MySmaCa
(My Smart Care for Data for Good)
Information for Use

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1   Introduction

MySmaCa (My Smart Care for Data for Good) is an mHealth application designed to support the shared management of chronic diseases such as COPD (chronic obstructive pulmonary disease), CVD (cardiovascular diseases), and diabetes. The app facilitates active patient involvement in health management through educational resources, validated questionnaires, and personalized recommendations.

2   Intended Use

MySmaCa is intended for use for individuals managing chronic conditions like COPD (chronic obstructive pulmonary disease), CVD (cardiovascular diseases), and diabetes. It provides medication tracking and reminders, clinical information management that can be manually recorded or that can also come from integrated medical devices and offers AI-driven insights to provide the patient with an assessments of Heart Disorders level (e.g., cardiovascular risk).

3   Disclaimer

Please read and follow this User's Manual and all information enclosed with this device carefully before using MySmaCa.

Use of MySmaCa by any person other than the intended user, for any purpose or application other than that specified in the User's Manual, or failure to follow any of the instructions, shall be considered IMPROPER USE.

METEDA shall not be held responsible for any incorrect settings by the user.

Report any serious incidents occurring in connection with the use of the device to the manufacturer using the following service contact details: support-mysmaca@meteda.com and to the competent authority of the Member State in which the user and/or patient is located.
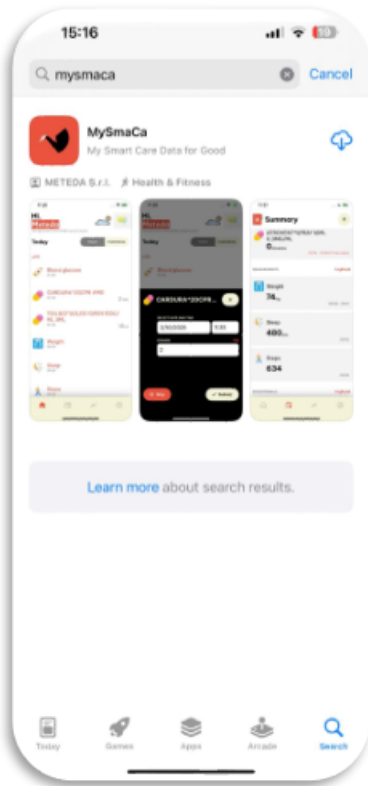
4   Platform Compatibility

- Android (version 5 or higher)
- iOS (version 11 or higher)

# 5   Installation & Setup

Downloading and Installing

1. Open the App Store (iOS) or Google Play Store (Android)

2. Search for 'MySmaCa'.
3. Tap 'Install' and wait for the installation to complete.

Initial Setup

1. Launch the app and tap Login
2. A message requesting access to "partisia.com" will appear; click Continue
3. Enter your DfG Personal platform credentials
4. Grant permissions:
   - GPS and Location for weather, pollen levels, and air quality advice
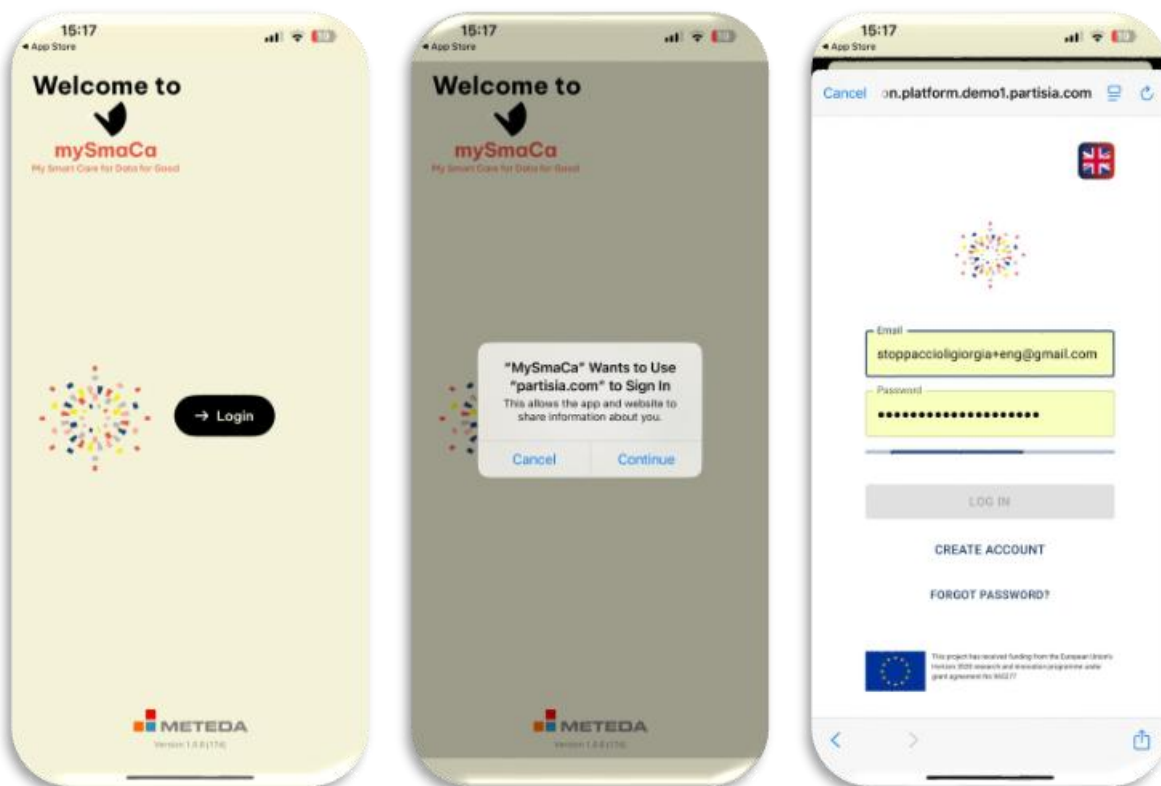
Configuration Wizard

