

Zio® Heart Rhythm Monitor: Instructions After Clinic Placement

Your doctor has prescribed you a Zio® monitor.

What is a Zio® monitor?

The Zio® monitor is a small, comfortable patch that we will apply in-clinic 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 use my Zio® monitor at home?

- Avoid showering during the first 24 hours after we place your monitor. 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 comes 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.** We will give you a box that 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.

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

Who do I call if I have any questions?

Please call 1-888-693-2401 if you have questions about wearing the monitor, or if you have cost or billing questions.

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