

# myPatch Holter whakamātau

## mō ngā tūroro pakeke

### Me āta pānui koa i ngā tohutohu katoa hei whakaū i tō whakamātau kua tutuki.

Pānuitia koa te paihere ngā Tohutohu Tūroro i mua o te hoatu i te pūrere. Ka tohutohu ana mātou ki a koe:

- Mau kākahu tārewa e tika ana
- Tangohia ētahi rongoā pūnoa engari rawa mēnā ka tohutohu kētia
- Haere tonu me ngā ngohe pūnoa o ia rā, tae atu ki ngā uaua me te mahi

### I te mutunga o tō whakamātau

Ka whakaweto aunoatia e myPatch i te mutunga o te wā whakamātau, e kīia ana ki tō Rātaka Manawanui. I tēnei wā, me mātua:

- Tango pōturi i te Patch i te kiri
- Wetekina te myPatch mai i te whakapiripiri
- Whakarerekētia te hiko myPatch
- Mukua te kaupane myPatch mā te pūpato tahitahi
- Whakakīa ngā pepa katoa
- Whakahokia te pūrere me te pepa ki te pōkai kawenga
- Raunaha tiwharawhara.

Tirohia kua whiwhi koe:

1 x myPatch  
pūrere hopu reo



- Ngā pūpato whakaritenga kiri me te Tahitahi
- Rātaka tūroro

1 x myPatch  
pūrei hiko



- Puka urupare tūroro
- Whakahoki kōpaki

### Whakahoki ana i te taputapu

Puraa te pūrere myPatch ki te pūhera utu-tōmua whakahokia, tae atu ki te puka Pukapuka Rātaka Tūroro me te Urupare Manawanui.

### Ngā taipitopito hoapā



20 Robe Street  
Central  
New Plymouth

E: [info@cardioscan.co.nz](mailto:info@cardioscan.co.nz)

T: 06 927 4925

Ki te ohotata rongoā, whakapā atu koa ki ngā ratonga ohore i te **111**

## Me pēhea te hoatu myPatch

### HIPANGA 1 Whakaritea te kiri

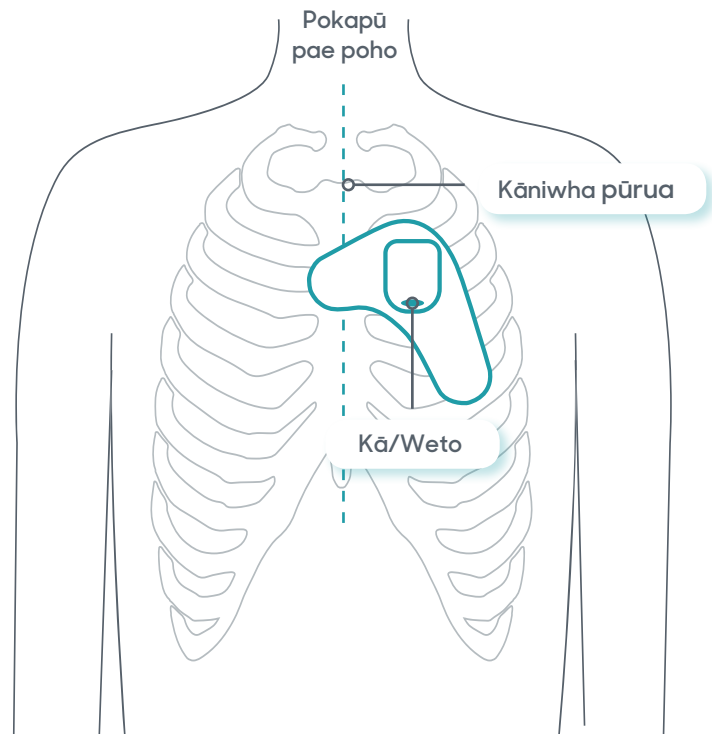
Tangohia ētahi makawe poho kātahi ka horoi i te rohe ki nga papa takatū. Whakaaetia kia maroke te kiri.

### HIPANGA 2 Whakaritea te taputapu

- Tangohia te Maioro hiko mai i te pūkoro (pupuri pūkoro)
- Pēhia te hopu reo myPatch ki runga i ngā hopu konganuku e whā i runga i te pātene hiko.
- Puritia te pātene hiko ki raro – ka kōhiko te rama kākāriki mō te 30 hekona i te tīmatanga o te pūrere

### HIPANGA 3 Hoatu myPatch

Mā te uhi kirikiri i tua o te hiko myPatch me te waiho i runga i te tinana kia rite ki te whakaaturanga. Kia kotahi meneti te pēhi whakararo.



