



It is Norman Regional's mission to provide you with a bridge from sickness to wellness and Norman Regional wants to build that bridge where you live, work, and play. The NRHS Remote Patient Monitoring program will help connect you to a nurse who will work to quickly address any issues that may arise from your condition. This program will help keep you out of the emergency room and will steer you to your provider for follow-up care. Overall, it's our goal to reduce your cost of care and ensure that you have convenient access to high-quality care. From all of us here at Norman Regional, we look forward to working with you on your road to recovery.

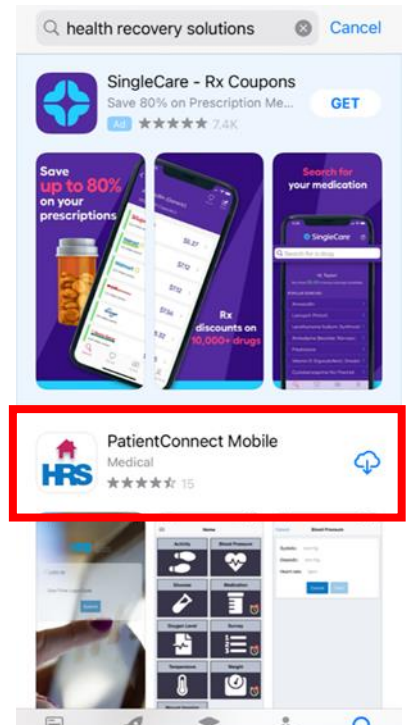
1. In the App Store (iPhone) or Google Play (Android/Samsung) search **Health Recovery Solutions**. The app should appear either first or second on the list and is called **PatientConnect Mobile**. You can also use your smartphone/tablet camera to scan one of the QR codes below. The icon will show a red house above the letters HRS (see screenshot to the right). Install the app on your phone.

- a. You may need to sign in with your Apple ID or Samsung account, so have that information handy.

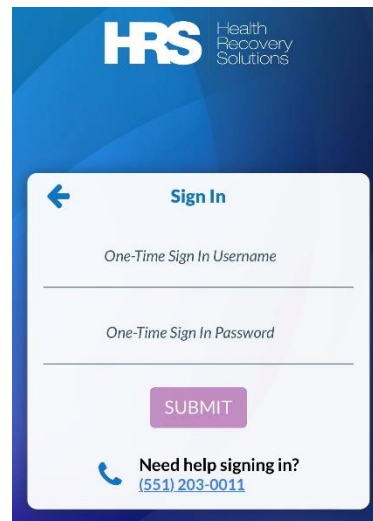
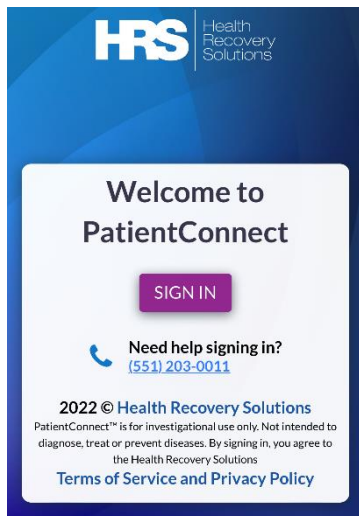
Apple App Store (iOS):



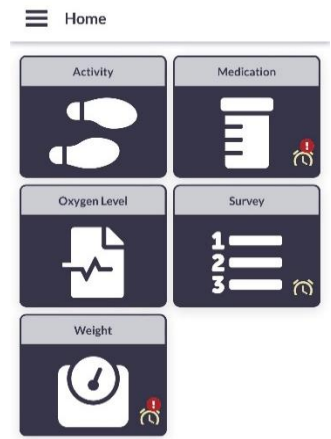
Google Play Store (Android):



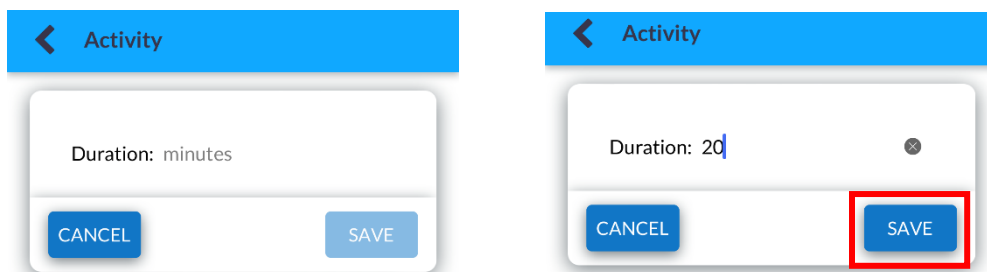
2. Once downloading is complete, open the app.
 - a. The app will ask if it can send you notifications. Select **Allow**.
 - b. The app will ask to use Bluetooth. Select **Allow** or **OK**.
3. The next screen has a purple icon in the middle labeled **SIGN IN**. Upon selecting, the app will prompt you to enter a username and password. In order to complete this step, your NRHS Nurse Navigator will provide a one-time username and password. You do not need to keep this information, as the information will expire in 10 minutes. Once logged in to the app, you will not need to log in again. This will connect your app to your nurse's profile so she can monitor you going forward.



