



Step-by-Step Instructions to Apply and Wear Your Cardea SOLO ECG Sensor

INTRODUCTION

This guide tells you how to apply and start your Cardea SOLO ECG Sensor. Please read the **“All About Cardea SOLO™”** patient information pamphlet included in this kit. **SAVE** these instructions for removing and returning your Sensor at the end of the wear period.

Watch the Cardea SOLO Sensor Application Video:
www.cardiacinsightinc.com/patients
or scan the QR Code



Ready To Apply Your Cardea SOLO? Let's GO!

You Will Need:

- Marker or ball point pen
- Loose, comfortable top that allows easy access to your upper left chest
- Razor or electric shaver if needed for chest hair removal

To make application easier, it is suggested that you ask someone else in your household to help you apply the Cardea SOLO heart monitor.

SKIN PREPARATION



Your skin must be clean, dry and free of any oils, lotions, powders or hair. This is very important.

SHAVE all chest hair on your upper left chest, see Figure 1.

TIP: Wet and/or electric shaving can help reduce the chance of skin irritation.

CAUTION: Do not place Sensor over open wound.



Figure 1. Shave ALL body hair in this area

Please do not open heart monitor until your scheduled MESA remote visit.

OPEN CARDEA SOLO SENSOR POUCH AND REVIEW CONTENTS

Wash hands and dry thoroughly. Open the Cardea SOLO pouch and review its contents. Once the pouch is opened, apply the Sensor right away to keep adhesive tacky.

SAVE the Cardea SOLO Pouch for Sensor return after your wear period is complete.

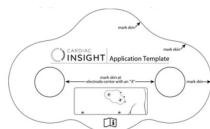
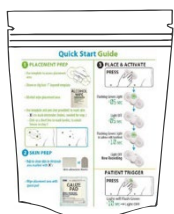
Cardea SOLO Sensor Pouch

Cardea SOLO™ ECG Sensor

Application Template

Patient Diary

Skin Prep Materials



Alcohol pad



Abrasives sponge



Abrasives paper

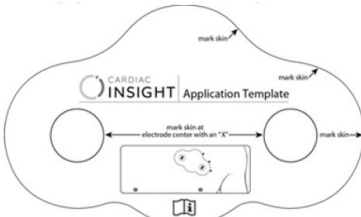


Gauze pad

PLACING THE CARDEA SOLO SENSOR

Use the provided **Application Template** shown below to locate the correct placement area on your **LEFT CHEST**.

Application Template



Stand in front of a mirror to determine the correct placement.



Or, have another person assist you.

- 1 Place the **Application Template** two fingers below your clavicle bone, and above your LEFT breast. The template can be placed on a slight diagonal with the right side higher, or straight across. This is the Cardea SOLO placement area.



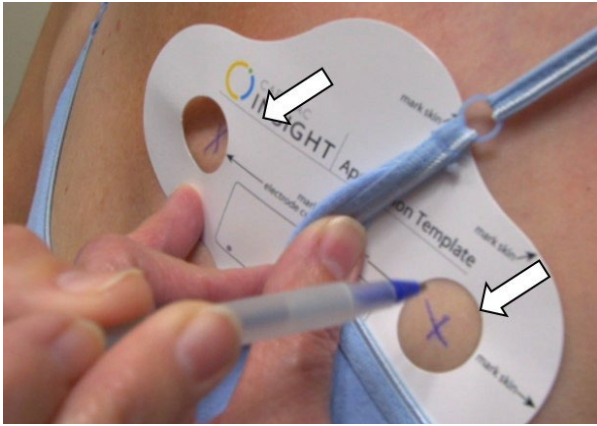
TIP: Avoid placing the Application Template too low on your left breast tissue or into your armpit. If needed, place closer towards the breastbone and slightly higher. Also avoid placing over any bony areas.

- 2 Use the **Alcohol Pad** to wipe clean an area slightly larger than the Cardea SOLO placement area. Let skin dry for 30 seconds.

