



# OPTILOGG

## Manual

For assistance, please dial:

**+46 (0)20 - 89 91 40**

## Read this first!

OPTILOGG® is a technical aid to support you who are suffering from heart failure. OPTILOGG® can help you better cope with your disease and it is clinically proven that using OPTILOGG® leads to a healthier life with higher quality of life. We hope you will be happy using OPTILOGG®.

The screen (also known as a tablet computer) senses where you touch it, so you decide what is shown on screen by pushing the tabs or symbols on it with your finger. If you have any questions, feel free to call us. The telephone number is printed on the front of this manual.

OPTILOGG® exists in two versions, with and without a weight scale. Your health care provider has decided which one suits you the best. Before starting to use the equipment, please read the next page about intended use.

Please remember to contact the health care provider who is responsible for treating your heart failure if some other health care provider changes your prescribed medication.

Always call 112 in case of an emergency!

## Table of contents

Read this first! .....	2
Intended use.....	3
General description .....	3
Daily use if you have a screen and a weight scale.....	4
Trouble shooting .....	6

## Intended use

Optilogg is a home-based device intended to support self-care behavior in people with heart failure, who can read and understand instructions on the Optilogg screen. Optilogg provides information about how to improve living with the heart failure diagnosis, as well as means of tracking subjective symptoms. Furthermore, it can, based on weights from a Bluetooth-connected weight scale coupled with the healthcare professional prescribed loop-diuretics regimen, remind people who are prescribed a flexible diuretics regimen when to take the higher dose and what that dose is. Optilogg can improve self-care behavior among its users.

## General description

OPTILOGG® should be used daily by you who are suffering from heart failure, with the purpose of allowing you to assume more control over the disease, understand it better and get help in understanding when it might be appropriate to seek care.

If you received a weight scale with your OPTILOGG®, you weigh yourself each morning after emptying the bladder and before breakfast. The weight is automatically transferred to the screen where you can read a short tip related to heart failure, and if applicable your daily recommended dose of diuretics.

Every five days you will be asked to answer three questions about your perceived symptoms prior to being asked to step on the weight scale. If your symptoms deteriorate, you might be recommended on screen to contact your health care provider.

In addition to the “daily use” as described above, you may at any time press the tabs on the screen with your finger and thereby access educational material and information about heart failure, your symptom log (historical trends) as well as contact information to your health care provider.

If you have a scheduled appointment with your HCP who is treating your heart failure, you are encouraged to bring your screen and show the symptom logs.

The detailed usage is described thoroughly in this manual.

## Daily use if you have a screen and a weight scale

This chapter describes the daily use of OPTILOGG®.

When you wake up, the screen will look as in the picture below. Should it look different, press the tab on the right labelled "Idag" (highlighted with a green circle in the picture below).



Each day you are expected to:

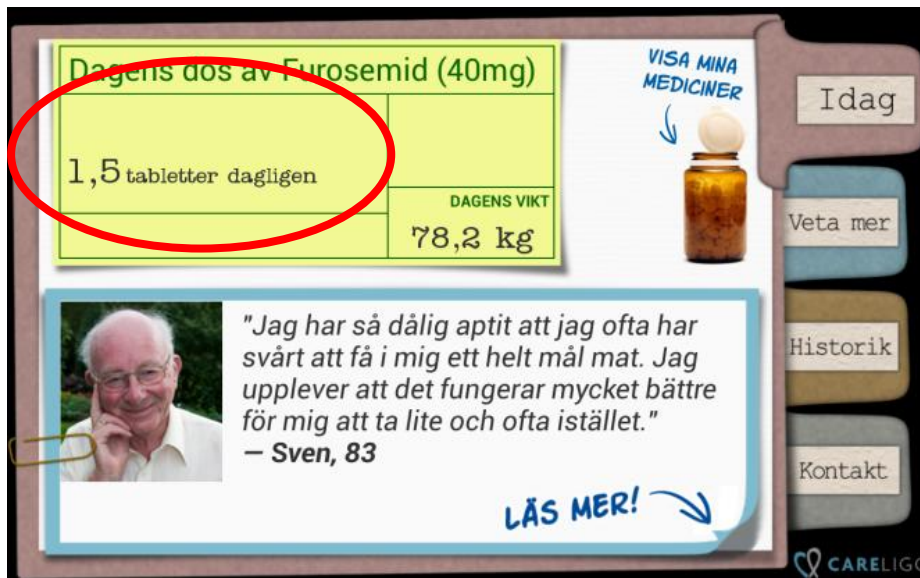
- 1) **Read the tip of the day in the box with the light blue frame.**  
The tip of the day contains information on how to lead a better life despite the heart failure diagnosis. If you want to learn more about today's topic, press "LÄS MER" (highlighted with a red circle in the picture).
- 2) **Weigh yourself on the weight scale you were provided with your OPTILOGG®.** Assure that the weight scale is level on a flat surface and step up on the weight scale. Stand still, without leaning against anything or grabbing ahold of something, until your weight has been registered. You can see that it has registered when your weight is presented on the screen. Make sure to note if the weight does not seem reasonable.

If the weight is registered on the scale but does not appear on the

screen, refer to page 13 in this manual for help, or call the number on the front of this manual for support.

- 3) **Take today's dose of diuretics.** If your OPTILOGG® is set to recommend a daily dose of diuretics, it will appear on the screen as illustrated in *the picture* below. The red circle shows where the dose is written.

OPTILOGG® can thus be configured to provide recommendations about your daily dose of diuretics, but all other medications you may have been prescribed, you should always take according to the directions recommended by your treating physician.



