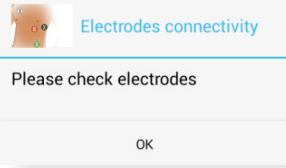


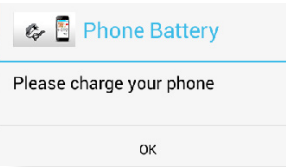
PART D: Technical Alerts



Electrode Connectivity

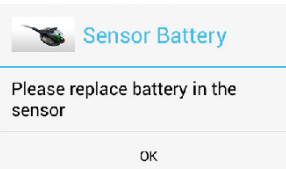
Confirm that lead wires are properly connected to electrodes and electrodes are properly attached to your body. Select "OK" to proceed.

Note: If message continues during initial activation of device, contact Customer Service at **1.800.517.6330**.



Phone Battery (Monitor Battery)

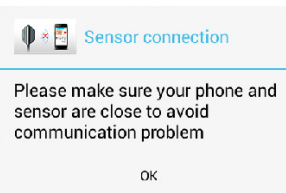
Select "OK" and charge the monitor.



Sensor Battery

Replace sensor battery and select "OK" to continue.

Note: The sensor alerts its low battery status with one long beep, then a short beep from the sensor.



Sensor Connection

Restart the Monitor. If this does not resolve the issue, do one of the following:

- Make sure sensor and Monitor are within 20 inches of each other. Select "OK" to continue.
- Change the sensor battery.

End of Service Date:

If not provided here, call
Customer Service at
1-800-517-6330

Illustrations included in this manual are general representations only and are not meant to comply with this specific regulatory requirement. Please refer to the comprehensive Patient User Guide for complete instructions and important warnings, cautions and for troubleshooting.

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SUP588 Rev D CR 18-094



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MCT 3 Lead is the commercial brand name for the LifeWatch Mobile Cardiac Telemetry 3-Lead medical device.

LifeWatch Mobile Cardiac Telemetry 3 Lead (MCT 3L)

Quick Start Guide

Wear the sensor for the duration of prescribed time (except when bathing or showering), even when you do not feel symptoms.



Sensor with Wires



Monitor



Electrodes

- Electrode Placement
- Daily Use and Operation
- Electrode Replacement and Return
- Technical Alarms

BioTel Heart 24/7 Support

Call Customer Service at **1-800-517-6330**
for help with your MCT 3L system.



Dial 911 for emergencies

Attention: The MCT 3L is a diagnostic tool only and is not part of an emergency service.

PART A: Electrode Application and Service Initiation

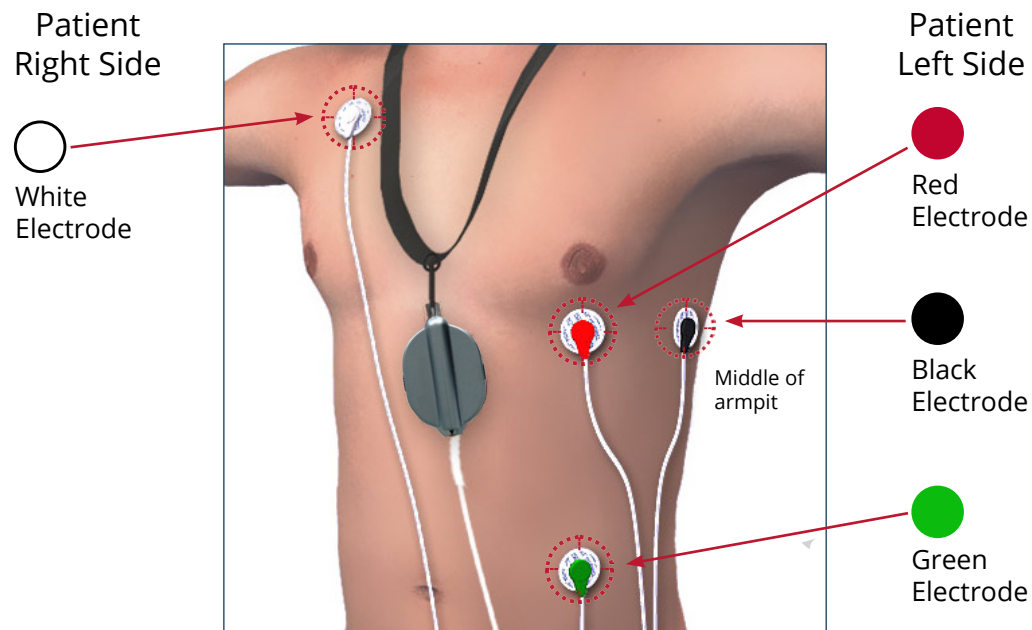
1 Have all items needed to start the service close by

