MONITORING YOUR DOG'S RESTING RESPIRATORY RATE (RRR) CAN HELP YOU *spot signs of heart failure right away.*

Use this guide to learn about RRR and how to use the respiratory rate calculator step by step.

Start by downloading the app from your smartphone's app store. Monitoring is vital and this free app makes it easy.

YOUR DOG'S
HEART

Boehringer
Ingelheim

Boehringer
Ingelheim

THE IMPORTANCE OF MONITORING YOUR DOG'S BREATHING (RRR)

If your dog has heart disease, your veterinarian may ask you to monitor your dog's health for signs of heart failure and progression of disease. Resting respiratory rate (also known as RRR or breath/breathing rate) is an important tool.

Calculating RRR—It's as easy as 1-2-3!

1. Counting breaths per minute

- First, make sure your dog is lying down or sleeping.
- Then using the timer on the app, count the number of times your dog breathes (inhale + exhale = 1 breath) in 1 minute.
- This is your dog's RRR for today.

2. Establishing a baseline breath rate

- Record your dog's RRR for 5 days in a row.
- Your app will determine the average rate and save it as your baseline.

3. Compare future breath rates to the baseline

You should contact your veterinarian if the RRR is either:

- Higher than the percent increase your veterinarian provided.
- Higher than the target breath rate set by your veterinarian.

Here are the main functions of the RRR app.

Add a pet

Use the timer as you count your dog's breaths

Share results with your dog's veterinarian

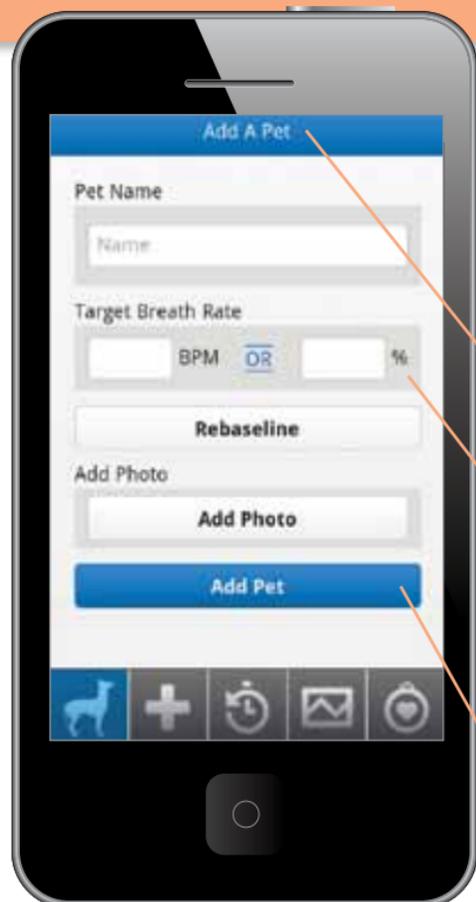Add a veterinarian

View RRR results

Learn more about heart disease

NOTE: You must record RRR daily for the first week even if your veterinarian recommended that you count less frequently. This ensures that you know your dog's average RRR on a "normal" day, not a "good" or "bad" day.

Getting started.

Download the app, open it, and hit [**Begin**]

Adding pets.

**Step 1.** If you are a first-time user, the Add a Pet page opens automatically.

Step 2. Type the information into each text entry field.

NOTE: Your veterinarian should have provided a target breath rate that serves as your dog's goal. You will only need the target breaths per minute (BPM) **or** the target percentage (%)—NOT both.

Step 3. Tap Add Pet to save your pet's information. Your dog's profile screen will appear.

Optional Steps

- Tap Add Photo to personalize the app with a favorite photo of your dog.

