A Guide for patients:
How to set-up and use the AliveCor ECG device

This device has been loaned so you can check your heart rate and rhythm at home. Your review period is up to 30 days.

Please take a reading on each day of your review period or when you have symptoms. This will help us identify how your heart is functioning.

On completion, please return the device to your clinic either in person or using the freepost return envelope provided. This will help maintain availability for other patients

Below, you will find step by step guidance on the following:

STEP ONE: **Downloading the Kardia AliveCor App.**

STEP TWO: **Creating Your Kardia Account**

STEP THREE: **Recording your 1st AliveCor ECG**

STEP FOUR: **Possible Outcomes of ECG Traces**

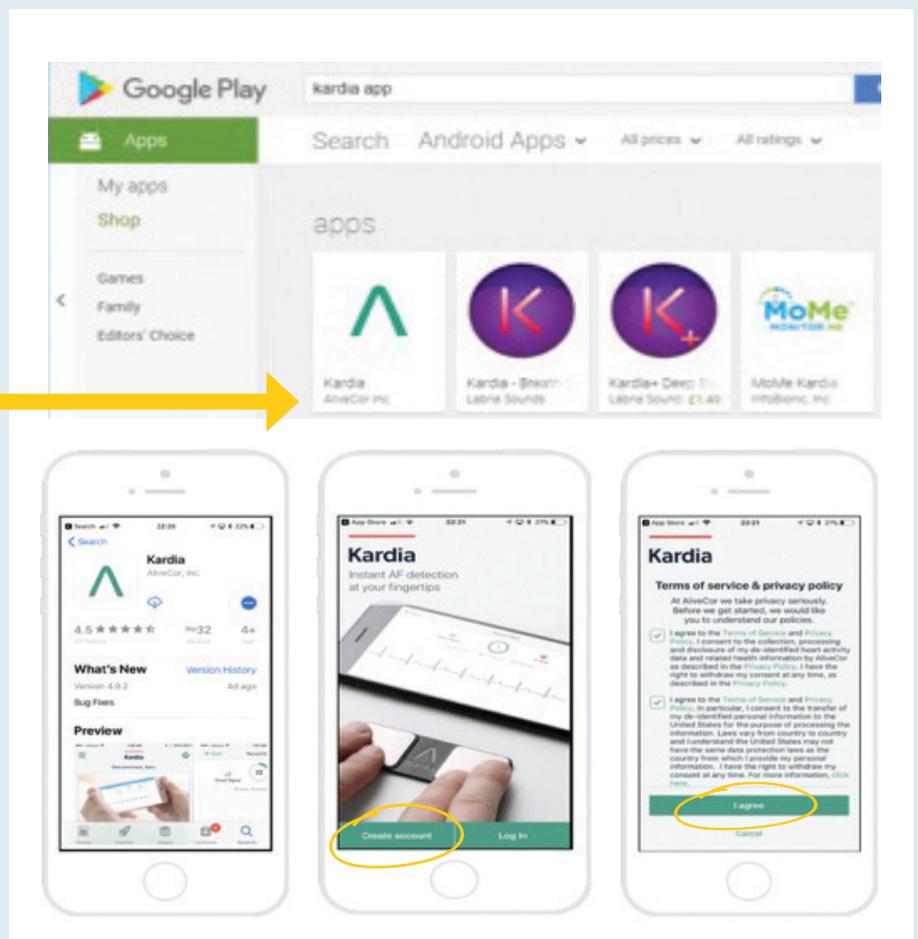You will also find, the Kardia UK Device Helpline number.

1. Downloading the Kardia AliveCor App

To use the Kardia ECG device, you need to download the Kardia App onto your mobile or tablet. The following pictures and instructions will help guide you through the process.

