

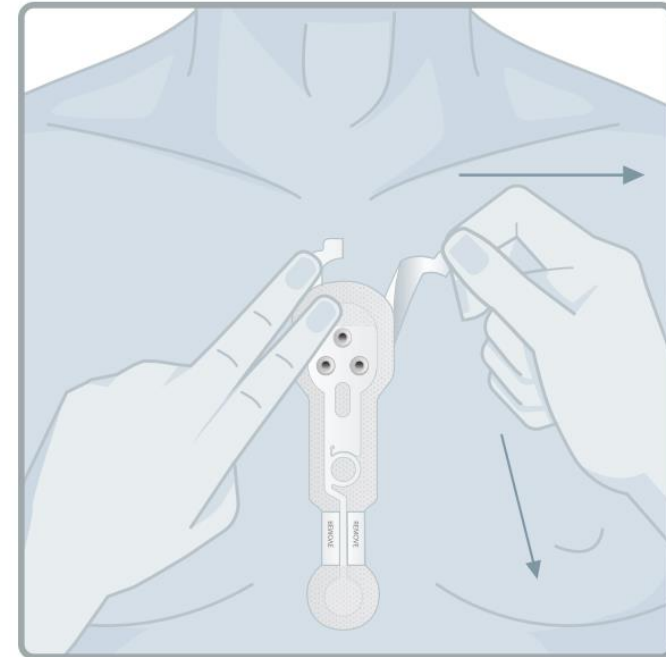
Heart Monitoring Kit

Instructions for Use



INSTRUCTIONS

- Make sure your **skin is dry and free of hair** in the sternum zone
- Open one of the metallised envelopes containing **the patch**, separate it carefully from the protector and **fix it on the sternum** as shown in the image on the right (the wide part of the patch at the top). Make sure it is well fixed to the skin and it does not move. The second patch is a spare.
- If it is not inserted, **connect the device to the adapter** and, once together, attach them to the patch with a click. Make sure it does not move.
- To turn the device on, **press the centre button for ~2 seconds**. You will hear a beep indicating that the device is starting to record the cardiac electrical signal (if you look in a mirror, you will see a **green light blinking every ~20 seconds**).
- For more information on the Bittium Faros™ ECG electrode and sensor, please refer to the online manufacturer's quick guide.



DURING THE MONITORING

Wear the kit at all times during your monitoring period (24 hours) and perform your daily activities (work, sport, sleep, etc). Be aware that **ball/body contacts with the device are not recommended**. You can shower with it without any problem as it is waterproof. **The more beats you record, the more data you will get** and the better and more accurate the final report will be.

AT THE END OF THE MONITORING

- **Switch off the device.** To do this, press and hold the **centre button for ~8 seconds**. You will hear three beeps indicating that the device has shut down successfully.
- Unplug the device + adapter from the patch. The used patch is disposable, but please, return the second one if unused.
- Give the kit (device + adapter + spare patch) to your union local coordinator.
- When we receive the data at IDOVEN and our team analyses the results, you will receive the analysis via email.

For any questions or incidents: Email - fifpro@idoven.ai

IDOVEN 1903, S.L. does not guarantee the medical diagnosis or detection of pathologies or diseases and other health events, being the services provided through the use of the monitoring kit purely preventive. IDOVEN's preventive medical orientation does not substitute in any case the physical examination or medical analysis in person. If you feel unwell, go immediately and urgently to a medical centre. You can consult all the information at <https://idoven.ai/pages/terminus-de-servicio>. The products (electrode and sensor) are the responsibility of the manufacturer. Further information about the manufacturer, instructions for use, possible contraindications and adverse effects can be found in the Bittium Faros™ ECG Electrode and Sensor Quick Guide. The products are CE marked and classified as Class IIa medical devices.

What do I have to return?



Device
(Bittium Faros™)



Adapter