

Your Healthcare Checklist: Remote Cardiac Device Monitoring

When you have a heart attack, arrhythmia or other heart issues your doctor may want to monitor your heart with a remote cardiac device.

Follow this checklist to help make sure your remote cardiac device monitoring is working correctly.

Do: Follow the directions to pair the device with the remote monitor or your phone app.

Do: Keep your monitor in a room where you spend the most time.

Do: Check with your healthcare provider to make sure they are receiving the information.

Do: Follow any changes to your medicine plan based on your monitoring feedback.

Do not: Miss any appointments with your doctor.

Do not: Forget to charge your phone or remote monitor. They won't work if they don't have any power.

Do not: Leave your phone or remote monitor at home when you travel. Make sure to take them with you.

By following these tips, you are taking steps to make sure your remote cardiac monitoring device is working smoothly.