CardioGuide™ HF App

For the CardioMEMS™ HF System

Patient quick start guide



ABBOTT

Welcome to the CardioGuide™ HF App

The CardioGuide™ HF App works with your CardioMEMS™ HF System to help support your heart failure care. It helps you stay connected to your care team and give you greater visibility into your heart failure trends and treatment.

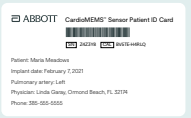
Before you begin, have the following ready:

- An Apple‡ or Android‡ device with the latest operating system
- Your CardioMEMS™ PA Sensor serial number
- Your email address and phone number

Helpful tip

You can find your CardioMEMS™ PA Sensor serial number on your CardioMEMS™ Patient ID Card.

If you cannot locate it, contact Abbott Technical Support.


ABBOTT CardioMEMS™ Sensor Patient ID Card

Patient: Maria Meadows
Implant date: February 7, 2021
Pulmonary artery: Left
Physician: Linda Garay, Cmmond Beach, FL 32714
Phone: 386-555-5555

PA Sensor serial number

Email

Password

Downloading and registering

1

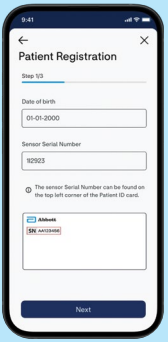
- Download the CardioGuide HF App from the Apple‡ App Store‡ or Google Play‡ Store
- Open the app and select ***Register***



2

Enter your:

- Date of birth
- CardioMEMS PA Sensor Serial Number



3

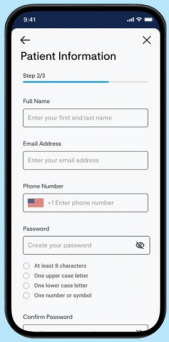
Review the user agreements and consent forms



4

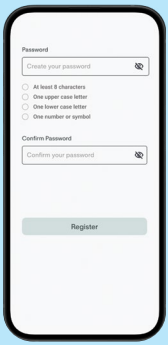
Enter your:

- Name
- Email address
- Phone number



5

Create a password and select ***Register***



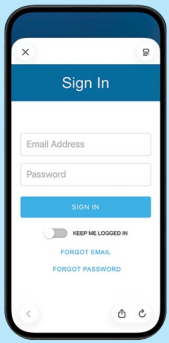
6

Enter your:

- Email Address
- Password

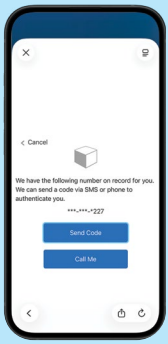
Tap ***Sign In***

To keep your account, safe you will need to take an extra step to verify your account



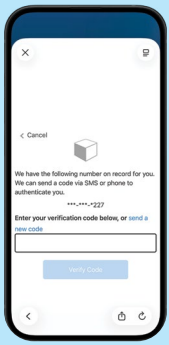
7

Choose to receive a verification code by text or phone call



8

Enter the verification code sent to you and tap ***Verify Code*** to complete registration



Helpful tip

If you want to see notifications from the CardioGuide™ HF App on your phone's home screen, allow push notifications in your phone settings.

Understanding pulmonary artery pressure data

Your care team can set up the app so you can see your pulmonary artery (PA) pressures,* and if you're in the optimal range that they have set. PA pressure can provide important information about your heart health. Rising pressure may be an early sign that fluid is building up in your body — even before you notice symptoms like shortness of breath or swelling.

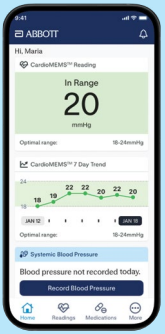
Helpful tip

- Only the first valid PA pressure reading of the day will be recorded in the app.
- Do not make any changes to your medications unless instructed by your care team.

To view your reading:

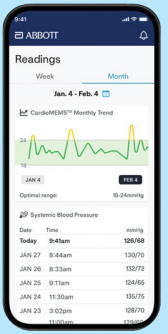
1

- Open the app
- Your first valid reading of the day will appear at the top of the home screen



2

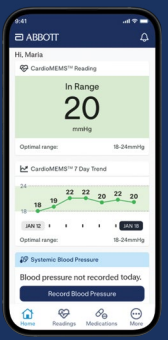
To see older readings trends, tap ***Readings***



Understanding your readings:

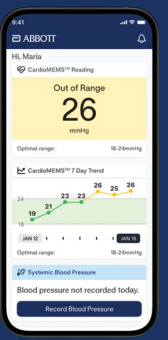
Green

Within the range your care team considers optimal



Yellow

- Outside your optimal range
- May indicate your pressure is rising or too low



Receiving and viewing app notifications

Notifications on the CardioGuide™ HF App help you stay informed on managing your heart failure with the CardioMEMS™ HF System and stay connected to your heart failure care team.

Your care team can send notifications about:

- Medication changes
- Reading reminders
- Other care instructions

Helpful tip

When a new notification arrives:

- A banner appears on your screen
- A red number appears on the notification bell

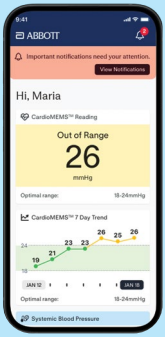
To view past notifications, tap the bell icon. If you have any questions about notifications you receive, reach out to your care team.