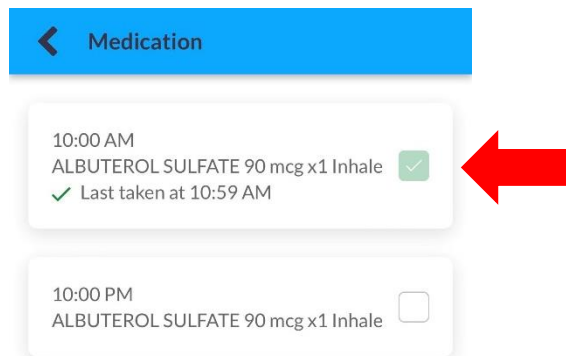
4. Once you are logged in to the app, you will see the home screen with different tabs (see screenshot to the right). When it is time to complete the items on the home screen you will see a yellow clock with a red exclamation point in the lower right corner of the tab.



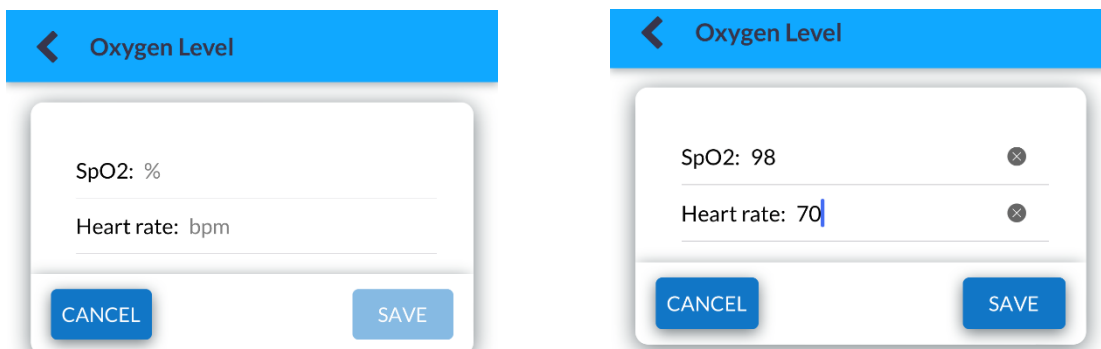
- a. When you click on **Activity**, you will enter the amount of minutes of physical activity for the day. Then click **SAVE**.



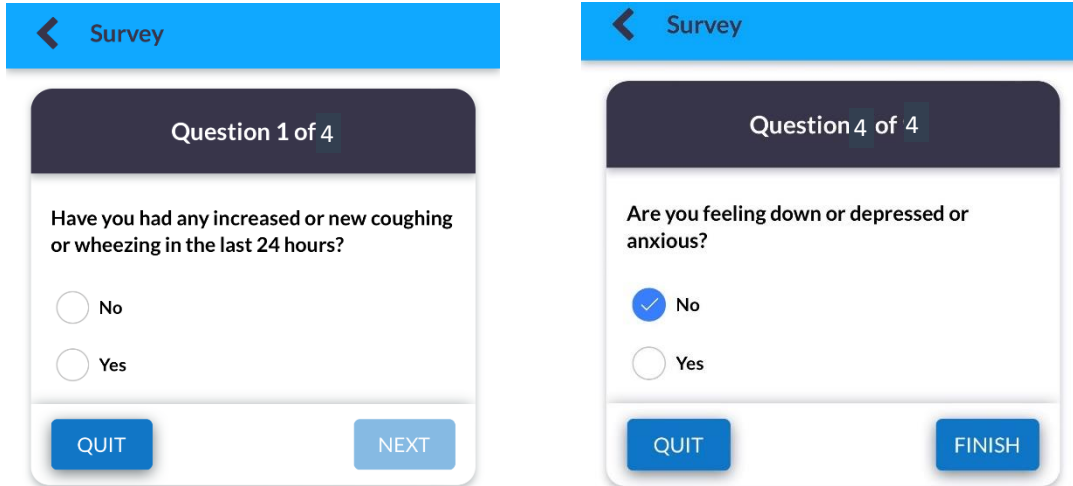
- b. When you click on **Medication**, all of your medication reminders will appear. To mark them complete, simply check the empty box to the right of each item.



