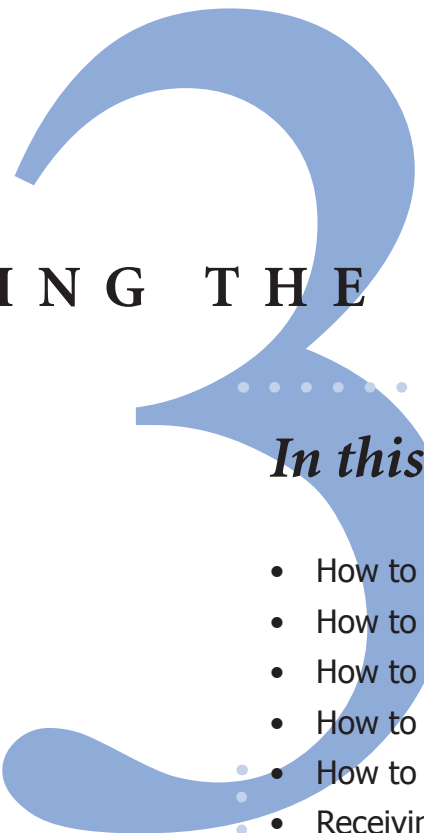


A large, stylized blue number '3' serves as a background element, partially obscured by the chapter title and the list of topics.

U S I N G T H E M o n i t o r

In this Chapter:

- How to Turn your Monitor On and Off
- How to Record an Event
- How to Change Monitor Options
- How to Check Battery Power
- How to Check Cell Phone Coverage
- Receiving Messages from CardioNet
- How to Read a Text Message

How to Turn Your Monitor On and Off



With your monitor off, locate the black toggle switch on the bottom of the device. It shows red. Move it to the right. It will show green.

You will hear a start up sound and the CardioNet "C" logo will appear. When the touch screen displays the Main Menu, the monitor is on and awake.

With your monitor on, locate the black toggle switch on the bottom of the device. It shows green. Move it to the left. It will show red.

The "Good bye..." screen will appear.

The "Good bye" screen indicates that your device is shutting down. Do not move the toggle switch until the screen is blank and the device is completely off.

The only times you will need to turn the monitor off are when you change the sensor battery, change your electrodes, or take a shower or bath.

How to Turn Your Monitor On and Off

On & Awake



When the monitor is awake, the touch screen is lit and the LED light at the top right side of the monitor blinks red or green.

A green blinking LED light means you are being monitored.

A red blinking LED light means you are not being monitored.

On & Asleep

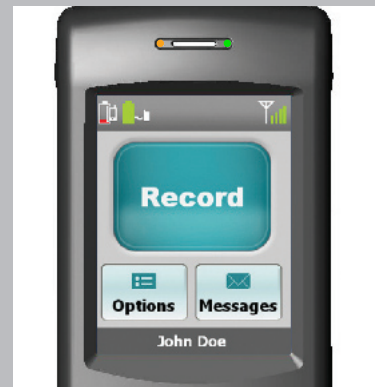


When the monitor is asleep, the touch screen is blank and not lit.

The LED light at the top right side of the monitor is on and blinking red or green.

Sleeping helps the monitor save battery power while you are not using the touch screen.

Charging



When the monitor is charging, the LED light at the top left side of the monitor will illuminate in orange. The monitor battery icon, located on the Main Menu in the upper left corner will blink and will change colors as it recharges.

Always leave your monitor on, even when charging.

How to Record an Event

1

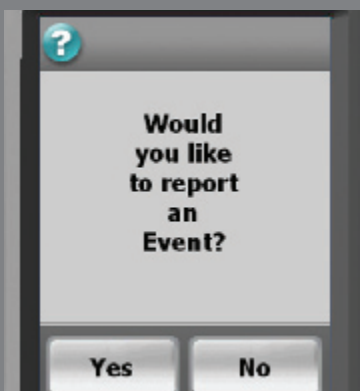
Touch Record Event

2

*Touch **Yes** to confirm*

3

Touch symptoms



Follow these steps if you are experiencing any symptoms.

