

BodyGuardian[®] MINI

Patient Instruction Manual



FULLY WATERPROOF

Featuring a waterproof monitor safe for showering, bathing, and submerging in water as deep as 3 feet.






Did you receive your monitor at home?






If you are receiving the monitor at home and require assistance, call Preventice Services at: **888.500.3522**

Patient services

-  **888.500.3522** (press 1, 1)
-  24 hours a day, 7 days a week
-  monitortroubleshooting@preventice.com

Returning your monitor

-  **888.500.3522** (press 1, 5)
-  7:00 a.m. - 7:00 p.m. CST, M-F
-  monitorrecovery@preventice.com

General information

www.preventicesolutions.com/patients/body-guardian-mini



Preventice Services is not an emergency response service. Contact your doctor immediately if your symptoms worsen.
If you are experiencing a medical emergency, dial 911.



On behalf of your physician, you are being provided with a heart monitor from Preventice Services. This test will be billed in two parts:

1. Your medical professional will bill your insurance for the in-office hook-up and the final reading of the test results.
 2. Preventice Services will bill your insurance for the use of the monitor along with providing the physician with 24/7 monitoring center service and all requested data and reports.
-



Your insurance company will usually send you an Explanation Of Benefits (EOB) describing the amount paid and the amount you owe Preventice. An EOB is not a bill.

Our goal is to help your physician diagnose your heart condition without delay or concerns about billing. We offer patient-friendly payment options, including a discounted rate at the time of service or a reduced rate when your insurance indicates a large fee payable by you for our services or the physician's services.



All equipment is the sole property of Preventice Services. To avoid financial liability and to ensure that you do not receive a bill for the value of the equipment in your possession (up to \$2,400), please return the equipment immediately after your service ends. Any request for an extension of your study beyond your prescribed study needs to come from your physician through a new order sent to Preventice Services. Be aware that the second study may not be covered by all insurance providers and you may be responsible for those charges.

Our Notice of Privacy Practices is available for your review at: www.preventicesolutions.com

INTRODUCTION

Welcome to BodyGuardian[®] MINI



Your physician has prescribed you the **BodyGuardian Mini** heart monitor and monitoring center service provided by **Preventice Services** to detect irregular heart rhythms. You must wear the monitor for the length of time your doctor has prescribed.


When your study concludes



Remove BodyGuardian Mini as soon as your physician or qualified health care professional ends your service.



Important

Once your prescription has ended, turn off the monitor by pressing and holding the center button  for 12 seconds. After 12 seconds, the monitor lights will flash, followed by a long beep. This indicates that the monitor has powered off.

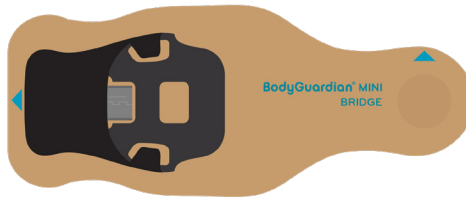
Any data or information transmitted or received by Preventice after your physician or qualified health care professional has ended your service will not be processed, reviewed or analyzed by Preventice, and Preventice shall have no liability for any such information or data.

Rx ONLY Caution: Federal law (USA) restricts this device to sale by or on the order of a physician.

Equipment



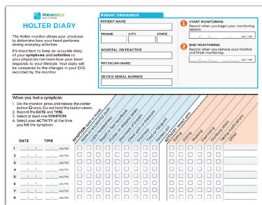
BodyGuardian Mini monitor



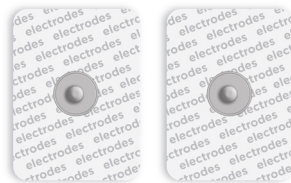
Bridge



Monitor charging cord
(equipment may differ from pictured)



Holter diary



ECG electrodes



Do not use your own personal device chargers. Only use the charger(s) provided to charge Preventice devices.

GETTING STARTED

1 Prepare your skin

You can wear BodyGuardian Mini either vertically or horizontally.



If hair is present, remove the hair where you will place the monitor.



