

1: Fitting QardioCore

If your doctor has prescribed you to wear QardioCore for 24 hours, keep wearing it at all times and do not get it wet.

If your doctor has prescribed you to wear QardioCore for more than 24 hours, you will need to remove the device for one hour each day to recharge the battery.



Please note:

- The area around the chest should be clean, with no blemishes or other types of skin irritations on your chest.
- When you connect the strap to the left side (or right side in upside down mode) of QardioCore you will see a green light blink once to indicate that QardioCore has switched on.



1c.

Place QardioCore below the sternum. Adjust the length of the strap so you are able to comfortably fit two fingers underneath.

Comfort for female patients

We recommend that female patients wear the QardioCore upside down and below the sternum.

2: Connecting QardioCore and iPhone

3: How to report a symptom



2a.

If QardioCore bar is showing yellow, please reposition your QardioCore.



2b.

If QardioCore is showing red, please connect your strap properly.



2c.

If QardioCore is connected a green dot will appear with "Connected" on the left side.

Reporting your symptoms is easy and will assist your doctor. Open the Qardio app and tap the green button "Tap here to add a note" each time a symptom is felt - such as palpitations, chest pain etc.

Select from the list of common symptoms or enter a custom symptom description.



Tap here to add a note



Palpitations
Chest pain
Shortness of breath
Heartburn
Coughing
Dizzy

4: Cleaning QardioCore

Clean the QardioCore with a disinfectant wipe (up to 60% alcohol).

Cleaning products and abrasive materials should NOT be used on your QardioCore. Compressed air and external heat like hair dryers can cause damage.



5: Charging QardioCore and iPhone

Recharge the QardioCore monitor for 1 hour each day with the phone within Bluetooth range. You might want to do this when you take it off to shower.

A blinking green light every two seconds indicates QardioCore is charging. A solid green light indicates QardioCore is fully charged.



Ensure that QardioCore and the iPhone are both 100% charged in the morning.

4: Frequently asked questions

Can I wear QardioCore during my normal activities?

Yes. You may wear and use QardioCore during exercise and during your daily routine. Do not expose QardioCore to temperatures above 104F / 40C.

Do I need to wear the monitor in bed?

Yes. The monitor should be worn continuously throughout the monitoring period.

When will I be given the results?

Your ECG data is sent to your phone which records and sends the information to your doctor remotely. Your doctor will contact you with the results.

What should I wear with QardioCore?

You should wear your normal clothes. For women, we recommend wearing QardioCore upside down and ensure that the device is worn below the bra line.

Can I take a shower/bath?

We do not recommend that the QardioCore is worn in the shower or bath. Please remove the QardioCore for shower / bath and use this time to recharge the device.

What if I have problems with my device?

Please contact Qardio support.

5: Warnings

Do not use in combination with external cardiac defibrillator or high frequency surgical equipment or near strong magnetic fields or devices such as MRI.

Do not use in case of known skin allergies to any of the materials indicated in the "List of Patient Contacting Material" on the user manual.

Do not drop QardioCore or apply strong shocks and vibrations to QardioCore, as this may result in damage to the device.

QARDIOCORE SHOULD NOT BE USED IN CASE OF EMERGENCY. IN CASE OF EMERGENCY, IMMEDIATELY CONTACT THE LOCAL EMERGENCY SERVICES.