ECG App

Instructions for Use

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INDICATIONS FOR USE

The ECG app is a software-only mobile medical application intended for use with the Apple Watch to create, record, store, transfer, and display a single channel electrocardiogram (ECG) similar to a Lead I ECG. The ECG app determines the presence of atrial fibrillation (AFib) or sinus rhythm on a classifiable waveform. The ECG app is not recommended for users with other known arrhythmias.

The ECG app is intended for over-the-counter (OTC) use. The ECG data displayed by the ECG app is intended for informational use only. The user is not intended to interpret or take clinical action based on the device output without consultation of a qualified healthcare professional. The ECG waveform is meant to supplement rhythm classification for the purposes of discriminating AFib from normal sinus rhythm and not intended to replace traditional methods of diagnosis or treatment.

The ECG app is not intended for use by people under 22 years old.

USING THE ECG APP

App Set-Up/On-boarding

• The ECG app is available on Apple Watch Series 4 with watchOS 5.1.2 or later, paired with iPhone 5s or later with iOS 12.1.1 or later.

• Open the Health app on your iPhone.

• In the Health Data tab, tap Heart, then select “Electrocardiogram (ECG)”

• Follow the onscreen instructions.

• You may exit on-boarding at any time by pressing “Cancel.”

Recording an ECG

• Make sure your Apple Watch is snug on the wrist you selected in Settings > General > Watch Orientation.

• Open the ECG app on your Apple Watch.
• Rest your arms on a table or in your lap, and hold your finger on the Digital Crown. You do not need to press the crown during the session.

• The recording takes 30 seconds.

ECG Analysis

• After a successful reading, you will receive one of the following classifications on your ECG app:

  o Sinus Rhythm: A sinus rhythm result means the heart is beating in a uniform pattern between 50-100 BPM.

  o Atrial Fibrillation: An AFib result means the heart is beating in an irregular pattern between 50-120 BPM.

  o Inconclusive: An inconclusive result means the recording can’t be classified. This can happen for many reasons such as not resting your arms on a table during a recording, or your Apple Watch is too loose. Certain physiological conditions may prevent a small percentage of users from creating enough signal to produce a good recording.

  o Low or High Heart Rate: A heart rate under 50 BPM or over 120 BPM affects the ECG app’s ability to check for Afib and the recording is considered inconclusive.

• After an ECG recording is complete, the ECG data is analyzed to determine if it is at least 25 seconds long, and, if so, if either Sinus Rhythm or AFib is present, or if an Inconclusive result is warranted.

• The ECG recording result on the ECG app provides a detailed display of the result. A detailed explanation will also be provided on your iPhone.

• Presence of AFib in your ECG results may represent only potential findings. If you are experiencing any symptoms or have concerns, contact your physician. If you believe you are experiencing a medical emergency, you should contact emergency services.

• A result of Sinus Rhythm means your heart rate is between 50 and 100 beats per minute and is beating in a uniform pattern.

• Inconclusive ECG results may mean that there may have been too much artifact or noise to acquire a good signal, or you may have an arrhythmia other than AFib the app cannot classify, or your heart rate is between 100 and 120 BPM. A small percentage of people may have certain physiological conditions preventing the user from creating enough signal to produce a good recording. You can learn more about Inconclusive ECG results during on-boarding, by
accessing educational information in the ECG area of the Health app on your iPhone, or by tapping the “i” icon on the ECG app for more information.

• A heart rate can be low because of certain medications or if electrical signals are not properly conducted through the heart. Training to be an elite athlete can also lead to a low heart rate.

• A heart rate can be high because of exercise, stress, nervousness, alcohol dehydration, infection, AFib, or other arrhythmia.

• If you receive an Inconclusive result due to a poor recording, you might try to re-record your ECG. You can review how to take an ECG during on-boarding or by tapping on “Take a Recording” in the ECG area of the Health app on your iPhone.

• All ECGs are synced to the Health app on your iPhone. You may use the Health app to share your ECG with a clinician.

