



QUICK GUIDES

# ATRIAL FIBRILLATION





Understanding  
Atrial Fibrillation

- **Understanding Atrial Fibrillation**
- **Alternatives to ECG**
- **AF Measurement with PPG**
- **AF Detection with Helo Wearable Devices**



Understanding  
Atrial Fibrillation

## Understanding Atrial Fibrillation (AF)

- Arrhythmia describes any abnormal heart rhythm
- Atrial fibrillation (AF) is the most common type of arrhythmia
- AF is an “irregularly irregular” heart rate — a random sequence of heart beat intervals with increased beat-to-beat variability and complexity





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## Alternatives to ECG

- With electrocardiogram (ECG), AF is easy to identify, but can only be measured when it happens
- ECG is not suitable as a home-based or mobile solution
- Smartphones and wearable devices offer a true consumer solution
- Accurate AF detection depends on both hardware and carefully developed and tested algorithms

## AF Measurement with PPG



Photoplethysmography (PPG) is an optical method for measuring blood volume changes in a bed of tissue by illuminating the skin and measuring light absorption



PPG is an effective means of detecting AF, making it a strong, non-invasive, and cost-effective option for AF screening



PPG components can be added to wearable devices, enabling continual monitoring for AF



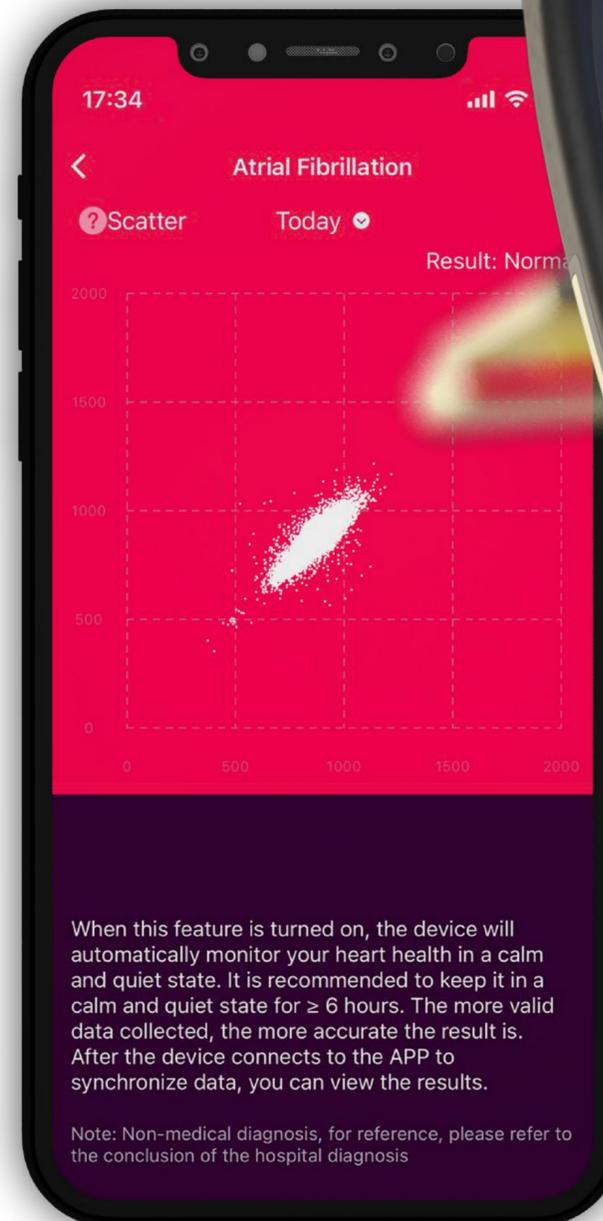


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## AF Detection with Helo Wearable Devices

- Helo wearable devices use PPG to continuously and accurately capture heart rhythm data
- Helo's proprietary algorithms detect AF and alert users when it happens
- This knowledge provides greater awareness of heart health so users can take appropriate action under the guidance of a medical professional

AF detection by Helo wearable devices provides continual monitoring benefits over ECG, which can help people who didn't even know they have an AF issue!



# HELO

# Cheers to your health!



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with Helo!

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