

**icare**  
CLINIC

**Icare CLINIC**

**icare**  
EXPORT

**Icare EXPORT**

**icare**  
PATIENT

**Icare PATIENT app**

**INSTRUCTION MANUAL**  
**F O R P A T I E N T S**  
ENGLISH



Icare CLINIC (Type: TS02), Icare EXPORT (Type: TS03) and Icare PATIENT app (Type: TS04) -  
Instruction Manual for Patients TS02-014-EN-1.4

The information in this document is subject to change without prior notice.

In a conflict situation, the English version prevails.

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# 1 SAFETY INSTRUCTIONS



It is important that the internal clock of the Icare HOME tonometer is up to date when measuring. The time of the clock may need to be updated if the tonometer has been stored without batteries, if the batteries have run out of charge, or if the user of the tonometer has travelled to a new time zone. Therefore, in these situations, it is recommended to either

- a) connect the tonometer to computer using the provided cable and start Icare EXPORT or
- b) using the provided cable, connect the tonometer to smartphone or tablet that has Icare PATIENT installed.

The internal clock gets automatically updated to the time of the connected computer, smartphone or tablet.



Ensure that the computer, smartphone or tablet running the Icare EXPORT or PATIENT application is set to the correct time and date.



Precaution! Always consult your healthcare provider before changing your treatment.

# 2 INTRODUCTION

This is the patient's instruction manual for the Icare CLINIC, PATIENT and EXPORT applications.

**Icare CLINIC** is a **browser-based software service** designed for viewing IOP measurement data. Refer to chapter 04.4 for the use of the Icare CLINIC service.

**Icare EXPORT** is a **desktop application for installation on a PC** running an MS Windows operating system. It is designed for uploading IOP results from Icare HOME tonometers to the database of the Icare CLINIC service. Icare EXPORT can also be used for viewing the IOP results stored in an Icare HOME tonometer and storing the IOP results in a local file. Refer to chapter 4.5 for the use of the Icare EXPORT.

**Icare PATIENT** is a smartphone or tablet app designed for uploading IOP results from an Icare HOME tonometer to the database of the Icare CLINIC service. Refer to chapter 4.6 for the use of the Icare PATIENT app.

This instruction manual is applicable for Icare CLINIC service version 1.3.x, Icare EXPORT application version 2.0.x and Icare PATIENT app version 1.1.x where x indicates a minor revision. New versions of this instruction manual are created on an as needed basis.

### 3 INTENDED USE

The family of software consisting of Icare CLINIC, Icare EXPORT and Icare PATIENT app is intended for:

- transferring IOP (intraocular pressure) measurement data from Icare tonometers to the Icare CLINIC service
- showing and printing charts based on the measurement data
- exporting measurement history

### 4 GETTING STARTED

Icare CLINIC is used over an internet connection. For you to use it, your healthcare provider needs to subscribe to Icare CLINIC. Once your healthcare provider has activated your access to Icare CLINIC, you will be sent an email (titled “Choose a password for your Icare account”) with information on how to access the service.

You need to use either Icare EXPORT on a computer or the Icare PATIENT app on a smartphone or a tablet to upload IOP data to the Icare CLINIC database. Icare EXPORT installer file can be downloaded from the *Help* menu of Icare CLINIC.

The Icare PATIENT app is available free-of-charge from the Google Play application store. See chapter 4 for information about installing and starting Icare CLINIC, Icare EXPORT and the Icare PATIENT app. See chapter 4.3 for a description about how the Icare applications are typically used.

#### 4.1 Installation and system requirements

Icare CLINIC is a service provided from a server located in the internet. It does not require installation by the patient. To install Icare EXPORT, you need administrator’s privileges on a computer used. The Icare PATIENT app may be installed on any compatible smartphone or tablet.

##### 4.1.1 System requirements for Icare CLINIC

- Internet connection
- Minimum web browser versions: IE 11, Chrome (v 58), Firefox (v 53) and Safari (5.1.7)

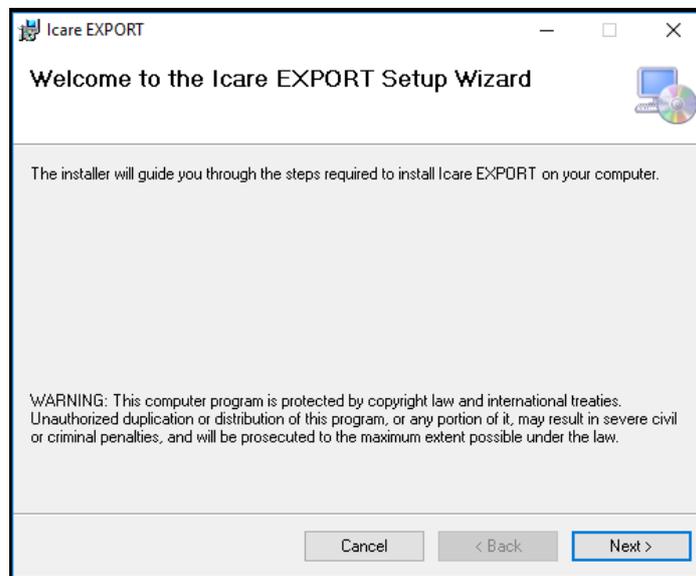
##### 4.1.2 System requirements and installation of Icare EXPORT

Minimum PC requirements for Icare EXPORT:

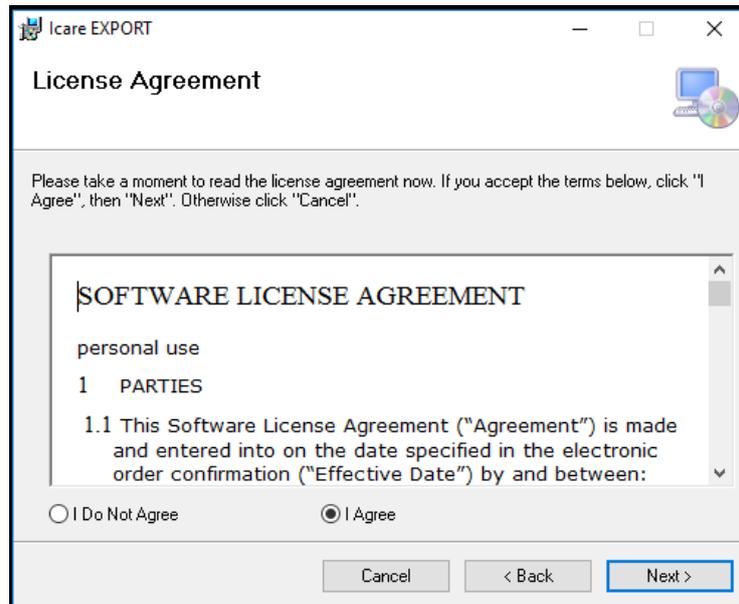
- x86 or x64 1 GHz Pentium processor or equivalent
- 512 MB RAM
- 512 MB of hard disk space (in addition, 4.5 GB if .NET not already installed, see step 1)
- USB 2.0 connection
- 800 x 600 resolution display with 256 colors
- DirectX 9 compatible Graphics Card
- .NET Framework 4.6.1 or greater
- Operating System: Windows 7, Windows 8 or Windows 10
- Internet connection (when used to upload results to Icare CLINIC)

