

# How to Install the CardioNet Base

# 1

*Look for outlet and jack*



# 2

*Find your phone cord*



# 3

*Plug phone cord into base*



Find an electrical outlet located close to a telephone jack, preferably in your bedroom.

Pick up the receiver of your home phone and listen to ensure there is a dial tone.

Locate the telephone cord plugged into the back of your home phone. Unplug the telephone cord from the back of your telephone.

On the CardioNet base, locate the slot labeled "Phone In" on the back of the base. Take the telephone cord you just unplugged from the back of your phone and plug it into the slot on the base labeled "Phone In".

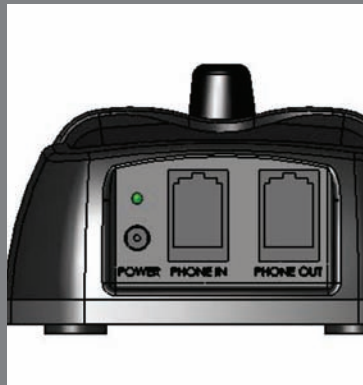
# How to Install the CardioNet Base

# 4

*Plug in second phone cord*

# 5

*Plug in power cord*



In the CardioNet kit, find the telephone cord. Locate the slot labeled "Phone Out" on the back of the base. Plug one end of this telephone cord into the slot on the base labeled "Phone Out". Plug the other end of this cord into the back of your telephone.

In the kit, locate the power cord. On the back of the base, locate the round hole labeled "Power". Plug the small, round end of the power cord into the slot on the base labeled "Power". Plug the other end into an electrical outlet.

Check your home phone for a dial tone.

# About the CardioNet Base

## *The Base Recharges your Monitor*

The base functions as a recharging station for your CardioNet monitor. When you insert the monitor into the base correctly, "Monitor is Charging" will appear on the screen. The monitor's rechargeable battery provides between 12 to 16 hours of use. If you plan to be away from home for more than 12 hours, you should bring one of the black power cords with you. At some point during the day, plug the power cord into an electrical outlet and charge your monitor by inserting the other end of the power cord into the hole on the side of the monitor.

## *The Base Transmits Events Using your Home Telephone*

When your CardioNet monitor is in the base, it uses your home telephone system for communications with the CardioNet Monitoring Center. When you are away from home – or whenever your CardioNet monitor is out of the base station – the monitor uses cell phone technology to contact the CardioNet Monitoring Center and transmit data. You do not need a cell phone. The monitor uses its own cell phone.

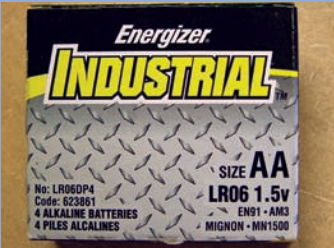
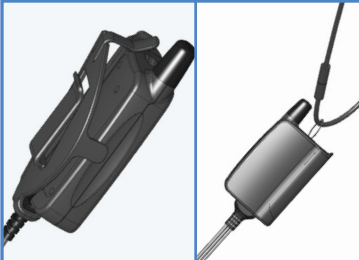
As with consumer cellular phones, calls can sometimes be delayed or blocked by coverage problems, heavy traffic on cell phone networks, or physical obstructions such as buildings or mountains.

If the CardioNet monitor has data to transmit and is unable to communicate with the CardioNet Monitoring Center through cellular communications, the monitor will store the data and transmit it when cell coverage becomes available or through your home telephone system when the monitor is placed in the base.

If you pick up your telephone while the monitor is in the base and transmitting data, you will hear static, like the sound a fax machine makes. Hang up the phone and wait a few minutes while the data is sent and then you will get a dial tone. If you must use your phone and the monitor is transmitting data, take the monitor out of the base and make your call. When you are done with the call, however, you should return your monitor to the base right away to complete the transmission. If you are on the phone and the monitor wants to transmit data, you might hear clicking sounds. If you are using a dial-up connection to access the Internet on the same phone line as the base, and the monitor is in the base transmitting data, it may disconnect you from the Internet. Hang up and the monitor will transmit the data. When the monitor is in the base and transmitting data, your telephone line will have a busy signal for incoming calls. You will not be charged for any calls your monitor makes to CardioNet.