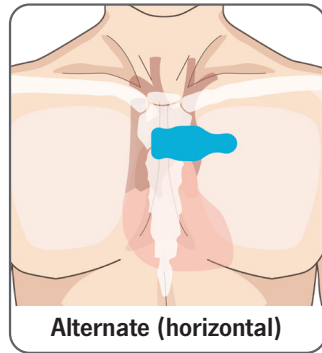
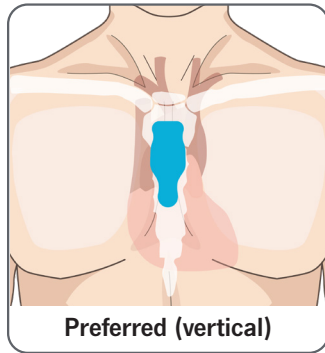
Use soap and water to clean the area. Dry the area completely.



Do not apply lotions, oils, or perfumes.
Do not use alcohol wipes.
Do not abrade the skin.

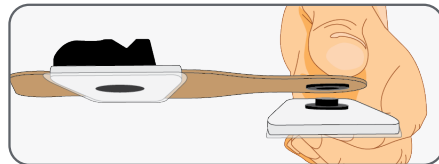


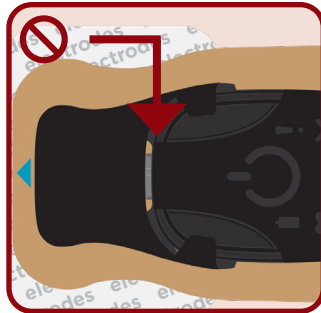
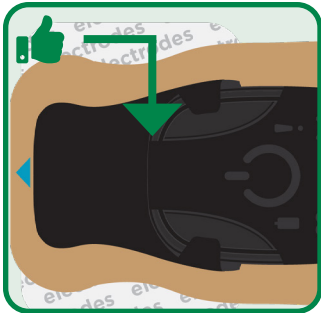
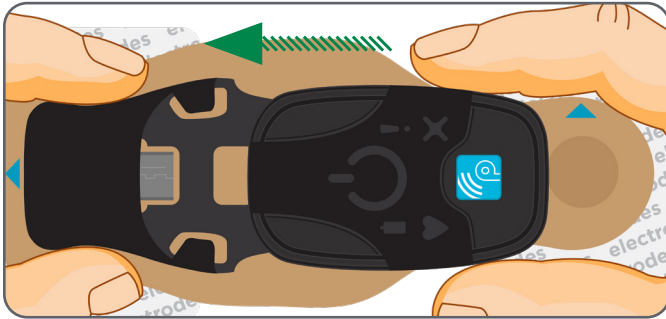
Decide which chest placement you will use before you prepare your skin.



2 Snap the ECG electrodes to the Bridge

Press the ECG electrodes firmly onto the Bridge until you hear a snap.



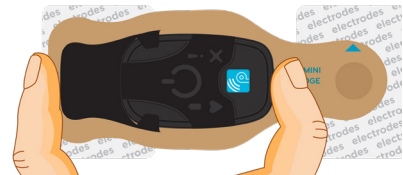


3 Attach the monitor to the Bridge

Slide the monitor into the black molding on the Bridge until the micro-USB connector on the Bridge is inserted completely into the monitor.

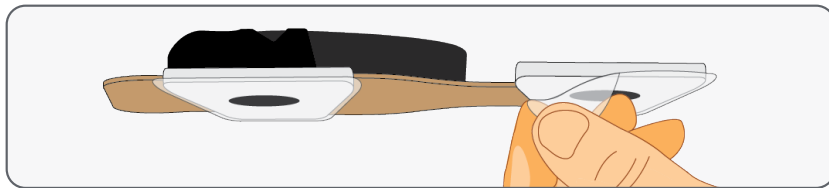
Tips

- This is most easily accomplished on a flat surface, like a table.
- To line up the micro-USB connector with the port on the monitor, you may need to wiggle the monitor slightly to align.
- To ensure a good connection, pinch together with thumb and index finger:



4 Attach to your chest

1. Peel away backing from the electrodes to expose the adhesive.
2. Place on chest in one of the placement locations (pages 9-10).
3. Press firmly around the surface of the electrode to ensure adhesion to the skin.

