



Quick Start  
**Guide**

Hello! 

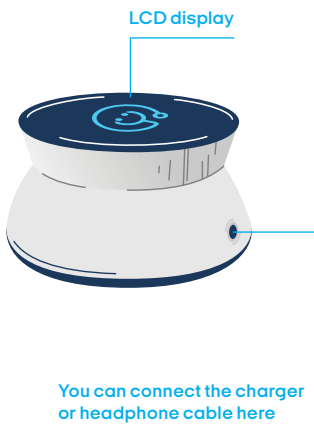
We are happy that you have become a user of StethoMe®.

StethoMe® is a smart stethoscope working together with an application, allowing you to monitor your asthma and examine your lungs.



StethoMe® is fully safe and meets the highest standards, which is confirmed by a medical certificate [CE 2274] and numerous scientific publications.

## Stethoscope design



**Membrane - put this side of the stethoscope to the body**

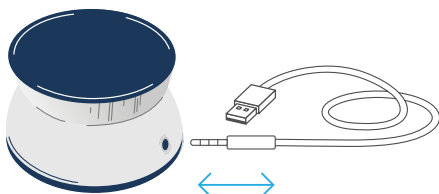


## 1 Download and launch the StethoMe® application



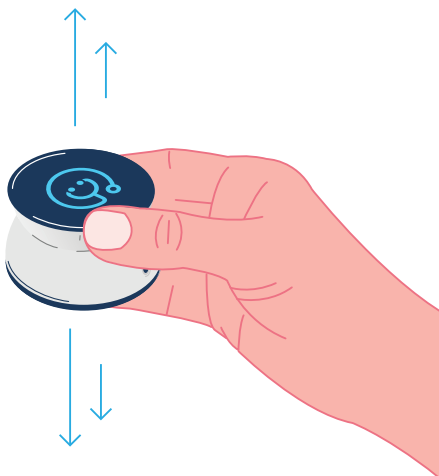
## 2 Turn on the stethoscope

The stethoscope is turned on for the first time by inserting the jack plug into the socket and then removing it.



### ? From that moment on you no longer have to turn the stethoscope off.

If the stethoscope is not used, it will enter the sleep mode. You will be able to wake it up by moving it vigorously in the vertical axis.



You will find the description of other gestures supported by the stethoscope in the user manual attached, available also at the **StethoMe.com** website.



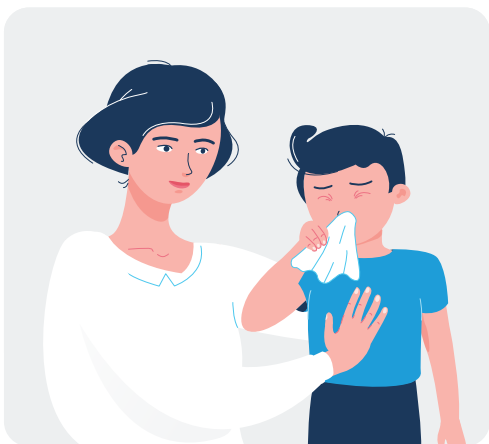
StethoMe® is a device that records and analyses the sounds originating from the lungs and heart. Any additional sounds, e.g. a working TV set, radio, or conversations may interfere with the examination or even make it impossible. Thus, do your best to stay silent and turn off any devices that could cause interference. During the examination, do not knock on the stethoscope housing and try holding it without changing its position.



## Asthma monitoring

### Before you start the examination:

- Have the child blow their nose and expectorate the excess mucus.
- During the examination, the child should take deep breaths in a way that is as **natural and non-forced as possible, best through their mouth.**



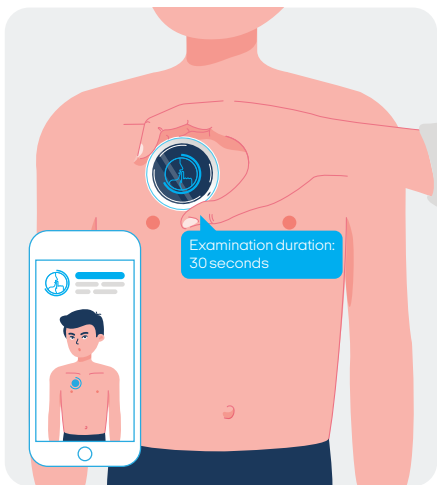
### Recommended position of the patient

Ask the child to sit down or lie on their back. During the examination, the child should have their upper body clothes removed. It is necessary to make sure that the child looks straight ahead and does not push their chin to their chest.

## 1 Perform the examination

Proceed according to the instructions displayed in the application. Make sure that the stethoscope is switched on.

