



**ASSERT-IQ™**  
INSERTABLE CARDIAC MONITOR (ICM)  
Supported by myMerlin™ Mobile App

# INTELLIGENT, CONTINUOUS HEART MONITORING

Get answers, so you can live your life to the fullest.



# THERE ARE SEVERAL WAYS TO MONITOR YOUR HEART.

## HOLTER MONITOR

Small patches (electrodes) are placed on your chest and attached to a recording monitor that you carry around. This monitor can record your heartbeat for up to two days.

## EVENT RECORDER

This external monitor is attached to the skin and can be worn for up to 30 days.

## WEARABLES

These types of monitors can detect certain types of heartbeat irregularities, but not all. They must be worn continuously to be effective.

## INSERTABLE CARDIAC MONITOR (ICM)

Using a simple, minimally invasive procedure, your clinician inserts the small device under your skin, where it will automatically monitor your heart for years. You can go about your normal activities, and the ICM will do all the work for you. Many patients do not even know it is there.

# WHY AN ICM?

## HAS YOUR DOCTOR RECOMMENDED AN INSERTABLE CARDIAC MONITOR (ICM)?

If you are experiencing symptoms such as:

- A racing, pounding or fluttering heart
- Inconsistent pulse
- Shortness of breath
- Trouble with normal activities and exercise
- Chest pain or pressure
- Feeling faint, dizzy, and/or fainting

you may have an abnormal heartbeat, called an arrhythmia (pronounced uh-RITH-me-uh). With an arrhythmia, your heart may beat too fast, too slow, it could skip beats, or beat in an irregular fashion. It is important for your doctor to determine what type of arrhythmia you may have, so the right treatment can get you on your way to feeling better. Unlike other methods of tracking your heartbeat, an ICM can track your heartbeat over the long-term, even years if necessary.



## WHAT IS AN IRREGULAR HEARTBEAT?

A normal heartbeat (rhythm) is typically between 60 to 100 beats per minute. If your heart beats slower or faster, you may have an irregular rhythm (arrhythmia).



### 4 COMMON ARRHYTHMIAS

#### Bradycardia

(bray-duh-kaar-dee-uh)

Is a SLOW heartbeat of fewer than 60 beats per minute.

#### Tachycardia

(ta-kuh-kaar-dee-uh)

Is a FAST heartbeat of more than 100 beats per minute.

#### Atrial Fibrillation

(at-rial fib-ril-la-tion)

Is a heartbeat that beats chaotically and/or irregularly.

#### Pause

A pause in your regular heartbeat, when your heart doesn't beat for a few seconds.

THE MOST COMMON TYPE OF IRREGULAR HEARTBEAT IS CALLED **ATRIAL FIBRILLATION** OR '**AFIB**' FOR SHORT.

**AND IF YOU HAVE AFIB, YOU ARE NOT ALONE.**

**33.5 million**  
people globally have Atrial Fibrillation.<sup>1</sup>

**WOMEN**  
experience Atrial Fibrillation more than men.<sup>2</sup>

An irregular heartbeat can put you at risk

**5X**  
risk of stroke  
from Atrial Fibrillation.<sup>3</sup>

By using an Assert-IQ™ ICM, your doctor can track your heartbeat continuously; twenty-four hours a day, seven days a week without disrupting your lifestyle.

Assert-IQ ICM's intelligent technology can detect even hard to spot irregularities and help your doctor determine the next best step for you.





# GETTING THE ANSWERS

You are in good hands with Abbott - a leading manufacturer of cardiac rhythm management devices, such as insertable cardiac monitors (ICMs). In fact, Abbott was the first to introduce a device that utilized Bluetooth® technology for the rapid transmission of results to your doctor without having to travel to the clinic. The Assert-IQ™ ICM also incorporates this technology.

## WHY ASSERT-IQ ICM?

### **SMALL**

Slim design, not noticeable after insertion in most patients.

### **INTELLIGENT**

Advanced diagnostic capabilities provide your doctor with more information, enabling them to make more informed decisions.\*

### **FAST**

The transmitter checks in with your device every 20 seconds automatically, this reassures you are continuously monitored.

### **LATEST BLUETOOTH®-ENABLED TECHNOLOGY**

Automatic, seamless transmission of your information while you go about your normal day.

### **LONGEST BATTERY LIFE**

This Bluetooth®-enabled ICM has a longer battery life than any other ICM†, which helps to catch harder-to-detect arrhythmias and extends the time required to replace the device, which is less hassle for you.

\* Compared to predicate ICM devices  
†DM5500

## QUICK AND SAFE PROCEDURE



Assert-IQ™ ICM

The **Assert-IQ ICM** is placed under your skin using minimally invasive techniques, and is typically performed in an outpatient setting without general anesthesia.

