

Medtronic

# Get started with your heart monitor



Reveal  
LINQ™ ICM  
patient system  
overview



Peel sticker and attach it to your home transmitter as pictured.



### Medtronic

- Sleep near this monitor
- Don't push any buttons unless instructed

### Stay Connected service



Questions? Call:  
**1-866-470-7709**  
7:00 a.m. to  
7:00 p.m. CT  
Monday-Friday



Medtronic

# Welcome

To get started monitoring your heart:

## Step 1

Peel sticker and attach it to your home transmitter as pictured

## Step 2

Set up your home transmitter next to where you sleep right away to make sure your heart data gets shared with your doctor

## Step 3

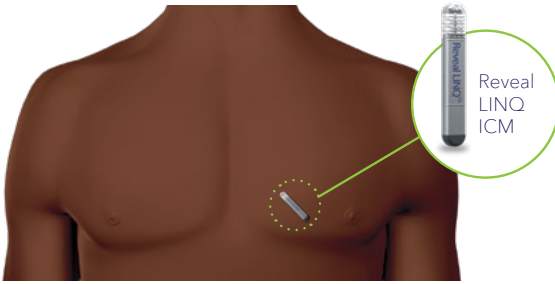
Visit [MonitorYourHeart.com](https://www.monitoryourheart.com) to receive helpful information on living with your device.

# About your heart monitoring system

If your doctor is concerned about your heart, the Reveal LINQ insertable cardiac monitor (also called “ICM” or “loop recorder”) system is here to help.

## Your heart monitoring system consists of:

- 1 A small device that is implanted in your chest. This device automatically monitors your heart for abnormal rhythms for up to three years.†



- 2 A transmitter that wirelessly collects heart data from your device and makes it available to your doctor.



The Patient Assistant is an optional component, provided by your doctor. If you received one, use it to manually mark symptoms when they occur.

† Refer to the Reveal LINQ ICM clinician manual for usage parameters.

To make sure your doctor is receiving your heart data, please set up your home transmitter right away.





Heart data is recorded with the Reveal LINQ ICM.



Go to bed near your MyCareLink™ monitor so your data is shared with the monitor while you sleep.



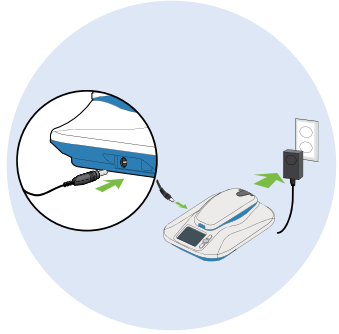
Your doctor can access your data and will contact you if necessary.



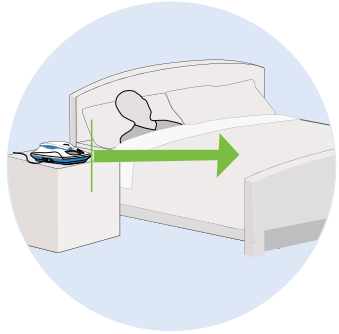
Once you set up the MyCareLink monitor at home, it will begin automatically collecting information about your heart from your Reveal LINQ ICM and making it available to your doctor.

# Set up your home transmitter‡

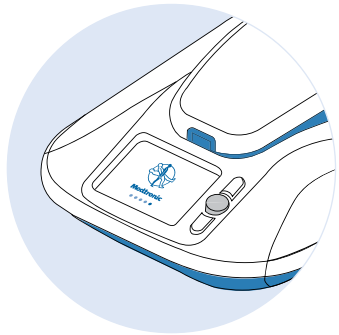
- 1 PLUG** monitor into standard power outlet near where you sleep.



- 2 POSITION** monitor so you are always within 6.5 ft (2 m) of it when sleeping, and point it towards the foot of the bed.



- 3 LOOK** for Medtronic logo as monitor powers up.

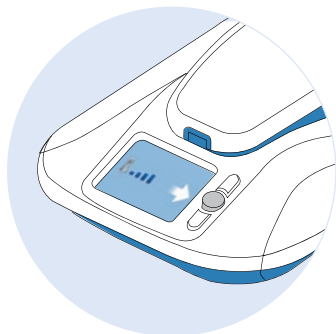


‡ See patient manual for additional information on setting up the home transmitter.

- 4** **PLACE** sticker from this setup guide on the handheld reader.



- 5** **WAIT** for cellular signal bars and white arrow to appear.



- 6** **FOLLOW** manual transmission steps on the next page **just once<sup>s</sup>** for initial setup.



§ Note: If manual transmission steps were completed at the hospital, you don't need to do it again. Your screen will go dark and you're set for automatic transmissions.



Make sure the area where you plug in your home transmitter receives a good cellular signal. If it does not, plug it in somewhere else you spend a lot of time that receives a better signal.



