

Start-Up Guide

Here are some more tips you can use. Remember that the tutorials on the RENTALS page are very helpful. Start by watching them for a minute, then pause it and follow the steps. You are literally millimeters away from a failed reading, to a perfect reading. Don't practice for too long, take breaks.



1. Special note to contact lens wearers: **YOU MUST TAKE OUT YOUR CONTACTS** before each measurement!

(There is no specific time frame to wait after removing them, you can take readings immediately)

The most important tips:

- Make sure the green circle completely surrounds the probe
- The probe should just be at the edge of your eyelashes or about you pinky finger width away from the eye

The general idea is that you want to align the probe with your pupil both vertically and horizontally, once you find that, then about 1/2" away will do the trick. Make sure you have a good green light and press and hold the button down. After it gets 6 individual measurements, you will hear the long beep and see the check mark in the back, then you can move to the next eye. ****NOTE**** Notice in the photo how it appears as the tonometer is a little high? This is the correct position, when you are doing this yourself, you want it to "ride" a little high. Note: When you get your tonometer, first adjust both the forehead and cheek adjustments by rotating the black wheel on the top and bottom of the device. Do this until you get to the "9" measurement. This is a good place to start. Once you align everything and attempt a measurement, if you get no errors, you are good to go! If you get short beeps, you are too close, if you get long beeps you are too far away. Adjust the cheek and forehead measurements accordingly. You can also refer to the instruction manual or videos to see the proper distance. You will have to do this on your own, but relax, it is very easy. Get your position set and then very slightly move it up.



***Inspection:** always inspect the HOME tonometer for any damage. Make sure that the small black probe base cover is not loose. If it is, **VERY GENTLY** hand tighten it as it only needs to be snug, **NOT TIGHT** (over tightening it will break it). Also make sure that the HOME powers up after pressing the on button and that the green "LOAD" light comes on.

Here are some helpful TIPS to follow:

1. Always cover the eye not being tested (helps you see the green ring better)
2. Dim room lights
3. Make sure the forehead & cheek rests are anchored on your face, Always ride it just a bit higher than you would think, it makes a difference!
4. Sit up straight, look straight ahead, do not stand to take measurements. While looking ahead, bring the device to you
5. If you have a Caregiver or Loved one to help you position the tonometer and take readings, that is great! Use them!
6. If you cannot press and hold the measurement button to get the rapid-fire measurements, Just push the button each time to take the measurements individually (push button six separate times, remember, it has to complete 6 successful measurements before it will allow you to switch to the other eye.)
7. Always start with the dominant hand (same hand, same eye)

Here are some more reminders:

1. Don't get frustrated! Try for about 10 min at a time and then take a break
2. Yes, consistency is very important to be able to get good and accurate pressure readings. I know that it will take some time to get everything adjusted to just you.
3. Slip on the arm strap and hold the tonometer with the hand on the same side that you are taking your measurements
4. you must keep your head up, stand tall and keep your shoulders back (just like mom says, posture is key)
5. Look straight ahead (a mirror can be helpful as long as you keep your head elevated)
6. The idea is that you have two intersecting lines, a horizontal line and a vertical line. Imaginarily drawn through your pupil. You have to be able to line the end of the probe up at the intersection of both those planes no further than a fingernail width away or about $\frac{1}{2}$ ". If you blink and if you feel the probe with your eyelashes, you are pretty darn close to the perfect spot. . So looking straight ahead, move the tonometer first to the top of your cheek bone then slowly to your forehead so that the white tip fills your central vision and the green line around it is nice and concentric. if you blink and you feel the probe you are in the right area.
7. Hold your eyes wide open and focus past the probe once aligned. Then either one good short press of the play button or press and hold it for rapid measurements, making sure your pupil is aligned right in the middle.
8. Take a deep breath, if you get an error message, think about what it told you, if it was too close or far away, press the play button to clear the message and then slowly try again.
9. You can if you are looking in a mirror to align it from the side, then swing the Home around to align it with your eye. The important key is to always look dead ahead and bring the tonometer to you.
10. adjust the cheek and forehead bars slowly until you get a good measurement. It will take some careful time.
11. Don't get frustrated!!
12. I know that you can totally do this, but there is a bit of a learning curve, and once past that, it will become a piece of cake!



Below are some really good examples of the correct placement, both horizontally and vertically AND the correct distance from the eye.



Please remember to read ALL the instructions to help make your renting or purchasing of this device a good experience.

- A phone is included with EVERY rental and purchase.
- Apple, Mac and iPhone's ARE NOT COMPATIBLE for uploading measurements at this time. Thus you can use the included device to upload measurements. Please read the instructions on how to upload if you are having trouble.



Please remember to read ALL the instructions off the resources page and watch the videos in order to give yourself a good valuable experience while using the device.

Don't hesitate to ask questions if you need help.

Remember, a phone is included with EVERY device to upload measurements (must be connected to your wifi)

Remember, the system is NOT compatible with Apple, Mac or iPhones.