

2021 ISHNE/ HRS/ EHRA/ APHRS collaborative statement on mHealth in Arrhythmia Management: Digital Medical Tools for Heart Rhythm Professionals: From the International Society for Holter and Noninvasive Electrocardiology/Heart Rhythm Society/European Heart Rhythm Association/Asia Pacific Heart Rhythm Society.

Title: 2021 ISHNE/ HRS/ EHRA/ APHRS collaborative statement on mHealth in Arrhythmia Management: Digital Medical Tools for Heart Rhythm Professionals: From the International Society for Holter and Noninvasive Electrocardiology/Heart Rhythm Society/European Heart Rhythm Association/Asia Pacific Heart Rhythm Society.

Publication year: 2021

Journal: Annals of noninvasive electrocardiology : the official journal of the International Society for Holter and Noninvasive Electrocardiology, Inc

Authors: Cleveland Clinic, Cleveland, OH, USA.

Society: International Society for Holter and Noninvasive Electrocardiology/Heart Rhythm Society/European Heart Rhythm Association/Asia Pacific Heart Rhythm Society

Origin country: United States

Target countries: International

DOI: 10.1111/anec.12795

PMID: 33513268

Source: <https://pubmed.ncbi.nlm.nih.gov/33513268/>

Ann Noninvasive Electrocardiol Ann Noninvasive Electrocardiol 3771 annnoninvas 9607443 ANEC
Annals of Noninvasive Electrocardiology 1082-720X 1542-474X Wiley PMC7935104
PMC7935104.1 7935104 7935104 33513268 10.1111/anec.12795 ANEC12795 1 Position Paper
Position Paper 2021 ISHNE/ HRS/ EHRA/ APHRS collaborative statement on mHealth in
Arrhythmia Management: Digital Medical Tools for Heart Rhythm Professionals From the
International Society for Holter and Noninvasive Electrocardiology/Heart Rhythm Society/European
Heart Rhythm Association/Asia Pacific Heart Rhythm Society VARMA et al. Varma Niraj
<https://orcid.org/0000-0003-2296-2596> (ISHNE Chair) 1 varman@ccf.org Cygankiewicz Iwona
<https://orcid.org/0000-0003-3006-311X> (ISHNE ViceChair) 2 Turakhia Mintu (HRS ViceChair) 3
Heidbuchel Hein (EHRA ViceChair) 4 Hu Yufeng (APHRS ViceChair) 5 Chen Lin Yee 6 Couderc
JeanPhilippe 7 Cronin Edmond M. 8 Estep Jerry D. 1 Grieten Lars 9 Lane Deirdre A. 10 Mehra
Reena 1 Page Alex <https://orcid.org/0000-0001-5562-3115> 7 Passman Rod 11 Piccini Jonathan 12
Piotrowicz Ewa 13 Piotrowicz Ryszard 13 Platonov Pyotr G. 14 Ribeiro Antonio Luiz
<https://orcid.org/0000-0002-2740-0042> 15 Rich Robert E. 1 [Link] Russo Andrea M. 16 Slotwiner
David 17 Steinberg Jonathan S. 7 Svennberg Emma 18 1 Cleveland Clinic Cleveland OH USA 2
Medical University of Lodz Lodz Poland 3 Stanford University Palo Alto CA USA 4 Antwerp
University and University Hospital Antwerp Belgium 5 Taipei Veterans General Hospital Taipei
Taiwan 6 University of Minnesota Minneapolis MN USA 7 University of Rochester Rochester NY
USA 8 Temple University Philadelphia PA USA 9 Hasselt University Hasselt Belgium 10 University
of Liverpool Liverpool UK 11 Northwestern University Feinberg School of Medicine Chicago IL USA
12 Duke University Durham NC USA 13 National Institute of Cardiology Warsaw Poland 14 Lund
University Lund Sweden 15 Faculdade de Medicina Centro de Telessaúde, Hospital das Clínicas,
and Departamento de Clínica Médica Universidade Federal de Minas Gerais Belo Horizonte Brazil
16 Cooper Medical School of Rowan University Camden NJ USA 17 Cardiology Division
NewYorkPresbyterian Queens, and School of Health Policy and Research Weill Cornell Medicine
New York NY USA 18 Karolinska University Hospital Stockholm Sweden * Correspondence Niraj

Varma, Cleveland Clinic, Cleveland, OH, USA. Email: varman@ccf.org Patient Representative

29 1 2021 3 2021 26 2 376733 10.1111/anec.v26.2 e12795 29 7 2020 03 8 2020 29 01 2021 15 03
2021 29 08 2024 This article has been co-published with the permission of Annals of Noninvasive
Electrocardiology , Cardiovascular Digital Health Journal, Circulation: Arrhythmia and
Electrophysiology , European Heart Journal - Digital Health and Journal of Arrhythmia . All rights
reserved. © 2021 The Authors. Annals of Noninvasive Electrocardiology published by Wiley
Periodicals Inc. on behalf of the International Society for Holter and Noninvasive Electrocardiology /
Cardiovascular Digital Health Journal published by Elsevier Inc. on behalf of the Heart Rhythm
Society / Circulation: Arrhythmia and Electrophysiology published by Wolters Kluwer Health, Inc. on
behalf of the American Heart Association, Inc. / European Heart Journal – Digital Health published
by Oxford University Press on behalf of the European Society of Cardiology / Journal of Arrhythmia
published by Wiley and Sons Australia Ltd on behalf of the Japanese Heart Rhythm Society and the
Asia Pacific Heart Rhythm Society. This article is published under the Creative Commons CC-BY
license, which permits use, distribution and reproduction in any medium, provided the original work
is properly cited. The articles are identical except for minor stylistic and spelling differences in
keeping with each journal's style. Either citation can be used when citing this article.
<https://creativecommons.org/licenses/by/4.0/> This is an open access article under the terms of the
<http://creativecommons.org/licenses/by/4.0/> License, which permits use, distribution and
reproduction in any medium, provided the original work is properly cited. Abstract This collaborative
statement from the International Society for Holter and Noninvasive Electrocardiology/ Heart
Rhythm Society/ European Heart Rhythm Association/ Asia Pacific Heart Rhythm Society describes
the current status of mobile health ("mHealth") technologies in arrhythmia management. The range
of digital medical tools and heart rhythm disorders that they may be applied to and clinical decisions
that may be enabled are discussed. The facilitation of comorbidity and lifestyle management
(increasingly recognized to play a role in heart rhythm disorders) and patient self-management are
novel aspects of mHealth. The promises of predictive analytics but also operational challenges in
embedding mHealth into routine clinical care are explored.

