



Oxygen Saturation Monitors, BP Monitors, and Thermometers Free for PHC Members

February 18, 2021

In response to COVID-19, Partnership HealthPlan of California (PHC) has obtained a supply of blood pressure monitors, oxygen saturation monitors, and thermometers to be given at no cost to PHC members. PHC would like your help in getting these supplies distributed to our members and your patients that would benefit from this medical equipment.

The guidelines for requesting equipment for a PHC member are outlined below. Interested providers will need to complete the DME Request Form on our website at [DME Request Form](#). Complete the form and submit to request@partnershiphp.org or fax to 707-420-7855.

Providers will be expected to connect with the selected PHC members to ensure the member can use the equipment properly.

Medical Equipment Request Guidelines

Fingertip Pulse Oximeter F02T or Contec Pulse Oximeter CMS50D1 <i>(Age 3 and older)</i>	Vive Precision Blood Pressure Monitor DMD1001 With standard size cuff <i>(Age 6 and older)</i>	Care Line Instant Digital Thermometer <i>(No age restriction)</i>
<p>COVID: confirmed or suspected to follow for decompensation <i>(Urgent delivery)</i></p> <p style="text-align: center;">OR</p> <p>Chronic lung or heart conditions to avoid office visit: <i>(routine delivery)</i></p> <ul style="list-style-type: none"> • COPD • Cystic fibrosis • Asthma • CHF • Pulmonary hypertension • Recurrent pulmonary embolism • Auto-immune lung disease • Other – please note on form 	<p>COVID: confirmed or suspected to follow for decompensation <i>(Urgent delivery)</i></p> <p style="text-align: center;">OR</p> <p>Chronic heart conditions to avoid office visit: <i>(routine delivery)</i></p> <ul style="list-style-type: none"> • Hypertension • Diabetes mellitus (any type) • Coronary artery disease • History of stroke • Atrial fibrillation • CHF • ESRD • Other – please note on form <p><i>**If a special size cuff is needed, please order through pharmacy.</i></p>	<p>COVID: confirmed or suspected to follow for decompensation <i>(Urgent delivery)</i></p> <p style="text-align: center;">OR</p> <p>Elevated risk of contracting or spreading COVID:</p> <ul style="list-style-type: none"> • At risk for severe COVID (co-morbidity or over 65) • Occupational exposure to general public or individuals living in congregate living environment • Oncology patients on chemo • Immunocompromised • Infection, need to monitor for fever, unable to afford or find thermometer <i>(Urgent delivery)</i> • Other – please note on form

For questions, please send an email to request@partnershiphp.org.

VIVE Precision Blood Pressure Monitor DMC1001

Equipment Information and Instructions

VIVE Precision Blood Pressure Monitor DMC1001

VIVE Precision blood pressure monitor is a portable device that allows you to rightly track blood pressure from the comfort of your home.

Installing and Replacing Batteries

- This blood pressure monitor uses 4 AAA batteries. It will not work and may be damaged if you use a different type of battery.
- Replace the batteries when:
 - The display lights are dim.
 - The display does not light up.
- To put in or take out the batteries:
 - Open the battery cover.
 - Put the flat side of each battery on the side with the spring.
 - Put the cover back on.
- Take the batteries out if you are not using the monitor more than once a month.
- Do not put old batteries in the trash. Follow your local guidelines to recycle old batteries.
- Keep your batteries away from fire as they can leak or explode.



Using Your VIVE Blood Pressure Monitor

1. Setting the Date, Time and Unit

- It is important to set the clock before using your monitor. Each time you take your blood pressure, it is stored in the monitor's memory.

2. Setting the Year

- Step 1 – When the monitor is off, press and hold the “S” button for 3 seconds.
- Step 2 – Press the “M” button to change the year. Keep pressing the “M” button until you come to the current year.
- Step 3 – Press the “S” button to set the year.

3. Setting the Month and Day

- Repeat steps 2 and 3 from “Setting the Year” until you get the current month and day.

4. Setting the Time

- Repeat steps 2 and 3 from “Setting the Y” until you get the time between 12 hour time and 24 hour time.

5. Setting the Hour and Minute

- Repeat steps 2 and 3 from “Setting the Year” until you get the current hour and minute.

VIVE Precision Blood Pressure Monitor DMC1001

Equipment Information and Instructions

When you have done all the steps, the monitor will display “done” and will show all the settings. Then it will turn off.

How to Use:

- Attach the tube from the blood pressure monitor into the input slot on the cuff.
- Slide the cuff on to your upper arm. The tube needs to be on the inside of our arm with the tube lined up with your little finger.
- The cuff should be snug but not too tight. You should be able to get one finger between the cuff and your arm.
- Before you take your blood pressure:
 - Sit in a place where you are comfortable with your back supported.
 - Put your arm on a flat surface.
 - Place your feet flat on the floor.
 - Rest for 5 minutes.
- While you take your blood pressure:
 - Pick User A or User B with the User button on the monitor
 - Press the Start/Stop button to turn the monitor on
 - The unit will start taking your blood pressure
 - Your results will show on the monitor screen and be saved
 - Wait for 3 minutes if you want to take your blood pressure again
- It is helpful to take your blood pressure around the same time each day. Place the cuff in the same place on your arm.

If you have questions about taking your blood pressure, take your monitor to your next visit with your primary care provider.

Things to Keep In Mind:

When to avoid taking your blood pressure:

- Less than 1 hour after eating or drinking
- Less than 20 minutes after taking a shower/bath
- In a very cold place
- After smoking or drinking tea or coffee
- When talking or moving your fingers
- When you need to use the bathroom

For additional questions, please contact your Primary Care Physician (PCP).

