

# HeartGuide™

## HeartGuide Sizing Tool Print this page at 100% (do not scale to fit).



### 1

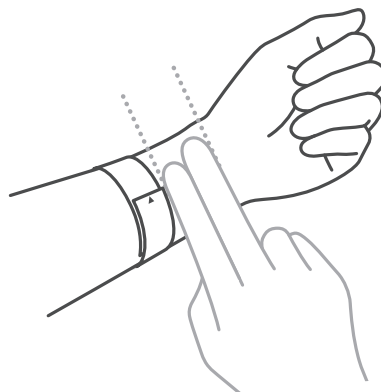
Print this page at 100% (do not scale to fit). Place a quarter on the circle to check the print scale is 100%. Cut out the size tool.



If the circle is not the same size as a real quarter, check your print settings and reprint.

### 2

Wrap the size tool around your wrist about two fingers (1"-1.5") from the base of the hand with the arrow pointing up.



### 3

Ensure that the band is wrapped snugly against the wrist. The arrow will point to the correct size for your wrist.