pmc-status-qastatus 0 pmc-status-live yes pmc-status-embargo no pmc-status-released yes
pmc-prop-open-access yes pmc-prop-olf no pmc-prop-manuscript no pmc-prop-legally-suppressed
no pmc-prop-has-pdf yes pmc-prop-has-supplement yes pmc-prop-pdf-only no
pmc-prop-suppress-copyright no pmc-prop-is-real-version no pmc-prop-is-scanned-article no
pmc-prop-preprint no pmc-prop-in-epmc yes pmc-license-ref CC BY
source-schema-version-number 2.0 cover-date March 2021 details-of-publishers-converter
Converter:WILEY_ML3GV2_TO_JATSPMC version:5.9.9 mode:remove_FC converted:05.03.2021
Varma N , Cygankiewicz I , Turakhia M , et al. 2021 ISHNE/ HRS/ EHRA/ APHRS collaborative
statement on mHealth in Arrhythmia Management: Digital Medical Tools for Heart Rhythm
Professionals . Ann Noninvasive Electrocardiol . 2021 ; 26 : e12795 . 10.1111/anec.12795
PMC7935104 33513268

cardiovascular implantable electronic device

International Society for Holter and Noninvasive Electrocardiology

1. INTRODUCTION 3 Document scope and rationale 3 2. mHEALTH TECHNOLOGIES 6 2.1.
Ambulatory ECG monitoring 6 2.2. New mHealth-based modalities for arrhythmia monitoring 7
2.2.1 ECG-based 9 2.2.1.1. Handheld devices 9 2.2.1.2. Wearable patches 9 2.2.1.3. Biotextiles 9
2.2.1.4. Smartphone and smartwatch-based devices 10 2.2.2 Non-ECG-based 11 2.2.2.1.
Photoplethysmography 11 2.2.2.2. Oscillometry 12 2.2.2.3. Mechanocardiography 12 2.2.2.4.
Contactless video plethysmography 12 2.2.2.5. Smart speakers 12 3. mHEALTH APPLICATIONS
FOR ARRHYTHMIAS 15 3.1. Atrial fibrillation 15 3.1.1. Undiagnosed atrial fibrillation identification
17 3.1.2. Targeted identification in high-risk individuals 18 3.1.3. Diagnostics in people with
established atrial fibrillation 19 3.1.4. Atrial fibrillation therapy 19 3.2. Sudden cardiac death 20 4.
COMORBIDITIES 25 4.1. Ischemic heart disease 26 4.2. Heart failure 27 4.2.1. Mobile
technologies for managing heart failure 28 4.2.2. Hybrid telerehabilitation in patients with heart

failure 28 4.3. Diabetes 29 4.4. Hypertension 29 4.5. Disorders including sleep apnea 30 4.6. Lifestyle 30 4.6.1. Physical activity 30 4.6.2. Diet 31 5. PATIENT SELF-MANAGEMENT—INTEGRATED CHRONIC CARE 36 5.1. Patient engagement 36 5.2. Behavioral modification 37 5.3. Patients as part of a community 37 5.4. Maintaining patient engagement 37 5.5. Digital divide 38 6. CLINICAL TRIALS 41 7. OPERATIONAL CHALLENGES 43 7.1. Healthcare system—eHealth monitoring and hospital ecosystem 43 7.2. Cybersecurity guidance for mHealth devices 44 7.2.1. Hacking strategies and methods in mHealth technologies 44 7.2.2. Recommendations to the manufacturer 45 7.2.3. Recommendations to clinicians and administrator 45 7.2.4. Recommendations to patients 45 7.3. Reimbursement 45 7.4. Regulatory landscape for mHealth devices 46 8. Predictive analytics 48 9. Future directions 49

FIGURE LEGEND: mHealth tools for the individual. Sensors can be embedded in a variety of wearables. (IoT: Internet of things—connects from any location to hospital or cloud; See Table 1).

mHealth-based modalities for arrhythmia monitoring

Display in screen ECG or screen of PC/laptop/smartphone, after transmission or real-time

Low-risk patients with palpitations and syncope;

Electrodes/sensors embedded into biotextile—vests, belts

Low-risk patients with palpitations and syncope

High patients' acceptance and adherence;

Can be used as monitoring and treating device (WCD)

External sensors attached to mobile phone

Real-time ECG on smartphone's screen or PC/laptop after transmission

Long-life possibility of intermittent recording

Long-life possibility of intermittent recording

Continuous recording in prespecified time frame

Abbreviations: AF, atrial fibrillation; BP, blood pressure; HR, heart rate; WCD, wearable cardioverter-defibrillator.

John Wiley & Sons, Ltd 1 INTRODUCTION Document scope and rationale Digital health is an umbrella term to describe the use of digital information, data, and communication technologies to collect, share, and analyze health information in order to improve patient health, education, and healthcare delivery (<https://www.fcc.gov/general/five-questions-you-can-ask-your-doctor-about-digital-health#ab>) (Turakhia, Desai, & Harrington, 2016). This concept encompasses telehealth, electronic health records, implantable device monitoring, wearable sensor data, analytics and artificial intelligence (AI), behavioral health, and personalized medicine. Among these, mobile health—or “mHealth” is a component of digital health, defined by the World Health Organization—as “medical and public health practice supported by mobile devices, such as mobile phones, patient monitoring devices, personal digital assistants (PDAs), and other wireless devices” (https://www.who.int/goe/publications/goe_mhealth_web.pdf) (https://apps.who.int/gb/ebwha/pdf_files/WHA71/A71_20-en.pdf?ua=1). Utilization of these devices has proliferated among health-conscious consumers in recent years and is likely to

continue rapid expansion and integration into more formalized medical settings.

mHealth flows intuitively to health professionals in the field of arrhythmia management from experience gained through remote monitoring of cardiovascular implantable electronic devices (CIEDs), such as pacemakers and implantable cardioverter-defibrillators (ICDs) (Varma, Epstein, Irimpen, Schweikert, & Love, 2010). A wealth of data garnered from many studies over the last 10–15 years have confirmed the benefits of remote technology-assisted follow-up and established it as standard of care (Varma & Ricci, 2013; Slotwiner et al., 2019). However, results of remote monitoring of CIEDs may not be immediately generalizable to mHealth. For instance, the former is restricted to those with cardiac disease (largely arrhythmias and heart failure (HF)), that is, a group already defined as patients. The care pathways for CIED remote monitoring are also well defined, with billing and reimbursement in place in the United States and many other parts of the world. In comparison, mHealth differs: It is widely available in the form of consumer products that penetrate most sectors of society, including individuals without formal medical diagnoses; it may be applied to a wider group of medical conditions; data can be self-monitored rather than assessed by healthcare professionals (HCPs); and reimbursement models are not mature. Indeed, some heart rhythm tracking capabilities may be indirectly acquired in products purchased for different goals and then subsequently used for self-monitoring. Conversely, in the medical space, applications are largely not prescribed by HCPs, often lack validation for disease management use cases, and care pathways remain varied or poorly defined. Nevertheless, if properly implemented, the intersection of these two communities opens up a broad spectrum of opportunities, extending from population screening and surveillance for undiagnosed disease to longitudinal disease management, and importantly, engaging patients in their own cycle of care, allowing much health care to be asynchronous and virtualized. Its value and degree of integration will depend on different healthcare systems in different countries (Table 1).

