

Using the Telesteth Service

This training manual provides you with all the information you need to set-up, install, and use the Telesteth application in your virtual health care events. Follow each step, in order, to get started with the Telesteth service.

Key service features:

- The Telesteth service utilizes a Littman 3200® Digital Stethoscope which provides superior sound quality, making it easier to hear S3 gallop, murmurs and abnormal lung sounds (compared to analog stethoscopes).
- The Littmann 3200 connects wirelessly via Bluetooth technology to a Windows PC and is easy to use.
- The service accesses the internet through a VPN (Virtual Private Network).



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Before You Start

Before you begin using Telesteth, ensure you have all the necessary permissions and equipment.

- Review the [checklist](#) below to ensure you are ready to start using the service.
- Review the [system requirements](#) to ensure you have the right equipment.

Readiness Checklist

To successfully set up and use the service, you must have:

1. Contacted your OTN Account Manager to complete the required forms to set-up your Telesteth service and coordinate your equipment purchase.
2. Verified that your PC meets the required specifications.
3. Have a Littmann 3200 Digital Stethoscope.
4. Received a “Welcome” email from OTN that contains your username.
 - If you have not received a “Welcome” email, contact your OTN Account Manager.
 - Training resources are available at training.otn.ca (Go to **Ontario Health (OTN) Training Centre > Telemedicine Nurse Training > Equipment.**).
5. Received a password from OTN via secure email or registered mail.

If all the above are complete, then you may proceed with installation.



System Requirements

The Telesteth service requires the use of a Windows PC/Laptop at both the Consultant site and Patient site in order to transmit heart and lung sounds.

Note that you can also use this PC/Laptop for other OTN services such as Ncompass, Telederm, eConsult, and video visits.

Your PC/Laptop must be connected to the internet via an OTN-provided VPN connection.

To find information about your PC/Laptop, see [How to View Your PC System Information](#) on page 23.

Review the *minimum* requirements below, before choosing a new PC.

CPU	<ul style="list-style-type: none"> 1.5GHz or higher recommended
RAM	<ul style="list-style-type: none"> 512K minimum, 1 GB recommended
Hard disk	<ul style="list-style-type: none"> 1 Gb or higher
Sound card	<ul style="list-style-type: none"> Patient site (transmission station) uses 3M Littmann Stethoscope Consultant site (receiving station) uses high-fidelity headphones including integrated USB sound card or 3M Littmann Stethoscope
Video card	<ul style="list-style-type: none"> 1024x768 or better
Operating Systems	<ul style="list-style-type: none"> Windows 10 Java exception set for https://ta.otn.ca
Web browser	<ul style="list-style-type: none"> The latest version of an Edge or Chrome browser (i.e., the “stable version” or “supported release”) Direct connection (not through a proxy server)
Plug-ins	<ul style="list-style-type: none"> Latest version of Java
Connectivity	<ul style="list-style-type: none"> Internet bandwidth 128Kbps or better OTN-supplied VPN secure connectivity
Network/Firewall/Port Settings	<ul style="list-style-type: none"> Allow web browsing Outbound TCP ports 80 and 443 Outbound TCP ports 1100 to 1300

Getting Started

There are a few simple steps to ensure you successfully use the Telesteth service.


1. Check your PC's settings.
 - a) [Ensure Bluetooth is turned ON](#).
 - b) [Install Java](#).
 - c) [Set the Telesteth URL as an exception](#) in Window's Java Control panel.
2. [Install the VPN app](#) from OTN.
3. [Download and install the Littmann Telesteth app](#).
4. [Start the Littmann Telesteth app](#), log in, and [pair the stethoscope](#) via Bluetooth.

Ensuring Your PC is Properly Set Up

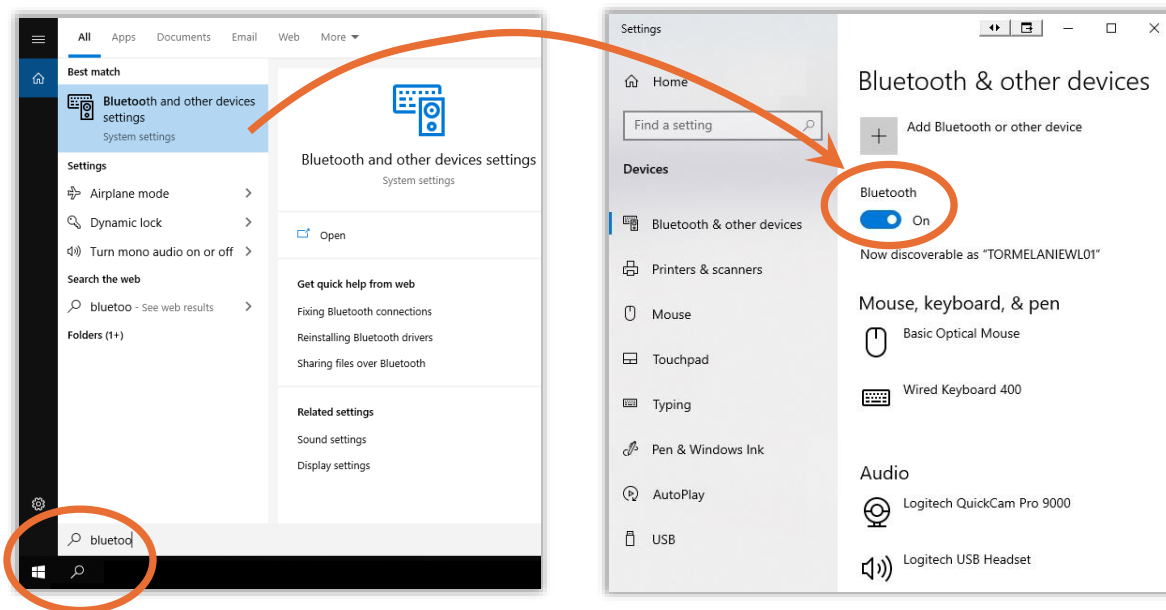
The stethoscope and its app have Bluetooth and Java requirements. Before starting to use the Telesteth service, check that your computer is properly set up.

Checking Bluetooth Status

The stethoscope connects to your computer via wireless Bluetooth technology. Therefore, you need to ensure that your computer has Bluetooth turned ON.

1. To access the Windows Bluetooth settings, click the Windows Search  feature in the bottom-left of the task bar, type 'Bluetooth', and select the **Bluetooth and other devices** system settings.
2. Ensure the Bluetooth setting is turned on.

When Bluetooth is turned on, a Bluetooth icon  appears in the bottom-right task bar.