# How to Activate the CardioNet Sensor

The table below will help you gather all the items you will need to begin using your CardioNet sensor. All items are located in your CardioNet kit.

| Items You'll Need to Begin Using your CardioNet Sensor |                                                                                     |                                         |
|--------------------------------------------------------|-------------------------------------------------------------------------------------|-----------------------------------------|
| Item and Quantity                                      | Picture of Item                                                                     | Kit Location                            |
| 1<br>CardioNet Sensor                                  |    | <div>Place shipper kit image here</div> |
| 1<br>AA Battery                                        |    | <div>Place shipper kit image here</div> |
| 1<br>Pack of Electrode Pads                            |   | <div>Place shipper kit image here</div> |
| 1<br>Neck Strap or Belt Clip                           |  | <div>Place shipper kit image here</div> |

# How to Activate the CardioNet Sensor

# 1

*Insert the AA battery*



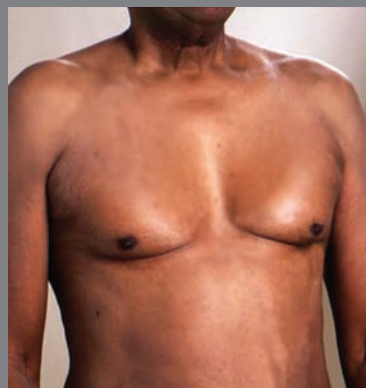
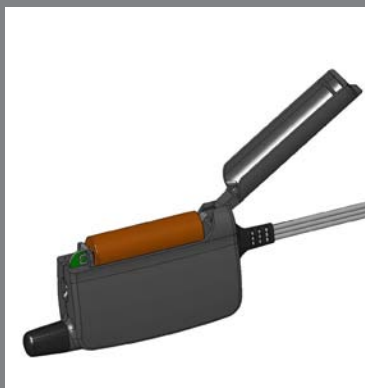
# 2

*Belt clip or neck strap?*



# 3

*Prepare your skin*



Lift the lid of your sensor and place one AA battery inside. Use the diagram on the inside of the sensor to make sure you insert the battery with the proper positive and negative orientation. If you have inserted the battery correctly, you will hear a chime.

**Neck strap:** unsnap the neck strap and thread it through the loop on the sensor. Snap the ends together and place it over your head. The 2 tabs allow you to adjust the length of the strap.  
**Belt clip:** attach the clip to your pants, skirt or belt. Snap the flat side of the sensor into the clip with the wires pointing upward.

First make sure you do not have any lotion, powder or hair in the three locations (steps 4-6). If you have lotion or powder on, you should wash off the areas with soap and water and dry the skin completely. If you have any hair in these locations, you must shave it all off before putting the electrodes in place.

# How to Activate the CardioNet Sensor

4

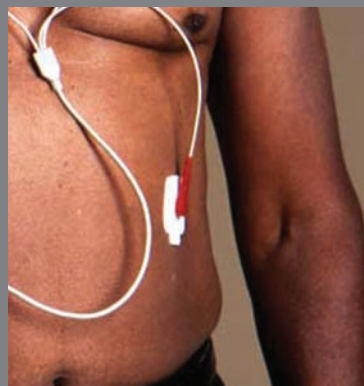
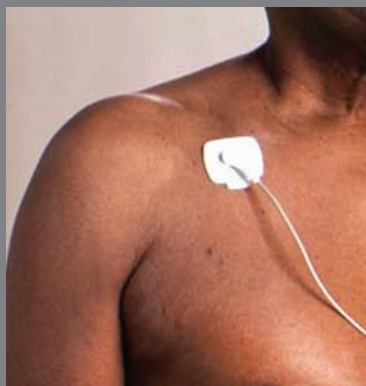
*White on right*

5

*Black on left*

6

*Red on ribs*



Open one pack of electrodes. Snap the 3 leads (from the end of your sensor wires) onto the 3 electrodes. Peel off the electrode from the backing with the WHITE lead attached. Place this electrode just below the center of your right collarbone. Press so that the electrode is adhered to your skin.

