

GETTING STARTED WITH YOUR DEVICE

Quick guide to conduct your Home Sleep Test



1. Download the "Blackstone Sleep Health" App using **Google Play** and Sign In with your Patient ID and Date of Birth.



2. Pair Your Recorder using Bluetooth  and Start Recording 




QUICK NOTES

DO NOT wear your CPAP machine while testing - this will cause the test to be INACCURATE and you may need to re-test at your own cost as your insurance may not cover a second test.

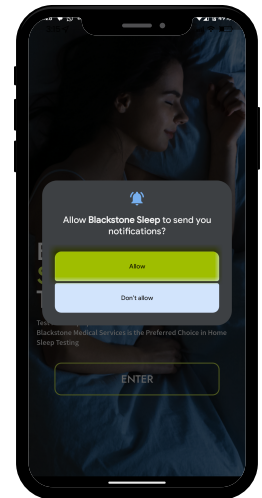
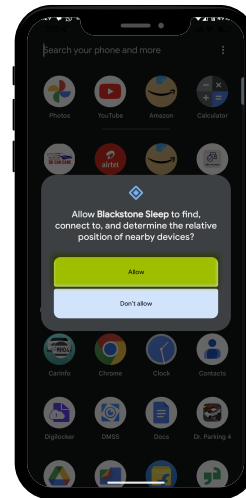
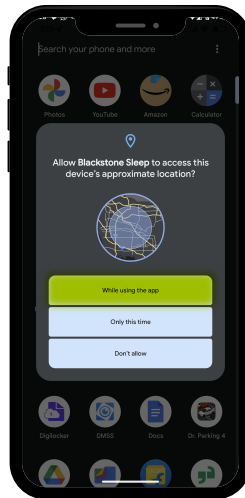
- * Accept all permission requests.*
- * Keep your phone/tablet in close proximity (15ft) and plugged into power.*
- * Do not stop the recording until you wake up and are ready to begin your day.*
- * After you stop the recording, check the Testing History and make sure your recording has uploaded.*

PERMISSIONS

* Click **Allow** to grant access to:

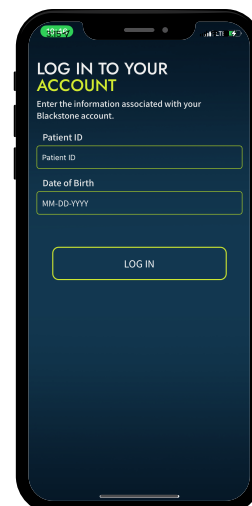
-  **Location**
-  **Nearby access**
-  **Notifications**

You must accept all permissions for the testing device to properly communicate with your phone/tablet, failure to accept all permissions will make you unable to complete the test.



SIGN IN

- * **Enter your Patient ID.** If you did not receive a text or email with this information, please contact your Blackstone Scheduling Representative or our Customer Service Department at **813-831-2727**.
- * **Enter your Date of Birth.**

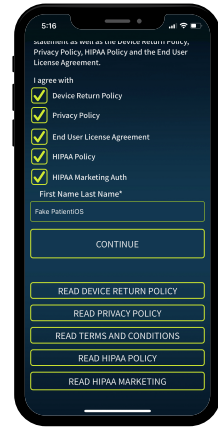
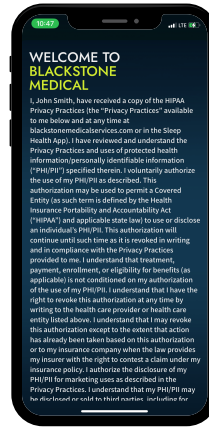


**KEEP
READING**
>>>>



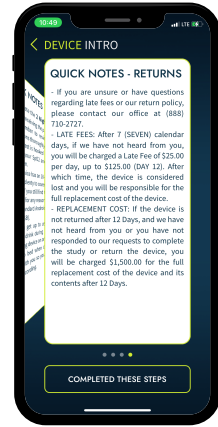
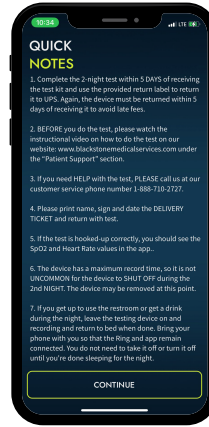
WELCOME TO BLACKSTONE MEDICAL

- ✿ Please read all policies.
- ✿ Check the boxes next to the policies to accept them.
- ✿ Enter your first and last name to electronically sign and accept.



