

# Options for Viewing and Understanding your Results

## Easily View And Better Understand Your Results

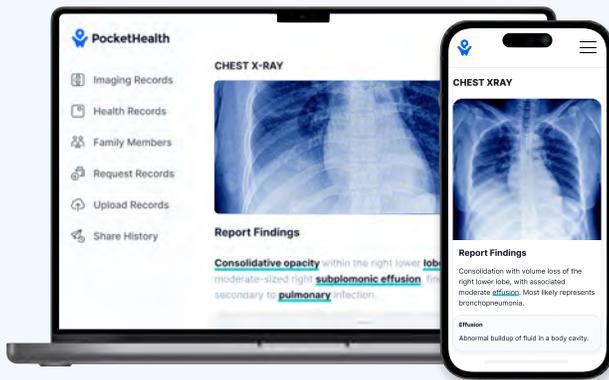
Explore the features of our Core and Unlimited plans by logging in at [Pocket.Health/account](https://Pocket.Health/account)

**Log in**

## Install A DICOM Viewer To Open Your Records On Your PC

Follow the 6 steps in this document to install a DICOM viewer, import your downloaded records and view your results.

**Install instructions on next page →**



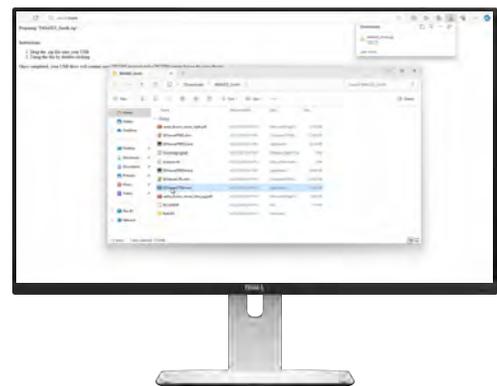
### PocketHealth Core & Unlimited Plans

Easy online access via mobile and desktop devices

Better understand your health with definitions for terminology in your report

Tools to help you navigate appointments and get the best possible care

Install DICOM viewer to view on your desktop PC device



### PocketHealth Basic Plan

Easy online access via mobile and desktop devices

Better understand your health with definitions for terminology in your report

Tools to help you navigate appointments and get the best possible care

Install DICOM viewer to view on your desktop PC device

# How to download and view your records on a desktop device

This guide will give you step-by-step instructions on downloading, opening and viewing your imaging records on your desktop PC.

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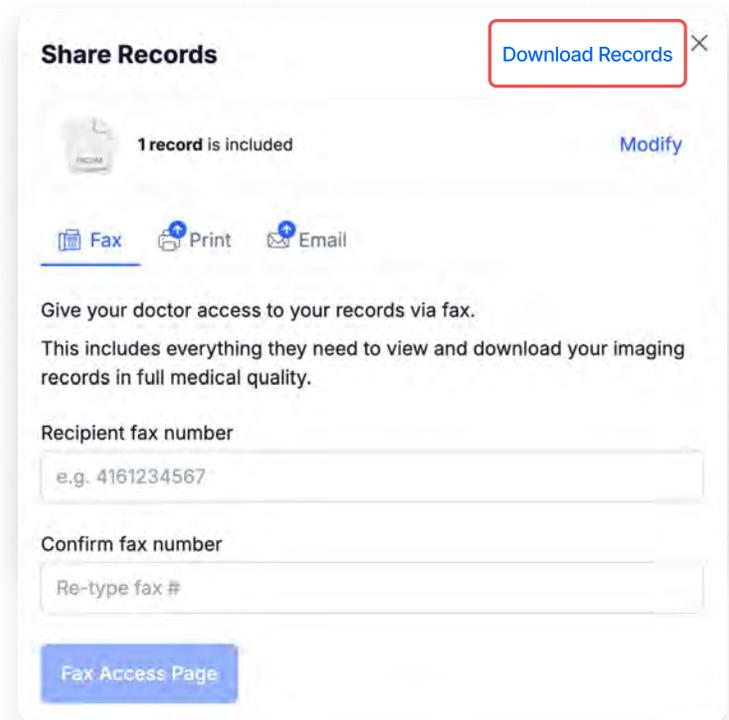
6

## Select the records you would like to download

Log in to your PocketHealth account and **select the records** you would like to download and view from the “Imaging Records” section.

