

GETTING STARTED

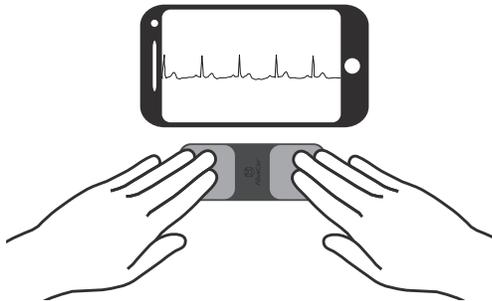
HOW TO RECORD YOUR FIRST ECG

1 Meet Your AliveCor Heart Monitor



UNPACK

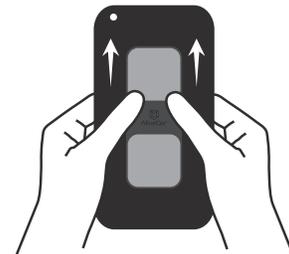
Take your AliveCor out of the box. The device is already connected to an attachment plate that can adhere to the back of your smartphone or tablet or preferred device case.



TIP: Some customers prefer not to attach the AliveCor to their smartphone or tablet (or device case), which is just fine with us! Your device will work normally when it is placed within 12 inches (30 cm) of your smartphone or tablet.

ATTACH (OPTIONAL)

Direction matters! Peel off the white strip from the back of the attachment plate, and stick the plate securely to the centre back of your smartphone or tablet, checking to make sure that the word "AliveCor" in the centre of the device is upright. In doing this, the electrode (silver plate) above the word "AliveCor" will be placed near the top of your device and the electrode below the word "AliveCor" will be placed near the bottom of your device.



TIP: If you buy a new smartphone or tablet or device case, your AliveCor can go with you! To detach your device from the attachment plate, use your thumbs to slide the AliveCor toward the open end of the plate.

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Download the AliveECG App



CREATE AN ACCOUNT

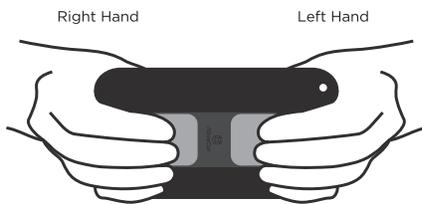
First, ensure your smartphone or tablet is connected to the Internet. Search for AliveECG in the Google Play™ store or App Store. Download and install the AliveECG app. If using an iPad, search for the AliveECG app for iPhone in the App Store.

TIP: If prompted during setup to enable the AliveECG app to access the microphone, please allow this access. Your AliveCor works with the microphone on your smartphone or tablet.

Open the AliveECG app and follow the instructions to set up an AliveCor account. As a part of the account set-up, you will be asked to take your first recording.

3

Record Your First ECG



MEDICAL INTERPRETATION AVAILABLE

POSITION YOUR FINGERS

Place two or more fingers (it doesn't matter which fingers) from each hand on the electrodes for 30 seconds. While recording, try to relax your arms and hold still. Alternatively, you can record by placing the device on your chest, right under the pectoral muscle in the mid line.

TIP: Each time you record, your left hand should touch the electrode above the word "AliveCor" and your right hand should touch the electrode below the word "AliveCor."

Please visit the telmenow.com website and search for Vitascreen. After purchasing the interpretation service, you can instantly send your results to their highly experienced cardiac physiologists. The review service offered guarantees that your recording will be viewed and reported on within 24hrs. This enables you to either present this report to your chosen physician or to have the peace of mind that there is no need to consult your physician.

Need some help with your AliveCor®?

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FAQ's

Problem	Solution
<p>My ECG reading is normal even though I know I have a heart condition</p>	<p>False “Normal” readings are uncommon amongst AliveCor users. It is important to remember that there is a wide range of normal variability among different individuals. Changes in the shape or timing of an ECG might be normal for a single individual, but since the AliveCor Heart Monitor is used by a large and diverse population, the Normal Detector has been designed to be conservative with what it detects as normal.</p> <p>Please note that the term ‘heart condition’ is often used generically and may not adequately describe changes in the shape or timing of an ECG capable of being determined by AliveCor e.g. high blood pressure is not a condition measurable by your AliveCor device.</p> <p>The device will also only decide if a reading is normal by using the app’s algorithm. If in doubt about whether the trace should in fact be abnormal, we recommend using the telmenow.com screening service called Vitascreen where a cardio technician will analyse the ECG reading.</p> <p>If the pulse rate is less than 50 (e.g. this may apply to trained athletes, such as long distance runners) or above 100 beats per minute (BPM), the AliveCor algorithm cannot analyse the readings effectively. However, the traces are still valid and can be interpreted by the telmenow.com interpretation service, Vitascreen.</p> <p>In all cases, if in doubt about the results send the traces to Vitascreen. This can be found on the telmenow.com website.</p>

