

## Tele-Clinical Care (TCC) Cardiac

The TCC-Cardiac solution comprises a smartphone application, paired with wireless devices (a blood pressure machine, weight scale and an optional oximeter) which are monitored via a backend dashboard by a team of health professionals.

The system is designed to help you monitor your own progress and will also aid your doctors in tailoring your care. Please measure your readings at least once a day, every day. Remember, the more information we have, the more valuable it will be for you!

## Downloading the App

Android:



Apple:



## FOR ASSISTANCE:

If you require medical attention,  
please contact your local doctor.  
In the event of an emergency,  
dial "000" for an ambulance

If you need technical support, open the TCC app and click on "more" and then "support" and "request". Alternatively, call

(02) 9348 0200

Monday to Friday 9am – 5pm

For questions or comments regarding the TeleClinical Care – Cardiac Study, please email us at:

SESLHD-TCC-Cardiac@health.nsw.gov.au



**TeleClinical Care**  
Cardiac

[www.ihealthe.unsw.edu.au/research/tcc-cardiac](http://www.ihealthe.unsw.edu.au/research/tcc-cardiac)



Using the  
**TCC-Cardiac App**  
& Devices



## STEP 1: Measuring Your Weight

1. Measure your weight first thing in the morning, before 9am.
2. Open the TCC app on your phone and press START.
3. Step on the scale. Step off after it beeps.
4. Wait for the confirmation message on your app.

## STEP 2: Measuring Your Blood Pressure

1. Measure your blood pressure at the same time as you measure your weight.
2. Make sure you are comfortably seated and relaxed for 5 minutes.
3. Loop your arm through the cuff and tighten it. The dot should be just above the front side of your elbow.
4. Make sure the TCC app is open on your phone and press the start button on the blood pressure machine.
5. Watch for the confirmation message on your app.



## STEP 3: Measuring Your Blood Oxygen Level

If you are given a pulse oximeter, make sure the TCC app is open on your phone.

1. Insert your finger into the oximeter. Press the silver button to start the measurement.
2. Rest your hand on a steady surface and don't move, allow 30-60 seconds for the device to detect your pulse.
3. Watch for the confirmation message on your app.