



# Zio™ Event Card

## Start Guide

### 1 Connect & Turn on the Zio™ Event Card (Fig. A)

- Determine electrode placement.
- **Shave** electrode area if hair is present; **Clean** skin with alcohol; **abrade** skin in 'x' and '+' motion.
- Snap wires of Zio™ Event Card to electrodes.
- Position electrodes on chest  
(white on right **(R)** side of chest; black on left **(L)**).
- Press 'RECORD' button to turn on device.
- Wait 1 minute before going to Step 2...

### 2 Record an Event (Fig. B)

- Press 'RECORD' button.  
*The device will beep 3 times. If orange light flashes, check connections, re-prep skin, and replace electrodes as necessary.*
- Wait 20 seconds while green light flashes.  
*The patient should remain quiet and still. Leave device undisturbed.*
- When the recording is complete device will beep and green light will stop flashing.

### 3 Transmit (Fig. C)

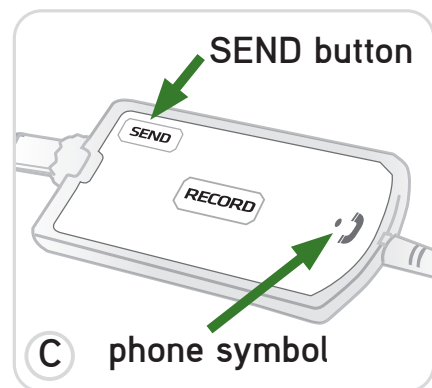
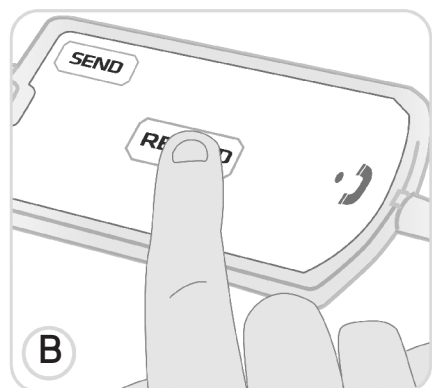
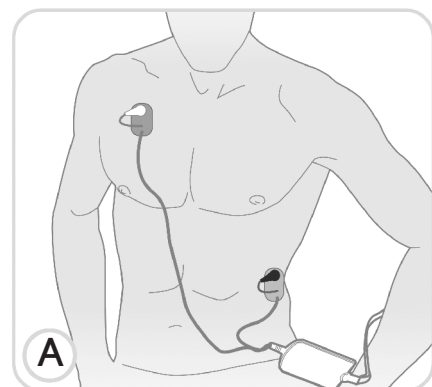
- Call 1-888-693-2401 and **press "1"** to speak with a technician.  
**Use a landline or portable phone. Cell phones will not transmit data properly.**
- Unsnap wire(s) from electrodes.
- Place Zio™ Event Card face up on a flat stable surface.
- Place phone mouthpiece directly over the phone symbol.
- Press and hold 'SEND' button for a few seconds until device beeps and flashes green.
- When tone ends, pick up phone and speak with technician.
- Confirm transmission was received before reconnecting device.

## Enroll Patient

Online: [www.zioreports.com](http://www.zioreports.com)

Fax: 1-888-693-2402

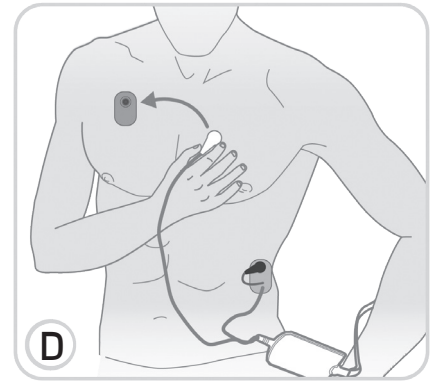
Phone: 1-888-693-2401



See Reverse →

## 4 Reconnecting Device After a Successful Transmission (Fig. D)

- Snap wires back onto electrodes.  
*It may flash orange until reconnected.*
- When device is reattached, it is ready to record again.  
*The memory is cleared.*



### IMPORTANT INFORMATION

- **If at any time your symptom is severe or you feel the need for immediate care, call 911.** The Zio™ Event Card will not provide any medical assistance and cannot contact medical personnel for you.
- The device can store up to 2 recordings. If the memory is full, an orange light will flash and you cannot record more events until you have transmitted the data.
- When you press the 'RECORD' button, the device stores the previous 45 seconds of ECG in memory plus the 15 seconds after the button is pressed.
- Return the Zio™ Event Card for recycling in the enclosed postage-paid envelope, which can be placed in any US mailbox.

### TIPS FOR USE

- Wear the Zio™ Event Card at all times.
- **Remove Zio™ Event Card before bathing or showering** (you may leave on the electrodes).
- Do not use lotion or moisturizer; Lotions prevent electrode contact.
- Change electrodes every 2 to 3 days or when they start to peel away.
- To avoid skin irritation, when changing electrodes move them slightly from previous position.
- **Remain still and refrain from talking during recording and transmission.**



iRhythm Technologies, Inc., the provider of Zio™ products and services, markets Zio™ in collaboration with St. Jude Medical, Inc.