Installing Java

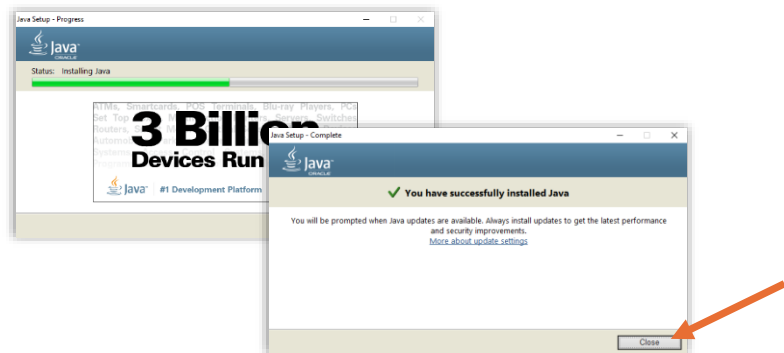
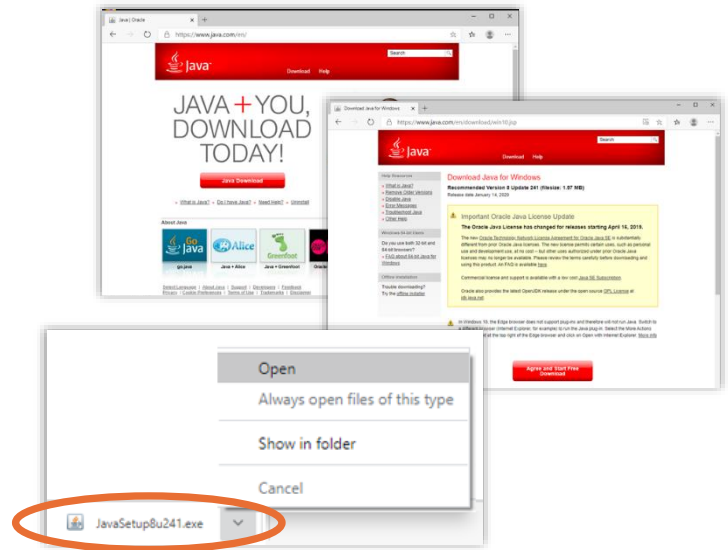
Java is a technology used to create interactive web content. The Littmann Telesteth app requires Java. These instructions can guide you through the installation process.

Due to variances in browsers, Windows versions, and updates to the service, there may be small differences in the way the app installs. Ask your IT department to assist you if you encounter any messages that do not align with these installation instructions.

1. Open a browser and go to java.com.
2. To start the process, click .
3. When the **Download Java** screen appears, click .


The browser downloads a **JavaSetup###.exe** file.

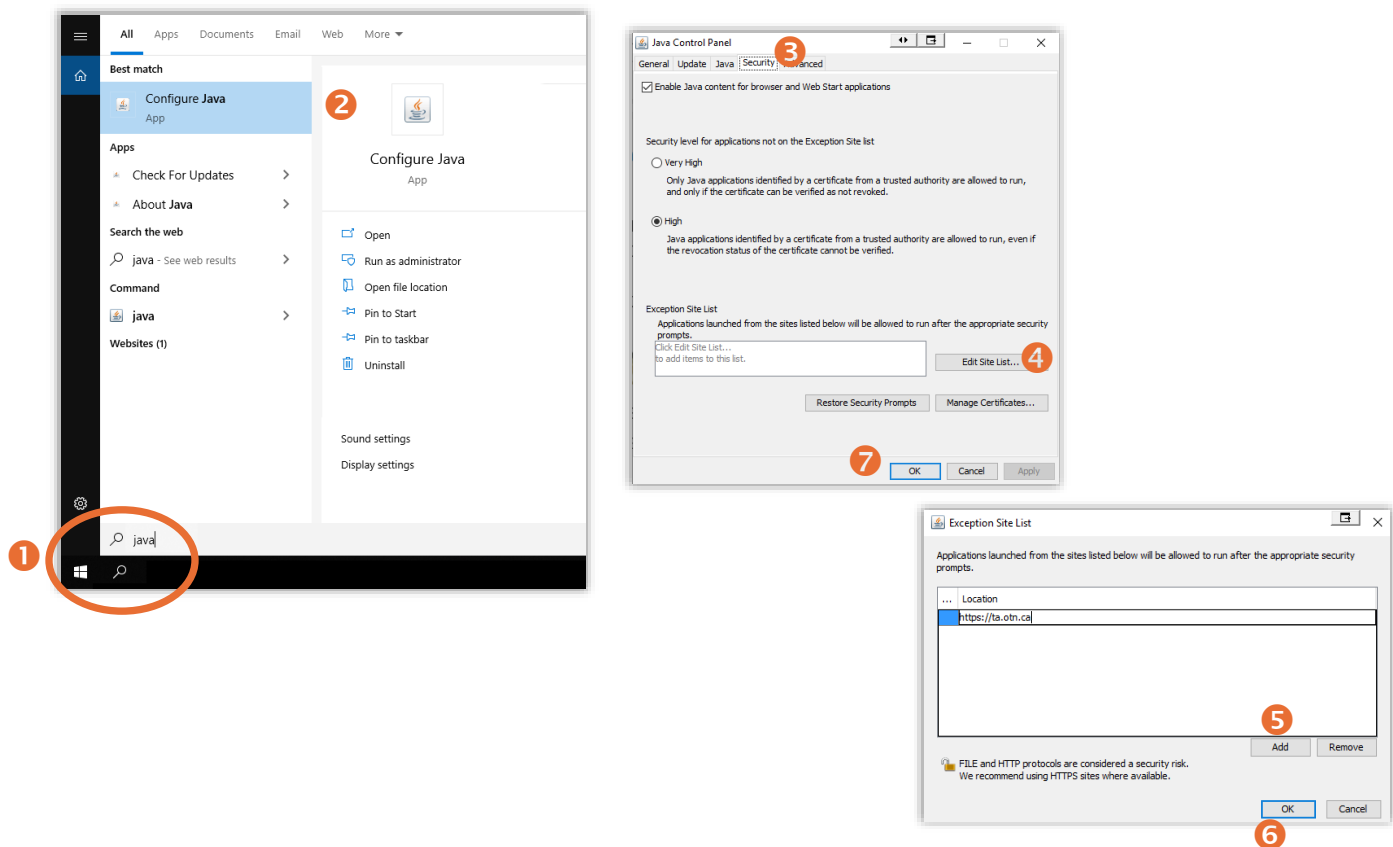
4. To install Java, open the downloaded exe file.
5. Follow the on-screen prompts.
6. If during the verification or installation process a security alert dialog box or page appears, click the option that allows you to proceed. For example, click 'Run' or 'Yes'.



The next step is to set the Telesteth URL as a Java exception.

Setting the Telesteth URL as a Java Exception

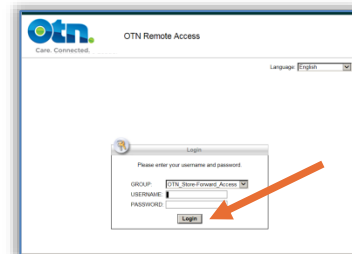
1. To access the Java Control Panel, click the **Windows Search**  feature in the bottom-left of the task bar, type "java".
2. Select **Configure Java**.
3. In the **Java Control Panel**, click the **Security** tab.
4. Click **Edit Site List...**.
5. In the **Exception Site List** pop-up, click **Add** and type <https://ta.otn.ca> in the **Location** field.
6. To close the **Exception Site List** pop-up, click **OK**.
7. To close the **Java Control Panel**, and complete the process, click **OK**.



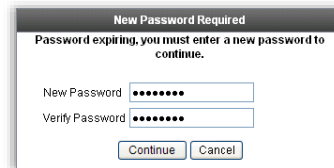
Installing Cisco AnyConnect (VPN app)

VPN creates a secure connection between your computer and the internet. It permits you to establish safe and secure remote access by providing authentication and encryption.

1. Open a browser and go to <https://vpn-access.otn.ca>.
2. To login, select the Store-Forward group and type your credentials in the appropriate fields and then click **Login**.
 - **Group** = OTN_Store-Forward_Access
 - **Username** = your OTN-supplied username
 - **Password** = your OTN-supplied password

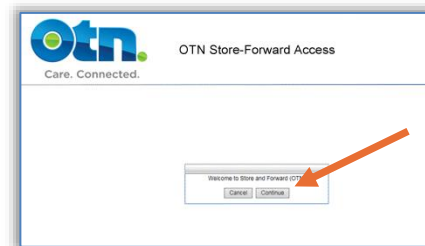


3. If this is the first time you're logging in, a **New Password Required** dialog box appears. Type the same new password in both the **New** and **Verify Password** fields and then click **Continue**.