mHealth has value only if the acquired information leads to decisions that improve outcome. This requires a clear path of information flow and actionability. Moreover, all stakeholders need to be aware of the logistical chain (so that everyone knows what to expect) and responsibilities clearly defined (possibly including device vendors). Similarly, actions taken based on the monitored information should be transparent to all stakeholders. For example, for a patient who records and transmits an irregular heart rhythm via a wearable device, a designated decision process should be followed to confirm eg whether the rhythm is atrial fibrillation (AF) or not, whether confirmation by another diagnostic test is required, how that is arranged, and finally what therapy should be implemented and in what reasonable time frame? Clearly, there are risks of increasing cost from medical testing and provoking anxiety in consumers—who by virtue of seeking a medical verification become patients. Again, CIED experience sets a precedent. Studies that have shown improved outcome with telemonitoring succeeded when integrated into a clear logistical framework for a specific use case of disease management (e.g., IN-TIME for remote monitoring in patients receiving cardiac resynchronization therapy, CardioMEMS) (Abraham et al., 2011, Hindricks et al., 2014, Varma & Ricci, 2013). Replicating this with mHealth creates challenges for healthcare providers and goes far beyond the technological capabilities of the monitoring and transmission equipment. Implementation will require defined aims and fundamental changes to existing workflows and responsibilities. Such changes are always difficult. Apart from the organizational issues required to achieve such changes, reimbursement may drive or hinder such changes in the workplace. Awareness of these factors has been heightened by the SARS-CoV-2 pandemic, during which telemedicine solutions have been advocated to reduce patient contact with healthcare providers yet continue healthcare delivery (Varma et al., 2020).

In view of the rapid technological development and popularity of wearable and other mobile devices, and the need for analysis and planning of the mHealth infrastructure, ISHNE (International Society for Holter and Noninvasive Electrocadiology), HRS (Heart Rhythm Society), EHRA (European Heart Rhythm Association), and APHRS (Asia Pacific Heart Rhythm Society), recognized the need for this collaborative statement. The aim of this document is to define state-of-the-art mHealth technologies and their application in arrhythmia management and explore future directions for clinical application. As such, the scope of the document encompasses

discussion of the different mHealth technologies currently available or in development; the acquisition of health-related data; the applications of such data, including disease identification and management; clinical trials; the patient perspective; and the issues that must be addressed in the future to permit useful application of mHealth technologies. Additionally, discussion is extended to mHealth facilitation of those comorbidities increasingly recognized to influence arrhythmia management (e.g., obesity and sleep apnea) that are becoming the responsibility of heart rhythm professionals (Chung et al., 2020).

Dedicated applications and sensors, within or adjunctive to mobile communication devices, enable users to monitor, collect, and share physiologic and health data. Their applications range from diagnostic, decision support, disease management, evaluation of medication adherence, and for educational and clinical research purposes (Figure 1). They synergize naturally with arrhythmia evaluation and extend management to associated comorbidities and lifestyle.

Application of digital health technologies in arrhythmias (Many of these sectors are interconnected).

Evaluate patients with symptoms suggestive of arrhythmias

Assess patients' response to both pharmacological and invasive treatment of arrhythmias.

This is the cornerstone diagnostic method, and the choice of technique and time frame depend on whether symptoms (e.g., palpitations, syncope) are present and how often they occur (Figure 2). Since the XXI century has become the era of the AF epidemic, the emphasis has shifted to screen for asymptomatic patients at high risk of developing AF or in those with cryptogenic stroke, to enable early treatment with the hope of preventing stroke and other serious complications. Novel tools expand the time window in which information can be gathered and overcome existing limitations with traditional methods, that is, intermittent physical examination or ECG for the detection of a largely asymptomatic arrhythmia. Conventional ambulatory ECG devices with “continuous” or “intermittent” recording abilities (e.g., Holter, mobile cardiac telemetry (MCT)) increase the diagnostic yield for suspected arrhythmias, but limitations such as inadequate duration of monitoring, insufficient sensitivity or specificity for AF detection, cost, and patient discomfort and inconvenience remain important implementation barriers. Further details on these conventional systems are available in a prior expert consensus statement (Steinberg et al., 2017).

Implantable loop recorders (ILRs) continuously monitor cardiac rhythm, similar to traditional external loop recorders, but only record an ECG shortly before and after activation by either the patient or by an automated algorithm. The total monitoring period is limited only by battery longevity (ca. 2–5 years). Newer devices have dedicated algorithms resulting in increased interest in their use for AF detection, especially after cryptogenic stroke. Several approved ILR devices are available (Musat, Milstein, & Mittal, 2018, Sakhi, Theuns, Szili-Torok, & Yap, 2019, Tomson & Passman, 2015), and several studies have been performed to evaluate the diagnostic accuracy of these devices (Ciconte et al., 2017, Hindricks et al., 2010, Mittal et al., 2016, Nolkner et al., 2016, Sanders et al., 2016). Since ILRs are invasive and costly, some functions may shift to mHealth.

mHealth devices for arrhythmia monitoring according to indications. Traditional wearable monitors are used for defined, short periods of time. Advantages are continuous monitoring and ability to use multiple leads that may be important for arrhythmia differentiation. These have been used historically for evaluation of palpitations, syncope, and defining QRS morphology. mHealth extends monitoring time indefinitely, to be defined by the user, and to the possibility of monitoring other parameters simultaneously with the ECG and linking to machine learning. Typically, mHealth utilizes single-channel ECG or derived heart rate, and discontinuous monitoring. AF—atrial fibrillation, BP—blood pressure, BrS—Brugada syndrome, HF—heart failure, HR—heart rate, ILR—implantable loop recorder, LQT—long QT.

These can be divided into technologies that: Record ECG tracings (single or multilead, in intermittent or continuous format, of various durations).

Use non-ECG techniques such as pulse photoplethysmography (PPG).

mHealth tools permit indefinite monitoring and widen application to a range of conditions and patient populations. There has been rapid development and integration of diagnostic sensors into consumer devices such as smartwatches, fitness bands, and smartphones. However, validation of their notified data (or underlying algorithms) and mechanisms for professional review (as established for CIEDs and MCTs) are scant, if at all (See Section 7). This is open to risks of not detecting significant events and/or overtreatment—for example, false-positive episodes of AF—if not confirmed by expert physicians.