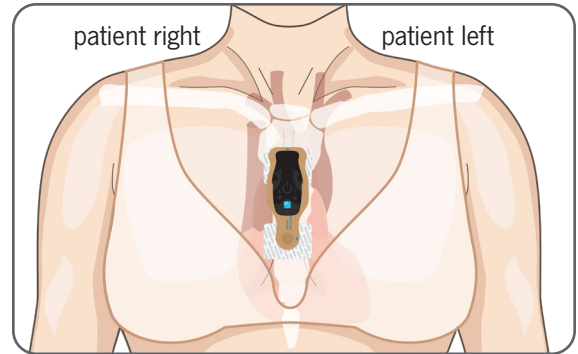
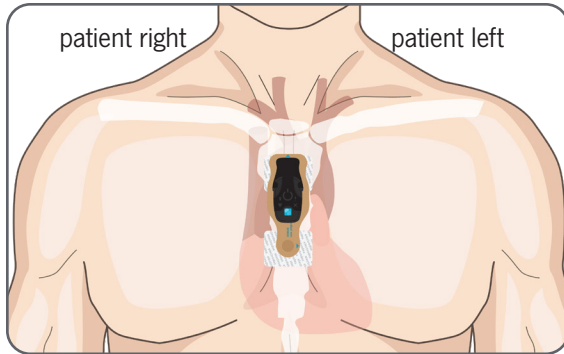


Apply only to intact, clean skin. Do not apply over open wounds, lesions, infected, or inflamed areas. If you have skin allergies or hypersensitivities to adhesives, consult your doctor to select the appropriate electrode option.

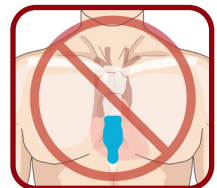
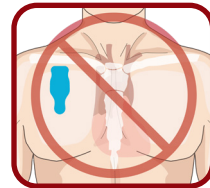


Preferred placement (vertical)

Place the top of the Bridge just below the jugular notch, at the base of the neck at the intersection of the collar bone.



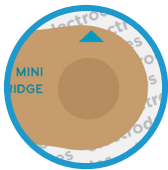
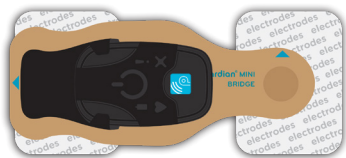
Ensure the arrow at the top of the Bridge on your chest is pointing up.



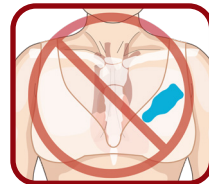
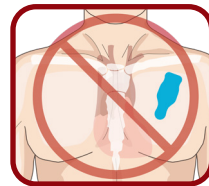
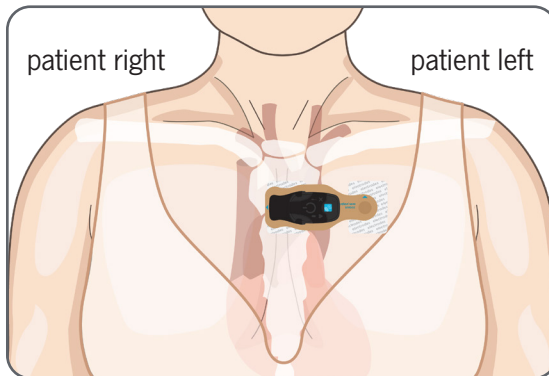
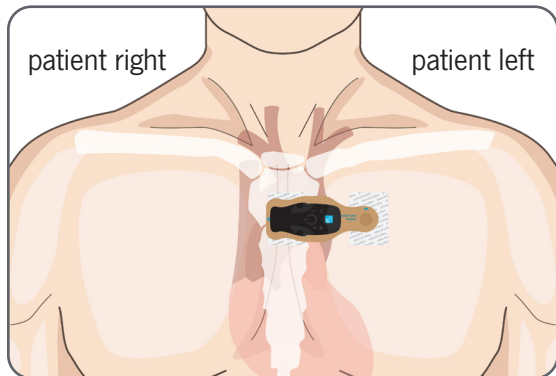
GETTING STARTED

Alternate placement (horizontal)

Place the right side of the Bridge near the center of the chest over the sternum.



Ensure the arrow on the Bridge over your left chest, near your left arm, is pointing up.



5 Turn on monitor

Press and release the center button  on the monitor once.





If contact between the Bridge and your skin is satisfactory:

The monitor makes a quick series of three rising beeps and the green light blinks every 5 seconds. You are successfully monitoring.



If contact between the Bridge and your skin is NOT satisfactory:

The monitor alerts you with two beeps every second. If this occurs:

1. Press and hold the center button  on the monitor for 12 seconds. After 12 seconds, the monitor lights will flash once, followed by a long beep. This indicates that the monitor has powered off.
2. Revisit the previous steps in this manual to ensure that:
 - The monitor is securely attached to the Bridge (**page 7**).
 - BodyGuardian Mini is properly placed and securely adhered to your chest (**pages 8-10**).
3. Power on the monitor by pressing and releasing the center button  on the monitor once.
 - If the monitor does not beep continuously, you are successfully monitoring.
 - If the monitor beeps twice every second, remove the Bridge, use a new Bridge, and begin again on **page 6**.



