

H3+ Holter

Patient Instruction Manual



Patient Financial Obligations and Billing Information



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 \$1,000), 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. 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

Welcome to the Holter

Your physician has prescribed you the Holter monitoring service provided by **Preventice Services**. The 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.
- You must wear the monitor for the length of time your doctor has prescribed.

Note: The Holter is a very sensitive monitor. **It may fail to operate if dropped on the floor.**
Avoid any type of collision.

Important



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



Take only sponge baths during your prescribed study.



During your study, Do **NOT** remove the battery or open the battery door. If the battery is removed, the study cannot be restarted. Call 888.500.3522 (press 1, 1, 4).



The monitor cannot be worn while traveling on an aircraft. Contact the Monitoring Center if you plan to travel outside the United States.



Patients with known skin allergies or hypersensitivities to adhesives should consult their doctor to select the most appropriate option for their needs. Apply the electrodes only to intact, clean skin. Do not apply over open wounds, lesions, infected or inflamed areas.

Step 1: Attaching the Electrodes

- Snap the disconnected lead wires onto the electrodes (sticky patches) prior to applying them to your skin.
- Remove the hair where you will place the electrodes, if hair is present. Thoroughly clean the area with soap and water. Dry the area completely. Do not apply lotions or oils.
- Remove any pieces of adhesive backing from the electrodes and place on chest, avoiding irritated or damaged skin locations.

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

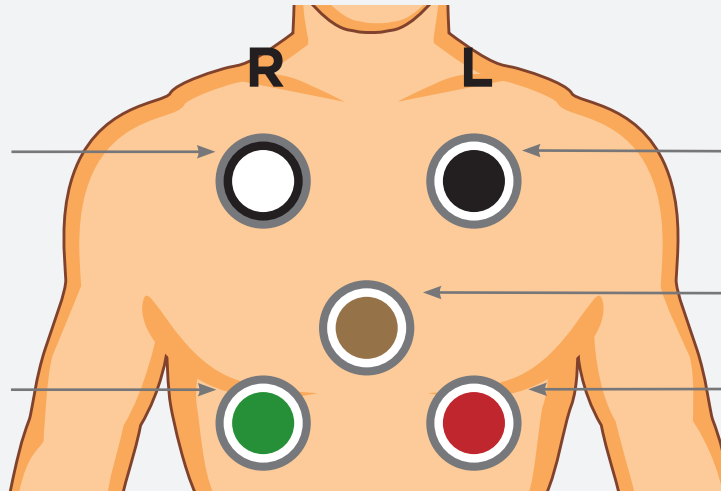
Attach the white snap to the right side of the chest below the collarbone.

Attach the black 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.

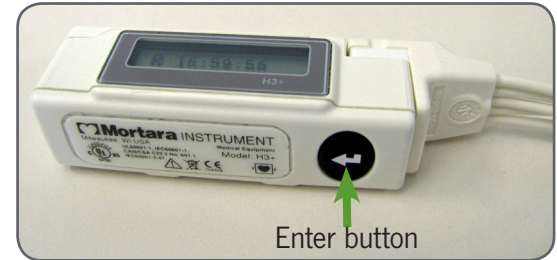
Attach the red snap below the left breast aligned with the red snap on the ribcage.



Refer to diagram for proper lead placement

Step 2: Start Recording

- Attach connector portion of the lead wires to the monitor.
- Slide the battery cover off and insert a new AAA battery into the compartment with the negative (flat) end against the spring.
- Re-apply battery cover. Press the enter button to move through the menu displays.
 - » View the current time setting.
 - » Verify the ID number.
 - » Verify ECG signal quality.
- **Press and hold** the enter button for three seconds, until an R and the time appears on the screen. The monitor is now recording.



Important

- Sit still for **at least 10 minutes** to allow the monitor to calibrate to your heart rhythm.
- Do **NOT remove the battery** after recording has started.

Step 3: Symptoms Capture

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

- Press the **ENTER** button.
- Enter the date, the time displayed on the monitor and symptoms you experienced on the Patient Diary (if applicable). Complete and return the Patient Diary, stating the date and time your study started (even if you did not record events).

Step 4: Returning the Monitor



- The screen will display the Patient ID when the study is complete.
- Return the monitor and package immediately to your doctor, no later than 3 days after your service ends.
- Slide the battery door off and remove the battery from monitor.
- Place the monitor into the foam pouch inside the box. Place all accessories into the box, including lead wires and Patient Diary (if applicable).

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

Contact Information

Issues with the monitor

Phone: 888.500.3522 (press 1, 1, 4)

Hours: 24 hours a day, 7 days a week

Email: monitortroubleshooting@preventice.com

Monitoring Center

Phone: 888.500.3522 (press 1, 1, 1)

Hours: 24 hours a day, 7 days a week

Email: lab@preventice.com

Billing assistance

Phone: 888.400.3522

Hours: 8:00 a.m. - 5:00 p.m. CST

Email: reimbursementinfo@preventice.com

General information

Phone: 888.747.1442

Hours: 8:00 a.m. - 5:00 p.m. CST

Web: www.preventicesolutions.com/patients.html