Upon the first login, the **Configuration Wizard** guides you through a quick and easy setup to personalized careplan. This ensures the app is tailored to your health needs. Here's what to expect:

1. **Personal Information:**
   - Input your **date of birth, weight**, **height**, and **gender** to establish a health baseline

2. **Active Pathologies:**
   Select your active condition(s) from a list of options: Cardiovascular Diseases (CVD), Chronic Obstructive Pulmonary Disease (COPD), or Diabetes. This helps the app customize your care plan and recommendations.

3. **Medications:**
   - Enter your current medications, including:
   - Drug Name (e.g., Metformin, Aspirin)
   - Dosage (e.g., 500 mg)
   - Frequency (e.g., Once daily)
   - Assumption Times (e.g., Morning and evening)

4. **Additional Medications:**
   - Optionally, record any other medications for a comprehensive medication list.

5. **Care Plan Summary:**

- Review the **complete care plan**, which includes:
  - Scheduled medications
  - Recommended health measurements (e.g., Blood Pressure, Blood Glucose, Steps)
  - Confirm your setup or adjust before finalizing.
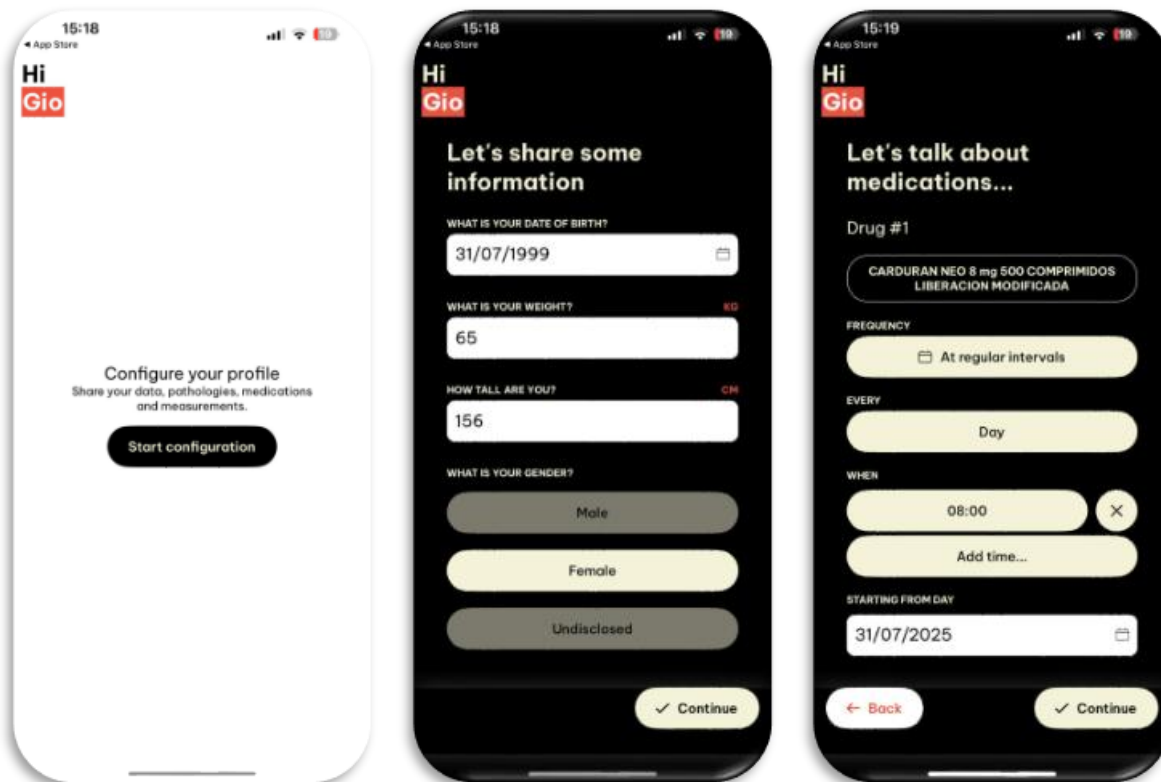
6   Using the App

