

Kardia Mobile Quick Guide



Intended use

This guide is for use outside the USA only.

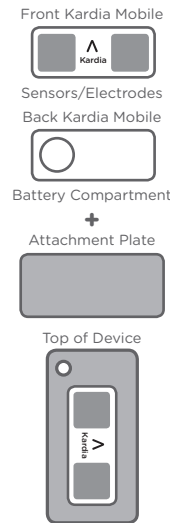
Kardia Mobile is intended to record, store, and transfer single-channel electrocardiogram (ECG) heart rhythms.

It also displays the recordings and detects the presence of atrial fibrillation along with 'normal' heart rhythm.

Kardia Mobile can be used by healthcare professionals, patients with known or suspected heart conditions, and health-conscious individuals.

1 Attach Kardia Mobile to your phone (optional)

- Remove Kardia Mobile from the box by holding the outer carton and pulling on the plastic hanger tab at the top. The inner box slides out and the device can then be removed by pulling the silk tab upwards.
- You can attach Kardia Mobile to your phone if you wish. The attachment plate contained inside the box can be adhered to the back of your phone by removing the red paper on the back. Then press the plate firmly onto your phone or phone cover.
- Slide the Kardia Mobile device into the attachment plate until it clicks firmly in place.



2 Download the Kardia App and create an account

- On your compatible iOS or Android Phone (www.alivecor.com/compatibility), download the Kardia app from the App Store or Google Play store.
- Open the Kardia app and follow the onscreen instructions to create an account.

3 There are three software levels available

- Basic** - this allows you to take an unlimited number of ECG's and to email each one. The email must be sent immediately after the recording. If not, it will be lost permanently. There is no charge for this service.
- Premium** - this is a chargeable service costing £9.99 per month. With this service you have
- A personal record that stores an unlimited number of ECG's for review at any time
 - Personal reports over time for you and your doctor
 - Diet, weight, activity and medication tracking

- Automatic reminders to measure resting heart rate

- Graphic displays of trends

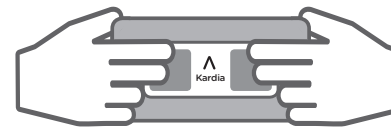
Medical Professional Mode

- Unlimited ECG recordings
- Journal storage for review
- Print, email or save as pdf
- Add patient details
- Enter clinician's name and hospital/medical centre

Each new customer receives one month's free Premium service to assess its value. You can then register for the service via the app on your phone or tablet.

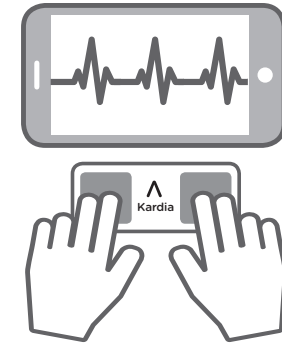
4 Recording your first ECG

- Do not use Kardia Mobile while charging your phone.
- Do not take a recording while driving or during physical activity.
- Ensure the electrodes are clean before attempting a recording. This can be done with an alcohol based sanitiser.
- Tap the Kardia app on your phone to open the application.



- Rest two or more fingers on each sensor of the Kardia Mobile; your right hand should contact the sensor (electrode) closest to the bottom of the smart-phone, and your left hand should contact the electrode closest to the top of the smartphone.
- Tap "Record now" on the Standard ECG screen.
- Follow instructions for "Recording Your First ECG."
- Watch the circular timer count down for 30 seconds. Once complete, the recording will stop.
- Whilst recording your ECG, you can speak into your phone/tablet to describe symptoms you may be experiencing. A blue microphone icon is present if this is selected.

After the recording is complete, the ECG is analysed.



5 ECG analysis

For the first few weeks (depending on use), the device will ask you to confirm that it is your ECG each time you make a recording. This is normal. It is learning your personal ECG model and developing a memory. Once completed, these messages will stop.

If 'Possible Atrial Fibrillation' (AF) shows in your ECG result, you should contact your doctor and show him/her your ECG recording. You can either email the recording as a pdf, or print it and take it with you for your consultation. Similarly, if you are experiencing any symptoms or have concerns with your heart, contact your doctor.

'Normal' results mean your heart rate is between 50 and 100 beats per minute, and the shape, timing and duration of each beat are considered normal.

An 'Unclassified' message means the recording is outside the 'normal' definition, not AF, and that interference was not detected. An example of an unclassified recording can be where heart rate is over 100 beats per minute, as may be the case after exercise. We recommend all 'Unclassified' results are reviewed by an appropriate medical professional.

'Unreadable ECG results' determines that you didn't have a clear ECG recording for analysis and could be due to movement or bad contact. You may try to re-record your ECG.

Troubleshooting

Problem: 'My Kardia Mobile is not working.'

Solutions

Option 1: Kardia sends ECG's to your device using sound. Ensure that the Kardia phone app has access to the phone's microphone. Go to 'Settings' and tap the Kardia app. Tap the microphone button so it shows green for 'on'

Option 2: If using an iPad, its mic may be situated at the camera end of the device. Place Kardia Mobile towards that end if you have signal problems.

Option 3: Change the battery. Remove Kardia Mobile from the attachment plate (if applicable), and remove the circular battery door on the back of the device. Remove the old battery and replace with a standard 3V coin type battery.

Problem: 'I have a lot of artefact, noise, or interference in my recording.'

Solutions

Option 1: Ensure that the "Enhanced Filter" is on.

Option 2: Ensure that your arms and hands remain still during recordings.

Option 3: Clean the electrodes on the Kardia Mobile with a hand sanitiser.

Option 4: If your hands are very dry, use water based lotion before your recording.

Option 5: When recording, relax your arms and hands to reduce muscle noise. Rest the forearms and hands on a flat surface.

Option 6: If you wear hearing aids, turn them off prior to recording.

Problem: 'I get a trace but it's very small and it says 'Unreadable''

Solutions

This may be due to several things. If this happens, you can try placing the left sensor on your left knee instead of using the fingers of your left hand. If placing on top of clothing, you may have to dampen it first to ensure a good contact. This gives a different view of the heart and may work when the problem above occurs. It should be noted however, that this could affect the algorithm performance and results can only be advisory.

Cautions

Kardia Mobile does not detect all rhythm abnormalities of the heart. You must consult your doctor if you notice changes in your health.

After ECG analysis, the app may identify certain arrhythmias other than AF as 'Unclassified'. Please consult with your doctor in this case.

DO NOT store in extremely hot, cold, humid, wet, or bright conditions.

DO NOT expose to strong electromagnetic fields.

DO NOT take recordings in close vicinity to other equipment emitting

DO NOT use the electrode on a portion of the body with too much body fat, body hair or very dry skin; a successful recording may not be possible otherwise.

DO NOT use near a cardiac pacemaker, ICDs, or other implanted medical devices.

DO NOT drop or bump with excessive force.

DO NOT wear during magnetic resonance imaging (MRI), cautery and external defibrillation procedures.

DO NOT allow Kardia Mobile to come into contact with water.

AliveCor gives no warranty for any data or information that is collected erroneously by the device, or misuse or malfunction as a result of abuse, accidents, alteration, neglect, or failure to maintain the product as instructed. Interpretations made by this device are potential findings, not a complete diagnosis of cardiac conditions. Interpretations should be reviewed by a medical professional for clinical decision-making.