

# FIRST-CALL MEDICAL, INC.

*The call that saves...*

## Heartrak Patient Manual

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**Website: [www.EKGreport.com](http://www.EKGreport.com)**

### Instructions for Recording an ECG

- Make sure your skin is free of oil, talc powder, etc.
- To record an ECG, place the Heartrak over your chest as shown in the diagram to the right. All four electrode "feet" must make good contact with your skin at the same time.
- Press and release the **Record** button.
- You will hear a tone which is your heart signal. Hold the Heartrak against your skin until the tone stops.
- When the tone stops, remove the Heartrak from your chest.

*Diagram for Recording Your ECG*



### Instructions for Transmitting your ECG

- Call 1-800-274-5399. First-Call Medical is open 24-hours a day, 365 days a year.
- Please identify yourself to the technician. Also, explain your cardiac symptom at this time.
- When instructed by the technician, place the mouthpiece of your phone over the small speaker hole in the front of the Heartrak.  
**NO CELL PHONE OR CORDLESS PHONES.**
- Press and release the Playback button. The Heartrak will emit a tone.
- Once the tone stops, pick up the phone and speak with the technician.

*Diagram for Transmitting your ECG*