Homepage

The **Homepage** serves as a central point for managing your daily health-related activities, providing clear guidance based on the care plan you set up during the Configuration Wizard.

Your tasks are grouped on the Homepage into distinct categories to help you prioritize and manage your daily activities effectively. Here's what each grouping means:

- **Now**

  Tasks displayed in the **Now** section are those that are due within a specific time window based on the current time.

Time Window: 60 minutes before and up to 60 minutes after the scheduled time of the activity.

- **Late**

    The **Late** section highlights tasks that are overdue.

    - **Time Frame:** Tasks not completed at their scheduled time for the current day will appear here.

    - **Carryover Tasks:** Any unfinished tasks from the previous day will remain in the **Late** section until the user confirms whether they were completed. Once confirmed, they will be moved to the **Summary** section.

- **Upcoming**

    This section lists tasks that must be completed by **11:59 PM**.
    These tasks are tied to a specific time and need to be performed at some point during the day.

- **As needed**

    Tasks under the As Needed section are those marked as flexible within the scheduler.

    Activities like medications or measurements that are performed based on necessity (or by symptoms) rather than a strict schedule.

    Visibility: These tasks will always appear in the As Needed group on the Homepage for easy tracking.

Once all tasks are completed, they are automatically removed from the **Homepage** list and moved to the **Summary** section, helping you maintain focus on what remains to be accomplished.
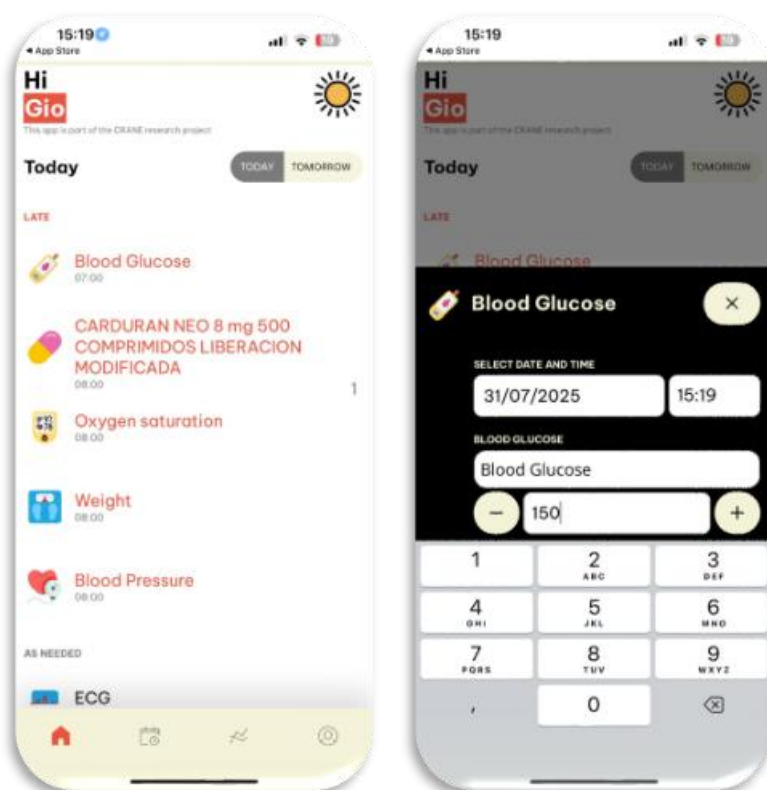
How to Mark a Task as Complete

- Choose the activity you wish to record from the provided list of activities.
- Enter the relevant **values** for the selected activity (e.g., number of steps, blood pressure reading, sleep duration).
- Set the **date and time** for when the activity occurred.
- Confirm the action to mark it as completed.

