



USER GUIDE

PULSE OXIMETER





With Omply, measuring your blood oxygen level at home is a simple and reliable way to find out how well your lungs transfer oxygen into the blood and how effectively your heart pumps blood to the different parts of your body. The measurement is safe, and the results are saved automatically to the app, from which you can share them directly with your doctor.

Before measuring, make sure your hands are clean and warm. Cold or dirty fingers can reduce measurement accuracy. Nail polish, especially dark or metallic shades, can distort the result or prevent the measurement entirely. Artificial or gel nails can also have an effect, as they may block light from passing through the nail. Before measuring, sit calmly and rest for about a minute so that your circulation settles.

Connecting the pulse oximeter to your phone

- Open the pulse oximeter from the hinged end.
- Place the pulse oximeter on your finger so that the nail faces upward and the fingertip rests in the centre of the measurement area.
- Use your index finger or middle finger.
- The device turns on, measures and turns off automatically.



During and after the examination

- During the measurement, avoid talking and moving.
- The device beeps steadily throughout the measurement, and the result is ready in under a minute.
- The result is transferred automatically to the Omply app. If you are in contact with your doctor during the measurement, they will see the results in real time.
- After the measurement, remove the device from your finger and it will turn off by itself.

