Therap® Connect

Connected Devices Overview

*Withings, iHealth & Fitbit marks are the property of their respective companies.

Therap Connect is an exciting new platform designed to make data collection more effective and efficient through the use of smart devices. By interfacing with smart technologies, Therap Connect increases accuracy of data collection and promotes independence for people receiving supports. In this overview, we will introduce the initial connected devices and the data they can help us collect.

Therap Connect

Why Withings?

Withings devices send data via wifi. Once the setup process is completed and the devices are associated to the Individual's Withings profile, data can flow seamlessly without a phone or tablet in the area.
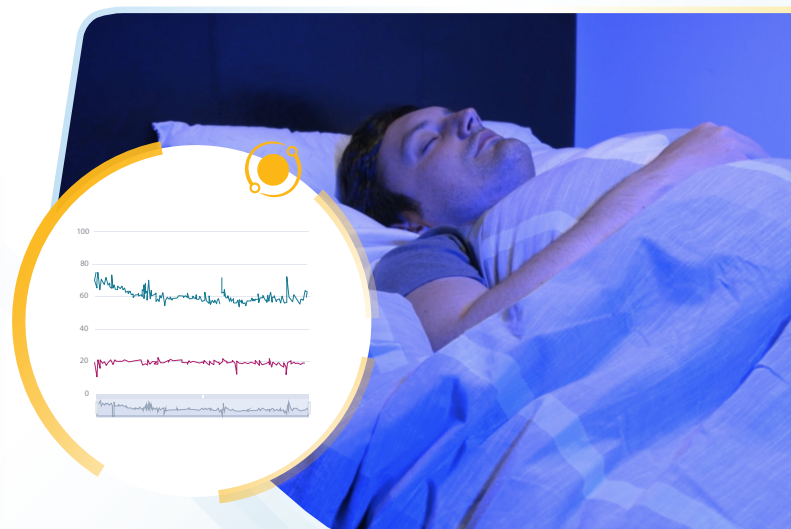
Withings Sleep Mat

Therap Connect interfaces with the Withings Sleep Tracking Mat. The device is placed between the mattress and box spring, or between mattress and the bed frame, to help understand how someone is sleeping. The sleep mat makes no sounds and does not disrupt a person while they are sleeping.

The sleep mat is able to detect:

- Sleep Duration
- Phases of sleep cycle
  - Awake (in bed)
  - REM
  - Deep Sleep
  - Light Sleep
- Sleep Score
- Wake Up Count
- Snoring Duration
- Pulse During Sleep
- Respiration Rate During Sleep

Examples of Sleep Mat Data Uses:

- Sleep duration and sleep quality data can help understand impacts from lifestyle changes such as:

  - Life Events
  - Medication Changes
  - Changes to the bedroom environment (New mattress, new roommate, etc.)

- Snoring data can help determine if someone may need a CPAP or, if they have one, is wearing it properly.

Withings Link:
Withings Sleep Mat

Therap Connect

Withings Body Smart Scale

Therap Connect interfaces with the Body Smart Scale. When someone steps on the scale, it will be able to collect a wide range of important information about body composition to help promote health and well-being.

Note: The Body Smart Scale can support up to 8 profiles.

The Body Smart Scale sends Therap Connect:

- Weight (lbs)
- Muscle (%)
- Fat Free (%)
- Fat (%)
- Heart Rate
- Hydration (%)
- Bone (l%)

Examples of Smart Scale Uses:

- Body composition data can help understand impacts from lifestyle changes such as:

  - Medication Change

  - Fitness Plans

  - Diet Changes

  - Effectiveness of bone density treatments - Bone Mass data can provide indicators when an Individual is receiving care for Osteoporosis.

