ZIO SERVICE: THE RIGHT TEST, THE FIRST TIME

Proven to Detect Arrhythmias for Earlier Diagnosis
Why has Your Doctor Prescribed the ZIO Test from iRhythm?

The ZIO® Test is very effective in detecting irregular heart rhythms because it records, stores and analyzes every heartbeat, whether you are awake or asleep, for up to 14 days.

Studies have shown that recording heart rhythm information continuously for up to 14 days with the ZIO XT Patch may help your doctor identify whether you have an irregular heart rhythm in a single test, compared to other heart monitors that may require multiple tests.

This information helps the doctor decide how best to care for you.
The ZIO Patch continuously records your heart rhythms, storing up to 20,000 minutes of beat-to-beat heart data.

Live your life and go about your daily activities while we record, store and analyze every heartbeat.

This information helps your doctor diagnose heart rhythm issues — often without requiring additional testing.
More than 4 out of 5 patients prefer wearing the ZIO Patch over Holter monitors that are more bulky, with multiple wires connected to the chest, and that must be kept completely away from water.¹

Over half of patients indicated that they felt their first arrhythmia after 48 hours, well past the amount of time of traditional 24-48 hour Holter monitors.²
Easy for You to Wear, Valuable Heart Rhythm Information for Your Doctor

The ZIO Patch is uniquely designed with your comfort in mind.

- Maintenance-free while you’re wearing it: no wires, no boxes to wear, no battery charging, no electrode changes are necessary
- Large symptom button — easy to find and press
- Lightweight, water-resistant design
- You may shower, exercise and sleep while wearing the ZIO Patch
- Live your life while we record and store your ECG
The ZIO Test — 5 Easy Steps to an Earlier Diagnosis

**STEP 1**

The wire-free ZIO Patch is applied to your chest. Its discreet, comfortable design is highly preferred by patients.

**STEP 2**

You will wear the ZIO Patch for up to 14 days — simply going about your regular daily activities, even including moderate exercise.

**STEP 3**

At the end of the wear period, simply mail the ZIO Patch to iRhythm Technologies via the provided pre-addressed postage-paid mailer.

**STEP 4**

iRhythm analyzes your heart data using its sophisticated, powerful software which is designed to continuously improve with more data. Next, your ZIO Report is generated and a team of Certified Cardiographic Technicians specially trained in advanced arrhythmia interpretation ensure the quality of the Report.

**STEP 5**

The ZIO Report provides highly accurate information organized so that your physician receives both a critical summary of your findings with comprehensive backup data. The Report is delivered confidentially to your physician for review and interpretation.
The ZIO Patch collects nearly 1.5 million heart beats during your ZIO Test of up to 14 days of continuous monitoring for analysis and reporting to your physician.

- Over 400,000 patients have been prescribed the ZIO Test.
- Insurance companies serving over 290 million lives now cover the ZIO Service and it is covered by Medicare in all 50 states.
- While the greatest risk of atrial fibrillation is stroke, the National Stroke Association estimates that 80% of strokes can be prevented by measures such as early detection and proper treatment.³
The ZIO Test has been proven in multiple peer-reviewed medical publications to clearly and more quickly detect whether or not an arrhythmia exists.

The ZIO Test prompted physicians to change clinical management for nearly $1/3$ of patients with atrial fibrillation.

The effectiveness of the ZIO Test has been proven in $15$ peer-reviewed clinical publications to date.

Referring physicians were able to arrive at a diagnosis using the ZIO Test $90\%$ of the time.
What is an irregular heart rhythm (arrhythmia)?

An arrhythmia is an occasional or consistent problem with the rhythm or rate of your heartbeat. Your heart may be beating too fast, too slow, or beating with an irregular rhythm. During an arrhythmia, some people may feel a fluttering in their chest or that their heart is suddenly racing. Fatigue, lightheadedness or fainting may also be symptoms of an arrhythmia. Some arrhythmias do not cause any symptoms.

There are many types of arrhythmias. Some arrhythmias are harmless, but some can be serious or even life-threatening. If an arrhythmia is severe or lasts long enough to affect how the heart works, it may prevent the heart from pumping enough blood to the body.

Even serious arrhythmias can be successfully treated. Before treatment your doctor must first determine where in the heart an arrhythmia may be happening and whether or not it is abnormal.
Why did my doctor prescribe the ZIO Patch? What does it do?

Your doctor prescribed the ZIO Test to record and store the rhythms of your heartbeat to see if you may have an irregular heartbeat called an arrhythmia. The ZIO Patch is applied to your chest and can record electrical signals from your heart for up to 14 days.

Wear the ZIO Patch for as long as your doctor prescribed, but no longer than 14 days. You can continue with your daily activities while wearing the ZIO Patch.

How do I record any symptoms I experience?

If you feel a symptom, such as a racing heart or fluttering in your chest, press the button located in the center of the ZIO Patch. Then use the “Button Press Log” section of the Patient Instructions Booklet OR the myZIO app or myZIO.com website to add a description of your symptoms and the date and time of the button press. Please choose either the booklet OR myZIO for recording your symptoms, but not both.

While pressing the button is important to mark the time of a symptom, the ZIO Patch is recording every heartbeat whether the button is pressed or not.

Recording your symptoms and activities gives your physician additional information about what potential heart beat irregularity may have caused the symptom. While this is useful information to include, the more important thing is to press the button.
**How do I care for the ZIO Patch while I’m wearing it?**

For the first 24 hours of wear time, please avoid getting the ZIO Patch wet in the shower or by excessive sweating during exercise. This will allow the special adhesive to stick to your skin effectively without falling off. After 24 hours you may shower, exercise and carry on with your regular activities. It is worn while you sleep, so there is no need to remove the ZIO Patch at night or change the ZIO Patch or charge the battery. The ZIO Patch will keep recording as long as it remains attached.

**What do I do at the end of the wear period?**

Follow the ZIO Patch removal directions in your Patient Instructions and Button Press Log booklet.

Then, simply place the ZIO Patch in the postage pre-paid return box, and mail it back via the U.S. postal services as soon as possible. The return address is already printed on the box.

---


**WARNINGS/PRECAUTIONS**

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; in combination with external cardiac defibrillators or high frequency surgical equipment; near strong magnetic fields or devices such as MRI; on patients with a neuro-stimulator, as it may disrupt the quality of ECG data; on patients who do not have the competency to wear the device for the prescribed monitoring period. Please refer to your Patient Instructions & Button Press Log booklet for further information regarding possible skin irritations while wearing the ZIO XT Patch.

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