Click the **‘Share’** button in the top right after selecting the exam.

Click **‘Download records’** in the top right.



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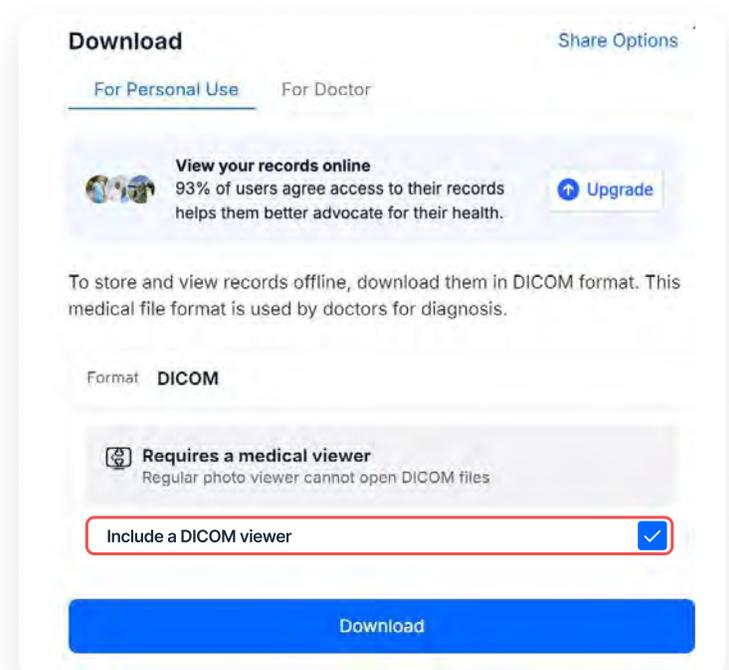
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## Download selected records

Before hitting ‘download’ ensure that the **‘include a DICOM viewer’** box is checked.



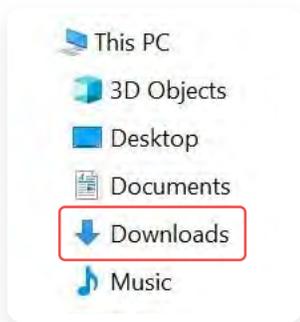
1 2 **3** 4 5 6

## Extract your records

Find your downloaded files and extract them from the zip folder.

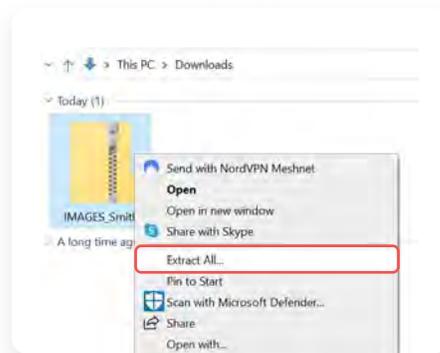
**3a**

Once you have downloaded your records, you must go to your **'downloads'** folder to extract them.



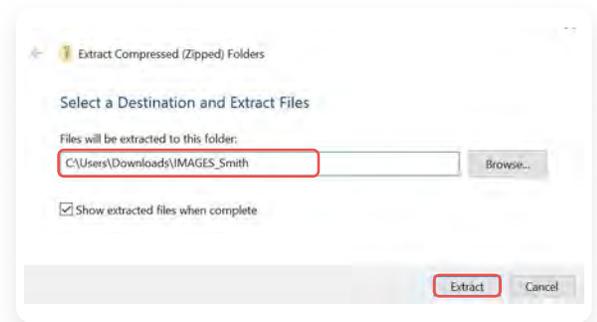
**3b**

In your downloads folder right click your records (*files will be named IMAGES\_yourlastname*) and click **'Extract All'**



