

## Elevate Your Safety and Well-Being

The INS LifeGuardian® isn't just another app—it's your shield, providing both preventative and reactive features to ensure your health and safety. With immediate access to emergency and health services, promotion of preventive healthcare and facilitation of remote health monitoring, it also pairs seamlessly with compatible Apple and Android wearable technology that detects emerging health patterns that might indicate potential health risks, keeping you ahead of your well-being.



**INS LifeGuard**

## About Our Company

Established in 1984 as the Illawarra Nursing Service, The INS Group is one of Australia's oldest care providers. INS LifeGuard, a division of The INS Group, offers quality care through technology solutions. Our response center, staffed by experienced nurses and healthcare professionals, operates 24/7.

## Get In Touch



Call INS LifeGuard  
**1800 636 040**



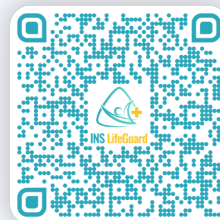
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SCAN TO VISIT  
OUR WEBSITE



**INS LifeGuardian**

Powered by INS LifeGuard

**Stay Connected  
Stay Healthy  
Stay Safe  
Get Help**

# Exclusive Features

Empower yourself with the INS LifeGuardian® App – an innovative solution developed to put your health and safety at the forefront, offering you the freedom to lead a safe and independent lifestyle while staying securely connected.

Experience the advantage of Australia's exclusive nurse-on-call response, accessible round the clock and operated by skilled nurses and healthcare experts. Rest assured, your well-being is entrusted to capable hands. By pressing the HELP button on your phone or watch, or via voice command, you gain direct access to qualified medical professionals

## The Essentials



### 24/7 Personal Alarm and Emergency Response

Emergency assistance from Australia's only nurse-on-call personal emergency response service. INS LifeGuardian® is your 24/7 guardian angel, providing peace of mind whenever you need it. †



### Fall and Crash Detection

INS LifeGuardian® harnesses the advanced capabilities of compatible smart watches to detect falls and crashes and alert our qualified healthcare professionals instantly. Our nurses can speak to you through your device and dispatch help to your location, whether it's emergency services or your nominated contacts, even if you can't respond.



### Medical Information & Nurse Chat Line

Access to comprehensive medical information, expert guidance and emotional support through a dedicated nurse chat line.



### Geofence Alerts

INS LifeGuardian® lets you set Geofence areas, creating a virtual boundary around a specific location. If the wearer crosses this boundary, an alarm is triggered and sent to family or caregivers through the LifeGuardian Connect® app. This feature is especially beneficial for individuals with cognitive issues, like dementia, who may be at risk of wandering.



### GPS Locator

When an INS LifeGuardian® alarm is triggered, the user's GPS location is automatically sent with the alarm, enabling INS to provide precise location information to emergency services if needed.



### Remote Worker Services\*

INS LifeGuardian® features like check-in timers and silent alarms provide added safety for remote workers. If a check-in is missed, an alert is triggered to ensure someone can check on you and send help, if required. Employers can manage and schedule these check-ins for their staff through our Manager's Portal.



### Stay Connected with Family, Village or Care Manager

The INS LifeGuardian Connect® app keeps your family and caregivers connected, allowing them to receive alerts for alarms and critical events, update your information, set Geofence areas, and manage tasks, reminders, and welfare checks for peace of mind. Our secure web portals and APIs provide retirement villages, care managers, and employers with a comprehensive management platform.



### User Information & Privacy Control

Easily update your personal information directly in the INS LifeGuardian® app. You set and manage permissions, allowing Emergency Contacts, Employers, Village Staff, or Care Providers to view or edit your details or receive alerts, and can grant or withdraw permissions at any time.

## Premium Plan

Includes all Essentials, plus the following:



### Fall Prevention Monitoring

INS LifeGuardian® can monitor gait and steadiness detected by compatible smart watches, alerting you to potential fall risks before they happen. This proactive approach can help prevent injuries and avoid unnecessary hospital visits.



### Critical Vital Signs Monitoring

INS LifeGuardian® continuously monitors the health data collected by your compatible smart watch to provide a comprehensive overview of your wellbeing. If readings fall outside your thresholds, the app will alert you and offer suggestions, with the option to speak to a nurse. Critical events can trigger an alarm to INS LifeGuard.



### Monthly and Scheduled Nursing Reviews

Our Registered Nurses can review your vital signs, discuss your physical and mental well-being, and conduct a comprehensive health assessment. At your request, detailed reports can be sent to your GP or specialist.

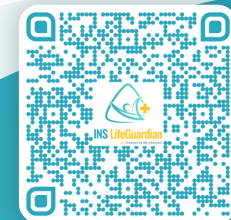


### Concierge Service

INS can provide personalised assistance for non-medical needs, such as scheduling appointments, arranging transportation, or coordinating services. Villages, Care Managers and Employers can customise service providers and fees for their residents through the Manager's Portal, ensuring tailored support.

† LifeGuardian requires connectivity to send alarms and receive a call back.  
\* Coming soon.

Discover, Convenience, Accessibility, and Cutting-Edge Healthcare Solutions with Australia's Premier Nurse On-Call Emergency Response Service.



SCAN TO DOWNLOAD THE APP