

ePatch[®]

Apple Heart Study 1.2

ePATCH QUICK START GUIDE

BioTelemetry[™]
inc

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ABOUT THE APPLE HEART STUDY 1.2

Apple has created innovative features to look for irregular heart rhythms. Apple is conducting the Apple Heart Study 1.2 with Stanford Medicine to better understand how people use these features to gain insights into their health. For more information, please visit med.stanford.edu/appleheartstudy/1.2faq/ or call **800-358-2286**.

Please continue to wear your Apple Watch while wearing ePatch. If you have the ECG app on Apple Watch, please take an ECG twice daily and after any irregular rhythm notifications while wearing ePatch.

THINGS TO KNOW ABOUT ePATCH

How long should I wear ePatch?

A: Once applied, continue to wear ePatch for a maximum of 7 days.

What if my ePatch begins to fall off, and I have not completed 7 days of monitoring?

A: Your monitoring kit includes a second patch. Refer to page 12 for removal and replacement of the patch and sensor.

What if I have completed 7 days of monitoring, or my second patch has fallen off?

A: You are all done! Refer to page 15 for instructions on returning the ePatch sensor.



What if my skin is irritated from the adhesive?

A: Mild itching or irritation under the patch area may occur, but is usually temporary.

If more significant itching or irritation develops or persists, contact customer support at **800-358-2286**.

Can I swim, bathe, or shower while wearing ePatch?

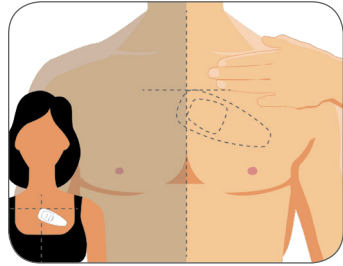
A: Do not swim or take baths while wearing ePatch. You can shower normally.

There is a solid RED light on the sensor. What should I do?

A: You are all done! Refer to page 15 for instructions on returning the ePatch sensor.

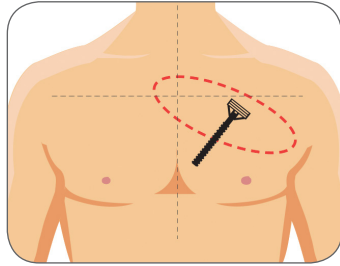


STEP 1: SKIN PREPARATION



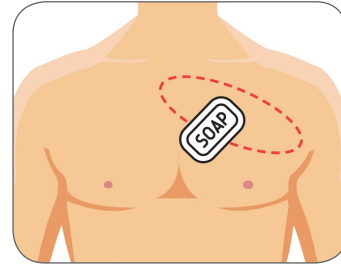
1. Patch location.

Determine the area of your chest that you need to prepare by referring to the diagram above.



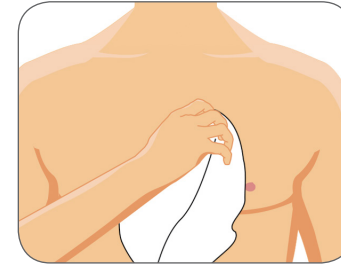
2. Shave area for ePatch.

If you have hair on your chest, shave the area where the patch will be placed. A razor is provided in the skin prep kit for this purpose.



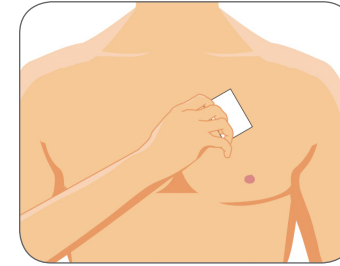
3. Clean skin.

Clean the shaved area with soap and water.



4. Dry skin.

Dry your skin using a towel.



5. Scrub skin.

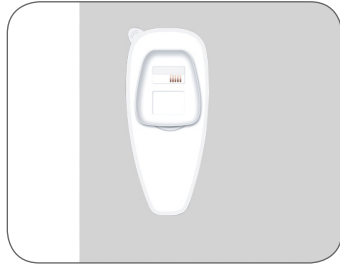
Remove the scrub pad from the skin prep kit. Scrub the cleaned area with firm pressure in a circular motion for one minute.

STEP 2: ATTACH THE SENSOR TO THE PATCH

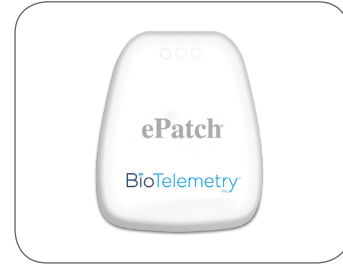


1. Open a pouch.

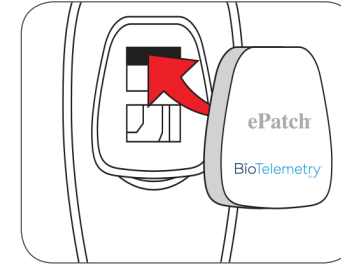
Tear open one of the pouches and remove the electrode patch.



