

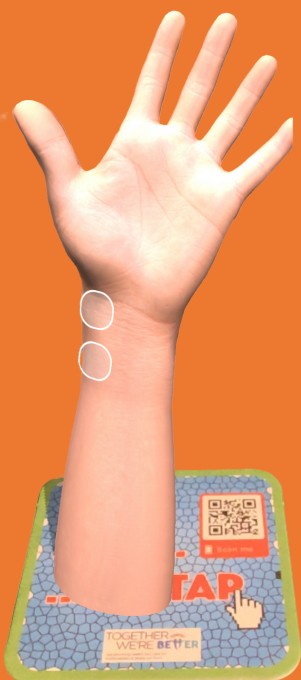
DO YOU KNOW HOW TO

CHECK YOUR PULSE?

Can you detect a normal heart beat from an irregular one?



Search for 'KNOW MY BEAT' on your app store



This app will show you how to find your pulse in your wrist and why it's important to check your beat. Missed beats could mean you have atrial fibrillation (AF).

If you have been diagnosed with AF and have questions about your condition, contact your GP or practice nurse for their advice.

This app has been created with funds awarded by NHS England to Staffordshire's technology enabled care programme, and is freely available to all.



If you can't find the app, go to



Transforming health and care for
Staffordshire & Stoke-on-Trent