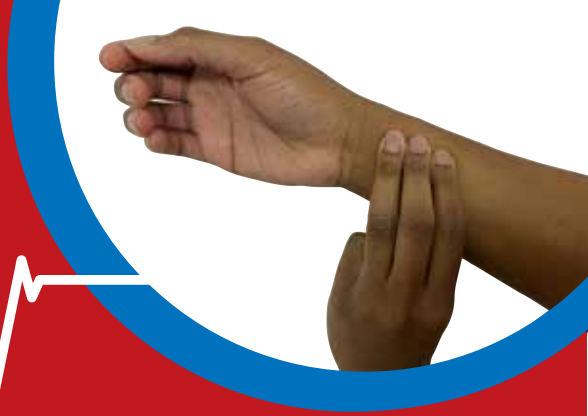


# Know Your Pulse



to Know Your Heart Rhythm **IN 4 STEPS**

## It Could Save Your Life

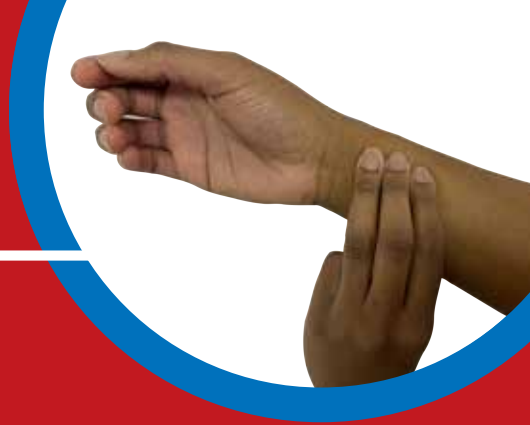
- 1** Sit down for five minutes. Avoid consuming stimulants like caffeine or nicotine and grab a timer
- 2** Hold your hand out with your palm up while bending your elbow slightly
- 3** Place three fingers between the edge of your wrist and tendon
- 4** Count your pulse for 30 seconds and multiply by two to get your heart rate and BPM (beats per minute)  
*If your heart rhythm (pulse) is irregular, repeat for 60 seconds and do not multiply*  
*If your pulse was irregular over 120 BPM, you should consult your doctor*

**If your heart's not ticking like a clock, call the doc!**



**KnowYourPulse.org**

# 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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**AFA**  
AF Association

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

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