Care Line Instant Digital Thermometer

Equipment Information and Instructions

Care Line Instant Digital Thermometer

The digital thermometer gives a quick and true reading of a person's body temperature.



How to Use:

1. Press the "On/Off" button. You will hear a sound and the screen will read **188.8 E**. It is now ready for use.
2. You can use this thermometer in either your mouth, rectum or armpit. Place the thermometer in desired location:

Oral Use	Rectal Use	Armpit Use
<ul style="list-style-type: none"> • Place thermometer under tongue. Make sure it is far enough back, near the molar teeth. • Close your mouth around the thermometer. Breathe evenly through your nose, not through your mouth. • Normal temperature in the mouth is between 96.3 F and 99.1 F. 	<ul style="list-style-type: none"> • Grease the silver tip of the thermometer with petroleum jelly. This will make it easier to insert. • Gently put the sensor less than 1/2 inch into anus. • Normal temperature in the rectum is between 97.2 F and 99.9 F. 	<ul style="list-style-type: none"> • Wipe armpit dry. • Place the silver tip of the thermometer in armpit. • Press arm tightly at side to keep the thermometer in place. • Normal temperature under the armpit is between 95.4 F and 98.1 F.

3. The degree sign will flash when the thermometer is in the mouth, rectum or armpit.
 - When the flashing stops, an alarm will beep for about 10 seconds. The temperature reading will appear on the screen.
4. Press the "On/Off" button to turn off the thermometer when you are done.
5. Clean the thermometer after each use.
 - Wipe the thermometer with a cloth that is damp with water. Then wipe with a soft dry cloth.
 - Do not soak the thermometer in alcohol or hot water.
6. Put the thermometer in the case. Keep it out of direct sunlight and out of the heat.

Care Line Instant Digital Thermometer *Equipment Information and Instructions*

Changing the Battery:

- Change the battery when the battery image appears on the lower right side of the display.
- Carefully pull the battery cover off.
- Gently take out the plastic circuit board with battery chamber.
 - Use a pointed object, like a pen, to take the old battery out. Change the battery with a new 1.5V DC button type LR41 or SR41, UCC392.
 - Put the battery in with “+” facing up
- Slide battery chamber back in place. Put the cover back on.
- Do not put old batteries in the trash. Follow your local guidelines to recycle old batteries.
- Keep your batteries away from fire as they can leak or explode.

For additional questions, please contact your Primary Care Physician (PCP).

Finger Pulse Oximeter F02T

Equipment Information and Instructions

Finger Pulse Oximeter F02T

Pulse oximetry is a test to measure the oxygen level of your blood. It is an easy, painless measure of how well oxygen is sent to parts of your body, like your arms and legs.

How to Use:

1. Make sure batteries are in the device. See “Battery” information below.
2. Press the button, open the clip-like device and place a finger inside.
 - Your finger should be between the two rubber cushions.
 - Your fingernail and the screen should be on the same side. Let the light shine directly on the finger nail.
3. Press the button on the front panel 1 time to turn on the device. This begins the measurement.
4. Keep your finger still and avoid moving around while wearing the device.
5. Wait 8 seconds and read the results on the screen. Write down the number to share with your doctor.
6. Remove your finger from the device. The oximeter will turn off on its own after 8 seconds.
7. Clean the device with an alcohol wipe when you are done using it.
8. Take out the batteries if you do not plan on using more than once a month. This will help protect your device from damage.



Changing the Batteries:

- This pulse oximeter uses 2 AAA batteries.
- Take off the battery cover.
- Put the batteries in. Make sure each flat side is on the side with the spring.
- Put the battery cover back on.
- Do not put old batteries in the trash. Follow your local guidelines to recycle old batteries.
- Keep your batteries away from fire as they can leak or explode.

Finger Pulse Oximeter F02T

Equipment Information and Instructions

Things to Keep In Mind:

- Do not use this oximeter while testing blood pressure.
- Do not wear nail polish or other makeup on your finger while using the oximeter.
- Do not place a wet finger in the device.
- Do not get the device wet.

For additional questions, please contact your Primary Care Physician (PCP).

Contec Pulse Oximeter CMS50D1

Equipment Information and Instructions

Contec Pulse Oximeter CMS50D1

Pulse Oximetry is a test to measure the oxygen level of your blood. It is an easy, painless measurement of how well oxygen is sent to parts of your body, like your arms and legs.



How to Use:

1. Make sure batteries are in the device. See battery information below.
2. Open the clip-like device and place your finger inside.
 - Your finger should be between the two rubber cushions.
 - Your fingernail and the screen should be on the same side.
3. Press the button on the front panel 1 time. This begins the measurement.
4. Keep your finger still and avoid moving around while wearing the device.
5. The screen display will show the information. Write down the number to share with your doctor.
6. Clean the device with an alcohol wipe when you are done using it.
7. Take out the batteries if you do not plan on using the device more than once a month. This will help protect your device.

Changing the Batteries:

1. This pulse oximeter uses 2 AAA batteries.
2. Open the battery cover.
3. Put the batteries in. Make sure each flat side of the battery is on the side of the device with the spring.
4. Put the cover back on.
5. Change the batteries when “Low Voltage” is shown on the screen.
6. Do not put old batteries in the trash. Follow your local guidelines to recycle old batteries.
7. Keep your batteries away from fire as they can leak or explode.

Contec Pulse Oximeter CMS50D1

Equipment Information and Instructions

Things to Keep In Mind:

- Do not use on the same finger for over 2 hours.
- Your fingernail should not be too long. Your finger should fit in the device easily.
- Do not wear nail polish or other makeup on your finger while using the device
- Do not use if you are allergic to rubber.
- Do not put a wet finger in the device.
- Do not get the device wet.

For additional questions, please contact your Primary Care Physician (PCP).