

## ECG measurement recommendations

### Preparing for ECG measurement:

- Clean electrodes and the skin with a dry, soft cloth to remove sweat, oils, and dirt. Please refer to cleaning instructions for detailed guidance ([https://wiki.teltonika-telemedic.com/view/TeltoHeart\\_cleaning\\_instructions](https://wiki.teltonika-telemedic.com/view/TeltoHeart_cleaning_instructions)).
- Ensure electrodes and skin are free of any residue or obstruction before use.
- Excessive hair on the wrist or abdomen area may hinder the performance of optical sensors.
- Be aware that higher melanin levels may impact accuracy. Ensure proper placement and preparation for consistent results.
- Wear the device snugly but not tightly to avoid compression artifacts or poor signal. Ensure the device lies flat against the skin without gaps.
- LEAD I (Finger Electrode): Gently place your pointing finger on the electrode; avoid applying pressure.
- LEAD II (Wrist Electrode): Ensure the wrist electrode is snugly in contact with clean, dry skin.
- LEAD III (Abdominal Electrode): Place the electrode directly on the skin (left of the belly button). Do not place over clothing.
- Wait 5+ minutes after placing the electrodes to allow the contact to stabilize and reduce electrical noise caused by sweat or air gaps.
- Perform the measurement in an electromagnetically quiet environment, away from phones, laptops, or other power sources.
- Remove metal jewelry or accessories that may cause interference.

### 2. During the ECG measurement:

- Stay still and avoid walking, gestures, or talking during the recording.
- Sit in a relaxed, upright position to minimize motion artifacts.

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