Go to the internet, or your store app, and use either Apple store or Google Shop to download the Kardia App. Choose the App with the upside down green ^
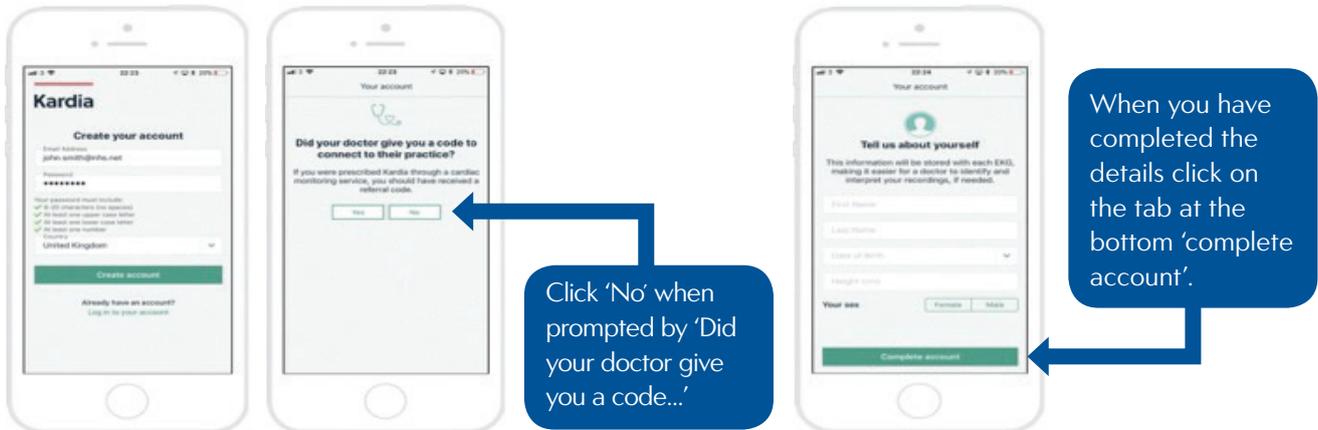
Once downloaded, open the app, and create an account by clicking on the create account tab, and agree to the terms of service.

Ignore all prompts to upgrade to the premium app after the initial 30 day free trial to avoid a fee. The basic app remains free.

Please remember you are responsible for the safe keeping and return of this device. Failure to do so may leave you responsible for the cost of replacement.
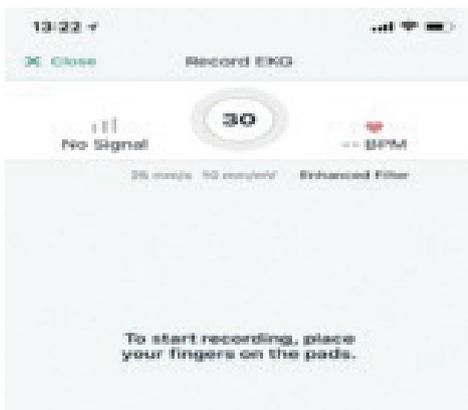
2. Creating your Kardia account

Create your account by completing your details within the App. If you do not wish to share your personal information, a fake name will suffice, however the date of birth must be for an individual over the age of 18.

When you have completed the details click on the tab at the bottom 'complete account'.

Click 'No' when prompted by 'Did your doctor give you a code...'

3. Record your first AliveCor ECG

You are now ready to take your first recording. Click on record now and turn off the voice recording option place the device close to your mobile device and on a flat surface, put your two fingers onto the device for 30 seconds. Once the recording is completed you will be asked if it was you or not, **ALWAYS save in Guest Mode**
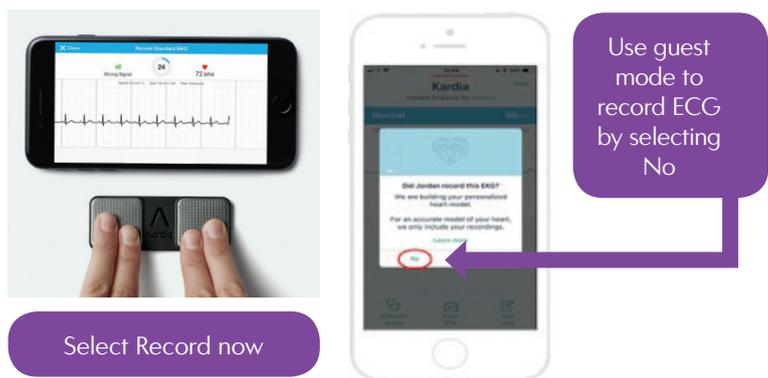

Make sure you turn voice recording OFF as any recording will be sent with the trace

4. Possible outcomes of ECG Traces

Once the recording is completed, you will get a message to tell you if the recording has any abnormalities or not. Sometimes the recording may say Normal / Unclassified / Unreadable / Possible AF. If the recording was 'unclassified,' there was a problem with the signal or other issues, so you need to retake the recording.

You will be advised by your clinical team what to do once you have taken your trace reading.

This returned trace will be reviewed by your clinical team and your care planned accordingly.

Select Record now

Use guest mode to record ECG by selecting No

Further Support and Information

For help with using the Kardia device or installing the App please contact AliveCor support on **0333 301 0433** or **uksupport@alivecor.com**

If you have any concerns about your results and you have already spoken to your clinician then you may find the links at the top of this leaflet helpful for further support or information.