

Remote Monitoring Guide:

An overview of m-Health Solution Inc. Monitoring Service

1. Enrol

- ✓ Your doctor has ordered a cardiac diagnostic test for you.
- ✓ This test is for diagnostic purposes only.
- ✓ In the event of a medical emergency, seek immediate medical attention or dial 911.
- ✓ This test may last up to 14 days.
- ✓ During your appointment, your doctor's office has applied the two electrode patches to your skin or has shown you how to apply them yourself.
- ✓ They have also reviewed the test process, procedures and instructed you that your kit will be couriered within 1-2 business days following the receipt of the signed requisition form (excluding weekends and holidays).
- ✓ If your appointment was on a Friday you will not receive your kit until Monday. If desired, you can remove the electrode patches from your skin. You will be able to re-apply using the extra electrodes that are supplied in the kit.

2. Hook-Up

- ✓ Once you have received your kit in the mail, set up in a clean, dry, well lit and comfortable area.
- ✓ It is recommended that you read the instruction manual or watch the self hook up video before beginning the self-hook-up process.
- ✓ It is important to check that the electrode patches are well attached to your skin.
- ✓ If the patches are loose, you must replace the patches with extra patches that are supplied in the kit.

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3. Recorder

Wear the recorder for the testing period to help detect any irregular heart rhythms, it is important to wear the recorder all day, every day for up to 14 days. Please remove the recorder while showering and put it in a safe dry place along with the BlackBerry; the two devices are NOT waterproof.

4. Recorder Button

Our recorder has been designed to record information about the rhythm of your heart. If you are experiencing symptoms at any time, press the green centre button on the recorder. Our recorder has the ability to automatically record and transmit cardiac events to our cardiac scanning centre.

5. Report

m-Health Solutions Inc. reports the information collected from the device to your physician.

6. Return

At the end of the 14- day testing period or when there is enough information for diagnosis, we will call you to instruct you on how to courier the kit back to us.



m-health
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