



know your
rhythm WITH ZIO®

For the early detection of heart arrhythmias.

The Know Your Rhythm™ program helps your members determine their risk of AFib or other clinically actionable arrhythmias by monitoring for irregular heartbeats. Provide your members with the answers they need, in-clinic or from the comfort of home.



Why monitor your heart?

Irregular heart rhythms are alarmingly common. In the U.S., an individual's lifetime risk of developing AFib is roughly 1 in 4.¹ And yet, many who experience this don't even feel symptoms and aren't aware they have it.² Arrhythmias are a leading cause of stroke and increase the risk of other serious outcomes.^{3,5}

The good news is that long-term, continuous heart monitoring is helping in the shift to more preventative and proactive treatment and care.²

Consequence of not monitoring

1/3

Approximately 1/3 of all AFib is asymptomatic at time of diagnosis⁴

5x

The risk of stroke is 5x greater with AFib³

3x

There is a 3x risk of developing heart failure if AFib is a comorbidity⁵

25%

Percent of ischemic strokes caused by AFib in older adults⁶

Favorable impact of monitoring

2.6x

Increased detection of AFib⁷

19%

Fewer emergency department visits⁸

24%

Fewer hospital admissions⁸

50%

Lower cardiac event rate (stroke, MI, systemic embolism, death)⁹

\$4.73 PMPM

Potential three-year cost savings¹⁰



Easy-to-wear cardiac monitoring.

Know Your Rhythm utilizes Zio XT, a small, discreet and comfortable heart monitor that allows your members to continue normal activities including moderate exercise and showering. Zio XT records every available heartbeat, day and night for up to 14 days, so your members and their providers can get an accurate diagnosis and treat irregular heart rhythms quickly.

How does it work?

1

Your members simply enroll online or in-clinic according to age and comorbidity at-risk criteria. A Zio patch is then mailed to their home or applied in-clinic.



2

They wear the patch for 14 days, and then mail it back to iRhythm using the prepaid shipping box.



3

Your members' heartbeat data is analyzed to discover their rhythm, so they can get back to what matters most.



Want to learn more?

Email us at KnowYourRhythm@irhythmtech.com

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2. mSToPS Clinical Trial Demonstrates Zio by iRhythm Significantly Improves Health Outcomes for At-Risk Patient Populations. iRhythm Technologies, 2021.
3. Wolf, et al., Atrial fibrillation as an independent risk factor for stroke: the Framingham Study. *Stroke*, 1991.
4. Sgreccia, et al., Comparing Outcomes in Asymptomatic and Symptomatic Atrial Fibrillation: A Systematic Review and Meta-Analysis of 81,462 Patients. *Journal of Clinical Medicine MDPI*, 2021.
5. Kotecha, et al., Atrial fibrillation in heart failure: what should we do? *Eur Heart J*, 2015.

6. Alkhouli, et al., Burden of Atrial Fibrillation–Associated Ischemic Stroke in the United States. *JACC: Clinical Electrophysiology*, 2018.
7. Steinhubl, et al., Effect of a home-based wearable continuous ECG monitoring patch on detection of undiagnosed atrial fibrillation. *JAMA*, 2018.
8. Waalen, et al. Healthcare resource utilization following ECG sensor patch screening for atrial fibrillation. *Heart Rhythm O2*, 2020.
9. Steinhubl, et al. Three year clinical outcomes in a nationwide, observational, siteless clinical trial of atrial fibrillation screening—mHealth Screening to Prevent Strokes (mSToPS). *PLOS ONE*, 2021.
10. Directional and potential outcome based upon modeling using iRhythm's mSToPS Calculator. iRhythm Technologies, 2023.
*Assumes 10,000 members, 2,500 eligible with 25% participation.