

Teltonika Telemedic
TeltoHeart/TeltoCare

TeltoHeart – Key points

- Secure the device to the left wrist. Should be tight but not too tight
- Ensure the device is connected to a mobile phone
- When performing an ECG
 - Ensure the electrodes are clean
 - Stay still
 - Try to be somewhere quiet
 - Do not remove finger from the electrode before the device indicates.

TeltoCare – Key Points

- Log into your account (Patients, Doctor or Hospital)
- Familiarise yourself with the layout.
 - **Events section** – This is where you can set min/max heart rates for patients. Any records under/over these number will be logged in the event section.
 - **Electrocardiogram (ECG) section** – This is where each ECG performed will appear. Remember to ensure you have selected the date/date range you want to focus on. These results can also be downloaded at the top right of the ECG. You can use the caliper function to snip sections of the ECG for further diagnosis.
 - **Heart Rate section** – Here you will see the times of the date/dates selected with an overview of the Heart rate. You can choose to look at the max/min or an average of the timeframe you are focusing on.
 - **Atrial Fibrillation section** – Here you will see any AF events which have been recorded by the device. These will usually have an ECG linked to them as it will prompt the wearer to perform an ECG as soon as signs of AF are detected. These ECGs are also stored in the ECG sections however using the AF section will ensure you select the correct one associated with the AF event.
 - **Step Counter** – This is to show the steps taken by the wearer on given days/date ranges.

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).
- 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.