Peel off the electrode from the backing with the BLACK lead attached. Place this electrode just below the center of your left collarbone. Press so that the electrode is adhered to your skin.

Peel off the electrode from the backing with the RED lead attached. Place this electrode on your left side, on the lower part of your rib cage. RED on ribs. Press so that the electrode is adhered to your skin.

# Tips for Wearing the CardioNet Sensor

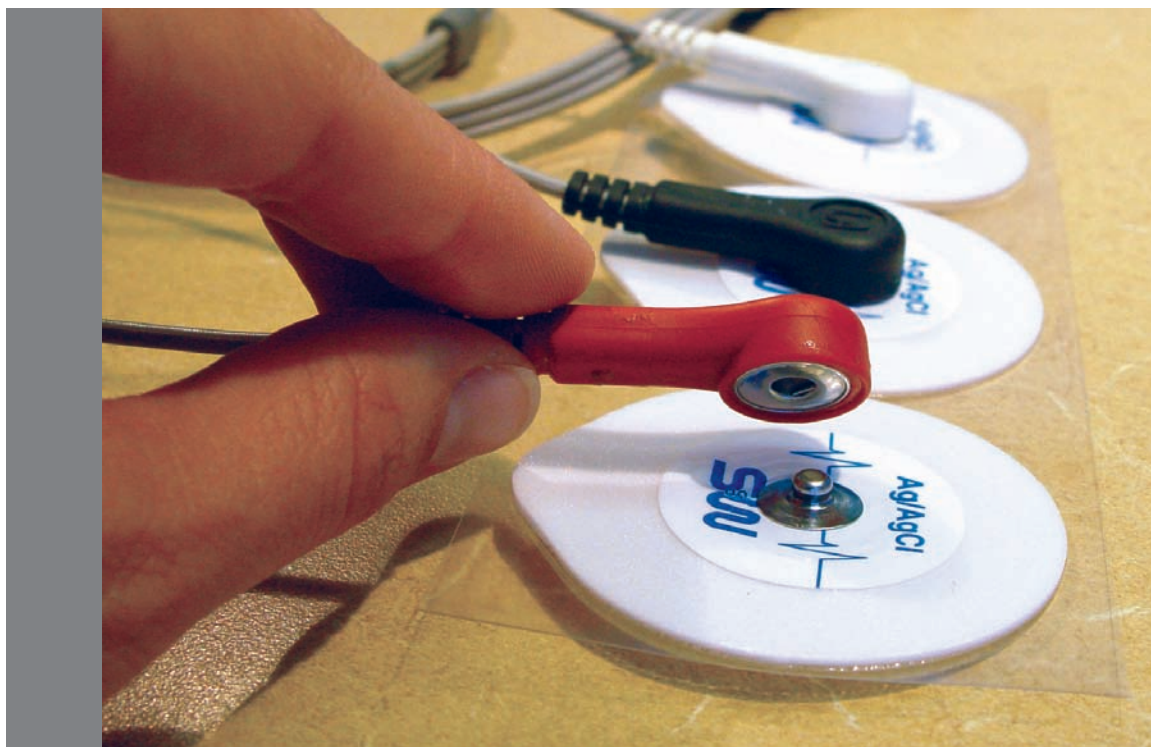
## *How the Electrodes Work*

The CardioNet sensor uses three electrode pads, carefully placed on your body to detect heartbeats by sensing electrical changes on the surface of your skin. The electrode pads are attached to three leads - a white lead, a black lead and a red lead. The leads can be snapped on and off the electrodes. This allows you to take off the leads and sensor before showering – without removing the electrode pads.