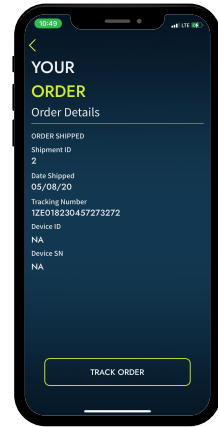
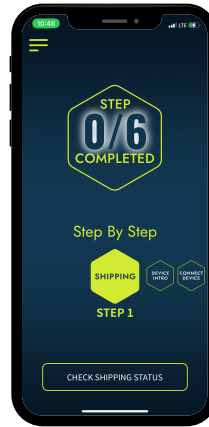
QUICK NOTES

- ✿ Read through our **Quick Notes** where you can read more details about doing your **Home Sleep Test**.
- ✿ Tap on *continue*.



STEP BY STEP STEP 1 - SHIPPING

- ✿ Touch **Step 1: Shipping** in the main interface.
- ✿ Here you will be able to track your testing device.
- ✿ Tap the arrow at the top to return to the main screen.



STEP BY STEP STEP 2 - DEVICE INTRO

- ✿ Swipe to **Step 2: Device Intro** where you can read more details about doing your Home Sleep Test.
- ✿ Return to the main interface by tapping the arrow at the top.




KEEP
READING
>>>>



STEP BY STEP



STEP 3 - CONNECT DEVICE

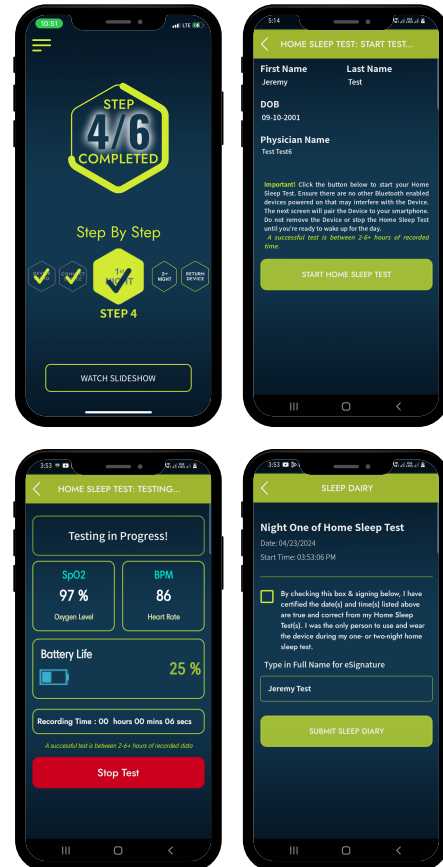
- ✱ When your device has arrived, swipe to **Step 3: Connect Device** to pair the *Device* to the *SleepHealth app*.
- ✱ Put the device on your finger to turn it on, the device will enter pairing mode automatically. The device must be turned on in order to pair.
- ✱ Select your device from the list. Remember to keep Bluetooth  activated at all times.
- ✱ Once selected, tap on Connect Device To App to proceed with the test.
- ✱ Return to the main interface by tapping the arrow at the top.



STEP BY STEP

STEP 4 - 1ST NIGHT

- ✱ Slide to **Step 4: 1st Night** to enter the testing screen.
- ✱ **Ring Device:** Remember to have the Ring on your thumb or largest finger so that it's a snug fit. **Do not put on your middle finger.**
Fingertip Device: Remember to have the device on your largest finger, index finger works best, so that it's a snug fit. **Do not put on your middle finger.**
- ✱ When you see values in BPM (heart rate) and SpO2 (Blood oxygen) the device is properly connected and recording.
- ✱ Once the interface is ready, tap on **Start**  Home Sleep Test.
- ✱ If you get up during the night to go to the bathroom or for water, do not stop the recording, leave the device on your finger but, take your phone with you. Only stop the recording in the morning when you are ready to begin your day.
- ✱ When you wake up, click the red button to **Stop**  the test.
- ✱ Review the start date and time (this should be the start of the recording time, not necessarily when you fell asleep) and check the box to certify the information.
- ✱ Enter your full name to eSign and certify.
- ✱ Tap **“Submit Sleep Diary”** to conclude the first night of testing. This may be required in order to have the test and any therapy covered by your insurance.
- ✱ Return to the main interface by tapping the arrow at the top.

