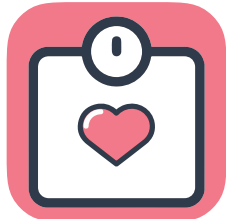


QUICK REFERENCE GUIDE



Fluid Heart Tracker

Monitor possible fluid retention by capturing your weight each day. You'll be alerted if there's an increase of 2 kilograms or more (over a 7 day period).



1



Download app

2



Open app

3



View the app information

4



Weigh yourself every day*:
— after passing urine
— before eating/drinking
— before getting dressed

5



Enter your weight in the app once a day*, in kilograms or stones and pounds

6



If your weight has increased by 2kg or more in seven days, you will receive an alert

*Note: you must weigh and enter weights daily to ensure accurate detection of any weight increase from fluid

Tap to view the next weight entry

Date of weight entry

Tap to view the previous weight entry

Enter weight in kg or in stones and lbs

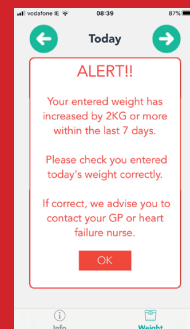
App guidance

Information about this app and how to use it

Tap to enter and view daily weights

A sudden increase in weight is associated with a deterioration in heart failure.

If you see this alert after entering your weight correctly, contact your GP or heart failure nurse.



This app features the ability to read out loud information on screen.

Tap this icon to hear the selected text.



This app is not a substitute for medical observation. If you have any concerns about your weight or health please contact your usual medical practitioner. If you have any significant symptoms of breathlessness or chest pain you must seek medical advice immediately.



Irish Heart Foundation