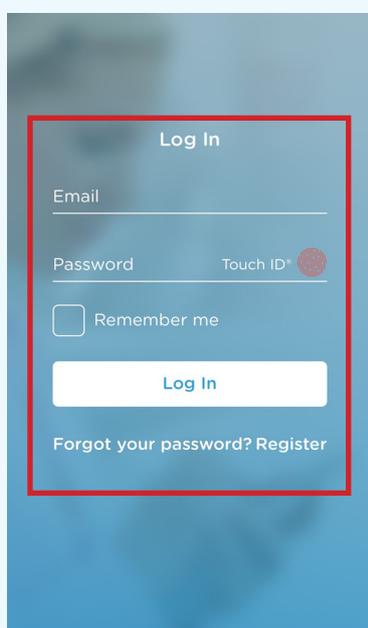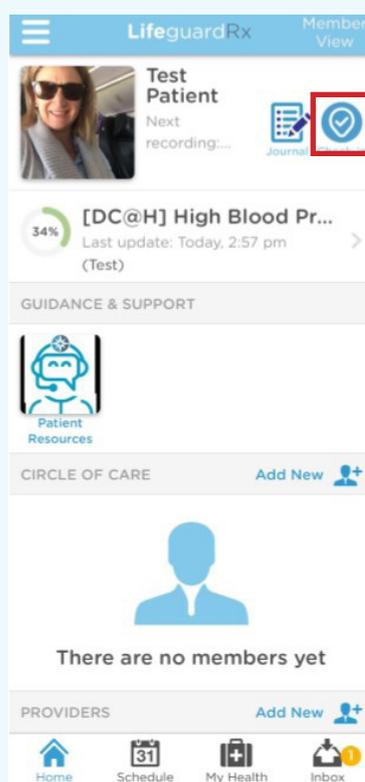# Lifeguard Remote Monitoring Platform

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
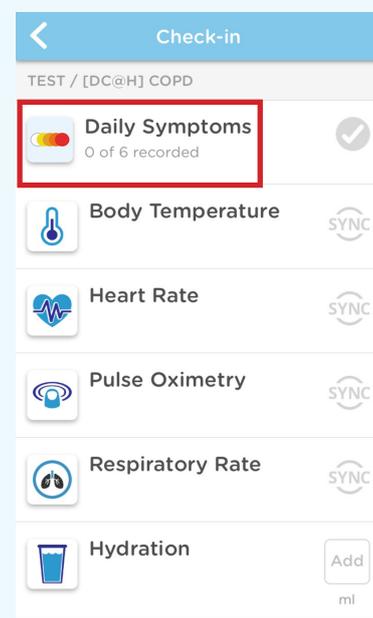## Patient Recording Symptoms and Vital Signs Quick Guide

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.

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

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.

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

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.