Navigation Between Tabs

The **Homepage** is divided into two tabs:

Today: Displays all tasks scheduled for the current day, grouped and ready for action. You can record completed tasks directly from this view and

Tomorrow: Provides a preview of tasks planned for the next day, helping you prepare in advance. Note that tasks in this tab are view-only and cannot be marked as done until they are moved to the Today tab.
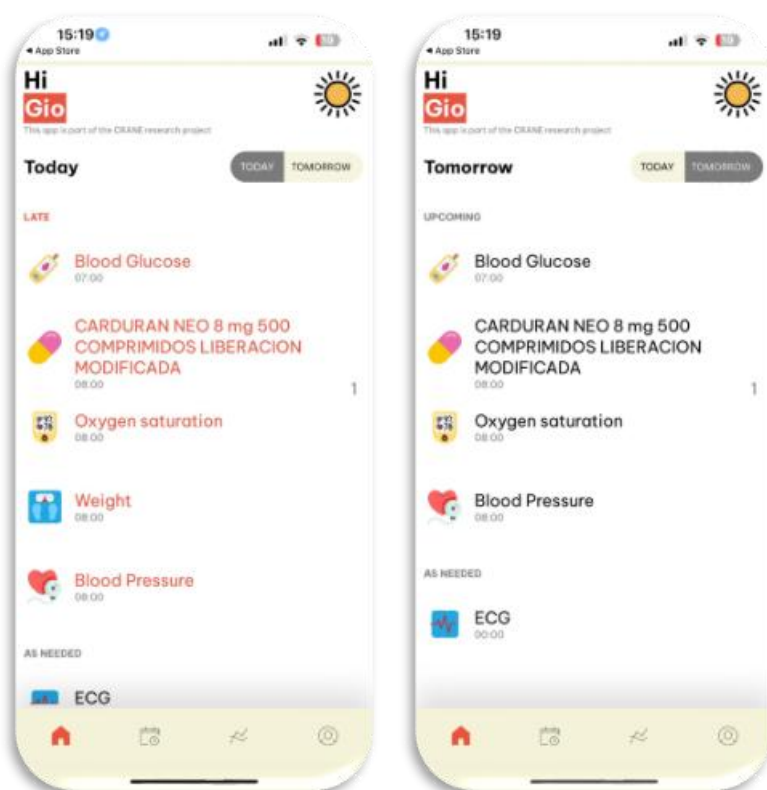
Weather Module

The **Weather Module** provides patients with localized weather forecasts and air quality levels, offering valuable information to help manage daily activities and health, especially for patients with **COPD** or other respiratory conditions. To access the module, tap the weather icon in the top right side of the home page.

How It Works

1. **GPS-Based Localization:**

   o   The app uses your device's GPS position to determine your current location.

2. **Accessing Weather Information:**

   o   Tap the weather icon in the top right corner of the Homepage to open the weather forecast section.

3. **Weather Overview**:

   o   The top section displays your current city or town, along with a weather icon, temperature (°C), and air quality indications.

4. **Forecast Navigation**:

   o   Two tabs are available: *Today* and *Tomorrow*, allowing you to switch between daily forecasts.

5. **Hourly Weather Details**:
   - Each tab presents an hourly forecast in the following format:
   - Time
   - Weather icon
   - Temperature (°C)
   - Humidity level (%)
   - Precipitation level (mm)

7   Summary

The **Summary** section provides a comprehensive overview of your recorded activities, helping you monitor your progress over time. It is a powerful tool for reviewing both scheduled and manually added activities, ensuring that your health journey is always under control.

Activity View

Select a particular activity (e.g., **Blood Pressure**) to see its complete history, grouped by date. This allows you to track patterns and trends over time for that specific activity.

Logbook

Navigate to the broader activity history (e.g., **Measurements → Logbook**) to view the full history of all related activities, such as blood pressure, steps, sleep, and more. These records are also grouped by date for easy reference.

Manually Adding Activities

The **Summary** section allows you to record non-scheduled activities, offering flexibility for logging additional health metrics outside your predefined care plan. Here's how:
1. **Access Manual Input:**
   Tap the **plus icon** in the top-right corner of the screen.
2. **Select Activity:**
   Choose the activity you wish to record from the provided list of managed activities. For example, if steps are not part of your care plan, you can manually select and log them.
3. **Input Details:**
   - Enter the relevant values for the selected activity (e.g., number of steps, blood pressure reading, sleep duration).
   - Set the **date and time** for when the activity occurred.
4. **Save the Entry:**
   Complete the recording process, and the system will add the activity to your history, grouped with other records by date.

