

## General Overview

- Apply monitor only to clean, intact skin.
- Monitor is waterproof for up to 3-feet.
- Monitor can be worn during showering, sleeping, and exercising.
- Monitor is allowed through airport security.
- Strips and adhesives cannot be repositioned once applied.
- Monitor cannot be worn while undergoing an MRI.
- Do not apply over open wounds, lesions, infected, or inflamed areas.

## Changing Strips or Electrodes

- Change Strip or electrodes when they no longer adhere to the skin. ECG electrodes can be changed every three days.
- Slowly peel back and roll adhesive away from your chest, continually blotting with lukewarm water.

## Wrapping Up Your Study

- With the device off your chest, turn the monitor off. Press and hold center button for 12 seconds.
- Using the original postage-paid box, return your equipment and all the accessories immediately after your service ends or call Preventice for pickup (888.500.3522).
- Only your physician can discuss the results with you. It is important to remember that Preventice is not an emergency response service. If your symptoms worsen, you must call 911 or seek emergency services.

## WELCOME TO YOUR STUDY

**This Patient Guide is a quick start to setting up your study. It is highly recommended that you read the Patient Instructional Manual found inside your BodyGuardian™ MINI PLUS monitor box.**

### WATCH INSTRUCTIONAL VIDEO



SCAN QR CODE  
WITH YOUR  
SMARTPHONE  
TO VIEW VIDEO

[preventicesolutions.com/patients/  
body-guardian-mini-plus](https://preventicesolutions.com/patients/body-guardian-mini-plus)

Preventice is here to help 24/7:

**888.500.3522**

or email [monitortroubleshooting@preventice.com](mailto:monitortroubleshooting@preventice.com)

Caution: U.S. Federal law restricts this device to sale by or on the order of a physician.

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## PATIENT GUIDE For MCT & CEM Study



**BODYGUARDIAN™ MINI PLUS**

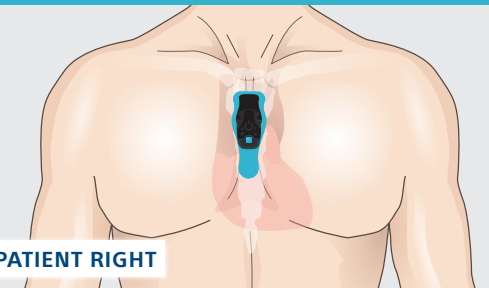
## Preparing Your Skin

- Remove any hair where you will place the monitor.
- Clean chest with provided saline wipe or soap and water.
- Do not abrade or use alcohol wipes while cleaning your skin.
- Do not apply lotions, oils, or perfumes after cleaning your skin.
- Dry area completely.

## Monitor Placement

- Two placement options for Strip and Bridge:

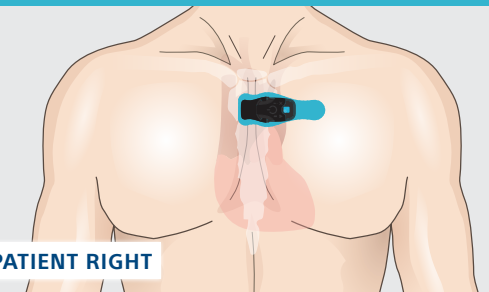
### VERTICAL - PREFERRED



**PATIENT RIGHT**

Place the top of the Strip or Bridge at the base of the neck at the intersection of the collarbone.

### HORIZONTAL - ALTERNATE



**PATIENT RIGHT**

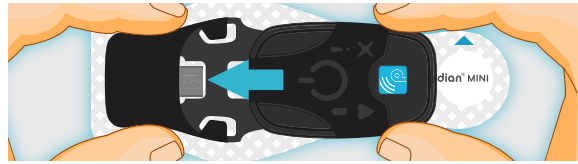
Place the right side of the Strip or Bridge near the center of the chest over the sternum.



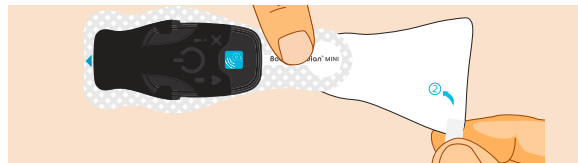
## BodyGuardian™ Strip

How to apply to your chest

IF BOX IS CHECKED, FOLLOW THESE INSTRUCTIONS FOR YOUR STUDY.

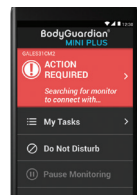


- After skin is prepped, slide the monitor into the black molding until the micro-USB connector is completely inserted.
- Peel top adhesive backing away from the Strip.
- Place top of monitor flat on your chest in one of the two placement options.
- Ensure one of the arrows on the Strip is pointing up.



- Peel bottom adhesive backing away from the Strip slowly.
- Press around the surface of the entire Strip to ensure the adhesives adheres to the skin.
- Power on the monitor. (see right column)

### Power on the Phone and Monitor:



#### Phone:

1. Remove phone from protective case.
2. Press and hold the power key on the side or back of the phone.
3. ACTION REQUIRED screen will appear.

