

# Get started with Coala®

Instruction for first time users prescribed with Coala Heart Monitor



## Connection and login

Download the Coala App from App Store (iPhone) or Google Play (Android) depending on your smartphone.

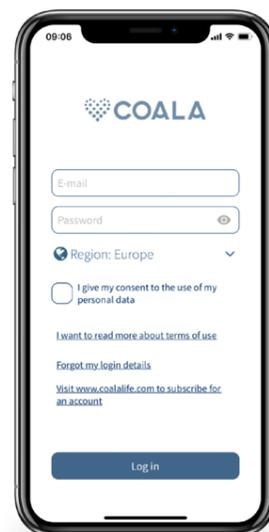


- 1 Go to **Settings** on your smartphone and make sure Bluetooth is activated.



### PLEASE NOTE!

If you previously had a Coala connected to your phone, this must be removed from the Bluetooth settings **before** a new device is connected and **before** the Coala app is started (or the Coala App needs to be restarted when the old device has been removed).



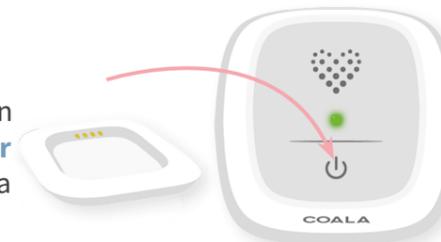
- 2 **Log in** using the email and password provided by your healthcare professional. Ensure the correct region is selected. Check the box: "I agree and accept Coala's user and privacy terms". To read the terms click on the text. Press: "Log in" when you are ready.

### 3

Before you are able to record measurements with the Coala and Coala App you will be required to enter health data to your personal profile. Follow the on screen instructions in the Coala App and enter sex, length, weight, medication, smoking habits, pacemaker or other implanted device.

### 4

Make sure the Coala is removed from the charging station and then power on the Coala by briefly pressing the **Power button** on top of the device. Your Coala should now be blinking green in rapid succession.



### 5

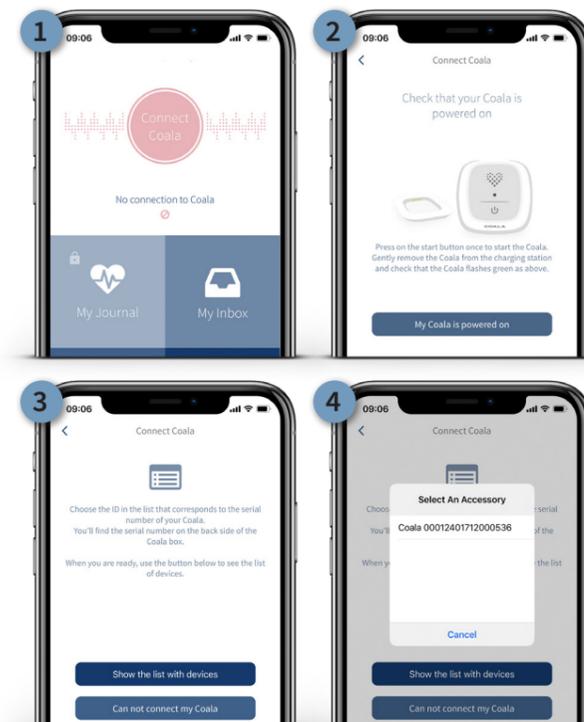
In the Coala App press '**Connect my Coala now**' (1).

Select '**My Coala is powered on**' (2).

Tryck på '**Show the list with devices**' (3).

Wait until your device becomes visible in the list of accessories (it might take a few seconds) and **select the Coala in the list (4)** to finish pairing the device.

When the Coala is connected, the large circle in the app turns blue.