<p>How reliable is AliveCor?</p>	<p>False “Normal” readings are uncommon amongst AliveCor users as the algorithm used to determine the term “Normal” has both FDA and CE clearance i.e. it is approved for use within the UK as a medical device. If in doubt it is always worth repeating the reading two or three times to check and on separate days.</p> <p>In fact, the North West Coast Academic Health Science Network (NWC AHSN) are supporting GP practices throughout the North West region by providing surgeries with AliveCor devices. Feedback from GP’s has been very positive with asymptomatic cases of Atrial Fibrillation (AF) having been detected and at least one case of Left Bundle Branch Block (LBBB).</p>
<p>I have a lot of interference in my recording.</p>	<p>Try the following tips for acquiring the best quality ECG recording:</p> <ul style="list-style-type: none"> • Ensure that the “Enhanced Filter” is on. • Clean the electrodes on the AliveCor with alcohol-based sanitizer. • If hands are very dry, use a water-based lotion before recording. • When recording from the hands, relax the arms and hands to reduce muscle noise. Rest the forearms and hands on a flat surface and let the device rest on the hands. Do not squeeze the AliveCor. • Ensure that your smartphone or tablet is not charging/syncing and you are not using headphones with your smartphone or tablet during the recording. • Make sure that both the smartphone or tablet and the user remain still during ECG recordings. Movement during recordings will cause noise in the tracing. • Make sure Mains Filter is set appropriately for your geographical location. This can be adjusted under the AliveCor app Settings. • Try recording from the chest, right under the pectoral muscle in the mid line.
<p>How do I get my results interpreted?</p>	<p>Please visit the telmenow.com website and purchase the Vitascreen Interpretation Service. Following your purchase, a member of the team will be touch to talk you through the interpretation process. This will include sending your ECG reading as a PDF by email.</p>

<p>What do I see when my recording is normal? What does “Normal” mean?</p>	<p>If no abnormalities are detected, you will receive the message “Normal. No abnormalities were detected in your ECG”. This means that the heart rate is between 50 and 100 BPM, there are no or very few abnormal beats, and the shape, timing and duration of each beat is considered normal.</p> <p>It is important to remember that there is a wide range of normal variability among different individuals. Changes in the shape or timing of an ECG might be normal for a single individual, but since the AliveCor is used by a large and diverse population, the Normal Detector has been designed to be conservative with what it detects as normal.</p> <p>If you have been diagnosed with a condition that affects the shape of your ECG (e.g., intraventricular conduction delay, left or right bundle branch block, Wolff-Parkinson-White Syndrome, etc.), experience a large number of premature ventricular or atrial contractions (PVC and PAC), are experiencing an arrhythmia, or took a poor quality recording it is unlikely that you will be notified that your ECG is normal.</p> <p>It is also important to note that the Normal Detector looks at the entire signal before determining if it can be declared to be normal. If you experience a small number of PACs or PVCs in a recording of otherwise normal beats in normal rhythm, the Normal Detector will likely declare this recording to be normal.</p>
<p>I forgot my password and I’m unable to reset it.</p>	<p>To reset your password, go to www.alivecor.com and click on “SIGN IN” in the upper right corner and click on the “Forgot your password?” link below the Password field. On the Forgot Password screen, enter your email address and click Submit.</p> <p>Follow the reset instructions in the email. Please note the reset link contained in the email is only active for a short while.</p>
<p>The PDF Report looks slightly different on the Web and in my App.</p>	<p>There is a 2.5 millisecond (thousandth of a second) difference in where the PDF starts for the Web Application and the Mobile Application. There is no difference in the recording and it will not impact how your ECG is interpreted.</p>
<p>I see large spikes at the start of my recording.</p>	<p>Large amounts of noise/artefact can be seen for the first few milliseconds of a recording when the Enhanced Filter is looking for your heartbeat. This is a very rare problem that lasts until your first heartbeat is seen in the app and doesn’t affect the rest of your recording.</p>