

Heart Monitor — Quick Start Guide

Cardiac Monitoring | At-home test

Your chest-worn monitor records your heart rhythm continuously while you wear it. It stores the data for review after your test — it is not live monitoring and does not send alerts.

1. Apply — five quick steps

- 1 Clean & dry.** Shower first if you can. Wash the area with soap and water, dry completely, and skip lotions, oils, or powders.
- 2 Peel the backing.** Remove the adhesive liner. Avoid touching the adhesive or gel areas.
- 3 Place on your chest.** Choose a comfortable spot and follow the placement card in your package.
- 4 Press firmly.** Press the monitor and all edges firmly for several seconds so it seals well.
- 5 Check the light.** A gently flashing green light means it is on and recording.

2. While you wear it

Log symptoms. Feeling dizziness, palpitations, fluttering, chest discomfort, unusual fatigue, or anxiety? Press the monitor button once, then note the time, symptom, and activity in your diary.

Check the seal. Press the edges down with your fingers at least twice a day.

Showers are fine. Keep them brief, keep your back to the stream, don't aim water at the monitor, and pat dry.

Go easy on sweat. Normal activity is fine; avoid intense exercise, heavy sweating, and lotions near the device.

Avoid. Stomach sleeping, excessive moisture, MRI scans, and strong electromagnetic fields.

3. What the light means

Flashing green: on and recording — nothing to do.

Slow red flash (every ~2 sec): low battery — contact Heart Waves support; you may need a replacement.

Solid red or no light: possible malfunction — contact Heart Waves support.

4. When your test ends

Wear the monitor for the full testing period — when it's done, the green light stops flashing. Gently peel the monitor off and throw it away — it's single-use, so there's nothing to send back. Your data is then analyzed and your physician-reviewed results are prepared in plain language.

5. Your symptom diary

After pressing the button, note the date, time, your symptom (anxious, chest discomfort or pain, dizziness, heart fluttering, tired/fatigued) and your activity (resting/sitting/lying down, walking/stretching, exercising/climbing stairs). Pressed it by mistake? Just note it. The diary helps your physician match what you felt to what your heart was doing.

In an emergency — chest pain, severe shortness of breath, fainting, or signs of stroke — call 911 or seek emergency care now. Your heart monitor cannot monitor emergencies. Questions? heart-waves-check.lovable.app/contact