

1. Plan & position

Enroll the patient.
Online: www.ZioSuite.com
Phone: 1.888.693.2401

Write in Name, Physician, Start Date and Time on cover of *Patient Instructions & Button Press Log*.

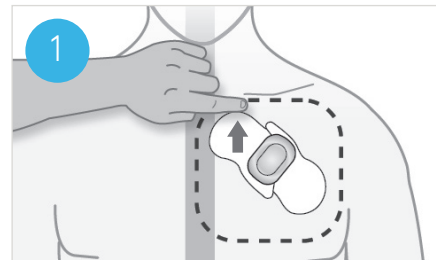
Determine position:
Patient should stand with arms relaxed at side.

Skin should be free of perspiration.

Determine placement area without removing backing.

Place on flattest part of upper left chest:

- 1 finger width below collarbone, centered over left pectoral muscle
- Edge of the Zio XT Patch next to sternum
- Angle so arrow on top label points upward
- Avoid armpit and breast tissue



2. Prep skin

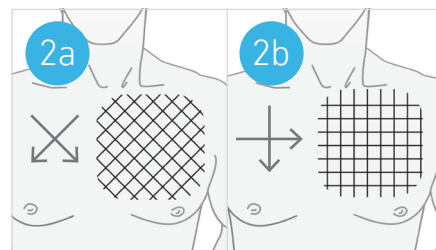
Prepare a large area:

Shave area.

Abrade skin, applying pressure for 40 broad strokes—10 times in the direction

of each arrow in 2a & 2b (important for adhesion and ECG signal quality).

Clean skin thoroughly with all alcohol pads. Let dry for 1 minute.



3. Apply patch

Hold device in the center and remove clear backings. Keep top label on. Do not touch adhesive.

Place Zio XT Patch in the recommended position.

Press firmly across the entire device for 2 minutes (see image 3).



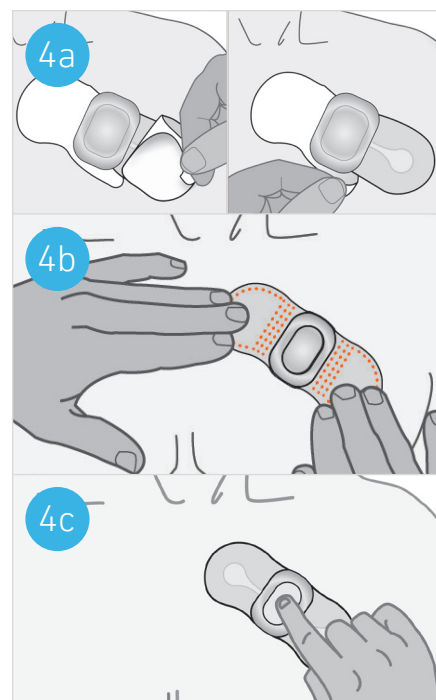
4. Finish & activate

Peel off the 2 parts of the top label (see image 4a).

Firmly press the 'Zio' button and release (see image 4c). The **green** light will flash 5 times indicating that the monitoring has started.

Press firmly across the entire device for 2 minutes, working adhesive into the skin. Emphasize pressing on the dotted areas shown in figure 4b.

Help patient get familiar with the location of the button.



5. Download & register

Ask your patients to download the MyZio™ symptom tracking app.



Using the Patient Instructions & Button Press Log

Wear up to the prescribed duration
Based on individual wear experiences
your actual wear time may be shorter
than prescribed.

Open for Patient Instructions and FAQs.

Each time a symptom is felt...
Press the 'Zio' button.

Write the symptom in the
Button Press Log.

Return the Zio XT Patch
On cover, write in "Date Removed."

See last page for how to remove
the Zio XT Patch.



The image shows two pages of a patient instruction booklet. The left page is titled 'Zio XT PATIENT INSTRUCTIONS & BUTTON PRESS LOG' and contains fields for NAME, PHYSICIAN, START DATE, TIME, REMOVAL, and DATE REMOVED. The right page is titled 'BUTTON PRESS LOG' and contains sections for 'I pressed the button on:', '...because I felt:' (with checkboxes for various symptoms), '...for this duration:' (with checkboxes for wear time), and '...while I was:' (with a text box for activity description).

Frequently asked questions

How long am I supposed to wear
the Zio XT Patch?

Wear the Zio XT Patch according to your
physician prescribed wear time but no
longer than 14 days.

Note: Based on individual wear
experiences your actual wear time may
be shorter than prescribed.

Can I shower with the Zio XT Patch on?

Yes, but please avoid showering during
the first 24 hours of wearing the
Zio XT Patch. After that, take brief showers
with your back facing the shower head,
and keep soaps and lotions away from
the Zio XT Patch.

Can I go swimming or sit in a hot tub
when the Zio XT Patch is on?
No.

What if I don't have symptoms?

That's okay. The Zio XT Patch is designed
to capture every beat.

Can I go about my daily activities?

Yes, but activities that cause excessive
sweating may cause the patch to
slide, become loose, fall off, or shorten
wear time. Especially in the first 24 hours,
avoid such activities so that the patch
can fully adhere to your skin.

Will the Zio XT Patch blink or make noise?

If it is working properly, the Zio XT Patch
will not flash or make noise.

What if the Zio XT Patch falls off?

Call Customer Care. We are available
24 hours a day, 7 days a week.

How do I return the Zio XT Patch?

Place it (along with the *Patient Instructions
& Button Press Log*) in the original postage-
paid box and drop it off at the Post Office,
in a USPS (blue) mailbox or give it to your
mail carrier.

WARNINGS

Do not use the Zio XT Patch on patients with known
allergic reactions to adhesives or hydrogels or have
a family history of adhesive skin allergies.

Do not use the Zio XT Patch in combination with
external cardiac defibrillators or high frequency
surgical equipment.

Do not use the Zio XT Patch near strong magnetic fields
or devices such as MRI.

Do not use the Zio XT Patch on patients with a neuro-
stimulator, as it may disrupt the quality of ECG data.

Do not use the Zio XT Patch on patients who do not have
the competency to wear the device for the prescribed
monitoring period.

CAUTION: Federal (USA) law restricts the sale of this
device to or on the order of a physician.

For Customer Care, Call 1.888.693.2401