

# 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)

### 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.

### Position the virtual hand


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

### Check the pulse on the screen

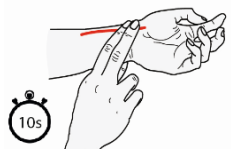
Place two fingers on the circles to  
feel a pulse on the screen.

## THEN CHECK YOUR OWN PULSE!



Some phones do not have the latest technology to show the Augmented Reality in the app, so it will not appear in your app store. If this happens, enter: [TEC4HEALTH.ORG/KMB](https://tec4health.org/kmb) in your browser (eg Google), to see a video in YouTube. 

The important thing is to know whether you are likely to have an irregular pulse which might mean you have atrial fibrillation (AF), which can lead to a stroke. The risk of this can be greatly reduced by taking tablets. So check your pulse for 10 seconds, and see if it is regular. If it isn't, check with your practice nurse or GP.



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