HOLTER DIARY

The Holter monitor allows your physician to determine how your heart performs during everyday activities.

It's important to keep an accurate diary of your **symptoms** and **activities** so your physician can learn how your heart responds to your lifestyle. Your diary will be compared to the changes in your ECG recorded by the monitor.

Patient Information

PATIENT NAME _____

PHONE _____ CITY _____ STATE _____

HOSPITAL OR PRACTICE _____


PHYSICIAN NAME _____

DEVICE SERIAL NUMBER _____

START MONITORING
Record when you begin your monitoring session.
____/____/____ : ____ AM / PM

END MONITORING
Record when you remove your monitor and finish monitoring.
____/____/____ : ____ AM / PM

When you feel a symptom:

1. On the monitor, press and release the center button  once. Do not hold the button down.
2. Record the **DATE** and **TIME**.
3. Select at least one **SYMPTOM**.
4. Select your **ACTIVITY** at the time you felt the symptom.


DATE	TIME	SYMPTOM (one or more)							ACTIVITY (select one)					
		None or accidental push	Light-headedness	Rapid or fast heartbeat	Flutter or skipped beats	Shortness of breath	Chest pain or pressure	Tired or fatigued	Passed out	Eating	Sitting	Walking	Exercising	Changing clothes
1	____/____/____ : ____ AM/PM	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2	____/____/____ : ____ AM/PM	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3	____/____/____ : ____ AM/PM	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4	____/____/____ : ____ AM/PM	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5	____/____/____ : ____ AM/PM	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6	____/____/____ : ____ AM/PM	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7	____/____/____ : ____ AM/PM	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8	____/____/____ : ____ AM/PM	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



Be sure to include your diary in the box when you return your equipment at the conclusion of your prescription.

Recording your symptoms

If you begin to feel symptoms related to the reason your monitor was prescribed, such as **dizziness**, **chest pain**, or **shortness of breath**, you can manually record these events.

1. On the monitor, press and release the center button  once. The monitor makes a single beep on a successful button push. Do not hold the button down.
2. In your Holter diary, write down the symptom **date** and **time**.
3. Check the **symptoms** you are feeling.
4. Check the **activity** you were doing at the time you felt the symptom.

Charging the monitor



When the monitor battery is low, the monitor alerts you with two beeps and blue blinks every 5 seconds. If the low battery alert sounds, charge the monitor immediately.



Charging time: 2-3 hours



- **While charging**, the blue light on the monitor will blink.
- **Once fully charged**, the blue light will remain solidly lit.

1. Remove the Bridge and electrodes from your chest, then remove the monitor from the Bridge.
2. Plug the charging cord into the monitor. Ensure the other end is plugged into a wall outlet.



Do not use your own personal device chargers. Only use the charger(s) provided to charge Preventice devices.



As soon as the monitor is fully charged, use *new* electrodes to re-apply BodyGuardian Mini to your chest (see **pages 6-11** for instructions).

If the monitor starts beeping during your monitoring session



2 beeps and 2 red flashes every 5 seconds

BodyGuardian Mini has not detected good contact with your skin for over 8 hours.

RESOLUTION

Revisit the previous steps in this manual to ensure that:

- The monitor is securely attached to the Bridge (**page 7**)
- BodyGuardian Mini is properly placed and securely adhered to your chest (**pages 8-10**).
- If the monitor continues to beep:
Remove the Bridge or ECG electrodes, use a new Bridge or ECG electrodes, and repeat the setup steps beginning on **page 6**.



2 beeps and 2 blue flashes every 5 seconds

















Your monitor battery is low.

RESOLUTION

Charge the monitor immediately (**page 13**).

Monitor indicators

* The monitor lights are faint. They can best be detected in a dark or dimly lit room.