Among these, handheld and patch systems have undergone the most extensive validation.

Several standalone handheld devices operate without additional hardware. These devices with two or three ECG electrodes on either side generate short, 30 sec to 1 minute, single or multilead ECG recordings. Some of them display ECG tracings on a monitor. Most of these devices are equipped with dedicated automatic algorithms for detection of arrhythmias and usually focus on AF. Recognition of AF is usually based on the analysis of RR interval irregularity. The devices can store ECG tracings, which can be uploaded to a computer for review and are usually available for physicians via web-based platforms. Studies across diverse populations have documented the diagnostic accuracy of handheld devices in detection of AF by short-term rhythm monitoring (Desteghe et al., 2017, Doliwa, Frykman, & Rosenqvist, 2009, Hendrikx, Rosenqvist, Wester, Sandstrom, & Hornsten, 2014, Kaasenbrood et al., 2016, Poulsen et al., 2017, Svennberg et al., 2017, Tavernier et al., 2018, Tieleman et al., 2014, Vaes et al., 2014) (Table 2).

Exemplary validation studies for various mHealth technologies

John Wiley & Sons, Ltd 2.2.1.2 Wearable patches Traditional cable/wire-based devices increasingly have been displaced by solutions with electrodes embedded in adhesive patches. Commercially available patches can be worn up to 14 days (Barrett et al., 2014, Turakhia et al., 2013). Unlike adhesive electrodes for lead-based systems, the water-resistant patches are not removed during the monitoring period leading to greater wear time, more analyzable data, and no lead reversal errors. The cutaneous patch monitors are typically single-use and continuously or intermittently record single-lead electrocardiography. Most have an integrated button to mark the timing of symptoms on the recorded rhythm trace. After the monitoring period, the device is returned to the manufacturer for data extraction, analysis by a proprietary algorithm, and further secondary analysis of potential arrhythmias by medical technicians. A diagnostic report is sent to the treating physician. This process may be associated with delays of several weeks.

Although such patches only record a single-lead ECG, a high agreement ($P < .001$) has been demonstrated compared to multi-lead Holter monitors for identifying AF events and estimating AF burden (Barrett et al., 2014, Rosenberg, Samuel, Thosani, & Zimetbaum, 2013). As the patch has no external leads, it is perceived to be more comfortable to wear compared to conventional Holter monitors, with 94% of the patients preferring the patch over the Holter (Barrett et al., 2014). In addition to the validation studies, the feasibility of two-week continuous monitoring to identify AF in an at-risk patient population has been examined by Turakhia et al. (2015). It has also been used successfully to determine the prevalence of subclinical AF in the general population (Rooney et al., 2019).

Newer patch-based systems add near-real-time analytics and by transmitting data continuously to the cloud. This may facilitate more rapid data collection and diagnosis. Multiparametric monitoring may be enabled with a patch worn for up to 3 months (Stehlik et al., 2020) .

Textile-based systems for ECG monitoring were initially designed to ensure patients' comfort during daily activities and address the needs of active patients. These vests and elastic bands adapt easily to patients' movements that is particularly important for those performing physical activities that might be limited by the presence of wires. These biomedical devices capture the electrocardiographic signal via electrodes integrated into the garment that enables noninvasive acquisition of ECG signal up to 30 days. Single/multilead selection (up to full 12-leads) and event activation are available. ECG signals can be stored in memory cards and analyzed afterward as well as transmitted in real time via Bluetooth to a smartphone (and from there to a cloud-based platform), along with other signals including accelerometer and global positioning system (GPS). Other than ECG, some devices provide data on activity intensity, respiratory function, and sleep quality. Automatic analysis with manual verification is possible. Several systems for ECG monitoring based on electrodes incorporated into garments have been introduced into market. Some of them acquire signal from chest belts. Maintaining power presents a challenge. These systems have been tested in athletes, in patients with cryptogenic stroke, and in those with pacemaker-detected AHRE (Eliot, Hamlin, & Lizamore, 2019, Eysenck, Freemantle, & Sulke, 2019, Fabregat-Andres et al., 2014, Feito, Moriarty, Mangine, & Monahan, 2019, Pagola et al., 2018).

The wearable cardioverter-defibrillator transmits 2-channel ECG data to an online patient management database allowing for remote monitoring of high-risk patients. Recent incorporation of heart sound evaluation that may predict HF decompensation will be tested in a prospective trial (HEARIT-Reg trial ClinicalTrials.gov Identifier: NCT03203629).

More recently, nonwearable solutions coupled with the smartphone have emerged. These devices (Table 2 and Varma et al., 2020) allow the user to perform a "spot check" single-lead ECG strip, usually of up to 30 seconds or longer by placing a finger of each hand on the two electrodes, usually located on the phone case or external card (Figure 3). The ECG electrical signal is transmitted wirelessly to a smartphone with an integrated interpretation app. The tracings can be reviewed on the smartphone, electronically stored, or transmitted for review by the user's provider if desired. These have been directed largely to AF.

ECG mobile applications. Left—fingertip recordings; Right—card pressed to the chest.

Automated algorithms can label the recording as "Possible AF" on the basis of criteria for the presence and absence of a P wave and the irregularity of the RR interval; "Normal" or "Sinus Rhythm" and "Unreadable" when the detector indicates there was too much interference for an adequate recording, whether from too much movement, or poor contact between the electrodes and the patient's skin. Several versions of the AliveCor's automated algorithms have been evaluated (Chan et al., 2016, Chan et al., 2017, Desteghe et al., 2017, Lowres et al., 2014, Tarakji et al., 2015), and the device has been tested as a screening tool in at-risk populations (Halcox et al., 2017, Lowres et al., 2014). In Apple watch, the algorithm is effective when the heart rate is between 50 and 150 bpm, there are no or very few abnormal beats, and the shape, timing, and duration of each beat is considered normal for the patient (Figure 4).

Sensitivity and specificity depend on the software (which can be calibrated to higher sensitivity or higher specificity), the population studied (e.g., elderly have more tremor and/or difficulty in holding the device leading to more unreadable tracings), and the prevalence of AF in the population. It indicates that use of such device always requires proper evaluation for every intended use case. There is also an accessory band for a smartwatch to allow ECG recording. The single-lead ECG with automatic AF detection is recorded by touching the band's integrated sensors that transmit data to a watch application. Recently, a new 6-lead case has been developed, allowing for 30 second recording of all 6 limb leads by touching each of the three electrodes. Also the QT interval may be derived from this (<https://cardiarrhythmnews.com/kardiamobile-6-lead-can-be-used-to-measure-qt-duration-in-covid-19-patients/>) (Chung & Guise, 2015, Garabelli et al., 2016). Information is limited; however, on how parameters such as QTc measured on a single- (or limited number) lead ECGs can reliably substitute for 12-lead ECG information. In one study, QT was

underestimated by smartphone single-lead ECG (Koltowski et al., 2019). Preliminary data indicate ability for ST monitoring for ischemia (Figure 3 , Section 4.1).

