



QUICK GUIDES

MONITORING ELECTRO CARDIOGRAPHY





Monitoring Electro
Cardiography

- **The Importance of ECG Monitoring**
- **Helo ECG Algorithm**
- **ECG Monitoring with Helo Wearable Devices**
- **Monitor Your ECG Comfortably**





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The Importance of Physical Activity



Electrocardiography (ECG) is used to measure the rate and rhythm of heartbeats, the size and position of the heart chambers, the presence of any damage to the heart's muscle cells or conduction system, the effects of heart drugs, and the function of implanted pacemakers.



With the development of ECG monitors, large amounts of ECGs are recorded and stored; therefore, fast and efficient algorithms are called for to analyze the data and make diagnosis.





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Basic Metabolic Rate and Body Composition

Utilizing micro medical-grade sensors in the Helo wearable devices, users can capture an ECG measurement in seconds. With the device and the algorithm working in tandem, users can be alerted to:

- If blocked or narrowed arteries are causing chest pain (in the form of a heart attack)
- Abnormal heart rhythms (arrhythmias), including atrial fibrillation (A-fib)
- How well a pacemaker is working
- Heart blockage





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ECG Monitoring with Helo Wearable Devices

- To support the ECG monitoring capabilities of Helo wearable devices, Helo engineers have developed accurate and reliable algorithms that users can trust.
- With our advanced wearable devices and proprietary algorithms to decipher the readings, Helo provides consumers with accurate and easily understood ECG data for a better view of their heart health.





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Monitor Your ECG Comfortably

Although traditional ECG monitoring proves to be extremely accurate, it is also extremely inconvenient and uncomfortable due to electrodes being attached to torso and limbs.

Monitoring ECG with a wearable from Helo provides for a better experience. The advantages include:

- Worn on the wrist for unbeatable convenience
- Proprietary algorithm enables accurate detection and classification
- On-demand readings means increased opportunities to detect Afib



HELO

Cheers to your health!



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with Helo!
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