

# Quick guide KardiaMobile 6L

## 6-Lead EKG

# Setup your phone or tablet

1

Download Avis.Care from the App Store or Google Play.



2

Make sure Bluetooth is turned on.

3

Open Avis.Care and log-in or register for a free account.

4

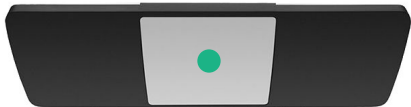
Follow the instructions on screen and complete the setup process for your account.

For additional information or help, please contact us at [info@avis.care](mailto:info@avis.care)

## Setup your phone or tablet

KardiaMobile 6L has 2 electrodes on the top of the device and one on the bottom.

Top electrodes (left and right hands)



Bottom electrode (left ankle or left knee)

## Two types of EKG

KardiaMobile 6L offers two types of EKG: Single-lead EKG and 6-Lead EKG, which offers more information for you and your doctor. Both types of EKG detect normal sinus rhythm, atrial fibrillation, bradycardia, and tachycardia

### **SINGLE-LEAD EKG**

Single-lead EKG's are a simpler way of measuring EKG's. The device is laid down on the table, next to your phone or tablet and softly touching both top electrodes with the left and right hands.

### **6-LEAD EKG**

6-Lead EKG's provides more detailed information for the user or users doctor. The device must be placed over the naked skin of the left knee or left ankle, and laying both left and right hand fingers, over the top electrodes.

## Single-Lead EKG Recording

1

Open Avis.Care and press “Checkup” and then “Cardio”.

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2

Make sure the option “Single-lead EKG” is selected.

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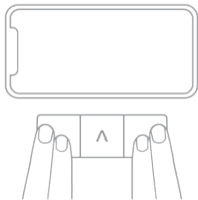
3

Put the device on a flat surface close to your phone or tablet, making sure the logo, “A” from AliveCor, is the right way, pointing up, as shown in the image.



4

When ready, position your fingers on the top electrodes. No force is required.



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5

The recording will start automatically. Stay still until the 30 second countdown is complete.

## 6-Lead EKG Recording

1

Open Avis.Care and press “Checkup” and then “Cardio”.

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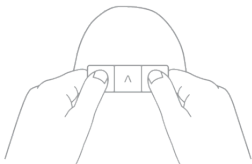
2

Select “6-lead EKG”.

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3

When ready, hold the device, with both thumbs on the two top electrodes, making sure the logo, “A” from AliveCor, is the right way, pointing up, as shown in the image. No force is required.



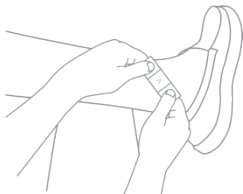
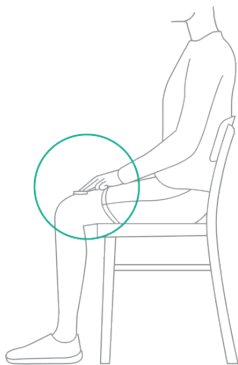
4

With both thumbs on the device, touch with the bottom electrode the naked skin of your left knee or left ankle (inside). The electrode must have direct contact with the skin.

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5

The recording will start automatically. Stay still until the 30 second countdown is complete.





## Useful tip

### **I'm having trouble getting a clean reading**

If you have dry skin and are having trouble getting a connection, you can moisten the skin with a little water to improve contact.

For 6-lead EKG's to get a good recording, it's important to use the left knee or the inside for the left ankle.

The device must be in direct contact with the skin to function properly.

If the reading doesn't stabilize, adjust the grip or sitting position. Make sure your hands, arms and legs stay completely still to reduce muscle noise and don't press too hard on the electrodes.

### **Don't see a EKG recording**

Make sure Bluetooth is active on your phone or tablet and follow the instruction on screen.

### **Results**

Under "Checkup" press the 3 dots under "Cardio" and then "History". By pressing on each result the user is able to share it via email or downloading it as a PDF.

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