

# Quickstart Guide - Vital Sign Monitoring Using the CardioWell Dashboard

Cardiowell helps you monitor your blood pressure, weight and pulse. Data can be imported from AppleHealth or directly from Cardiowell's 'always-connected' devices. Monitor your health, wellness and vital signs from the CardioWell Dashboard.

1

## Share your data with AppleHealth

Share with Apple HealthKit to import data from other apps.

2

## Share your data with Cardiowell

Share with Cardiowell to store wellness and Cardiowell's 'always connected' device data.

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## Set blood pressure reminders

It is highly recommended to take your blood pressure regularly. Set reminders to help you better track your blood pressure.

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## Take your blood pressure and pulse

Data from Cardiowell 'always-connected' devices and apps that support AppleHealth Kit will be automatically imported.

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## View results on the dashboard

See your most recent blood pressure, weight, pulse and wellness results.

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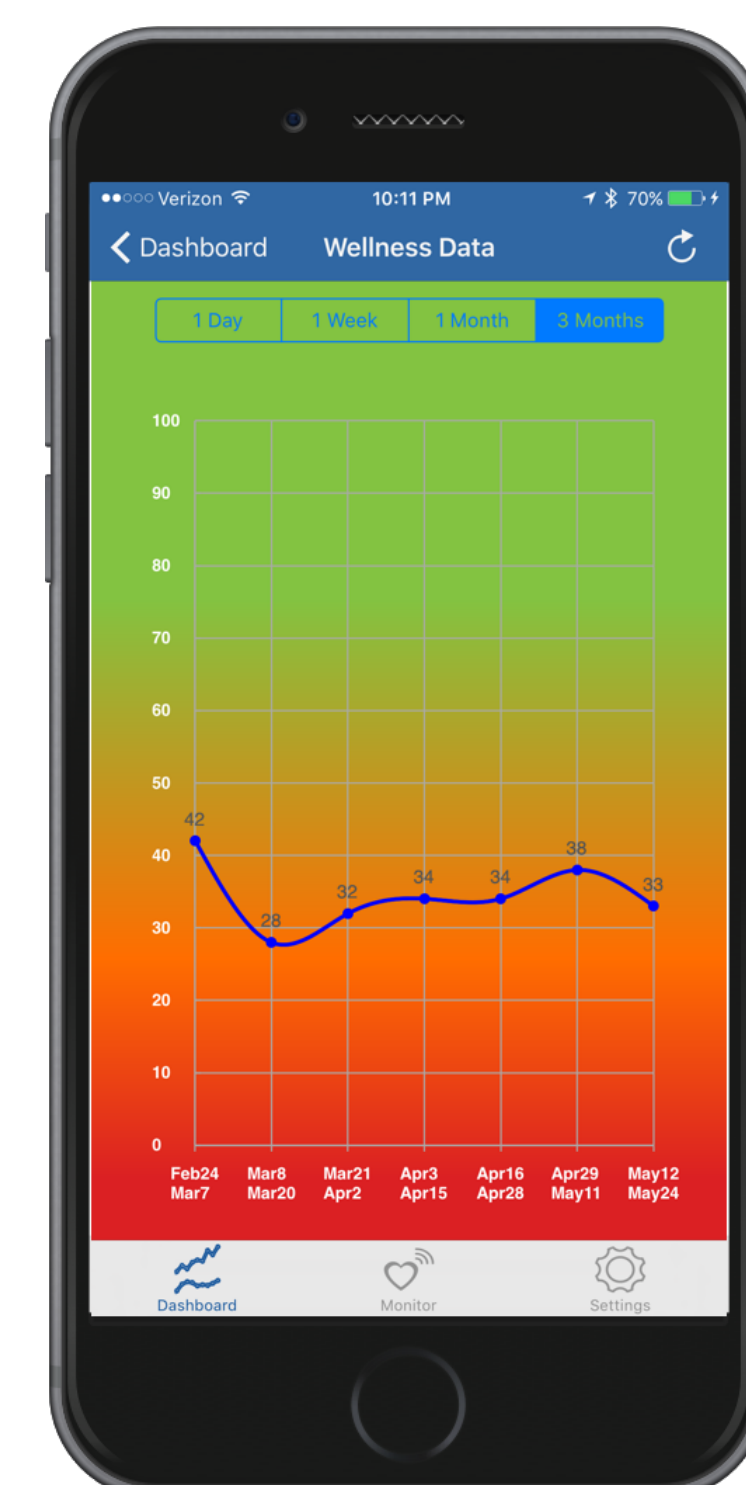
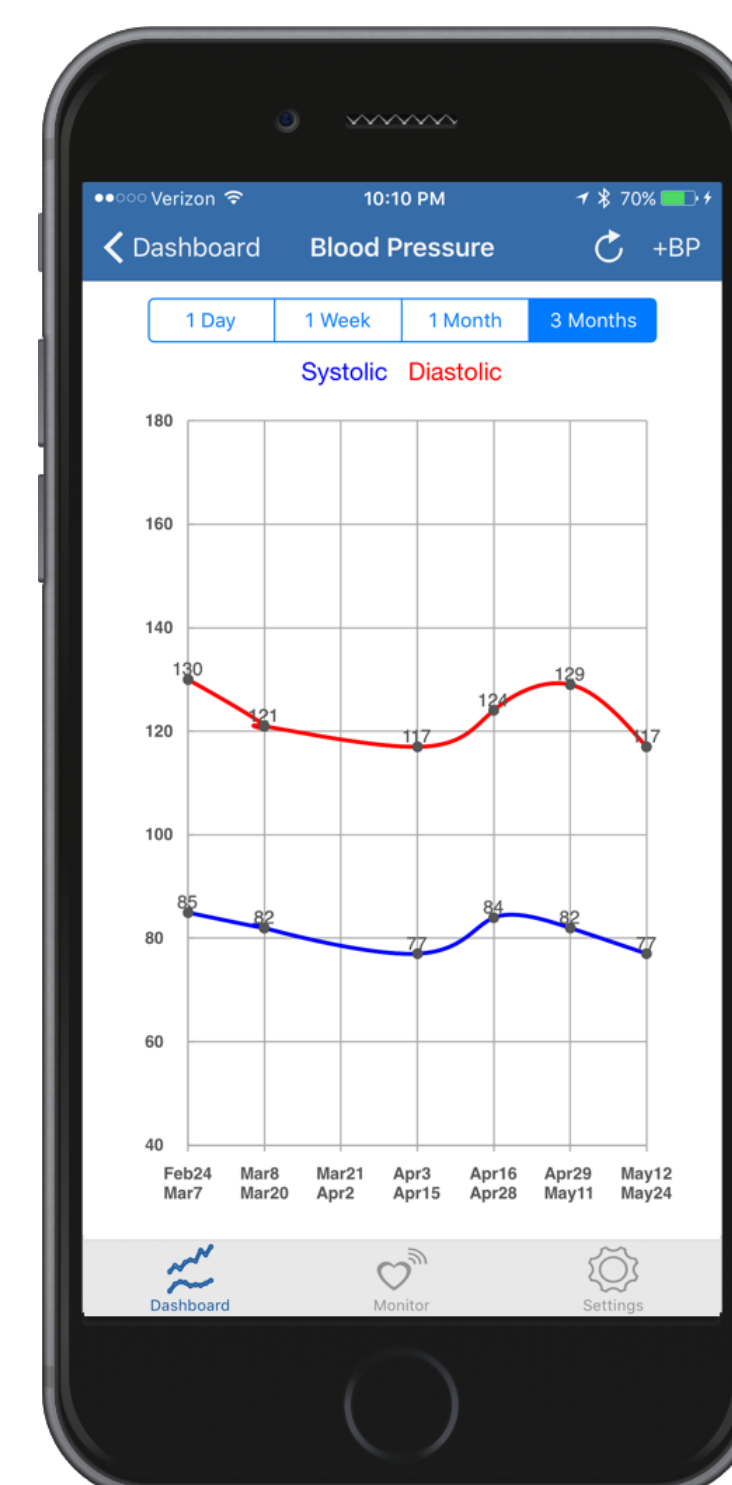
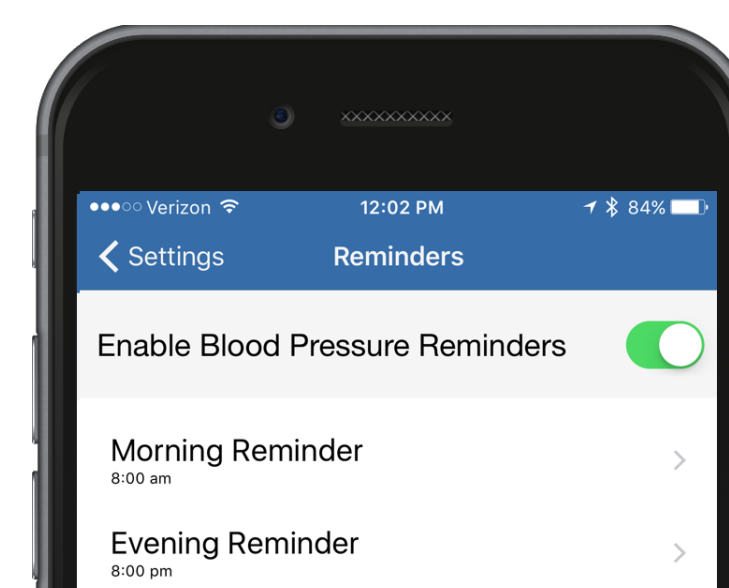
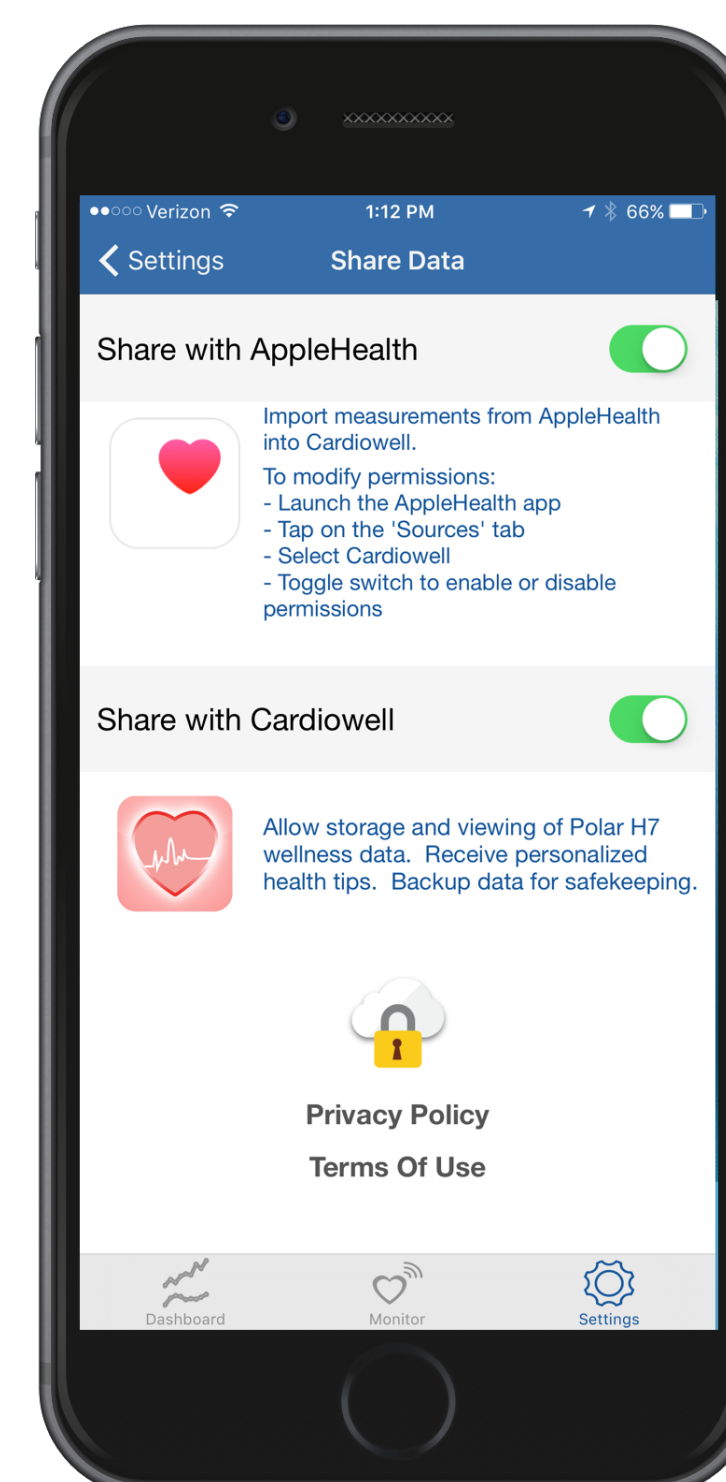
## Track your blood pressure

Track changes in your blood pressure, pulse, and weight.

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## Monitor your wellness\*

Gain insights to when your wellness levels rise and fall to understand how your health changes over time.



\*Wellness measures require use of a heart rate monitor.