

# New Kardia Account and First Use



## Setting up your New Kardia Account

It's quick and simple to set up your Kardia account so you can get started recording EKG's with your Kardia Mobile.

Just follow these steps:

- You will first need to download the Kardia app from the [App store](#) (iOS device) or [Google Play](#) (Android device).
- Just search for "Kardia" and then install the app.

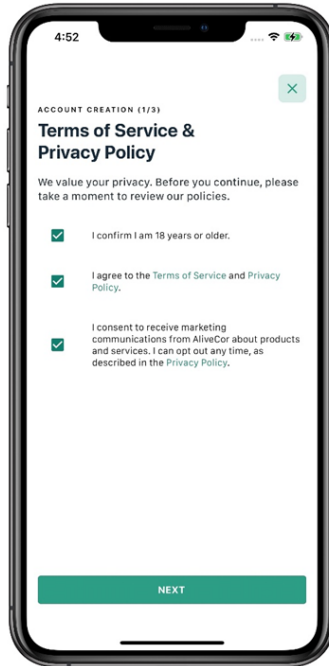


- Launch the Kardia app and tap "Create Account".

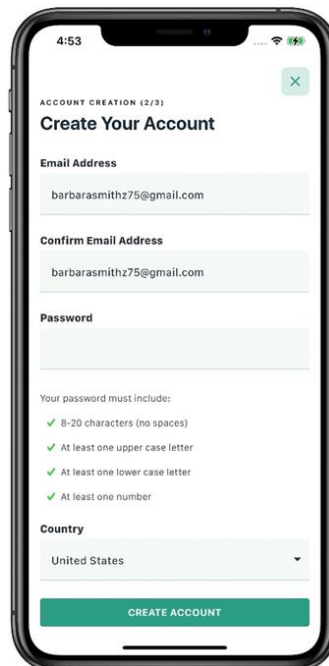


- Next, tap the boxes on the Terms of Service and Privacy Policy page.

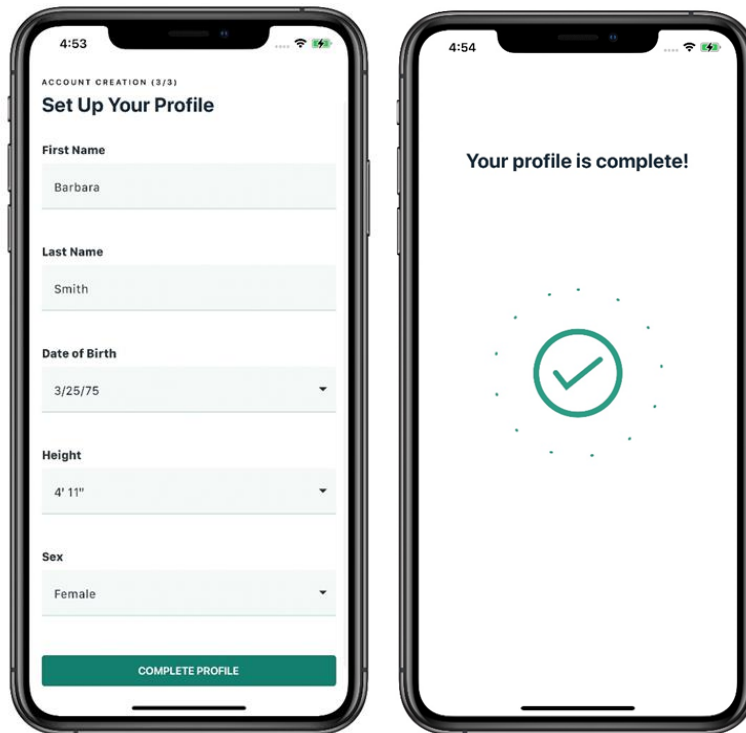
- In order to create a Kardia account, you must confirm that you are 18 years or older as well as accept the Terms of Service and Privacy Policy.
- Once finished, select "Next".



- Enter, then confirm the email that you would like used for your Kardia account. This email will be your Kardia login.
- Enter a password for the Kardia account that meets the password criteria shown.
- Select your country by tapping the drop down next to the country field.
- Once all fields are completed, select "Create Account".



