

# ■ Machine User Manual

## Starting the Machine

- The machine turns on automatically when you insert your national ID.
  - A welcome screen will appear: "Welcome to CARE."
  - Choose your preferred language: Arabic / English.
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## Select Service

- ■ Blood Pressure Measurement
  - ■ Blood Sugar Measurement
  - ■ Info and Emergency
  - ■ Health Tips & Education
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## Measurement Steps

### **Blood Pressure:**

- Place your arm inside the cuff → Press "Start" → Wait 20–30 seconds → Result appears on the screen.

### **Blood Sugar:**

- Take a sterilized strip → Place your finger for a light prick → Insert the strip into the machine → Result appears within seconds.
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## Receiving the Result

- The result is displayed on the screen in numbers.
  - Indicator will show: ■ Normal / ■■ Slightly High or Low / ■ Risk (Consult a doctor).
  - You can choose: Print the result or Send it to your phone (SMS/QR code).
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## Quick Solutions

- High Blood Pressure → Advice to drink water or herbal drink.
  - Low Blood Pressure → Instant coffee or a salty snack.
  - Low Sugar → Natural juice or a piece of chocolate.
  - High Sugar → Drink water and advice to consult a doctor.
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## Follow-up

- You can save your results on your mobile using the QR code or connected app.
  - Keep a record of your data for long-term health monitoring.
  - The app will remind you to repeat measurements regularly.
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## Emergency Service

- If you select "Info and Emergency":
    - Choose "Medical Emergency" to request urgent help.
    - The machine gives step-by-step first aid guidance (e.g., fainting, chest pain, severe bleeding).
    - Ambulance is automatically alerted with your exact location.
    - Estimated arrival time is displayed on the screen.
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## Health Education

- Short medical tips and awareness videos are shown while you wait.
  - Topics include: healthy diet, exercise, avoiding smoking, early signs of heart attack or stroke.
  - You can scan a QR code to download extra health materials to your phone.
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## Data Privacy & Security

- Your personal data is encrypted and stored safely.
  - No data is shared without your consent.
  - Option to delete results immediately after each test.
  - Camera verification ensures identity and prevents misuse.
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## Maintenance & Safety

- The device sterilizes testing surfaces after each use.
  - Staff refill strips, tissues, and sanitizers daily.
  - Do not insert foreign objects or force the machine.
  - If malfunction occurs, the screen shows a warning and the machine locks until serviced.
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## Accessibility

- Available in multiple languages: Arabic / English.
  - Audio guidance for visually impaired users.
  - Large buttons and simple design for elderly users.
  - Hand support available for stability while testing.
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## Ending the Session

- After completing your service, press "Finish" on the screen.
- The machine thanks you: "Take care of your health with CARE."
- Remove any printed result or belongings.
- The system resets automatically to the welcome screen for the next user.