- Electrodes
- Sensor
- Monitor

2 Prepare the skin

1. Using scissors, remove any excess hair in the areas where the electrodes are to be placed - see diagram below.
2. Wash the skin of the electrode sites on your chest and abdomen with warm water and mild soap. Thoroughly rinse away any soap residue with clean water.
3. Make sure skin is completely dry before proceeding.

Avoid the use of lotions, creams, or alcohol wipes at the electrode sites prior to and during the use of electrodes to prevent skin irritation.



The circle outside of each electrode indicates you may move each electrode by one inch above, down, left or right of the default position.

Patients with known sensitivity to adhesives, nickel, metal, and/or have sensitive skin, contact Customer Service at **1-800-517-6330** and you will be sent new electrodes.

PART C: Electrode Replacement and Device Return

When to replace electrodes

Electrodes need to be replaced every 3 days or earlier if an electrode is loose. If an electrode is loose, you have the option to replace all of the electrodes at that time, or replace each of them as necessary.

1 Peel electrodes from your skin and discard

- To minimize skin irritation during electrode removal, slowly and gently lift the electrode by using the peel tab.

Note: You may remove the electrodes in the shower by using a wet, warm washcloth. If you remove the electrodes in the shower, please remove lead wires beforehand.

- Disconnect lead wires from the electrodes and discard the electrodes.

2 Clean your skin

- Gently clean away excess adhesive or dead skin between electrode changes using a wet, warm washcloth.
- Allow skin to thoroughly dry.

Minor skin irritation can occur. If irritation worsens or becomes severe, contact Customer Service at **1-800-517-6330** to obtain an alternate type of electrode.

Contact your physician in regards to treating irritation and to consult about replacing the electrode to a location on non-irritated skin.

3 Apply new electrodes

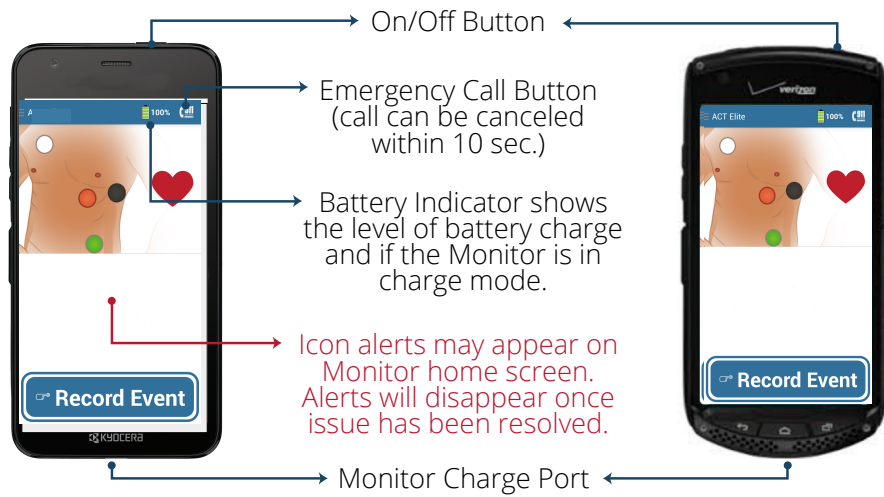
- Follow steps 2 through 4 in **Part A: Electrode Placement and Service Initiation**. (pgs. 1-2)

Note: Physiological conditions may affect the Monitor from detecting electrode connectivity, i.e. very dry or oily skin or immediately after attaching the electrodes. If the condition persists, contact Customer Service at **1-800-517-6330**.

How to Return MCT 3L Kit to us at End of Service

1. Place ALL kit components into the original box.
2. Place the entire box into the provided envelope.
3. Drop off envelope for its return to us.

Monitor Layout



How to record a Manual Event

You can record a manual event if you experience dizziness, chest pain, or other symptom(s).

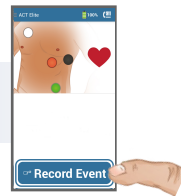
Initiate recording with sensor or Monitor.



