

DO YOU KNOW HOW TO

CHECK YOUR PULSE?



**Search for
'Know My Beat'
on your
app store**

or scan the QR Code
to learn to check your pulse.

Missed beats could mean you
have atrial fibrillation (AF)

01

Download & open the app

Point your phone's camera at a solid surface (e.g. a table top) and move it closer until faint white circles appear.

02

Position the virtual hand

When prompted, touch the screen and a virtual hand will be placed on the solid surface.

03

Check the pulse

Place two fingers on the circles to feel a pulse on the screen.

THEN CHECK YOUR OWN PULSE!

 App Store  Google Play

If you can't find the app, go to

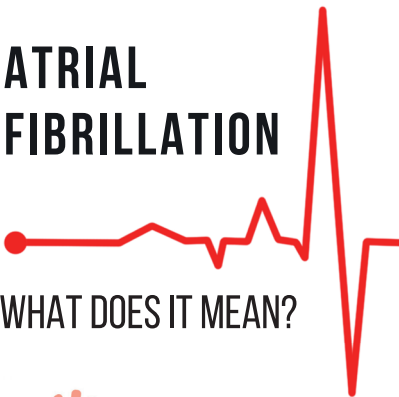
 [TEC4HEALTH.ORG/KMB](https://www.youtube.com/watch?v=TEC4HEALTH.ORG/KMB)

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



ATRIAL FIBRILLATION



WHAT DOES IT MEAN?



**Search for
'Know My Heart'
on your
app store**

or scan the QR Code

01

Download & open the app

Point your phone's camera at a solid surface (e.g. a table top) and move it closer until faint white circles appear.

02

Position the virtual heart

When prompted, touch the screen and a virtual heart will be placed on the solid surface.

03

Move your device

As you move around the heart, you will see inside the heart and can take a virtual tour.

FREE DOWNLOAD



App Store



Google Play

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