WHAT HAPPENS NEXT?

- Within the next week, our team will call you to introduce you to your health coach and clinician. Make sure you answer your phone or call us back as soon as you can.
- You are not enrolled in the program until you complete this call.
- After this first call, your care team will call you regularly to continue care.

Call us at 866-273-0548.

Welcome to Digital Medicine
The next step in the enrollment process is to set up your device and send your first reading to Digital Medicine through MyOchsner. This guide will walk you through step-by-step instructions to complete this process.

Have More Questions? Support is available!
- Call us at 866-273-0548.
- Schedule a Digital Medicine appointment in MyOchsner.
- Chat with an agent online or review setup videos at ochsner.org/DMSupport.

WHAT DO I DO NOW?

- Now that you’ve set up your device, MAKE SURE YOU COMPLETED YOUR FIRST READING AND GOT THE TEXT MESSAGE FROM OCHSNER DIGITAL MEDICINE CONFIRMING IT WAS SUCCESSFUL.
- Didn’t get the text message? Call our Digital Medicine Support Team at 866-273-0548, or schedule a technical support appointment in your MyOchsner account.
- If you signed up for the Diabetes program, take your blood sugar as directed by your provider until you speak to a member of the Digital Medicine team.
- If you signed up for the Blood Pressure program, take your blood pressure at least one time per day until you speak to a member of the Digital Medicine team - this helps us establish a baseline to customize your care.
- And in the meantime, be sure to complete the Digital Medicine questionnaires we’ve sent you in MyOchsner. These answers help us understand you and better manage your care.
PREPARE YOUR DEVICE
CHARGE the battery of your device
• Connect the charging cable to the back of the base and plug into a USB wall charger.
• Blood pressure cuff: charge until the flashing light is solid green on the device.
• Glucometer: charge until three solid white bars appear on the device.
• Disconnect from the charging cable before using the device.

DOWNLOAD THE APPS AND LINK YOUR MYOCHSNER ACCOUNT

GLUCOMETER
TURN ON your new glucometer by pressing and holding the Memory (M) button for 3 seconds.
OPEN the iHealth MyVitals app on your phone.
• If prompted, tap Allow on all pop-ups.
TAP Select New Devices or the “+” icon in the upper right corner of your screen ➜ Blood Glucose Monitor ➜ Gluco+ (BG5S).
• Follow the on-screen steps to connect.
• The Bluetooth icon will appear on your device when connection is successful.
FOLLOW the on-screen steps to take your first reading.
• Insert the test strip barcode first with the arrow face-up.
• Insert a lancet into the lancing device then prick your finger.
• Place the tip of the test strip into the blood.
• Your reading will appear on the app.
• IF YOUR DEVICE IS PAIRED PROPERLY YOU WILL RECEIVE A TEXT MESSAGE FROM OCHSNER DIGITAL MEDICINE.

BLOOD PRESSURE CUFF
TURN ON your new blood pressure cuff by tapping the (||) button.
• The light will not turn on but doing so wakes the device for setup.
OPEN the iHealth MyVitals app on your phone.
• If prompted, tap Allow on all pop-ups.
TAP Select New Devices or the “+” icon in the upper right corner of your screen ➜ Blood Pressure Monitors ➜ Ease (BP3L).
• Follow the on-screen steps to connect.
• The indicator light will appear solid green when the connection is successful.
PLACE the blood pressure cuff around your arm and TAP Start to take your first reading.
• Your reading should appear on the app.
• IF YOUR DEVICE IS PAIRED PROPERLY YOU WILL RECEIVE A TEXT MESSAGE FROM OCHSNER DIGITAL MEDICINE.

DO NOT SKIP THIS STEP

SCAN HERE FOR SETUP VIDEOS OR TO SCHEDULE A SUPPORT APPOINTMENT!

NEED HELP? Call our Digital Medicine Support Team at 866-273-0548, or schedule a technical support appointment in your MyOchsner account.