



Assessing for AFib

Exploring wearable technology

AFib can be difficult to detect¹



AFib is **growing** in prevalence²



Patients can have **silent AFib** (asymptomatic)³



of patients **have paroxysmal AFib** (symptoms begin and end suddenly within 7 days)^{3,4}

It is important to discuss the signs, symptoms, and risk factors of AFib with at-risk patients^{5,6}

A pulse check during patient assessment can be a useful first step in the detecting and evaluating for AFib for at-risk patients^{4,7}

Some technological developments can be used to help monitor cardiac health⁸

Some FDA-cleared wearable devices can monitor heart rate and rhythm to help assess patients remotely^{1,9}

Consumer wearable devices typically use 2 methods to analyze heart rate and rhythm^{1,8}

ECG ECG (electrocardiography)^{1,8}

- Monitors heart rate and rhythm in a specific moment using a **single time-point** approach

PPG PPG (photoplethysmography)^{1,8}

- Detects rhythms through **continuous** pulse monitoring
- Similar to a pulse oximeter, uses light to detect changes in blood volume in the tissue

Single-time point^{1,9,10}

Wearables/smartwatches (ECG)

Examples: **Apple Watch®**; **Fitbit®**

Handheld mobile ECG devices

Example: **AliveCor™ KardiaMobile®**

ECG/blood pressure monitors

Example: **Omron® Blood Pressure + EKG monitor**

Continuous^{1,9,11,12}

Wearables/smartwatches (PPG)

Examples: **Apple Watch®**; **Fitbit®**

Chest straps (ECG)

Example: **QuardioCore ECG Monitor®**



Commercially available devices as of November 2023.⁹⁻¹¹ Examples listed are not inclusive of all device brands.

There are important considerations and limitations associated with different methods of AFib detection that must be independently evaluated by HCPs.

Please refer to the wearable device manufacturer for further information on the appropriate use and reliability.

For educational purposes only. BMS and Pfizer do not manufacture or endorse wearable devices.



Consider further evaluation of AFib when patients receive wearable alerts

Fitbit® is a registered trademark of Google LLC. Omron® is a registered trademark of Omron Corporation. AliveCor® and KardiaMobile® are registered trademarks of AliveCor, Inc. Apple Watch® is a registered trademark of Apple, Inc. QARDIOCORE® is a registered trademark of Qardio, Inc.

Common heart health features of many wearables

✓ Continuous heart-rhythm monitoring^{1,8}

- Many wearables can send alerts for **irregular heart rhythm and heart rate variability**, both of which may signal a need to test for AFib

✓ Notification history

- Devices may include a **history of heart rate/heart rhythm**, which can provide more extensive data

✓ On-demand ECG

- Some devices allow patients to **take an ECG** when they experience unusual heart palpitations or an abnormal heart rate
- Users may be able to **save their ECG** and note symptoms for discussion during their visit

Different devices may have different heart-health monitoring capabilities.

Some patients are using wearables to participate in their own care

A 2019 survey* of more than 4500 U.S. adults indicated that of the 30% who use wearables¹³:

~50% use these devices daily

82% of users are willing to share health data with their HCP

A 2020 Accenture survey† of 2700 patients reported¹⁴:

60% of patients wanted to use technology more in the future to monitor their conditions



Encourage patients who own wearable devices to turn on alerts for heart monitoring

Learn more about AFib Detection by [clicking here](#).

*A 2019 survey conducted online and via mail by the National Cancer Institute of more than 4500 U.S. adults to measure patterns of wearable health care devices and predictors that pertain to personal demographics, individual health, and technology self-efficacy. All results were weighted to give U.S. population-level inferences.¹³

†A survey conducted by Accenture of 2700 cardiology, immunology, and oncology patients in the U.S., UK, France, Germany, China, and Japan who have been going to healthcare facilities for treatment or treating at home.¹⁴

References

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DETECT AFib