

ARIC-AMP Study COORDINATOR TIP SHEET FOR ZIO® XT

1. Tips for Applying ZIO® XT:

- Shave in the direction of hair growth.
- Avoid skin tags when shaving the area.
- It is OK for the subject to shave themselves if they insist.
- It is not necessary to press down hard when using the abrading tool on the subject.
- The subject should be standing when applying the ZIO® XT Patch. If subject is unable to stand, please make sure the subject is sitting as upright as possible before applying the patch.
- When pressing the button to activate the device, there should be a green light that flashes 5 times.

2. Tips for Subject Wear:

- Remind the subject that they should not shower within the first 24 hours after the ZIO® XT Patch has been applied.
- After 24 hours, showers should be brief in duration while wearing the ZIO® XT Patch. Soaps and lotions should not be applied near the ZIO® XT Patch.
- When towel-drying, the subject should hold the ZIO® XT Patch down with one hand. The ZIO® XT Patch should be pressed against the skin to secure it when done.
- The ZIO® XT Patch should not be submersed in water. Tell subjects not to go into hot tubs, bathtubs or pools.
- It is OK for the subject to exercise as normal, however, they should avoid excessive sweating as it may shorten wear time.
- If the subject reports any skin irritation, please record AE and report it to iRhythm as well.
- If a patch fails to activate successfully, please report this to iRhythm.
- If the subject sees an orange light while the patch is applied, they should press down evenly on the ZIO® XT Patch for 3 to 5 minutes. If the light persists, they should be instructed to call the study site.

If you have any other questions please contact Betty Anderson at betty.anderson@irhythmtech.com or Janet Flores at janet.flores@irhythmtech.com.