**3c**

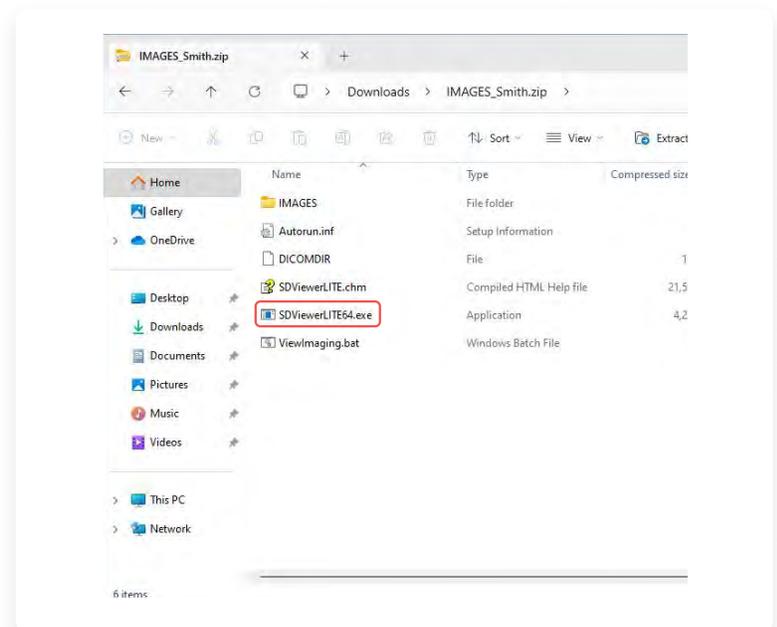
Choose a new folder to extract your records or click **'Extract'**. (Note: If you don't select a new folder and hit 'extract' it will automatically create a new folder in the 'downloads' folder with your records.)



1 2 3 **4** 5 6

## Launch the DICOM viewer to view your imaging

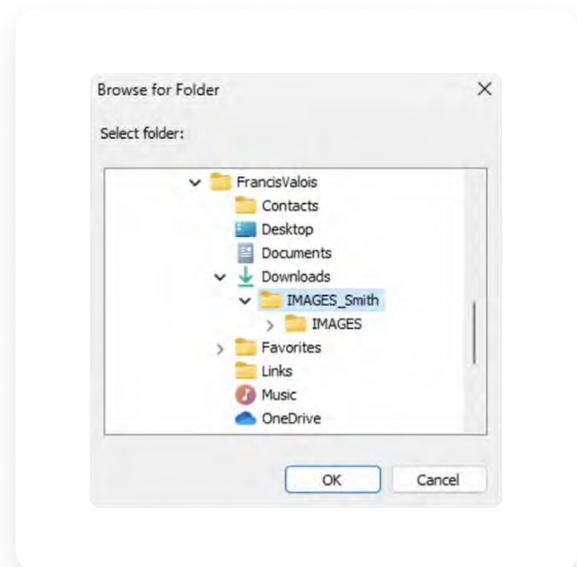
Go to the new folder you just created and open it. Click on **'SDViewerLITE64.exe'** to launch the DICOM viewer and view your imaging.



