

iCare HOME2 FAQ

How often should I change the iCare HOME2 probe?

When both eyes are healthy, we recommend changing the probe at least every 24 hours. In the event of an infected or inflamed eye, you should change the probe after each measurement for each eye.

How often should I change the iCare HOME2 probe base?

To maintain the accuracy of the device, every 6 months is recommended.

Where can I find all the iCare HOME2 instruction manuals and materials?

You can find all the iCare HOME2 manuals and materials on the blue iCare USB drive, located inside the iCare HOME2 zipcase. You can also download digital versions from our website:

<https://www.icare-world.com/home2-product-material-form>

Where can I find the necessary software and registration links for my iCare HOME2?

You can find the links for the iCare PATIENT2 Apps, the PC iCare EXPORT app and the iCare CLOUD registration at <https://www.icare-world.com/product/HOME2>

How do I show my results to my eye care professional (ECP)?

- You can show your iCare HOME2 results in several ways:
- Directly on the iCare PATIENT2 app on your phone
- Print out or email a report from the PC iCare EXPORT program
- You can ask your ECP to register for the iCare CLINIC software, so that they can view your results online.

Is the iCare HOME2 eligible for any NDIS funding or private health insurance coverage?

Since all cases and health policies differ, it is up to the individual to approach their NDIS case managers or alternately their private health funds, to see if they can provide any coverage.

How do I clean my iCare HOME2 tonometer?

The exterior surfaces of the iCare HOME2 tonometer can be cleaned with a damp cloth, moistened with a mild soap solution. Remove any residue by wiping the device with a new, water-only moistened cloth. Allow all surfaces to dry before turning the device on again. Do not allow any moisture or liquid to get inside the device.

If necessary, the iCare HOME2 tonometer can be disinfected in the same way, using 70%-100% isopropyl alcohol or 70% ethanol solution on a damp cloth.

Why do I need to monitor my IOP at home if my eye care professional already does that for me?

Intraocular pressure (IOP) fluctuates across the day and the night and is known as 'diurnal IOP'. 50-70% of IOP peaks occur outside of office hours. Glaucomatous IOP fluctuations can also be up to three times higher than in normal eyes. These fluctuations and peaks may be a contributing factor to glaucomatous progression.

Therefore, there is a high probability of missing IOP peaks and fluctuations, if IOP is only measured sporadically, during clinical visits with your eye care professional. Until now, there has been no easy and efficient way of measuring diurnal IOP at home. iCare HOME2 now makes that possible.

Studies have shown that diurnal IOP monitoring results in changes to clinical management 50-80% of the time. Many people also just prefer the knowledge and reassurance that monitoring their own IOP brings.

Diurnal IOP monitoring can also help to:

- confirm glaucoma diagnoses
- understand further why progression may be occurring
- find the optimal medication schedule
- assess the need for and effectiveness of surgery
- support teleophthalmology consultations

What do the results mean for me? When should I be concerned about the eye pressure readings?

IOP is only one aspect of eye health and glaucoma. It cannot be used independently, to accurately diagnose or monitor glaucoma. Saying this, IOP reduction is still the only proven method for slowing glaucomatous progression.

Having an accurate picture of your diurnal IOP profile may assist your eye care professional in tailoring a management program to suit your individual needs. You should always discuss any IOP concerns with your eye care professional, to ascertain what normal looks like for you. Every glaucoma patient is different.

Can I get training on how to use the device? If I take it to my optometrist, can they show me how to use it, to get accurate results?

Depending on where you have purchased your iCare HOME2 from, you can either get training from the Orthoptist Educator on the Glaucoma Support Line 1800 500 880 or from your eye care professional, that you purchased your device through. Not every optometrist or ophthalmologist is registered for training with iCare HOME2 in Australia at present. You can also contact homesupportau@icare-world.com for further assistance.

Do I need anaesthetic to test my IOP with the iCare HOME2? Will I feel the probe touching my eye?

No, you do not need any anaesthetic to test your IOP with the iCare HOME2 tonometer. The device technology is designed so that you will either not detect the probe at all or only very slightly.

Can the iCare HOME2 be used on children? From what age is it suitable for?

Yes, the iCare HOME2 can be used on children, of any age. In fact, our iCare tonometers are so well tolerated, that the same technology is used on animals in veterinary practice, called TONOVET.

Can I travel with the iCare HOME2?

Yes, you can take the iCare HOME2 anywhere with you.

How does it charge and how often would I have to charge it?

The iCare HOME2 runs on AA batteries. To ensure accuracy and reliability, always use the battery type specified in the technical specification section of the manual: 4 x 1.5 V, AA, non-rechargeable batteries, alkaline LR6. Rechargeable batteries are not suitable for use with the device, they do not have sufficient voltage. A set of batteries is expected to last over 1000 measurements with normal use.

Is it still easy for me to use it if I have low vision?

It is challenging to predict who may or may not find using the iCare HOME2 easy, for various reasons and depending on individual factors. Most recent studies have shown that the great majority of patients are readily able to take the iCare HOME2 into use independently, without difficulty. Some patients with low vision may not be eligible for using the iCare HOME2 tonometer, speak with your eye care professional for further advice.

Are there other products available in the Australian market for patients to self- monitor IOP?

iCare HOME2 is the only TGA (Therapeutic Goods Authority) registered handheld tonometer available in the Australian market for self-monitoring of IOP.

I have seen devices online which are cheaper - why choose iCareHOME2?

iCare HOME2 has gone through rigorous and stringent testing protocols, to ensure accuracy, reliability and safety. It has received the CE (Certification European) mark for use in Europe and is also registered here in Australia with the TGA, our local Therapeutic Goods Authority. iCare HOME2 has also been reviewed by the Glaucoma Australia Clinical Committee. If you are considering other devices, please discuss this with your eye care professional.

Where can I get further support with my iCare HOME2 device, if needed?

You can either contact the Orthoptist Educator at Glaucoma Australia on 1800 500 880 or email homesupportau@icare-world.com