

QuickStart Guide for Cardiac Monitoring



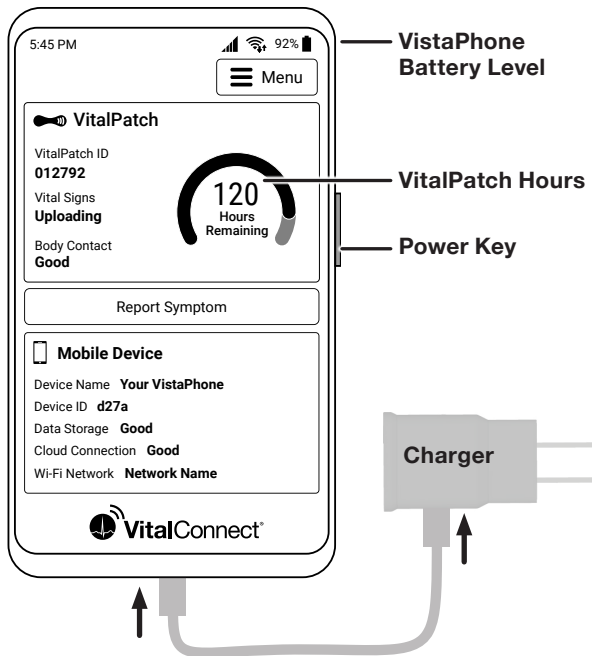
Manufactured by VitalConnect, Inc.
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Questions? Call 800-219-3000

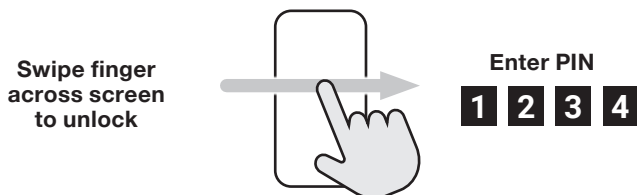
Instructions — START HERE

1. Charge the VistaPhone

Check VistaPhone battery level often and keep phone charged. Charge near your bedside while you sleep.



2. Unlock and watch instructional video

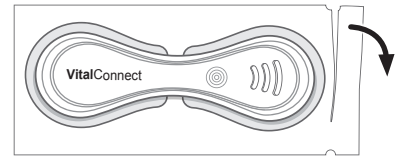


Watch Video



3. Prepare VitalPatch

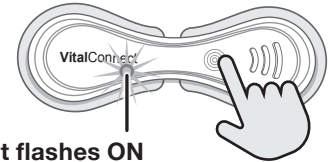
Tear open pouch and remove



WAIT
2 minutes

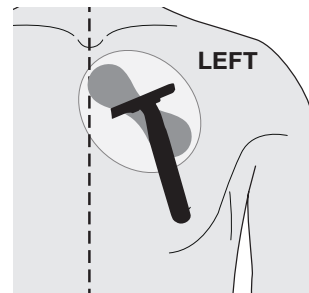


Press power
button

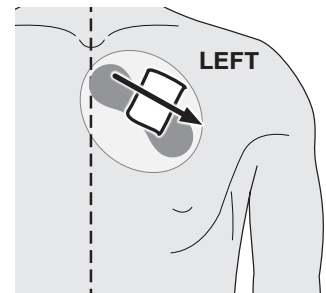


4. Prepare skin on LEFT side of the chest

Shave chest if
there is hair



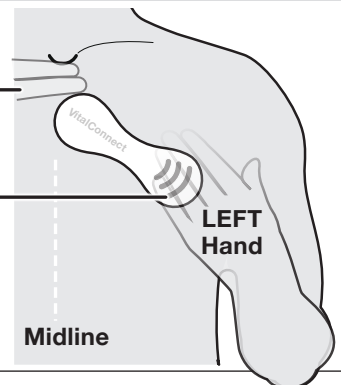
Clean skin with
an alcohol wipe



5. Hold VitalPatch against chest

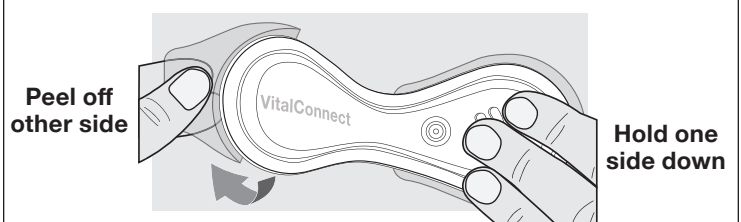
Hold two
fingers below
notch in chest

Three lines
pointing down



6. Remove backings from VitalPatch

Hold one side down while peeling off backing from the other side. Press firmly against skin to seal.