This functionality ensures that no important activity goes unrecorded, giving you a complete and accurate view of your health data over time. Whether you're logging scheduled or spontaneous activities, the **Summary** section keeps everything organized and easily accessible.
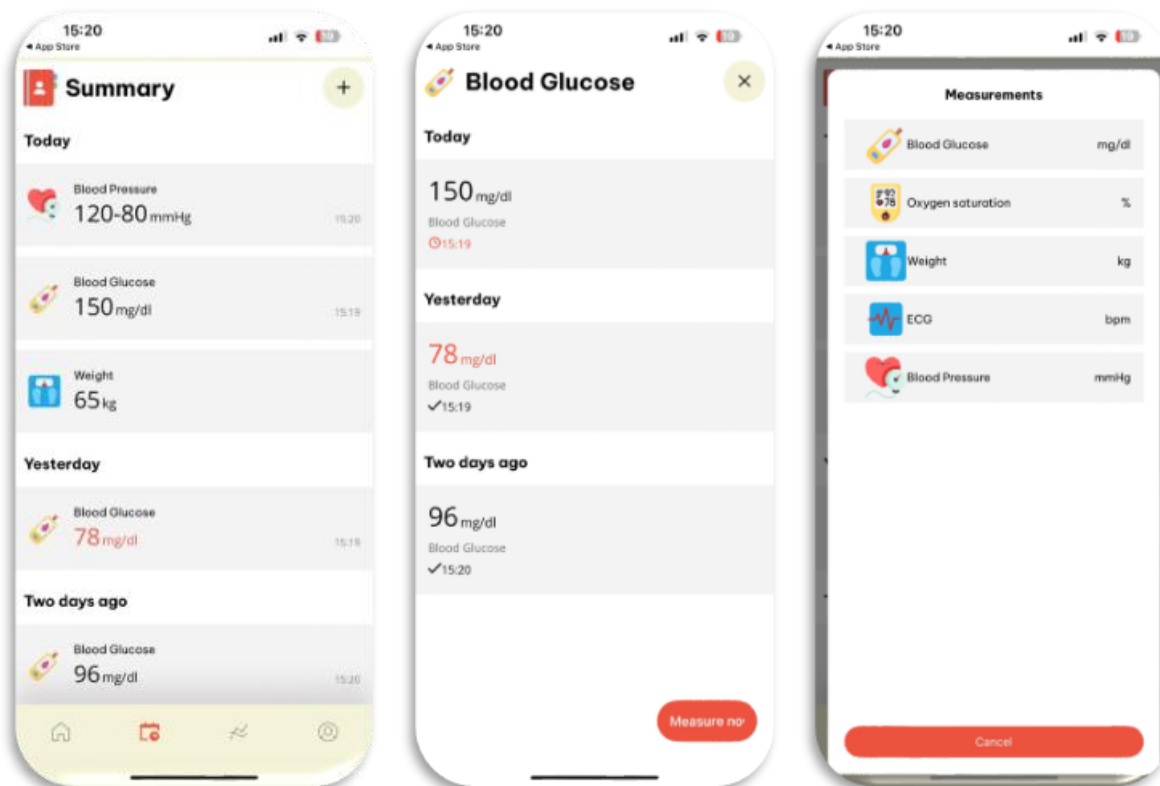
8   Device Connection

The **Device Connection** section allows patients to seamlessly pair compatible Bluetooth devices with the app for automatic data retrieval and integration into their care plan. This functionality enhances health tracking by enabling real-time data synchronization.

How to Connect a Device

1. **Access the Device Connection Section** from **My Profile – Settings – My Devices**

2. Tap on **Add device**

3. Select the **Device Type** you wish to connect (e.g., Blood Pressure Monitor) from the provided list of compatible devices.

4. **Start the Connection Wizard:**

   o   Follow the step-by-step instructions in the connection wizard:

      ▪   Turn on Bluetooth on your mobile device.
      ▪   Power on the device.
      ▪   Ensure the device is in pairing mode as per the manufacturer's instructions.
      ▪   Confirm the device selection when it appears in the app.

