

Connected Care at home

HOW TO USE YOUR TYTOHOME DEVICE



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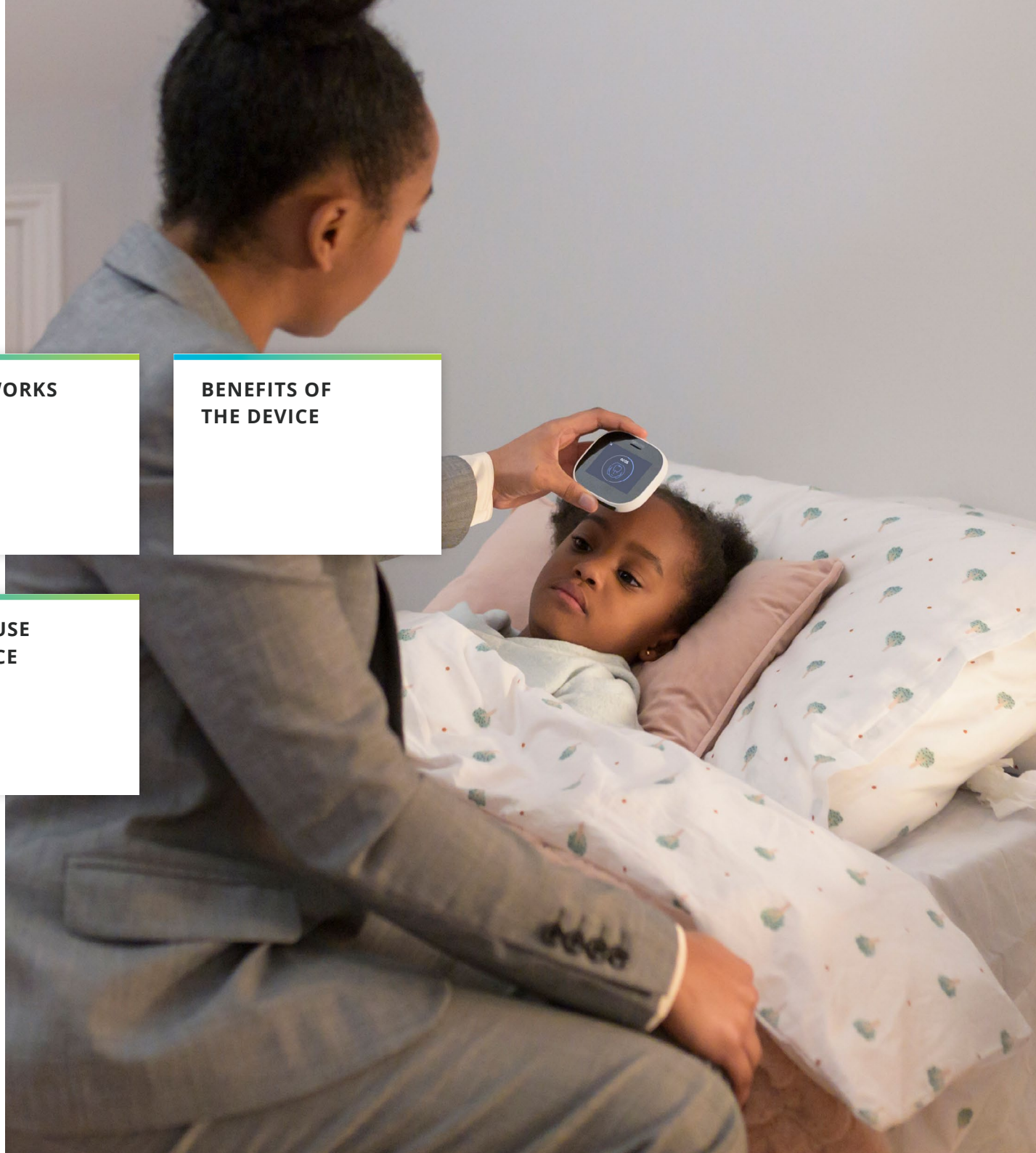
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What is TytoHome?

TytoHome is an award-winning, mobile medical device that enables you to have a remotely-guided virtual consultation with a doctor - anywhere, anytime. TytoHome is a lightweight and portable medical exam kit. The device is easy to use, and the GP will guide you through the consultation to get all the clinical images and sounds they need, in real time.

Who is the device most commonly used by?

At home

- Young families with children
- People with chronic illnesses
- COVID positive patients recovering at home
- Anyone who needs short-term, primary care

Anywhere where it is more difficult to visit a GP

- Immobile patients
- Employer work sites
- Post-hospital discharge
- People that are traveling

What does TytoHome do?



Check heart rate



Examine ears



Assess breathing



Check sore throats



Take your temperature



Show skin conditions



Listen to your digestive system



Assess headaches and fever



tytocare™

With TytoHome you can have a GP diagnose you and prescribe treatment for common conditions such as stomach pain, allergies, sinus pain, bug bites, ear infections, pink eye, fevers, rashes, colds and congestion.

How does it work?



Launch Connected Care here or on the Discovery app, login using your Discovery login details, and pair your TytoHome device.



Use Connected Care to schedule a virtual consultation with a Tyto-enabled healthcare provider, and select to use your TytoHome device during this consultation.



Your device will be seamlessly integrated into your virtual consultation experience. Your doctor will be able to view a live feed of images and sounds that are captured and transmitted by your device in real-time. Your doctor will guide you on how to conduct your medical exam during the consultation.



Based on their observations, your doctor will be able to more accurately diagnose your symptoms and prescribe you a treatment plan which may include a prescription.