Such devices may be used by clinicians as a point-of-care device to obtain an interpretable rhythm strip in place of a 12-lead ECG. In addition, patients may use these devices for ad hoc or routine evaluation of their rhythm in a home environment. The ECG data can be instantaneously transmitted for automated interpretation with the ability of the consumer to request a physician overread for a surcharge. Limitations

Single-lead devices, particularly when used by an active person who may not be recumbent, relaxed, or still, may lead to substantial electrical or motion artifact. Noise-free tracing may be more difficult for older patients or those with physical limitations (tremor, stroke, etc).

Although the interpretation algorithms typically have received regulatory oversight, these algorithms can frequently misclassify rhythms, calling sinus rhythm AF and vice versa, which could lead to potential harm without confirmation by a clinician. For example, in a recent study of a consumer ECG device to detect AF, a third of ECGs were unclassifiable by the device but could be classified by experts (Bumgarner et al., 2018) Therefore, some devices have limitations placed on them for diagnostic assessment. For example, the Apple Watch is unable to assess the ECG for AF if the heart rate is above 150 or below 50 bpm (https://www.apple.com/healthcare/docs/site/Apple_Watch_Arrhythmia_Detection.pdf) and is cleared by the U. S. Food and Drug Administration (FDA) only for use in persons without a diagnosis of AF (Figure 4) (<https://support.apple.com/en-us/HT208931> , accessed January 2, 2020) (See Section 6) .

For consumer watches, ECG diagnosis is considered a prediagnostic pending medical verification and not designed to be acted on without clinician review.

ECG classification of other arrhythmias (premature ventricular complexes (PVCs), premature atrial complexes (PACs), ventricular tachycardia (VT)) is currently unavailable.

Consumer devices such as smartphones and smartwatches require accessories and often extra cost for conversion into rhythm monitoring tools. In contrast, the PPG technologies allow for the detection of arrhythmias using hardware already present on most consumer devices (smartwatches and fitness bands) through a downloadable application. PPG is an optical technique that can be used to detect AF by measuring and analyzing a peripheral pulse waveform. Using a light source and a photodetector, the pulse waveform can be measured by detecting changes in the light intensity, which reflects the tissue blood volume of a skin surface such as the fingertip, earlobe, or face (Conroy, Guzman, Hall, Tsouri, & Couderc, 2017, McManus et al., 2013). An automated algorithm can subsequently analyze the generated pulse waveform to detect AF. PPG avoids the instability and motion artifacts of ECG sensors and can be passively and opportunistically measured.

This technology has been applied for use with smartphones using the phone's camera to measure a fingertip pulse waveform. Rapid irregularly conducted AF may produce variable pulse pressures that challenge detection (Choi & Shin, 2017). The performance of algorithms interpreting these PPG signals has been proven to be in high agreement with ECG rhythm strips (McManus et al., 2013, McManus et al., 2016, Proesmans et al., 2019). The smartphone-based PPG applications have been utilized in at-risk population to detect AF and as a screening tool in the general population (Verbrugge et al., 2019) (See Section 6).

The PPG technology has also been incorporated in smartwatches to measure heart rate and rhythm (Dorr et al., 2019, Guo 2019). Some have developed prototypes of a band that includes a single-channel ECG, multi-wavelength PPG, and tri-axial accelerometry recording simultaneously at 128 Hz (Nemati et al., 2016), and others use a deep-neural network based on

PPG sensors to detect AF (<https://www.mobihealthnews.com/content/study-apple-watch-paired-deep-neural-network-detects-atrial-fibrillation-97-percent-accuracy> ; <https://mrhythmstudy.org>). If PPG or optical sensors and detection algorithms can match the performance of ECG-based rhythm assessment, delivery of AF care may be expected to change substantially and drive a radical departure from relying on an office or ambulatory ECG for ascertainment of AF.

Blood pressure (BP) measurements can be erratic when the pulse is irregular. This characteristic is utilized by automatic oscillometric BP monitors that derive heart rhythm regularity algorithmically (Chen, Lei, & Wang, 2017). Automated BP monitors have been used for opportunistic AF detection. Studies have shown that six devices from two manufacturers were reliable with sensitivities and specificities greater than 85% (Kane, Blake, McArdle, Langley, & Sims, 2016). These studies suggested that BP devices with embedded algorithms for detecting arrhythmias show promise as screening tools for AF, comparing favorably with manual pulse palpation. Such capability could be added to continuous BP recording devices (Kario 2016). One device identifies possible AF when at least two of three consecutive measurements show pulse irregularity. Several studies addressed the diagnostic accuracy (Chan et al., 2017, Chen, Lei, & Wang, 2017, Gandolfo, Balestrino, Bruno, Finocchi, & Reale, 2015, Kearley et al., 2014, Marazzi et al., 2012, Stergiou, Karpettas, Protogerou, Nasothimiou, & Kyriakidis, 2009, Wiesel, Fitzig, Herschman, & Messineo, 2009, Wiesel, Arbesfeld, & Schechter, 2014) and the feasibility of this device as a screening tool (Chan et al., 2017, Omboni & Verberk, 2016, Wiesel & Salomone, 2017).

The following have undergone preliminary study:

Mechanocardiography uses accelerometers and gyroscopes to sense the mechanical activity of the heart. The accuracy of this technology to detect AF using a smartphone's built-in accelerometer and gyroscope sensors was assessed in a proof of concept study (Jaakkola et al., 2018). A smartwatch (Sony Experia) was placed on the chest in supine patients to detect micro movements of the chest. Possibly, carrying this device in a pocket may have utility but is likely to be confounded by movement (e.g., walking) artifacts.

Noncontact video monitoring of respiration and heart rate have been developed less than 15 years ago (Takano & Ohta, 2007, Verkruysse, Svaasand, & Nelson, 2008) . In 2014, a pioneering article described the concept of contactless video-based detection of AF (Couderc et al., 2015). Deep learning of a video of a person's face can identify AF by examining irregularity of pulsatile facial perfusion (Yan et al., 2018). It is a monitoring technique extracting the photoplethysmographic-like signals from a standard digital RGB video recording of the human skin and specifically of an individual's face. The videoplethysmographic signal describes the absorption peak of ambient light by the hemoglobin from the facial skin. Several studies have been performed to develop a method that is sensitive enough to detect each cardiac pulse and provide insights into variability on pulse on a beat-to-beat basis. The HealthKam works using HUE color space from video cameras (Dautov, Savur, & Tsouri, 2018, Tsouri & Li, 2015) and can easily be integrated to any portable computer device with a camera (smartphone, tablet, etc.). By using mobile devices with cameras, the deployment of the technology is easy and scalable since it does not require the use and distribution of any physical devices. Such a system may change the approach to AF screening, which currently is only 1 patient at a time. High-throughput AF detection from multiple patients concurrently using a single digital camera and a pretrained deep convolutional neural network (DCNN) was feasible in a pilot study (Yan et al., 2020).

