

## TIPS TO REMEMBER:

iRhythm is here to help 24/7 at 1.888.693.2401



Avoid showering during the first 24 hrs of wearing the patch



Press the button on the console when you feel a symptom



Avoid excessive sweating to maximize wear time



Do not submerge the patch



Keep lotions away from the patch



Take brief showers with your back facing the shower head



Return the patch and button press log in provided box



Introduction to  
**Zio<sup>XT</sup>**<sup>®</sup>

## WELCOME!

Your doctor has chosen Zio XT to determine if you are experiencing irregular heart rhythms.

Understanding your heart health is important to us. We're here to help your doctor find answers and guide the best decision for your care.

## WHAT IS ZIO XT?

Zio XT is a small, wearable heart monitor that continuously records your every heartbeat as you go about your daily life. This approach to heart monitoring makes it easier for both you and your doctor to gather the right information and determine if you have an irregular heart rhythm or "arrhythmia."

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*iRhythm*<sup>™</sup>

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We're here to help. Call Customer Care at **1.888.693.2401**  
or visit us at [irhythmtech.com/patients/faqs](http://irhythmtech.com/patients/faqs)

# Introduction to Your Zio XT Monitor

## WHY DID MY DOCTOR PRESCRIBE ZIO?

Your doctor believes you may have an arrhythmia, but needs more information to make a diagnosis. If you've already been diagnosed with an arrhythmia, your doctor may use Zio to measure the effectiveness of your treatment plan. Keep in mind, the results of a single Zio test may also help your doctor rule out potentially serious heart conditions.



## WHAT CAN I EXPECT DURING MY ZIO EXPERIENCE?



The Zio monitor was designed with your comfort and convenience in mind. There are no wires to manage or batteries to maintain. Once the monitor is applied to your chest, it should remain there for the entire prescribed period. Please do not try to adjust or remove it before the end of your monitoring period.

You may continue your normal activities while wearing Zio including showering and

exercising. There are, however, a few things to keep in mind to ensure the monitor doesn't slip or fall off. **For information on caring for your Zio, please refer to the Patient Instructions & Button Press Log in your Zio box.**

## WHAT DO I HAVE TO DO AFTER MY WEAR PERIOD?

After you have worn the Zio monitor for the duration prescribed by your doctor, **you'll need to remove it and mail it back to iRhythm in the provided box.** Please send your monitor promptly to ensure that your doctor receives your heart rhythm data as quickly as possible.

## WHAT WILL ZIO COST?

We understand that every patient's insurance coverage is unique. Speak to our dedicated patient advocates at any time during your Zio experience to learn more about your insurance benefits and any potential out-of-pocket costs.

iRhythm offers multiple programs to ensure you can afford the care you deserve:

- Monthly installments up to 12 months
- Financial assistance based on household income
- Discounted self-pay option

Your health insurer may send you an Explanation of Benefits. This communication is not a bill.



## iRhythm is Here for You

We encourage you to contact us directly at any time for questions regarding your Zio experience. Please note, for any billing-related questions, you must contact us before the end of your prescribed wear period.

Contact iRhythm directly by:

Phone: **1.888.693.2401**

or

Email: **support@irhythmtech.com**