

# Know Your Pulse



to Know Your Heart Rhythm **ON MOBILE**

## It Could Save Your Life



Is your heart rhythm too fast, too slow, or jumping around (irregular)? It could be an arrhythmia (a heart rhythm disorder). Learn to take your pulse to monitor your heart rhythm.

**It only takes 30 seconds & it could save your life**



**AliveCor**



**SCAN HERE**  
to learn more or to order  
an AliveCor Kardia

## KNOW YOUR ECG

Monitor your heart rhythm with a mobile ECG device. It records your heart rhythm and confirms if it's normal, if AF is suspected, or if you should discuss the results with your doctor.

**FibriCheck**



**SCAN HERE**  
to download the app  
& gain 24hr access to  
a free ECG



**STARS**  
Syncope Trust And Reflex anoxic Seizures

**AAA**  
Arrhythmia Alliance

**AFA**  
AF Association

[www.heartrhythmalliance.org](http://www.heartrhythmalliance.org)

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