Remote monitoring update by Adrienne Unsworth April 2023

Hi everyone, we just want to update you on new developments regarding your remote monitors. As you know, most of you have a remote monitor which is situated in the room where you sleep. Every night, it has a quick look at your device to check everything is ok.

Most of the newer remote monitors allow us to programme the remote monitor to do a download automatically which replaces a clinic visit. You can also do a download if you think you have had a shock. You should always call the Cardiac Physiologists if you have done an unplanned download, so they know to look for it and analyse the download.

One of the companies that makes ICDs and CRT-Ds (Medtronic) has been looking at ways to reduce its carbon footprint and environmental waste. **We used to tell you and your family to throw away your remote monitor if you have passed away, if your current remote monitor is faulty or if it is broken beyond repair. Medtronic has now agreed to recycle old remote monitors if they are no longer needed.**

Take a look at their website for returning remote monitors below, which gives details of how to return old remote monitors.

[Go green with CareLink™ | Medtronic](https://europe.medtronic.com/xd-en/c/emea/cardiac-rhythm/go-green-carelink.html)

If you have a brand-new device implanted, or your remote monitor is broken beyond repair, or you have a box change, you may be offered a new remote monitor in the form of an application (APP) for your mobile phone.

Here is the website for further information: -

[MyCareLink Heart App | Medtronic](https://global.medtronic.com/xg-en/mobileapps/patient-caregiver/cardiac-monitoring/mycarelink-heart-app.html)

Medtronic is the first of the device companies to introduce an APP which replaces the traditional remote monitor machine. If you are not very technical, or do not want the APP, you can have the traditional remote monitor.

**Remote monitoring is part of the care package we give to you, and you are not able to opt out of having a remote monitor (either traditional monitor or APP), unless you do not have wireless (Wi-Fi) or telephone technology where you live.**

Only patients with a Medtronic device can be offered the APP if they have an iPhone or Samsung mobile phone. However, some of the other defibrillator devices are compatible with App monitoring. This is dependent on the implanted device and your mobile phone, but the Cardiac Physiologists will speak to you about which monitoring system you'd prefer to use.

We strongly advise that you contact your implanting hospital and return the old remote monitor to them. They will then return the monitor to the company.

So, if you have a Medtronic remote monitor and it is no longer needed (due to reasons listed above), you should call the Cardiac Physiologists at your implanting hospital (MRI or Wythenshawe). They will advise you to either drop the remote monitor off at their department and they will return it to Medtronic, or you can arrange to send the monitor back to Medtronic by contacting BeConnected using the link above.

Medtronic will then recycle the parts of the remote monitor where possible, reducing the amount of environmental waste.

The other device companies still advise you to take the remote monitor to your local recycling centre and dispose of it in the correct area of the facility.

**You must not return or remove your remote monitor without our knowledge unless you are having a new monitor or APP supplied by us. Remote monitoring is extremely important and will alert us if there are significant problems with your device.**

We hope you have found this article useful. As always, stay regular! Adrienne