

To use the device, please follow the steps below:

1/ To use the device, you need to install the "Nabz Ava" application first. You can download this application from Google Play or visit the Nabz group website.

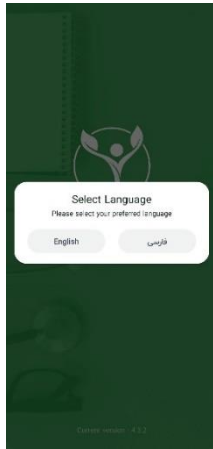
To download the software,



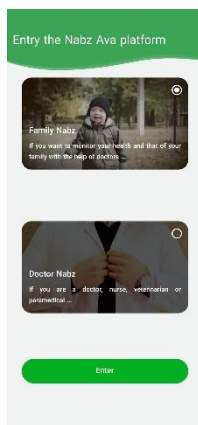
scan the following code:

the iOS version of this application is currently being designed and will be available soon on the App Store.

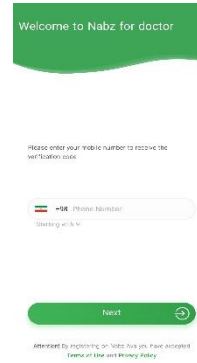
2/ After installing the application and entering the program, please select your desired language.



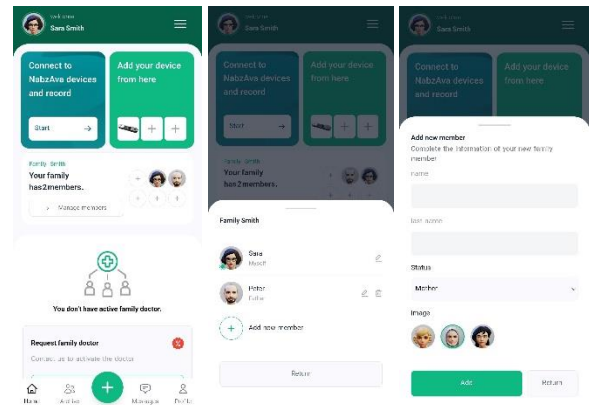
3/ After selecting the desired language, you will be redirected to the home page of the application. If you want to monitor the health of yourself and your family, please select "Family Nabz".



4/ In the next step, you need to register your mobile number to enter the application and then enter the received code. By confirming the sent code, you will be redirected to the main page.

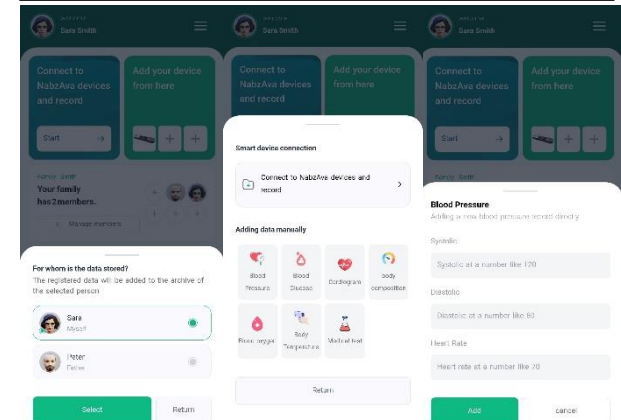


5/ After entering the main page of the application, you can add other members of your family to your account. To add new member, click on the + icon or "manage members" and enter their information.

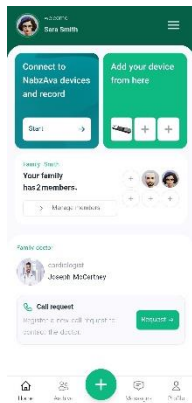


6/ Also you can manually enter other health related information into the app. First click on the " + " button, then select the desired person and add different data such as Blood pressure, Body temperature, Blood oxygen and ...

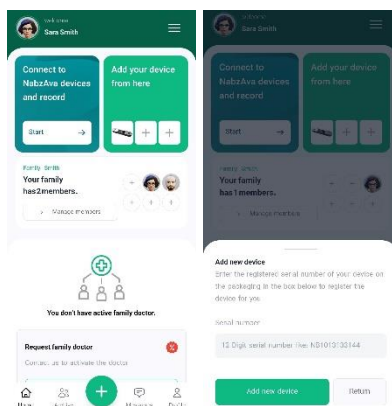
In addition to the NH1, this app can be connected to a Nabz stethoscope, a digital scale and a digital blood pressure.



7/ You can connect with your own doctor. Contact support and purchase a family physician subscription. Your doctor will have access to all your medical information.



