Record a 6-lead EKG

1. Open the app and tap “Record your EKG.”
2. Choose “KardiaMobile 6L.”
3. Select the 6-lead option.
4. When ready, hold the EKG device with your thumb touching the top two electrodes. There’s no need to squeeze or press down firmly. Make sure the device is in the correct orientation, with the All-Access “A” facing you.

With your thumbs resting on the top two electrodes, place the EKG device on the bare skin of your left leg (above or inside the ankle). The bottom electrodes should contact the skin.

5. Hold still as you watch the timer count down from 30 seconds, until your EKG recording is complete.

Helpful Tips

I’m having trouble getting a clear reading.
If you have dry skin, moisten with water or lotion.
If recording a 6-lead EKG, it is important to place device on your left leg (above or inside the ankle). The device should be used on bare skin.
If the recording does not smooth out, adjust your position to be comfortable. Ensure that your arms, hands, and left leg remains still to reduce muscle noise. Do not apply too much pressure to the electrodes.

I don’t see an EKG recording.
Make sure Bluetooth is turned on in your smartphone or tablet settings and follow the steps in “Record a single-lead EKG” or “Record a 6-lead EKG.”

For additional information, visit alivecor.com/support or contact support@alivecor.com or call (888) 338-8899.
**KardiaMobile 6L**

*KardiaMobile 6L* has two electrodes on the top surface and one on the bottom surface.

### Two kinds of EKGs

*KardiaMobile 6L* is capable of recording two kinds of EKGs: a single-lead EKG, the most commonly used, and a 6-lead EKG, which provides more data for your doctor. Both EKG types detect normal heart rhythm, atrial fibrillation, tachycardia, and tachyarrhythmia.

**A single-lead EKG**

A single-lead EKG is the most compact and is the easiest to use. It can be taken by lying the device on a flat surface near your smartphone, and placing fingers from the left and right hand on the top two electrodes of the device.

**A 6-lead EKG**

A 6-lead EKG is taken in order to provide your doctor with more detailed information. It is done by placing the bottom electrodes on the backs of your left big toe (or inside of the ankle), and placing fingers from your left and right hand on the top two electrodes.

### Setup your smartphone or tablet

1. **Download the Kardia app from the App Store or Google Play.**
2. **Make sure Bluetooth is turned on in your smartphone or tablet settings.**
3. **Launch the Kardia app and tap “Create Account.”**
4. **Follow the on-screen instructions to complete your account setup.**

For additional information, visit clevelandclinic.org/kardia. Contact support@clevelandclinic.org or call 1-888-316-4920.

### Record a single-lead EKG

1. **Follow the instructions below to record a single-lead EKG.** Results from your first EKG will be automatically sent to a board-certified cardiologist for complimentary review. The nurse should take less than 30 minutes. Once complete, you will be able to take and view unlimited EKGs (single-lead and 6-lead).
2. **Open the app and tap “Record your first EKG.”**
3. **Choose “KardiaMobile 6L.”**
4. **Follow the on-screen instructions to set up and pair your KardiaMobile 6L,**
5. **Lay device on a flat surface near your smartphone.** Make sure the device is in the correct orientation with the MakeSureTM logo facing up.
6. **When ready, place two fingers from each hand on the top two electrodes.** There’s no need to squeeze or press down firmly.
7. **Your recording will begin.** Hold it as you watch the timer count down from 30 seconds, until your EKG recording is complete.