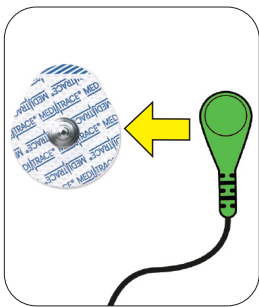




STEP 1: Prepare your Skin & Attach Electrodes

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.

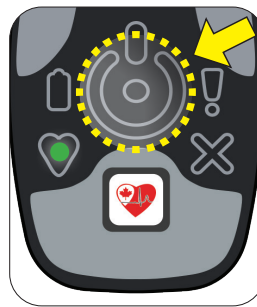
STEP 2: Attach the Recorder & Cables



1. Connect green cable to the corresponding electrode (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.

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.

STEP 4: Return Instructions



FIG 2: Power Off

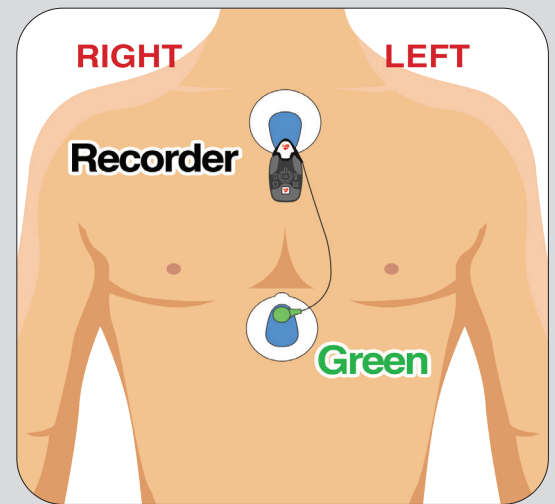
It's important to wear the monitor for the full prescribed period of time. Once complete, place the recorder, patient diary, cables and all other accessories into the provided box.



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.

FIG 1. Position & Placement



- Recorder:** The middle of your breastbone (sternum).
- Green:** Center of your chest at the bottom of your breastbone



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.

Patient Diary



Your Return Date (MM/DD/YYYY):

Toll-Free Helpline: 1-855-404-5667

Patient Name (Last, First)

Monitor #

Start Date (MM/DD/YYYY)

Start Time (HH:MM)	End Time (HH:MM)	Activity
08:00	08:30	Arrival at the site
08:30	09:00	Initial site inspection
09:00	09:30	Meeting with local authorities
09:30	10:00	Site safety assessment
10:00	10:30	Review of project plans
10:30	11:00	Discussion with stakeholders
11:00	11:30	Site tour and data collection
11:30	12:00	Lunch break
12:00	12:30	Continuation of site tour
12:30	13:00	Interview with local residents
13:00	13:30	Review of interview notes
13:30	14:00	Site cleanup and departure
14:00	14:30	Arrival back at the office
14:30	15:00	Initial report writing
15:00	15:30	Meeting with supervisor
15:30	16:00	Final report review
16:00	16:30	Preparation of presentation slides
16:30	17:00	Final report submission
17:00	17:30	Project closure and reflection
17:30	18:00	End of the day

☐ AM

PM

[illegible]