

Zio® Heart Rhythm Monitor: Instructions for Home Placement

Your doctor has prescribed you a Zio® monitor. This monitor will be shipped directly to your home.

What is a Zio® monitor?

The Zio® monitor is a small, comfortable patch that you will apply and wear on the left side of your chest. It will record your heart rhythm during your normal day-to-day activities, including while you sleep, shower, and exercise. It records every single heartbeat for your doctor's review.



Why do I need a Zio® monitor?

Closely watching your heart at this time will help your doctor better manage your heart rhythm condition. The monitor can give your doctor the information they need to create a care plan for you.

How do I set up and use my Zio® monitor at home?

- **It is important to start wearing your monitor as soon as you receive it.** Inside the box, there will be step-by-step instructions for how to put the monitor on. After you put it on, turn your monitor on by pressing the "Zio" button until you feel a click.
 - Please call 1-888-693-2401 if you plan on wearing the monitor at a later date than when you receive it.
 - If you choose not to wear your monitor for any reason, please return it using the prepaid postage box and contact your provider.
- Avoid showering during the first 24 hours. After 24 hours, shower with your back to the water. Do not submerge the monitor in water.

- Avoid access sweating to maximize wear time.
- **While you're wearing your monitor, press the "Zio" button anytime you feel one of your heart symptoms.** Then write down your symptoms using the diary booklet that came with the monitor.
- Wear the monitor for as long as instructed by your doctor. At the end of this time period, **please return the monitor and diary booklet as quickly as possible.** The box has a prepaid USPS shipping label you can use to return it.
 - To remove the monitor, follow the instructions in the guide from the box or in the MyZio app for removal. Use the wipes provided.
 - As soon as our team receives the results, we will review them and develop a plan of action for your care. This is why it is very important you return the monitor right away.
- For educational videos and more information about the monitor, please download the MyZio app.

MyZio app download link from the Apple App Store: apps.apple.com/us/app/myzio/id975444227	
MyZio app download link from Google Play: play.google.com/store/apps/details?id=com.irhythm.myzio.android&hl=en_US&pli=1	

Who do I call if I have any questions?

Please call 1-888-693-2401 if you do not receive your monitor, if you have questions about applying or wearing the monitor, or if you have cost or billing questions.

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