- To add another pet, tap Add Pet on the current dog's profile screen.
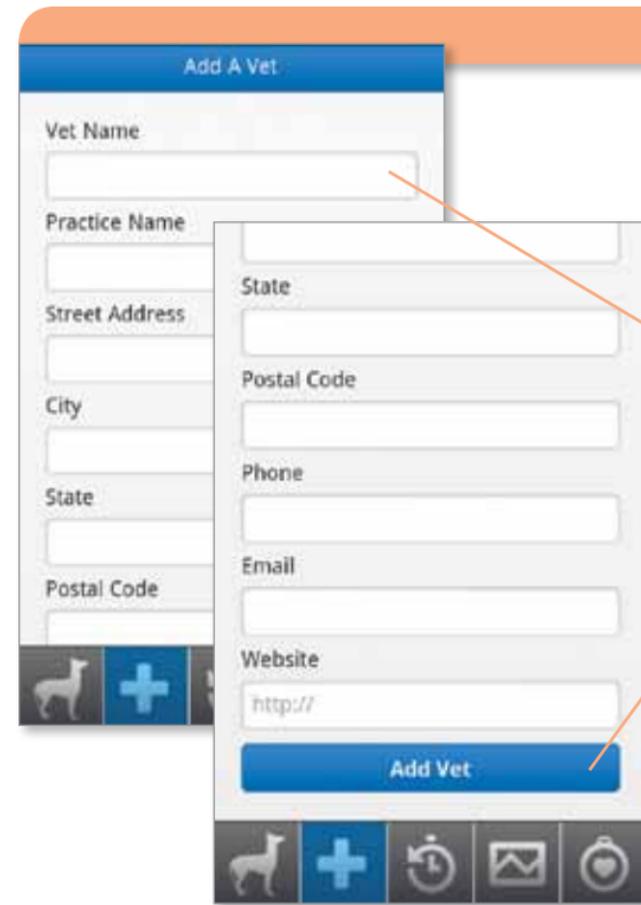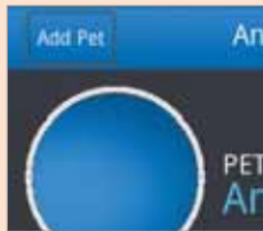

Adding a veterinarian.

Hit the [+] to begin.

Step 1. Add your veterinarian's information so you can share your results.

Step 2. Type the information into each text entry field. Vertically swipe the screen to scroll down.

Step 3. Tap Add Vet to submit and save your veterinarian's information.

NOTE: Your veterinarian should have provided a preferred email address on the instructions fact sheet. If not, ask him or her to provide one or your results cannot be shared.
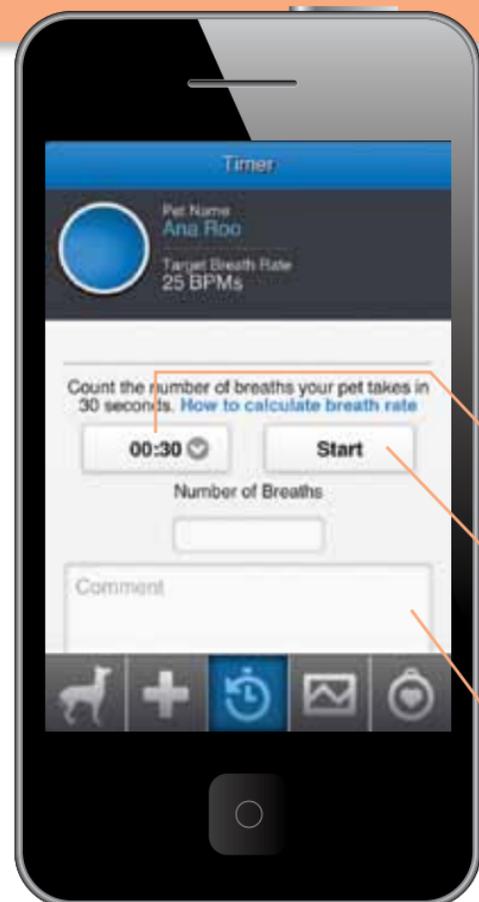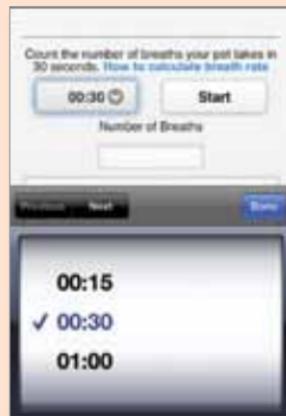
Using the respiratory rate timer.

You can access the timer feature by tapping the link labeled Respiratory Rate Timer or the stopwatch icon.

Step 1. Select the appropriate length of time for counting in the drop-down menu.

Step 2. Tap Start and count your dog's breaths until the tone sounds. Remember 1 breath is 1 rise and 1 fall of the chest.

Step 3. Enter the number of breaths that you counted. Record any notes about changes in your dog's behavior or quality of life. Hit Submit.

You can choose your timer's length from 15 or 30 seconds or 1 minute.
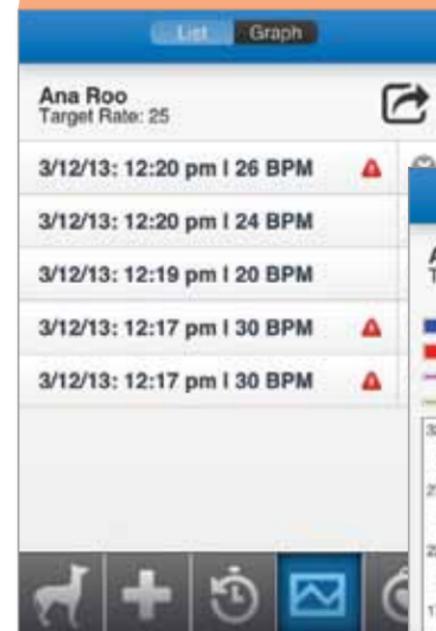
Viewing respiratory rates.