It is very important that you follow the instructions in Chapter 4: *Changing Your Electrodes*. By following these instructions carefully you are providing CardioNet with a clear reading of your heartbeats while maintaining the health of your skin.

## *If You Experience Skin Irritation*

If you experience skin irritation or a rash or at any time you experience discomfort wearing the electrodes, please contact CardioNet at 1-866-426-4401.



# How to Activate the CardioNet Monitor

Before proceeding, please contact a CardioNet Customer Service Representative at 1-866-426-4401. The table below will help you gather all the items you will need to activate your CardioNet monitor. All items are located in your CardioNet kit.

| Items You'll Need to Activate your CardioNet Monitor    |                                                                                     |                                                        |
|---------------------------------------------------------|-------------------------------------------------------------------------------------|--------------------------------------------------------|
| <i>Item and Quantity</i>                                | <i>Picture of Item</i>                                                              | <i>Kit Location</i>                                    |
| <div>1</div> <div>CardioNet Monitor</div>               |    | <div>Place shipper kit image here</div>                |
| <div>1</div> <div>Sensor Attached</div>                 |   | <div>The sensor should be attached to your body.</div> |
| <div>1</div> <div>Patient Enrollment Form to sign</div> |  | <div>Place shipper kit image here</div>                |

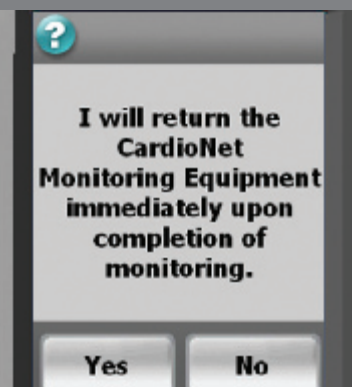
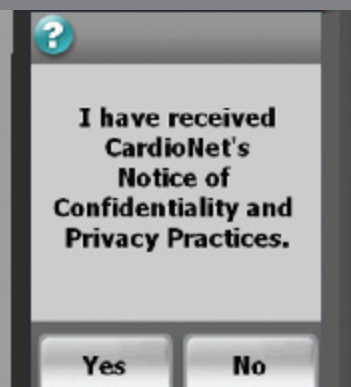
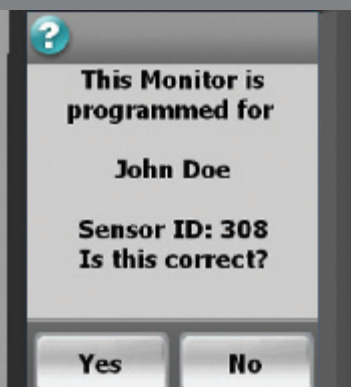
# How to Activate the CardioNet Monitor

# 1 2 3

*Confirm name and sensor*

*Received Privacy Practices*

*Agree to Return Equipment*



Switch the power switch on the green/on position. Wait for the monitor to power up. Activation screen 1 will appear. Your name should appear on the screen.

Look at the back of your sensor. The 5 digit SNV number should match the number on this screen.

Touch **Yes** to proceed.

Activation screen 2 is shown.

In the blue folder in your kit, locate "CardioNet's Notice of Confidentiality and Privacy Practices".

Touch **Yes** to indicate that you have received this document.

Activation screen 3 is shown.

Touch **Yes** to indicate that you agree to return your CardioNet kit and all its contents immediately after your monitoring is complete.

