



Healthy Heart Check Quick Start Guide

This test is being provided as part of an initiative in partnership with the NHS Small Business Research Initiative and the System Transformation Fund to explore new ways of measuring lipids and heart health across the UK.

For more information please email support@mypocdoc.com

Storage & handling

- Store the kit at 2 - 30°C
- Keep away from heat and direct sunlight
- Perform the test at room temperature (15 - 30°C)
- Do not place used components in recycling waste

Disposal

After completing the test, place all used kit components into a plastic bag (the bag containing the capillaries and lancet may be used for this purpose), seal and dispose of in household waste.



IM0160v1 PocDoc Healthy Heart Check (IRAS 325988)

Manufacturer: Vital Signs Solutions Ltd, 25 Cambridge Science Park, Milton Rd, Cambridge CB4 0FW, United Kingdom
www.pocdoc.co



Full warnings, precautions, regulations, NHS Guidance and any other specifics of the test can be found in the full version instructions for use online at www.pocdoc.co/pocdoc-lipid-ifu

If you have any questions, email support@mypocdoc.com



Before starting the test, please read the full version instructions for use: www.pocdoc.co/pocdoc-lipid-ifu



1. Register your details via the app
2. Complete the health questionnaire

Before starting the test, please download the **PocDoc Pro** app onto your smartphone, either from the AppStore (for iOS) or Google Play (for Android).

Download the app

Interpreting the test results

The software will analyse the photo of the test to determine the levels of lipids present in the blood sample.

- Total Cholesterol/HDL ratio
- non-HDL (sometimes referred to as "bad" cholesterol)
- Low Density Lipoprotein (LDL) (sometimes referred to as "bad" cholesterol)

as follows:

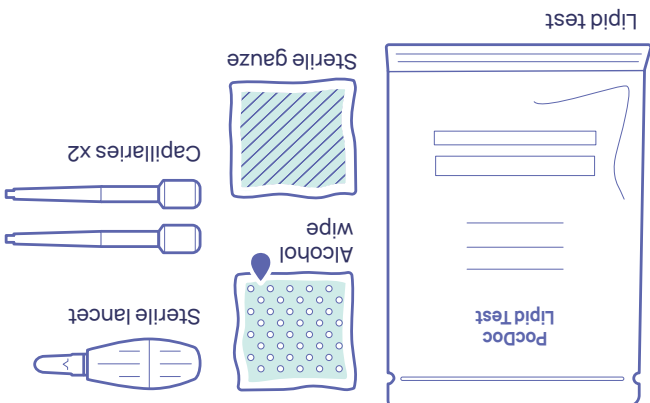
- Total Cholesterol (TC)
- High Density Lipoprotein (HDL) (sometimes referred to as "good" cholesterol)
- Triglycerides (TG)

The types of lipids measured include:

This test is intended for self-testing by adults in a home environment. This test is intended to be used to measure the levels of different types of lipids in finger-prick blood samples.

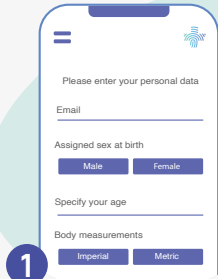
What is this test for?

Box contents



Before you start

- Wash your hands thoroughly with warm water to improve blood flow
- **Drink plenty of water** to make blood collection easier
- Ensure your smartphone is connected to Wi-Fi
- Open the PocDoc app and complete the questionnaire
- Ensure you are in a well-lit area



1 After filling in the health questionnaire, the app will ask you to add the blood sample to the test.

Ensure you are in a brightly lit room without direct light pointed at the test. Avoid dark areas or shadows falling across the test.



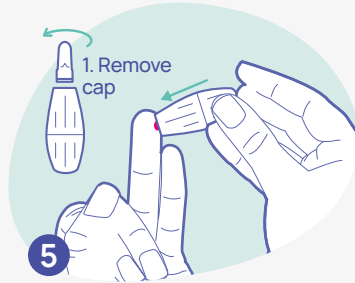
2 Open the foil pouch, remove the test and lay on a clean, flat surface with coloured barcode strips facing upwards. Do not peel off the label, and do not touch the coloured barcodes.



