

Start with these instructions first. Turn over to begin setup.

Welcome

to Ochsner Digital Medicine

Track progress. Stay motivated. Feel better.



Once you open your device and/or supplies, you cannot return them.
If you have any device issues, please contact Digital Medicine for support.

Your Steps to Enrollment



- 1** Download the **Digital Medicine app** to set up your device(s) using the on-screen guide. **There is no need to download the iHealth app.**



Visit ochsner.org/DMapp or scan the QR code below



Download on the
App Store



GET IT ON
Google Play

- 2** Take your first reading

- 3** Congratulations, you're in the program!
Please follow the prompts in the app to start participating.

Resources at Your Fingertips

For set-up videos or to schedule a tech support appointment, visit ochsner.org/DMSupport or call **866-273-0548**.