# How to Activate the CardioNet Monitor

4

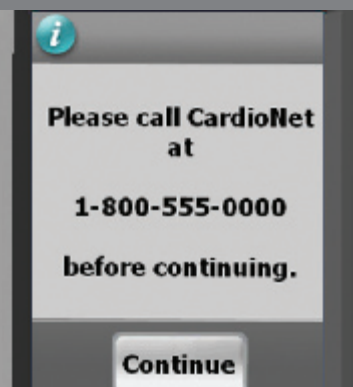
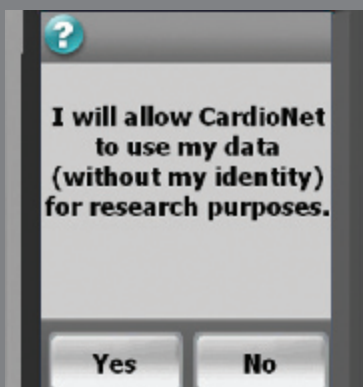
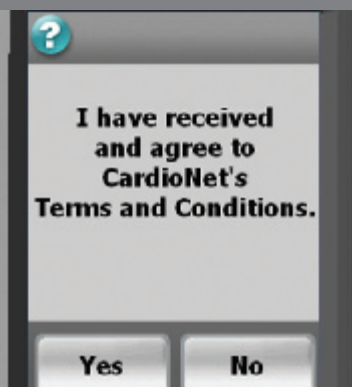
*Agree to terms*

5

*Agree to Share Data*

6

*Call CardioNet*



Activation screen 4 is shown.

In your kit, locate the "Patient Enrollment Form."

Touch **Yes** to indicate that you agree with the Terms and Conditions on the form.

Activation screen 5 is shown.

Touch **Yes** to indicate your consent to allow CardioNet to use your data for research purposes. Your identity will not be used and will be kept private.

Activation screen 6 is shown.

If you are not already speaking with a Customer Service Representative, please call CardioNet at 1-866-426-4401.

Touch **Continue** on your screen to proceed.

# How to Activate the CardioNet Monitor

7

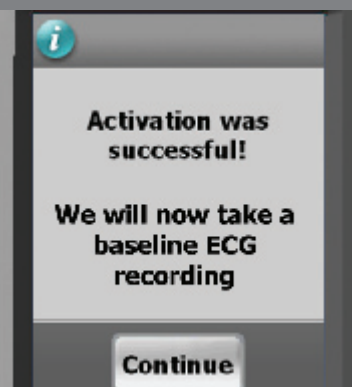
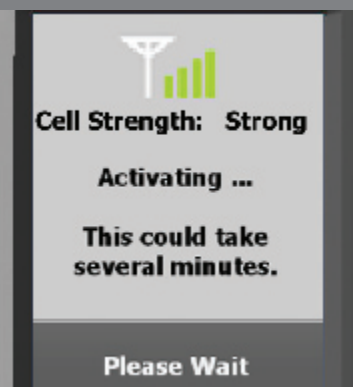
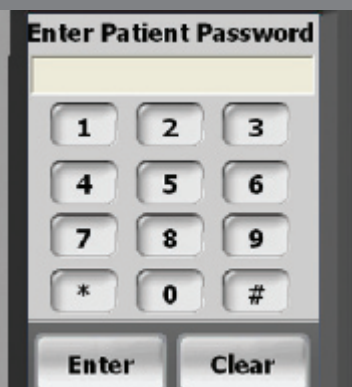
*Enter password*

8

*Activating... stand by*

9

*Activated.*



Activation screen 7 is shown.

While you are talking with our Customer Service Representative, they will give you a password to enter.

Enter the password and touch **Enter** to continue.

Place the monitor in the base. You may need to hang up the phone now.

The Activating Monitor screen appears.

