



Institute for Hypertension

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HypertensionSMS App (BlutdruckSMS-App) Installation and System Requirements

Supported Operating Systems

This app is supported by the following operating systems:

Android: Android 4.4 and above
Apple: iOS 8 and above
Windows: Windows Phone 8 and above

Download and Installation

Android users will find the app in „Google Play“. **Apple** users will find the app in the „App Store“. In the **Windows Phone 8** operating system the app can be found in the „Store“.

If you need help finding „Google Play“, the „Store“ or the „App Store“, read your mobile phone manual or contact your mobile phone provider. To enter your "store" you need to have access to the internet and you will need your personal App-ID and password.

When you have accessed the „store" please use the „search" function. In Android open „Apps“ and press on the „Search" icon. In Windows and Apple operating systems the search boxes are marked with magnifying glasses.

To download the free version type „blutdrucksms“ into the search field and to install the app press „Enter“. On request „reconfirm“. After you have installed „HypertensionSMS“ on your phone, move the icon to your start screen.

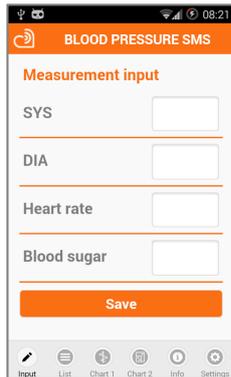
HypertensionSMS is a free health app version with strict privacy settings and without ads.

This app is free of ads and personal data will not be sent to anybody without the user's full permission.

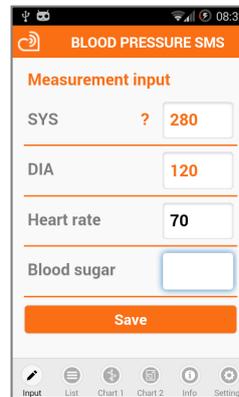
Guidelines for Using HypertensionSMS

How to Enter Your Data

After having recorded your blood pressure type your data into the input form.



Immediate data entering ensures that the time of measurement and the input time match.



Values above or below the ranges recommended by the Institute of Hypertension, Vienna, are highlighted in orange.

When an orange question mark „?” appears (as shown on the left), check that your data entry is correct.



After starting the app the „Input” screen will appear.

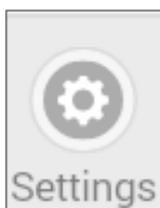
By pressing the „Input” button (shown on the left) the "data entry sheet" pops up.

As blood pressures fluctuate permanently, each reading is different to the preceding. To get an accurate average and range of your fluctuating blood pressures, you need to have at least 30 recordings. Statements based on single recordings are unreliable.

Your data will only be stored on your own hand held device and will not be given to anybody else.

Your data will be presented as a list, as a line graph and as a scatter graph (dot graph).

Language



This app is available in German and English. You can choose your language using the „Settings“ button.

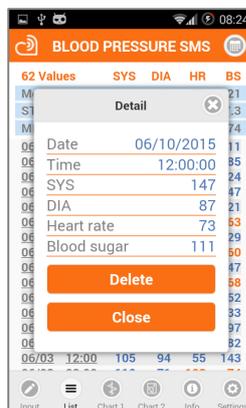
List



By pressing the „List“ button (shown on the left) the listing screen pops up.

62 Values	SYS	DIA	HR	BS
Mean value	129	76	71	121
STDDEV	17.6	11.3	23.8	27.3
MIN	100	60	31	74
06/10 12:00	147	87	73	111
06/10 08:00	130	83	76	85
06/09 12:00	105	72	53	124
06/09 08:00	112	85	36	147
06/08 12:00	105	74	70	121
06/08 08:00	117	69	83	163
06/07 12:00	138	79	36	129
06/07 08:00	120	62	93	160
06/06 12:00	125	93	64	147
06/06 08:00	108	78	76	168
06/05 12:00	138	66	73	152
06/05 08:00	139	81	62	133
06/04 12:00	126	91	72	97
06/04 08:00	142	85	66	82
06/03 12:00	105	94	55	143

Mean values, standard deviation and the minimum (lowest) values are highlighted in the top table headings. Values out of the ranges recommended by the Institute for Hypertension are highlighted in orange.



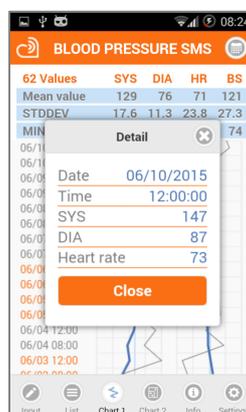
If you tap on a „data“ or „time“ entry a window opens and shows the full details.

By pressing „Delete“ the data entry is canceled.

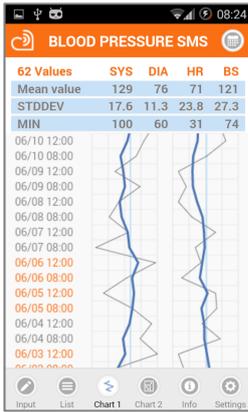
Line Chart (Chart 1)



Open by pressing the Chart 1 button.



