



# Your Guide to Heart Track



Heart  
Track

POWERED BY MMHG

**A&D**  
A&D Medical



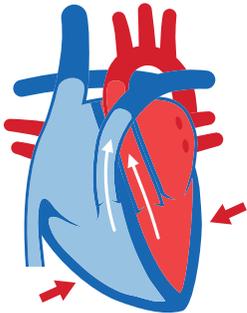
## Introducing the **A&D Heart Track App**

A&D Medical is trusted by millions of patients to accurately measure blood pressure every day. The Heart Track App combines A&D's expertise in connected blood pressure monitoring with an easy-to-use app to improve heart health.

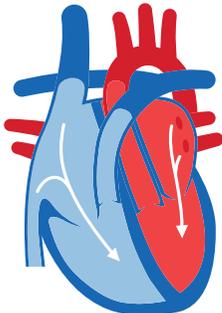
# What is Hypertension?

Hypertension or high blood pressure occurs when the amount of power or pressure that your blood is exerting on your artery walls exceeds normal levels outlined below.

	Blood Pressure Category	Systolic (mmHg)		Diastolic (mmHg)
	NORMAL	<120	&	<80
	ELEVATED	120 – 129	&	<80
	HYPERTENSION STAGE 1	130 – 139	or	80 – 89
	HYPERTENSION STAGE 2	140+	or	90+
	HYPERTENSIVE CRISIS	180+	&/or	120+



Systolic Blood Pressure



Diastolic Blood Pressure

## What your reading means:

**Systolic** or the top number shows how much pressure is exerted while your heart is beating

**Diastolic** or the bottom number is the measurement of the pressure between beats

# A&D Heart Track App Features



## Log and Share Data

Quickly share data with caregivers or healthcare professionals.



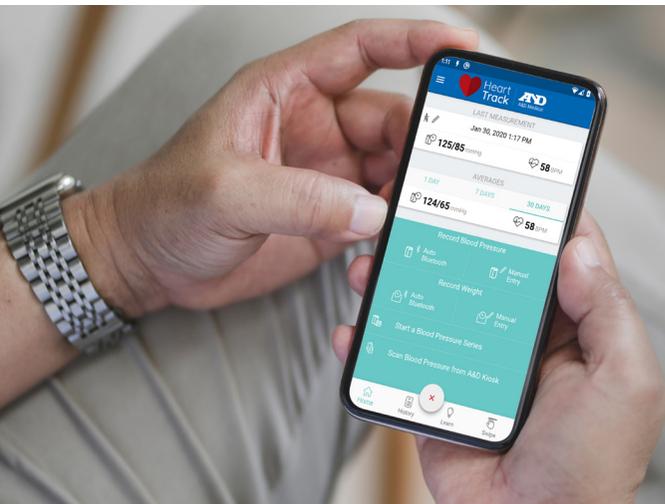
## Advanced Analytics

Calculate blood pressure and blood glucose averages and easily compare time periods. Track multiple health metrics.



## Education

Manage your hypertension with expert advice and tools in the app.



Automatically share your data with a healthcare provider.

The app was developed by hypertension experts to facilitate accurate measurements and provide hypertension education.

# Getting Started:

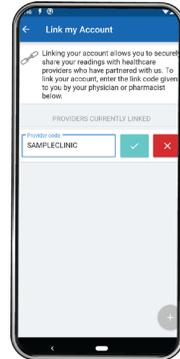
1. Search and download the free **A&D Medical Heart Track App**.  
Open the App.



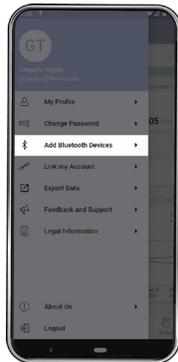
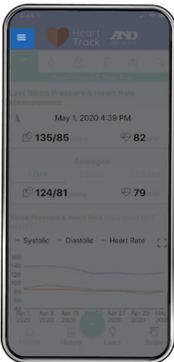
2. Set up account