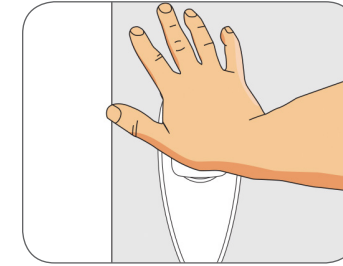
2. Place the patch on a flat, hard surface.



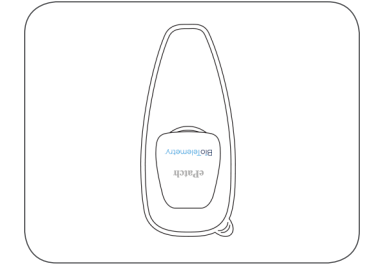
3. Remove the sensor from the kit.



4. Place the sensor into the patch.

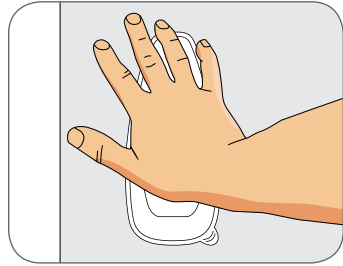


5. While standing, place the palm of your hand on top of the sensor and apply pressure to snap it into the patch. You may hear several clicks while doing this.

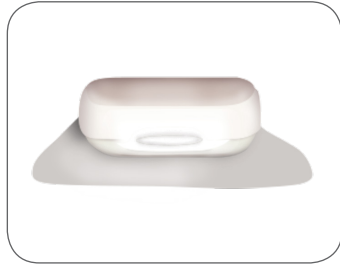


6. Rotate the patch 180 degrees.

STEP 2: ATTACH THE SENSOR TO THE PATCH *(continued)*



7. With the patch rotated, again place the palm of your hand on top of the sensor and apply pressure to snap it into the patch.



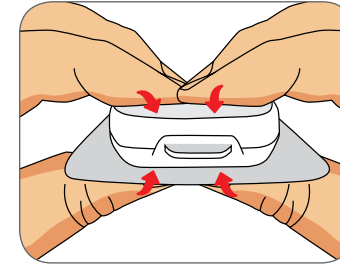
8. Inspect all four sides of the sensor for gaps. The sensor is attached correctly if there are no visible gaps.



9. Correct — No Gap



10. Incorrect — Gap

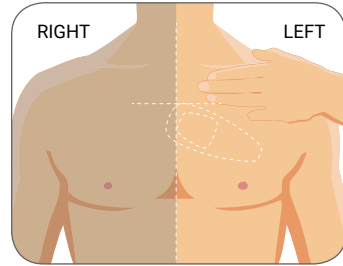


11. Apply pressure to any gaps to seal the sensor into place.

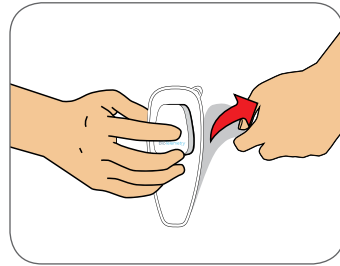


12. Ensure that the sensor is sealed and there are no gaps remaining.

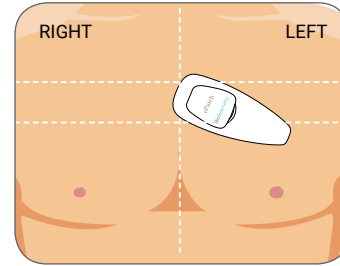
STEP 3: APPLY ePATCH TO YOUR SKIN



1. The top of the patch should be three finger widths down from your collarbone.

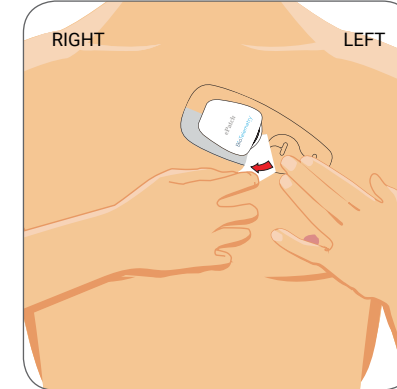


2. Pick up the patch with the attached sensor, peel off the clear plastic backing.



3. Place the patch on a slight angle as shown above, with the wide end of the patch slightly over the center of your chest. Press down on all sides of the patch so it adheres to your skin.

