



When and How to Return the ARIC Zio® XT Heart Monitoring Sensor AND the Continuous Glucose Monitoring Sensor

You had **2 sensors** placed on your body with your permission during your recent ARIC study visit.

A **Zio® XT** heart monitoring sensor was placed on your chest.



A continuous glucose monitoring (**CGM**) sensor was placed on the back of your arm.

Your sensors were placed on _____(date).

ARIC staff will contact you on _____(date) to see if you are wearing your Zio® XT Monitor and if you have any questions.

ARIC staff will call and remind you to remove and return the Zio® XT Monitor and the CGM Sensor on _____(date) in the morning / afternoon (circle one). During this call, staff will also ask you a small number of questions relating to this study.

Please do not remove the sensors until you have worn them for 14 days.

After 14 days, remove both sensors and use the mailer kit to return to the ARIC clinic. Instructions for removal and mailing are below.

To remove the Zio® XT sensor

1. Find your Subject Instructions booklet in the box provided.
2. Detach the Adhesive Remover from the back page.
3. Gently lift up device from the center.
4. Using the Adhesive Remover, peel off device from the **center out**, 1 side at a time.
5. **Do not attempt** to remove the device without the Adhesive Remover.
6. Wash your skin with mild soap, rinse with water, and pat dry.
7. Stick your device to the last page of your Subject Instructions booklet.



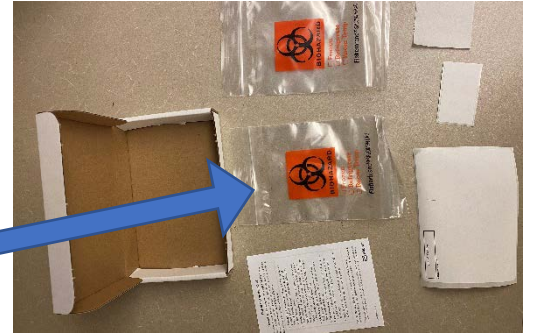
To remove the CGM sensor



1. Wipe the area around the sensor on your arm with the Skin Tac-Away wipe.
2. Pull up the edge of the sensor.
3. Slowly peel away from your skin in one motion.

Return Instructions

1. Place the Zio® XT Monitor in the bag with the orange biohazard symbol, and the CGM sensor in the other biohazard bag.
2. Close the bag by pinching the zip top shut.
3. Place the closed biohazard bags in the padded envelope and close the sticky tape on the top. Both sensors should be placed in the same padded envelope.



4. Place the closed padded envelope in the white box.
5. Close the white box by folding the flap down into the box and secure the box with the tape provided.
6. Drop the closed, taped box into the closest mailbox for return to the ARIC Center.

You may also return to the clinic to have a staff member remove the sensors if you prefer.

To replace the Zio® XT Monitor

If the Zio® XT Monitor comes loose or falls off before the Day 3 follow-up, contact the field center so that ARIC staff can replace the patch as soon possible, or help you to replace the patch yourself. This only applies to the Zio® XT Monitor, **not the CGM sensor on your arm.**



More information about the sensors you are wearing

What You Need to Know

For this study, two sensors have been placed on your body.

A [Zio® XT](#) heart monitoring sensor has been placed on your chest. The sensor continually measures and stores information on your heart's activity for up to 14 days.

A [continuous glucose monitoring \(CGM\)](#) sensor has been placed on the bottom of your upper arm. The sensor continually measures and stores your glucose levels for up to 14 days.

After you've worn the sensors for 14 days, we need you to remove them and place in the pre-paid mailer to be returned to the ARIC Clinic.

Once the devices are returned, we will be able to access and process the data. If you have told us that you want to receive your results, we will mail you a summary of your results. The summary will tell you about how your heart rate trended throughout the day and night during the time you wore the [Zio® XT](#) monitor and if any abnormal heartbeats were detected. It will also tell you about how your sugar trended throughout the day and night during the time you wore the [CGM](#) sensor.

What You Need to Do

- Wear the sensors for up to 14 days.
- If you already do self-monitoring of your blood glucose, continue regular blood glucose self-testing per your doctor's recommendation.
- There's no need for you to interact with the sensors. Just go about your daily routine.

Showering, Bathing, and Swimming

- Your sensors are water resistant, but not waterproof. They can be worn while exercising or showering, **but avoid spraying water directly onto the sensors**. We recommend that you face away from the shower head.
- **Do not swim or take baths while wearing these sensors.**

Getting dressed

- Use care to avoid catching the sensor on clothing while getting dressed.

Security checkpoints

- Notify security at airport checkpoints. TSA agents should be notified that you are wearing a heart monitoring device (show the statement on page 8 of the instructions/button press log booklet). A pat-down screen should be requested since the X-rays may interfere with device function.

Medical procedures

- If you have an X-ray, MRI, a CT scan, or a diathermy (heat or ultrasound wave) treatment, you must remove your sensor prior to the procedure.
- If you need to have one of these procedures while you are wearing the device, please tell your healthcare provider.

Removing the sensor

- You will receive a call from the ARIC Clinic after 14 days to remind you to remove the sensors and provide instructions for removal if you need them.
- You may also return to the clinic to have a staff member remove the sensors if you prefer.
- Please do not remove the sensors until you have worn them for 14 days.

Removing the sensors is simple. Follow the instructions in this packet.

Note: Any remaining adhesive residue on the skin can be removed with the wipe that was provided, warm soapy water, baby oil, or isopropyl alcohol.

If you have questions, please call the ARIC Clinic:

[PHONE]

Contact us if:

- Either sensor becomes loose or is removed
- You have irritation or discomfort at either sensor site
- You have any questions about either sensor