View RRR results by tapping

Tap **List** **Graph** at the top of the screen to switch between list and graph views.

List view: If your dog's breath rate is above the target rate, you will see a warning icon. If you see a warning icon or if your dog's breath rate is above the target rate, you should contact your veterinarian.

Graph view: Your dog's baseline rate will appear as a green horizontal line (once you complete your first 5 readings). Each recording will be plotted on the graph. Recordings higher than the target rate will appear in red above the pink line. All other recordings will appear in blue.
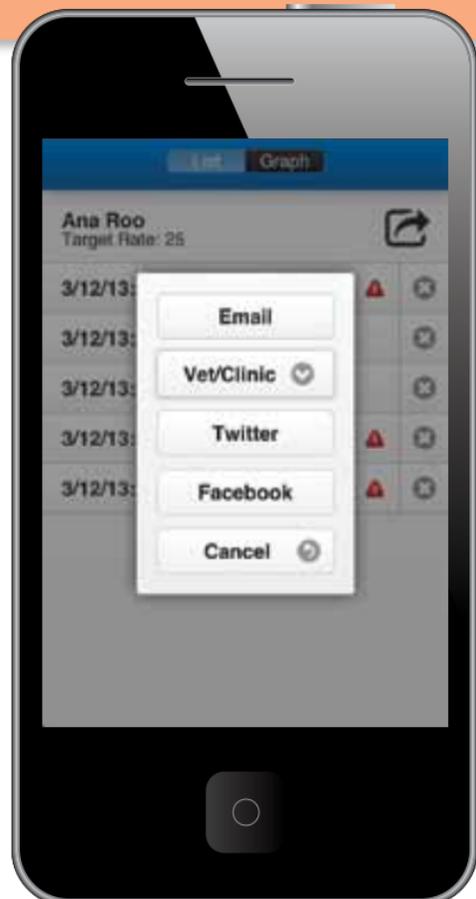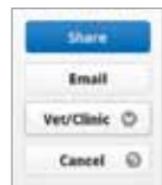
Sending results to your veterinarian.

Tap to send your results.

**Step 1.** A smaller window will appear. Choose a delivery option.

Step 2. Your dog's results will automatically appear in the body of your message. If needed, you can edit or add to your message. Don't forget to hit Send.

Delivery options as seen on Android™.

Delivery options

- **Option 1.** Select Vet/Clinic to access your veterinarian's saved email address. If you have more than 1 veterinarian at this clinic, select the specific veterinarian.

- **Option 2.** Select Email to manually enter an email that has not been saved previously. For instance, you could send your dog's information to a spouse or family member.

- **Option 3.** Share via social media by selecting Twitter or Facebook on an iPhone® or Share on an Android.
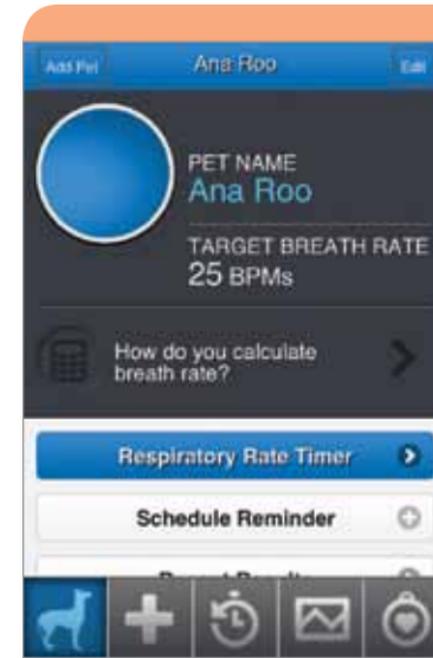
Setting schedule reminders.