To install Icare EXPORT on the PC, follow the instructions in the steps below:

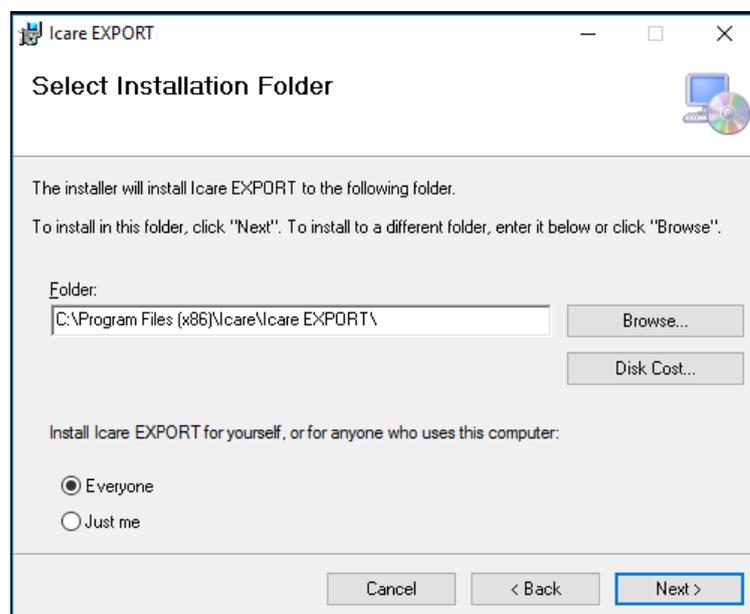
1. Double-click the *Icare EXPORT Setup.exe* file. A setup wizard window appears. The PC will notify if Microsoft's .NET framework has not been installed. (Follow the instructions displayed by the PC to install the .NET framework). Click *Next*.



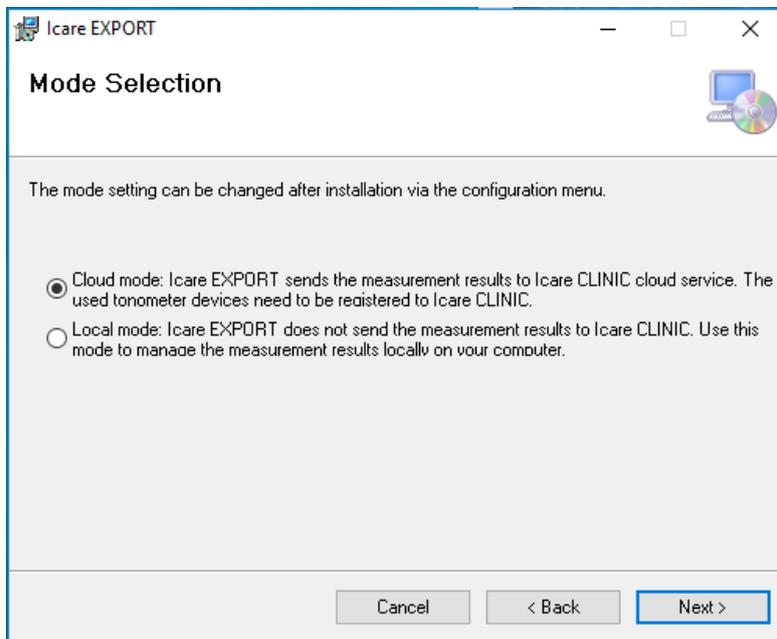
2. A window requesting agreement with the licensing terms appears. Confirm the terms by ticking *I agree* and click *Next*.



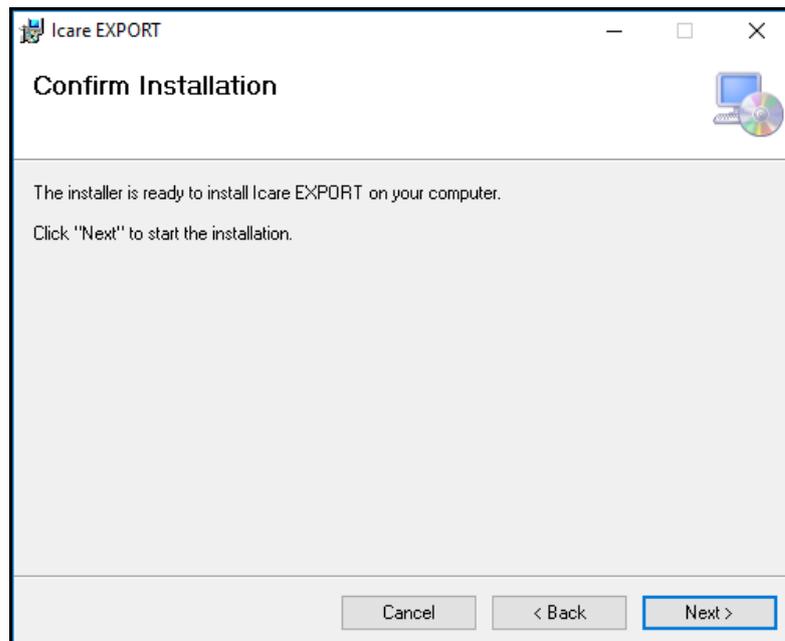
3. A window for selecting the installation folder appears. Select a folder to install the application. Select *Everyone* to allow Icare EXPORT to be visible to all users of the computer; select *Just me* to restrict use of the application to the user installing the application. Click *Next*.



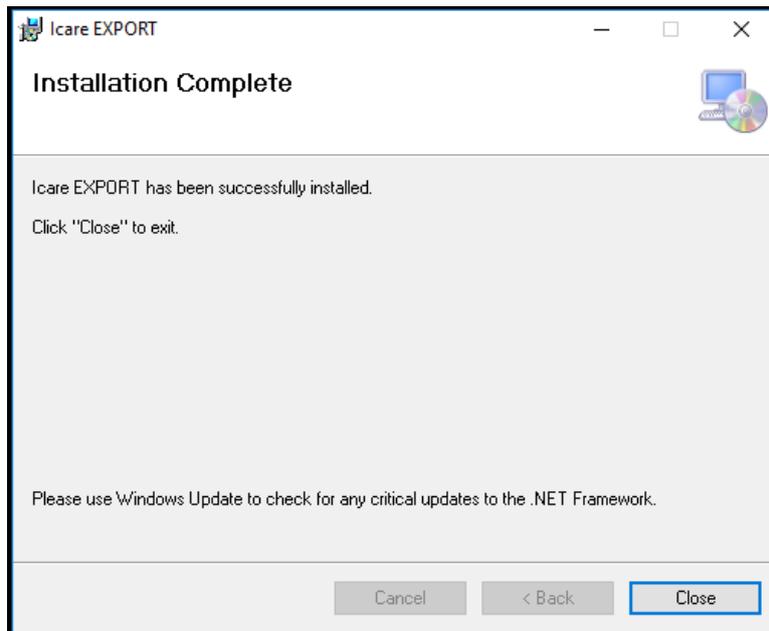
4. Choose to install Icare EXPORT in cloud mode or local mode. In cloud mode Icare EXPORT sends the measurement results to your healthcare provider using the Icare CLINIC service. Local mode should be selected to manage the IOP measurement results locally in the computer used. The mode setting can be changed after installing Icare EXPORT.