5. **Complete the Pairing Process:**

- o Once the app establishes a connection, the pairing process will finalize, and the device will appear in your **Device List**.
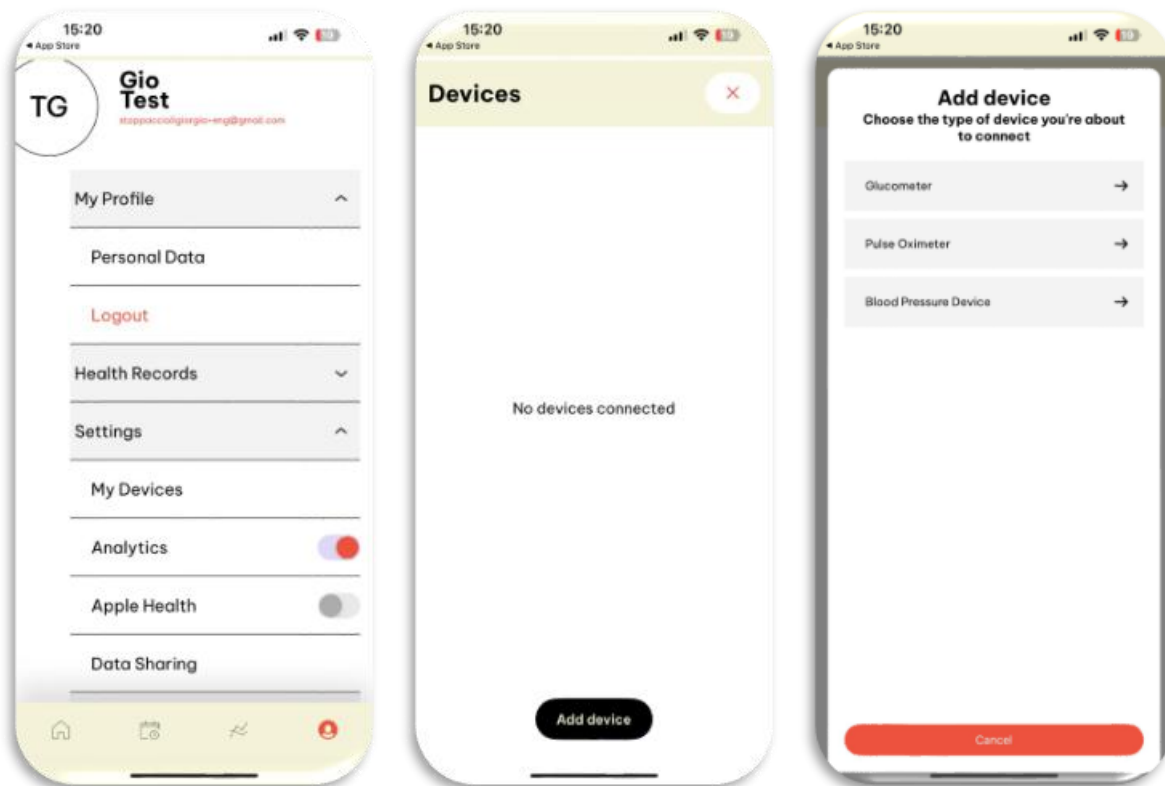
Compatible Devices

1. **Beurer Pulse Oximeter PO 60 Bluetooth** (if available in your country)
   The pulse oximeter is used for the regular monitoring and supervision of oxygen saturation.
   This device measures arterial oxygen saturation (SpO2) and heart rate.
   Thanks to Bluetooth, the measured values can be easily transmitted to MySmaCa.
   After pairing the device with the app, refer to the device's instructions to perform the measurement.

2. **Beurer BM 96 Cardio – Blood Pressure Monitor with ECG Function** (if available in your country)
   This medical device combines an upper arm blood pressure monitor with an ECG recorder. Its main features include:

   - Measurement of blood pressure and heart rate with arrhythmia detection.

   - ECG recording to assess the heart's electrical activity.

   - Integration with the MySmaCa app, allowing synchronization and data analysis via Cardiolyse AI.

How to take a Blood Pressure measurement with Beurer BM96 Cardio Device

1. Open **MySmaCa** and go to the **Home** section of the app.
2. Attach the cuff and adopt the correct posture
3. Press the **START/STOP** button to turn on the **Beurer BM 96 Cardio**.
4. Select the desired user by pressing the memory buttons M1 (for user **1**) or M2 (for user **2**).
5. After you have made your selection, press the **START/STOP** button two more times until BP is shown in the display.
6. After approx. 3 seconds, the measurement starts automatically.
7. Once the measurement has finished, a popup will open in the Home asking if you want to import the detected measurements
8. Access the Summary section to view the imported data

