



Patient's Checklist:

- ✓ My doctor has ordered a cardiac diagnostic test for me.
- ✓ I understand that this is for diagnostic purposes only. In the event of a medical emergency, I will seek immediate medical attention or dial 911.
- ✓ The doctor's office has applied the electrode patches to my skin or has shown me how to apply the patches myself.
- ✓ I will call m-Health Solutions Inc. with any question I have regarding this diagnostic test any time from 9 am to 5 pm Monday to Friday (Eastern Time) at 1.888.636.0186.
- ✓ I have received my kit in the mail, have read through the instruction manual or watched the video and hooked myself up to the recorder.
- ✓ I understand that I need to wear the recorder every day, all day, for up to 14 days or until diagnosis is made (could be less than 14 days).
- ✓ I will remove my recorder before bathing or any activity that involves water and re-attach it afterwards.
- ✓ I will make sure to keep the recorder and BlackBerry within 30 feet (10 meters) of each other for the system to function properly.
- ✓ I will make sure to charge the BlackBerry every night and keep it at my bedside.
- ✓ When my electrode patches become loose I will remove the old patches, clean the skin area with the provided alcohol swab, allow the skin to dry completely and apply new patches close to the same area.
- ✓ When returning the kit, I will make sure that all kit contents are returned in the same condition that they were in at the time they were sent to me.
- ✓ I can follow up with my physician regarding my test results.