SAFETY AND PERFORMANCE

The ECG app’s ability to accurately classify an ECG recording into AFib and sinus rhythm was extensively tested in a clinical trial of approximately 600 subjects. Rhythm classification of a 12-lead ECG by a cardiologist was compared to the rhythm classification of a simultaneously collected ECG from the ECG app. The ECG app demonstrated 98.3% sensitivity in classifying AFib and 99.6% specificity in classifying sinus rhythm in classifiable recordings.

In this clinical trial, 12.2% of recordings were inconclusive and not classifiable as either sinus rhythm or AFib. When inconclusive recordings were included in the analysis, the ECG app correctly classified sinus rhythm in 90.5% of subjects with sinus rhythm and AFib in 85.2% of subjects with AFib. The clinical validation results reflect use in a controlled environment. Real world use of the ECG app may result in a greater number of strips being deemed inconclusive and not classifiable.

The morphology of the waveform was also tested in this clinical trial by visual assessment of the PQRST wave and R wave amplitude in comparison to a reference. During this clinical trial, no adverse events were observed.

TROUBLESHOOTING

If you experience difficulties in operating your ECG app, refer to the troubleshooting guide below.

Problem: I cannot get the ECG app to take a reading.
Solution:

- Ensure that you have completed all of the on-boarding steps in the Health app on your iPhone.

- Make sure your wrist and your Apple Watch are clean and dry. Water and sweat can cause a poor recording.

- Ensure that your Apple Watch, arms, and hands remain still during recordings.

Problem: I have a lot of artifact, noise, or interference in my recording.

Solution:

- Rest your arms on a table or in your lap while you take a recording. Try to relax and not move too much.

- Make sure your Apple Watch isn’t loose on your wrist. The band should be snug and the back of your Apple Watch needs be touching your wrist.

- Move away from any electronics that are plugged into an outlet to avoid electrical interference.

Problem: The ECG waveforms appear upside down.

Solution:

- The watch orientation may be set to the wrong wrist. On your iPhone, go to the Watch app. Tap My Watch > General > Watch Orientation.

All data recorded during an ECG app session is saved to Health app on your iPhone. If you choose to, you can share that information by creating a PDF.

New ECG data cannot be recorded once your Apple Watch’s storage is full. If you are not able to take a recording due to storage space issues, you should free up space by deleting unwanted apps, music or podcasts. You can check your storage usage by navigating to the Apple Watch app on your iPhone, tapping “My Watch”, tapping “General”, and then tapping “Usage”.

CAUTIONS:

The ECG app cannot check for signs of a heart attack. If you believe you’re having a medical emergency, call emergency services.

DO NOT take recordings when Apple Watch is in close vicinity to strong electromagnetic fields (e.g. electromagnetic anti-theft systems, metal detectors).
DO NOT take recordings during a medical procedure (e.g., magnetic resonance imaging, diathermy, lithotripsy, cautery and external defibrillation procedures).

DO NOT take recordings when Apple Watch is outside of the operational temperature range (0°C - 35°C) indicated in the Apple Watch user manual and humidity range of 20% to 95% relative humidity.

DO NOT use to diagnose heart-related conditions.

DO NOT use with a cardiac pacemaker, ICDs, or other implanted electronic devices.

DO NOT take a recording during physical activity.

DO NOT change your medication without talking to your doctor.

Not intended for use by individuals under age 22.

You should talk to your doctor if your heart rate is under 50 or over 120 at rest and this is an unexpected result.

Interpretations made by this app are potential findings, not a complete diagnosis of cardiac conditions. The user is not intended to interpret or take clinical action based on the app output without consultation of a qualified healthcare professional.

The waveform generated by the ECG app is meant to supplement rhythm classification for the purposes of discriminating AFib from normal sinus rhythm and not intended to replace traditional methods of diagnosis or treatment.

**CAUTION:** Apple does not guarantee that you are not experiencing an arrhythmia or other health conditions when the ECG app labels an ECG as Sinus Rhythm. You should notify your physician if you detect possible changes in your health.

**SECURITY:** Apple recommends that you add a passcode (personal identification number [PIN]), Face ID or Touch ID (fingerprint) to your iPhone and a passcode (personal identification number [PIN]) to your Apple Watch to add a layer of security. It is important to secure the iPhone since you will be storing personal health information.

**EQUIPMENT SYMBOLS**

![Manufacturer](Manufacturer)

![Read instructions before use](Read instructions before use)