

QARDIOCORE

Ambulatory ECG monitor

Patient instructions



Doctor name: _____

Patient name: _____

Start date: _____ Start time: _____

Doctor prescribed duration of _____ days

Removal date: _____ Removal time: _____





Patient instructions

Contact Qardio's support at support@qardiomd.com or visit our website support.getqardio.com if you have problems with QardioCore or if you have questions.

Why has your doctor prescribed an ambulatory ECG recording with QardioCore?

QardioCore is designed to record, store and transfer an electrocardiogram (ECG) during your everyday activity, without the discomfort and inconvenience of traditional holter monitors and ECG patches. You can wear QardioCore also when you are asleep.

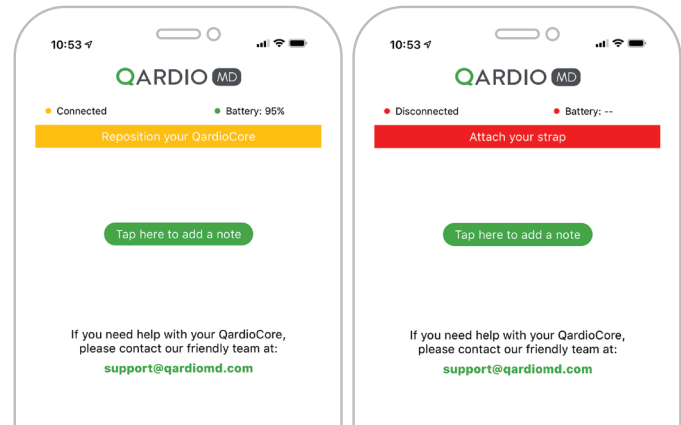
QardioCore records your electrocardiogram continuously, and also physical activity and temperature. This information helps the doctor evaluate the health of your heart, often without requiring additional testing.

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 have to periodically remove QardioCore - for example, to charge every 24 hours. Please see charging instructions.

Fitting QardioCore

To fit QardioCore, the area around the chest should be clean, and without blemishes or skin irritations.

1. Wrap the strap around the chest and connect it to the left side of QardioCore (slide the connector upwards into the housing with the tagged end downwards as in the picture).
2. Ensure the strap is tight enough and all the electrodes should be touching the skin, but not too tight to be uncomfortable.
3. Place QardioCore below the sternum.
4. Ensure QardioCore and the iPhone are connected.
5. If QardioCore bar is showing yellow, please reposition your QardioCore.
6. If QardioCore bar is showing red, please connect your strap properly.



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.





Keep your iPhone with you at all times whilst wearing QardioCore.

- No shaving or other type of skin preparation is necessary.
- 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.
- Ensure the “Qardio” logo is on the left side of the body.
- Avoid using sunscreen or other lotions under the QardioCore.

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

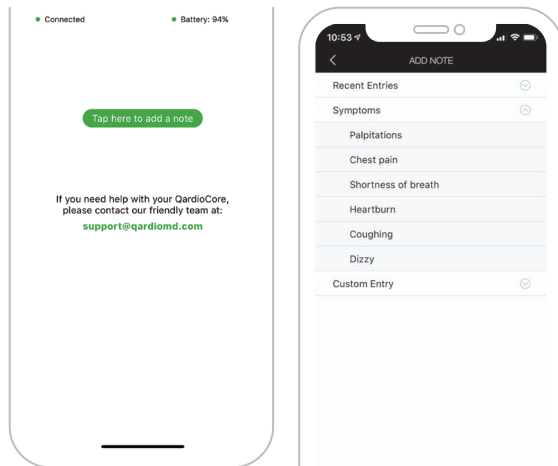
Using QardioCore comfortably for females

- QardioCore should be worn 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.
- If the wire-free bra is too tight, the use of a bra extension is recommended.

How to report a symptom

It helps doctors if you log every time you feel a symptom. Reporting symptoms is easy.

Open the app and tap the “Tap here to add a note” icon each time you feel a symptom - such as chest pain or pressure, dizziness, fainting, short of breath, palpitations, etc. Select from the list of common symptoms or enter your own.



How to clean your QardioCore

Remember that you wear your QardioCore in contact with your skin, just like a clothing item. Because of this you should always keep your QardioCore clean.

Cleaning products and abrasive materials should NOT be used on your QardioCore.

Compressed air and external heat like hair dryers can cause damage.

1. Take off your QardioCore and keep the charging cable unplugged.
2. Clean QardioCore daily with a damp cloth to remove excess dirt or sweat from the device.
3. To clean the QardioCore strap, wash it by hand with a mild soap and cold water. Let the strap air dry.



How to charge your QardioCore and iPhone

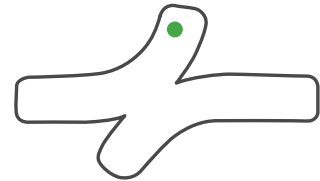
- Recharge your iPhone overnight on a daily basis. Keep your iPhone within reach while you are charging, such as on your bedside table.
- Recharge the QardioCore heart monitor for 1 hour per day. QardioCore will not work until the battery has enough power. A suggested time to recharge your QardioCore is when you take it off to shower.
- Ensure that QardioCore and iPhone are both 100% charged in the morning.
- Use the black cable to recharge the QardioCore.
- Slide the charging cable clip into the device with the “Qardio” logo showing.



When you charge QardioCore a small LED on the device will blink indicating the charge status:

1. A blinking green light every two seconds indicates QardioCore is charging.
2. A Solid green light indicates QardioCore is fully charged.
3. The green light will blink 3 times to indicate your QardioCore battery is running low and should be charged.

The battery level for your iPhone can be seen in the upper right corner of your iPhone screen whereas the battery level of the QardioCore can be seen within the Qardio App.



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

Airport security screening statement

This person is wearing QardioCore Ambulatory ECG monitor prescribed by their doctor. This device is currently adhered to the patient's chest and is monitoring their heart. It can only be removed under the direction of their doctor.

If you have any questions, please contact Qardio at support@qardiomd.com





For support, please contact Qardio support at support@qardiomd.com