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by Google

Google Irregular Rhythm Notifications Instructions for Use

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Table of Contents

Glossary 3
Indications for Use 4
Intended Purpose (EU) 5
Product Description 5
Intended Clinical Benefit 5
Cautions 5
General Warnings and Precautions 6
Expectations 8
- How Google Irregular Rhythm Notifications work 8
- Notifications you might see 8
  - Phone notification 8
  - Google Health app notification 8

Operating Instructions 10
- Compatible devices and System Requirements 10
- Turn on irregular rhythm notifications 10
- View irregular rhythm details and history 11
- Delete irregular rhythm notifications 11
- Export irregular rhythm notification data 11
- Turn off irregular rhythm notifications 11

Troubleshooting 12
- Data collection 12
- Data analysis 12
- Receiving notifications 12

Clinical Study 14
Disease and Self-care Information 14
- What is atrial fibrillation? 14
- Signs that you may have atrial fibrillation 14
- Lifestyle and other factors 15
- Potential treatment options 15

Terms of Service 16
User Assistance Information 17

Glossary

Atrial fibrillation (AFib)

Atrial fibrillation (AFib) is a type of irregular heart rhythm, caused when the upper chambers of the heart beat irregularly.

Consumer wrist-worn product

Consumer wrist-worn products include Fitbit smartwatches, Fitbit trackers, and Google wrist-worn products such as Google Pixel Watch 2 and higher

Heart rate

Your heart rate is the number of times your heart contracts (beats) in a minute. It's often expressed as beats per minute (bpm)

Photoplethysmography (PPG)

Photoplethysmography (PPG) is a light-based technology used to detect the rate of your blood flow.

Pulse rate

Consumer wrist-worn products have optical sensors that can detect the pulse of blood that goes to your wrist with every heartbeat. The pulse rate is used to estimate heart rate (see above) and to look for irregularities in beat-to-beat measurements.

Indications for Use

US*:

The Google Irregular Rhythm Notifications is a software-only mobile medical application that is intended to be used with compatible consumer wrist-worn products to analyze pulse rate data to identify episodes of irregular heart rhythms suggestive of atrial fibrillation (AFib) and provide a notification to the user.

The Google Irregular Rhythm Notifications is intended for over-the-counter (OTC) use. It is not intended to provide a notification on every episode of irregular rhythm suggestive of AFib and the absence of a notification is not intended to indicate no disease process is present; rather the Google Irregular Rhythm Notifications is intended to opportunistically surface a notification of possible AFib when sufficient data are available for analysis.

These data are only captured when the user is still. Along with the user's risk factors, the Google Irregular Rhythm Notifications can be used to supplement the decision for AFib screening. Google Irregular Rhythm Notifications is not intended to replace traditional methods of diagnosis or treatment.

Google Irregular Rhythm Notifications has not been tested for and is not intended for use in people under 22 years of age. It is also not intended for use in individuals previously diagnosed with AFib.

Non-US:**

Google Irregular Rhythm Notifications software is intended as a pre-screening technology for atrial fibrillation. The software is not recommended for users with known atrial fibrillation, and is intended for home use by lay people aged 22 years and over.

** US Indications for Use apply to the United States, India, and the following US territories: American Samoa, Puerto Rico, Guam, US Virgin Islands*

*** Non-US Indications for Use apply to the following countries: Austria, Australia, Belgium, Canada, Chile, Czech Republic, France, Germany, Iceland, Ireland, Italy, Liechtenstein, Luxembourg, Malta, Mauritius, Netherlands, New Zealand, Norway, Poland, Portugal, Romania, Singapore, South Africa, Spain, Sweden, Switzerland, the United Kingdom, and Vietnam.*

This user manual is available on support.google.com/googlehealth in the local languages for the countries listed above.

Additional countries will be added as regulatory clearance is obtained.

Note that this product is not regulated as a medical device in the following countries/regions: Hong Kong

Intended Purpose (EU)

To analyze pulse rate data gathered from photoplethysmography (PPG) sensors to identify episodes of irregular heart rhythms suggestive of atrial fibrillation (AFib) and provide a notification to the user.

Product Description

The Irregular Rhythm Notifications feature is used to track and analyze pulse rhythm data for irregularities in beat-to-beat measurements, which can be indicative of AFib. Heart-rhythm data are temporarily stored on your consumer wrist-worn product until the data sync to your account. If signs of AFib are found in the data, you'll receive a notification on your phone to view details of the findings in the Google Health app . The data are not analyzed in real-time and are not intended for diagnostic purposes.

The feature can be found in the Google Health app on the Health tab .

Intended Clinical Benefit

The primary benefit of Irregular Rhythm Notifications is to analyze pulse rate data to identify episodes of irregular heart rhythms consistent with atrial fibrillation and to provide a notification to the user.