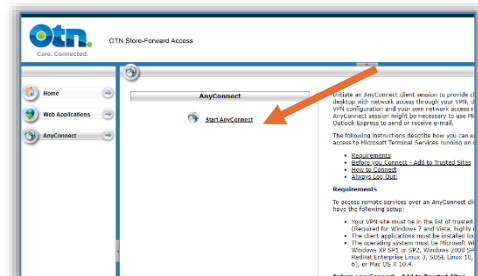
The OTN Store-Forward Access "welcome" screen appears.

4. To move beyond the Welcome screen, click **Continue**.



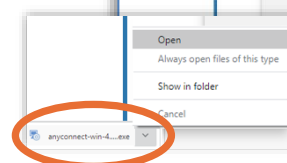
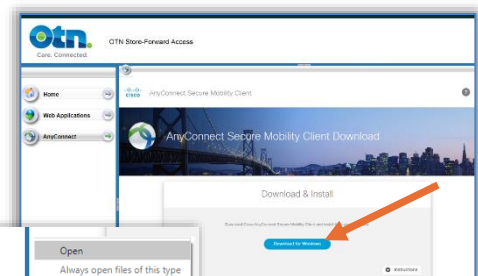
The AnyConnect app screen appears.

5. To initiate the install, click **Start AnyConnect**.



The Download screen appears.

6. Click the **Download for Windows** button and open the downloaded file.

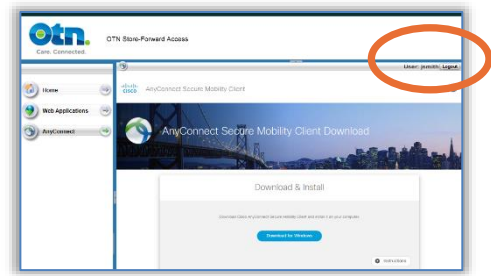


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The setup and install process begins.

Follow the on-screen prompts.

- When the install is complete, click the **Logout** button and close the browser window.

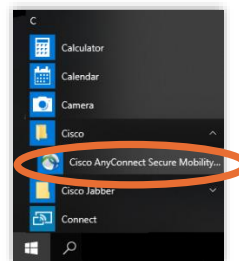


For quick access in future, pin the app to your computer's task bar or create a shortcut on your desktop.

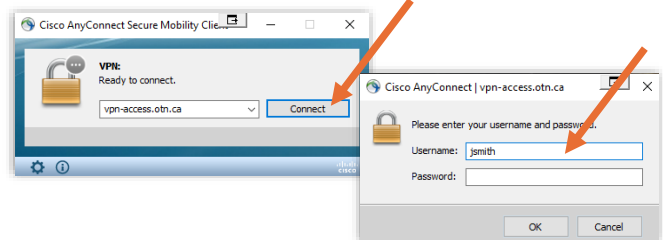
Launching AnyConnect and Logging In to the VPN

- If you have a shortcut, start the app from there.
If you don't have a shortcut, launch the AnyConnect app from the Windows Start Menu.

An AnyConnect pop-up appears.

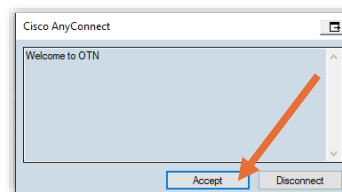


- To log in, click **Connect** and in the dialog box that appears, type your username and password and then click **OK**.



When successfully connected, an AnyConnect Welcome and Accept dialog box appears.


- To complete the login, click **Accept**.

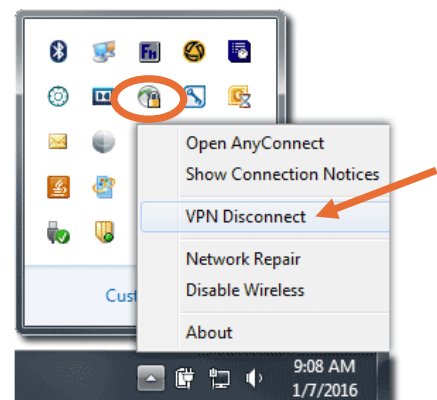


When the login is complete, the "locked" AnyConnect icon  appears in the bottom-right task bar.

Disconnecting from AnyConnect

When you have finished your Telesteth session you can disconnect.

- Right-click the **AnyConnect** icon  in the bottom-right taskbar.
- Select **VPN Disconnect** in the popup menu.



Using the Telesteth Service

The Littmann Telesteth app is Java-based and uses Bluetooth wireless technology to connect to your computer.

Installing the Littmann Telesteth app

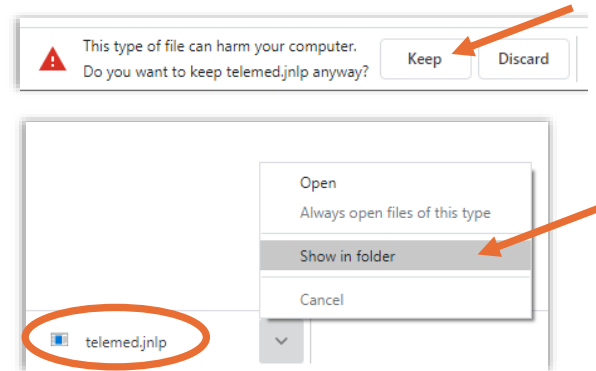
1. Open a browser and go to ta.otn.ca.

A file named **telemed** (telemed.jnlp) is downloaded.

If you are using Chrome, a warning message appears. Select the **Keep** option. This file is safe.

2. Click the download file's **Show menu** button and select **Show in folder** from the pop-up menu.

A Windows Explorer pop-up appears displaying files downloaded by the browser.



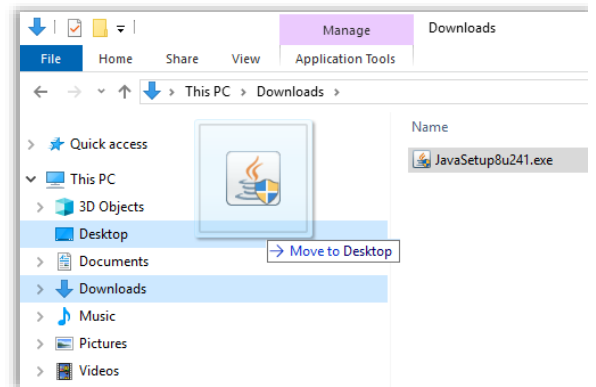
3. Locate the **telemed** file and either:

Move it to your computer desktop.

or


Move it to a location of your choice (for example, a Telesteth folder) and create a shortcut on your desktop.

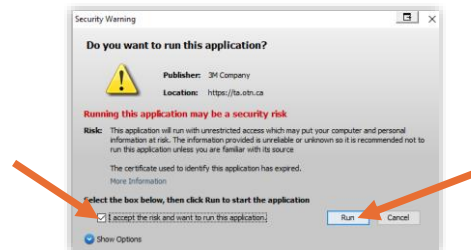
(See [Creating a Shortcut on Your Computer Desktop](#) on page 24.)




Now that you have installed the Littmann Telesteth app, the next step is to launch the Telesteth app and log in.