STEP 4: REMOVE COVER PAPER

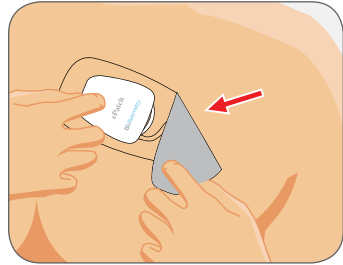


Remove the top white paper from the patch.

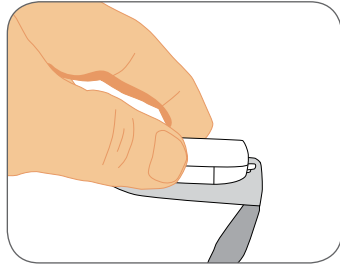
- Gently peel off the upper liner by starting with the raised tab.
- After the liner is removed, press down firmly on all edges of the patch and sensor so the patch adheres to your skin.
- Smooth out any wrinkles by pressing down on the patch.

Congratulations, ePatch is ready to start monitoring your heart!

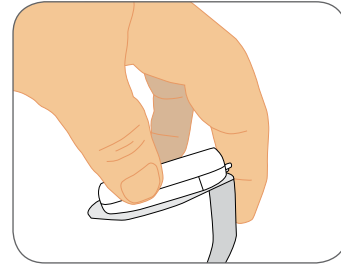
REMOVING THE PATCH



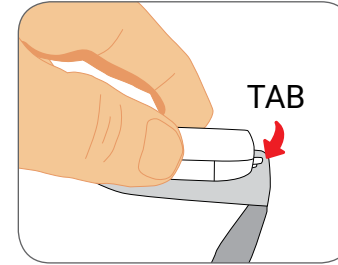
1. Start at one end and pull the patch material away from your body. Remove the patch.



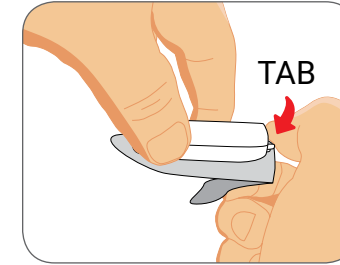
2. Hold patch as shown.



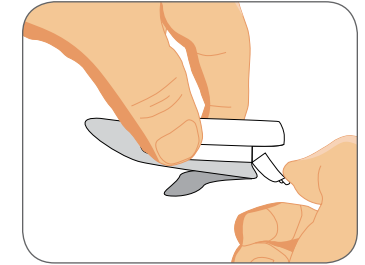
3. Fold the clear adhesive on top of itself to get it out of way for the next step.



4. Locate the tab.

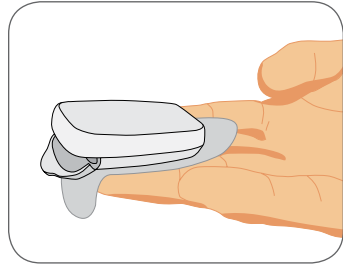


5. Apply downward pressure to snap open the tab. This will require some force.

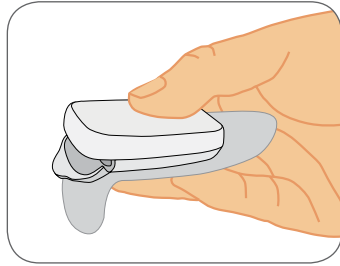


6. Pull down on the tab. This will require some force.

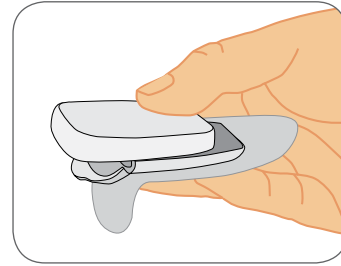
REMOVING THE PATCH *(continued)*



7. Place the sensor in your hand as shown above.



8. Place your thumb on top of the sensor.



9. Push your thumb forward to dislodge the sensor from the patch.

If you are continuing to monitor with a second patch, repeat Steps 2–4. Otherwise, proceed to page 15.

RETURNING THE ePATCH SENSOR



SENSOR



RETURN MAILER

Following the completion of your monitoring period, please return the ePatch sensor in the self-addressed, postage-paid envelope supplied.

There is *no* cost to ship the envelope back to BioTelemetry. Simply pack the contents into the envelope provided and place it in your mailbox or take it to any post office location.

IMPORTANT REMINDER:

This is a diagnostic test, not an emergency response service.
If at any time you experience a symptom you feel is a medical emergency,
you should immediately dial 911 for medical assistance.

