

# BodyGuardian<sup>®</sup> HOLTER

Patient Instruction Manual



# Welcome to BodyGuardian® Holter

Your physician has prescribed you the BodyGuardian® Holter monitoring service provided by Preventice Services.



- The BodyGuardian® Holter monitor continuously monitors and records all heartbeats, detecting irregular rhythms over a 24–hour period.
- Wearing the monitor will help your physician diagnose potential rhythm problems while you are outside of a clinic or hospital.

## Patient Responsibilities

- I will sit still for at least 10 minutes after I begin recording to allow the monitor to calibrate with my heart rhythm.
- I understand that I need to wear the monitor for the length of time my doctor has recommended.
- I should only take sponge baths during the prescribed study.
- I will contact my doctor immediately if my symptoms worsen.
- I will push the enter button when I feel symptoms and enter the date, time and symptoms in my Patient Diary.
- I will **not** remove the battery during my study. If the battery is removed, the study cannot be restarted. Please call the Monitoring Center.
- Before returning the device, accessories and Patient Diary to my doctor, I will remove the battery.
- I understand I am financially responsible for any damage to the equipment or failure to return any equipment promptly when my service has ended.

## Attaching the Electrodes

- With the lead wires disconnected from the monitor, snap the lead wires onto the electrodes (sticky patches).
- Clean the skin where the electrodes will be placed. Remove hair if present.
- Remove any pieces of adhesive backing from the electrodes and place them on clean, dry skin avoiding loose or damaged skin locations.

The white, green, red and black leads should be proportionally distant from the brown lead and each other.

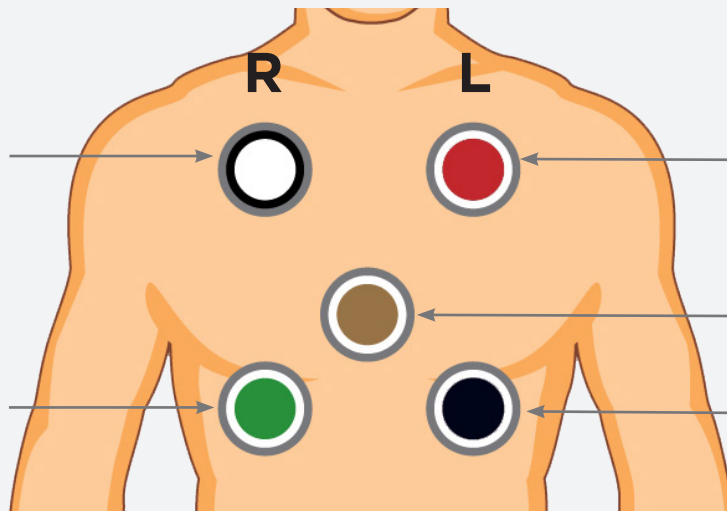
Attach the white snap to the right side of the chest below the collarbone.

Attach the red snap to the left side of the chest below the collarbone.

Attach the brown snap to the center of the chest, slightly to the right of the sternum.

Attach the green snap below the right breast aligned with the white snap on the ribcage.

Attach the black snap below the left breast aligned with the red snap on the ribcage.



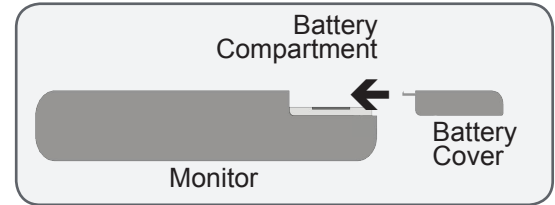
Refer to diagram for proper lead placement.

## Start Recording

- Attach connector portion of the lead wires to the monitor.
- Remove the battery cover, insert a new AA battery into the compartment with the cloth removal strip under battery visible. Replace battery cover.
- Once the battery is inserted, the monitor will emit a single beep.
- The monitor will proceed to the start up menu. Press the right arrow key twice to exit the menu.
- To begin recording, press and hold the enter key until the time displays on the screen.

⊘ **Do not remove battery after recording process has started.**

**IMPORTANT:** You must sit still for at least **10 minutes** to allow the monitor to calibrate with your heart rhythm.



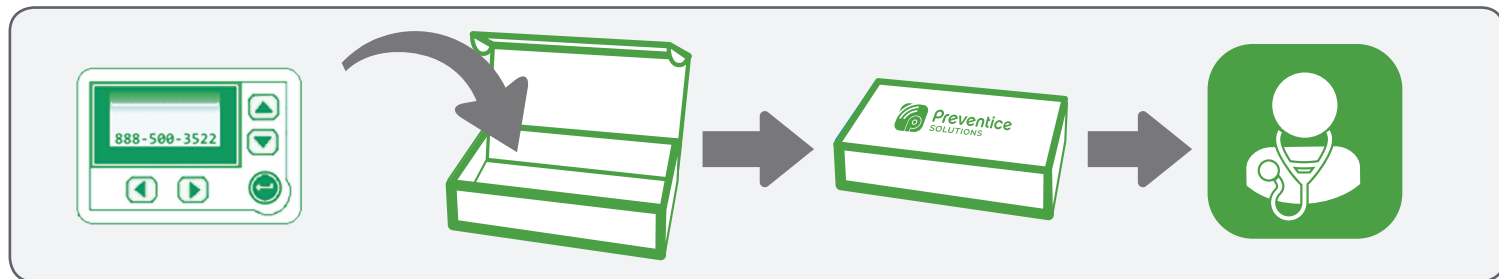
## Symptom Capture

If you begin to feel symptoms such as dizziness or shortness of breath, you can manually record these events.

- To manually record, press the **ENTER** key.
- If you were given a Patient Diary, enter the date, time and symptoms you experienced.
- You should complete the front page of the Patient Diary, including the date and time your study began, and return with the monitor even if you do not record any events.

# Returning the Monitor

Return the BodyGuardian® Holter immediately after your service ends.



- Remove battery from monitor.
- Place the monitor into the foam pack inside the box.
- Place all accessories into the box, including lead wires and Patient Diary (if applicable).
- Return the package to your doctor as soon as possible, but not more than three days from the end of your service.

**Note** If you have lost or damaged the monitor, we will mail you an invoice for the cost of the monitor.



## Patient Financial Obligations and Billing Information



Preventice Services has a working relationship with most health insurance companies. Please ensure Preventice Services has your correct insurance information to verify your coverage and appropriately bill your insurance company. Your insurance company may send you an Explanation of Benefits (EOB). **An EOB is not a bill.** If you would like to review your EOB, or if you have billing questions, please contact the Preventice Services Billing Department at 888.747.4701. Depending upon your insurance coverage, Preventice Services may be required to bill you directly for any remaining deductibles, co-insurance or copays that your insurance company does not cover and that you are responsible to pay for cardiac monitoring 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 \$2,200), please return the equipment directly to your prescribing physician.



Any request for an extension of your study beyond your prescribed study would need to come from your physician through a new order sent to Preventice Services. Please 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](http://www.preventicesolutions.com).



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## REMINDER

Preventice Services, a Preventice Solutions Company, is not an emergency response service. **If you are experiencing a medical emergency, dial 911.**

For questions or requests for additional supplies, contact our Monitoring Center at the number below, follow phone options closely for faster service.

**888.500.3522**