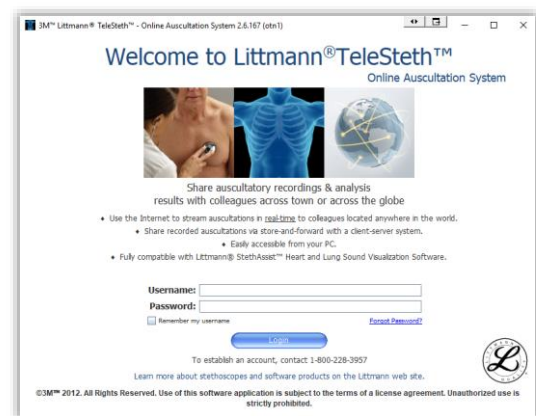
Launching and Logging in to the Telesteth App

1. Locate the **telemed** file (or its shortcut) and click to open.
2. If a **Java security** warning appears, select the “**I accept...**” checkbox and click .




The Littmann Telesteth app installs and a **Welcome** pop-up appears.

3. Enter your OTN Telesteth username and password.
4. Click .



After logging in, the next step is to pair the stethoscope with your computer.

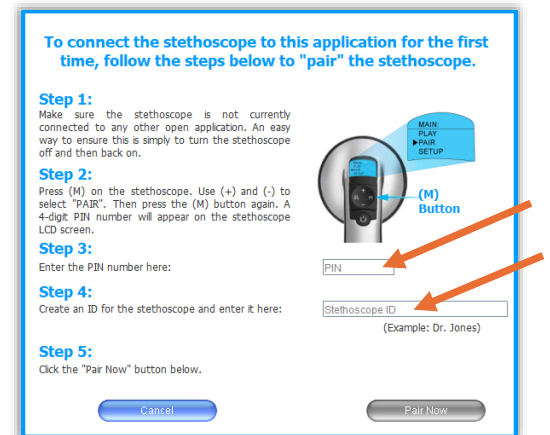
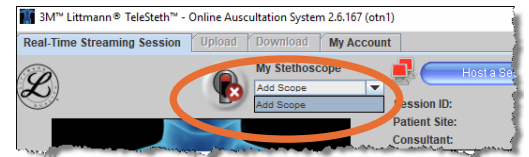
Pairing the Stethoscope

1. Using the app on your computer, click **Add Scope** in the **My Stethoscope** drop-down list. (In the top-middle of the Real-Time Streaming Session tab,)
2. Pick up the Stethoscope and to turn it on, press and hold the **Power** button .
3. Press **M** on the stethoscope and use the plus + and minus – buttons to highlight **>Pair** in the menu.
4. To select Pair, press M. A PIN appears in the scope's screen.
5. Enter this **PIN**.
6. Enter an **ID**. This ID will appear in the My Stethoscope drop-down list for future use.

After you have paired your stethoscope, the next time you use the same computer for Telesteth sessions you will not need to *pair* the scope again – you only need to *connect*. When using the same computer, you do not need to *pair* it every time.

Note: If you use the VPN and the same stethoscope on different computers, you will need to pair the stethoscope for each computer prior to use.

The next step is to connect the scope.

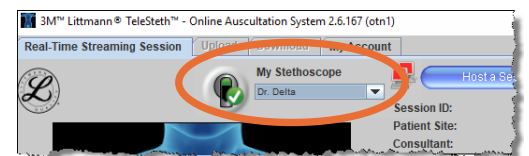


Connecting the Stethoscope

Press **M** on the stethoscope and use the plus + and minus – buttons to highlight **>Connect** in the menu.

To select Connect, press M.

When successfully connected, a Green checkmark appears next to the name of the stethoscope.



Getting to Know the Littmann 3200

1. Battery Powered - stethoscope takes one AA battery and will provide approximately 50-60 hours of continuous use.

Changing the battery:

- Hold the chest piece in one hand while slightly twisting the battery cap approximately 25° counter-clockwise. Remove the battery cap.
 - Insert a new battery with positive end out (+ sign will be visible in the battery compartment).
 - Re-mount the battery cap, twisting the cap approximately 25° clockwise until locked. Make sure the two marks are aligned.
2. Position the Headset - Ear tips should point in a forward direction as you insert them into your ear canals. When ear tips are properly positioned, the scope's diaphragm will face towards your body.
 3. Turn On / Off – This stethoscope has an advanced power management system.

Manual Turn On: Press and release the power button. LCD display will activate, indicating stethoscope is on.

Manual Turn Off: Press and **hold** power the button for two seconds. LCD display will shut off, indicating stethoscope is off.

Auto Off with Standby Feature: The stethoscope will stay on during use, but switches to a power saving “standby” mode after 20 seconds of inactivity. LCD display will display the Littmann® logo during standby mode. When stethoscope diaphragm or any button is pressed, LCD display settings will reappear, and stethoscope will be ready to use. After two hours of non-use, the stethoscope will leave standby mode and fully power off.

4. Select Filter - This electronic stethoscope allows the user to select between three different digital frequency filters.

Bell mode amplifies sounds from 20 - 1000Hz but emphasizes lower frequency sounds between 20 - 200Hz.

Diaphragm mode amplifies sounds from 20 - 2000Hz but emphasizes the sounds between 100 - 500Hz.

Extended Range mode amplifies sounds from 20 - 2000Hz like the Diaphragm mode but provides more low frequency response between 50 - 500Hz.

5. Adjust Sound Amplification Levels – the (+) and (–) can be used to amplify the sound levels in 8 increments up to 24x amplification of a non-electronic stethoscope.
6. Custom Configuration – the stethoscope has several operational settings that can be changed to suit your needs. Press the (M) button to access the main menu, the (+) and (–) buttons for scrolling and the (M) button for selecting options. The Filter button acts as an escape key.

Certifying Your Telesteth Device and Completing a Test Call

Once you have completed the installation of the VPN and Littmann Telesteth app, it is time to do a test call with OTN Technical Support and complete the certification process.

1. Call 1-855-654-0888 and choose the option for Technical Support.
2. Provide the serial number for your Telesteth to the technician.

The serial number is on the stethoscope itself – it is in white print, on the silver portion of the stethoscope, just above the chest piece.



Serial number location

3. Log into the VPN and the Telesteth app with your user credentials and ensure your scope is [paired](#) and [connected](#) with your computer.
4. It is important to test your Telesteth setup both ways – ‘**hosting** a session’ and ‘**joining** a session’.
5. Test the audio sound by placing the stethoscope over your heart (do not just tap on the device).
6. OTN Technical Support will send out a certification notice after you have successfully completed the test.

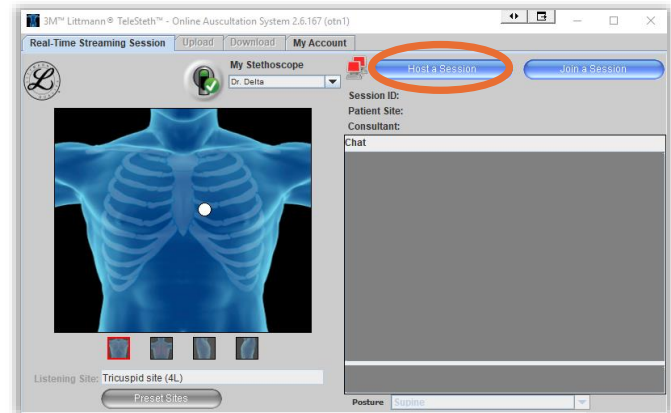
Note: Your Telesteth medical peripheral will be added to the OTNhub Directory and Ncompass/TSM only after you have completed a successful test.

Running a Real-Time Telesteth Session

The **Patient Site** is the site transmitting the patient's heart and lung sounds; therefore, they must **Host a Session**.

