

HOW TO SET UP YOUR PULSE OX DEVICE

1



Remove the pulse ox device from its box and remove the silicone casing.

2



Unpackage the two AAA batteries that came with the device and install them.

3



Open the clamp to automatically turn on the device to make sure it's working. Device will shut off automatically when not in use.

Different models may have a button to turn on the device.

4



Your oxygen level reading will show under “%SpO₂”.

This is the value you will report with a text message each day.

HOW TO MEASURE YOUR OXYGEN LEVEL

1



IMPORTANT: Walk in place quickly for 1 minute.

2



Next, open the clamp to automatically turn on the device.

3



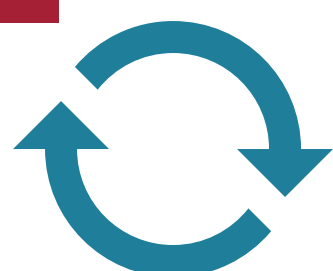
Insert your index finger all the way into the device and gently release the clamp; allow the device to read for 3-5 seconds.

4



The number under “%SpO₂” is your oxygen level.
The small number under “PRbpm” is your heart rate.

5



REPEAT READING: Repeat steps 1-4 to confirm the reading of your oxygen level.

6



Please check your levels at least 2 times a day.

WHAT TO DO

IF YOU ARE FEELING WORSE:

1

The **COVID Pulse Program** does not replace calling **911**. If you feel you are having an emergency, please call 911 or proceed to the nearest Emergency Room.

2

You can text “**WORSE**” at any time to **215.774.6975** to connect with a Penn Medicine nurse.

3

Please make sure you stop walking if you don’t feel like you are able to do so safely.