5. A window to confirm installation of Icare EXPORT appears. Click *Next* to start installation.



6. A window indicating completed installation appears. Click *Close* to finish installation process.



You are now ready to start using the Icare EXPORT application. Start the application by clicking the Icare EXPORT icon on the desktop of the PC.

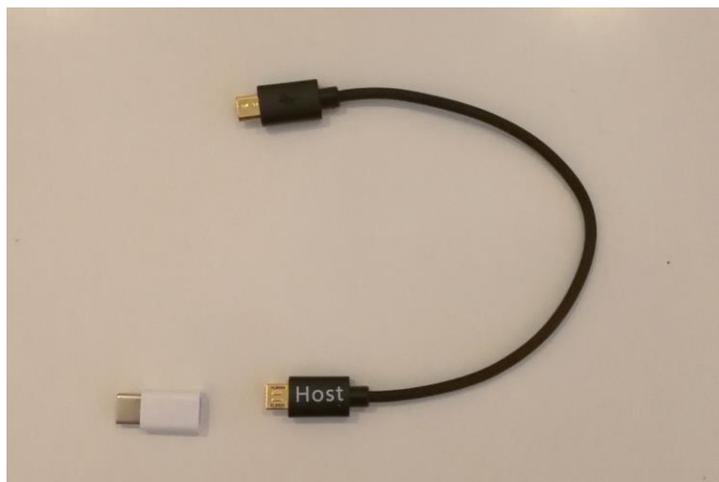
#### 4.1.3 System requirements and installation of the Icare PATIENT app

Minimum system requirements for the Icare PATIENT app:

Android smartphone or tablet with

- Operating system v 4.0.1 or later with USB OTG support
- USB OTG micro B male – micro B male cable (available from your healthcare provider).

**NOTE:** Connect the plug marked **Host** to your smartphone or tablet. Depending on your smartphone or tablet, you may have to plug in an additional USB micro B to C (the small part in the picture), or other adapter to the **Host** plug of the cable.



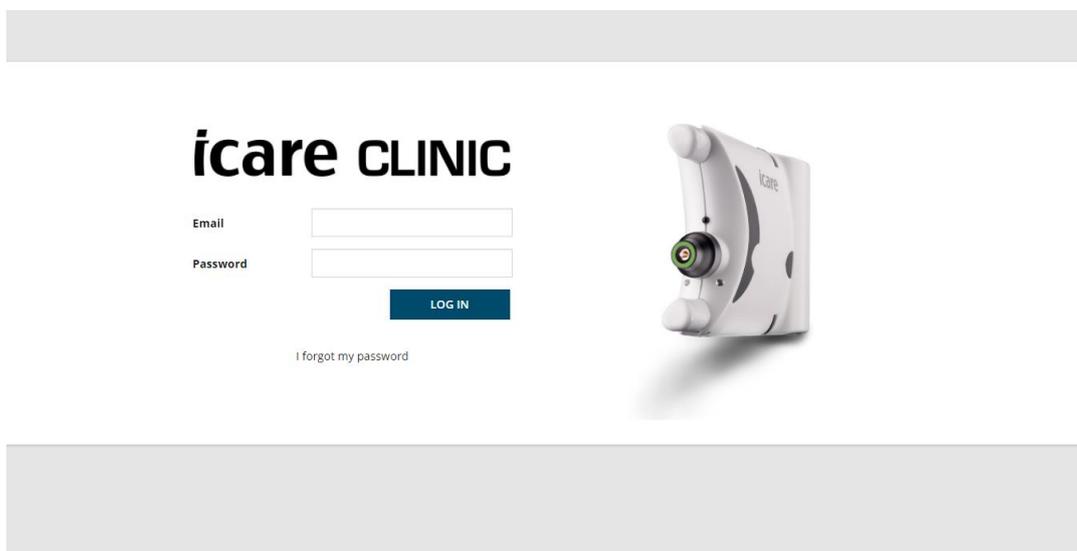
- Internet connection

To verify the required USB OTG support in the smartphone or tablet, you may use OTG? (available from Google Play) or another application providing equivalent functionality.

To install the Icare PATIENT app on your smartphone or tablet, search for the Icare PATIENT app in the Google Play application store and then follow the installation instructions displayed on the smartphone or tablet screen.

## 4.2 Start-up and shutdown

To start Icare CLINIC, open a web browser on the login page and login with your email address and password (you will have earlier received an email asking you to set your password after your healthcare provider activated your access to Icare CLINIC).



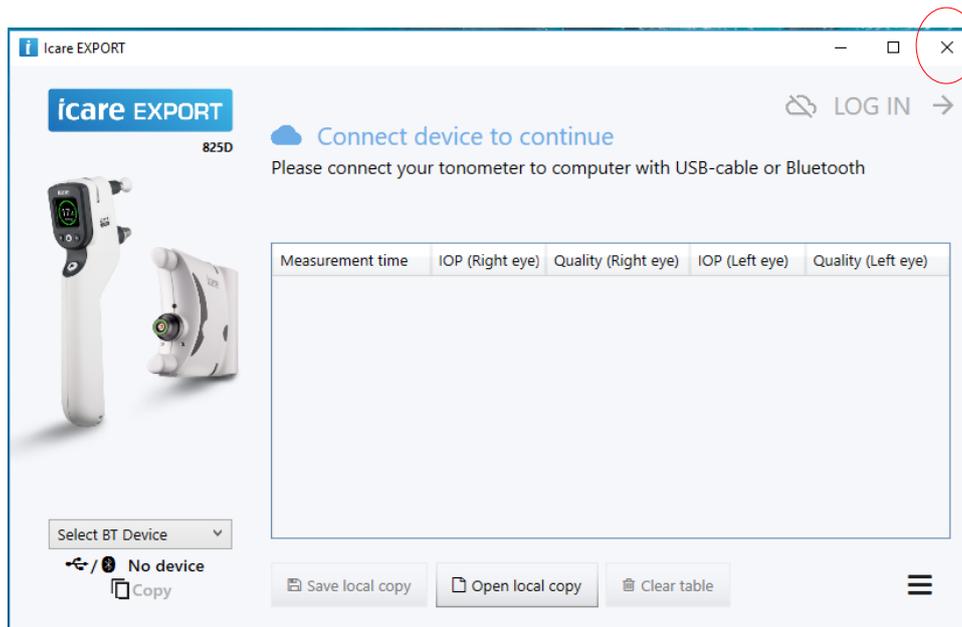
To stop using Icare CLINIC and exit, select the logout function from the drop-down menu, accessed from the top right-hand corner of the user interface.