How to take an ECG measurement with Beurer BM96 Cardio Device

1. Open **MySmaCa** and go to the **Home** section of the app.
2. Insert the ECG stick cable into the connection for the ECG stick on the main unit.
3. Press the **START/STOP** button to turn on the **Beurer BM 96 Cardio**.
4. Select the desired user by pressing the memory buttons M1 (for user 1) or M2 (for user 2).
5. After you have made your selection, press the START/STOP button to switch to the ECG Mode and the measurement time is shown in the display.
6. Place your right index finger on the upper electrode on the device and hold the device vertically in your hand.
7. The Measurement starts automatically after approx. 10 seconds, if there is sufficient contact to the electrodes on the stick and the signal is stable.
8. A countdown on the right side of the display indicates the progress of the measurement. During the measurement, the current heart rate is displayed in real time. At the same time, the heart symbol.
9. A summary of the ECG measurement and the average heart rate appear on the display after the countdown has elapsed.
10. To switch off the device, hold the START/STOP button for 3 seconds. Alternatively, the device will switch off automatically after 1 minute.
11. Once the measurement has finished, you must select the ECG tile in the Home and chose the detected measurement you want to import.
12. Once imported, the measurement will be sent to Cardiolyse AI for advanced analysis
13. Access the Summary section to view the imported ECG data with Cardiolyse's assessment evaluation (example. Normal, AFib, etc)
14. Select a measurement in the list to access detailed information from Cardiolyse AI analysis, including realistic assessments of Heart Disorders (e.g., cardiovascular risk).

9   Validated Questionnaires and Educational Contents

Questionnaires

If available in your country, you will be able to access the questionnaires section under the Health Data tab. Through these questionnaires and the results obtained upon completion, you will be able to assess your knowledge about a specific chronic disease, as well as the symptoms and associated complications.

Educational Contents

The educational resources are selected to cover a wide range of topics related to different types of chronic diseases, such as diabetes, cardiovascular diseases, and COPD.

How to access the educational content

1. Go to the *Educational Content* section within *Health Data*.

2. Select the disease you want to explore and learn more about.

3. Choose the title that interests you the most.

4. Click on the corresponding link to access the selected material.

10 Reports

The **Reports** section allows you to track your progress and gain insights into the health measurements you've recorded over time. This feature helps you visualize trends, identify patterns, and stay informed about your overall health.

Features of the Analytics and Reports Section

1. **Comprehensive Tracking:**

   o View detailed progress for all measurements you've logged, such as:

   - Blood Pressure
   - Blood Glucose
   - Steps
   - Sleep Duration
   - Other health metrics included in your care plan.

2. **Data Visualization:**

   o Data is displayed through easy-to-understand graphs or charts providing a clear view of your progress over time.

3. **Time Range Filtering:**

   o Select specific time periods to focus on, such as:

   - Last 7 days
   - Last 30 days
   - Custom date ranges

   This flexibility allows you to analyze short-term progress or long-term trends.
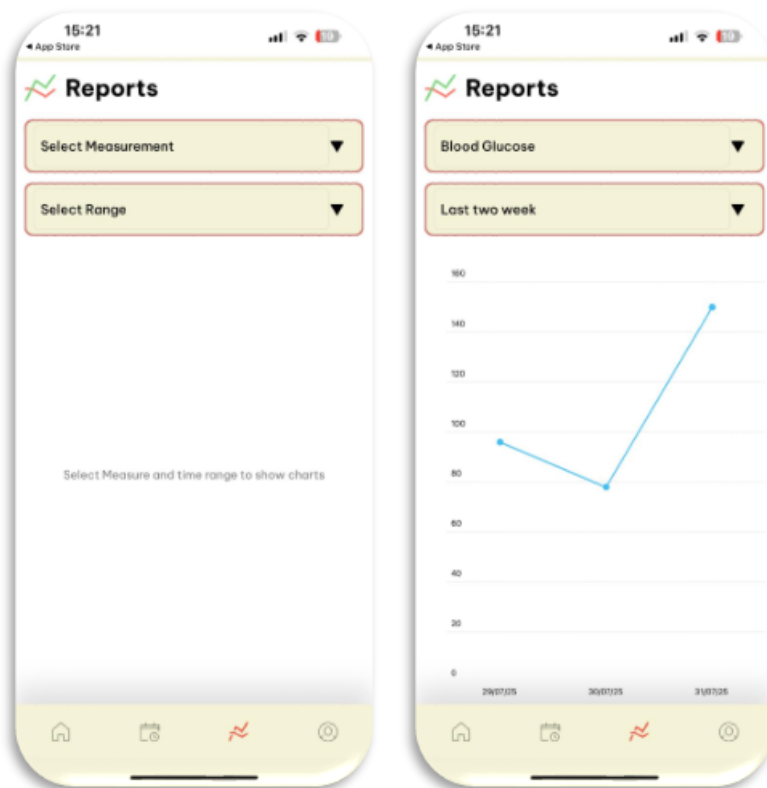
11 Data Sharing and Consent Management with DfG Platform