## Set up your home transmitter, con't.

Remember, your heart information will be sent automatically, usually while you sleep. All you need to do is:

- Sleep within 6.5 ft (2 m) of your home transmitter
- Always keep your home transmitter plugged in – make sure the outlet isn't controlled by a wall switch that could be turned off
- Do not press any buttons unless otherwise instructed

Your doctor will let you know if he/she needs you to perform a manual transmission.



## Optional Patient Assistant

Your doctor may recommend that you carry an additional small device to mark symptoms. If you receive one, carry it with you at all times to mark symptoms as they happen.

### To use the Patient Assistant:

- 1 When you experience a symptom, press and release the button. The searching light will start to flash blue.
- 2 Quickly hold the Patient Assistant flat against your chest, directly over your Reveal LINQ ICM.
- 3 When a symptom is successfully marked, the success tone will sound and the success light will illuminate green. If the success signals do not occur within 15 seconds, repeat steps 1-2.

Your home transmitter will share what was happening with your heart the next time it sends information to your doctor.

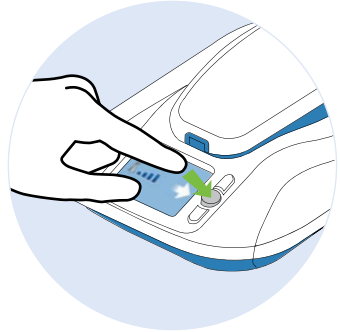
### What kind of symptoms should I mark?

- Dizziness
- Fainting
- Lightheadedness
- Heart fluttering or racing (palpitations)

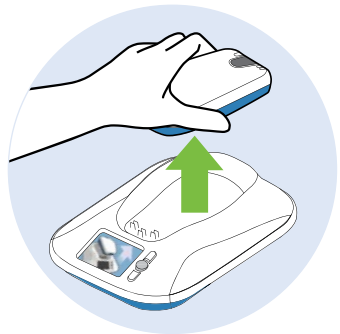
# Send a manual transmission

If your doctor requests it,  
follow the directions below to send a manual transmission

- 1 **PRESS** round **GRAY** button to get started.



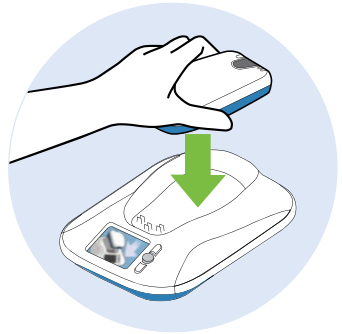
- 2 **LIFT** reader when screen shows **UP** arrow.



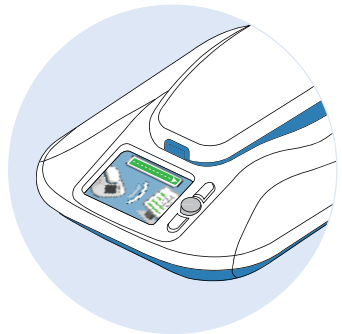
- 3 **HOLD** reader over your Reveal LINQ device and wait for **GREEN BAR** to progress.



- 4 **RETURN** reader to the base when screen shows **DOWN** arrow.

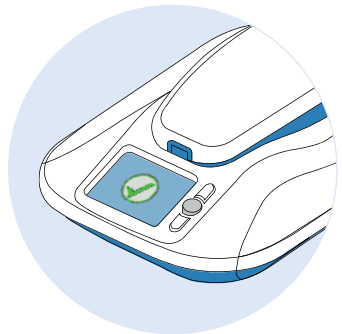


- 5 **CHECK** for **GREEN BAR** progress showing your data is sending.



- 6 **CONFIRM** data sent when **GREEN** check mark appears.

Note: Your screen will go dark and you are set for automatic transmissions.





## Safety

Rest easy knowing your device is ...

### **Clinically proven, widely trusted**

Medtronic heart monitors are the world's most clinically studied<sup>1</sup> implanted monitors. Over 1.5 million people have been implanted and monitored with a Medtronic implantable heart monitor.<sup>2</sup>

### **Data-secure**

Your monitor uses Bluetooth®\* Low Energy to send heart information to your phone app. Your data security is top priority for Medtronic. The connectivity of this device was designed to protect your data.

### **Safe for use in an MRI setting<sup>‡</sup>**

Provide your device identification card to your imaging technician so he or she can access more information.

### **Safe for airport security**

Neither security nor scanning will affect your heart monitor.

‡ See patient manual for additional information.

1. Medtronic Reveal™ publications. Medtronic data on file. 2022.

2. Medtronic Reveal™ ICM family data. Data on file. 2021.

# Find help

## Get your questions answered

Visit [MonitorYourHeart.com](https://www.monitoryourheart.com) to watch helpful video tutorials.

## Need help?

Call Medtronic at [1-800-551-5544](tel:1-800-551-5544).

Patient services specialists are available 7 a.m. to 7 p.m. CT, Monday through Friday.