Press the sensor side buttons simultaneously and release the buttons when there is a beep.

OR

Select "Record Event" at the bottom of Monitor homescreen. Select "Yes" to send recording, or "No" to cancel.



Choose your symptoms and activities on Monitor Screen

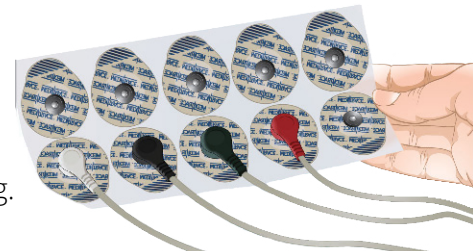
1. Choose the symptom(s) you felt, or select "No Symptoms".
2. Select "Next" at the bottom of the screen.
3. Choose the activity you were engaged in.
4. Select "Send" to send the manual event.

3 Attach sensor wires to electrodes

1. Remove four electrodes from the electrode pouch.
2. Fold over the open end of the pouch to protect the unused electrodes from drying out.

Note: Electrodes should be stored at room temperature.

3. Snap an electrode onto each of the four lead wires that are attached to the sensor.
4. Using the peel tab, peel each electrode from the backing and discard the backing.



4 Place electrodes on your body

1. Place each color coded electrode on healthy, non-irritated skin according to the diagram on the previous page. (pg.1)

Do not apply electrodes to skin that has an open cut or is already irritated. If skin is cut or irritated, apply the electrode in close proximity to the required location on clean, non-irritated skin.

2. Apply each electrode by gently pressing down on the center and moving toward the edge in a circular motion to assure firm attachment to the skin.
 - Place the white lead wire with electrode 3 fingers width below the midpoint of the collarbone.
 - Place the red lead wire with electrode above your last rib on the left side aligned with the midpoint of the collarbone.
 - Place the black lead wire with electrode on your left side, about 4-5 inches horizontally to the left of the red electrode, in line with the center of your armpit.
 - Place the green lead wire with electrode on the left side of the abdomen.

Note: If necessary, lift the left breast to get the proper electrode placement of the red and black electrodes.

5

Turn on Monitor

Hold down the on/off button for 3 seconds.



6

Set up Sensor

1. Place the sensor within 20 inches from the Monitor. Remove a new battery from the bag.
2. Hold the sensor with the battery compartment facing up. Press the orange button on the upper part of the sensor to release the battery compartment cover.
3. Insert new battery, *using only batteries supplied with kit*, into sensor paying careful attention to the battery polarity marks inside the battery compartment (plus sign on the neck strap side, minus sign on the sensor lead wire side).



Note: The sensor should beep once within 10 seconds when the battery is properly installed.

4. Gently push the battery cover down until you hear a click indicating the battery cover is closed. It may take up to 5 minutes for the cellular phone to display the default recording screen.

7

Wear your sensor.

Wear sensor around your neck using lanyard provided. Adjust lanyard for personal comfort and reduced slack of lead wires.

OR

Remove lanyard from sensor. Apply a new electrode to a cleaned, unirritated location on your chest or torso. Attach the sensor to the electrode using the snap located on the back of the sensor.

8



Call 1-800-517-6330 to continue.

A representative will carefully walk you through each step of the process to get you started.

PART B: Daily Use and Operation

Continuous Heart Monitoring



The sensor continuously records your heart rhythm, which is transmitted to the Monitor for analysis. Any irregular rhythm is immediately sent to one of our clinical technician for review.

DO

- Keep the Monitor within 10 feet of the worn sensor and within 20 inches for optimal performance.
- Check electrodes daily by pulling gently to ensure adhesive is firmly attached to your skin.
- Replace electrodes every 3 days or earlier if the electrodes are loose.
- Change the sensor battery every 4-5 days.
- Charge the Monitor every night and during the day whenever you have a chance, regardless of its battery indicator.
- Carry the Monitor charger with you when leaving your house for an extended amount of time.

DO NOT

- Bathe or swim with any kit components. Only electrodes may be worn in the shower.
- Use Monitor for outbound calls, except for emergency 911 calls.

WARNING

- Device CANNOT be worn during an MRI.

HELPFUL TIPS FOR COMFORT

- For added comfort, wear a tight-fitting or stretch-mesh shirt to keep sensor and electrodes securely in place.
- Secure sensor wires to your body using surgical tape or an adhesive bandage to prevent tugging/pulling of wires.