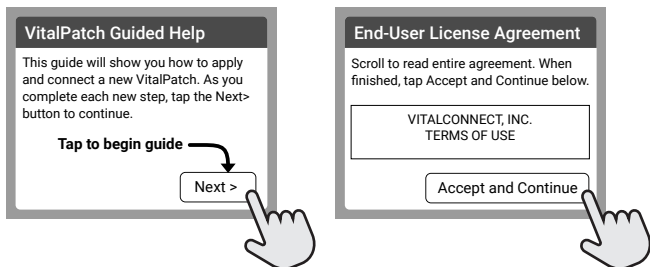
Continue instructions on other side →

7. Wearing the VitalPatch

- **DO NOT** shower or exercise for **30 minutes** after putting on the VitalPatch. You can shower and exercise after 30 minutes.
- **DO NOT** swim with the VitalPatch or use in a sauna, steam room or hot tub.
- If VitalPatch begins to fall off, **call 800-219-3000**.

8. Pair VitalPatch to VistaPhone

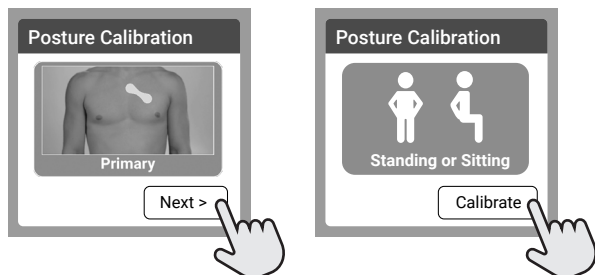
Tap Next on help screens and accept end user license



Select your VitalPatch ID from the list



Follow instructions on screen to calibrate



9. Connect to Wi-Fi when at home

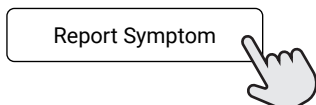
If you have Wi-Fi at home, connect for best results.



10. Report symptoms as soon as possible

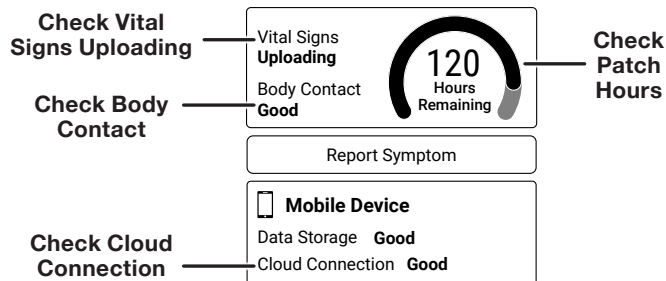
If you are experiencing a medical emergency, call 911.

Tap button to report symptom

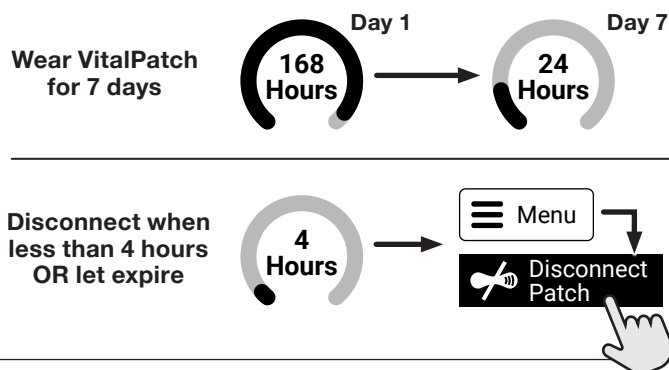


11. Check the VistaPhone twice a day

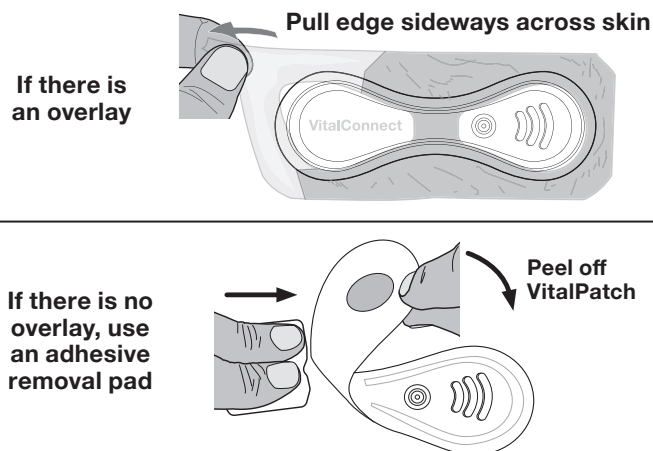
Unlock the VistaPhone at least twice a day and check for warning messages or instructions. If there is a problem you cannot resolve, **call 800-219-3000**.



12. Wear VitalPatch for 7 days, disconnect



13. Remove VitalPatch



Cut VitalPatch in half with scissors



14. Start a new VitalPatch or return the kit

- If you have another VitalPatch in your kit, see **Section D** to prep skin and then apply and pair a new VitalPatch. Repeat until you have used ALL the VitalPatch devices in your kit.
- If you have used all the VitalPatch devices in your kit, follow instructions inside the box to return the kit.