PERFECTCARE

Dear Patient,

Thank you for choosing the world-class care at Sanger Heart & Vascular Institute. We are honored to be part of your healthcare team. As you go through your surgery and healing, you and your family may have questions. Our goal is to put you at ease by answering any questions and addressing any concerns you may have.

We are pleased to announce a new, convenient way to connect with your care team and manage your healthcare journey from wherever you are via an app called Carium.

Perfect care will provide you and your family with an advanced, personalized approach to your cardiac care. We will educate and monitor you while you enjoy the comfort of your home. Perfect Care monitors resting heart rate, steps, sleep, blood pressure, weight, and provides interactive virtual visits with the clinical team. You will receive a Fitbit Inspire HR activity tracker, medical scale, and medical blood pressure cuff. There is no charge to you or your insurance for the equipment or visits. We ask that you follow the program for the full 90 days post-surgery.

Carium's mobile app is available to select patients of Sanger Heart & Vascular Institute — including you! Once you download the app and connect, you can expect:

- Peace of mind as we keep an eye on key health metrics you share with us through the app.

Ready to get started?

1. Download the Carium app from the Apple or Google Play App Store. Carium
2. Install and open Carium.
3. Tap "Join Carium" at the bottom.
4. Enter code: **sangercmc**
5. Check your email for a message from support@carium.com and click "Verify Email" to confirm your account.

Atrium Health
Sanger Heart & Vascular Institute

PERFECTCARE

Once you complete this process, your CT Surgery care team will be in touch. We can't wait to connect!

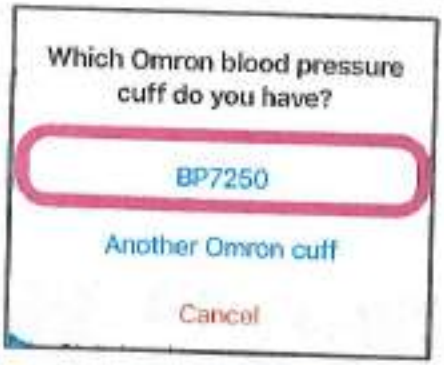
Atrium Health

Carium | Connecting Carium to Omron BP7250

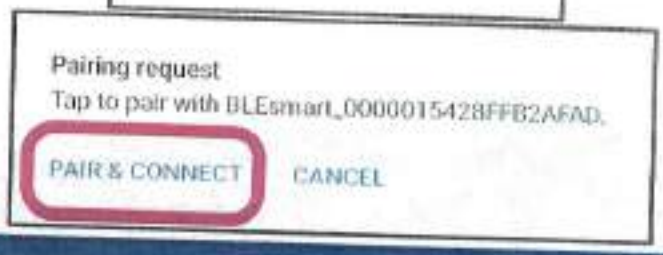
1. From the More menu, tap on the Connect Device option.

2. Tap the "Connect new device or app" button at the top of the screen.

3. Select "Omron" from the Blood pressure cuff" section, and then tap the "BP7250" option.



4. Follow the instructions to connect the device, and tap the "Pair" button when prompted.



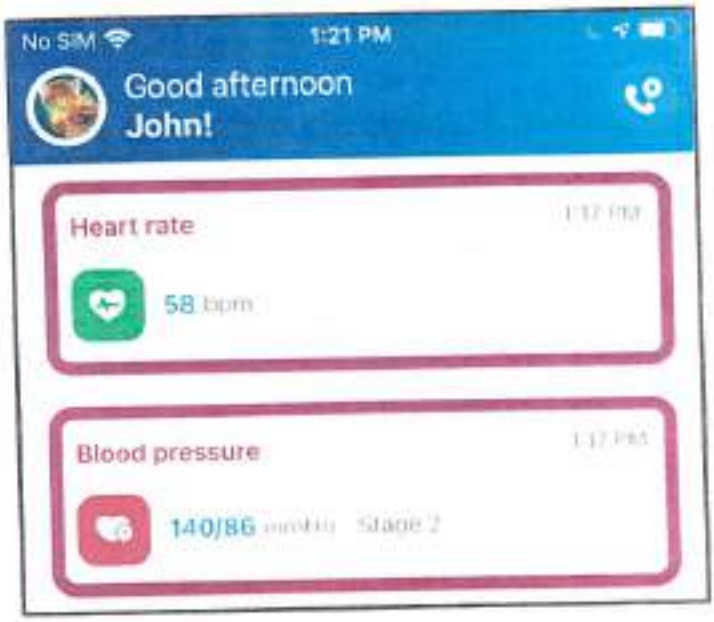
Carium | How do my BP readings get added to Carium?

1. Check your blood pressure with your bluetooth enabled Omron Cuff.

2. Open the Carium app while you're next to the Omron BP cuff.

3. You'll see a notification in Carium about the new reading(s) being recorded.

4. The latest reading will show up in the blood pressure tile on the home feed and health feed.



Carium | Connecting Apps and Devices to Carium

Before connecting a new device or app to Carium, follow the steps below to verify that bluetooth is enabled, and that Carium has permission to use your phone's bluetooth. Location should be enabled for Android phones.

Android

1. In your Android phone settings, verify that Bluetooth is enabled.

2. In your Android phone settings, select Carium from the list of Apps

3. In the permissions view for the Carium app, verify that "Location" is enabled.

iOS

1. Open the Settings screen from the More menu in the Carium app.

2. Select the Bluetooth option from the Settings screen

3. If access to Bluetooth is disabled, use the "Go to settings" button to enable Bluetooth access for Carium

For additional assistance, please email us at support@carium.com.

Carium | Connecting Apps and Devices to Carium

After you've ensured your bluetooth is enabled, please follow the instructions below to get your device or app connected to Carium.

1. Select the "Connect Device" option from the "More" screen.

2. Tap the "Connect new device or app" button.

3. Select the device or app you wish to connect from the list of devices and apps.

4. Follow the instructions in Carium to connect your device or app

5. After the device or app is connected to Carium, it will show in the list of connected devices and apps.

For additional assistance, please email us at support@carium.com.

Carium | Joining Video Appointments in Carium

Before you start, please verify that Carium has permission to use your phone's Camera with the steps below:

1. Tap the "More" button at the bottom right-hand corner, and then select "Settings" from the bottom of the menu.

2. Select the "Camera" option, and verify that Carium has permission. If it does not, use the "Go to Settings" button to allow Carium permission to use the camera.

Carium | Joining Video Appointments in Carium

To view and join your video appointments in Carium, please use the steps below:

1. From the More menu, select the "Appointments" option. Your upcoming appointments will be listed at the top.

   Tap the arrow on the "Past" bar to view and hide past appointments.

2. Tap on the "Join appointment" button to join the video session with your Care Team.

   Please note that the appointment will be ready to join 5 minutes before the scheduled start time.

Carium | Video Chat Controls in Carium

- Carium can detect when it does not have access to the camera or microphone, and will ask for permission if it does not have access.
- While the call is in session, you can mute your audio and disable the video using the buttons at the bottom of the screen.

Signing up is Simple

1. Download Carium from the Apple App Store or Google Play Store. (It's free!)

Carium

2. From the Carium app, click "Join Carium". Use invitation code **sangercmc** when filling out the registration form.
3. After verifying your email address, log in to the app — you are good to go!

If you have any issues signing up for Carium, please email support@carium.com.

Thank you!

Perfect Care is helping you achieve your best health by using Carium to support and encourage you whenever you need it, through the convenience of your phone