Ensure that your monitor is on and awake.

On the Main Menu touch the **Record** button.

On the monitor's touch screen, a confirmation screen will appear.

Touch the **Yes** button to continue to step 3.

If you have touched the Record button by accident and do not wish to record an event, touch **No** and you will return to the Main Menu.

The first of two symptom screens appears.

Select each symptom that you feel. The button will depress and change to a dark blue color.

Touch **Next** and repeat for the second symptom screen.

When you are finished, touch **Next**.

How to Record an Event

4

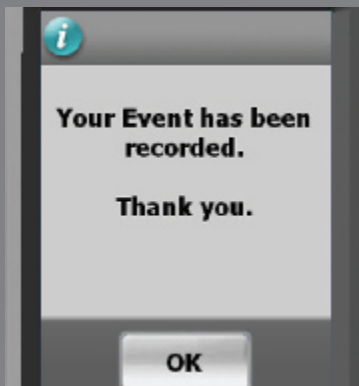
Touch activity level

5

Event recorded

6

Main menu



Choose the activity level that best reflects your level of exertion when you felt your symptom.

When you are finished, touch **Next**.

Your event information has been recorded and stored. The monitor will then attempt to contact and transmit the data to the CardioNet Monitoring Center.

Touch **OK** to return to the Main Menu.

When you wish to record another event, press the **Record** button.

How to Change Monitor Options

1

Touch **View Options**



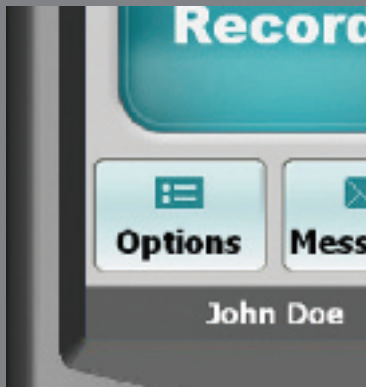
2

Touch **Volume**



3

Choose desired volume



Ensure the monitor is on and awake.

From the Main Menu, touch the **Options** button.

Touch the button labeled **Volume**.

Choose a desired volume.

Touching **High**, **Medium** or **Low** places a check mark next to your selection. You will hear a tone for the volume you have chosen. Vibrate disables the audio sounds and you will feel the monitor vibrating.

Touch **Confirm** to save.

Volume

How to Change Monitor Options

1

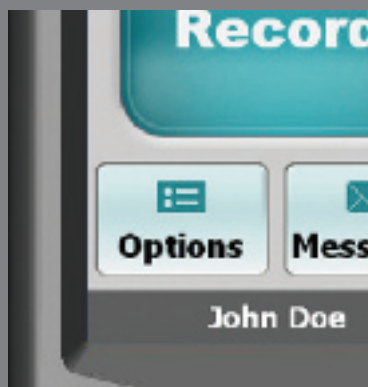
Touch View Options

2

Touch Display

3

Choose desired brightness



Ensure the monitor is on and awake.

From the Main Menu, touch the **Options** button.

Touch the button labeled **Display**.