Cautions

The feature has not been tested for and is not intended for use in people under 22 years of age. The feature is not intended for use for people with a history or diagnosis of atrial fibrillation.

General Warnings and Precautions

DO NOT change your medication without first speaking to your doctor. The results of the Google Irregular Rhythm Notifications may not be accurate in people who take medication or substances that affect heart rate or blood flow.

DO NOT use this product in place of treatment prescribed by your doctor. Palpitations and shortness of breath can be symptoms of AFib, but some people don't have any symptoms. AFib is treatable, so the earlier you detect it, the sooner you and your doctor can do something about it.

If you receive a notification and have not been diagnosed with AFib by a physician, you should talk to your doctor. Erroneous false negative or false positive results due to the device or user error may occur. If you don't get a notification, it's possible to still have AFib. Your device is not always looking for AFib. We can't notify you for all instances of irregular heart rhythm that may be AFib. For more information on the performance of Irregular Rhythm Notifications, see Clinical Study.

This feature has not been tested on people with a cardiac pacemaker or implantable cardioverter-defibrillator. If you have one of these devices, please consult with a doctor before using this feature.

DO NOT use for clinical diagnosis of AFib.

DO NOT use for continuous, real-time monitoring of heart rhythm.

This product **CANNOT** detect heart attack, blood clots, stroke, or other heart conditions.

The assessment carried out by this product is **NOT** a diagnosis.

This product is **NOT** intended for use in a clinical setting.

DO NOT interpret or take clinical action solely based on the notification without consultation of a qualified healthcare professional.

DO NOT use this feature when the compatible wrist-worn product is visibly damaged or has sensors or ports obstructed. Reference device manufacturer instructions for maintenance and repair. Maintenance or repairs performed not in accordance with your compatible wrist-worn product's manufacturer instructions for maintenance and repair may damage the sensors or ports and may impact the accuracy of the feature.

Wear your consumer wrist-worn product as instructed. For more information, see How do I wear my device?

- Wear your device slightly higher on your wrist.
- Make sure your device is in contact with your skin.
- Your device should be snug but not constricting.

A number of factors can affect the accuracy of the pulse rate data used to look for signs of AFib, including body motion, wrist or finger movements, wrist tattoos, and decreased blood flow to the wrist.

Irregular Rhythm Notifications can only be used on compatible consumer wrist-worn products that have been paired to your account. For more information on consumer wrist-worn products compatible with Irregular Rhythm Notifications, see Operating Instructions.

For security purposes, it's recommended that you maintain control and possession of your compatible consumer wrist-worn product and mobile devices to prevent unauthorized access to your health data. Refer to the manufacturer's instructions for your mobile device to enable passcode functionality to deter unauthorized access. Additionally, secure your Google or Fitbit account with a strong password. For more information, see How do I change or reset my password? If available on your consumer wrist-worn product, we recommend that you enable device lock. For more information, see How do I use the device lock on my device?

If you feel like this product is in violation of any laws, or is threatening to an individual, please report it to the manufacturer and your local health authority.

Expectations

How Irregular Rhythm Notifications work

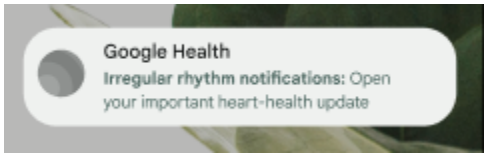
The Irregular Rhythm Notifications feature collects heart rhythm and motion data to check for signs of AFib. When you turn on the feature, your heart rhythm data is collected in the background while you are still or sleeping, and analyzed for AFib. After your consumer wrist-worn product collects enough analyzable heart rhythm data, we look at your beat-to-beat measurements to check for irregularities. Beat-to-beat measurements indicate how quickly one heart beat comes after the other. It's typically measured in milliseconds (ms) and converted into beats per minute (bpm). Normally, these measurements are relatively predictable and smooth. Big increases or decreases (over 10 bpm) in a short period of time may be considered irregular.

Notifications you might see

Google Health doesn't analyze your data in real-time. If you receive a notification, it means we saw signs of an irregular rhythm that may be AFib in multiple readings. You can receive up to 1 notification each day.