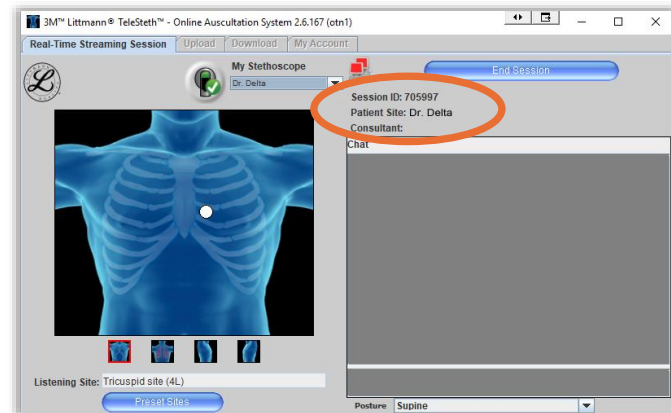
Before starting a session, ensure that the stethoscope is paired and connected to your computer.

1. If you are the **Patient Site**, click .



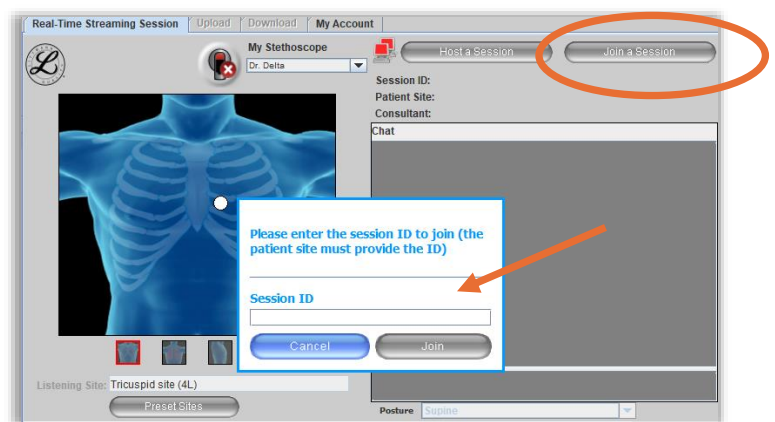
At the patient site, a random **Session ID** number is automatically generated, and the patient site's login name will be displayed as the **Patient Site** name.


2. Share the **Session ID** with the consultant site.

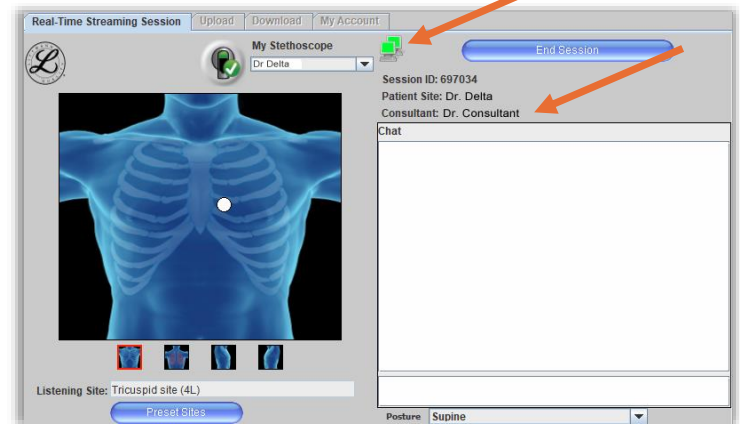


3. If you are the **Consultant Site**, click .

4. Enter the **Session ID** in the Join Session pop-up.

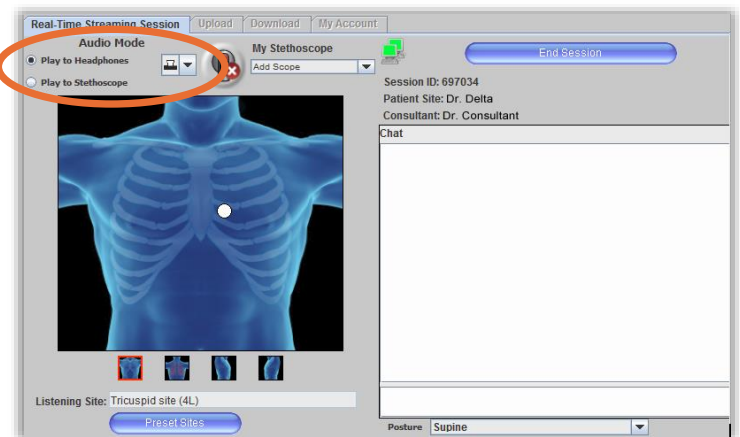


After the Consultant Site successfully joins the session, the computer icons turn green  and the consultant's login name appears in the **Consultant** field.



5. The Consultant site must select the option of how they will listen to the assessment using the **Audio Mode** fields.

- When using **headphones** on your computer, select *"Play to Headphones"*.
- When using a **Littman 3200 stethoscope**, select *"Play to Stethoscope"*.



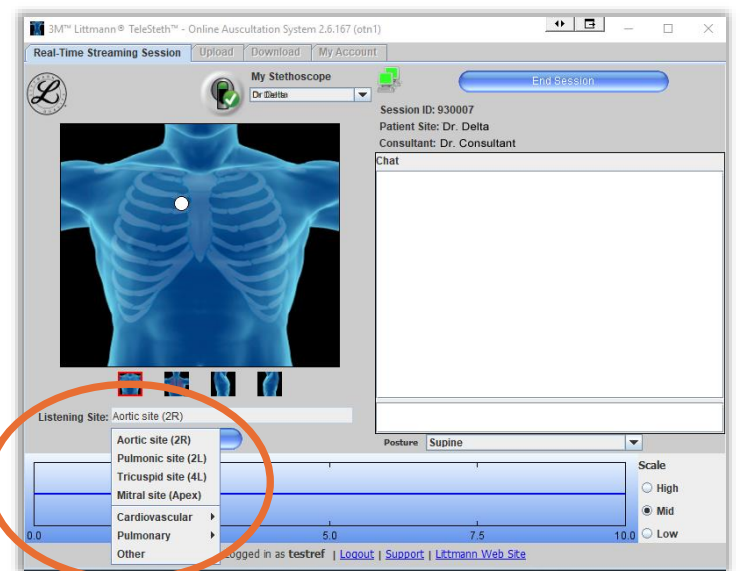
You are now ready to start the real-time transmission of heart/lung sounds.


6. At the patient site, you can show your stethoscope placement manually:

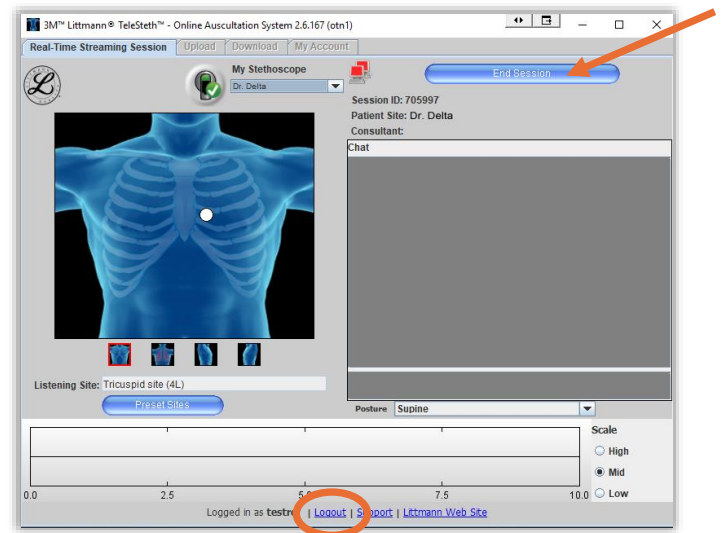
- Select a position icon under the large image (front, back, left or right), and then
- Click an area on the mannequin that corresponds to the position on the patient's body.

