# How to: Log Symptoms using myRhythmAccess

## Registering your Monitor:

1.  Download the MyRhythmAccess app in the app store.

MyRhythmAccess
RhythmExpressECG

2.  Open the app on your phone.

3.  Click "Register."

4.  Enter your phone number.

5.  You will receive a text message with a 6-digit code.

6.  Enter the 6-digit code and click "Next."

7.  Read the Terms of Service and check "By creating an account, you agree to MyRhythmAccess Terms of Service."

8.  Click "Next."

9.  The serial number for your monitor should appear. Confirm that it is correct by checking the number on the back of the monitor. You may need to remove the monitor from your chest to confirm the monitor serial number. Click "Confirm."
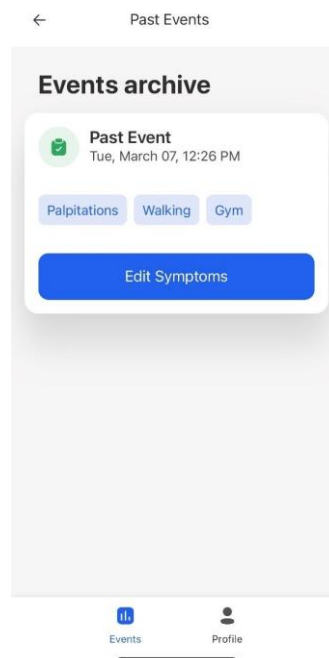
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# Recording your Symptoms:

1.  When you experience symptoms, push, and hold the red button on the monitor until the monitor vibrates (5-8 seconds).

2.  In the app, under the "Events" tab, it will show you a list of the events you have recorded. You may add symptoms by clicking "Log Symptoms."
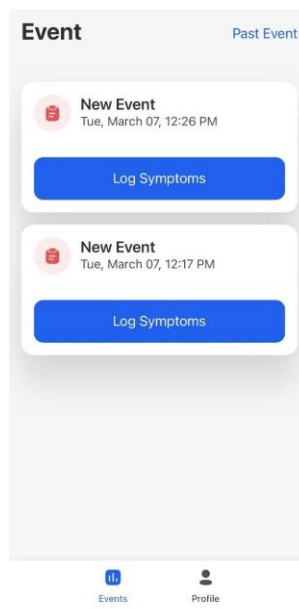


3.  Check off the symptom you were experiencing and click "Next"

4.  Check off what you were doing at the time and click "Next"

5.  Check off where you were when you experienced the symptom and click "Next"

6.  Once you have finished logging symptoms for that event, it will not appear under the "Events" page.

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7.  To view previous events and symptoms, click "Past Event" in the top right-hand corner.

8.  This will give you a list of your events as well as the date, time, and location of your symptoms. You may edit your entries here, if needed.



9.  If you have any questions or need assistance, please call First-Call Medical at 1-800-274-5399.

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