  - Monitoring Water Intake or Retention - Hydration data may assist in determining whether or not someone is drinking enough water or experiencing abnormalities in water retention.
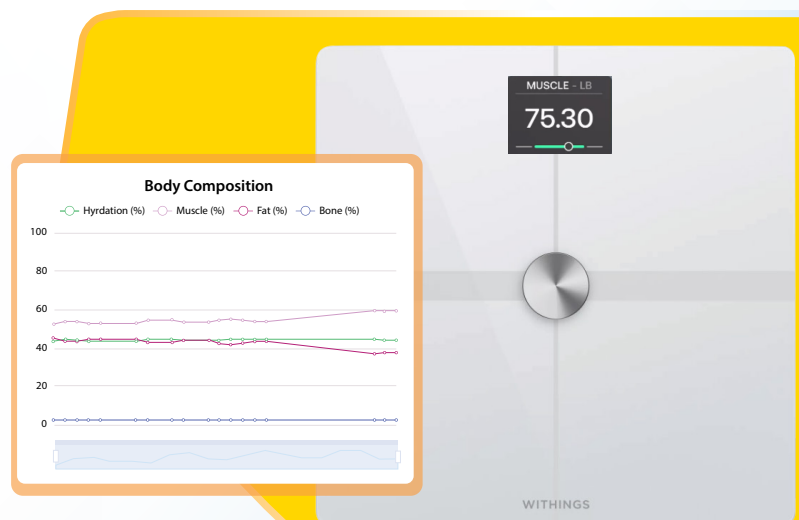
Withings Link:

Withings Body Smart Scale

Withings BPM Connect
Blood Pressure Monitor

This clinically validated smart device will help improve the collection of blood pressure and heart rate data to gain additional understanding of heart health.

The BPM Connect is able to collect Systolic and Diastolic Blood Pressure, as well as pulse.

Note:
The BPM Connect can support up to 8 profiles.

Withings Link:
Withings BPM Connect

Withings Thermo Smart Temporal Thermometer

The Withings Thermo combines a contactless sensor with a simple interface, to create a device that helps your team quickly collect the temperatures of the people you support.

Note:
The Thermo Smart Temporal Thermometer can support up to 8 profiles.

Withings Link:
Withings Thermo

Why iHealth?

Therap Connect Users can send iHealth data to any Individual on their Therap Connect Caseload. No iHealth account is needed for the Individual. The iHealth data is sent via Bluetooth to the Therap Connect mobile app.

iHealth Air Pulse Oximeter

Accurately measure blood oxygen level and pulse rate with the clinically tested iHealth Air Wireless Pulse Oximeter.

iHealth Link:
iHealth Air Pulse Oximeter

iHealth Gluco+ Wireless Smart Glucose Meter

iHealth Gluco+ Wireless Smart Glucose Meter is a clinically approved device for accuracy. It takes readings in the same manner as a standard glucometer.

iHealth Link:
iHealth Gluco+ Glucose Meter

iHealth Smart Thermometer, Model PT3SBT

Quickly collect accurate readings with the iHealth Smart Thermometer. Available from Amazon.

Amazon Link:
iHealth Smart Bluetooth Thermometer PT3SBT

Therap® Connect

iHealth Blood Pressure Monitors

iHealth Ease Wireless Blood Pressure Monitor

Easy to use. Clinically tested. 3 cuff sizes available.

iHealth Link:

iHealth Ease Wireless Blood Pressure Monitor

iHealth Neo Wireless Blood Pressure Monitor

Uses "gentle inflation technology" for the best comfort. One-button operation. Available from Amazon.

Amazon Link:

iHealth Neo Wireless Blood Pressure Monitor

iHealth Scales*

iHealth Nexus Body Composition Scale

A reliable wireless Body Composition weight scale easily measures, tracks your fitness data.

iHealth Link:

iHealth Nexus Body Composition Scale

iHealth Nexus Pro Body Composition Scale

Features 4 highly sensitive sensors and an advanced Bioelectric Impedance Analysis (BIA) algorithm to ensure precise and consistent measurements.

iHealth Link:

iHealth Nexus Pro Body Composition Scale

* Currently, iHealth Scales transmit weight data only to Therap Connect. Complete body composition data to be available soon.

Therap Connect

What data can be automatically sent into Therap Services?

- **T-Logs:**

  Sleep data is sent in the form of Sleep Data T-Logs in the morning.
  This includes the sleep score, sleep duration, and other data from the night of sleep.

- **Height/Weight:**

  Weight is sent into the Height / Weight module and the additional body composition metrics are added as comments in the reading.

- **Vital Signs:**

  Pulse, blood pressure, temperature, and oxygen saturation are all sent into Vital Signs.

- **Blood Glucose:**

  Blood Glucose readings from the iHealth Glucometer can be sent into the Blood Glucose module.

What notifications are available?

Your team can set configurable notifications for:

- "Bed Out", as detected by the Sleep Mat
- Weight
- Oxygen Saturation
- Blood Pressure
- Blood Glucose
- Pulse

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