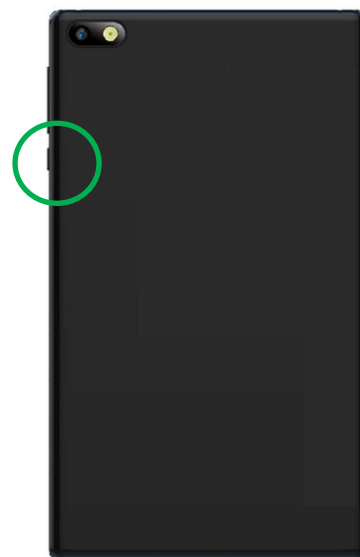
#### NOTE!

- In the picture above to the left, the pill contains 40 mg furosemide. Make sure that your OPTILOGG® is recommending the same weight (in mg) as the actual pills you have received (if you have OPTILOGG® with dose recommendation). If this is not the case, contact your health care provider.
- These pictures are mere examples and do not necessarily reflect your actual prescribed dose or weight.

## Trouble shooting

### **If the screen is black or seemingly turned off.**

Along one of the sides of the screen, there is a narrow and short button (next to an equally narrow, but longer button). Try pushing that button (illustrated with a green circle in the picture to the right) briefly and letting go, much like when turning on a light switch.



Is the screen still black? Make sure the power cable is connected and also plugged in to a working power outlet (see pictures below). Wait five minutes, and then press the same button as before, only this time keeping it depressed for ten seconds, before letting go. If that did not help either, call CareLigo using the number printed on the front of this manual.



### If your weight is not correctly shown on screen.

Make sure you weighed yourself in the proper way, and stayed standing steadily on the weight scale without leaning against anything.

### If the weight is not transferred to the screen from the weight scale.

1) Wait until the display on the weight scale has gone dark.

2) Press "CareLigo" in the bottom right corner of the screen, circled in green on the first picture below. Keep your finger there until a pop-up with the text "Kontrollpanel" (Eng: control panel) appears (second picture below).

3) Press the round button below the text "Anslut till vågen" (Eng: Connect to weight scale). That button will then be highlighted with a green light, to indicate it has been pressed. Then press the button next to the word "KLAR" in the bottom right corner.

4) Try weighing yourself again. If it doesn't work, repeat steps 1 and 2 above again, to once more access the "Kontrollpanel" pop-up.

5) This time you instead push the button "Starta om skärmen" (Eng: Reboot screen), followed by the button next to "KLAR" in the bottom right corner. Now the screen will reboot which might take a minute or two.

When the screen looks like in the upper picture to the right, try weighing yourself again.

6) If this still doesn't do the trick, please call us on the phone number printed on the front of this manual.



## I. Explanation of symbols



Attention. This symbol indicates that the user should consult the manual before using the system.



Manufacturer. The symbol is followed by the manufacturer's name and address.



Serial number. Followed by a number unique to each unit, so that each unit can uniquely be identified.

## II. Product specification

Product: OPTILOGG®

Model number: MN2023001

Manufacturer: CareLigo® AB, Rallarvägen 41, 184 40 Åkersberga, Sweden

Contents: Screen (tablet computer) and charger (Pretech W706LM), Stand, Manual, in some cases a weight scale (Joy JY-430BT) and/or a blood pressure cuff (Beurer BM85).

If the scale is provided by CareLigo AB, it is equipped with Bluetooth and has an absolute accuracy of  $\pm 1$  kg and a repeatability tolerance of 0.3 kg, i.e., with three consecutive measurements with the same weight, subtracting the lowest measured weight from the largest measured weight shall be equal to or less than 0.3 kg.

Any scale can be used with Optilogg, as long as it meets the performance as described above.

The blood pressure monitor is separately classified as a medical product.

## III. Important information

I. The weight scale should only be used by you.

II. OPTILOGG® does not replace the role of your health care provider and he/she can't see your screen remotely. Always contact your health care provider if you need medical advice.

III. If your OPTILOGG® is not working properly, always take your medication as prescribed by your physician. If you are unsure what dose to take, contact your health care provider.

IV. To get the appropriate recommended drug dose, you need to weigh yourself properly. Do not lean against, nor hold on to anything while weighing yourself. Strive to always weigh yourself under similar conditions each day, like after going to the bathroom and before breakfast. Also try to wear the same amount of clothing.

V. If your health care provider is to change your prescribed dose of diuretics, you need to bring your screen to that visit. If he/she is not familiar with OPTILOGG®, please ask them to contact us, and we will explain.

VI. In the event of a serious incident with your Optilogg, you should immediately inform your healthcare provider, Careligo AB, and the Swedish Medical Products Agency (Läkemedelsverket).

## V. Maintenance and service

As long as the screen remains connected to a power outlet, no maintenance or service should be required. If you unplug it, for instance when bringing it to your health care provider, make sure to plug it back in when you get back home.

The weight scale can run out of batteries. If it stops working, contact us at the number printed on the front of this manual.

The screen can be cleaned by wiping it with a clean, soft rag. The weight scale can be cleaned with water or a non-corrosive cleaning agent.

For any questions relating to the equipment, please call CareLigo® using the number printed on the front of this manual.








## VI. Returning the equipment

If you or your health care provider decides to discontinue the use of your OPTILOGG®, your health care provider will ask us at CareLigo® to reach out to you and make an appointment when we can visit you to collect the different parts of the system.

This Medical Device Class 2a product is CE-marked according to the Medical Device Regulation (EU/2017/745).

## Optilogg

Self-care support for people with heart failure

	CareLigo AB Rallarvägen 41 184 40 Åkersberga	REF	MN2023001	
	735014932	SN	3.15.2	
	MN20230016Y 07350149320006 3.15.2+20231130		2023-11-30	 2862

The CE mark above indicates that the notified body is 2862 Intertek.

Date of issue of the user manual: 2025-06-21

*AI\_202303-011 ver. 3*