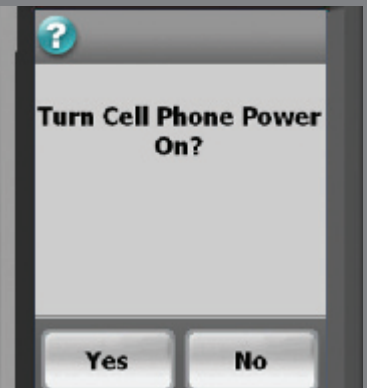
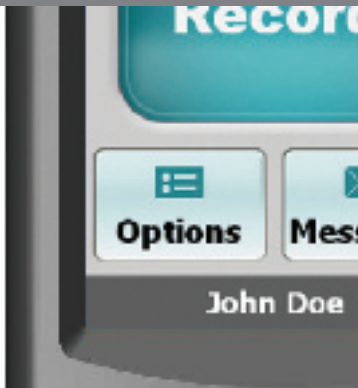
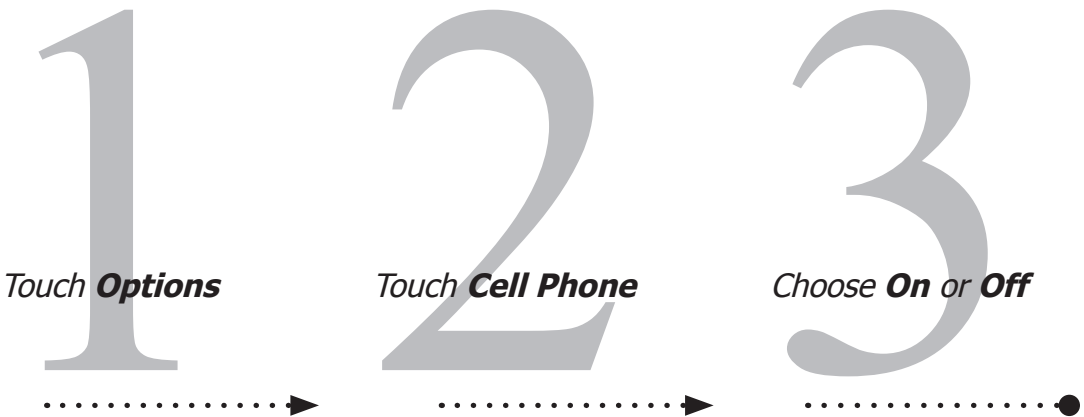
Choose a desired brightness for the screen.

Touching the **Bright**, **Medium** or **Dim** button adjusts the LCD screen brightness and you will see the new setting you have chosen.

Touch **OK** to save.

Display

How to Change Monitor Options



Ensure the monitor is on and awake.

From the Main Menu, touch the **Options** button.

*Never turn off your cell phone. The cell phone off feature is **ONLY** for use when flying.*

Touch the button labeled **Cell Power**.

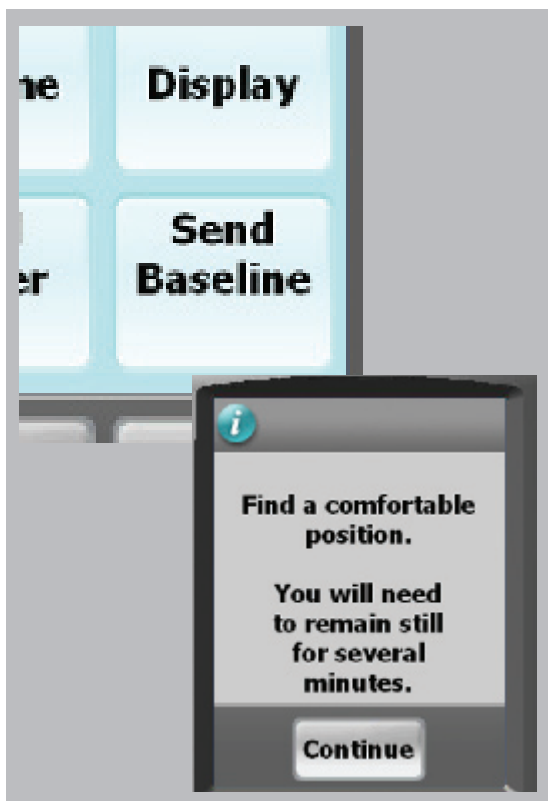
Choose either **Yes** or **No**.

When the cell phone is off, monitoring continues, but no data can be sent unless the monitor is in the base or the cell phone is turned back on.

The cell icon on the Main Menu now displays "OFF".

