



MASSACHUSETTS  
GENERAL HOSPITAL

**CORRIGAN MINEHAN  
HEART CENTER**

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**To:** Patients being discharged after COVID-19 diagnosis  
**From:** Mass General Heart Center, Cardiac Arrhythmia Service  
**Re:** Heart-rate monitor for home use (*please keep this note for your reference*)

The Mass General Cardiology Division is sending you home with a **Zio AT monitor**.

### **What is a Zio AT monitor?**

- A Zio AT monitor is a small device that monitors your heart rhythm. You will wear the monitor for up to 2 weeks after you leave the hospital.
- Zio monitors, and other similar monitors, are often given to patients to monitor their heart rhythms at home.

### **Why are you giving me a Zio AT monitor?**

Some studies show that patients who have had COVID-19 may be at higher risk of developing an abnormal heart rhythm. The number of patients who are affected by this is probably quite small. However, patients often find it reassuring to wear a monitor for a while after a hospital stay. We believe this monitor is the best way we can continue to care for you after you go home.

### **How does the Zio monitor work?**

- The Zio AT monitor is applied to your chest using a small bandage. The bandage holds the monitor in place, where it tracks your heart rhythms on a continuous basis.
- You can perform normal activities---such as exercise, showering, and sleeping---while wearing the Zio Patch.

### **Do I have to pay for the monitor?**

- There is no cost to you for using this monitor.
- At the end of two weeks, you simply remove the Zio monitor and send it back in the pre-paid envelope we have provided.

### **Is anyone going to check in with me about how the monitor is working?**

You will be contacted after you leave hospital to make sure the monitor is working correctly. The results of your monitor are watched continuously, even though you are at home. If we see anything abnormal on the monitor, we will contact you directly.

Once the monitoring is finished, a final report of the results will be added to your medical chart (Epic). You will be able to see the report by going to your "Patient Gateway" account. If you would like to have a printed copy, please call us at 617-726-7737 and we will mail one to you.

### **I still have questions. Who can I ask?**

- If you have questions **before you leave the hospital**, your doctor will be happy to answer them.
- If you have questions about your monitor **after you are home**, please call 888-693-2401.