Measurement time	Device type	Device name	IOP (OD)	Quality OD	IOP (OS)	Quality OS	Controls
26/02/2019 08:21	Icare HOME	Mervi's HOME2	-		13	Good	<input type="checkbox"/> Exclude
26/02/2019 08:21	Icare HOME	Mervi's HOME2	10	Excellent	-		<input type="checkbox"/> Exclude
19/02/2019 09:59	Icare		20		-		<input checked="" type="checkbox"/> Exclude
18/02/2019 10:27	GAT		11		15		<input type="checkbox"/> Exclude
15/02/2019 16:55	Icare HOME	Mervi's HOME2	-		14	Excellent	<input type="checkbox"/> Exclude
15/02/2019 16:55	Icare HOME	Mervi's HOME2	11	Excellent	-		<input type="checkbox"/> Exclude
05/12/2018 15:08	No device specified		14		-		<input type="checkbox"/> Exclude
04/12/2018 15:08	No device specified		-		14		<input type="checkbox"/> Exclude
04/12/2018 15:08	No device specified		14		-		<input type="checkbox"/> Exclude
04/12/2018 15:08	No device specified		-		14		<input type="checkbox"/> Exclude

To start Icare EXPORT, click the icon on the PC desktop. The icon is created during the installation of Icare EXPORT.



To shut-down Icare EXPORT, click the close symbol (x) in the upper right-hand corner of the application window.



To start the Icare PATIENT app, connect an Icare HOME tonometer to your smartphone or tablet using the USB OTG cable. To shut down the Icare PATIENT app, use the application management functionality of your smartphone or tablet.

### 4.3 Using the Icare HOME tonometer, Icare CLINIC, Icare EXPORT and the Icare PATIENT app together

Typically, the Icare HOME tonometer and the Icare CLINIC, Icare EXPORT and Icare PATIENT applications are used as follows:

1. Self-measure according to your healthcare provider's instructions.



It is important that the internal clock of the Icare HOME tonometer is up to date when measuring. The time of the clock may need to be updated if the tonometer has been stored without batteries, if the batteries have run out of charge, or if the user of the tonometer has travelled to a new time zone. Therefore, in these situations, it is recommended to either

- a) connect the tonometer to computer using the provided cable and start Icare EXPORT or
- b) using the provided cable, connect the tonometer to smartphone or tablet that has Icare PATIENT installed. The internal clock gets automatically updated to the time of the connected computer, smartphone or tablet.



#### PRECAUTION

Ensure that the computer, smartphone or tablet running the Icare EXPORT or PATIENT application is set to the correct time and date.

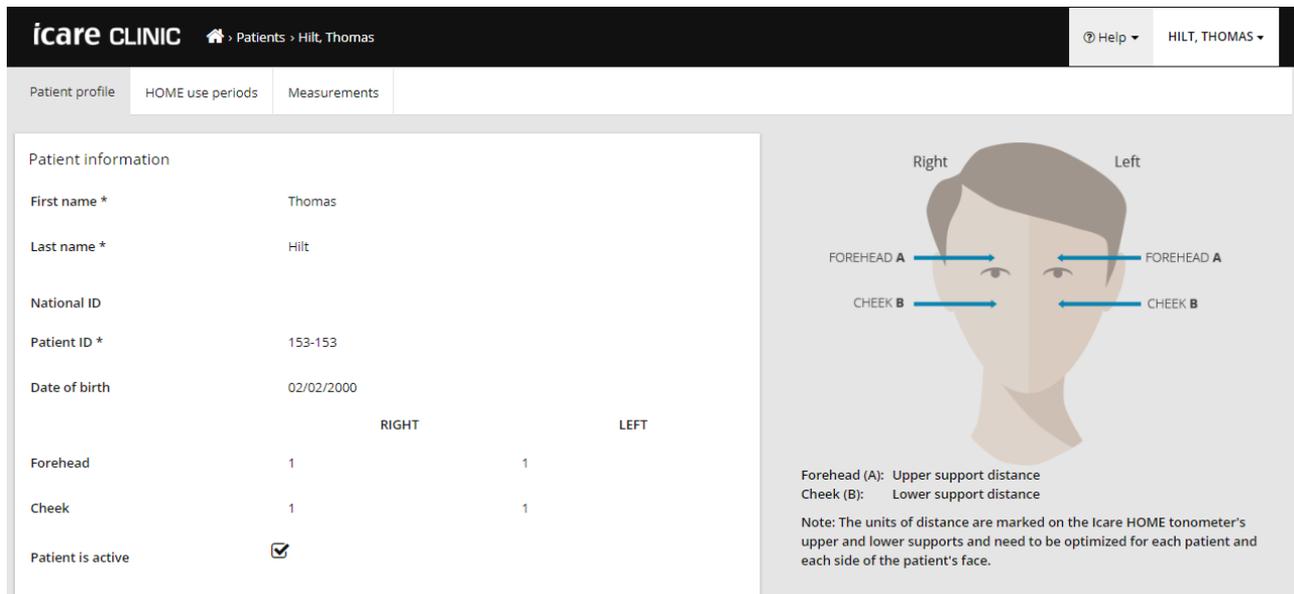
2. After self-measuring your IOP one or several times, you can use either the Icare PATIENT app or Icare EXPORT on your PC to upload the IOP results from your tonometer to the Icare CLINIC database. You may perform upload at any time convenient to you.
3. You can then login to Icare CLINIC to view your measurement results by your health care provider's permission.

Note that to download measurement results from your Icare HOME tonometer, you can always choose to use your PC with Icare EXPORT or your smartphone or tablet with the Icare PATIENT app – whichever is the most convenient.

## 4.4 Using Icare CLINIC

### 4.4.1 Introduction to the user interface of Icare CLINIC

**Patient profile** shows your personal information. This information includes your personal forehead and cheek support settings. You should check that these settings are the same as documented in the patient profile before self-measuring. You are not able to modify your patient profile information yourself.



The screenshot shows the 'Patient profile' page for 'Hilt, Thomas'. The page is divided into two main sections: 'Patient information' and a diagram of a face with support settings.

**Patient information:**

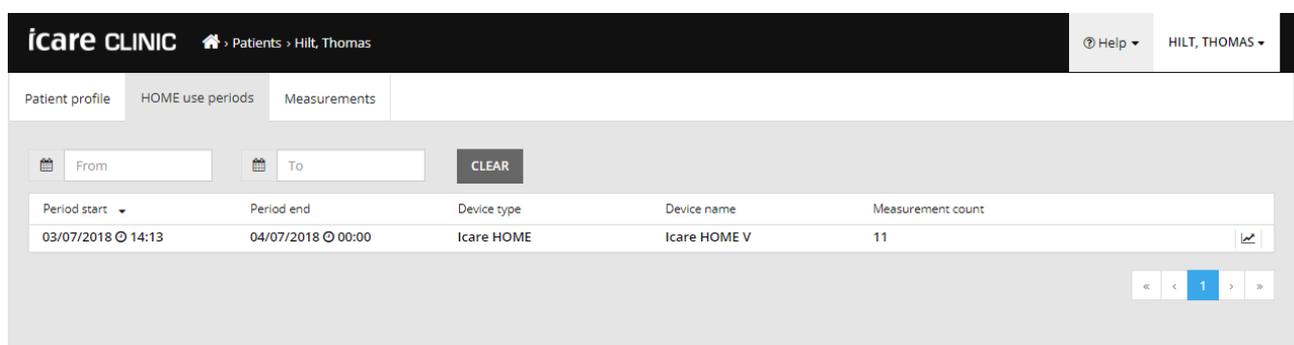
First name *	Thomas		
Last name *	Hilt		
National ID			
Patient ID *	153-153		
Date of birth	02/02/2000		
	RIGHT		LEFT
Forehead	1		1
Cheek	1		1
Patient is active	<input checked="" type="checkbox"/>		

**Diagram:** A stylized face diagram with 'Right' and 'Left' labels. Blue arrows indicate 'FOREHEAD A' (Upper support distance) and 'CHEEK B' (Lower support distance) on both sides.

