
FIFPRO X IDOVEN PLAYER HEART MONITORING SERVICE PILOT - FREQUENTLY ASKED QUESTIONS

These are some of the frequently asked questions about the Pilot Programme. If you don't find your question here, please contact us: info@fifpro.org

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1. ABOUT FIFPRO X IDOVEN PLAYER HEART MONITORING SERVICE PILOT PROGRAMME

WHAT IS THE FIFPRO X IDOVEN PLAYER HEART MONITORING PROGRAM?

FIFPRO and IDOVEN have decided to create a strategic partnership to improve player health safeguards in the context of cardiac arrest and other heart related risks. The aim of the FIFPRO X IDOVEN Player Heart Monitoring Service pilot programme is to provide player unions and players with a (complimentary) resource to perform voluntary heart monitoring. It gives players' the opportunity to access additional resources and offers technology based thought leadership solutions to re-define the way cardiac arrhythmias are detected.

WHAT IS THE ADDED VALUE FOR UNIONS AND PLAYERS?

The objective of the FIFPRO x IDOVEN Player Heart Monitoring Service is to provide additional heart monitoring and screening services to (1) players who have otherwise no access to heart monitoring or screening and (2) complement existing medical health and safety requirements for players (e.g. mandatory ECGs or echocardiography).

DOES THE FIFPRO X IDOVEN PLAYER HEART MONITORING SERVICE REPLACE MANDATORY SCREENINGS BY CLUBS OR COMPETITION ORGANISERS?

No. The FIFPRO x IDOVEN Heart Monitoring Service provides an additional resource and safety net without replacing the duty of care by the direct employer or the competition organiser. Minimum standards for medial health safety protocols must still require mandatory heart monitoring and screenings for players. However, it remains a fact that in many playing markets across the world players have no regular mandatory access to such health and safety services. Therefore, this pilot programme also serves as a stepping stone to advance the accessibility of regular heart monitoring and screening services which should ultimately be implemented into collective agreements and/or domestic medical protocols.

WHO IS IDOVEN?

IDOVEN is a health technology company based in Spain advancing early detection and intervention for cardiovascular diseases. The company has developed an integrated solution for heart monitoring, leveraging artificial intelligence (AI) to identify arrhythmias and cardiac abnormalities from the electrical signals generated by the heart, and detect heart problems at an early stage.

IDOVEN's cardiology and electrophysiology specialists have designed an exclusive monitoring protocol for high-performance athletes for the optimal evaluation during the season (training or competition). The protocol also covers relevant aspects such as recovery, sleep, daily stress and other activities that are not integrated by conventional monitoring systems (e.g. stress test) and is fully adaptable to all player profiles.

HOW LONG WILL THE PILOT PROGRAM LAST?

The pilot program will firstly last for one season with the option to be extended in case of a successful implementation. FIFPRO will provide the heart monitoring service to 15 player unions for the distribution to both male and female professional players. Each participating player union will be able to distribute the Player Heart Monitoring Service to about 18 players. Each player

will have access to a heart monitoring (with the duration of 24 hours) during pre-season and an additional monitoring during competition.

WHAT IS HEART DISEASE AND WHY IS IT IMPORTANT TO IDENTIFY IT EARLY?

Heart disease refers to a wide range of conditions that affect the heart, including for instance blood vessel disease (coronary artery disease), heart muscle disease and inflammation/infection, heart rhythm problems (also called arrhythmias) and heart problems you are born with. Heart disease is a leading cause of death but it can be prevented through a heart-healthy lifestyle that includes a healthy diet, no use of tobacco and regular physical activity. Such a heart-healthy lifestyle is generally adopted among professional footballers but it remains essential to identify as early as possible players with heart problems that they are born with or heart problems that they develop during their career. Elite athletes such as professional footballers are also exposed to specific risks due to their profession. Therefore, heart monitoring as facilitated by the FIFPRO X IDOVEN Player Heart Monitoring Program should be performed regularly.

WHO IS ELIGIBLE TO PARTICIPATE IN THE PILOT PROGRAM?