Phone notification

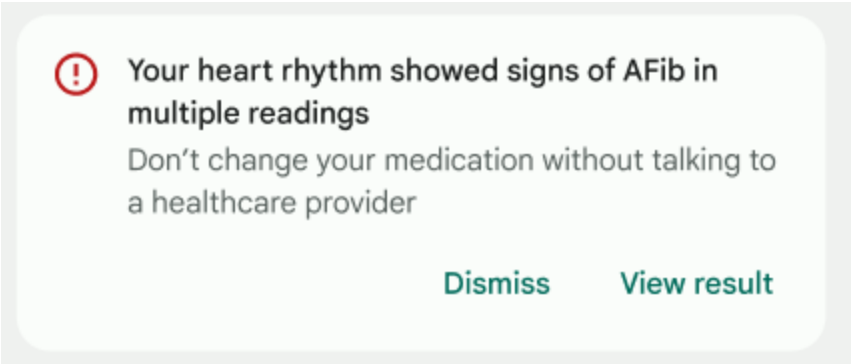
If you allow notifications from the Google Health app on your phone, you see a notification on your phone:



Tap the notification to open the Google Health app.

Google Health app notification

When you open the Google Health app , you see a notification at the top of the Today tab:



Tap **View result** to see the readings where we saw signs of an irregular heart rhythm.

Operating Instructions

Compatible devices and System Requirements

Irregular Rhythm Notifications are available on:

- Google Fitbit Edge running firmware version 74.20001.251.139 or higher
- Google Fitbit Air running firmware version 1.245.19 or higher
- Fitbit Charge 3 running firmware version 1.88.11 or higher
- Fitbit Charge 4 running firmware version 44.1.100.43 or higher
- Fitbit Charge 5 running firmware version 1.149.11 or higher
- Fitbit Charge 6 running firmware version 20001.197.42 or higher
- Fitbit Inspire 2 running firmware version 44.1.124.34 or higher
- Fitbit Inspire 3 running firmware version 63.200001.179.13 or higher
- Fitbit Luxe running firmware version 1.151.16 or 1.146.4 or higher
- Fitbit Sense running firmware version 44.128.6.12 or higher
- Fitbit Sense 2 running firmware version 60.20001.169.126 or higher
- Fitbit Versa 2 running firmware version 35.72.1.9 or higher
- Fitbit Versa 3 running firmware version 36.128.6.12 or higher
- Fitbit Versa 4 running firmware version 61.20001.169.337 or higher
- Fitbit Versa Lite Edition running firmware version 38.72.1.9 or higher
- Google Pixel Watch 2 running firmware version TWD9.230828.003 or higher
- Google Pixel Watch 3 running firmware version AW2A.240903.001.A3 or higher
- Google Pixel Watch 4 running firmware version BD5A.250325.139 or higher
- Google Pixel Watch 5 running firmware version CD5A.260611.008 or higher

If an incompatible device is paired after the user has consented to the feature, the algorithm will not analyze data from an incompatible device.

For information on device compatibility with the Google Health app , see https://support.google.com/googlehealth/answer/14236719.

Note that Irregular Rhythm Notifications is only available in select locations at this time. Additional devices & countries will be added as regulatory clearance is obtained.

Turn on irregular rhythm notifications

Irregular rhythm notifications appear in the Google Health app and as a notification on your phone.

1. Open the Google Health app and tap the Health tab .
2. Under “Health checks,” tap **Irregular Rhythm** > **Set up.**
3. Follow the on-screen instructions to set up irregular rhythm notifications.

View irregular rhythm details and history

1. Open the Google Health app and tap the Health tab .
2. Under “Health checks,” tap **Irregular Rhythm**.
3. If Google Health detects signs of any irregular heart rhythms that might be AFib, you see a list of notifications and when they occurred.
4. Tap a notification for detailed information. A list of irregular rhythm readings appears, marked with the time when the reading occurred, and the minimum and maximum heart rate during that time period. Swipe up to see the summary at the bottom of the page, which lists the date and time of the first irregular rhythm reading, last irregular rhythm reading, and when the data was recorded in the Google Health app .
5. Tap an irregular rhythm reading for additional information. A list of your beat-to-beat measurements appears. Each heartbeat has a bpm value and a timestamp of when it occurred. The summary at the top displays the minimum and maximum bpm value recorded.

Delete irregular rhythm notifications

To delete a single irregular rhythm notification:

1. Open the Google Health app and tap the Health tab .
2. Under “Health checks,” tap **Irregular Rhythm**.
3. Tap the notification you want to delete.
4. Tap More > **Delete result** > **Delete**.

For instructions on how to delete all irregular rhythm notifications within a date range, see How do I control my data?

Export irregular rhythm notification data

For instructions on how to export your Google Health data, see How do I export my data?

Turn off irregular rhythm notifications

For instructions on how to turn off irregular rhythm notifications, see How do I control my data?