One requirement for these technologies is steady focus: Thus moving subjects present a challenge. It is important to avoid recording, sending, or communicating any video of the patient thus protecting privacy and dignity. Video-based technologies in telemedicine have raised a new set of societal and ethical concerns that are being continuously reevaluated such as during the COVID-19 pandemic. Issues regarding privacy, confidentiality, and legal and ethical obligation to treat are crucial factors to be considered when these technologies are deployed at larger scale (Turakhia 2020).

There are preliminary reports on using commodity smart devices to identify agonal breathing (Chan, Rea, Gollakota, & Sunshine, 2019, Wang, Sunshine, & Gollakota, 2019). Identification of abnormal heart rate patterns may be made possible by converting smart speakers into a sonar device with emission of inaudible frequencies sound waves and receiving them to detect motion. These are not in consumer domain but potentially have wide scalability.

Typically, most patients with palpitations and dizziness are evaluated using the various technologies reviewed in Section 2.1 (Steinberg et al., 2017). Devices capable of recording at least one ECG lead allow the interpreting clinician to distinguish between wide and narrow complex rhythms, bradycardia, and tachycardia, and thus distinguish between the various causative rhythms. Smart devices may be useful in pediatric patients (Gropler, Dalal, Van Hare, & Silva, 2018).

The disease is often intermittent and asymptomatic, which may delay diagnosis (McCabe, Chamberlain, Rhudy, & DeVon, 2015, Strickberger, Ip, Saksena, Curry, Bahnson, & Ziegler, 2005, Verma et al., 2013), lead to incorrect estimation of AF burden (Boriani et al., 2015, Garimella et al., 2015), and pose management challenges to healthcare services, thereby exposing the patient to the consequences of untreated AF. New digital health and sensor technologies have the potential for early identification of AF, opening up opportunities for screening, which then can be tied to evidence-based management. These may be directed to several broad groups: for screening the general population or managing the already diagnosed, for following responses to treatment, and increasingly to managing comorbidities and lifestyle modification (See Section 4) (Figure 5). mHealth mechanisms may facilitate understanding the relation between AF burden, its progression, and cardiovascular risk (Wong et al., 2018).

mHealth and AF. Applications include screening for AF in general or high-risk populations, managing comorbidities and lifestyles important for prevention and control, as well as managing treatment of known AF. AF—atrial fibrillation, DM—diabetes, HTN—hypertension, NSR—normal sinus rhythm.

Classical epidemiological data point to the notion that early identification of AF has the potential to improve morbidity and possibly mortality. (1) AF is associated with a 5-fold increased risk of stroke (Wolf, Abbott, & Kannel, 1991) and doubled mortality (Kirchhof et al., 2016); (2) The prevalence of undiagnosed AF is at least 1.5% for patients > 65 years (Orchard et al., 2018); (3) In about a quarter of all AF-related strokes, the stroke is the first manifestation of the arrhythmia (Friberg et al., 2014) while other AF patients present first with congestive HF; (4) Stroke risk is independent of symptoms (Xiong, Prioretti, Senoo, & Lip, 2015); (5) Diagnosis often requires repeated or prolonged ECG monitoring; and (6) Oral anticoagulants (OACs) are highly effective in reducing the risk of cardioembolic stroke, mortality, and possibly dementia in the setting of AF (Ding & Qiu, 2018, Friberg & Rosenqvist, 2018).

Atrial fibrillation identification depends on factors having to do with the arrhythmia itself, that is the combination of AF prevalence and density (Charitos et al., 2012), and factors associated with detection such as the frequency and duration of monitoring and diagnostic test performance (Ramkumar et al., 2018). Several studies including patients with variable stroke risk factors have used mHealth technologies to identify undiagnosed AF (Tables 2 and 3), but these may require gold-standard ECG confirmation.

Selected screening studies for atrial fibrillation using newer technologies

Abbreviations: AF, atrial fibrillation; AFL, atrial flutter; F, females; HTN, hypertension; M, males; TIA, transient ischaemic attack; Yrs, years.

John Wiley & Sons, Ltd Accuracy The positive predictive value of an AF event will differ according to pretest probability of AF in a given population (e.g., those with an established diagnosis or one or more risk factors). This is especially relevant to “healthy consumers.” Many technologies to identify AF are readily available directly to those without defined disease and are not deployed as individual or public health interventions. Rather, consumers who possess these technologies, such as smartwatches or smartphone■connected ECG recorders, opt into the use of these technologies. Therefore, consumer■driven AF identification is not the same as healthcare■initiated AF screening. AF identification by these devices requires confirmation, since these AF screening tools have variable specificity (Table 2), raising the potential of a high false■positive rate in a low prevalence population, and risks of unnecessary treatment.

There have been almost 500 studies assessing accuracy of mHealth devices for AF detection, as described in recent systematic reviews (Giebel & Gissel, 2019, Lowres et al., 2019, O'Sullivan et al., 2020). Their capabilities varied according to technologies utilized, settings, and study populations. Two large■scale screening trials were reported recently (See Section 6).

No large outcome trial of screen detected AF and hard endpoints of stroke and death has been conducted as yet.

Although an incidental diagnosis of AF seems to be associated with increased risk of stroke and protection by OAC therapy (Freedman, Potpara, & Lip, 2016, Martinez, Katholing, & Freedman, 2014, Tsivgoulis et al., 2019), clinical trials to determine any benefit for opportunistically detected AF have not yet been completed but are underway (Gudmundsdottir et al., 2020, Steinhubl et al., 2018, Svennberg et al., 2015, Heartline study <https://www.heartline.com>). This effort addresses the concern that AF detected by screening may identify inherently lower■risk patients so that efficacy of anticoagulation (and its risk/benefit ratio) requires recalibration. This is necessary prior to issuance of any recommendations. (Currently, no consensus exists yet on how to treat these arrhythmias, even in those with high CHA₂DS₂ ■VASc scores).

The European and American guidelines do recommend opportunistic screening for early identification of undiagnosed AF in patients aged ≥65 years (Freedman et al., 2017, January et al., 2019, Kirchhof et al., 2016). On the other hand, the U. S. Preventive Services Task Force has presently given an “insufficient” recommendation for systematic screening for AF with electrocardiograms (Jonas et al., 2018).