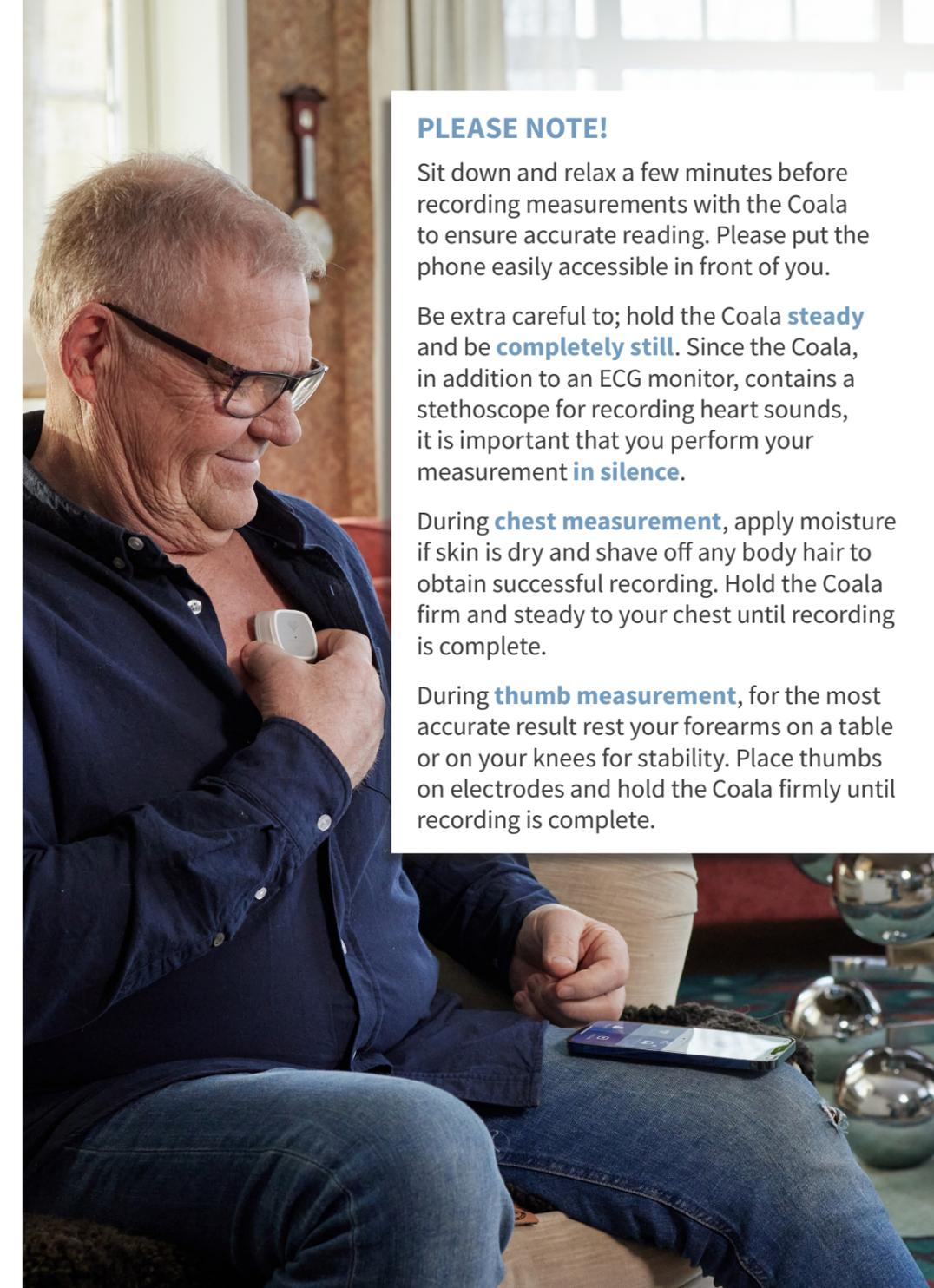
### PLEASE NOTE!

Sit down and relax a few minutes before recording measurements with the Coala to ensure accurate reading. Please put the phone easily accessible in front of you.

Be extra careful to; hold the Coala **steady** and be **completely still**. Since the Coala, in addition to an ECG monitor, contains a stethoscope for recording heart sounds, it is important that you perform your measurement **in silence**.

During **chest measurement**, apply moisture if skin is dry and shave off any body hair to obtain successful recording. Hold the Coala firm and steady to your chest until recording is complete.

During **thumb measurement**, for the most accurate result rest your forearms on a table or on your knees for stability. Place thumbs on electrodes and hold the Coala firmly until recording is complete.

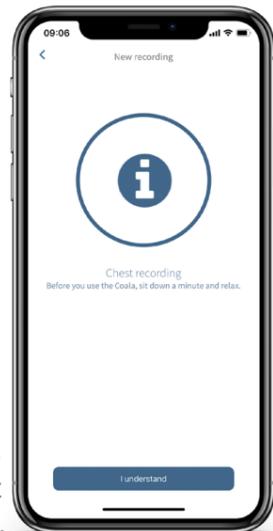


# Perform your measurement with the Coala®

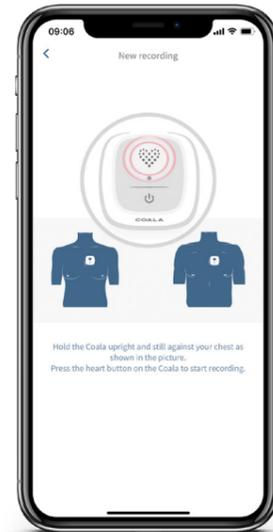
Power on the Coala by briefly pressing the **Power button**. Your Coala should now be blinking green in slow succession



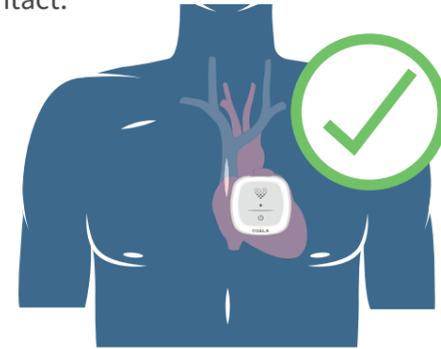
**1** Press **'Start'** to start a new recording.