COMING SOON TO ALL

Discovery Connected Care is currently only available to Discovery Health Medical Scheme members. [Click here to get started.](#) In the interim, get started with your TytoHome device using the TytoCare app. [Learn more.](#)

Benefits of the device

- **Quality care:** The device enriches the virtual consult experience by providing doctors with a live feed of clinical images and sound. This allows them to more accurately diagnose common conditions remotely.
- **Convenience:** Book a Tyto-enabled virtual consultation on our Discovery Connected Care app, anytime anywhere, without having to leave the comfort of your homes.
- **Affordable access to leading medical technology:** Discovery Health Medical Scheme pays for the device and one year's user fee from your available benefits. As a Discovery client, you automatically get a 20% discount on the retail price of the device. [Access Do We Cover](#) for more information on how the device is covered.



What is included?

TytoHome package contains the following:

- Base unit, including the built-in thermometer and exam camera
- Stethoscope add-on
- Otoscope add-on
- Tongue depressor adapter
- Carrying case
- USB charging cable
- Adult and child disposable ear specula
- Adult and child reusable tongue depressor

How to use the device

How to connect the otoscope, stethoscope and tongue depressor

You can easily attach the otoscope (to look into ears), stethoscope (to listen to the body) or tongue depressor (to push the tongue down to see the throat better) to the device. Simply line up the blue dots and slide the adaptor in.

To remove, gently pull the adaptor away from the device.

How to use the ear caps

To help keep your otoscope clean, your kit contains ear caps. You can put them on the otoscope like the cap of a pen. Attach an ear cap to the otoscope before you examine the ear. The ear caps come in two sizes, small (3 mm) for small children (younger than three years) and large (4 mm) for older children and adults.

How to connect the tongue depressor

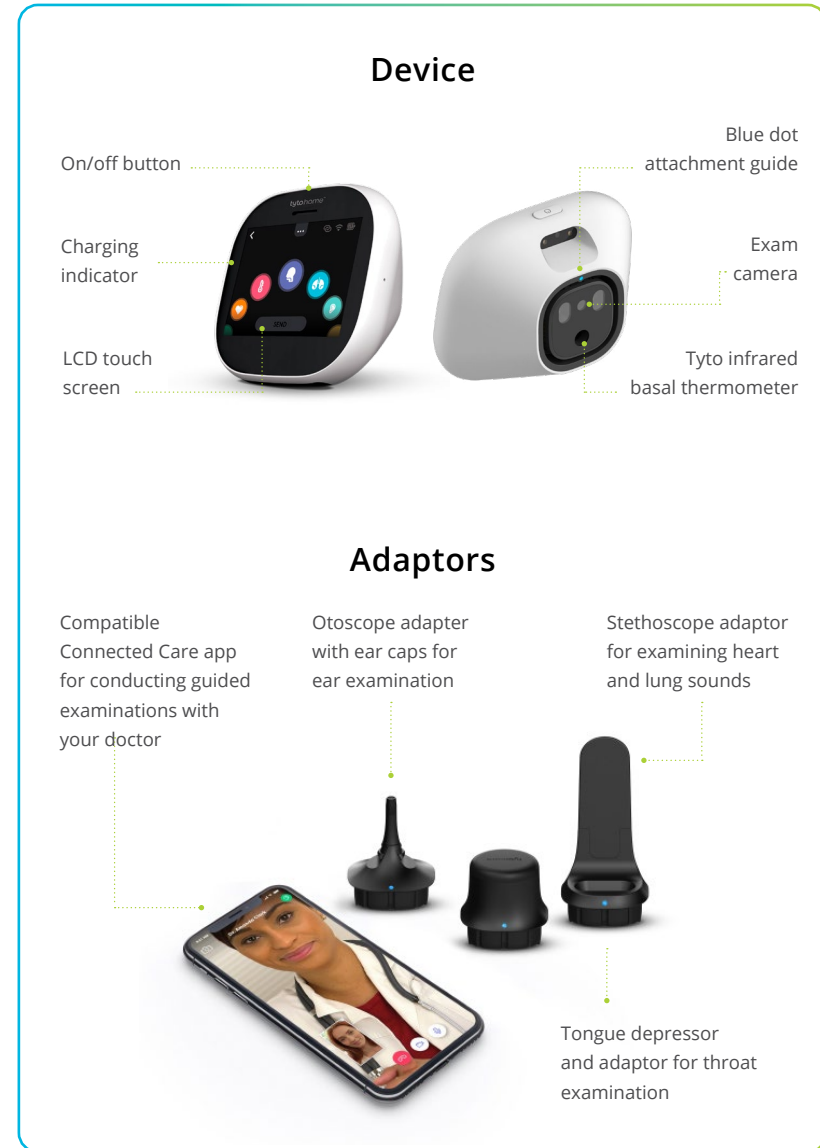
The plastic tongue depressor attaches to the tongue depressor adaptor. You can use this to examine the throat if needed. Line up the blue dots on the adaptor and the device and slide the tongue depressor adaptor in. Then add the tongue depressor. Gently push the tongue depressor into the adaptor until you hear a click. To remove it, press the locking latch at the bottom of the tongue depressor.

How to use the smartphone stand

The TytoHome case has a smartphone stand built into it to help keep your hands free while you do a doctor-guided medical exam using your device.

Turning your device on/off

To turn the device on, simply press the on/off button on the top of the device. To turn it off, swipe down on the device screen and select Shutdown. If this does not work or the device is frozen, hold down the top on/off button for 10 seconds to force shutdown.





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