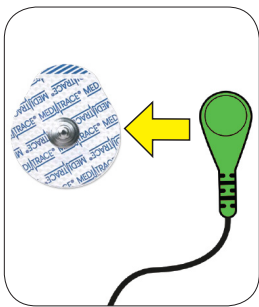


### STEP 1: Prepare your Skin & Attach Electrodes

1. Remove any chest hair in the areas where the electrodes will be placed (see FIG 1).
2. Clean your chest with soap and water then dry thoroughly.
3. Place each electrode sticker as per diagram (see FIG 1).
4. Apply firm pressure to ensure the adhesive sticks properly.

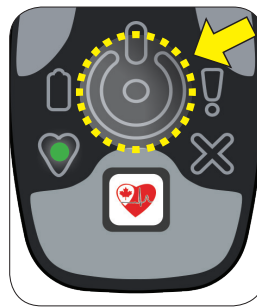
### STEP 2: Attach the Recorder & Cables



1. Connect each of the color-coded cables to the corresponding electrodes (FIG 1).

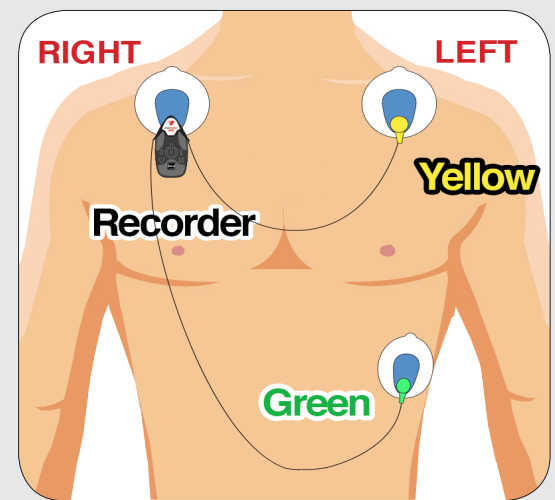


2. Attach recorder to the cable set.



3. Press the sensor button once. A **Green** light will blink. The sensor is now recording.

### FIG 1. Position & Placement



- Recorder:** Upper right side of your chest, directly below collarbone
- Yellow:** Upper left side of your chest, directly below collarbone
- Green:** Left side, on lower rib

### STEP 3: Record your Symptoms

If you experience any symptoms record them in the **Patient Diary** (on reverse). Write down the symptom, the activity (ie: exercising, resting, etc.), the date and time of each event.

**This is important in assisting your physician in understanding your symptoms.**



#### Showering Instructions:

Face away from the shower head & shield the device with a cloth or your hand while showering.

**IMPORTANT: Do not swim or take baths while wearing this device.**

### STEP 4: Return Instructions



FIG 2: Power Off

**It's important to wear the monitor for the full prescribed period of time.** Once complete, place the recorder, patient diary, cables and all other accessories into the provided box.



**Turn off the recorder:** Hold the sensor button (see FIG 2) until the recorder beeps three times. The package is now ready for return.

Return the package as instructed by your health care provider.