3. Enter provider code



4. Go to Account information. Click **Add Bluetooth Devices**. Follow the instructions on the app.



5. Click **+** and select your device.  
Take a measurement.



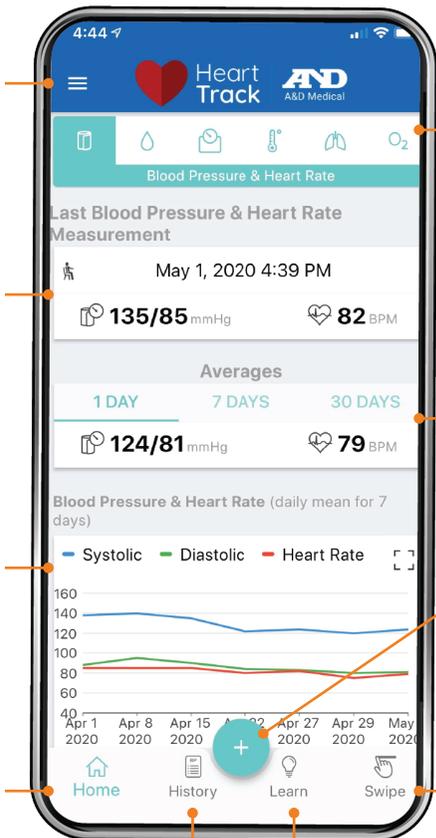
# Heart Track Patient App Overview

Account information and link to your provider

Last measurement recorded

Visually track progress with trending graphs

Navigate to home dashboard



Toggle between metrics blood pressure, blood glucose, weight, temperature, respiratory rate and oxygen saturation

Quick View automatically calculates averages

Add a new measurement and then choose which type of metric

Swipe Averaging™ to quickly calculate Blood Pressure and blood glucose averages

View full history of measurements

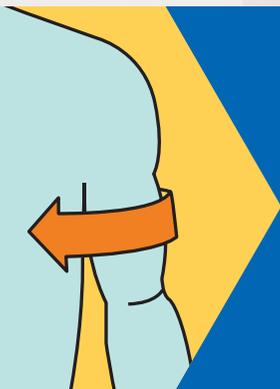
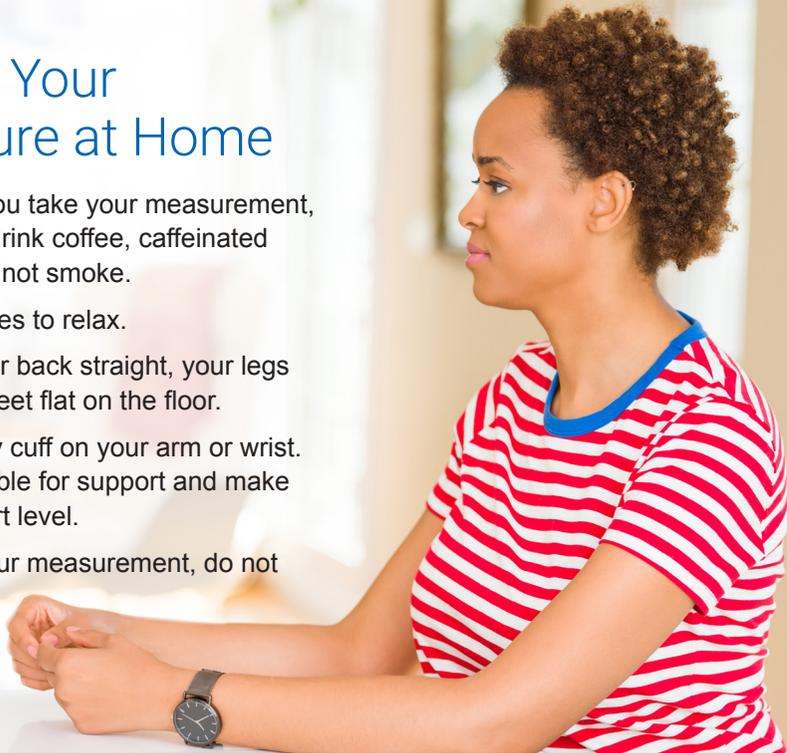
Hypertension learning modules

# How to Take Your Blood Pressure at Home

For 30 minutes before you take your measurement, do not exercise, do not drink coffee, caffeinated soda, or alcohol, and do not smoke.

Sit quietly for 5-10 minutes to relax.

1. Sit on a chair with your back straight, your legs uncrossed, and your feet flat on the floor.
2. Secure the cuff snugly on your arm or wrist. Rest your arm on a table for support and make sure the cuff is at heart level.
3. Press start. During your measurement, do not talk or move.



## Cuff size matters

If the cuff you use is too small, your blood pressure reading will be artificially high. If your cuff is too large, you may get a lower-than-actual reading. Measure the circumference of your upper arm at the midpoint between shoulder and elbow to confirm you have the right cuff size.

Provider code: \_\_\_\_\_

Blood Pressure Reading:  2x Morning     2x Evening     Both

Target Reading: \_\_\_\_\_

Notes: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# Seamlessly Connect with A&D Medical Devices

Call to order our clinically validated  
devices or order from our website.  
**(888) 726-9966 | [andmedical.com](http://andmedical.com)**



[andmedical.com/HeartTrackApp](http://andmedical.com/HeartTrackApp)