All the players, without consideration of gender, age or health conditions are in principle eligible to participate in the program. Nevertheless, in line with FIFPRO policies, it is required to select 50% female players (for the union representing female players).

It is recommended that selected players should be able to fill the medical questionnaire and surveys in English, French or Spanish.

IN WHICH CIRCUMSTANCES SHOULD THE PLAYERS DO THE MONITORING?

The best circumstances to do the 24 hours monitoring is to pick a day as normal as possible for the players. It is better to have heterogeneous data recorded (training and recovery) to have a maximum of information available to be analysed. The more data is collected, the more precise the report will be.

HOW CAN I APPLY THE DATA OBTAINED TO IMPROVE MY HEALTH?

With the FIFPRO x IDOVEN Player Heart Monitoring Report, you can easily delve into how your heart adapts to different training loads, work stress or how it recovers during rest to know if it is adapting appropriately to your pace of life, finding possible alterations, identifying cardiac abnormalities in the early stages and the ability to investigate if intervention is required.

HOW CAN I APPLY THE INFORMATION OBTAINED ABOUT MY HEART TO IMPROVE MY ATHLETIC PERFORMANCE?

The FIFPRO x IDOVEN Player Heart Monitoring Service will not only study if your heart is healthy, but it can also help you to improve your sports performance. The device that monitors your heart also records your physical activity using an accelerometer. We are able to see how your heart adapts to different types and loads of training while you are preparing for a competition or trying to improve your performance.

WHAT IS THE DIFFERENCE BETWEEN THE FIFPRO X IDOVEN PLAYER HEART HOLTER MONITORING AND A ECG (STRESS) TEST?

The FIFPRO x IDOVEN Player Heart Monitoring Service is a different but complementary service. The main differences are:



- **Measuring time and number of heartbeats:**

FIFPRO x IDOVEN Player Heart Monitoring Service analyzes the heartbeat continuously monitored for 24 hours while a stress test takes about 8-20 minutes depending on the protocol used and the physical condition of the patient.

The number of heartbeats monitored for a person in a stress test in those 8-20 minutes is about **2000** beats. The average number of heartbeats recorded and analysed by the IDOVEN medical-sports team is **100000 beats per person in a 24 hour study** .

Big Data consists of analyzing data sets so large and complex -in this case heartbeats- that they require non-traditional computer processing applications to treat them properly. Thus extracting value from this stored information and formulating predictions through the observed patterns. IDOVEN's medical and engineering team is developing artificial intelligence algorithms that help doctors process all that information.

- **Laboratory study and real life study:**

The objective of FIFPRO X IDOVEN is to monitor the real activity of players who want to know the state of their heart wherever they live. We do not only monitor training or a specific effort, but we also monitor everything that happens in the heart of the athlete's day-to-day life (training anywhere, rest, work, social life...). In this way we can understand what happens in the athlete's heart, how he/she recovers, what alterations he/she has (if any) and how his/her heart acts after different types of effort.

With the FIFPRO x IDOVEN Player Heart Monitoring Service you will be able to know at what heart rate you sleep, how fast or slow your heart recovers after effort or how it acts in a work situation with stress or lack of sleep. We monitor your whole day, not just a specific moment of it, as usually done during a stress test.

- **Monitoring of all types of training:**

With the FIFPRO x IDOVEN Player Heart Monitoring Service you can monitor all types of non-aquatic training and not just one-off training. Stress tests monitor how your heart acts when it is put under incremental stress for 15 minutes but with the FIFPRO x IDOVEN Player Heart Monitoring Service you can monitor all types of workouts. From long runs of any length (cycling outings, long distance mountain training or specific resistance training) to shorter training sessions with a higher intensity (usual training in the city, High Intensity Interval Training (HIIT), series, slopes, strength training...). You will be able to find out how your heart works in all types of training and how it recovers after each effort.

- **Recovery monitoring:**

It is known by all athletes that recovery and rest is part of training and that our performance can be closely related to how we rest and how our heart recovers after effort.

