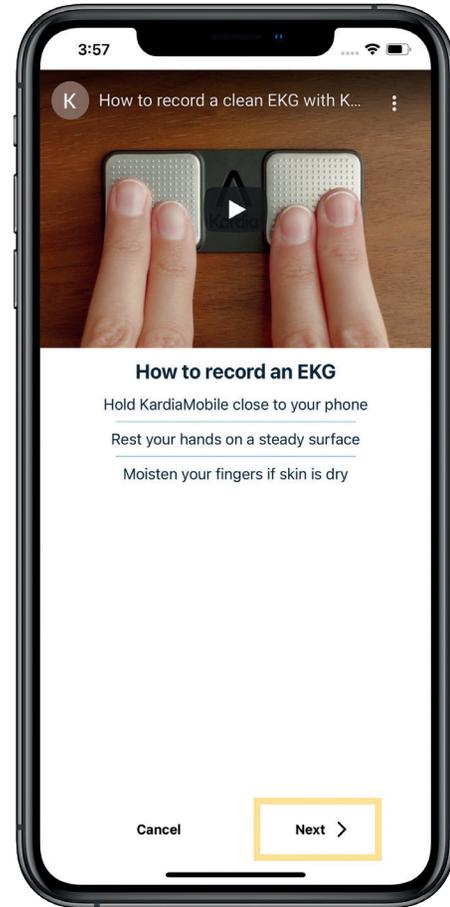


Using the home ECG device

Why is an ECG sometimes called an EKG?

An ECG (Electrocardiogram) is sometimes called an EKG due to how the term is spelt and pronounced in some languages, particularly German. In German, the word for "cardiogram" is "Kardiogramm," so the abbreviation becomes "EKG" (Elektrokardiogramm) rather than "ECG." "The term "EKG" has been adopted and used interchangeably with "ECG" in various regions, including the United States, but both terms refer to the same medical test that records the electrical activity of the heart. The spelling adopted in this leaflet is "EKG", which is the preferred spelling of the AliveCor KardiaMobile 6L device manufacturer.



How do I download the Kardia app?

Open your App Store or Google Play Store, search for "Kardia", and tap to download it for free.

Scan the QR code below to Compatibility information for Kardia Mobile 6L:

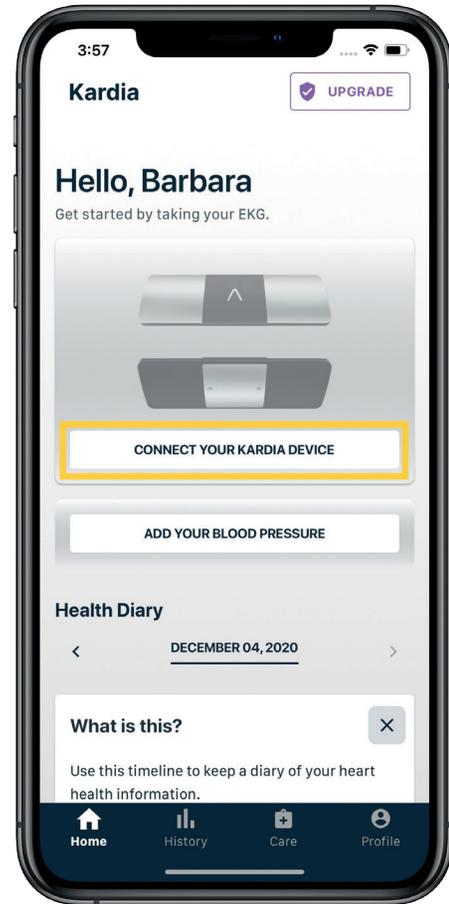


Setting up your KardiaMobile 6L

Ensure your phone's Bluetooth is turned on, as the KardiaMobile 6L connects to your smartphone or tablet using Bluetooth.