Up to one■third of ischemic strokes is attributed to AF mediated embolism to the brain (Hannon et al., 2010). Further, the risk of recurrent thromboembolism is high if AF is left undetected and untreated (Furie et al., 2012, Kolominsky■Rabas et al., 2001). Hence, prolonged monitoring for AF poststroke has been recommended in recent guidelines (January et al., 2019, Kirchhof et al., 2016, Schnabel et al., 2019). Detection of AF poststroke depends not only on the monitoring device used and the duration of the monitoring period, but also on stroke type and patient selection; thus, the results of AF detection have been heterogenous (Kishore et al., 2014, Sanna et al., 2014, Zungontiporn & Link, 2018). A meta■analysis showed that a stepwise approach to AF detection in poststroke patients led to AF detection in 23.7% of patients (Sposato et al., 2015), while a combined analysis of two randomized and two observational studies showed a 55% reduction in recurrent stroke following prolonged cardiac monitoring (Tsivgoulis et al., 2019). However, the optimal AF duration threshold for initiating anticoagulation is currently unknown and may be lower in a poststroke population compared to those with fewer cardiovascular risk factors (Kaplan et al., 2019).

The risk of undiagnosed AF and other sources of thrombi has been considered high in embolic strokes of unknown source (ESUS), prompting studies that evaluated whether empiric NOAC therapy is more effective than antiplatelet therapy without a requirement of AF detection. Two of these studies, NAVIGATE ESUS (Hart et al., 2018) and RESPECT■ESUS (Diener et al., 2018), have not shown a reduction in recurrent stroke in patients receiving NOACs. It should be emphasized that the mere detection of AF after ESUS is not necessarily proof of positive causation.

A third study is ongoing, including patients with suggested atrial myopathy (enlarged atria, increased levels of NT-proBNP, or enlarged P waves) (Kamel et al., 2019).

These findings underscore the need for AF detection prior to initiation of OAC therapy in patients with cryptogenic stroke, ESUS, or ischemic stroke of known origin, and mHealth devices can ease the process of detection (Zungsontiporn & Link, 2018). The threshold of AF burden may very well differ in patients who have had a suspected cardioembolic event and those who have not (Kaplan et al., 2019).

The key to making AF identification feasible, efficient and clinically valuable is the selection of patients with an increased likelihood of harboring undiagnosed AF, rather than general screening in unselected populations. mHealth ECG recorders can facilitate frequent brief (e.g., 30 seconds) recordings over prolonged periods of time by the very ubiquity of devices (including smartphone-based apps or watches). These devices are particularly well suited to capture intermittent or nonpersistent arrhythmias; however, it is likely that frequent sampling would be necessary to capture infrequent paroxysmal AF and even daily "snapshot" ECG monitoring may miss half of AF episodes (Charitos et al., 2012, Yano et al., 2016). AF burden, increasingly recognized as a powerful independent predictor of stroke (Chen et al., 2018), though accurately measured by implanted devices (Varma, Stambler, & Chun, 2005), cannot be readily calculated from intermittent ECG data. The use of smartwatches with passive intermittent surveillance using PPG monitoring plus ECG confirmation may be a more effective screening tool and is currently being evaluated (Heartline study <https://www.heartline.com>).

Formal screening with mHealth ECG recordings has yielded meaningful incidences of newly diagnosed AF, statistically greater than if diagnosis relied only on the office ECG (Table 3). The yield generally is enhanced by the presence of risk factors, such as older age and higher CHA₂DS₂-VASc scores. Several studies (Chan & Choy, 2017, Chan, Wong, et al., 2017, Proietti et al., 2016) screened untargeted populations, and all yielded new AF diagnoses at a rate under 1%. By focusing on older patients (75–76 years of age) at greater risk, Swedish studies identified new AF in 3% of study participants, and up to 7.4% when additional risk factors beyond age were required (Engdahl, Andersson, Mirskaya, & Rosenqvist, 2013, Gudmundsdottir et al., 2020, Svennberg et al., 2015). Lowres et al in a patient level meta-analysis found that new AF detection rate increased progressively with age from 0.34% for <60 years to 2.73% ≥85 years. Importantly, the number of subjects needed to screen to discover AF meeting indications for anticoagulation was 1089 for subjects <60 years but 83 ≥65 years.

mHealth has important implications for the care of those already diagnosed with AF. Several key characteristics of AF can be measured with long-term continuous or near-continuous monitoring, and the information gained may provide valuable information for patient management.

Furthermore, while several studies succeeded in establishing the sensitivity and specificity of novel devices for the detection of AF, no study to date has yet evaluated the utility of an mHealth intervention in affecting clinical outcomes. The iPhone Helping Evaluate Atrial Fibrillation Rhythm through Technology (iHEART), a single-center, prospective, randomized controlled trial, and the Heartline study seek to accomplish this goal (Caceres et al., 2020, Hickey et al., 2016, <https://www.heartline.com>).

Current guidelines for anticoagulation are based principally on the presence of risk factors and a diagnosis of clinical AF, regardless of AF duration, symptomatology, or burden (January et al., 2019). This applies even if the AF has been quiescent for long periods or eliminated altogether as the result of rhythm control interventions including antiarrhythmic drugs, ablation, or risk factor modification (January et al., 2019). However, there is increasing recognition that AF burden matters; for example, paroxysmal events have less thromboembolic risk than persistent AF (Chen et al., 2018). This understanding has been extended during continuous monitoring from CIEDs which depict AF with high granularity, and first advanced the metrics of "AF days" and burden in terms of cumulative load (hours/day) and concentration (density of AF days) (Varma, Stambler, &

Chun, 2005). This measure is likely to be important for understanding mHealth discovered AF.

AF burden can be characterized as %/time monitored, longest duration, and density. Retrieved data provide an insight into natural history and associated sequelae (Healey et al., 2012, Kaplan et al., 2019, Van Gelder et al., 2017, Varma, Stambler, & Chun, 2005). This led to oral anticoagulation intervention trials to determine the ability to reduce stroke on the basis of AF duration (Lopes et al., 2017, Martin et al., 2015). These suggest that a threshold exists below which the risk of thromboembolic stroke is low and risk–benefit ratio may not justify chronic administration of oral anticoagulants. For instance, CIED data indicate that short subclinical AF events have lesser risk than more prolonged (and therefore more likely to be symptomatic) events (Al-Turki, Marafi, Russo, Proietti, & Essebag, 2019). Device-detected, “subclinical” atrial high-rate episodes (AHRE) lasting 6 minutes to 24 hours are associated with increased stroke risk, but the absolute risk is considerably lower than expected based on risk factors alone (Glotzer et al., 2003, Healey et al., 2012, van Gelder et al., 2017). Whether these require anticoagulation in high-risk individuals is the subject of ongoing studies (Kirchoff et al., 2017, Lopes et al., 2017, van Gelder et al., 2017). Importantly, very short AF episodes (episodes in which both the onset and offset of AT/AF were present within a single EGM recording) were not associated with adverse outcomes (Swiryn et al., 2016) which may be important for mHealth monitoring.