Medtronic and your doctor's office may reach out to help you get set up after your implant.



# What you should know about the Reveal LINQ system

## **Q What do I do when I travel?**

**A** Take the MyCareLink monitor with you – just remember to place it close to where you'll sleep, in a location that receives an adequate cellular signal. You won't have to worry about roaming fees, but – if changing time zones – you may want to contact your clinic to see if any changes should be made to your monitoring schedule before you leave.

## **Q Can I get an MRI?**

**A** Yes, you can. The Reveal LINQ ICM doesn't pose any known hazards in specific MRI settings when they're performed as directed. Provide your device identification card to your imaging technician so he or she can access more information.

## **Q Can I go through airport security?**

**A** Yes, you should have no trouble. Just bring your device identification card to show airport security.

## **Q Why is it important to leave the MyCareLink monitor plugged in?**

**A** The MyCareLink monitor works automatically to send your heart data and make software updates. Make sure you keep it plugged in so nothing is missed.

## **Q How can I be sure my heart information has been sent to my doctor?**

**A** If the MyCareLink monitor screen is dark, press the gray button just once to view the start-up screen. The date shown is the day of your last successful transmission. Occasionally, a day may be missed if, for example, you walked away from bed during a regularly scheduled transmission. Don't worry, the system will attempt to send that data again for 14 days. If it's been several days since your last transmission, take another look at your setup guidelines to make sure your monitor is set up as described.

## **Q What do I do if the MyCareLink monitor lights up?**

**A** You don't need to do anything. Your monitor is checking for software updates and will cycle through them on its own.

# Additional device information

## Important Safety Information for Reveal LINQ™ Insertable Cardiac Monitor (ICM) System and Accessories

The Reveal LINQ Insertable Cardiac Monitor (ICM) is an implantable patient-activated and automatically-activated monitoring system that records subcutaneous ECG and is indicated in the following cases:

- patients with clinical syndromes or situations at increased risk of cardiac arrhythmias
- patients who experience transient symptoms such as dizziness, palpitation, syncope and chest pain, that may suggest a cardiac arrhythmia.

The device has not been tested specifically for pediatric use.

Possible risks associated with the implant of the Reveal LINQ ICM include, but are not limited to, infection at the surgical site, device migration, erosion of the device through the skin and/or sensitivity to the device material. Accessories available for use with Reveal LINQ ICM may experience connectivity or performance issues. See product manuals for details and troubleshooting instructions.

The Reveal LINQ ICM is prescribed by your physician and is not for everyone. Please talk to your doctor to see if it is right for you. Your physician should discuss all potential benefits and risks with you. Although many patients benefit from the use of this product, results may vary. For further information, please call the Medtronic toll-free number at 1-800-551-5544 (7:00 a.m. to 7:00 p.m., Monday-Friday, Central Time) or see the Medtronic website at [www.medtronic.com](http://www.medtronic.com).

### Patient Assistant


The Patient Assistant is intended for unsupervised patient use away from a hospital or clinic. The Patient Assistant activates the data management feature in the Reveal™ insertable cardiac monitor to initiate recording of cardiac event data in the implanted device memory.

Operation of the Patient Assistant near sources of electromagnetic interference, such as cellular phones, computer monitors, etc., may adversely affect the performance of this device.

### Medtronic MyCareLink™ Patient Monitor

The Medtronic MyCareLink™ patient monitor is a prescription product indicated for use in the transfer of patient data from some Medtronic implantable cardiac devices based on physician instructions and as described in the product manual. The MyCareLink™ patient monitor transmissions to the CareLink™ Network are subject to cellular service availability. The MyCareLink™ patient monitor must be on and in range of the device in order to wirelessly receive data from your implanted device. This product is not a substitute for appropriate medical attention in the event of an emergency and should only be used as directed by a physician.

The Medtronic CareLink™ Service is prescribed by your physician. This service is not for everyone. Please talk to your doctor to see if it is right for you. Your physician should discuss all potential benefits and risks with you. Although many patients benefit from the use of this service, results may vary. For further information, please call CareLink™ Patient Services at 1-800-929-4043 (8:00 a.m. to 5:00 p.m., Monday-Friday, Central Time) or see the Medtronic website at [www.medtronic.com](http://www.medtronic.com).



Learn more at  
**MonitorYourHeart.com**



(01)00643169574182(10)D

Long-term cardiac monitoring is prescribed by your physician and is not for everyone. Please talk to your doctor to see if it is right for you. Your physician should discuss all potential benefits and risks with you. Although many patients benefit from long-term monitoring, results may vary. **For further information**, please call the Medtronic toll-free number at 1-800-551-5544 (7:00 a.m. to 7:00 p.m., Monday-Friday, CT) or see the Medtronic website at [Medtronic.com/HeartMonitorISI](https://www.Medtronic.com/HeartMonitorISI).

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