1. Go to 'Profile → Settings → Data Sharing'.
   Click on 'Manage consents' to:
2. View consents via an iFrame.
3. Verify the date and time of each consent (requested/granted/withdrawn).
4. Withdraw consent using the 'withdraw consent' option and verify that the user is logged out of MySmaCa.
5. Reaccess the DfG Personal platform, grant consent, and verify successful login in the app.
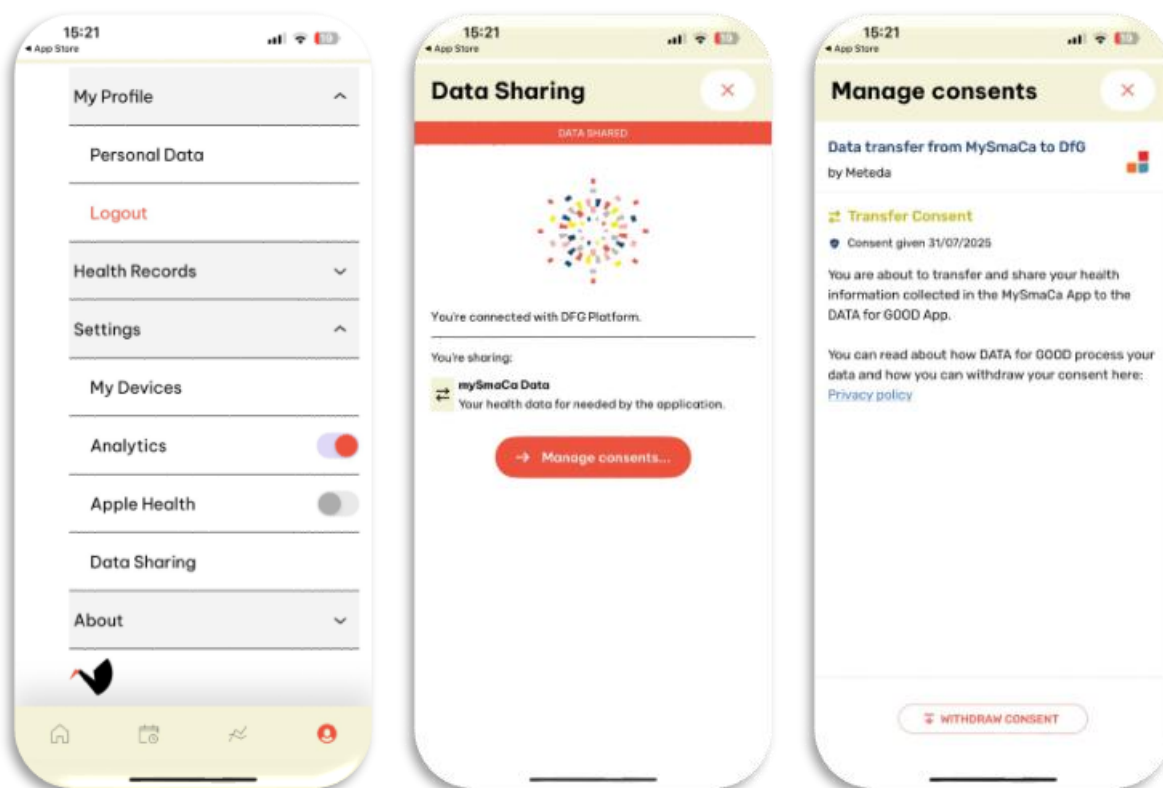
12 Data Verification on DfG Personal

6. Log in to the DfG Personal platform (https://my-health
   wallet.platform.demo1.partisia.com/services).
7. Navigate to the 'My Data' section.
8. Verify that the displayed data matches the records in MySmaCa (e.g., steps, weight, blood
   pressure).

13 Copyright Information

Revision: 1

14 Support Center

Mail: support-mysmaca@meteda.com

15 Manufacturer Information

2025	**METEDA s.r.l.** Via Antonio Bosio, 2 00161 Roma (RM)
Medical device: **MySmaCa** v.1.0 [MD] C€	