User (Patient)
Sebastian Coe (Primary HCP)

Based upon your last Lifeguard recordings, one or more therapeutic measures are outside of an acceptable safety threshold as defined by **your healthcare team**.

Please call our **RESPIRATORY TRIAGE NURSING DESK** to get further instructions on immediate actions and proper care.

Discuss the following:
[Symptoms - COVID-19 \(COUGH - Severe, SHORTNESS OF BREATH - Moderate\)](#)

Call Now