- Lastly, enter a few more details to complete your Kardia profile.
- Once finished, select "Complete Profile".
- Once your Kardia profile is completed you will see a confirmation screen



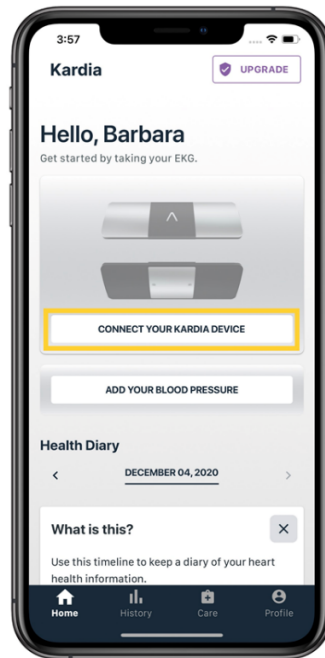
**Congratulations, your Kardia account is now set up!**

**Please continue in this document for instructions on Setting up your Kardia Mobile and First Use.**

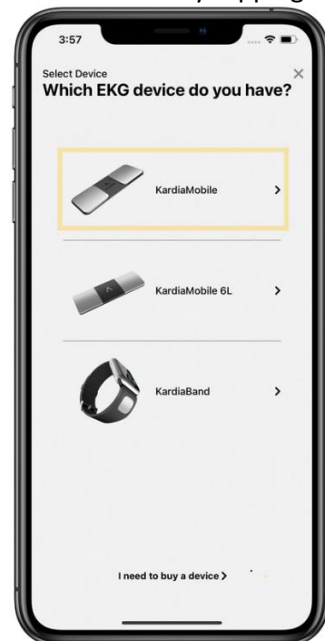
## Setting up your Kardia Mobile and First Use Recording Your ECG

After downloading the Kardia app and creating your account, the next thing to do is connect your Kardia Mobile and start recording.

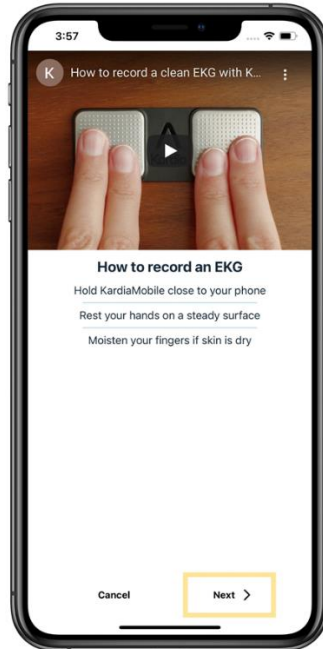
- After opening the Kardia app, you will be taken to the Home tab.
- To get started, tap on the button beneath the image of the Kardia Mobile, labeled "Connect Your Kardia Device".



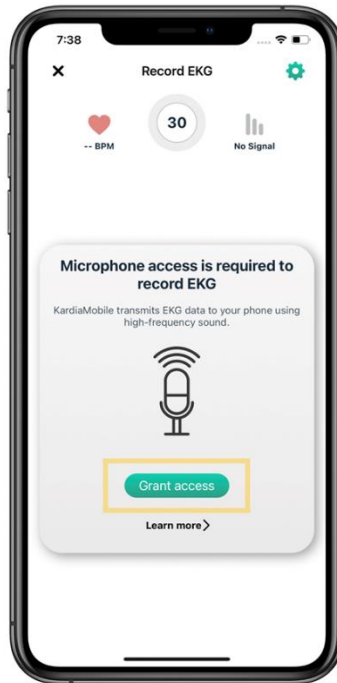
- Next, select the picture of the Kardia Mobile by tapping on it.



- A short video will show with instructions on how to properly record an EKG with the Kardia Mobile. Just tap the play button on the video to begin watching.
- Once the video has finished, tap the "Next" button in the bottom right corner