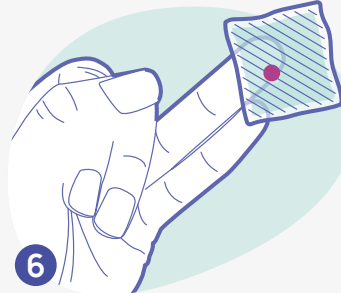
3 Remove the capillary and lancet from the Accessory Pack and remove the sterile gauze and alcohol wipe from their packaging.



4 Rub the finger from your non-dominant hand with the alcohol wipe.



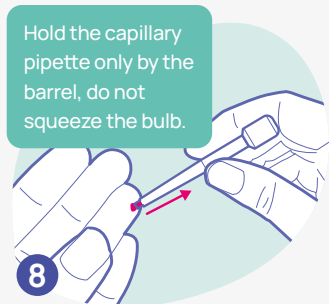
5 1. Remove the lancet cap by twisting off. 2. Using the lancet to firmly press against the finger to get a droplet of blood.



6 Use the gauze to wipe away the first small drop of blood.



7 Squeeze the finger to produce a blood droplet.

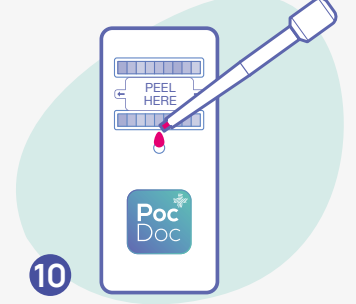


Hold the capillary pipette only by the barrel, do not squeeze the bulb.

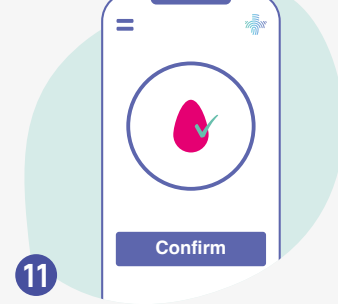
8 Touch the capillary pipette to the droplet of blood, at an angle of between zero to 45 degrees and blood should flow up the pipette tube.



9 Blood will flow up the capillary pipette by capillary action; keep going until blood reaches the black line on the pipette.



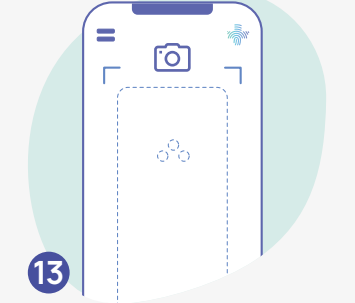
10 Deposit the blood from the capillary onto the deposit area of the PocDoc test, without touching the capillary bulb to deposit the blood sample.



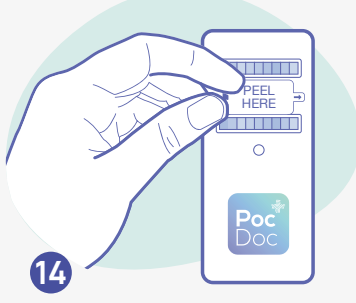
11 The app will ask you to confirm when you have put the blood sample onto the test.



12 When you press 'Confirm' the app will automatically start a timer for 7 minutes.



13 As soon as the timer reaches 7 minutes, the app will automatically open the image capture page with an outline of the test.

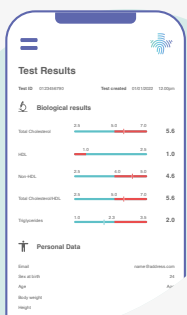


14 At this point remove the label over the test sites. You will have 2 minutes to complete the next step.

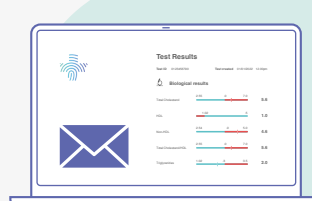


The image should not be blurry, not in heavy shadow and well lit.

15 Hold your smartphone flat over the test, ensuring you match the outline of the test to the visual guide in the app. Press the button to take photo. Once you're happy, press 'Send'.



16 The PocDoc app will display your actual level of each marker, and will show you how your results compare to the healthy levels recommended by clinical experts.



17 If the person being tested provided their email address when asked by the app, they will receive a report of their results and the answers to their questionnaire via email.