**Legend:**  
Forehead (A): Upper support distance  
Cheek (B): Lower support distance

**Note:** The units of distance are marked on the Icare HOME tonometer's upper and lower supports and need to be optimized for each patient and each side of the patient's face.

**HOME use periods** list shows the periods during which you have previously been self-measuring IOP with the Icare HOME tonometer.



The screenshot shows the 'HOME use periods' page for 'Hilt, Thomas'. It features a date range selector and a table of measurement periods.

**Date Range:** From  To  CLEAR

Period start	Period end	Device type	Device name	Measurement count
03/07/2018 14:13	04/07/2018 00:00	Icare HOME	Icare HOME V	11

Navigation: < 1 >

**Measurement list** shows your measurements, either your self-measured readings (indicated by the device type Icare HOME) or those measured by your healthcare provider. By default, the IOP measurements from the most recent HOME use period are shown. OD means the right eye. OS means the left eye.

The screenshot shows the Icare CLINIC interface for a patient named Peter Harrison. The 'Measurements' tab is active. The table displays a list of measurements with columns for Measurement time, Device type, Device name, IOP (OD), Quality OD, IOP (OS), Quality OS, and Controls. The data is as follows:

Measurement time	Device type	Device name	IOP (OD)	Quality OD	IOP (OS)	Quality OS	Controls
09/01/2019 13:20	No device specified		20		-		<input type="checkbox"/> Exclude
14/12/2018 16:01	No device specified		19		-		<input type="checkbox"/> Exclude
14/12/2018 16:00	Icare HOME	Jeff's device	-		8	Rejected	<input checked="" type="checkbox"/> Exclude
14/12/2018 16:00	Icare HOME	Jeff's device	10	Good	-		<input type="checkbox"/> Exclude
14/12/2018 15:59	Icare HOME	Jeff's device	-		10	Excellent	<input type="checkbox"/> Exclude
14/12/2018 15:59	Icare HOME	Jeff's device	10	Excellent	-		<input type="checkbox"/> Exclude
14/12/2018 15:58	Icare HOME	Jeff's device	-		10	Excellent	<input type="checkbox"/> Exclude
14/12/2018 15:57	Icare HOME	Jeff's device	8	Excellent	-		<input type="checkbox"/> Exclude
14/12/2018 15:55	Icare HOME	Jeff's device	7	Excellent	-		<input type="checkbox"/> Exclude
14/12/2018 15:48	Icare HOME	Jeff's device	7	Good	-		<input type="checkbox"/> Exclude

The interface includes filters for 'From' and 'To' dates, a 'Select HOME use period' dropdown, a 'CLEAR FILTERS' button, and a 'REPORT' button. The page number '1' is visible at the bottom right of the table area.

## 4.4.2 Managing IOP results and creating reports

IOP measurements are listed under the *Measurements* tab. OD means the right eye. OS means the left eye. The listed measurements can be filtered either by entering *From* and *To* dates or by selecting a HOME use period from the *Select period* drop down list.

The quality of the measurement, as calculated by the tonometer, is shown to the right of the displayed IOP value. The term *Excellent* for quality indicates a low variation among the IOP data sampled by the tonometer during a measurement. The term *Good* indicates fairly low variation among the data sampled. *Poor* indicates higher but still acceptable variation of the data sample for IOP values 19 mmHg or lower. *Rejected* indicates high variation in the sampled data and the IOP result should not be used for clinical determination.

icare CLINIC » Patients » Harrison, Peter Help HARRISON, PETER

Patient profile HOME use periods **Measurements**

From To Select HOME use period CLEAR FILTERS REPORT

Measurement time	Device type	Device name	IOP (OD)	Quality OD	IOP (OS)	Quality OS	Controls
09/01/2019 13:20	No device specified		20		-		<input type="checkbox"/> Exclude
14/12/2018 16:01	No device specified		19		-		<input type="checkbox"/> Exclude
14/12/2018 16:00	Icare HOME	Jeff's device	-		8	Rejected	<input checked="" type="checkbox"/> Exclude
14/12/2018 16:00	Icare HOME	Jeff's device	10	Good	-		<input type="checkbox"/> Exclude
14/12/2018 15:59	Icare HOME	Jeff's device	-		10	Excellent	<input type="checkbox"/> Exclude
14/12/2018 15:59	Icare HOME	Jeff's device	10	Excellent	-		<input type="checkbox"/> Exclude
14/12/2018 15:58	Icare HOME	Jeff's device	-		10	Excellent	<input type="checkbox"/> Exclude
14/12/2018 15:57	Icare HOME	Jeff's device	8	Excellent	-		<input type="checkbox"/> Exclude
14/12/2018 15:55	Icare HOME	Jeff's device	7	Excellent	-		<input type="checkbox"/> Exclude
14/12/2018 15:48	Icare HOME	Jeff's device	7	Good	-		<input type="checkbox"/> Exclude

« < 1 > »

An IOP report is created from the rows of IOP measurement data listed. The user can exclude a measurement by ticking the Exclude box on the measurement row. To create a report, click on the REPORT button. A report shows a graph with time on the x-axis and the IOP measurements from both eyes (if both were measured) on the y-axis. The measurement time and the calculated IOP for individual measurements are revealed by moving the cursor (with the PC mouse) over the IOP results on the graph. The user can zoom the graph by moving the cursor over the graph while pressing and holding down the left-side button on the PC mouse (painting the graph). The statistics describing the data vary according to the user's zooming and are dynamically recalculated for display.

The format of the graph can be changed using the *Chart type* menu. The chart type *Line* connects the presented data points with direct lines.