PATIENT SMARTPHONE

Your **Assert-IQ ICM** will then be connected to the myMerlin™ Mobile App. This app is specially designed to automatically send your heartbeat information to your doctor. It is best if you download this app to your smartphone before your procedure.

CLINICIAN PORTAL

Once connected, you will be on your way, knowing that your heartbeat information is being transmitted to your doctor.

## MEET myMERLIN

myMerlin communicates with your Assert-IQ ICM, which provides information your doctor needs for more accurate diagnosis and treatment.

Your doctor can see when your heart starts beating differently. You can also capture your own symptoms, using the app, when something does not seem right – like feeling dizzy, faint, or short of breath.

**WE TAKE DATA PRIVACY SERIOUSLY. YOUR PERSONAL INFORMATION IS SECURE AND ENCRYPTED.**



## DOWNLOAD THE myMERLIN APP BY:

### 1. SCAN THE QR CODE BELOW:



App Store<sup>†</sup>

Apple



Google Play<sup>†</sup>

Samsung



### 2. GO TO THE APP STORE

1. From your home screen, open the smartphone app store.



2. Tap the magnifying glass to search for the myMerlin



mobile app from Abbott.

3. Download and install the complimentary app before your procedure

## REMOTE MONITORING

Maintaining a constant, stable connection between your phone and the device can help your doctor diagnose or treat you more quickly, which can help you stay healthy and avoid hospitalization.

## SIX TIPS TO STAY CONNECTED

- ① DO NOT QUIT the app. Remember to relaunch the app anytime your phone is restarted.
- ② Keep your smartphone CONNECTED to Wi-Fi<sup>†</sup> or cellular data with a STRONG signal (signal is strong enough if you can access a website).
- ③ KEEP BLUETOOTH<sup>®</sup> ON. This allows your smartphone to connect to your ICM.
- ④ Keep your phone CLOSE to you (within 5 feet or 1.5 meters), even while sleeping.\*
- ⑤ Turn OFF power save/ battery optimization/low power features in your phone's settings.
- ⑥ ALLOW notifications from the myMerlin Mobile App and turn ON app background refresh/ background data usage.





## FAQs

### HOW LONG UNTIL I CAN TAKE A SHOWER AFTER I GET MY ASSERT-IQ™ ICM?

Typically, you may take a shower the day after the procedure, but a bath is not recommended for several weeks. Please follow any instruction provided by your doctor or clinic staff.

### CAN I GO THROUGH AIRPORT SECURITY?

Yes, you can go through airport security as your Assert-IQ ICM is shielded against this equipment. Please carry your device identification card with you at all times.

### WHAT ABOUT HOUSEHOLD DEVICES?

Standard household devices such as, TVs, computers, printers, phones, wireless headphones, hair dryers and other electronic bathroom items may be used. Also, common household appliances such as washing machines, vacuum cleaners, dishwashers, blender, and microwaves are fine to use with Assert-IQ ICM. Caution should be used, and manufactures consulted of induction cooktops, along with devices with strong electromagnetic fields.

### WHAT IF I NEED AN MRI?

Assert-IQ ICM is MR conditional and safe for you to use in an MRI scanner.

### HOW LONG WILL I NEED MY ASSERT-IQ ICM?

It is important to remember that every patient's situation is unique, and the length of time in which you will need your Assert-IQ ICM will be determined by your doctor. The Assert-IQ ICM's battery will last for many years, continuously monitoring your heartbeat remotely.



## ABOUT ABBOTT

A healthy heart is essential to good health. That's why we are committed to advancing treatments for people with cardiovascular disease.

Our breakthrough medical technologies help restore people's health so they can get back to living their best lives, faster.

We focus on innovative technologies that can improve the way doctors treat people with heart arrhythmias, or irregular heartbeats.

Our cardiac rhythm management devices keep the heart beating at a healthy pace with pacemakers, implantable cardiac defibrillators and implantable cardiac monitors, all designed to get people's hearts working better sooner.





## REFERENCES

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2. Centers for Disease Control and Prevention. Heart Disease Resources for Health Professionals - Atrial Fibrillation. Updated October 14, 2022. Accessed February 28, 2023. [https://www.cdc.gov/heartdisease/atrial\\_fibrillation.htm](https://www.cdc.gov/heartdisease/atrial_fibrillation.htm)
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<sup>™</sup> Indicates a trademark of the Abbott group of companies.

<sup>‡</sup> Indicates a third-party trademark, which is property of its respective owner.  
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### Abbott

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