

## BLOODPRESSURE & PULSE App for iPhone, iPad and iPod

# **USER GUIDE**

App Version 2.2

Table of contents

Description	3-4
Views	5
Enter your measurements	6
Summary of your values	7
Stages of Hypertension	8
Statistics	9-10
Diary Logs	11
Detail View	12
Edit record	13
Export	14
HealthKit	17
Privacy Policy	18



**Developer-Website:** http://www.jandamerau.com/main/detail/app/blutdruck-und-puls-ios

## AppStore:

https://itunes.apple.com/app/bloodpressure-and-pulse/id725299862

Description

This app is a tool helping to collect, track and analyze your blood pressure and pulse measurements on a daily basis. Thus, it is a **fully adequate blood pressure record card**.

Easily add and edit your blood pressure. As a result, you will have your records always available.



How it works:

- Measure your blood pressure as usual with your blood pressure monitor
- Launch the app
- Enter your values
- Done!

Description

Moreover, you can export data as spreadsheet files to share conveniently with your physicians.

You can visualize your measurements and save these statistics as snapshots to Photos.

Create reminders to help you remember when to take your blood pressure and pulse measurements.

#### Features

- Easy storage of your blood pressure and pulse measurements
- HealthKit integration
- Calculation of your pulse pressure
- Easy addition of notes to each entry
- Export of readings in the format of CSV, MAIL or PDF
- Wifi Print
- Import of data in CSV via iTunes
- Reminders
- Visualization of measurements in graphs and statistics
- Customization of your data range
- Saving of your statistics as snapshots to Photos



The information within this app should not be considered medical advice and is not intended to replace consultations with a qualified medical professional.

## Views

You can rotate your device evertime to have a different look to your views.



You can tap on the most visualization of measurements to see detailed information of your measurement. You can save the summary and the chart as a picture to your camera roll.

Enter your measurements



Tap on Systolic, Diastolic or Pulse to use a numeric Pad.

# **BLOODPRESSURE & PULSE** Summary of your values



# **BLOODPRESSURE & PULSE** Stages of Hypertension

This App classifies your records to the different stages of hypertension. These stages are also colorized:

Description	<b>Systolic</b> (mmHg)
Hypotension	< 105
Excellent	105 - 119
Normal	120 - 129
Pre-Hypertension	130 - 139
Hypertension Stage 1	140 - 159
Hypertension Stage 2	160 - 179
Hypertension Stage 3	> 180

# **BLOODPRESSURE & PULSE** Statistics



## **BLOODPRESSURE & PULSE** Statistics

This App shows your measurement history. There are two types of displaying: standard and grouped!



## Grouped:

The display will prepare your records in a timeline and groups the data by day. For each day the chart will show the highest and lowest systolic value.



#### Example:

6 measurements on 3 days, each day with 2 records. The first view will show 6 records in chronological order. The second view shows 3 days, each day with the highest and lowest value.

## **Diary Logs**



With the search you can limit the display by entering a systolic value. The list will display only values that have a higher systolic value. Have a look at these values. You can interpret when these values occur - for example, only late at night or early morning after rising.

Detail View



Each detailed view shows an autmatic calculated stage of hypertension to you. If is there something special on these measurement, add a comment for a later interpretation.

Edit record

Carrier <del>ຈ</del>	7:56 PM	•		
Recording		Save	 Save your edits	
Measured by	у			
1/3/15, 7:12	2 PM		 Date and time	
Comment				
			 Comment or note	
Blood press	ure			
Svs 112	Dia <b>97</b>	Pulse 87		
<u> </u>				
109	94	84		
110	95	85		
111	96	86		
112	97	87	From left to right:	
113	98	88	 Change your values.	
114	99	89	Systolic, Diastolic and	
115	100	90	Pulse	
		۰ <u> </u>		
Summary Stats		o ↓ Logs Export		

# BLOODPRESSURE & PULSE Export

Carrier <del>ຈ</del>	1:00 PM	<b></b> )	
i	Export	Backup	
Choose the t	ime period.		
7/24/15, 10:02	2 PM		 Date start
until			
8/1/15, 1:00 P	М		 Date end
Include Comm	nents?	$\bigcirc$	 Include comments: ves/no
Pulse pressure	e	$\bigcirc$	yee, no
Your Name			 Your name
	Export records		 Start export
Summary Stat	ts L	ogs Export	

Export preview



## PDF & CSV:

You can choose who you want to export: via e-mail, WiFi print, Airdrop and all installed apps that can read the data formats e.g. DropBox, Google Drive etc.

# **BLOODPRESSURE & PULSE** Backup

Carrier <del>ຈ</del>	1:06 PM	<b></b> ,	
<b>K</b> Export	Backup		
	Backup to file		 Backup local in you app, available via iTunes
	Backup and email		 Send backup via e-mail
	Import from file		 Import local backup data. The backup data*
	Jul 31, 2015, 9:50:12 PM - 1 KB		can be transferred via iTunes to you device.
			*do not change name of backup: backup.bpz
ŀ			
Summary	Stats Logs	Export	



Attached is a backup for 'Bloodpressure & Pulse'. To restore, either open this file on your device and select to open with 'Bloodpressure & Pulse' or you can connect your device to iTunes, then look under Apps for the File Sharing section. Click on 'Bloodpressure & Pulse', then use the file sharing window to copy the backup file into the app's document folder. Finally, open 'Bloodpressure & Pulse' and select 'Import from file'.

# **BLOODPRESSURE & PULSE** \* HealthKit is a registered trademark of Apple

HealthKit

The app provides an interface to the HealthKit. At the first launch of the app "BLOOD PRESSURE & PULSE" you will be asked whether you want to enable this interface.

## This interface enables you to a) transferring data to HealthKit and b) to read data stored in HealthKit.

Through this interface you can exchange the following data:

- Systolic values
- Diastolic values
- Pulse values
- and the corresponding date

#### With this exchange of data you can:

- a) read data: for example from other apps or blood pressure monitors which also features a HealthKit interface
- b) transfer data from the app to the HealthKit to evaluate them there or for a continued using, for example in an emergency passport or other apps that want to use this data.

You can enable or disable this interface directly from the HealthKit. To do this open the HealthKit and select the menu item "Sources".

**Privacy Policy** 

## Scope

The information within this app should not be considered medical advice and is not intended to replace consultations with a qualified medical professional.

## What this privacy policy covers?

This privacy policy covers the app treatment of personally identifiable information collected by this app.

We generally do not collect any information about you or your device by using this app. We generally do not collect personal information such as your name, address, phone number or email address about you by using this app. We do not use or collect your precise geographic location. There is no data connection from this app to us. We do not knowingly contact or collect personal information from children under 13. If you believe we have inadvertently collected such information, please contact us so we can promptly obtain parental consent or remove the information.

## How we handle health data?

This app will not send any health data from you to us. We do not collect your precise health data or any other information about you or your device. Your health data are stored on your device locally. The stored records can be transferred to your HealthKit, if you use these options.

## **HealthKit Integration**

The app can read and write systolic and diastolic values to and from your HealthKit. The app do not delete any data from your HealthKit. You can enable or disable the HealthKit integration directly from HealthKit. With the HealthKit integration there is no iCloud connection within this app.