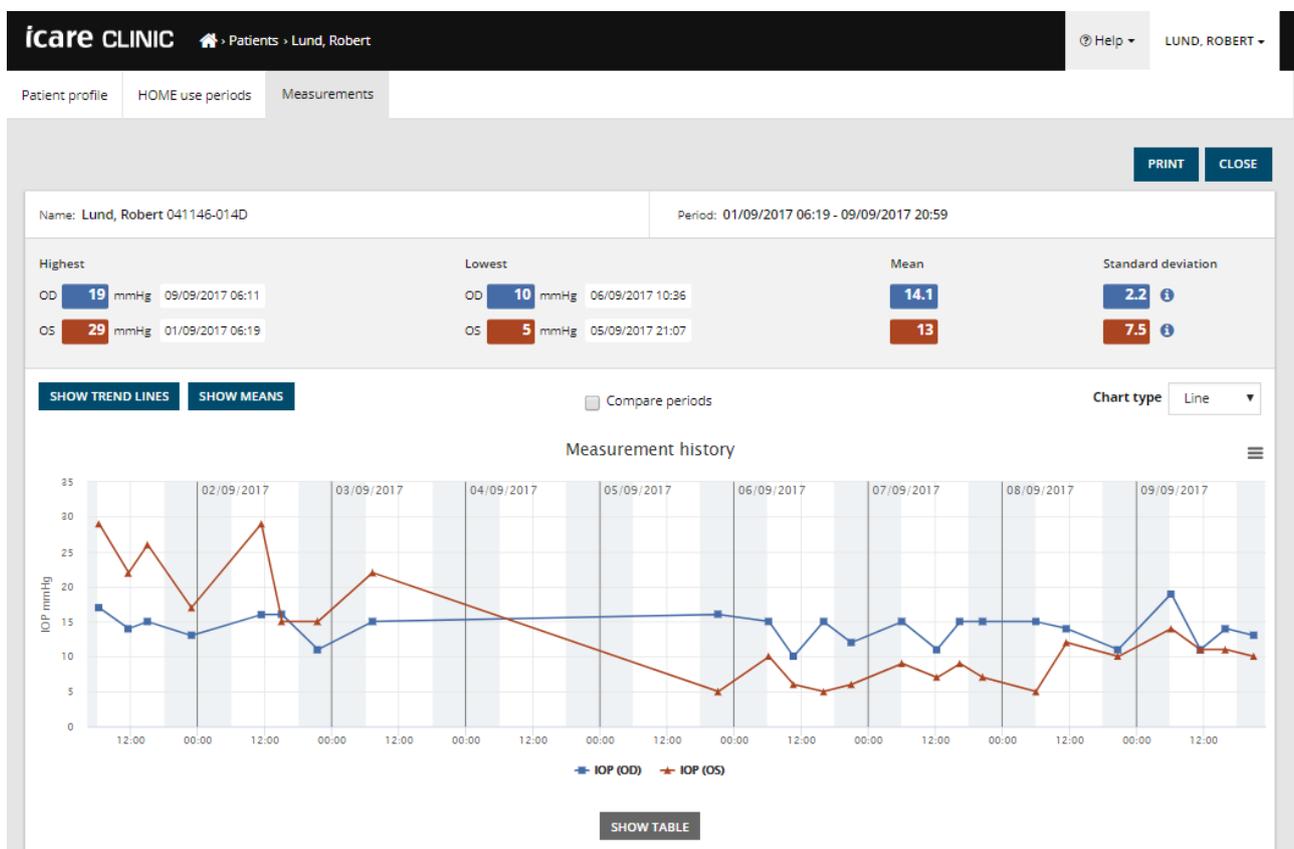
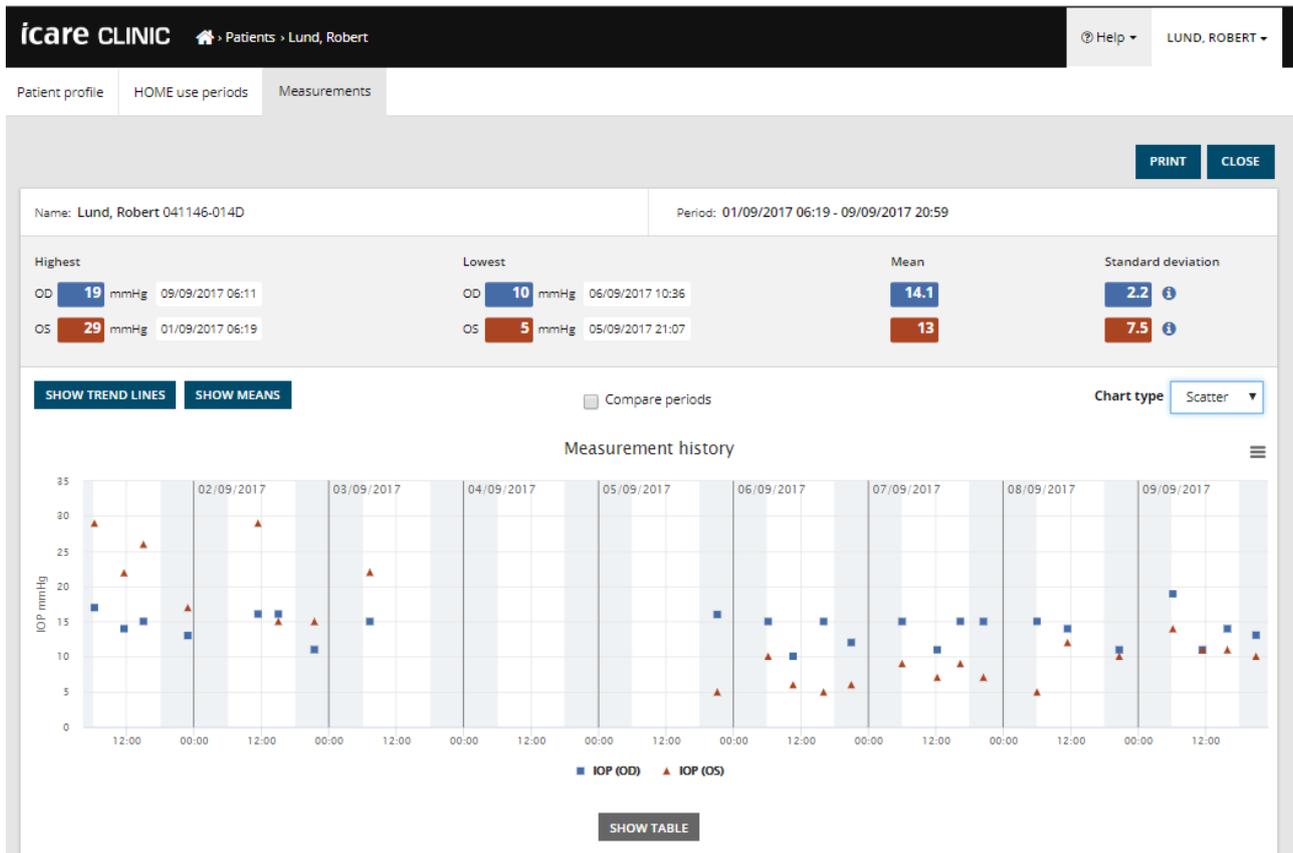
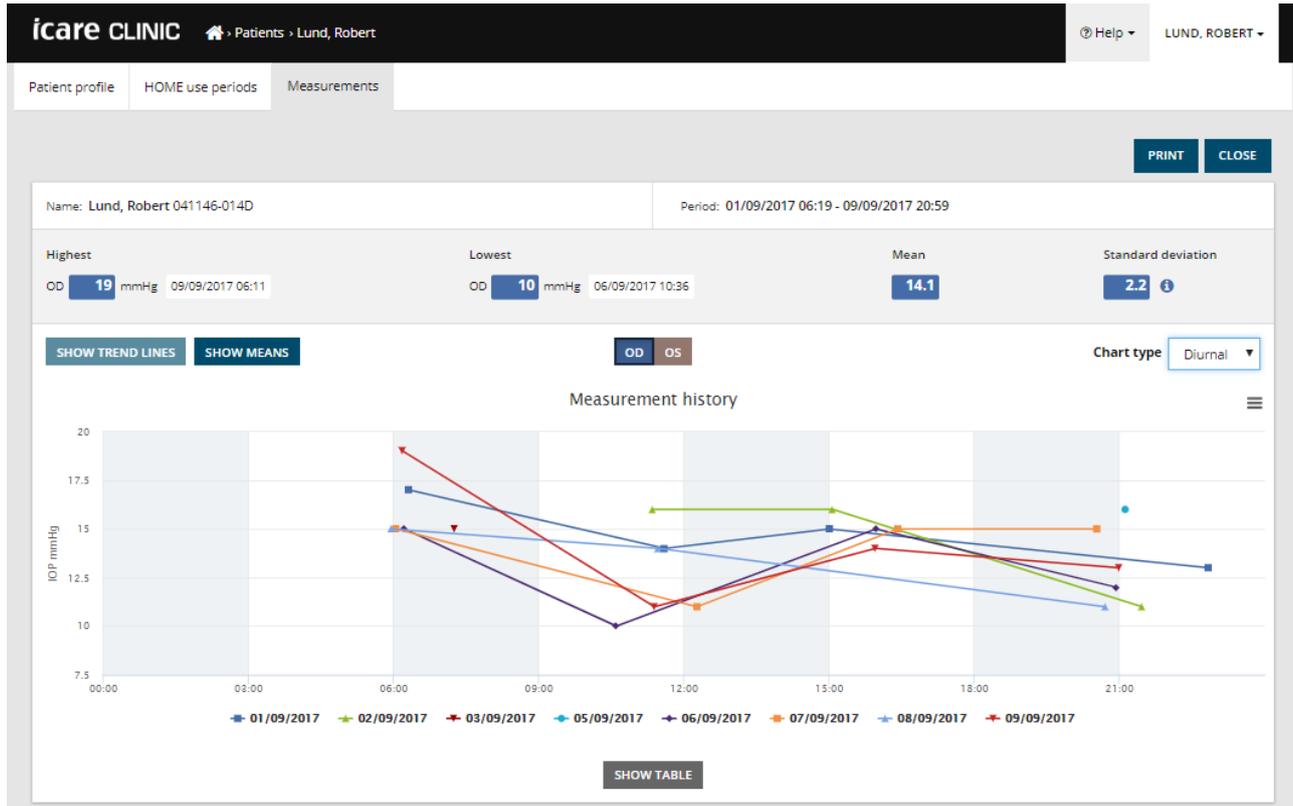