With the FIFPRO x IDOVEN Player Heart Monitoring Service we can monitor what happens to our heart during the recovery process and nightly rest. This data will help us to know if the training we are doing is correct or if we are over-trained and our organism does not assimilate the training well. Obviously with a stress test these data cannot be analyzed since usually in the doctor's office recovery after stress is monitored for 2-5 minutes.

2. INCENTIVES AND IMPORTANT INFORMATION FOR THE PLAYERS AND PROGRAMME ROLL-OUT

WHY SHOULD I PARTICIPATE IN THE PILOT PROGRAM?

While participating in the programme, you will have access to 2 times 24 hours heart monitoring. This is an exceptional service that would help you to know more about your heart condition and about how to improve your performances. By participating in the pilot, you are as well contributing to study and research on football players' heart conditions.

HOW WILL MY HEART DATA BE ANALYZED?

The patterns of thousands of heartbeats and cardiac electrical signals emitted by your heart during different activities are analysed with IDOVEN's artificial intelligence algorithms and reviewed by a EU board-certified cardiologist. This allows our medical team to detect with great precision the behaviours of your electrocardiogram for 24 hours to screen for possible alterations.

WHY SHOULD I PARTICIPATE IF MY CLUB AND THE MEDICAL PROTOCOLS ALREADY PROVIDE FOR AN ECG STRESS TEST AND/OR AN ECHOCARDIOGRAPHY?

In comparison to the regular ECG stress test the FIFPRO x Idoven Player Heart Monitoring Service provides additional data on your heart. Even for players that have regular ECG stress tests this can provide important additional information. Further, by participating, you are contributing to study and research on football players' heart conditions to improve a safe playing environment.

WHAT IS THE ADDED VALUE OF THE FIFPRO X IDOVEN PLAYER HEART MONITORING SERVICE IF I HAVE NO ACCESS TO ANY HEART MONITORING SERVICES BY CLUB?

The FIFPRO x IDOVEN Player Heart Monitoring Service guarantees access to detailed remote monitoring under the surveillance of a cardiac expert. This does not replace the need for ECGs at the club and competition level but it provides you with the second best option in case you are not covered by such services in your playing environment. The FIFPRO x IDOVEN Player Heart Monitoring Service would help you to know more about your heart condition and about how to improve your performances. Also, it remains essential to identify as early as possible potential heart problems you might be born with or heart problems that you might develop during your career.

WHAT ARE THE LIMITATIONS OF THE FIFPRO X IDOVEN PLAYER HEART MONITORING SERVICE?

The FIFPRO x IDOVEN Player Heart Monitoring Service does not replace the requirement from your employer to guarantee regular heart screenings. It serves as an additional resource and safety net for you.

WILL I RECEIVE SUPPORT IN CASE THE FIFPRO X IDOVEN PLAYER HEART MONITORING SERVE DETECTS ANY IRREGULARITIES?

In case of heart abnormalities are identified, you can always contact FIFPRO to get support and guidance (Vincent Goutteborge, FIFPRO Chief Medical Officer - v.goutteborge@fifpro.org). Then, FIFPRO will initiate your after-care by referring you to a medical centre for further examination via ECG and/or echocardiography. The costs for this further examination will be covered by FIFPRO.



HOW DO I PARTICIPATE AND GET STARTED?

Once you have been selected by your Union to be part of the pilot program, your Union's main contact will inform you directly about all of the steps, from getting your device, to using it properly and returning it at the end of the monitoring.

WILL IT COST ME ANYTHING TO BE PART OF THE PROGRAM?

The use of the service for the selected players is free of charge.

The costs are entirely covered by FIFPRO (the monitoring service itself and the international shipment) and your Union (local logistic and national shipments).

WHAT SERVICES AND CAN I EXPECT IF I PARTICIPATE IN THE PILOT PROGRAM?

The players participating will receive :

- an health questionnaire and consent form prior to the start of the monitoring
- 24 hours monitoring, twice (one during pre-season, the other during the season)
- a personal report delivered after each monitored period with analysis of their heart conditions and additional recommendation to improve their performances.