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## Import your report

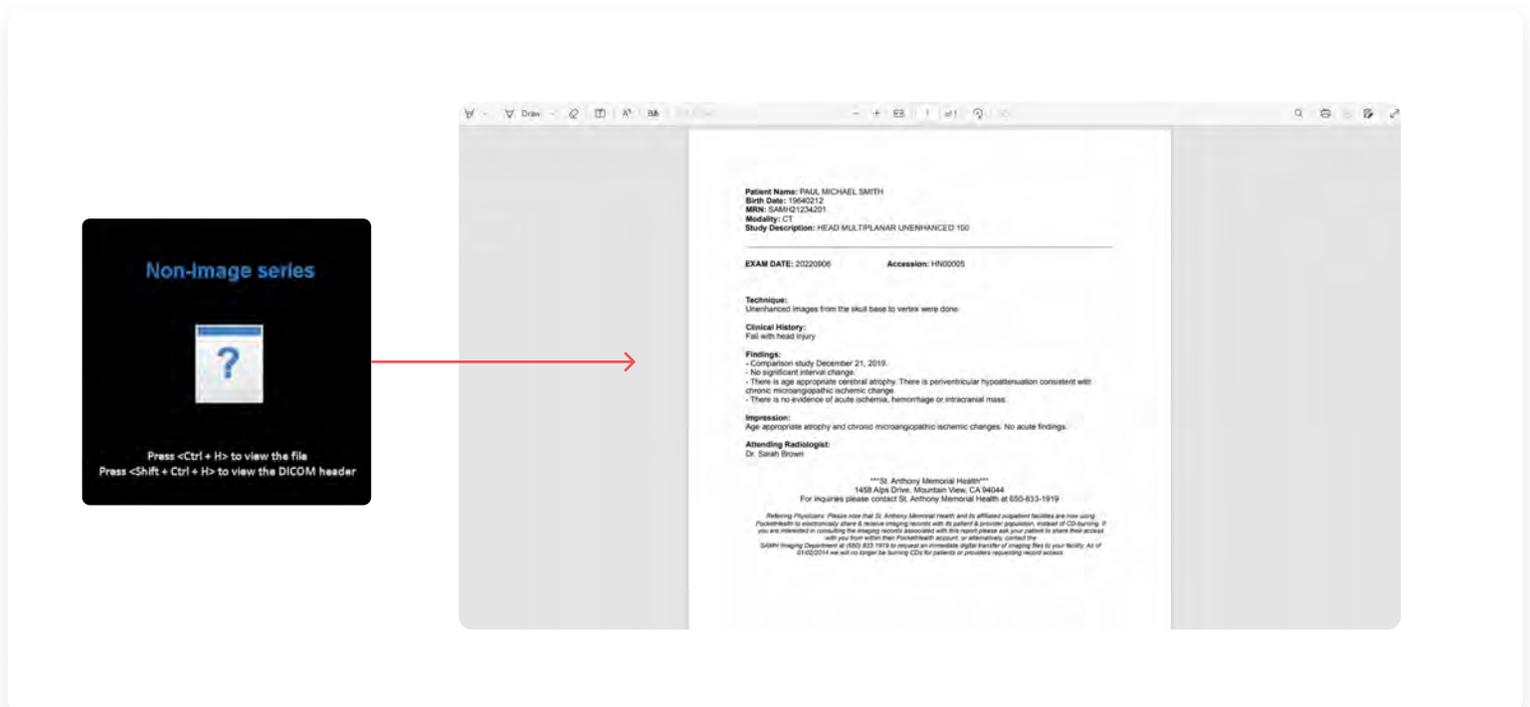
You'll need to import additional files in order to view the report. To import your reports click on the first icon (magnifying glass in the top left of the DICOM viewer) and select your downloaded file and click OK.



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## View your report

Scroll down to select your report and **Press <Ctrl+H>**



## FAQs

### Why is a viewer required?

PocketHealth stores medical images and reports in a file format called DICOM (Digital Imaging and Communications in Medicine) in order to provide diagnostic quality images and ensure that images and reports are not separated. These files can only be viewed using DICOM viewers.

### Why doesn't PocketHealth convert the images to more commonly used formats (PDF, JPEG, PNG, etc.)?

Unlike traditional image file formats (like JPEG), DICOM files are diagnostic quality and include embedded "metadata" that is required by medical professionals. Because DICOM is the industry standard file format for medical images, your images need to be in this file format for your medical professionals to be able to safely store them and view them for diagnostic purposes.

### What are the benefits of an Unlimited Membership?

An Unlimited membership gives you personalized insights and tools to advocate for yourself and your family's health. With this plan, you receive extra features such as:

- Get follow-up recommendation alerts
- Personalized questions to ask your doctor
- Bone Health Screening\*
- Up to 4 family member profiles
- Storage for your health records including lab reports, prescriptions and vaccine receipts

\*For eligible patients in select regions.

### How do I upgrade my PocketHealth membership?

To upgrade your account, visit [pocket.health/account](https://pocket.health/account). Sign in to your account and scroll down to the Subscription section. Choose between our Unlimited and Core annual plans.

**Upgrade Today**