Troubleshooting

Data collection

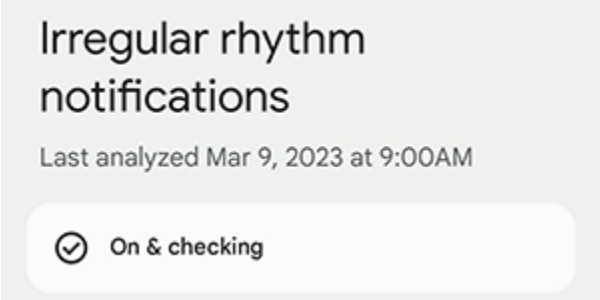
Google Health can only analyze your heart rhythm data for AFib when you're still. Wear your consumer wrist-worn product often, especially to sleep, and sync your data often to help look for signs of AFib more often. We only send a notification if we see signs of an irregular rhythm in multiple readings, which means you might not receive irregular rhythm notifications if we're not able to collect enough data each day.

To troubleshoot heart-rate tracking, see What factors can affect my heart-rate reading on my device?

Data analysis

Google Health doesn't analyze your data in real-time. Keep the Google Health app running in the background to make sure your compatible watch or tracker can regularly sync. To check when your heart rhythm data was last analyzed:

1. Open the Google Health app and tap the Health tab .
2. Under "Health checks," tap **Irregular Rhythm**. The time and date when your data was last analyzed appears below your history of notifications.



If your data hasn't been analyzed in several days, see Why won't my device sync?

Data is stored on your consumer wrist-worn product for 7 days. If you haven't synced with the Google Health app in over 7 days, older data might be deleted and won't be analyzed.

Receiving notifications

If your phone doesn’t receive push notifications from the Google Health app:

- Turn on notifications for the Google Health app in your phone's settings. For instructions, see Control notifications on Android for Android phones or Use notifications on your iPhone or iPad for iPhones.
- Check that the Google Health app on your phone is updated. For instructions, see How do I use the Google Health app?

Clinical Study

A clinical study was performed to validate the Google Irregular Rhythm Notifications (IRN) software algorithm's ability to detect atrial fibrillation (AFib) using data collected from consumer wrist-worn products. The Validation of Software for Assessment of Atrial Fibrillation From PPG Data Acquired by a Wearable Smartwatch Study (NCT04380415) included 455,699 subjects. There were 4,728 subjects who received an irregular rhythm notification and were invited to receive and wear an electrocardiogram (ECG) patch. Of those, 1,057 wore and returned a 7-day ECG patch monitor with usable data. The prevalence of AFib based on the 7-day ECG patch monitoring results was 32.2% (340/1057).

The Google Irregular Rhythm Notifications software algorithm detected signs of AFib in 225 subjects while they were wearing an ECG patch after an initial IRN notification. Of those, 98.2% (221/225) showed AFib detections from the Google Irregular Rhythm Notifications software algorithm and the ECG patch at approximately the same time. No serious adverse events were observed during the clinical study.

Disease and Self-care Information

What is atrial fibrillation?

Atrial fibrillation (AFib) is a type of irregular heart rhythm of the upper chambers of the heart (the atria). Normally, the upper chambers contract regularly to move blood into the lower chambers. With AFib, the upper chambers contract irregularly, causing some blood to move slowly in the upper chambers. This slow-moving blood can clot, which raises the risk for stroke and heart-related issues.

Signs that you may have atrial fibrillation

Some people with AFib don't have any symptoms, but others may experience:

- Irregular heartbeat
- Heart palpitations
- Lightheadedness
- Extreme fatigue
- Shortness of breath
- Chest pain

Learn more from the CDC [https://www.cdc.gov/], American Heart Association [https://www.heart.org/], or by visiting the website of the European Society of Cardiology [https://www.escardio.org/].

Lifestyle and other factors

Risk factors for AFib include:

- Advanced age
- High blood pressure
- Obesity
- European ancestry
- Diabetes
- Heart failure
- Ischemic heart disease
- Hyperthyroidism
- Chronic kidney disease
- Heavy alcohol use
- Enlargement of the chambers on the left side of the heart

Learn more from the CDC [https://www.cdc.gov/], American Heart Association [https://www.heart.org/], or by visiting the website of the European Society of Cardiology [https://www.escardio.org/].

Potential treatment options

Consult your healthcare provider before making major lifestyle changes or changes to your medication. Potential treatment options include:

- Medication
- Surgery
- Lifestyle changes

Learn more from the CDC [https://www.cdc.gov/], American Heart Association [https://www.heart.org/], or by visiting the website of the European Society of Cardiology [https://www.escardio.org/].

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Additional information regarding these Terms may be obtained by visiting the Google Terms of Service or Fitbit Terms of Service.

User Assistance Information

This document is for SKU: FB604 version 1.0-1.0-1.0 or higher.

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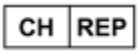

Swiss Authorized Representative



Medical Device

For customer support, visit support.google.com/googlehealth.

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