You will also be asked to complete a feedback survey to improve the experience of all future players that may benefit from this program.

CAN I WITHDRAW FROM THE PROGRAM?

You are of course free to withdraw from the program anytime you want. In this case, fees could apply. Please check the conditions with your Union.

I HAVE A DIFFERENT QUESTION. HOW CAN I CONTACT THE ADMINISTRATORS OF THE PROGRAM?

Your Union is responsible for the roll-out of the project and the local logistics. Contact your local coordinator for any questions related to these points.

For any other question or if you don't find your answer here, please contact us: info@fifpro.org

3. ABOUT THE USE OF THE KIT

HOW TO PLACE THE KIT ?

Do not use body lotion or creams in the sternum area prior to applying the electrode.

Place the electrode onto dry, clean and free of hair skin only.

For detailed instructions, refer to the manual ([link](#)) and the video ([link](#)).

CAN I PLAY FOOTBALL WITH THE KIT?

In principle, you can play football while using the kit. Nevertheless, the device hasn't been submitted to be used during official matches and body / ball contacts on the device are not recommended. If you decide to play football with the kit, and in particular football with contact, you do it at your own risks.

IS THE MONITORING KIT WATERPROOF?

Yes, you can shower with it or even practice swimming or water sports.

IS THERE ANYTHING THAT I SHOULD NOT DO WHILE USING THE KIT?

Complete instructions on how to use the device are found on the website. Find below a few user tips based on feedback from players:

- The device is waterproof so you do not need to remove it when showering or bathing but it is advisable not to go swimming or immerse the device in excessive liquid.
- When playing football, it is advisable not to use your chest to control the ball when you are wearing the device
- It is important not to use the equipment at temperatures below 0°C and above 45°C.
- It is not recommended to use the equipment in areas with altitudes higher than 3000 meters above sea level.

HOW CAN I BE SURE THAT THE DEVICE IS WORKING?

If you look in a mirror, you will see a green light blinking every 20 seconds.

To turn off the device, you need to press the button for around 8 seconds. It is very unlikely that it happens unintentionally.

I LOST MY DEVICE. WHAT SHOULD I DO?

If your device is lost or damaged, contact your Union's local coordinator. He/She will liaise with IDOVEN. For your information, the device costs 500€ and fees may apply, depending on your agreement with your union.

4. ABOUT THE RESULT OF THE MONITORING

I HAVE RECEIVED MY REPORT AND I WOULD LIKE TO HAVE MORE DETAILED EXPLANATIONS ON THE RESULTS. WHO SHOULD I CONTACT?

In your report, the name and email of the cardiologist that has reviewed your results is provided. They will respond to your questions within 24 hours. The cardiologist will have an IDOVEN email address.

For general questions about the program, email info@fifpro.org

I HAVE RECEIVED MY REPORT AND “THE RESULT IS “NO ACTION REQUIRED”. WHAT DOES IT MEAN?

When the report indicates “No action required”, this indicates that the result of the cardiac monitoring is normal or minor cardiac arrhythmias were detected, but are very common in the general population. Hence, no additional investigation is required at the moment.

Nonetheless, you should maintain a heart-healthy lifestyle that includes a healthy diet, no use of tobacco and regular physical activity, as well as regular checkups of your heart.

I HAVE RECEIVED MY REPORT AND IT MENTIONS “ACTION REQUIRED”. WHAT DOES IT MEAN? WHAT SHOULD I DO? WHO SHOULD I CONTACT?

When the report indicates “Action required”, this indicates that cardiac arrhythmia or abnormalities were detected. In order to confirm or exclude the cause of them, and discard possible cardiac pathologies at an early stage, additional complementary tests are necessary. A specific recommendation on next actions will be provided in the report.

For example, the report may recommend that you visit a Primary Care Physician to be referred to a cardiologist for additional specified tests, and how urgent the follow-up is.



