

Heart Health Check Holter Monitor Patient Guide



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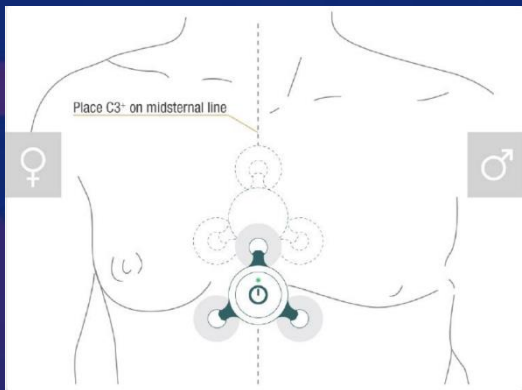
Placement Guide by Gender

The exact height of the monitor on your chest depends on your anatomy to ensure the best signal:

For Males	For Females
Location: High Centre	Location: Lower Centre
Place the monitor in the centre of the pectoral muscles (the "chest muscles").	Place the monitor underneath the pectoral muscles , lower down along the breastbone (sternum).
Refer to the highest "ghosted" outline in the diagram.	Align it with the xiphoid process (the bony tip at the bottom of your breastbone).

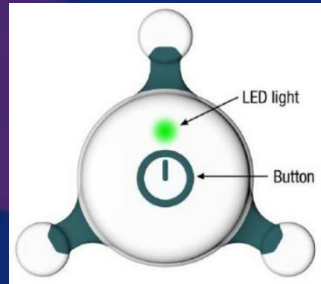
Quick Placement Tips

- **Orientation:** Ensure the power button/logo is facing upright as shown in the diagram.
- **Skin Prep:** For the best recording, ensure the skin is clean, dry, and free of hair, lotions or oils before attaching the device.
- **Attachment:** Attach 3 electrode stickers to the monitor's electrode connectors. Remove the plastic from the adhesive stickers and then attach the device to your skin.



Start Recording

- Press the centre button once.
- The LED light will flash green.
- The monitor is now recording.



Recommended Actions and things to avoid

- Do not shower with the monitor on.
- If you experience symptom(s) whilst the monitor is on, press the centre button once at the time of your symptom(s). This highlights any events.

Removing the device

- Remove the device from your skin.
- Dispose the electrode stickers.
- Turn off the monitor by long holding the button for three seconds.
- Return the monitor and booklet to the clinic.

The data on the monitor will be downloaded, analysed and the results will be sent to the referring physician.

Light Notifications

Colour	Light pattern	Meaning
 Green	Slow:	Recording in progress
	Fast:	Turning on/event button pressed
	Constant:	Fully charged
 Blue	Slow:	Streaming Bluetooth
	Fast:	Pairing with Bluetooth
 Yellow	Slow:	Memory full
	Fast:	Low battery/Turning off
	Constant:	Charging
 White	Fast:	Lead off detected/does not have good contact to body.
	Constant:	Error.

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