**Application Summary (1 of 2)**

1. **Position**
   
   The Zio patch is placed on the patient's upper-left side of the chest. Find the flattest part just below the collarbone with the arrow pointing straight up.

2. **Prep Skin**
   
   **Shave** if hair is present.
   
   Hold abrader disc by the orange tab and **rub the abrader 40X**, ten times in each direction.
   
   **Clean the prep area** thoroughly using all 4 alcohol wipes. Let dry for one minute.

3. **Apply Zio AT Patch**
   
   Remove Zio patch from the foil pouch. Hold the middle section of the Zio patch and remove the clear backing.
   
   **Find placement** mentioned above. Press firmly onto skin and **rub patch for 2 minutes**.
   
   Peel off the white label starting with “1” and then “2”, and **rub patch** for another two minutes.
4 Activate Patch & Gateway

Press the button in the center of the patch. Patch will flash green and then stop, which indicates it is recording.

Open the gateway and press the star button. Lights will flash orange and then green. When flashing stops, gateway is connected to Zio patch.

Keep the gateway within 10 feet to ensure it can continuously stay connected to transmit data.

5 At End of Wear: Remove Patch & Return with Gateway

At the end of the wear period, remove patch from the patient and return patch and gateway in the pre-paid mailer that is provided inside the gateway.

Don’t forget to register the patient in ZioSuite

For complete instructions, refer to the Zio AT Application Instructions that are provided with the Zio AT monitor.