You can always contact Vincent Goutteborge, FIFPRO Chief Medical Officer to get support and guidance : v.goutteborge@fifpro.org.

5. ABOUT MY PERSONAL DATA

WHY WILL MY DATA BE COLLECTED?

Sharing your data in this programme will allow you to receive a report detailing the cardiac events recorded during the monitoring period and help you better understand the status of your heart health.

Sharing your data will help us to answer key research questions about cardiac arrhythmias and their possible prevention for high performance athletes and specifically professional football players. That includes determining whether longer-duration ECG monitoring can be used as an effective complementary test to better identify heart conditions at an early stage for professional football players.

WHAT DATA WILL BE COLLECTED?

If you join the program, we'll ask you to share different kinds of data and information. This will include:

- Information you enter in the health consent and questionnaire, including your contact information, demographic information, and general health history and habits.
- Data from the non-invasive recording device used during the monitoring period, including electrocardiographic recordings and electrical signals
- Information you enter in a feedback survey after you have completed the monitoring

Full details are included in the program consent form which you will be required to read and sign if you would like to join the program.

WHO WILL HAVE ACCESS TO MY DATA?

Only IDOVEN will have access to personalised personal and medical data, for the purpose of the analyse and report. Players will remain in full control over their data and no personalised medical records will be shared with any football stakeholders (clubs, leagues, federations or unions) without their consent. For study and research purpose, fully anonymized data will be shared with FIFPRO.

HOW WILL MY DATA BE KEPT SECURE?

IDOVEN is compliant with relevant ISO standards for information, cloud, data privacy and cyber security, including:

- o ISO 27001 Information Security Management System
- o ISO 27017 Security Standard for Cloud Service Providers
- o ISO 27018 Protection of Personal Data in the Cloud
- o ISO 27701 Protection of Privacy as Potentially Affected by the Processing of Personally Identifiable Information (PII)

IDOVEN is compliant with GDPR and Spanish LOPD-GDD to ensure the proper processing of personal data

HOW LONG WILL MY DATA BE STORED?

Your personal information processed for the study, as well as the results of the same, will be kept by IDOVEN for a minimum period of five years from the date of the issuing of the report

and in order to comply with the applicable regulations. Likewise, the data may be kept duly blocked for the exercise of legal actions or the defense of claims. Once this period has elapsed, if the right to erasure has not been exercised, the data will be anonymized for use for research purposes.

HOW CAN I REQUEST THE DELETION OF MY DATA ?

If you want to have access to your data, request deletion, or raise any question related to your data treatment, please contact the IDOVEN Data Protection Officer: dpo@idoven.ai

WHAT IS THE “DONATE MY HEARTBEATS” PROJECT?

The Donate Your Heartbeats project is a collaboration between IDOVEN and the Iker Casillas Foundation to provide individuals the opportunity to contribute to the most advanced scientific research in preventing cardiovascular disease through the responsible sharing of information about how their hearts behave throughout their lives. Companies like Google and Banco Santander, as well as world-class athletes, have joined the initiative to donate their heartbeats in the name of science.

In order to join in this initiative, participants of the FIFPRO X IDOVEN Player Heart Monitoring Service will receive a consent form in which they will have the option (by ticking a box) to consent to donate their heartbeats and become one of the world's first heartbeat donors to support research and prevent heart problems for the most vulnerable.

Specifically, IDOVEN will pseudonymize and anonymize each consenting participant's heartbeats and the results obtained and keep them for the maximum legal period for the purposes of research, studies, scientific publications, and/or the development of new products to better detect and prevent disease.

HOW LARGE IS THE DATABASE OF HEARTBEATS DONATED TO IDOVEN?

The database of heartbeats donated to IDOVEN is continuously growing. It has more than 89,000 hours of continuous recording of the hearts of both healthy and sports people and heart patients from different European hospitals. This is equivalent to more than 343 million heartbeats. The more quality information we can teach our algorithms, the better we will be able to understand the human heart and the more accurate the medicine we will be able to deliver every day. Thanks to those of you who are helping us to make this possible.