

Quick Guide for Patients

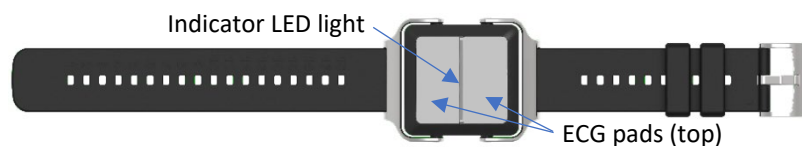
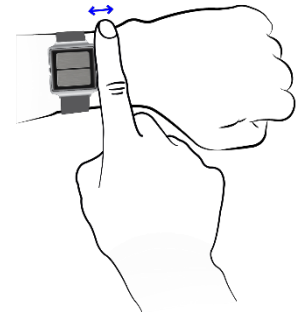
PulseOn Arrhythmia Monitor (AMS-1)



Consult the Patient Guide (ref. AMS-1-PG-EN) or User Guide (ref. AMS-1-UG-EN) before use.

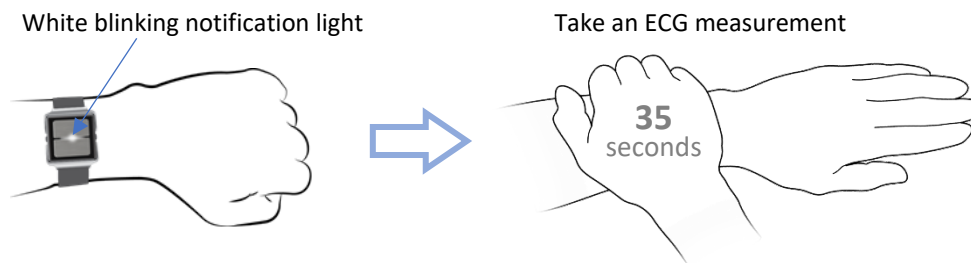
Wearing the Device

- Wear the wrist device during daily life and during sleep.
- The device should be worn on a wrist, approximately one finger width away from the wrist bone (see figure).
- The strap should be tight enough, so that the bottom sensors (including the two yellow LED lights that are on) are pressed against the skin. However, the device should not be so tight as to cause discomfort and obstruct blood flow to the hand.



Taking an ECG Measurement

If the device shows a white blinking light and vibrates, take an ECG measurement. You can also take an ECG measurement at any time, especially if you feel symptoms.



- Sit down, breathe calmly, and rest the hand with the device on your lap or on a table if possible.
- Place your other hand on the device for 35 seconds (one vibration at the start and another one at the end).
 - ✓ Successful measurement: the device gives a long vibration and shows a continuous white notification light.
 - Failed measurement: the device vibrates quickly and shows a fast-blinking white notification light. Please take a new measurement.

Note: The notification light after an ECG measurement only indicates whether the measurement was recorded correctly or not. **It does not indicate any information concerning a regular or irregular heart rhythm.**

Some users may experience numerous arrhythmia episodes. To avoid unnecessarily disturbing the user, the device does not alert the user about every possible episode. In some specific cases, the device may give out arrhythmia notifications while not being worn. The user should not react to these in any specific way.

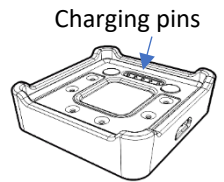
If the red notification light is blinking, the wrist device needs to be recharged. The low battery warning does not disrupt any normal functions of the device.



If the red notification light is continuously on, the device has encountered an unrecoverable error. In this case, contact the device provider (healthcare personnel).

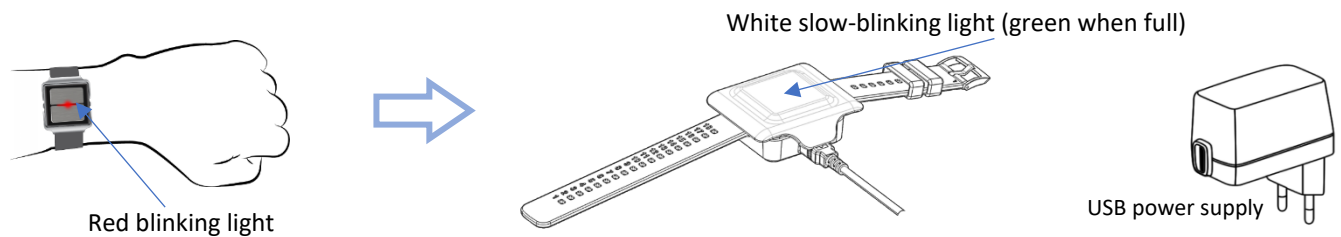
Recharging

When recharging the wrist device, open the silicone lid, place the device on the charging dock and close the lid. Make sure that the charging pins on the bottom of the device and on the dock are in contact.



While charging, a slowly blinking white light is shown. When the battery is full, a continuous green light is shown.

Fully charging the wrist device takes approximately 2 hours in normal conditions. If the battery is empty when charging is started, it may take a short while before the white LED lights up. If, after charging the device for over 2 hours, the green light does not show, the device can be removed from the charger and taken into use.



Cleaning

It is recommended to clean the wrist device regularly as a precaution. Accumulating dirt, dust and dead skin on the wrist device can lead to skin irritation.

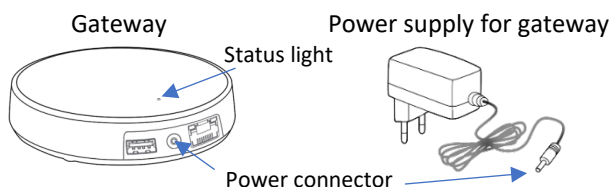
The wrist device can be cleaned by rinsing it with water or wiping it with an antibacterial cleaning sheet or similar.

Optional: Using Gateway

Medical personnel can provide the user with a PulseOn gateway for data transfer. If you have been given such a device, follow these instructions.

To power up the gateway, attach the power supply to the gateway and plug it into a wall outlet. The gateway switches on automatically.

Keep the gateway connected to an electrical plug in a central location of your apartment – such as the living room or bedroom. The location should be chosen so that the person wearing the wrist device can be near the gateway (less than 5 metres away) for at least 30 minutes per day without obstructions such as heavy walls in between the device and the gateway. The device is correctly installed when the status light is continuously green.



Gateway status light indications

Green	●	Connected to the internet
Blue	●	Trying to establish a connection
Red	●	Error state