Chart type *Line*

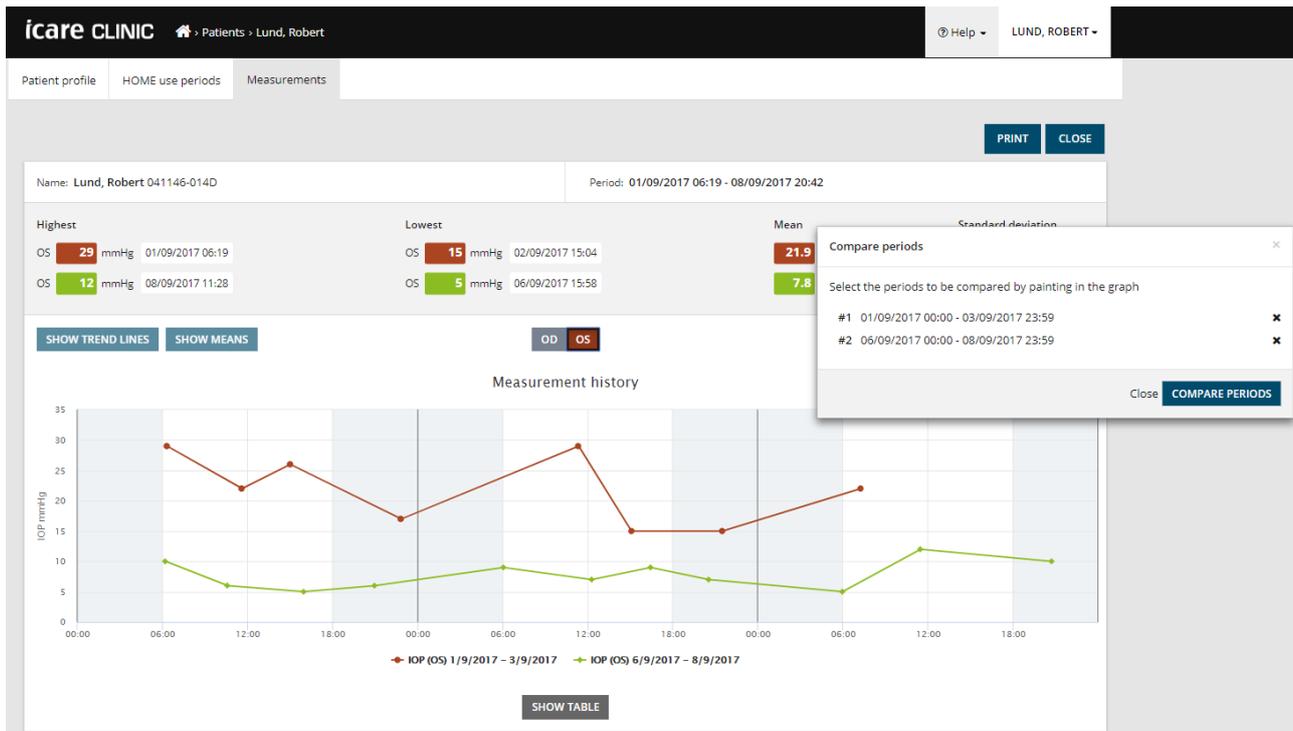


### Chart type Scatter

The chart type *Scatter* displays the data points without connecting them with lines.

Chart type *Diurnal*

The chart type *Diurnal* positions all the IOP data points to a 24-hour x-axis. Thus, all data points measured at the same time of the day will show at the same point on the x-axis. The IOP data points of each day are connected with direct lines.



### Compare periods

Ticking the *Compare* periods check box when the chart type *Line* is displayed, allows the user to select two sub-periods from the displayed chart and compare the periods to each other one eye at a time. The sub-periods are selected by painting the displayed chart.

Clicking on the *SHOW TABLE* button below the graph opens a list of all the measurements on the graph. The entire report can be printed or saved as PDF file by clicking the *PRINT* button on the report. Click the *SHOW TABLE* button to open and display the measurement list below the graph.

## 4.5 Using Icare EXPORT to upload IOP results from the Icare HOME tonometer

Once you have made some measurements, perform the following steps:

1. Connect the Icare HOME tonometer to the PC using a USB cable. Icare EXPORT starts up when the tonometer is connected.
2. Successful uploading is confirmed by Icare EXPORT with Measurements saved!
  - a. **NOTE!** By default, Icare EXPORT uploads the measurement results to Icare CLINIC. Icare EXPORT does not send the results to Icare CLINIC in the *Local mode*. The mode can be set via the configuration menu in the lower right-hand side of the user interface.

