

WatchPAT™ ONE

Disposable Home Sleep Apnea Test

WatchPAT™ ONE Green Program

To take part in the WatchPAT™ ONE Green Program*, here's all you need to do once you've completed your sleep test:

1. Remove the battery from the WatchPAT™ ONE device and return the device to its box.
2. Visit: www.itamar-medical.com/greenprogram fill out the form, and print out the pre-paid return label.
3. Affix the label to the box and ship it back to us - completely free of charge.

Thanks for helping to make a greener world!

*WatchPAT™ ONE Green Program is available in certain countries.

⚠ Important Notes:

- WatchPAT™ ONE is indicated for patients suspected to have sleep related breathing disorders.
- The WatchPAT™ ONE is Single Use. Re-use of single use products may cause cross contamination.
- In case of serious incident, contact your health care professional and Itamar's service office to receive further instructions.
- Storage and operation temperatures 0°C- 40°C.
- Do not attempt to connect or disconnect any part of the unit.
- Do not try to introduce any foreign object into the device.
- Do not, under any circumstances, attempt to fix the WatchPAT™ ONE device by yourself.
- The WatchPAT™ ONE should not cause any discomfort or pain. Should you encounter unbearable discomfort, remove the WatchPAT™ ONE device and call the help desk.
- Visually inspect the battery before insertion, to ensure it is not swollen, cracked, leaking or has other defect.
- Before using the WatchPAT™ ONE the patient should be trained by the clinical staff.



For step-by-step video instruction please visit watchpatone-howtouse.com



If you have any questions contact
ZOLL Itamar™ Medical Help Desk at:
1-888-748-2627

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lp.itamar-medical.com/symbols-glossary

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WatchPAT™ ONE

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Step by Step Instructions Guide

Scan the QR code below to download the WatchPAT™ ONE Application



ZOLL itamar

WatchPAT™ONE | Step by Step Instructions Guide | Disposable Home Sleep Apnea Test

This guide will take you step by step and show you how to correctly use the WatchPAT™ONE Home Sleep Apnea Test.

Before applying WatchPAT™ONE:

- ✦ Make sure you have internet access, your phone, WatchPAT™ONE device, and PIN code.
- ✦ Remove tight clothing, jewelry and accessories.
- ✦ Select a finger on your non-dominant hand, except the thumb (if you have large fingers, use the pinky).
- ✦ Trim the fingernail and remove any nail polish or artificial nail from the selected finger.

Note: Use only Alkaline AAA battery.

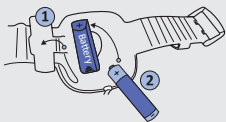
Do not insert the battery until you are ready to go to bed.

1. Download the WatchPAT™ONE application to your phone (available on App Store and Google Play Store).

2. Open the WatchPAT™ONE app and allow all permissions requested. These permissions are necessary for the application to operate. Take out the WatchPAT™ONE from the box. You may click the quick guide link for a tour of the app demonstrating how to set up the WatchPAT™ONE device. Press “Begin Setup” button when ready.

Begin setup

3. Insert the battery into the WatchPAT™ONE device. Press > when done.



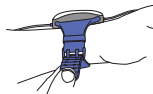
4. Preparation:

- Make sure your phone stays plugged in overnight and is not in flight mode.
- Turn off any unnecessary electronic devices in the room.
- Make sure your phone is located no more than 15 feet/5 meters from the WatchPAT™ONE device.
- At least 6 hours of data recording is required.

5. Enter the 4-digit PIN code provided by your physician's office or provider, and press >.



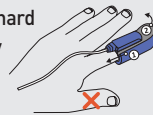
6. Put the WatchPAT™ONE device on your non-dominant hand. Ensure it is not too tight and not too loose. Press > when done.



7. If your WatchPAT™ONE device includes a chest sensor:
 - If needed, trim chest hair to ensure the sensor is attached directly to your skin.
 - Slide the chest sensor through your sleeve and up to the neck opening.
 - Peel the white paper from the back of the sensor.
 - Attach the sensor to the center of your upper chest bone, just under the sternal notch.
 - It is recommended to secure the sensor in place using medical tape. Press > when done.



8. Insert the tested finger all the way into the probe. Make sure the sticker marked TOP is visible when looking at the back of your hand. Push the tip of the probe against a hard surface (such as a table) and slowly pull back the TOP tab to remove it from the probe.



9. Click the “Start recording” button to begin your sleep study. Make sure to leave your phone connected to the charger.

Start recording

10. In the morning, press the “Stop Recording” button and wait for WatchPAT™ONE device to complete the data transmission. After completing the data transmission you will receive a congratulations message. Once received press “Close App”.

Stop recording

Close App

11. Remove the chest sensor, probe and WatchPAT™ONE device. Please dispose of the WatchPAT™ONE device in accordance with local regulations.