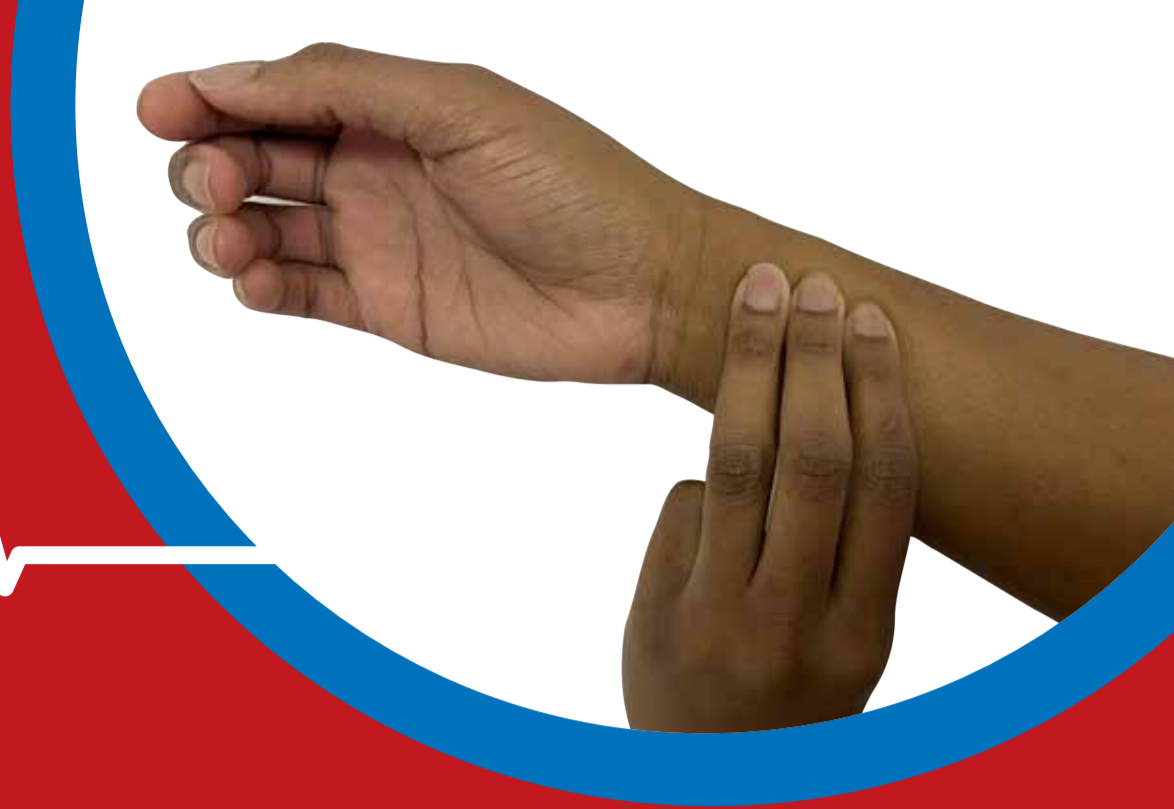


# Know Your Pulse



to Know Your Heart Rhythm **ON MOBILE**

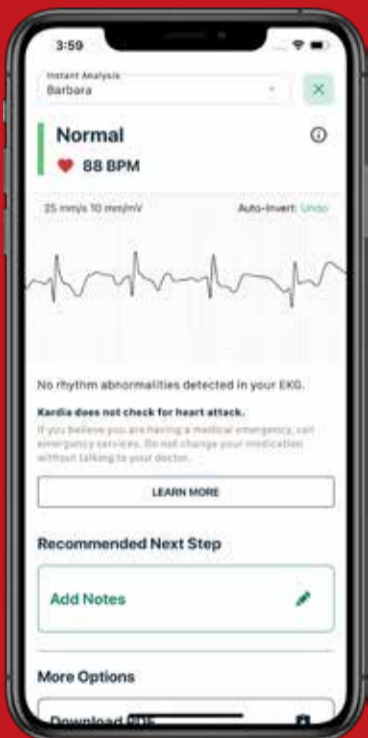
## It Could Save Your Life



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**

### KNOW YOUR ECG



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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.

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AF Association

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

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