#### Monitor:

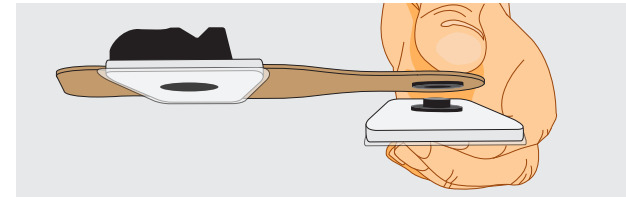
4. Press and release the center button.
5. Stay next to the phone and remain still.



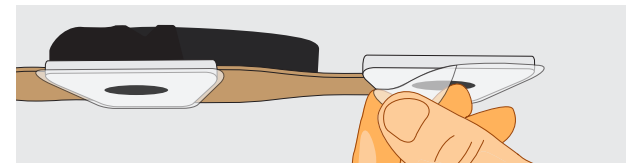
## BodyGuardian™ Bridge

How to apply to your chest

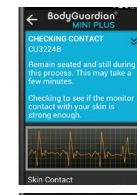
IF BOX IS CHECKED, FOLLOW THESE INSTRUCTIONS FOR YOUR STUDY.



- Before inserting the monitor, firmly attach two electrodes to the top and bottom side of the Bridge until they snap.
- Slide the monitor into the black molding until the micro-USB connector is completely inserted.
- Place the monitor flat on your chest in one of the two placement options.

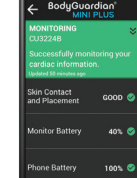


- Peel away backing of top and bottom of electrodes and press Bridge flat.
- Press around the top surface of both electrodes to ensure Bridge adheres to the skin.
- Power on the monitor. (see right column)



#### Phone:

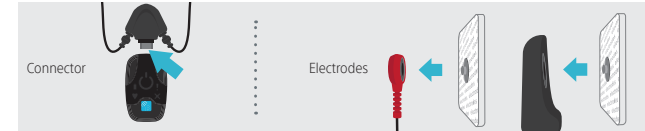
6. Monitor will chime as it connects to the phone and detects skin contact.
7. Select monitor placement you will be using, vertical or horizontal.
8. Once the connection is successful, the MONITORING screen will be displayed.



## ECG lead set

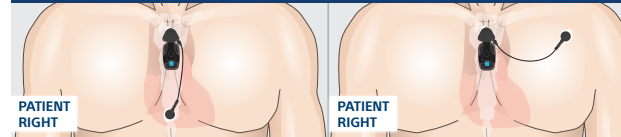
How to apply to your chest

IF BOX IS CHECKED, FOLLOW THESE INSTRUCTIONS FOR YOUR STUDY.

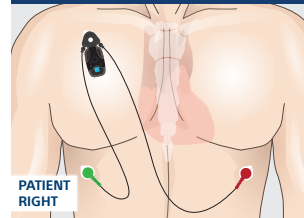


- Before inserting the monitor, firmly attach electrodes to each wire until they snap.
- Slide the monitor into center connector until the micro-USB connector is completely inserted.
- Remove adhesive backings from each electrode.
- Attach each electrode to the locations shown below for the type of lead set you were prescribed.
- Power on the monitor. (see right column)

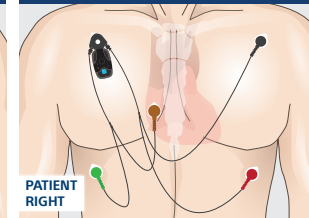
### 1-WIRE LEAD SET



### 2-WIRE LEAD SET



### 4-WIRE LEAD SET



### Recording Symptoms

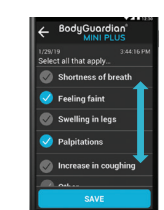


#### Monitor:

- Press and release the center button quickly to hear a faint beep.

#### Phone:

- Hold still for 60 seconds, then select up to three symptoms showing on the phone.
- Tap save.



### Power On Monitor

- Press and release center button on monitor.
- 3 beeps and blinking green light indicates contact between the Strip and skin is good.
- 2 beeps every second indicates poor skin contact with Strip. Check to make sure monitor is securely attached to the Strip and adhered to your chest.



### Monitor Warning Alerts

- 2 beeps and flashing red light means poor skin contact. Replace Strip or electrodes.
- 2 beeps and flashing blue light means monitor battery is low. Charge monitor with provided charger immediately.

### Changing & Charging Monitor

- Switch monitor when low battery alert appears.
- Do not pause or power off the monitor.
- Remove the monitor from the Strip, Bridge or connector that's on your chest.
- Plug the low battery monitor into the charger before you attach the new monitor.
- Insert the new monitor into the Strip, Bridge or connector, then turn monitor on.
- The phone will automatically detect the new monitor.
- Charge phone with provided charger.
- Keep the phone turned on and within 10 feet of the monitor.
- Refer to Patient Instruction Manual for additional information.