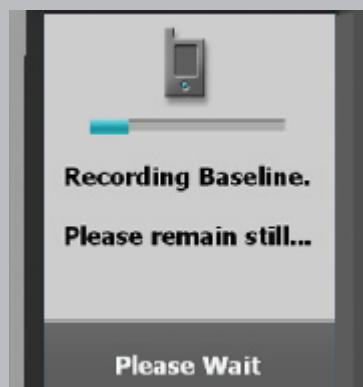
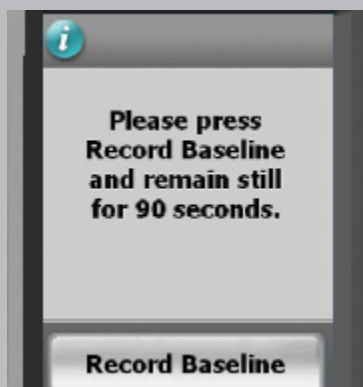
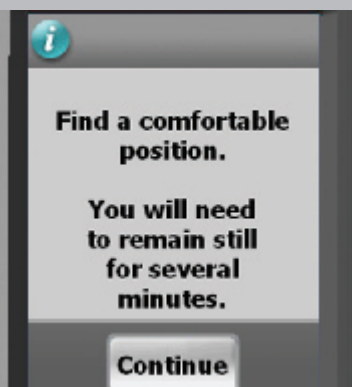
During this time, your monitor is attempting to connect with the center and activate your prescription. This could take several minutes.

If activation fails, a screen containing instructions will appear (see page 25).

When the monitor has connected and activation is complete, the Activation Successful screen is shown.

Touch **Continue** to proceed and begin the process of recording a baseline ECG.

# How to Activate the CardioNet Monitor



Before you begin recording your baseline ECG, find a comfortable place to sit or lay down. When you are comfortable press **Continue** on the screen.

When you are comfortable and are certain you can remain still for up to 2 minutes, press **Record Baseline** on the screen.

While your baseline ECG is recording the screen will show you a blue bar to indicate your progress. Please wait and remain still until this screen changes.

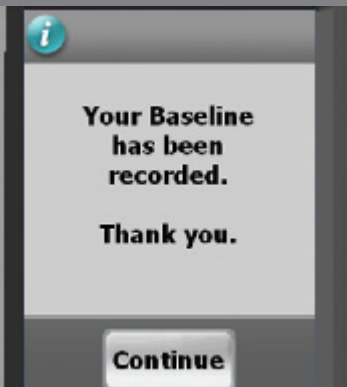
# How to Activate the CardioNet Monitor

4

*Baseline Recorded*

5

*Begin monitoring*

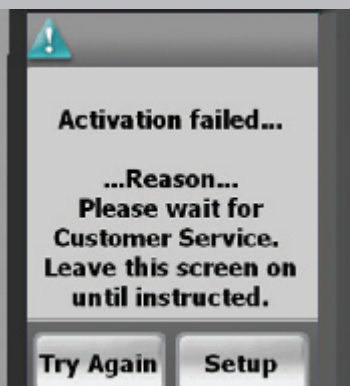


Once your baseline ECG has been recorded, the Baseline Recorded confirmation screen will appear. **Press Continue** to go to the Main Menu.

The Main Menu screen is displayed. You are now ready to begin your monitoring session with CardioNet.

# How to Activate the CardioNet Monitor

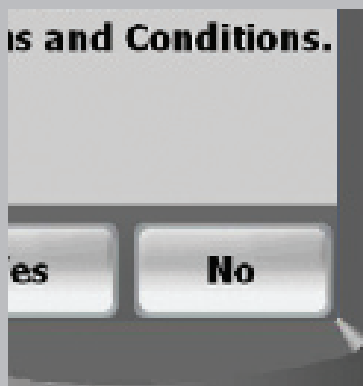
## If Activation Fails



If the monitor is unable to connect to the CardioNet center, the activation will fail.

If the "Activation failed" screen appears, do not proceed until you have called CardioNet's Customer Service at 1-866-426-4401.

## If You Disagree



If you disagree with any of the Activation screens you may choose **No**. However, if you do not consent to all of the Activation screens, CardioNet may not be able to provide monitoring to you. Please call CardioNet at 1-866-426-4401 to discuss your options. Please do not call your physician.

## Need Assistance?



If you have questions or need assistance at any time, call CardioNet toll free at 1-866-426-4401.