## I roto i tō whakamātautau

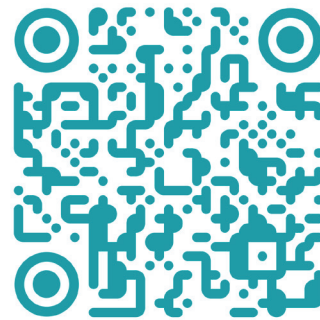
Haere tonu me ngā whakarerekētanga ia rā hei pūnoa, tae atu ki te hohe me ngā ua. Tērā pea ka puta mai ētahi kararehe kiri iti, he pūnoa te rerekētanga, te whero rānei. Tangohia koa te āpure mehemea ka rongo te tūrora i tētahi hōhē, ka whakamōhio inamata ki te whare hauora.

### Kei te hopu takahanga me te whakamahi i tō Rārangi Tohu Tūrora

Mā myPatch koe e whakaae kia tohu mēnā ka pā ki a koe ētahi āhuatanga māmā, pēnei i te haumaruru.

- Pato-ruatia te pūrere kia mau, kia tere hoki te pūrere
- Ka haere mai he rama kikorangi ki te whakaatu kua tohua te takahanga ki tō whakamātautau.
- (Kaua e pēhi i te pātene e mutu tō whakamātautau)
- Kātahi, whakapūketetia ō tuhinga ki te PUKAPUKA Tohu; hei hopu i ngā āhuatanga tauwhāiti i puta mai i a koe
- Whakahokia te Rātaka Manawanui ahakoa kāore koe i pā ki ētahi āhuatanga i te wā o tō whakamātautau.

### Mātaki "Me pēhea te hoatu myPatch" i runga ataata



#### Waehere QR

Mātakina ngā tohutohu ataata ngāwari-ake mā te karapa i te waehere QR (i runga ake) ki tō kāmera iPhone me te pāwhiri i te hono, mā te whakamahi rānei i tō kaupupuri waehere QR Android manako.

#### Paetukutuku

Haere ki [cardioscan.co.nz/mypatchhelp/](https://cardioscan.co.nz/mypatchhelp/)

### Te whakapiki i ngā hua mā te tātari raraunga haumaruru

Kei te hāpara te Cardioscan Aotearoa me pēhea e whakapai ake ai mātou i ngā ratonga mā te whakamahi i tētahi hoa rōpū tuatoru, CardioScan, hei tātari i ō raraunga. Ka tukuatu i ō raraunga ki tētahi pūhara tuihono haumaruru e kiia nei ko Beatbox, kei Ahitereiria. Ka tirohia e te tohunga kaihaumanu tohunga ngakau mamao mai, ka ripoata i nga korero i roto i nga haora 48 Kātahi ka taea te arotake me te kōrero mā tētahi tohunga manawa mēnā e hiahitia ana.



# Puka urupare tūroro

Hei tūroro kātahi anō ka whakauru ki te whakatupuranga hou Holter mai i CardioScan Aotearoa, ka tino pai mātou ki te whakarongo i ētahi atu mea mō tō wheako kia whakapai ake anō i ā mātou ratonga.

Rā o te toro:

/ /

Kua pakeke koe i te 18, neke atu rānei?

 Āe

 Kāore

He kaupane Holter tāu i utaina i mua?

 Āe

 Kāore

Ki te pēnei, ko tēhea Holter i pai ake ki a koe?

 Karapa manawa Holter

 Holter o mua

 Kāore hoki

Tirohia koa te pouaka hāngai	1 Rawakore	2	3	4	5 Tino pai
a. Whakamarietanga o te Holter	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Te ngāwari o te pato rua hei tohu i ngā tapahanga	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. Te āheinga ki te whakatika i ngā ngohe ia rā/tuka pūnoa i a koe e mau ana i te kaupane	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. Āhuatanga wairewa o te aroturuki i.e. te āhei kia kaukau	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e. Ngā tohutohu tūroro / mōhiohio	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Wheako katoa</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Tāpirihia koa ētahi atu tākupu e pā ana ki tō haerenga

---



---



---