Tap to return to your dog's home screen,
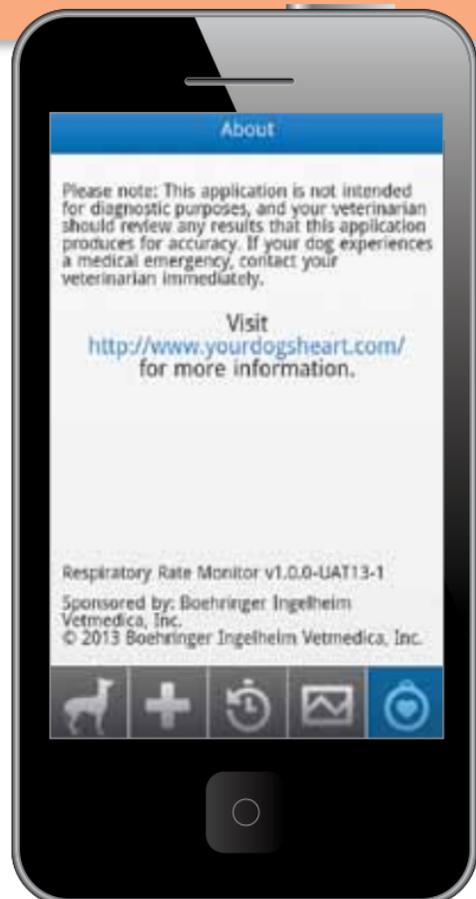
then tap [Schedule Reminder ⊕]

Step 1. Set the start date.

Step 2. Pick how often you need to record your dog's breath rate. You can choose between daily, weekly, and monthly.

Step 3. Then tap Create Reminder to save your reminder schedule.
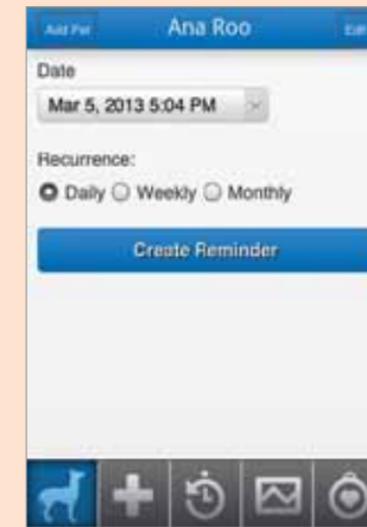
This screen might look different depending on the calendar app you have on your smartphone.

About

Please note: This application is not intended for diagnostic purposes, and your veterinarian should review any results that this application produces for accuracy. If your dog experiences a medical emergency, contact your veterinarian immediately.

Visit
http://www.yourdogsheart.com/
for more information.

Respiratory Rate Monitor v1.0.0-UAT13-1

Sponsored by: Boehringer Ingelheim Vetmedica, Inc.
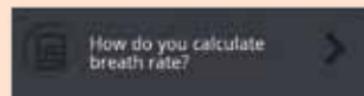© 2013 Boehringer Ingelheim Vetmedica, Inc.
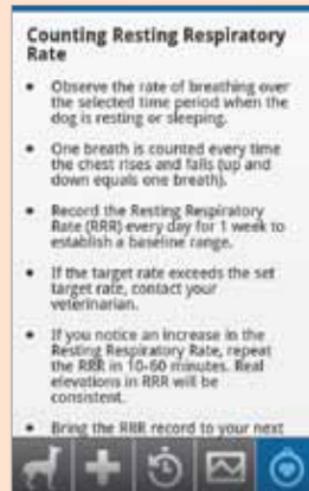
Accessing more helpful information.

Tap on the

- Review important information about the app.

- Tap on **www.yourdogsheart.com** for more information about your dog's heart disease.

For more information on counting your dog's RRR, tap

> How do you calculate breath rate? >

found on the home screen.

Counting Resting Respiratory Rate

- Observe the rate of breathing over the selected time period when the dog is resting or sleeping.

- One breath is counted every time the chest rises and falls (up and down equals one breath).

- Record the Resting Respiratory Rate (RRR) every day for 1 week to establish a baseline range.

- If the target rate exceeds the set target rate, contact your veterinarian.

- If you notice an increase in the Resting Respiratory Rate, repeat the RRR in 10-60 minutes. Real elevations in RRR will be consistent.

- Bring the RRR record to your next

Keep track of your dog's health.

Contact your veterinarian if your dog's RRR is above the target breath rate. Besides monitoring your dog's RRR, you should also notify your veterinarian if you see any other changes in your dog's behavior or quality of life.

Is he or she having more troubling exercising lately? Have you noticed a cough? Is he or she restless at night?

These types of changes can be signs of heart disease progression.

Keep an eye out and keep notes of any changes. Then remember to talk to your veterinarian about what you've seen at your dog's next evaluation.

That's all you need to know to make monitoring easy! Just keep counting. Your dog is counting on you.

GET THE MOST OUT OF YOUR RRR APP

Here are the main functions of the RRR app:

Add a pet

Use the timer as you count your dog's breaths

Share results with your dog's veterinarian

Add a veterinarian

View RRR results

Learn more about heart disease

Remember: This app should be used in conjunction with your veterinarian. He/she will help you decide the appropriate target rates to enter when you set up each pet. This tool does not make a diagnosis of heart failure. The diagnosis will be made by your veterinarian based on a complete workup.