Cell Phone

How to Change Monitor Options



Pressing the **Record Baseline** button will display the first screen in this process. You should only proceed when speaking with an authorized CardioNet Customer Service Representative.

If you enter this screen by accident, exit by touching **Back** you will return to the Options Menu.

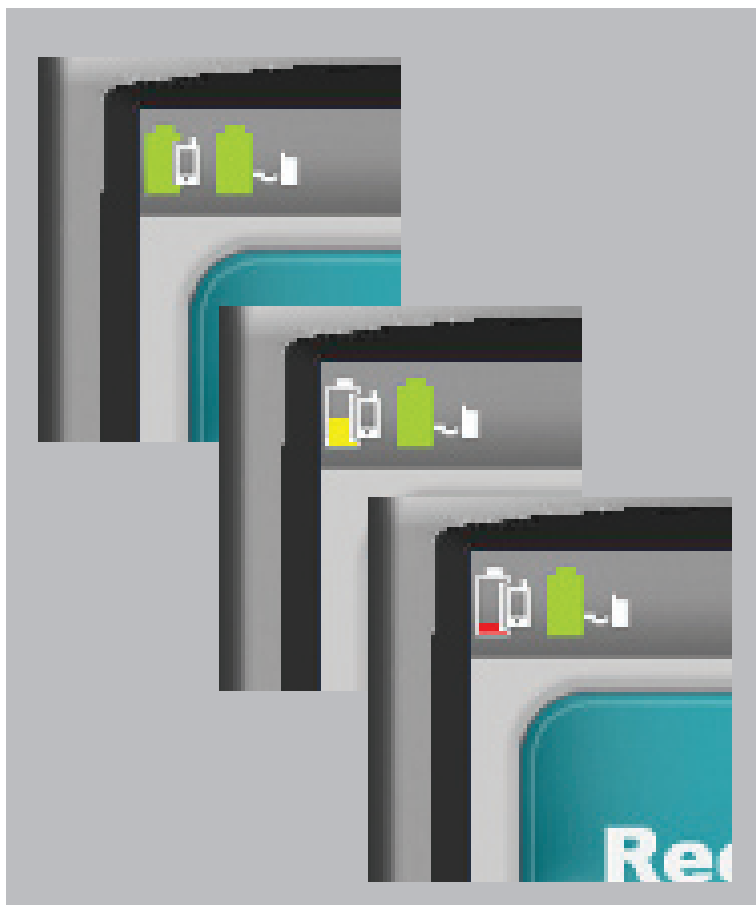


Pressing the **Service** button will display a password screen. This screen allows CardioNet personnel to troubleshoot your monitor. These screen can only be accessed while you are speaking with an authorized CardioNet Customer Service Representative.

If you enter this screen by accident, exit by touching **Enter**, then **OK** and you will return to the Options Menu.

Service or Send...

How to Check Battery Power



A battery icon that is filled with a green color indicates your monitor and / or sensor have full power.

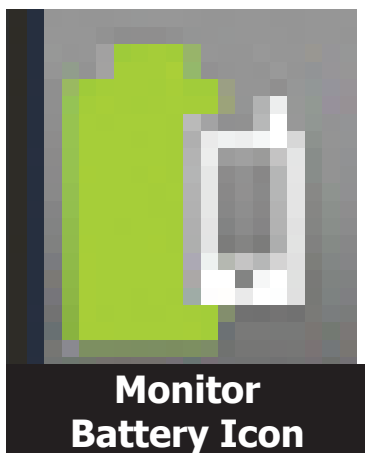
A battery icon that is partially filled with a yellow color indicates a low battery in either your monitor or sensor.

A battery icon that is minimally filled with a red color indicates either your monitor or sensor battery is empty.