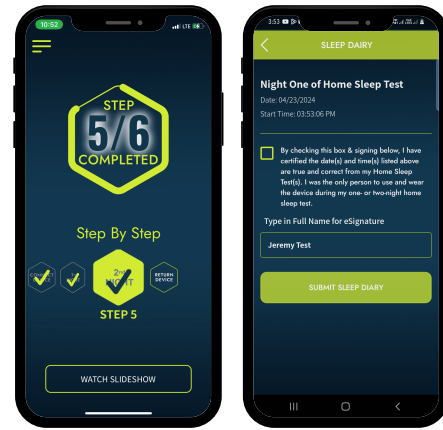


**KEEP
READING**
>>>>



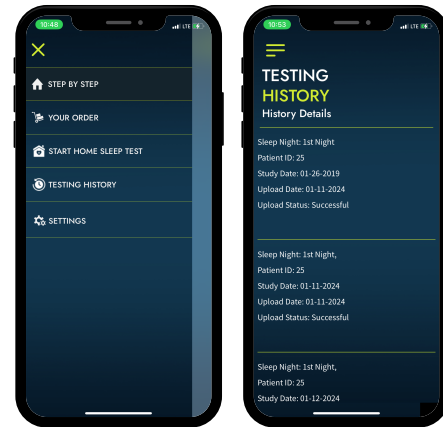
STEP BY STEP STEP 5 - 2ND NIGHT

- ✿ Slide to **Step 5: 2nd Night** to complete the 2nd Night.
- ✿ Repeat the steps explained in step 4 to complete the second night and finish the test.
- ✿ Return to the main interface by tapping the arrow at the top.



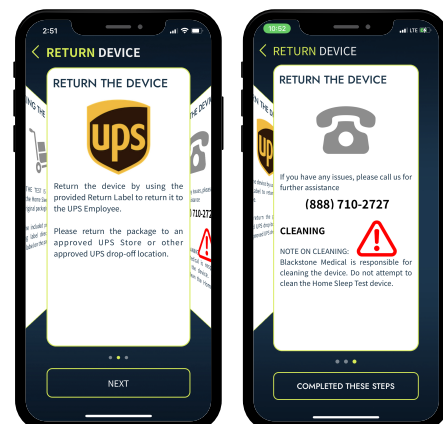
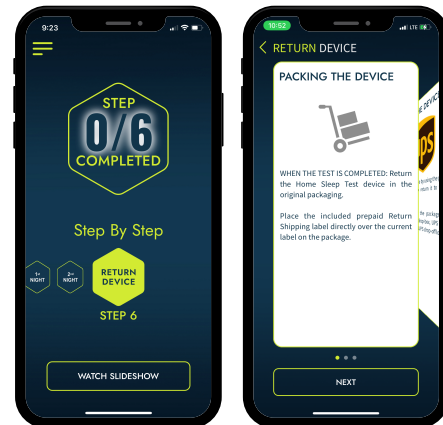
TESTING HISTORY

- ✿ Check to see that "**Upload Status**" is "**Successful**" on all recordings, if it is not, please close the app, restart your smartphone and open the app again, if the upload is still not successful, call Customer Support at the number below.



STEP BY STEP STEP 6 - RETURN DEVICE

- ✿ Slide to **Step 6: Return Device** to review the steps on how to return the device.
- ✿ Make sure you fill out the paper Sleep Diary and Delivery Ticket.
- ✿ Put everything back into the box.
- ✿ Put the return label on the box on top of the original shipping label.
- ✿ Drop the device off at a UPS store, make sure you get a receipt. Please do not use a drop box.
- ✿ If you need assistance locating a UPS store, call us at the number below.
- ✿ Confirm that you have completed the steps.



Once we receive your recording, we will send the results to your doctor.

Please follow up with them for next steps.