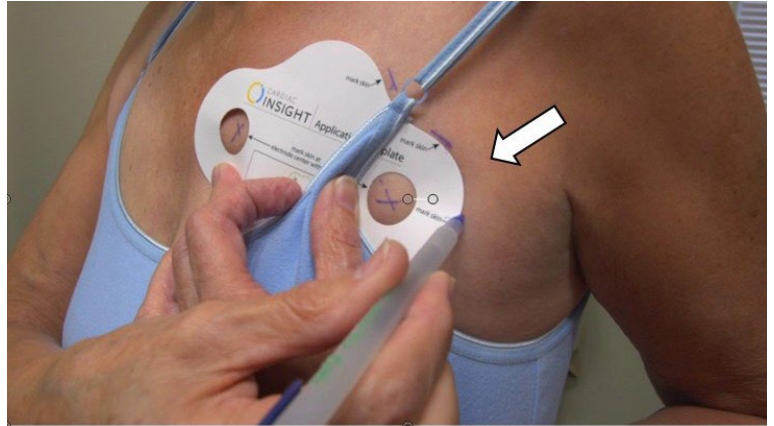


3 Place the paper **Application Template** two fingers below your LEFT clavicle.

4 Use a pen or marker to mark these areas on your skin:



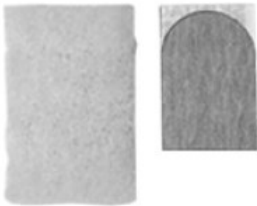
A. With the Application Template in place, draw an **X** in each of the two holes.



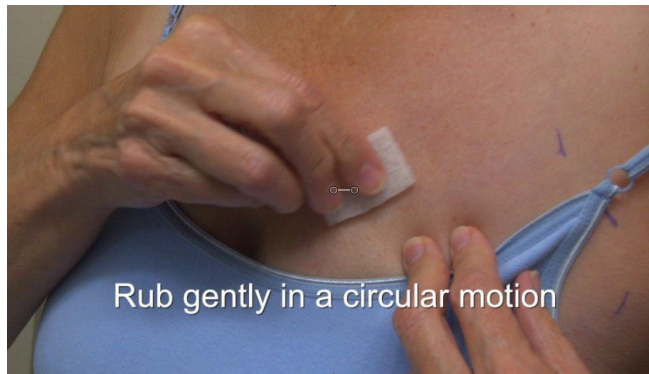
B. Mark **dots or short lines** along the outside border of the template. These dots will guide your Sensor application. You may also trace around the entire Application Template.

CLEANING AND PREPPING YOUR SKIN

1 Choose **one** of the two **Skin Abrasion Pads** and **over each of the two X's**, rub skin gently in a circular motion. You may feel your skin sting a little but this should go away.



Skin abrasion pads



TIP: Use only the Sponge-Type Abrasion Pad if you are taking a blood thinner or if your skin is sensitive.

2 Briskly wipe the Cardea SOLO placement area three times with the dry sterile **Gauze Sponge** To remove the dead skin cells and debris.



TIP: Do not skip this step.

APPLYING CARDEA SOLO



- 1 Remove the clear plastic liner from the LEFT side** of the SOLO Sensor. Take care not to wrinkle or fold the outer adhesive border when removing the liner.

Align the **LEFT** sticky side onto your **LEFT** chest – be sure the **gray circular electrode** aligns over the **X** on the **lowerleft** of your chest.



- 2 Remove the RIGHT plastic liner**, then place the **gray circular electrode** over the right X and stick Cardea SOLO on completely.



- 3 Make sure Cardea SOLO is firmly attached, lying smooth and flat across your chest.**

Firmly press down and smooth out the SOLO Sensor against skin again, including the top, bottom, middle and all around the sides.

