

Need help or have questions? Contact QardioMD's support at support@qardiomd.com or visit qardiomd.getqardio.com/support.

1: Prepare QardioCore for use with a new patient

- 1.a. Disinfect QardioCore with a non-acid disinfectant solution.
- 1.b. Connect a clean strap to the right, leave left side disconnected.
- 1.c. Make sure both QardioCore and iPhone are fully charged.
 - QardioCore: Solid green light on the device indicates QardioCore is fully charged
 - iPhone: 100% battery icon



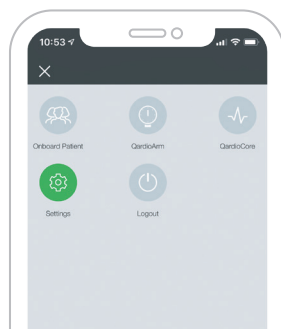
2: Fit QardioCore



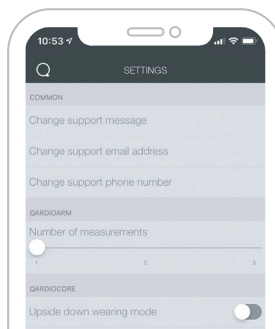
- 2.a. Wrap the strap around the chest and connect it to the left side of QardioCore.
- 2.b. Ensure the strap is tight enough so that all the electrodes are touching the skin, but not too tight to be uncomfortable.
- 2.c. Place QardioCore below the sternum.
- 2.d. Open the QardioMD app on the iPhone and go to the section "QardioCore" and wait until the green QardioCore icon shows on the top right of the app screen to show that QardioCore is connected.

Hint: It is easier to clip QardioCore around the waist and then reposition to the centre of the chest. Breath-out before checking the strap tightness, to ensure perfect fit.

- The area around the chest should be clean. Do not use in case of blemishes or skin irritation on the patient's chest.
- No shaving or other type of skin preparation is necessary.
- When you connect the strap to the left side of QardioCore you should see a green light blink once to indicate that QardioCore has switched on.
- Make sure the top sensor is facing upwards so it aligns with the heart. Adjust the length of the strap to adapt it for the chest size.



Open the QardioMD app on the iPhone and go to the section "Settings".



Switch on the upside down wearing mode within Settings.

Pectus excavatum

- To improve skin contact enable upside down wearing mode.
- Patients with concave chest should wear QardioCore upside-down to ensure electrode contact.

Comfort for female patients

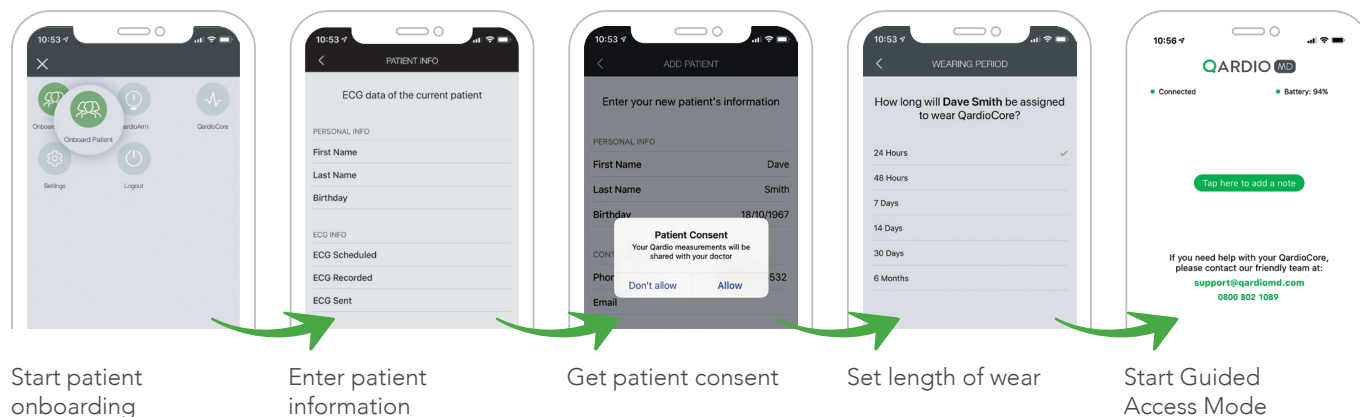
- QardioCore should be worn underneath the bra for an accurate reading.
- If the wire-free bra is too tight, the use of a bra extension is recommended.
- To ensure the most comfortable fit QardioCore should be used with a [well-fitting](#) wire-free bra or a sports bra.

3: Enroll the patient

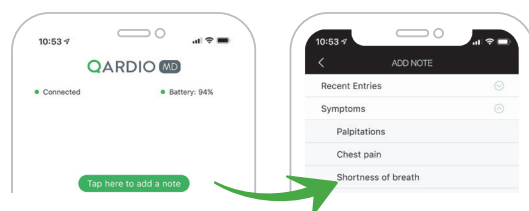
3.a. Open the QardioMD App on the iPhone and go to the section “Onboard patient”.

3.b. Search patient’s name or add new patient.

3.c. Start Guided Access Mode on the iPhone by pressing Home button 3 times



4: Help the patient get familiar with QardioCore

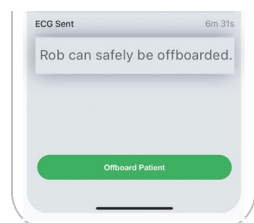


How to report a symptom

The patient can open the app and tap the green “Tap here to add a note” icon each time a symptom is felt - such as palpitations, chest pain etc. Select from a the list of common symptoms or enter a custom symptom description.

Provide the informational booklet to the patient

5: Offboard the patient



1. End Guided Access Mode on the iPhone by pressing Home button 3 times then enter Passcode.
2. Tap the green button “Offboard Patient”.
3. Tap “Unlock” on the notification.
4. Check if the patient information is correct.
5. Ensure the QardioCore and the iPhone are next to each other and are both in charging mode.
6. Wait until the data uploading process is finished, then confirm the offboarding by providing the doctor’s credentials.

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 104°F / 40°C.

What should I wear with QardioCore?

You should wear your daily clothes. For women, we recommend to wear QardioCore underneath the bra for an accurate reading. To ensure the most comfortable fit QardioCore should be used with a well-fitting wire-free bra, or a sports bra.

Do I need to wear the monitor in bed?

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

Can I take a shower/bath with QardioCore?

No, we recommend taking off QardioCore whilst showering or bathing.

When will I be given the results?

Your heart health data is sent to your iPhone which records and sends the data to your doctor.

Your doctor receives your data from your iPhone and can remotely monitor your heart.

What if I don't have symptoms?

That's ok. QardioCore monitors and captures every beat.

Can I use my normal phone?

No, use the iPhone provided by the hospital to transmit the information recorded by QardioCore.

What if I have problems with my device?

Please contact Qardio support at support@qardiomd.com.

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”

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. FOR ANY OTHER NON-EMERGENCY MATTERS, CONTACT OUR FRIENDLY QARDIO SUPPORT AT support@qardiomd.com.