

Zio Heart Rhythm Monitor

Instructions for Patients

Your doctor requested a Zio heart rhythm monitor by iRhythm to be mailed directly to your home. Your monitor, along with instructions should be arriving soon.

The Zio monitor is a small, discreet, comfortable patch that you will apply to the left side of your chest. It will monitor your heart rhythm during your normal day-to-day activity, including while you sleep, shower, and exercise, while it records every single heartbeat for analysis.

Why do I need a Zio Monitor?

Closely watching your heart at this time will help your doctor to better manage your heart rhythm condition. The monitor provides your doctor with the information they need to develop your plan of care.

It's essential that you put the monitor on as soon as you receive it.

How do I apply the Zio monitor to my chest?

Visit <https://vimeo.com/405124932> and watch the video for detailed instructions on how to apply the Zio monitor:

Here are some reminder tips about your Zio monitor:

- Do not shower for the first 24 hours.
- Do not swim or otherwise submerge the device during wear as these actions may cause the patch to no longer adhere to the skin.
- Wear the monitor for the time period specified by your doctor

After you wear the monitor for the prescribed number of days, please remove the monitor, put it back in the box it came in, and immediately mail it to iRhythm. The box is pre-addressed and pre-paid to make it easy. As soon as our team receives the results, we'll review them and develop a plan of care.

It is very important that you return the patch **right away** so our team can develop your plan of care in a timely manner.

Who do I call if I have any questions?

If you have any questions with applying the monitor, during wear, or about billing, call iRhythm 24/7 at 1-888-693-2401 and they'll be happy to assist you.

Please also do not hesitate to call the doctor who gave you the prescription for the Zio Heart Rhythm monitor with any questions or concerns.

Where can I learn more?

Visit the iRhythm website at: <https://www.irhythmtech.com/patients/why-zio> to access additional videos and Frequently Asked Questions.

You can also download the MyZio app onto your phone to record symptoms and get answers to questions. It's available for iOS and Android. More information is available at: <https://www.irhythmtech.com/patients/myzio>

What do I need to know about billing?

You will receive a separate bill from iRhythm Technologies, Inc. for this monitor. We understand that every patient's insurance coverage is unique. If you have questions or concerns regarding your coverage or out of pocket expense, please call iRhythm at 1-888-693-2401.

iRhythm offers multiple programs to ensure you can afford this evaluation

- Monthly installments up to 12 months

- Financial assistance based on household income
- Discounted self-pay option

Your health insurer may send you an Explanation of Benefits. This communication is not a bill. Please note, for any billing-related questions, **you must contact iRhythm before** you send the bill to your insurance. Contact iRhythm directly by: Phone: 1-888-693-2401

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Adapted from: <https://www.irhythmtech.com/>
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