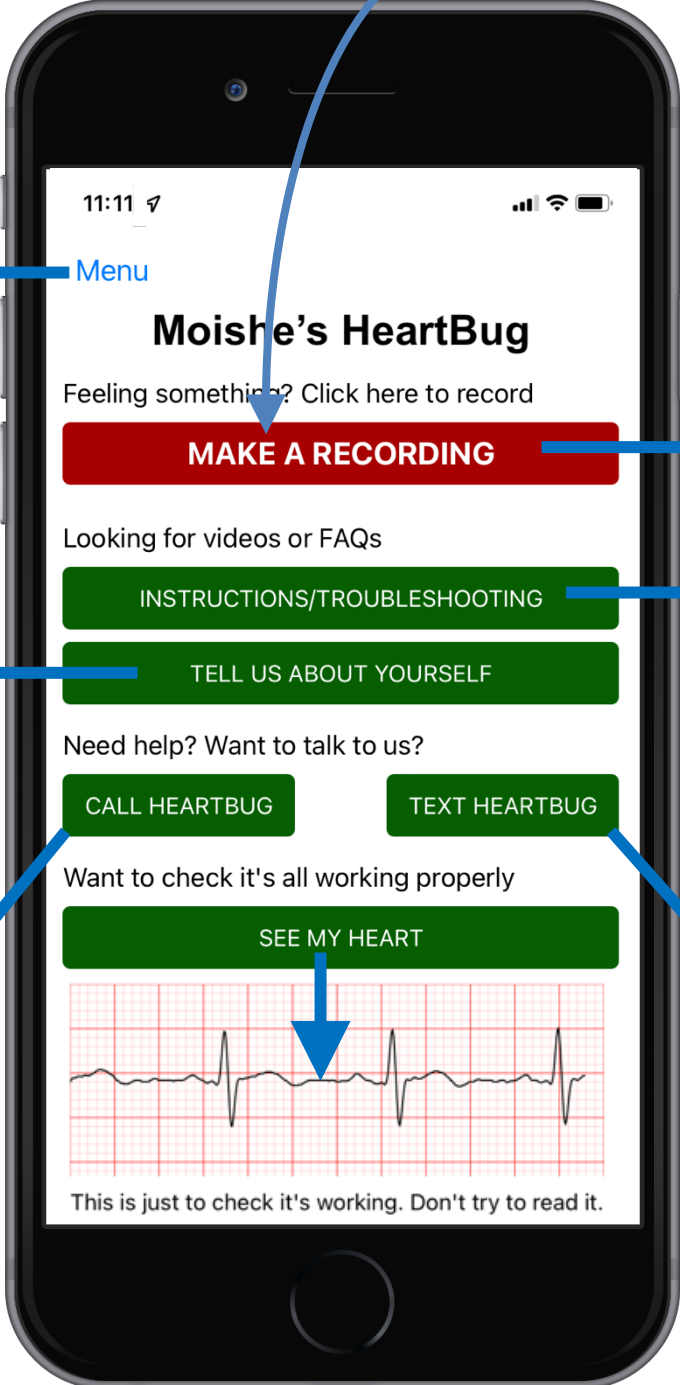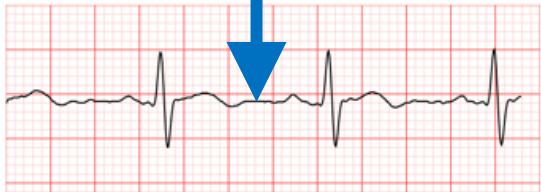# Welcome to HeartBug!

Wear the Bug all the time and press "Make a Recording" when you feel unwell

This is the most important button!

28 days left

HeartBug

How to put on

FAQs & troubleshooting
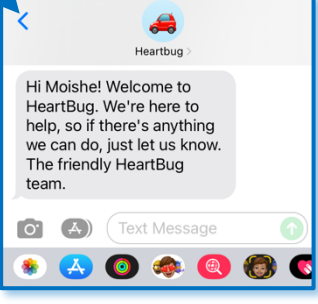
Swap HeartBug

More Stickers Please!

Menu

WHAT WERE YOU FEELING?

Palpitations

Fast heart rate

Chest pain

Short of breath

The "Big One"

Just Testing!

Something else

SUBMIT

11:11

Moishe's HeartBug

Feeling something? Click here to record

MAKE A RECORDING

Feeling something? Click here to record

RECORDING... (57s left)

Looking for videos or FAQs

INSTRUCTIONS/TROUBLESHOOTING

Welcome to HeartBug!

TELL US ABOUT YOURSELF

Relax, this is going to be easy!

Here are the top 7 things to remember

Need help? Want to talk to us?

CALL HEARTBUG

TEXT HEARTBUG

So we can look after you best, please tell us a bit about yourself:

What symptoms are you feeling?

Palpitations

How often are you feeling this?

Every day

Any known heart conditions or stroke?

No

Any previous heart procedures?

No

Taking any medications?

Blood pressure

SUBMIT

Want to check it's all working properly

SEE MY HEART

This is just to check it's working. Don't try to read it.

Heartbug Offic
calling main...

mute   keypad   speaker

Heartbug

Hi Moishe! Welcome to HeartBug. We're here to help, so if there's anything we can do, just let us know. The friendly HeartBug team.

Text Message

Questions? Help? 1800 529 275

Frequently Asked Questions

How to manage your stickers

Generally stickers will last about a week. If one falls off, just replace it in the same spot. It can take up to an hour for them to bind properly, so don't worry if the "See my heart" trace looks a bit fuzzy. It will settle down and get clearer. You've got 10 more stickers in the packet (there were 12 in total). There's <u>no need to change them</u> regularly.

My skin is getting sore from the stickers, what can I do?

When replacing stickers, you can put the new sticker slightly to the side of the sore position, and put some cream on the sore part to heal it.
There's also a fabulous hydrocortisone spray called DermAid 1% which you can buy without prescription at pharmacies. It works wonders on the sore part, and also under the new sticker before you put it on, to prevent soreness. Don't change the stickers too much – peeling them off can be irritating.

How do I get more stickers?

Tap Menu | More Stickers Please! We will post them out to you the same day.

How much longer can I wear this awesome monitor?

Tap Menu, the number of days left is shown on the red part at the top.

Do I have to wear it if I'm not having symptoms/feeling sick?

YES – wear it the entire time. DON'T take it off.
The HeartBug is continually monitoring and will record if it sees something unusual. There may be things happening while you sleep, or that you don't feel. Your doctor will want to know about these.

Is the HeartBug waterproof?

YES – it is good enough for a shower; it can't be submerged completely, <u>so please take it off for swimming or a bath</u>.

Why would you tap "See my heart"?

To check that everything is working - if you see your heart beating, it's all working.
To see if the signal quality is good and the stickers are still OK. If it's really fuzzy, call us for advice.
NOT to diagnose yourself (unless you're a cardiologist). Sadly we can't discuss results with you either.

Questions? Help? 1800 529 275