By tapping on a „data“ or „time“ entry a window pops up and shows the details of the entry.



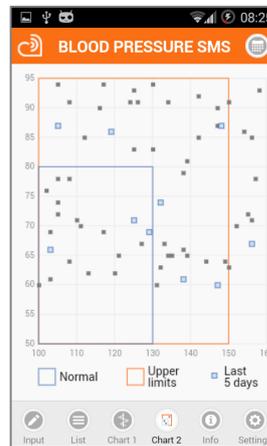
The grey line shows the entered blood pressures. The dark blue line represents the calculated average of the past 7 days. A thin light blue line marks the recommended normal range of the mean values.

Scatter Graph



By pressing the Chart 2 button you open the scatter graph screen.

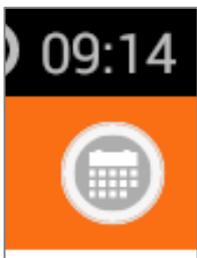
The recommended range is displayed as a blue and an orange rectangle. The area between the blue and the orange line is the upper quartile of normal blood pressure fluctuations.



The graph maps individual blood pressure fluctuations.

The recordings of the past 5 days are shown in light blue.

Setting a Period



In the „List“, „Chart 1“ and „Chart 2“ screens you can temporarily change the period of time by pressing the calendar symbol on the top right of the screen.

A period of 30 days is preselected. A customer operated change in time settings will automatically return to the default setting after 10 minutes.

Data Export

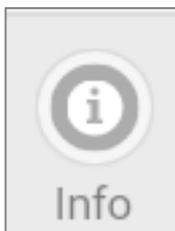
To prevent data transfer by mistake your data will not be exported without your explicit consent.

Additional Service Offered by the Institute for Hypertension

In a partnership with the Institute for Hypertension, Vienna, this app assists long time care for hypertension.

The Institute for Hypertension offers a regular medical control of your blood pressure. Every month you will receive a written report by mail.

The services offered by the Institute for Hypertension are subject to a fee. HypertensionSMS costs Euro 20.00 per month.

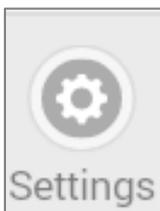


You can find the contact data of the Institute for Hypertension on the front page, by pressing the „Info“ button in the app on your mobile phone, as well as on the website www.blutdrucksms.at.

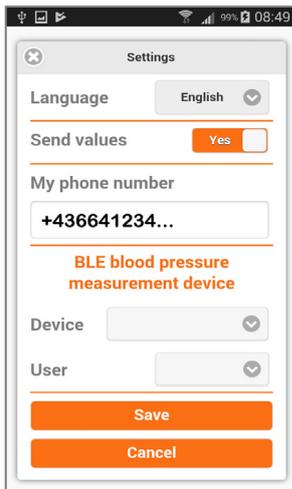
Participating in HypertensionSMS Service

If you intend to use the HypertensionSMS-service, please contact the Institute for Hypertension via phone or by e-mail.

Participation with Android-Devices



Once you have agreed to the "charged service", you have to press the „Settings“ button in your app...



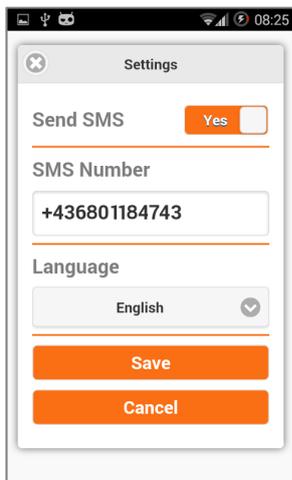
... and switch on „Send values" from „No" to „Yes". An additional input box „My phone number" will appear. You must then enter your own telephone number into this box.

Once activated "Send values", your single blood pressure data is not only stored on your phone, but also sent to the Institute for Hypertension, where the data is stored and interpreted. The institute's team will identify your values only by means of your telephone number.

The medical team of the Institute for Hypertension collects, uses, and safeguards your information exclusively in accordance with GDPR, Ärztegesetz (Austrian Act on the Medical Profession), DSG and TKG. The connection used by the app is safe and does not allow any third party to see your personal information.

Participation with Apple- or Microsoft-Devices

Installed on devices with iOS or Windows operating systems this app uses a secure SMS connection.



If you intend to participate in the HypertensionSMS service, you can contact the Institute for Hypertension via phone or by e-mail, or you press the „Settings"-button in your app and switch „Send SMS" to „Yes".

The institute's telephone number is already listed on your mobile phone.

Once activated "Send SMS", your single measurement data is not only stored on your phone, but also sent to the Institute for Hypertension, where it is stored and interpreted.

The institute's team can see your telephone number and will call you back.

A contract will not be offered to you until a qualified doctor-patient discussion has taken place.

How to Terminate the Participation in HypertensionSMS-Service

If you want to terminate your contract with the Institute for Hypertension, you simply press the „Settings" button and switch „Send SMS" to „No". Your data will no longer be sent to the Institute for Hypertension.