

TAKE THE PULSE CHECK CHALLENGE

KNOW THE RHYTHM OF YOUR HEART – MANUAL OR MOBILE

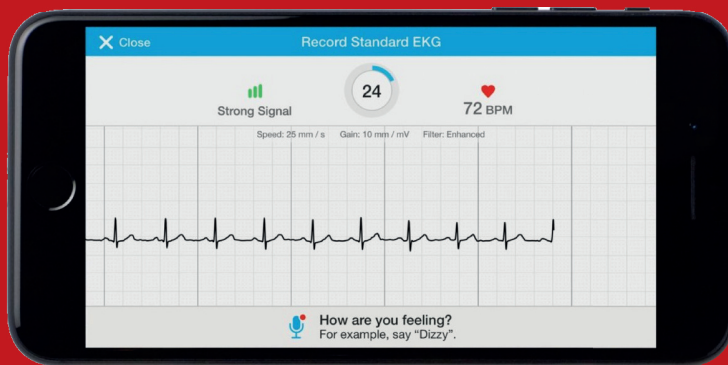
it only takes 30 seconds – yet could save your life!

KNOW YOUR PULSE

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



KNOW YOUR ECG

Monitor your heart rhythm with a mobile ECG device

It records your heart rhythm and confirms if normal, AF suspected or if you should discuss the results with your doctor

For more information contact:
info@heartrhythmalliance.org