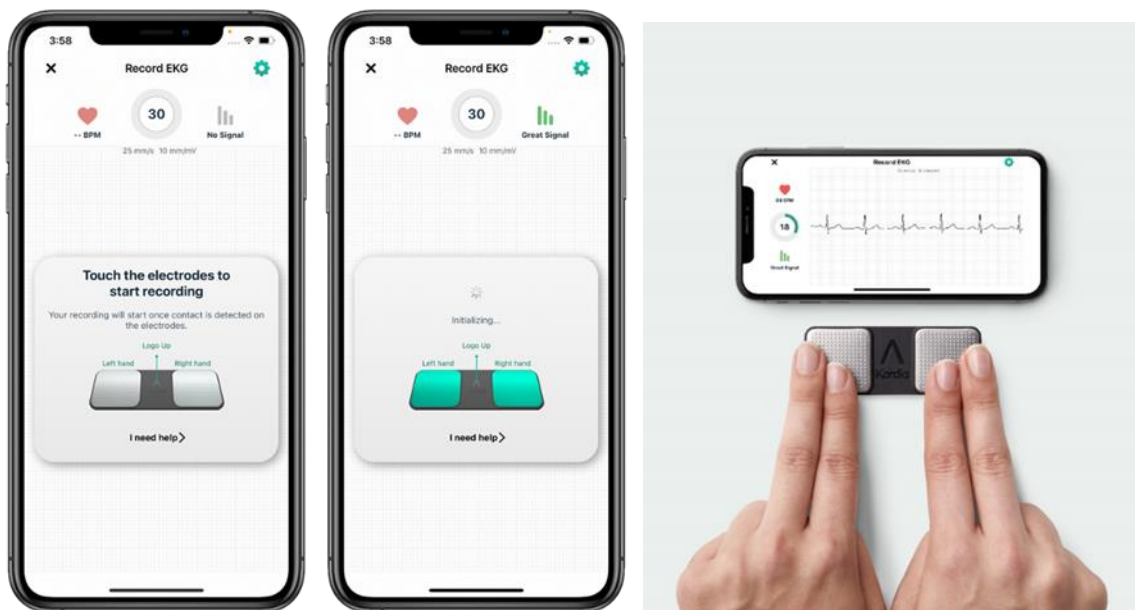


- After selecting next, you are taken to the EKG recording screen.
- You will be asked to grant Kardia access to your smartphone or tablet's microphone.
- Tap "Grant Access" to complete this step.
- The Kardia Mobile transmits an EKG signal directly to the microphone of your smart phone or tablet, so in order for the recording to transmit, this setting has to be turned on.



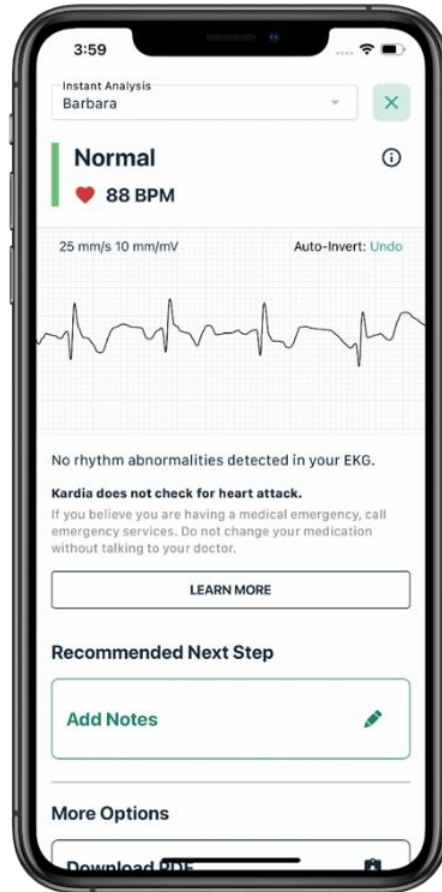
Now, we will record our first EKG with the Kardia Mobile. Follow the easy steps listed below to make sure you get a high-quality recording.

- Place your smartphone or tablet on the table in front of you.
- Place your Kardia Mobile on the table directly underneath your smartphone or tablet, making sure that the "A" logo is facing up.
- When recording, your phone can either be placed Vertically or Horizontally, this will not affect the quality of the recording.
- Take a seat in chair, and be in a seated, relaxed position.
- Relax the arms and hands to reduce muscle noise.
- Place your index and middle finger of your right hand on the right electrode, then do the same with your left hand on the left electrode.



- The Kardia Mobile illustration on screen will turn green to indicate that a stable connection has been made, then the recording will begin counting down from 30 to 0 seconds.
- The signal strength of your recording will show on the right of the screen, and your real time BPM will show on the left.
- Make sure to keep your fingers lightly pressed on the metal electrodes through the entire duration of the recording. If contact with the electrodes is broken, the recording will start over.

- Once the recording is completed, the Kardia app will instantly analyze the recording, and provide you with a Kardia determination.



**Congratulations, you just recorded your first EKG!  
It really is that simple.**

For additional information, please follow this link to watch:  
'How To Record Your First ECG Using Kardia Mobile' [HERE](#)

For technical support on using your Kardia Mobile,  
please contact **MedTach** at **289-644-4985**, or  
send us your questions to  
[Kardia@medtach.com](mailto:Kardia@medtach.com)