8/ To add new device, click on the + icon, located in the top right corner of the page, and enter the serial number of the device mentioned on its box. After entering the serial number, the device specifications will be displayed. If it matches the purchased model, click on the "Add Device" option.

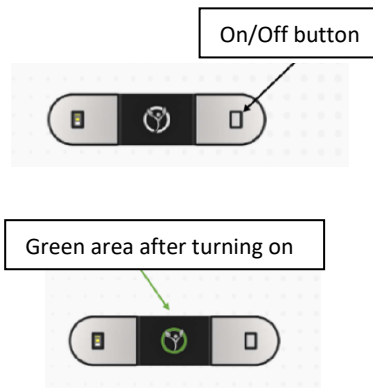


If the warranty period of the device was less than 52 weeks or if you purchased the device from intermediate sellers (middleman), please contact support: info@nabzgroup.com

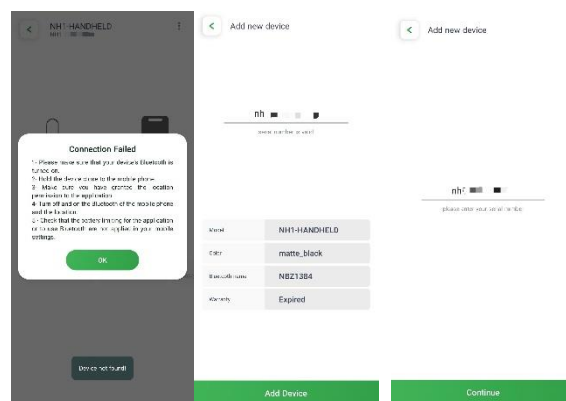
9/ So far, the device has been added to your profile. Now, you need to turn on the device to connect it to the application. To do this, press and hold the button on the right electrode of the device for a moment.

If the ring around the Nabz logo in the middle of the device turned green and immediately turned off, or if the ring did not turn on at all, it means that the device did not have enough charge and you need to charge it.

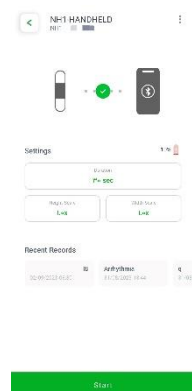
If the device has enough charge, the ring around the logo will start blinking green.



10/ After turning on the device, click on the "Connect to Device" option in the application. To connect the NH1 device to your mobile phone, turn on the Bluetooth and location on your phone. (Otherwise, you will encounter an error message from the application).



11/ After the connection, the LED on the device will stop blinking, and remain green. Then, you will enter the settings page and start recording the ECG signal. On this page, you can adjust the scale of height, width, and also the recording duration according to your preference.



single lead mode

To record a single lead (channel) ECG, you simply need to place index and middle fingers of both hands, on the right and left electrodes of the device. Also, instead of using the index and middle fingers, you can use the thumbs as well. It is recommended to improve the performance of the device, it is better to slightly moisten the fingertips with alcohol and then wait for a moment before placing them on the electrode.



The correct way to position hands on NH1

In the app, click on the "Start" button and select the "single lead" option. In this mode, the LED on the left electrode of the device will turn red. Place your hands on the electrodes and wait for 30 seconds (as set in the application). During the recording, lead I, PPG graph, and heart rate will be displayed instantly in the application.

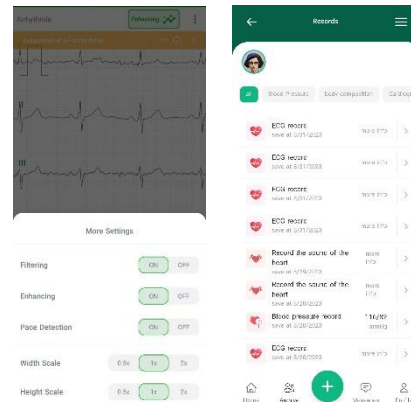
(A Patient should not make any movement.)



Please note that if you are taking an ECG through the knee, be sure to inform your doctor about this.



After completing the ECG recording, you will enter the analysis page. In this page, you can enable or disable various noise filtering options, improve the graph (Enhancing), and detect pace signals. You can also adjust the width and height scale according to your preference. Finally, by clicking on "Save," you can save your ECG recording and added to the Archive section. To enhance signal quality, enable the Enhancing.



6 lead mode

For the six-lead mode, if you intend to take a six-lead ECG, while placing the fingers of hand on the upper electrodes (similar to the single lead mode), you should also place the lower electrode of the device on the left ankle (preferably where there is less hair) or on the left knee as shown in the next page. In the six-lead mode, the red LED on the left electrode of the device will not turn on.



The correct way to position hands on NH1 on 6 lead mode