A white dot will appear where you have clicked.

7. Or show your stethoscope placement using the one of the preset listening sites. To view a list of presets, click **Preset Sites** and select a site from the list.



8. When the patient assessment is complete, click **End Session**.
9. Log out of the Telesteth software by clicking the **Logout** link at the bottom of the screen.
10. If applicable, disconnect by right clicking the **AnyConnect** icon  in the taskbar and select **Disconnect** from the pop-up menu.



Best Practices and Recommendations

Optimizing Your Wireless Connection

It is important that the stethoscope's chest piece is near your computer and its Bluetooth transmitter.

- Ensure that the path between the stethoscope and the computer is free of any obstructions.
- Walls, furniture, and bodies can degrade the wireless signal.

It may help for the computer to be in front of, or next to, the patient (rather than behind them) so that the patient's body does not block the signal path.

- Minimize the distance between stethoscope and PC.
- Under typical conditions, 10 feet should be readily achievable.

Hold the chest piece firmly with fingertips (rather than a cupped hand) to allow the wireless antenna to be unobstructed for optimum performance.

Optimizing the Sound Quality

Environment

- Ensure there are no background conversations during assessment.
- Minimize background sounds as much as possible.

Patient Preparation

- Properly prepare the patient so that stethoscope assessments can be conducted against bare skin.
- Instruct the patient to breathe in a normal and quiet manner.
- Remind the patient not to speak during the assessment.

Stethoscope Placement

- The sound sensor is quite small and is in center of the chest piece, so it is important to focus on the point of contact with the patient with the very centre of the chest piece.
- Firm contact is necessary; excessive pressure on the patient may result in artifact sounds.
- Contact with the patient must remain steady and consistent for optimal sound quality. Movement with the chest piece will induce frictional noise.
- It is best to start your exam at a lower amplification level and increase as required.

Cleaning the Littmann Telesteth Scope

You should clean the stethoscope between each patient use.

Ear tips, ear tubes, plastic tubing, and chest piece can be wiped clean with alcohol.

Ear tips may be removed for a more thorough cleaning.

Note: Do not immerse the stethoscope in any liquid or subject it to any sterilization process.

Scheduling with OTN Telesteth

Here is a checklist to consider when scheduling a clinical encounter that requires a stethoscope:

1. Review the Consultant protocol and/or the OTN referral form (considering past practices of the consultant) to determine if a stethoscope is required for the telemedicine appointment.
2. When you confirm the appointment with the patient and consultant sites:
 - a) Check that they will be using Telesteth.
 - b) Ensure that Telesteth is available.
 - If the Telesteth is installed on a laptop and is portable, ensure the laptop is available at the system being used.
 - If a Telesteth is not available at the system you are booking, search for a system that has one available.
 - If there is no Telesteth available, ask the consultant if Telesteth is required.
3. After the event is confirmed, include the following reminder in your usual notifications to the consultant and patient sites:

"You will be using your Telesteth. Please have available at the appointment."

Examples:

Scheduling a stethoscope using the TSM log

The screenshot shows the 'Clinical Request Maintenance' window with the 'Confirmation' tab selected. The text area contains the following message: "Sites confirmed and patient notified. Letter sent. July 25/11 - JH. Both sites: please ensure your Telesteths are available and on-site for this appointment." Below the text area is a 'Log' button. At the bottom, there are buttons for '<< Previous', 'Save', 'Schedule Request ID 8557504', and 'View Fax Confirmation'.

Scheduling a stethoscope using the Ncompass Event Log

The screenshot shows the 'Patient System(s)' window with the 'Event Log' tab selected. The 'System 1' section has fields for 'Patients' (0), 'Contact', 'Email', and 'Tel. Number'. The 'Event Log' text area contains the following message: "Sites confirmed and patient notified, will arrive 20 minutes early. No letter necessary. July 26/11-JH. TMCs please have your AMD SmartSteth available for this appointment." At the bottom, there are buttons for 'Schedule Event' and 'Save Draft'.


Troubleshooting

Miscellaneous Issues

Review the following chart to help troubleshoot issues with the Littman 3200 Stethoscope.



Issue	Possible Cause	Possible Solution
Trouble hearing anything when using the stethoscope?	Earpieces in backwards	Littman stethoscopes have headsets that are angled and designed to fit properly within your ear canals. When holding the stethoscope, be sure that the headset is pointed towards the ceiling and then when placing it in your ears, be sure that the headset is pointed towards your nose.
	Sound amplification is set too low	Adjust the sound amplification by pressing the (+) and (-) buttons on the stethoscope's keypad. It is important that the very center of the chest piece is making good contact with the patient, as this is the location of the sound sensor.
Consultant site only is unable to hear anything when using the stethoscope	Software at consultant site has option of 'Play to headset' checked	Select the option of 'play to stethoscope'.
Internet connection keeps dropping	VPN has timed out due to inactivity	The OTN VPN is set to time-out after approximately 30 minutes of inactivity. If you plan to use the Telesteth for a clinic, ensure that you reactivate it between patients by tapping the diaphragm.
	Inconsistent service from the internet service provider	Talk to your IT department or call your internet service provider to ensure connectivity is consistent.
	Wireless internet connection signal strength is weak	OTN does not recommend the use of wireless internet for real-time clinical telemedicine. Plug your PC into a land line and run the session again.