To view notifications:

1

Tap ***View Notifications*** or the bell icon

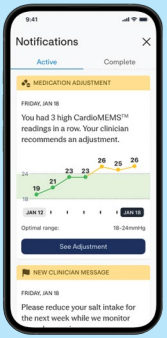
- Open the message
- Review instructions provided by your care team



2

For medication changes:

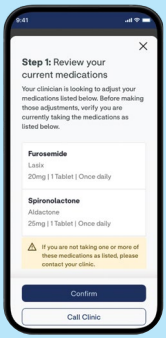
Tap ***See Adjustment***



3

Review your current medications and tap ***Confirm***

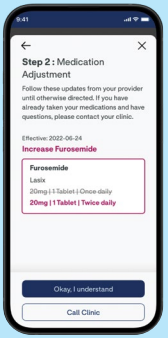
⚠ If you are not taking one or more of the medications listed, call your clinic



4

- Then, review the medication adjustment provided
- Select ***Okay, I Understand***

  Or call your clinic if you have questions



Recording blood pressure

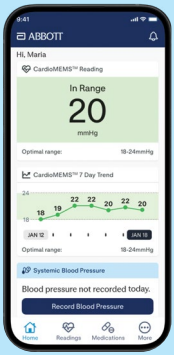
Your care team may ask you to record your blood pressure in the app. Monitoring blood pressure can help your care team better understand your heart health.

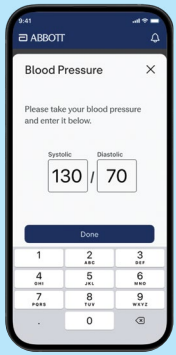
You can enter blood pressure in two ways:

1

From the Home Screen

- Open the app
- Select ***Record Blood Pressure***
- Enter your reading
- Tap ***Done***
- ***Confirm*** or edit the reading



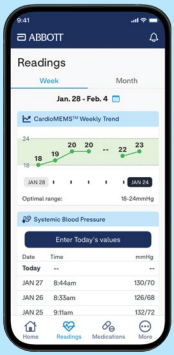


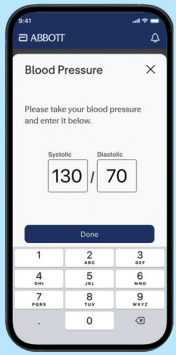


2

From the Readings tab

- Select ***Readings***
- Tap ***Enter Today's values***
- Enter your reading
- ***Confirm*** or ***Edit*** the reading







Note

You can only enter one blood pressure recording a day. You can view your blood pressure trends by day, week, or month.

Recording your weight

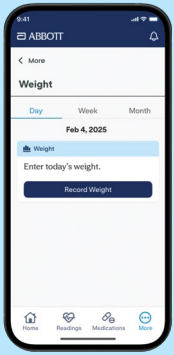
Your care team may also ask you to track your weight. Monitoring weight can also help your care team better understand your heart health.

You can take these steps:

1

Select ***More*** in the bottom-right corner of the app

- Choose ***Weight***
- Select ***Record Weight***



2

- Enter your weight
- ***Confirm*** or ***edit*** the entry
- Select ***Save***



Note

You can only enter one weight recording a day. You can view your weight trends by day, week, or month.

Optional: Apple Health‡ integration

If you use an iPhone‡, you can choose to connect the CardioGuide™ HF App with Apple Health‡. When connected, blood pressure and weight data recorded in Apple Health‡ will also appear in the CardioGuide HF App.

Need assistance?

In the app:

Visit the support resources under the ***More*** tab to access helpful resources and support information.

Technical support:

1-844-692-6367
myCardioMEMS@abbott.com

If you have questions about your PA pressure readings, medications, or treatment plan, contact your care team.

These materials are not intended to replace your doctor's advice or information. For any questions or concerns you may have regarding the medical procedures, devices and/or your personal health, please discuss these with your physician.

*PAP visibility and medication adjustments through the app are at the discretion of your clinician.

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Cardiovascular.Abbott

Rx Only
Brief Summary: Prior to using these devices, please review the Instructions for Use for a complete listing of indications, contraindications, warnings, precautions, potential adverse events and directions for use.

CardioMEMS™ HF System Indications and Usage: The CardioMEMS™ HF System is indicated for wirelessly measuring and monitoring pulmonary artery pressure and heart rate in NYHA Class II or III heart failure patients who either have been hospitalized for heart failure in the previous year and/or have elevated natriuretic peptides. The hemodynamic data are used by physicians for heart failure management with the goal of controlling pulmonary artery pressures and reducing heart failure hospitalizations.

CardioMEMS™ HF System Contraindications: The CardioMEMS™ HF System is contraindicated for patients with an inability to take dual antiplatelet or anticoagulants for one month post implant.

CardioMEMS™ HF System Potential Adverse Events: Potential adverse events associated with the implantation procedure include, but are not limited to, the following: air embolism, allergic reaction, infection, delayed wound healing, arrhythmias, bleeding, hemoptysis, hematoma, nausea, cerebrovascular accident, thrombus, cardiovascular injury, myocardial infarction, death, embolization, thermal burn, cardiac perforation, pneumothorax, thoracic duct injury and hemothorax.

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‡ Indicates a third-party trademark, which is property of its respective owner.
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