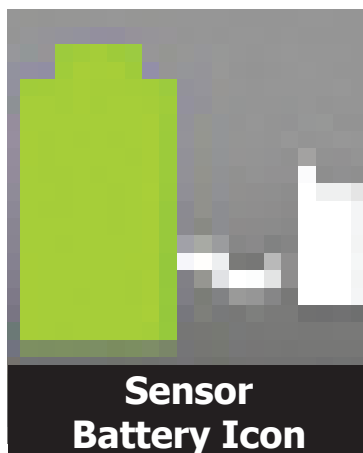
The monitor's rechargeable battery provides 16 hours of use for every 4 hours of recharging.

The sensor AA battery should be replaced at the same time every day.

If your monitor or sensor battery icon are red in color you, should recharge or replace the battery immediately.



**Monitor
Battery Icon**



**Sensor
Battery Icon**

How to Check Cell Phone Coverage

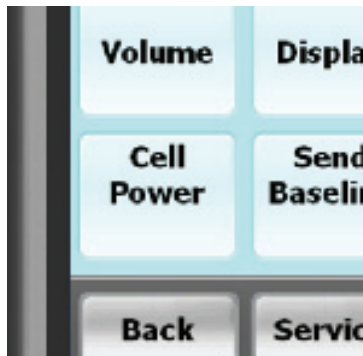
Four green bars located to the right of the cell icon indicate a very strong cell signal.

No bars to the right of the cell icon indicates no cellular signal.

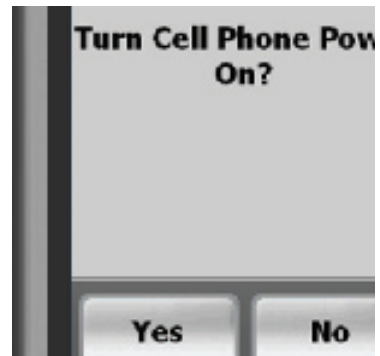
The word OFF to the right of the cell signal indicates your cell phone has been turned off. To turn back on, touch the **Options** button on the Main Menu, select **Cell Power**, then select **Yes**. Please remember, the cell phone off feature is only for use when flying.

You can't change your cell strength unless you change your current location.

If the icon indicates no cellular coverage and the monitor is not in the base, your data will be stored until the monitor has a cellular connection or is placed in the base.



Options Menu



Yes for Cell Power

Receiving Messages From CardioNet

About Text Messages

There are times when CardioNet may want to send you a message regarding your monitoring. If you see the blue envelope on the Messages button with the word "NEW" blinking on it, you have received a text message. In order to read the message, touch the Messages button and your message will appear on the screen. When you are done reading and responding to the message, touch OK to return to the Main Menu. The blue envelope will remain on the button and you can read your message again at any time by pressing the button. If you receive another message, the word "NEW" will appear and blink on your envelope. You will need to touch the button again to read your new message.



How to Read a Text Message

1

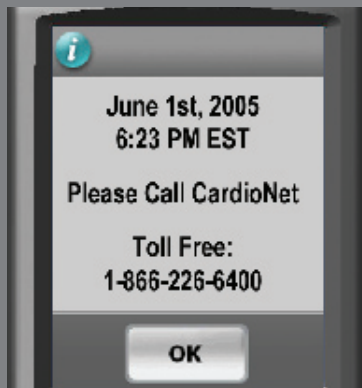
Touch Messages button

2

Read text message

3

Return to Main Menu



Ensure the monitor is on and awake.

If you have received a new text message, an envelope icon will blink **"NEW"**.

From the Main Menu, touch the **"Messages"** button located at the bottom right corner of the screen.

The date and time the text message was sent to you is displayed.

Read the text message and follow any instructions provided.

When you have finished, touch **OK** to return to the Main Menu.

The envelope icon no longer reads **"NEW"**. You can regain access to the text message by touching the **"Messages"** button.

If you receive another text message, the envelope icon will change and blink **"NEW"** again.

4 S E N S O R C A R E

In this Chapter:

- Tips for Changing Electrode Pads
- How to Change Electrodes and Attach Sensor
- Remove Before Showering or Bathing
- How to Change the Sensor AA Battery