- Put the stethoscope to the indicated point on the right side of the chest.
- Hold the stethoscope, pressing it lightly against the body. The recording will both start and stop automatically.
- The application may ask you to record an extra point in order to obtain a more accurate heart rate measurement. Such an additional measurement takes 15 seconds. If possible, during this measurement the child should hold their breath for a short while or take possibly shallow breaths, in order for the heart sounds to be more audible.



- StethoMe® automatically detects any excessively loud sounds, as well as stethoscope movement. If the noise is excessive, a red icon [presented to the right] is displayed.



## 2 Read the examination result

After finishing the examination, you will receive the result of analysis carried out by the certified StethoMe® AI algorithms.

- If it was impossible to obtain the examination results, you can repeat the examination now.

## Possible designations:



No abnormal auscultation sounds have been detected.



A small number of abnormal auscultation sounds has been detected.



Abnormal auscultation sounds have been detected.



It was impossible to determine the examination result.  
An insufficient number of breaths was detected during the examination.



The value of the parameter is too high.



The value of the parameter is above normal.



The value of the parameter is below normal.

A scale presenting the intensity of the wheezes and rhonchi recorded.

**Wheezes [0-100]**

↑ 63

**Rhonchi [0-100]**

15



You can find more information regarding interpretation of the results at our website in the FAQ tab.



### Answering the additional questions

After the examination is finished, 3 short question will appear regarding the current health condition of the child. Please answer them. The answers will be saved in the examination history, providing additional information to a doctor once the examination is shared.



### Share the results with a doctor

You can send a link to your examination using the „Share“ button. Such a link will be valid for 48 hours. The doctor will gain access to the sounds and analyses. The link will not include your personal data.



## Full lung examination

### Before you start the examination

- Have the child blow their nose and expectorate the excess mucus.
- During the examination, the child should take deep breaths in a natural way, best through their mouth.

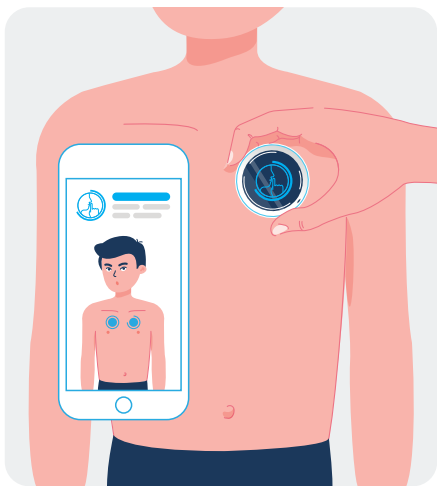
### Position of the patient

In case of children able to sit on their own, a sitting or standing position is preferred. In case of smaller children, the examination can be carried out while the parent is holding the child.

### 1 Perform the examination

Proceed according to the instructions displayed in the application. Make sure that the stethoscope is switched on.

- ? The examination starts automatically once the stethoscope is put directly to the patient's skin.
- ? Apply the stethoscope precisely at the points indicated on the application screen.



- ② StethoMe® automatically detects any excessively loud sounds, as well as stethoscope movement.

If the noise is excessive, a red icon [presented to the right of this text] is displayed.



- ③ After all the points are recorded, the verification of examination quality takes place. If some points have not been recorded or some of them are of low quality, you will be notified of this fact and have a chance to improve them.

Recording quality verification

4 Points recorded correctly.

2 Points not recorded.

2 Points recorded with low quality - no breathing detected or ambient noise too high

Improve the recordings

Show me the result

If you want to improve the quality of the points recorded, take deep breaths through your mouth, and maintain a natural rate of breathing. Avoid any noise and any movement of the stethoscope during the examination.

#### ④ Read the examination result

After finishing the examination, you will receive the result of analysis carried out by the certified StethoMe® AI algorithms.

##### Possible designations:



No abnormal auscultation sounds have been detected.



A small number of abnormal auscultation sounds has been detected.



Abnormal auscultation sounds have been detected.



It was impossible to determine the examination result. The number of points recorded is insufficient or the quality of points recorded is insufficient for determining the examination result.



The value of the parameter is too high.



The value of the parameter is above normal.



The value of the parameter is below normal.



### 3 Share the results with a doctor

You can send a link to your examination using the „Share“ button. Such a link will be valid for 48 hours. The doctor will gain access to the sounds and analyses. The link will not include your personal data.

### ! Remember!

- Only a doctor may order treatment and diagnose respiratory system diseases.
- Never diagnose the patient on your own solely on the basis of the results obtained using this device.
- This device must not be used in the event of a severe asthma attack or respiratory insufficiency.
- Please familiarise yourself with the content of the full user manual prior to using the device for the first time.



In case of any problems, please  
contact us at the following address:

**[support@StethoMe.com](mailto:support@StethoMe.com)**

**[StethoMe.com](https://StethoMe.com)**