

# START GUIDE

ZIO<sup>®</sup>XT

## 1 PLAN & POSITION

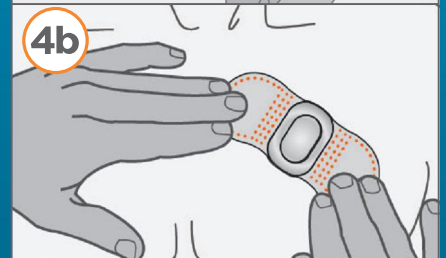
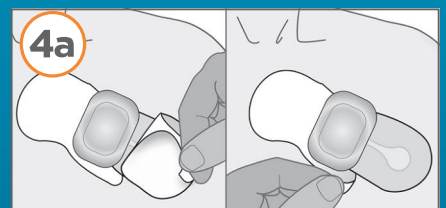
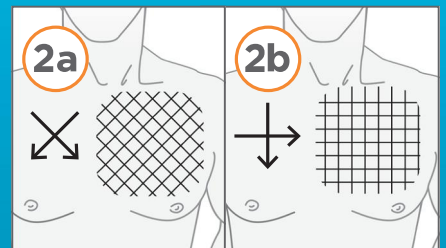
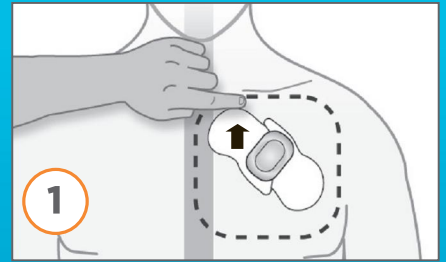
Enroll the subject:

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

Write in subject ID#, Start Date & Time on cover of Subject Instructions & Button Press Log.

Determine position:

- Subject should stand with arms relaxed at side.
- Skin should be free of perspiration.
- Determine placement area without removing backing.
- Place on flattest part of upper left chest:
  - 1 finger width below collarbone, centered over left pectoral muscle
  - Edge of the ZIO<sup>®</sup> XT Patch next to sternum
  - Angle so arrow on top label points upward
  - Avoid armpit and breast tissue



## 2 PREP SKIN

Prepare a large area:

- **SHAVE** area if hair is present.
- **ABRADE** skin, applying pressure for 40 broad strokes—10 times in the direction of each arrow in 2a & 2b (important for adhesion and ECG signal quality).
- **CLEAN** skin thoroughly with both alcohol pads. Let dry for 1 minute.

## 3 APPLY PATCH

- Hold device in the center and remove clear backings. Keep top label on. Do not touch adhesive.
- Place ZIO<sup>®</sup> XT Patch in the recommended position.
- Press firmly across the entire device for 2 minutes (see image 3).

## 4 FINISH & ACTIVATE

- Peel off the 2 parts of the top label (see image 4a).
- Press firmly across the entire device for 2 minutes, working adhesive into the skin. Emphasize pressing on the dotted areas shown in figure 4b.
- Firmly press the 'ZIO' button and release (see image 4c). The **green** light will flash 5 times indicating that the monitoring has started.
- Help subject get familiar with the location of the button.