

# MONITORING YOUR OXYGEN LEVELS AT HOME PULSE OXIMETER DEVICES

## What is a pulse OXIMETER device?

A pulse oximeter is a non-invasive (on the outside of your body) and painless device that measures the oxygen levels in your blood. It can quickly detect even small changes in how efficiently your blood carries oxygen to the extremities of your body, such as your fingers and toes. The oximeter measures oxygen levels as a percentage (scored out of 100). We call this your oxygen saturation.

## What is included in the pulse oximeter benefit?

One pulse oximeter device funded in full for qualifying members (one device per family) if you get it from our network provider.

## Who qualifies for this benefit?

Members who qualify for the pulse oximeter device are those with confirmed COVID-19 disease who we have identified as potentially at a higher risk of severe COVID-19 disease due to:

- Their age
- Their underlying chronic medical conditions
- And who meet the Scheme's clinical entry criteria.

Our dedicated Oximetry Support call centre will contact you by telephone or SMS if you qualify for this pulse oximeter device.

## How do I obtain the device?

A courier company will deliver the pulse oximeter device to your home.

## HOW TO DO A PULSE OXIMETRY TEST

### 01 | Getting ready for a pulse oximetry test

The following can prevent the pulse oximeter from reading your oxygen levels accurately:

- Bright light (like sunlight)
- Excess dirt on the fingers
- Nail polish (especially dark shades)
- Artificial nails
- Movement, as it interferes with pulse signalling.

Follow these steps to prepare for your test so you can get the most accurate result:

- Wash your hands.
- Remove any nail polish and false nails from one of your fingers (the one on which you will place the oximeter).
- Make sure you are in a comfortable position away from bright lighting where you can hold still for the quick measurement process.

Medical conditions such as anaemia and Raynaud's syndrome can affect pulse oximetry results. Talk to your healthcare professional if you are concerned about this.

### 02 | Doing the test

When you are ready to start measuring, place the oximeter on any finger. Make sure your finger is clean and does not have nail varnish or a false nail. Leave the device firmly on your finger and hold still until the readings display. It is best to rest your hand lightly on a flat surface.

### 03 | Keep a record of the readings

Take these readings and record them **two times a day, every day, for two weeks**. Keep a note of these readings for you and your doctor to refer to.

### 04 | Understanding your readings

If your oxygen level drops to **between 90 and 94% and you are feeling unwell** (like if you have shortness of breath or a fever), we recommend that you have a virtual consultation with your GP.

If your oxygen level is **between 90% and 94% and you are feeling well**:

- Move around.
- Go outside to get fresh air or open windows.
- Take a few good breaths.
- Maintain good hydration by drinking water.
- Repeat the pulse oximetry test again in one hour. If the second reading is still between 90 and 94%, call your GP for assistance.

**If your oxygen saturation readings drop below 90% on any reading, or you feel unwell at any given time, please consult with your doctor immediately.**