Sounds	Lights*	What it means	Caused by
none	 every 5 sec	Monitoring successfully.	
 and none		Symptom marked.	Press-and-release button push.
 and  every 1 sec		Poor skin contact.	Monitor cannot detect good contact with skin to begin monitoring (p. 11).
 and  every 5 sec		Poor skin contact.	Monitor has not detected good contact with skin for over 8 hours. Replace electrodes.
none and  every 5 sec		Poor skin contact.	Monitor cannot detect good contact with skin during already established monitoring session. If this persists for 30 min or more, replace electrodes.
 and  every 5 sec		Monitor battery low.	Low monitor battery. Charge the monitor (p. 13).
 and 		Monitor powering on.	Press-and-release button push.
 and    		Monitor powering off.	Press-and-hold (12-sec) button push.

After 12 seconds, the monitor lights will flash once, followed by a long beep.



Replacing the ECG electrodes

Change the ECG electrodes every 3 days OR when they no longer adhere to the skin. Electrodes are disposable.

1. Remove the monitor and Bridge from your chest.
2. Slowly peel back and roll the adhesive on the back of the electrode away from your chest.
Tip: Dampen with water to ease removal from your skin or remove while in the shower.
3. Re-attach BodyGuardian Mini to your chest with new electrodes (see **pages 8-10**).



Do not rip or tear off the electrodes quickly. Improper removal may cause skin irritation.



Showering, bathing, swimming

BodyGuardian Mini is waterproof and can safely be submerged in water as deep as 3 feet.

- You do not need to remove BodyGuardian Mini when showering or bathing.
- If you will be swimming in water deeper than 3 feet, remove the monitor, Bridge and electrodes.



MRI

BodyGuardian Mini cannot be worn while undergoing an MRI. Remove the monitor, Bridge and electrodes.




Air travel

BodyGuardian Mini is safe to wear while traveling on aircraft.

RETURNING EQUIPMENT

Return your equipment immediately after your service ends

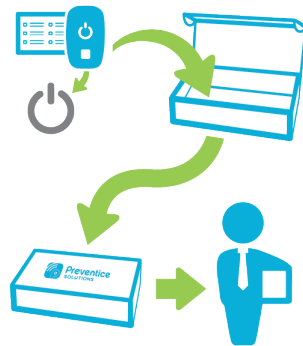
! Turn off the monitor by pressing and holding the center button  until you hear 3 monotone beeps.

If you are returning your equipment to your health care provider:

1. Follow the instructions provided by your health care provider.

If you are returning your equipment to Preventice Services:

1. Place the powered-off monitor into the foam pouch provided, then into the original postage-paid box. Then place the charging cord, Holter diary, any unopened Bridges and ECG electrodes, and patient survey into the box.
The prepaid return label is already affixed to the bottom of the box.
2. Remove the adhesive strip from flap on the shipping box and seal securely.
3. Drop package off at the shipping carrier listed on the prepaid return label.
For assistance, call Preventice at **888.500.3522**.



If you have lost or damaged the equipment, Preventice will mail you an invoice for the cost of the item.

PATIENT SURVEY

We appreciate your feedback. Please return this survey inside the box once your study is completed.

This survey can also be completed online at: www.preventicesolutions.com/patients/patient-survey.html

Patient name _____ City _____ State _____

Doctor's office / hospital _____ Contact me via: Phone _____

My hook-up took place at: Home Physician's office Email _____

BodyGuardian®
MINI

	Excellent	Average	Poor	Not applicable
Rate our service level	1	2	3	4
General satisfaction with Preventice Services	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ability to contact Preventice Services at 888.500.3522	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Explanations given to hook up your monitor	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Amount of time the representative spent with you	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Rate the contents of the materials	1	2	3	4
Printed instruction manual included in your box	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

continue →

PATIENT SURVEY

BodyGuardian®
MINI

	Excellent	Average	Poor	Not applicable
Rate your experience using the monitor and its accessories	1	2	3	4
Setting up the monitor	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wearing and charging the monitor	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Adherence and comfort of the Bridge and electrodes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Shipment of supplies for the length of your study	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Comments

I hereby authorize Preventice Solutions, Inc. to use, reuse, publish or republish my name in light of any communication I made and photographic likeness in all forms and all media for advertising, marketing, and any other lawful purposes. I release and discharge Preventice Solutions, Inc. from any and all claims and demands that may arise out of or in connection with the use of photographs, name or likeness, including without limitation any and all claims for libel or violation of any right of publicity or privacy. I have read this release and fully understand its contents, and I reserve the right to revoke this release upon written request to: Preventice Solutions, Inc. 1717 N. Sam Houston Parkway West, Suite 100 Houston, Texas 77038