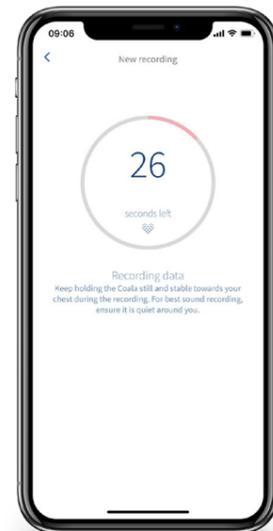
**2** Follow the instructions and select **'I understand'**.



**3** Hold the Coala firmly against your upper chest. Press the 'Heart button'. The Coala automatically checks for adequate skin contact.

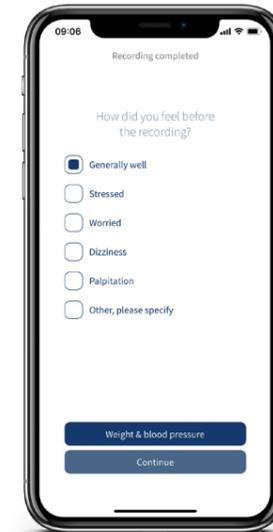
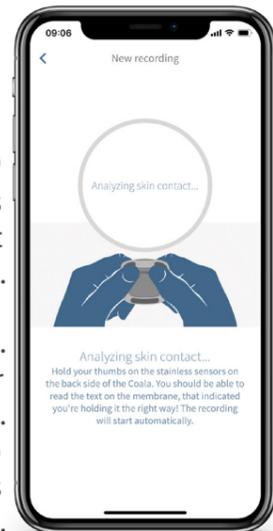


**PLEASE NOTE!**  
Graphics in the App will show correct placement of the Coala. It is important that the Coala is held upright (heart symbol facing upwards)



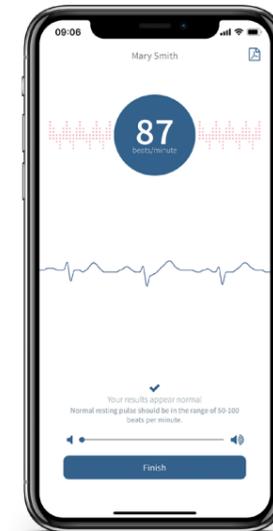
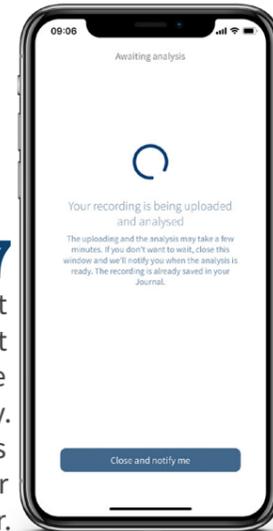
**4** A 30-second chest measurement is performed.

**5** Follow instructions and select **'I understand'**. Place thumbs on the electrodes. Coala checks for skin contact. A 30-second thumb measurement is performed.



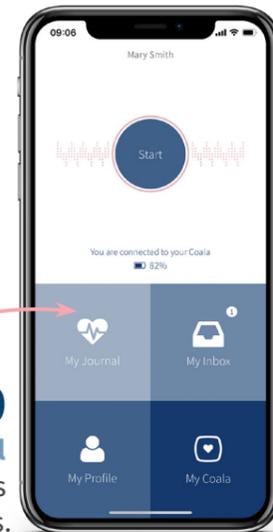
**6** Recording completed. Specify how you felt before the recording then select **'Continue'**.

**7** Recording is sent for analysis. Wait if you wish to see your results directly. The analysis is also sent to your caregiver.



**8** Your result is presented in the app. Select **'Finish'** to go back to the main screen.

**9** Select **My Journal** to see previous recordings.



For more information, see the user manual at [www.coalalife.com/manual](http://www.coalalife.com/manual).

## Important information

### Login details

email:

password:

### Measurement period

### Contact details caregiver

For technical inquiries and product support, please contact Coala Life customer support through [support@coalalife.com](mailto:support@coalalife.com) or call **+46 (0)8 - 27 00 77**. For medical inquiries and consultation always contact your caregiver.



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