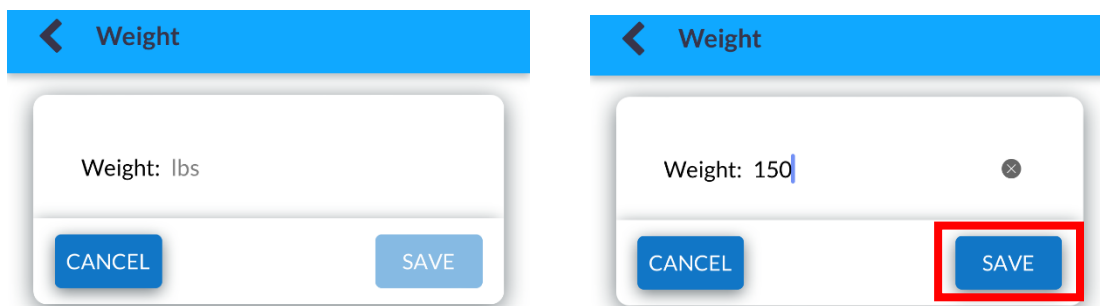
- c. To enter **Oxygen Level**, click on the corresponding tab and use your pulse oximeter to record your vitals. SpO2 (oxygen level) will be shown as a percentage. Enter your measures for SpO2 and Heart rate, then click **SAVE** when finished.



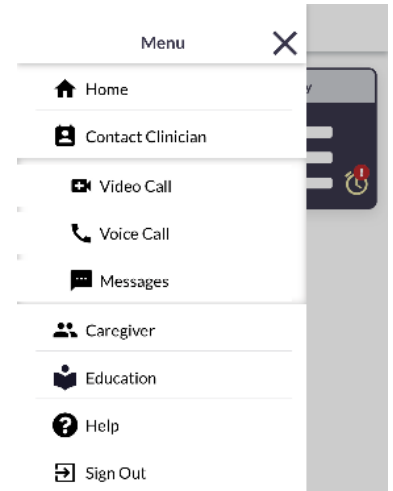
- d. When you click on **Survey**, a question will appear. Answer the question and click **Next** until you have answered all of the questions. Then select **Finish**.



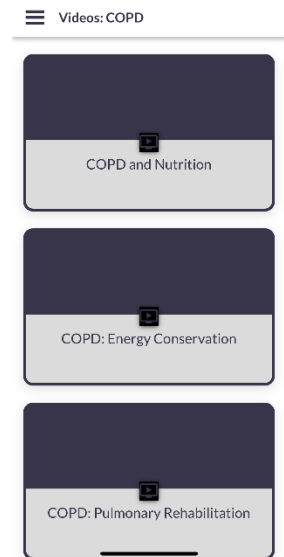
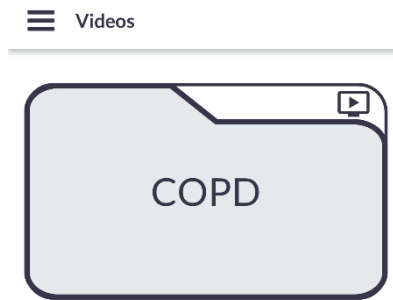
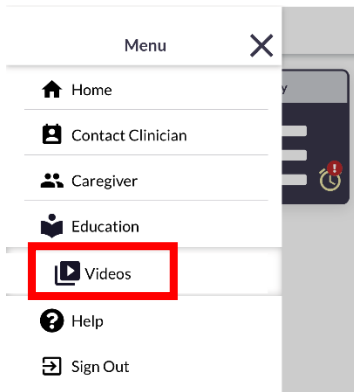
- e. You will enter your daily weight in the **Weight** tab. Weigh yourself using your scale. Then, enter the measurement into the field and click **SAVE**.



5. To view the menu, click the three horizontal lines next to the word **Home** near the top of your screen.
- a. You can click **Contact Clinician** to video call, voice call, or message your nurse. Please be prepared to leave a message if choosing voice call in the case that the nurse is unavailable.



b. Click on **Education** to access videos provided by your care team.



- The app should keep you logged in until you are discharged from the Remote Patient Monitoring program. Contact your Nurse Navigator, Lori, with any questions related to the program Monday through Friday 8:00 am-4:00 pm at 405-307-4336.