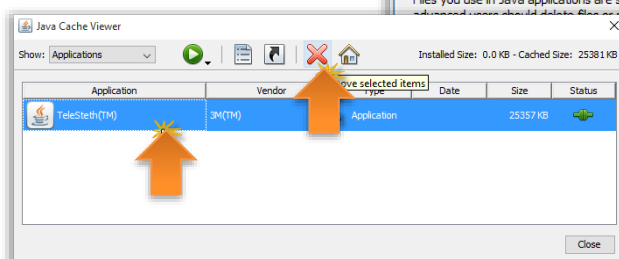
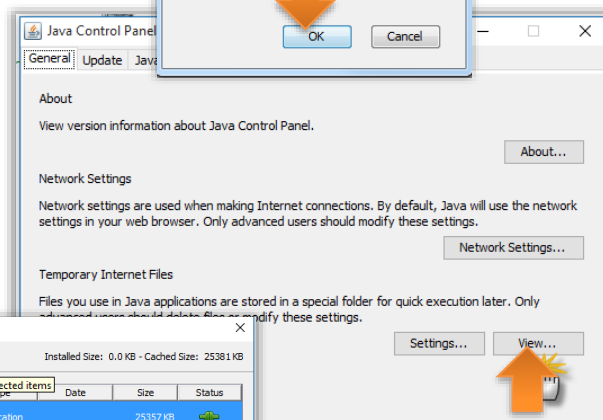
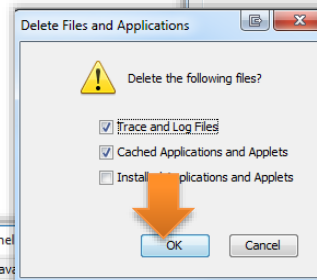
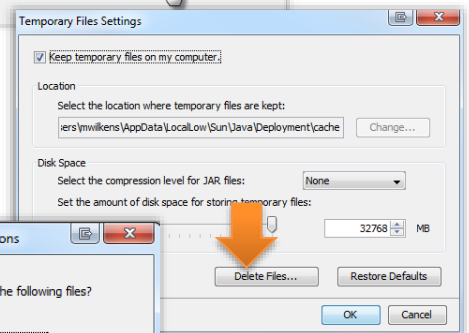
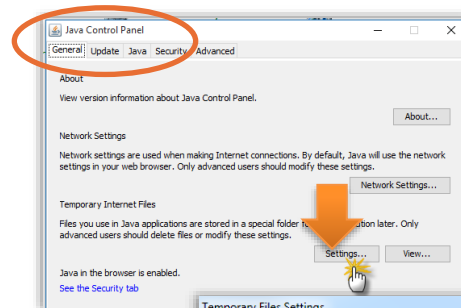
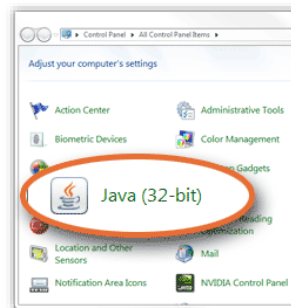
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Issue	Possible Cause	Possible Solution
Unable to initiate Telesteth application software	Telesteth icon missing on desktop screen	Locate the telemed.jnpl file and click it, or re-create the telemed desktop shortcut . To download the telemed file again, open a browser and go to https://ta.otn.ca/telmedweb/launch
	On clicking - The Telesteth icon does not connect to the server	Check that you have the VPN app running. Open a browser and go to URL: https://ta.otn.ca/telmedweb/launch
Telesteth session ended abruptly	Error displayed "Communication error"	Make sure the Stethoscope device is within the range of the computer's Bluetooth signal. The available bandwidth on the internet connection may not be enough to support a Telesteth session. This may be due to other local applications demanding internet bandwidth at the same time Make sure that your secure VPN session is running by looking at the AnyConnect icon  on the bottom right of your screen (in the system task bar).
	Session ended	Patient site needs to restart the session by clicking 'Host a Session' and giving the new Session ID # to the consultant site. The stethoscope device has an Auto Off function that will switch off power to the device after a few minutes of inactivity. You could disable the Auto Off feature, however this will drain your battery quickly. To disable Auto Off, press the M button on your stethoscope, use the +/- keys to scroll to Set Up, press M again, then use the +/- keys to scroll to Auto Off, press M then scroll to Disable and press M a final time.
Can't login to the server		Make sure that you are correctly keying in the username and password provided by OTN. Note that the username and password are case sensitive. Contact OTN Technical Support at 1-855-654-0888
Java errors appear when Telesteth software is launched.	Your Java cache needs to be cleared.	See Clearing Java Cache instructions below.

Clearing Java Cache

If Java errors appear when you start the Telesteth program, it might be because your computer's Java cache contains obsolete data. To correct the situation, you need to clear your Java cache.

1. Click the **Windows Start** button and then select **Control Panel**.
2. Double-click the Java icon .
The Java Control Panel opens.
3. Select the **General** tab and in the **Temporary Internet Files** section, click the **Settings** button.
The Temporary Files Settings panel opens.
4. Click the **Delete Files** button.
The Delete Temporary Files dialog box opens.
5. To delete all the downloaded Java applications and applets from the cache, click **OK**.
The cache is cleared and the dialog box closes.
6. Click **OK** to close the Temporary Files Settings panel.
7. Click **Apply** to reset the Java Control Panel.
8. Click **View** and select **Telesteth(TM)** in the Java Cache View list.
9. Click  in the top menu bar to delete the old Telesteth application.
10. Close the Java Cache View panel.
11. Close the Java Control Panel.
12. Close the Control Panel window.
13. Restart (close and re-open) the browser.




Appendices

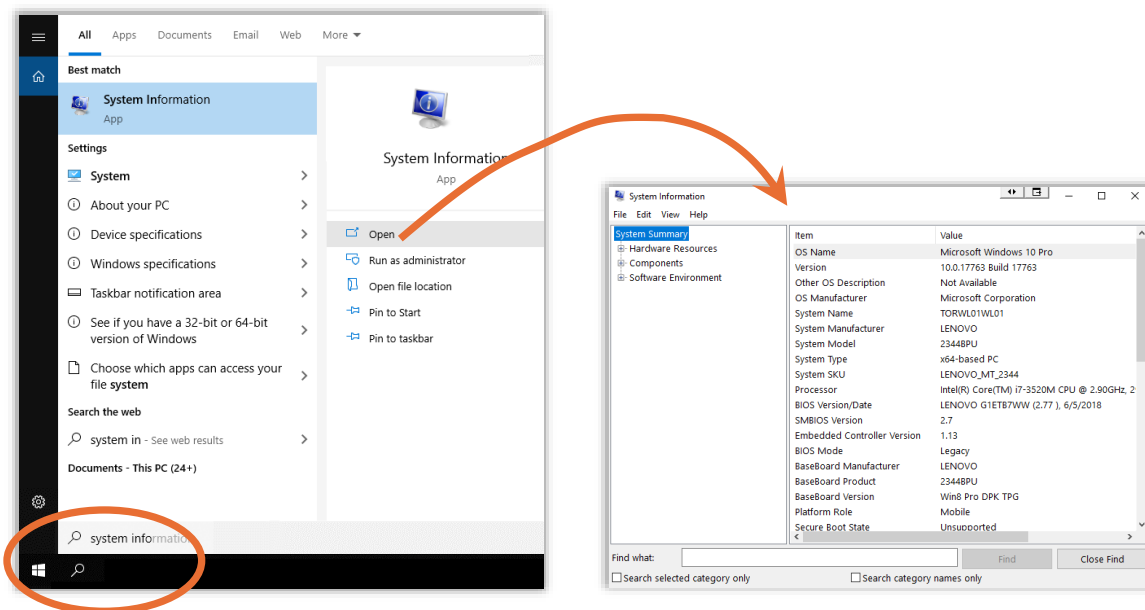
- [How to View Your PC System Information](#)
- [Creating a Shortcut on Your Computer Desktop](#)
- [Quick Reference Guide – Patient site](#)
- [Quick Reference Guide– Consultant site](#)

How to View Your PC System Information

Use the Windows search feature to find your system properties.

1. To access the Windows System Information, click the Windows Search  feature in the bottom-left of the task bar, type 'system info', and select **System Information**.
2. Click **Open** in the System Information app menu on the right.

A System Information pop-up window appears.