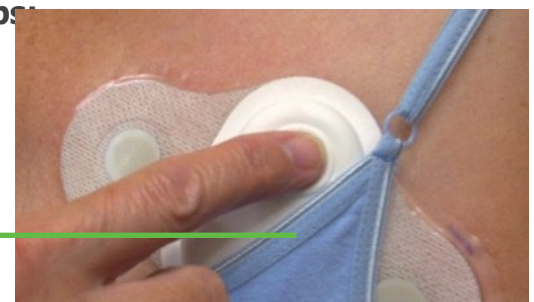
STARTING CARDEA SOLO

Stand in front of a mirror in a slightly darkened room to easily see the activation light sequence. You can also ask a household member to assist you.

Stay still for 30 – 60 seconds while doing these next steps:

- 1 Press the Cardea SOLO's round Start Button once** to turn on Cardea SOLO.

Start Button



- 2 WATCH AND VERIFY YOU SEE THE START-UP LIGHT SEQUENCE BELOW:**

First: A **Green Light** will Flash for *about* 5 seconds.

Second: This Green Light will turn OFF for another 5 seconds.

Third: The **Green Light** starts **Flashing** again in the same **rhythm of your heartbeat** for about 10 seconds.

Fourth: The **Green Light** will then turn **OFF** completely, indicating that it has started correctly.



3 When the Green Light turns completely OFF, write your **START DATE** and **START TIME** on the Cardea SOLO Pouch label. Include your *usual* Bedtime and Wake Time.



MESA Staff members need the exact Cardea SOLO Start Date and Start Time for accurate ECG Analysis. It is very important to write this down right away.

Did your Cardea SOLO Start? If you did not see the start-up light sequence as expected, *or* if you see a **RED** light, the Cardea SOLO Sensor is not making good contact with your skin.

Press down again over and around the entire SOLO sensor and the surrounding adhesive. Wait a few minutes and repeat the button sequence above.

That's it! Cardea SOLO is recording your heart's electrical activity and you can go about your day.

USING THE SYMPTOM MARKER BUTTON

The same button used to start Cardea SOLO is also the symptom Marker Button.

- 1** **If you experience a stressful event, such as:**
- You heard or were told an offensive joke
 - You were treated with less courtesy than other people
 - Someone expected your work to be inferior
 - Something happened that most would find stressful



Calmly approach and press your Cardea SOLO Symptom Marker Button ONCE.

- 2** A Green Light, synchronized to your heartbeat, will flash for about 10 seconds after the button is pressed and then turn off.
- 3** Be still for about a minute after pressing the Marker Button.

NOTE: Remember to still report ALL stressful experiences on the daily phone calls.

IMPORTANT: Cardea SOLO does not wirelessly monitor or transmit your heart rhythm to your healthcare provider. Contact your healthcare provider with any questions, concerns, or to report changes in your condition. If you are experiencing a medical emergency, dial 911 or your local emergency number.

TROUBLESHOOTING



PROBLEM	SOLUTION
<p>Light sequence does not occur as expected at start of monitoring period.</p>	<p>Your Cardea SOLO must detect your heartbeat signal for ECG recording to start. There must be NO RED LIGHT displayed at any time.</p> <ol style="list-style-type: none"> 1. Make sure your Cardea SOLO is lying flat on your chest without wrinkles or folds. Press down firmly and smooth all parts of Cardea SOLO against your skin. 2. Press the Start button again. If it is working, the Cardea SOLO light will flash green in time with your heartbeat for a short time and then stop.
<p>Light does not flash when I press the button when I started recording.</p>	<ol style="list-style-type: none"> 1. Check to see if Green Light is flashing in a dark room after you press the button. 2. If there is no light, or a Red light after you try to press down the Device to your skin, please let the MESA coordinator know.
<p>I lost my Cardea SOLO or it isn't working properly.</p>	<p>If your Cardea SOLO gets lost, damaged or isn't working, please contact the MESA study team for instructions.</p>

THANK YOU for reading and following the instructions in this Guide.
Contact the MESA Research Team if you need assistance or have questions.