The screenshot shows the Icare EXPORT software interface. At the top left, it says "Icare EXPORT" with a blue bar containing the "icare EXPORT" logo and the device ID "825D". On the left, there are two images of the Icare tonometer. Below the images is a "Select BT Device" dropdown menu showing "1717BD095 S/N" and a "Copy" button. At the top right, there is a "LOG IN" button with a cloud icon and an arrow. In the center, a blue checkmark icon is followed by the text "Measurements saved!" and a sub-message: "All measurements were successfully posted (Topeye) The measurements were cleared from the device." Below this is a table with the following data:

Measurement time	IOP (Right eye)	Quality (Right eye)	IOP (Left eye)	Quality (Left eye)
6/20/2019 12:28:53 PI			13	GOOD
6/20/2019 12:28:48 PI	10	GOOD		
6/20/2019 12:28:44 PI			13	GOOD
6/20/2019 12:28:38 PI	10	GOOD		

At the bottom of the interface, there are three buttons: "Save local copy", "Open local copy", and "Clear table". A hamburger menu icon is located in the bottom right corner.

Icare EXPORT displays the uploaded results in chronological order. The results can be saved to a local file by clicking the *Save local copy* button. The results are appended to the selected file if an existing file has been selected.

If a local copy of locally saved results has been saved earlier, it can be accessed by clicking on the *Open local copy* button and selecting the name of the file the results were originally saved in.

By default, all results that have been uploaded to the Icare CLINIC database are removed from the memory of the Icare HOME tonometer. Click the *LOG IN* link on the upper right-hand side to login to Icare CLINIC (if enabled by your healthcare provider) for viewing your full measurement result history.

Results are not uploaded to the Icare CLINIC database if the Icare HOME that you are using does not belong to the device fleet of any healthcare provider or *Local mode* is set in Icare EXPORT. In these cases, the results in the memory of the connected Icare HOME tonometer can be removed by clicking the *Clear all measurements* button and by confirming the removal.

**NOTE!** The *Select BT Device* menu on the left-hand side displays connected Icare tonometers with wireless capabilities. Currently, there are no Icare tonometers with wireless capability for home use.

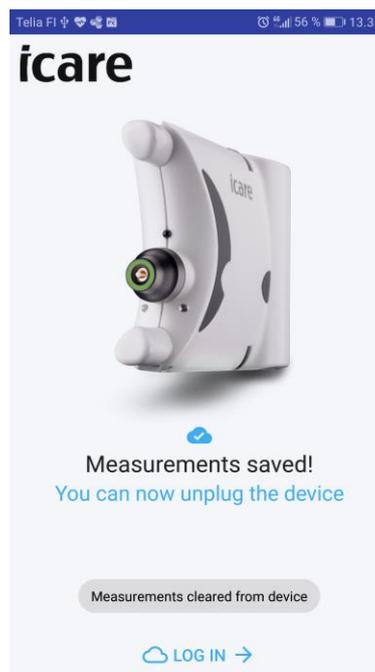
## 4.6 Using the Icare PATIENT app to upload IOP results from the Icare HOME tonometer

The language of the Icare PATIENT user interface depends on the language selected in the Android operating system of the used Android smartphone or tablet. In case the language selected in the smartphone or tablet is not supported by Icare PATIENT, English language is used.

Once you have made some measurements, perform the following steps:

1. Connect the Icare HOME tonometer to the smartphone or tablet using the USB OTG cable.

**NOTE:** The **Host** plug of the cable must be connected to the smartphone or tablet.



2. The Icare PATIENT app automatically starts up in the smartphone or tablet and the results are uploaded to the Icare CLINIC database. The results are removed from the memory of the Icare HOME tonometer

Click the “LOG IN →” text at the bottom of the display to log into Icare CLINIC to view uploaded results.

## 5 MAINTENANCE AND UPDATES

The latest version of Icare EXPORT installer file can be downloaded from the *Help* menu of Icare CLINIC.

The latest version of the Icare PATIENT app is available in Google Play application store. The smartphone or tablet will indicate to the user if an update is available and guide the update process.

## 6 DECOMMISSIONING

Icare EXPORT and Icare PATIENT app can be uninstalled at any time without loss of data.

## 7 TROUBLESHOOTING

**Open local copy button in Icare EXPORT does not open the file in the application expected.**

The application used for opening a file is defined in the settings of the PC's operating system. In MS Windows 10, the default applications are defined in Settings / System / Default apps / Choose default apps by file type.

**The USB OTG cable has been connected between the Icare HOME tonometer and the smartphone or tablet but nothing happens.** Make sure that the Host end of the USB OTG cable has been connected to the smartphone or tablet.

**Icare PATIENT pauses and displays “Connecting device, please wait – Do not unplug the device during progress.” when Icare HOME is connected to the smartphone or tablet.** Disconnect and reconnect the cable to the smartphone or tablet and/or restart the Icare PATIENT app.

**You have uploaded the IOP measurement result to Icare CLINIC, but they do not show up under your patient record.** The possible reasons are the following:

- a) Your health care provider has not registered the Icare HOME device for your use. Contact your health care provider to verify that your Icare HOME device is registered to you.
- b) The time in the tonometer's clock was not correct for example due to storing the tonometer for some time without batteries or due to change in time zone. The Icare CLINIC software could not show the results correctly in your IOP records. Contact your healthcare provider for assistance.

**The results loaded from an Icare HOME tonometer do not appear in Icare CLINIC.** Make sure you have set cloud mode in Icare EXPORT. Reconnect the tonometer to Icare EXPORT.

**Icare EXPORT or Icare PATIENT displays “Device not registered!” when a tonometer is connected to it.** Your tonometer has not been registered in Icare CLINIC. Ask your healthcare provider to register the device if the healthcare provider should receive the results. Alternatively, set Local mode in Icare EXPORT to manage the measurement results locally in your PC.

## 8 SYMBOLS



Consult instructions for use



Manufacturer

## APPENDIX 1 TECHNICAL DESCRIPTION

The Icare CLINIC service is provided from internet servers using a web browser. SSL is used for encrypting the data connections. For the proper use of Icare CLINIC, the user's network environment must allow the web browsers to access the internet. Failure to access the internet makes any functionality of the Icare CLINIC service unavailable.

Icare CLINIC displays the IOP values with a resolution of one decimal point mmHg. IOP results downloaded from Icare HOME tonometers are always displayed as integers of mmHg.

For the proper use of the Icare EXPORT on a PC, the user's network environment must allow Icare EXPORT to access the internet using TCP port 443. Failure to access the internet through the defined port prevents the sending of data from a device connected to Icare EXPORT to the database in the Icare CLINIC service.

The user's network environment must allow the Icare PATIENT app to access the internet using TCP port 443. Failure to access the internet through the defined port will prevent the sending of data from a device connected via the Icare PATIENT app to the database in the Icare CLINIC service.

The date format used in the Icare CLINIC service is defined in the web browser's language settings. The date format used by Icare EXPORT is defined in the MS Windows operating systems settings.