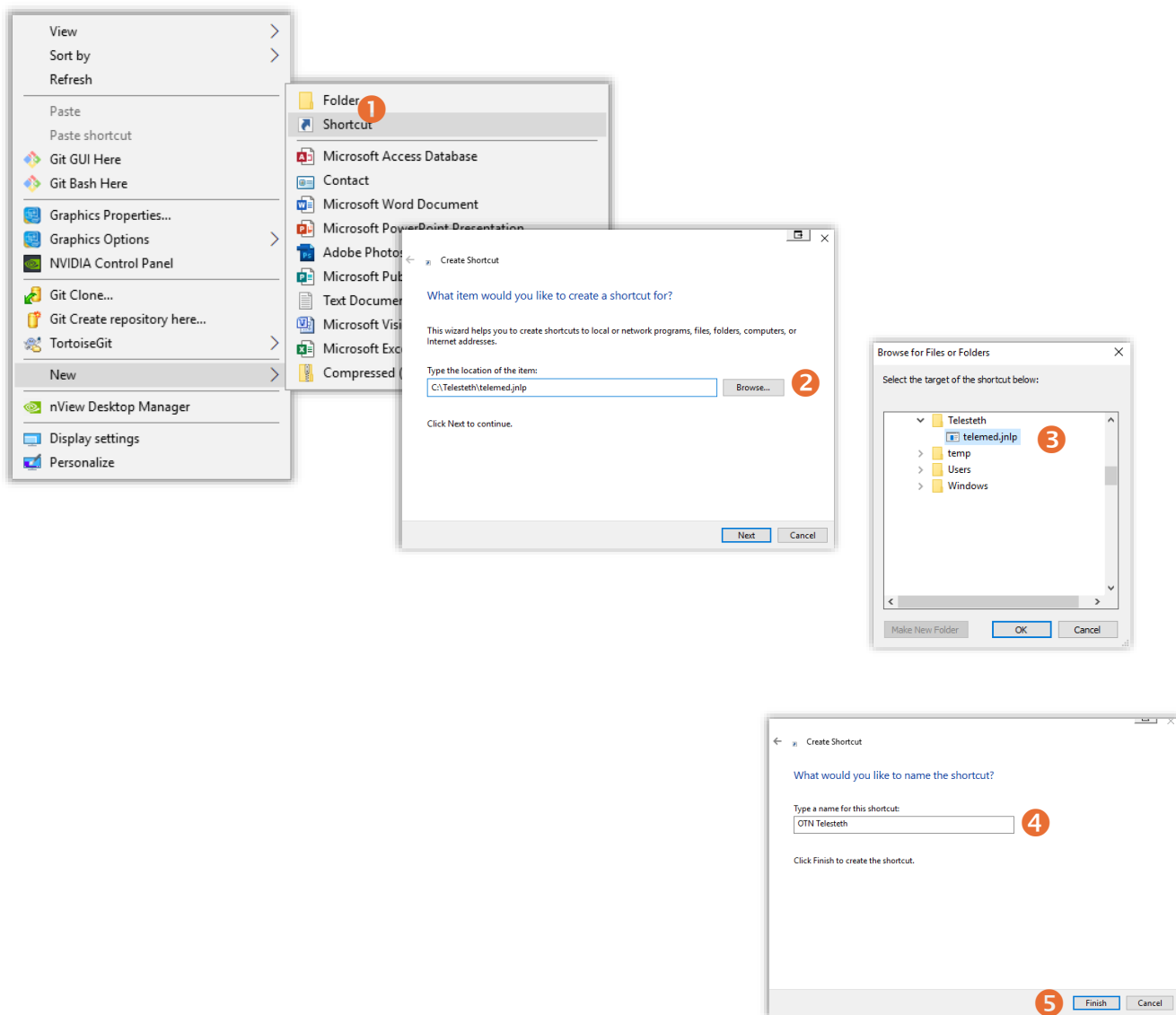


Creating a Shortcut on Your Computer Desktop


To give yourself fast and easy access to the Telesteth service, create a shortcut on your computer desktop.

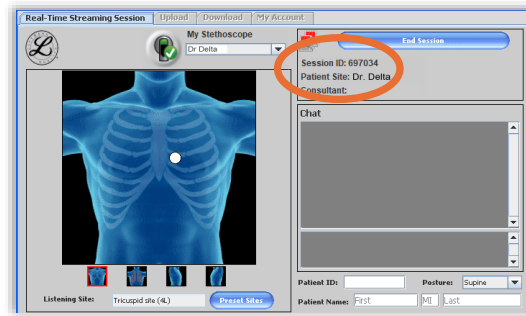
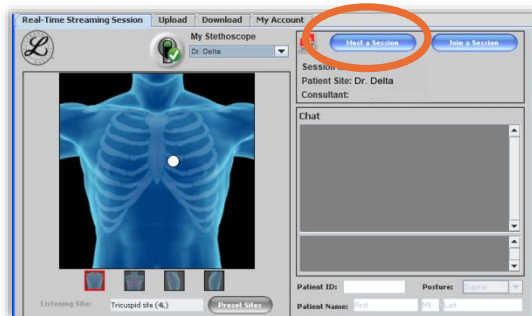
1. Right-click on the computer desktop and select **New > Shortcut**.
2. Click **Browse...** beside the **Location** field, and locate the **telemed** file you saved when [installing the Littmann Telesteth app](#).
3. Click the **telemed** file to select it.
4. In the **Name** field, type **OTN Telesteth**.
5. Click **Finish**.


A shortcut named “OTN Telesteth” will appear on your computer’s desktop.




Quick Reference Guide – Patient site

1. To securely connect to the internet, start the **AnyConnect**  app and log in.
2. Turn on the **Telesteth Littman 3200 stethoscope** by pressing the Power button.
3. Start the **Telesteth** app.
 - A Java popup might appear briefly as the app starts up.
4. Enter your OTN Telesteth username and password.
5. Follow the instructions to connect your stethoscope with your computer.
 - Click on the My Stethoscope down arrow, pick your stethoscope from the list and follow the instructions in the pop-up window.
 - You will see a green checkmark when connected.
6. As the Patient site, click 'Host a Session'. A random Session ID number will be generated. Share the Session ID number with the Consultant site.




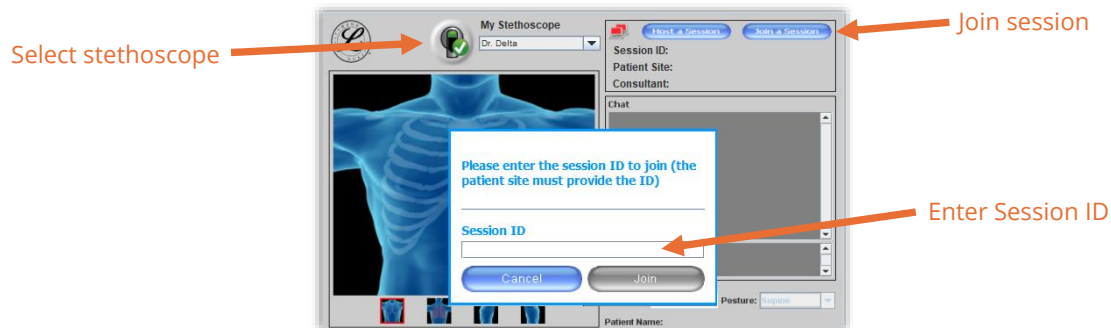
7. When successfully connected, the computer icon turns green . Follow the direction of the consultant regarding requested placement.




8. When the patient assessment is complete, click End Session and log out of the app.
9. Disconnect by right clicking the AnyConnect icon  in the taskbar and select Disconnect from the pop-up menu.


Quick Reference Guide– Consultant site

1. To securely connect to the internet, start the **AnyConnect**  app and log in.
2. Turn on the **Telesteth Littman 3200 stethoscope** by pressing the Power button.
3. Start the **Telesteth** app.
 - A Java popup might appear briefly as the app starts up.
4. Enter your OTN Telesteth username and password.
5. Follow the instructions to connect your stethoscope with your computer.
 - Click on the My Stethoscope down arrow, pick your stethoscope from the list and follow the instructions in the pop-up window.
 - You will see a green checkmark when connected.
6. As the Consultant site, click 'Join a Session' and enter the Session ID provided by the Patient site. (The Patient site will always 'Host a Session'.)



7. When successfully connected, the computer icon turns green  and you are ready to provide placement direction to the patient site. Adjust the filter settings and amplification using the buttons on the stethoscope.



8. When the patient assessment is complete, click End Session and log out of the app.
9. Disconnect by right clicking the AnyConnect icon  in the taskbar and select Disconnect from the pop-up menu.