



## **Cardiac Monitoring Instructions**

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## Directions For 5 Day Monitor

- Charge phone every day and make sure to always keep it close by.
- When showering, do your best to have water stream only on back.
- On the 5<sup>th</sup> day, remove monitor and place in case. **Do not throw monitor away.** Bring monitor back to the office.

\* Make sure to log any symptoms in phone \*



## Directions For 7 Day Monitor

- Charge phone every day and make sure to always keep it close by.
- When showering, do your best to have water stream only on back.
- After 5 days of use, remove patch and charge monitor in white case. Make sure to align two dots on monitor + case and charge until green.
- Once monitor is fully charged, apply a new patch and wear for 2 more days.
- On the 7<sup>th</sup> day, remove monitor and place in case. **Do not throw monitor away.** Bring monitor back to the office.

\* Make sure to log any symptoms in phone \*



## Directions For 14 Day Monitor

- Charge phone every day and make sure to always keep it close by.
- When showering, do your best to have water stream only on back.
- After 5 days of use, remove patch and charge monitor in white case. Make sure to align two dots on monitor + case and charge until green.
- Once monitor is fully charged, apply a new patch and use skin tac if desired. Wear for 5 more days.
- Charge the monitor again on the 10<sup>th</sup> day until green. When fully charged, apply a new patch without skin tac and wear for 4 more days.
- On the 14<sup>th</sup> day, remove monitor and place in case. **Do not throw monitor away.** Bring monitor back to the office.

\* Make sure to log any symptoms in phone \*



  
CARDIAC  
MONITORING  
SOLUTION  


## VIVALNK PATCH


Your physician has chosen to have you wear a **Remote Cardiac Monitoring Patch!**



The VivaLNK Patch automatically records your cardiac rhythm and transmits it to our 24/7 monitoring center for certified cardiographic technicians to review.

Your study will help your physician reach a proper diagnosis while viewing all your ECG data and reports!

## PATIENT-TRIGGERED EVENTS

 When symptoms are felt, open the CardioConnect App:

- 1 Click on **"+ Symptom"** from the study information page (Fig. 3A) OR device information page (Fig. 3B).
- 2 Select your symptoms and click on **"Record"** (Fig. 4).
- 3 The patch will start recording the event. The event, as well as 90 seconds before and after the event, are sent to the cloud.

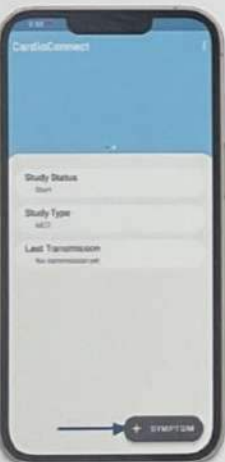


Figure 3A

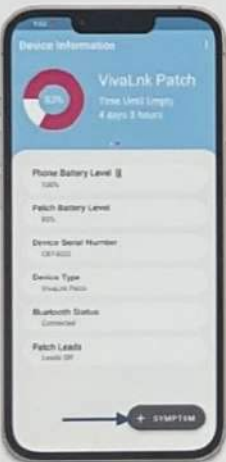


Figure 3B

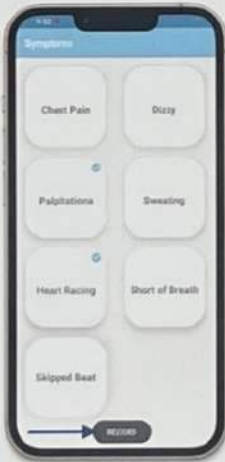


Figure 4

## CardioDiagnostics



For more inquiries, please call our 24/7 Monitoring Center at **888-314-8903**

**\*\*In the event of severe chest pain or emergency,\*\*  
\*\*Do NOT rely on this system to notify help\*\*  
\*\*\*Call 911 or go to the nearest hospital \*\*\***

## WHAT TO DO BEFORE SHOWERS

While the patch is water resistant, avoid excessive exposure to water as it can affect the adhesive and sensors:



Avoid prolonged hot showers



Avoid soap or rubbing around the device



Dry device with towel

## BEFORE THE STUDY

You will leave the physician office with the **VivaLNK Patch** attached to your chest.

**Note:** The chest area needs to be shaved for better signal quality and electrode adhesion.

Your physician will provide you with a kit containing patch accessories needed during the study:

- 1 Mobile Phone with the CardioConnect App installed
- 2 Patch Charger and USB Charging Cable
- 3 Adhesive Tapes

## DURING THE STUDY

### CHARGING THE VIVALNK PATCH

The battery level of the patch is displayed on the app device information page (Fig.1). If the battery level is below 20%, please charge the patch **immediately**.

Place the patch in the charger (Fig. 2A) until it is fully charged (Fig. 2B).

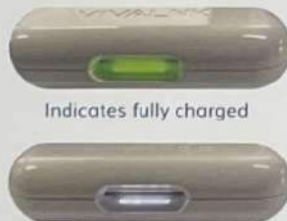


Figure 1



Align the two dots on the patch with the two pins on the charger to properly charge the patch

Figure 2A



Indicates fully charged

Indicates charging

Figure 2B

## APPLICATION OF PATCH

1- Prepare the middle of the upper left chest area for patch placement: Clean the area with alcohol wipe or saturated cloth. Allow the area to dry completely.



2- Peel the adhesive starting with Tab #1.



3- Place the patch on the adhesive.



4- Peel the adhesive using Tab #2.



5- Place the patch around the middle of the upper left chest area at a roughly inclined angle.



## REMOVAL OF ADHESIVE TAPE

1- Remove the patch from chest by pulling the yellow tab of the adhesive.



2- Remove the adhesive from the patch by peeling from the edge and continue carefully along the full length without excessive bending.



Start at the yellow tab of the transparent film to peel off the patch.

**Note:** Do not remove the adhesives by pulling on the dome circles on top of the electrodes or by peeling the edge of the patch. Doing so may break the patch, and render it unfunctional.

Use the red tab to peel the adhesive from the patch. Discard this adhesive.



3- Immediately after each use, gently rub off any adhesive residue with your fingers and any antiseptic alcohol. Do not submerge the patch in water or alcohol.



**WARNING:** DO NOT throw the patch itself. Only the Adhesives are disposable.

## REPLACING THE ADHESIVE TAPE

You will have to replace the adhesive in case of the following scenarios.



Patch dislodgment



Patch charging