



DOCOBOAPP™
Using SMS to
monitor symptoms

Let's get started

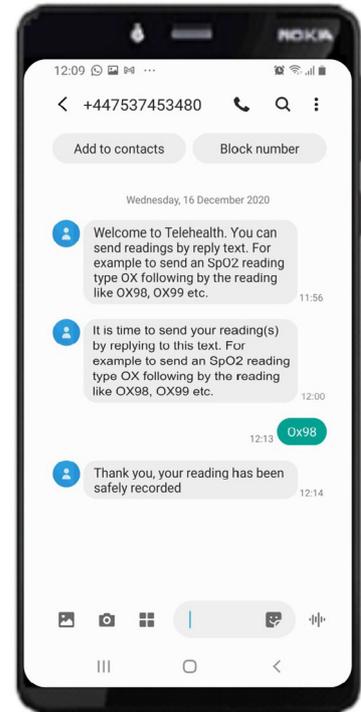
You have agreed to send daily SMS text messages to your clinical team/hub so they can monitor some of your vital signs

This guide will help you to successfully submit your readings

- Once you have been enrolled onto the telehealth system, you will receive a welcome text.
- Depending on your care provider, you may receive messages throughout the day to request your readings. You will need to reply to these messages with the appropriate readings as requested.
- Alternatively, these reminder messages may not be necessary. Please follow the instructions from your clinician regarding how frequently you should send your readings.
- When a reading is sent successfully, you will receive a text to confirm that your reading has been recorded.

If you send a reading incorrectly, you will receive a text informing you of the error. If this happens, simply resend your reading correctly.

Please check correct format of messages on the following page.



Important

If you have been instructed to send more than one type of reading (e.g. blood oxygen and pulse) you will need to send separate messages for each reading

How to send different readings

Tick which readings are required...

Blood oxygen levels (SpO2)

Prefix – OX e.g. OX98 for a reading of 98%. You will need a blood oxygen monitor (oximeter) which will look like these or similar.



Blood pressure

Prefix – BP e.g. BP120/80 for a reading where the higher number (systolic) is 120 and the lower number (diastolic) is 80. You will need a blood pressure monitor (sphygmometer) which will look like this, or similar.



Weight (in kg)

Prefix – Wkg e.g. Wkg75 for a weight reading of 75kg. You will need weighing scales which will look like this, or similar.



Body temperature (in °C)

Prefix – T e.g. T37.5 for a temperature reading of 37.5 °C. You will need a temperature monitor (thermometer) which will look like these, or similar.



Pulse rate (beats per minute BPM)

Prefix – PR e.g. PR60 for a pulse of 60 beats per minute (bpm). You will need either an oximeter or sphygmometer to take this reading.





For technical assistance call 01372 899031

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Transforming Care

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