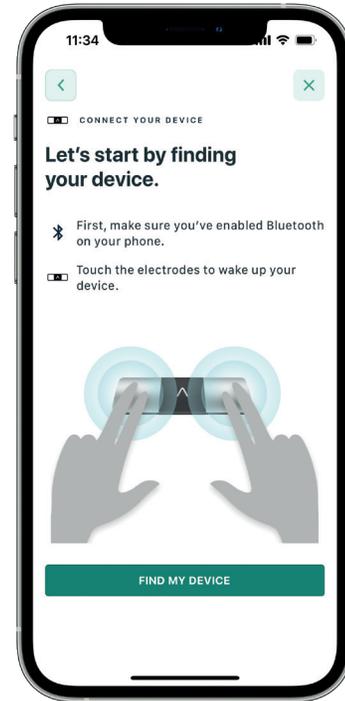
After downloading the Kardia app and creating your account, the next thing to do is connect your KardiaMobile 6L and start recording.

1. After opening the Kardia app, you will be taken to the Home tab.
2. To get started, tap on the button beneath the image of the KardiaMobile 6L, labelled **"Connect Your Kardia Device"**.

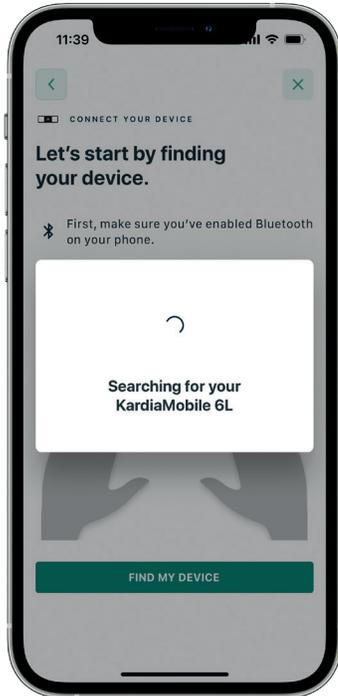




3. Next, select the picture of the KardiaMobile 6L by tapping on it.



4. Make sure that your phone or tablet's Bluetooth is on, then select "find my device"
5. Place your fingers on the top two metal electrodes of your KardiaMobile 6L to activate it.



6. Kardia will detect the Bluetooth signal from the KardiaMobile 6L, and then automatically connect. The connection process should take no more than a few seconds.



7. Once completed, the app will let you know that the 6L is successfully connected.
8. After completing the tutorial, you will be returned to the Kardia home screen.

How to record your ECG (EKG)

Now, we will record our first EKG with the KardiaMobile 6L. Follow the easy steps below to ensure you get a high-quality recording. Just select "Record Your EKG" to get started.

1. Place your smartphone or tablet in front of you.
2. Place your KardiaMobile 6L on the table directly underneath your smartphone or tablet, ensuring the "A" logo is facing up.
3. When recording, your phone can be placed vertically or horizontally; this will not affect the quality of the recording.
4. Take a seat in a chair, and be in a seated, relaxed position.
5. Relax the arms and hands to reduce muscle noise.
6. If your fingers are dry, use a damp paper towel or cloth and lightly wet your fingers that will be touching the upper electrodes and the area on your left leg that will be touching the bottom electrode.





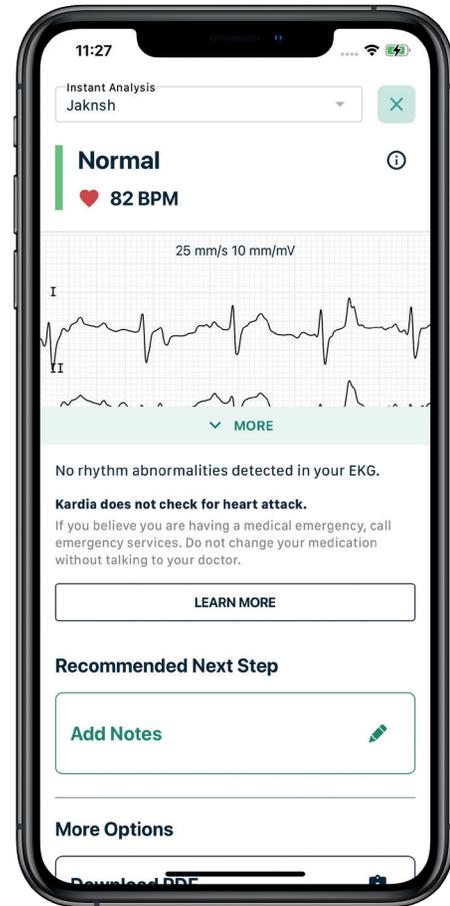
7. The KardiaMobile 6L illustration on the screen will turn green to indicate that a stable connection has been made, and then the recording will begin counting down from 30 to 0 seconds.
8. The battery life of the 6L will show on the right of the screen, and your real-time BPM will show on the left.
9. If you are receiving no signal or a weak signal when recording, scan the QR code below to troubleshoot:



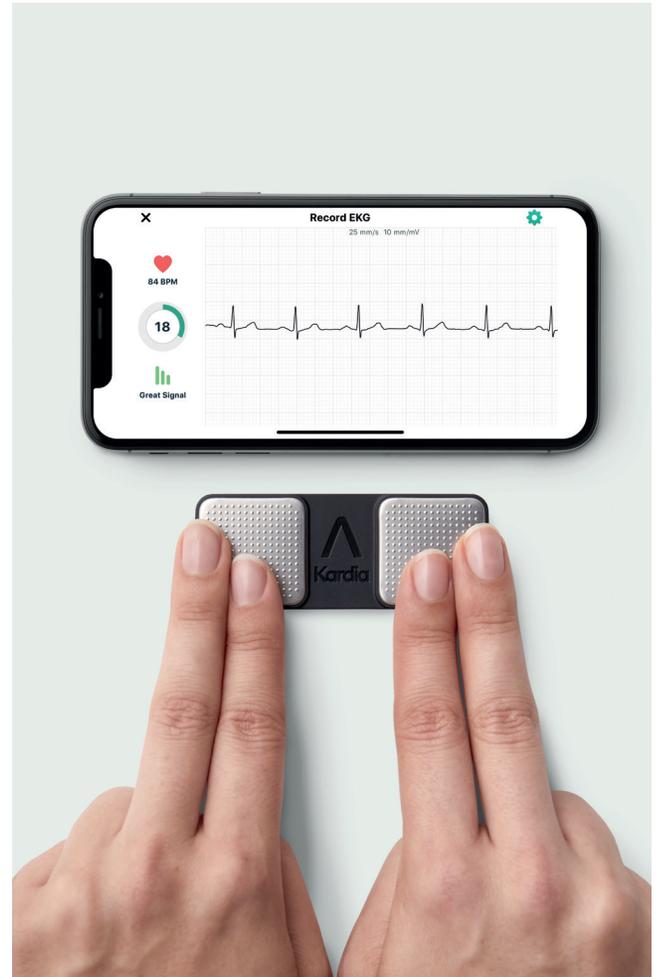
10. Make sure to keep your fingers lightly pressed on the metal electrodes throughout the entire duration of the recording. If contact with the electrodes is broken, the recording will start over.

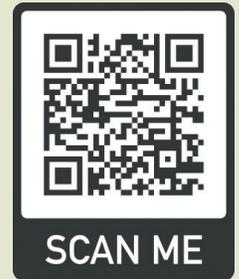
How do I view, print, or share my ECG (EKG) as a PDF?

1. Tap the "History" button on the bottom navigation bar
2. Select "See EKG History"
3. Scroll down to the ECG you would like to use.
4. Tap the three dots on the top right corner of the reading.
5. Select "Download PDF"
6. Optionally choose to password-protect your PDF. If not needed, simply select "Skip"
7. Select the "Export" button in the bottom left-hand corner.
8. Choose your device's mail app and email the recording to:
office@adhdandautismclinic.co.uk



9. If you have any difficulties following these steps, scan the following QR code to watch an explainer video:





to view our current fees

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