AF detection using digital health tools offers further insights in patients without indication for implantable devices. mHealth extends AF screening to younger patients without cardiovascular disease and thromboembolic potential may be low. Those with high AF burden (defined by $\geq 11.4\%$; mean duration 11.7 hours) detected on a 14-day patch monitor had an increased thromboembolic event rate compared to those with lower AF burdens (Go et al., 2018). There remains significant treatment variation in use of OAC, especially for device-detected AF (Perino et al., 2019). This may be due to a large clinical uncertainty regarding the optimal cutpoint, even though observational data indicate that OAC is associated with a decreased risk of stroke for episodes > 24 hours and possibly for episodes 6–24 hours (Perino et al., 2019).

Currently, there are no prospectively validated cutpoints or risk models that incorporate AF burden into decision-making for stroke prevention therapies.

Key knowledge gap: Identify characteristics (duration, episode number/ density) and risk factors that justify anticoagulation for mHealth detected AF

Rhythm While we await data on OAC treatment for mHealth detected AF, the finding of the arrhythmia should initiate mHealth monitoring of NSR retention, QT intervals (important for those on some antiarrhythmic drugs (Garebelli et al., 2016), and discussion of cardiovascular risk factor modification and lifestyle changes, since AF coexists with comorbidities that may influence its occurrence and natural history (See Section 4). Thus, alcohol reduction, treatment of OSA, moderate exercise, and weight loss have been shown to reduce AF burden (Congrete et al., 2018, Kanagala et al., 2003, Pathak et al., 2015, Voskoboinik et al., 2020).

Rate While the primary goal of rate control is to minimize AF-related symptoms, prolonged tachycardia can result in effort intolerance and/or tachycardia-mediated cardiomyopathy while excessively low heart rate targets may increase the risk of bradyarrhythmias that result in symptoms and device implantation. The European Society of Cardiology recommends lenient resting heart rate targets (<100 – 110), whereas the ACC/AHA/HRS guidelines recommend a target rate of <80 bpm. Often these targets are tailored to the individual patient based on symptoms and presence or propensity for HF. mHealth technologies can be used to assess ventricular rates during AF over long time periods and evaluate the effects of rate-control therapies (January et al., 2019, Kirchoff et al., 2016).

(See also section 4.1 Ischemic heart disease).

The use of mHealth technology to diagnose ventricular arrhythmias lags behind its application to AF (See section 3.1). Detection of symptomatic VT has been reported using the AliveCor cardiac monitor (AliveCor, San Francisco, USA) and SmartWatch (Ringwald, Crich, & Beysard, 2019, Waks, Fein, & Das, 2015). Sophisticated automated analysis of a 2-minute PPG recording by the camera of a commercially available smartphone (iPhone 4S, Apple) can distinguish between AF, PACs, and PVCs from sinus rhythm, with a sensitivity of 0.733 and specificity of 0.976 for PVCs (Chong, Esa, McManus, & Chon, 2015, McManus et al., 2016). PVCs may challenge to PPG-based systems, as many PVCs are nonperfusing (Billet et al., 2019). An ECG tracing is therefore essential in order to facilitate rhythm diagnosis and avoid misclassification of “slow PPG pulse rates” (bradysphygmia) simply as “bradycardia.”

Syncope presents unique challenges for mHealth applications. While prolonged ambulatory monitoring using medical-grade devices (wearable and implantable) has been the mainstay of cardiac rhythm diagnosis during episodes of syncope, user-activated systems must either be activated by the patient during prodromal symptoms (if present and time permits) in anticipation of syncope, or else incorporate loop recording to allow postsyncope activation (Steinberg et al., 2017). This capability is not incorporated in currently popular consumer-grade wearable devices. However, a randomized controlled trial of AliveCor versus usual care in participants presenting with palpitations or presyncope showed a faster and increased rate of detection of symptomatic arrhythmias in the intervention group, suggesting that at least in presyncope, patient-activated rhythm detection using a commercially available mHealth device is productive (Reed et al., 2019). Rhythms reported by devices that rely on heart rates will likely require validation with a medical-grade system to provide an ECG tracing during an event to allow determination of the causative rhythm.

There is a significant overlap between transient loss of consciousness and mechanical falls due to orthostatic intolerance, neurologic, or orthopedic problems. This is particularly disabling in elderly subjects and often unwitnessed (Davis et al., 2010, Heinrich, Rapp, Rissmann, Becker, & Konig, 2010). Mobile applications that combine analysis of heart rate monitoring together with fall detection, GPS positioning, video recording with display of patients' surroundings, and the capability to send alerts either triggered by patients in case of symptoms or automatically in case of detected falls, may be useful.

The detection and response to sudden cardiac arrest (SCA) is an area where mHealth applications may prove lifesaving. As rapid treatment for cardiac arrest has consistently been associated with improved survival, pre-emptive identification of at-risk persons, detection of cardiac arrests, alerting of nearby lay and professional first responders, and coaching or quality assurance in the performance of cardiopulmonary resuscitation (CPR) are ideally suited to the mHealth paradigm in societies where mobile smartphones are ubiquitous.

It is possible that mHealth devices which continuously monitor heart rhythm and other physiologic data may be able to better predict impending SCA, even using measures which have not shown sufficient specificity or sensitivity when measured intermittently, such as heart rate variability (Lee, Shin, Seo, Nam, & Joo, 2016). However, such continuous monitoring is present already in CIEDs and has not yet proven to be sufficiently predictive to be clinically useful (Au-Yeung, Reinhall, Bardy, & Brunton, 2018). Therefore, the prediction of SCA by mHealth devices, while a tantalizing prospect, remains to be realized.

Once cardiac arrest occurs, rapid identification is essential to trigger a response by emergency responders. Wearable devices that combine physiologic monitoring, GPS, and a method of communication with emergency services such as cellular service are well positioned to provide almost instantaneous alert as well as location information (Kwon, Lee, Lee, Lee, & Park, 2018, Praveen Kumar, Amgoth, & Annavarapu, 2019). An early device using a piezoelectric sensor to detect the pulse was capable of transmitting an alert to emergency medical system or other responders when a pulse was not detected and the watch (and thus the wearer) was still (Rickard et al., 2011). Preliminary reports indicate that smart speakers in commodity smart devices may be

able to identify agonal breath patterns for sudden cardiac death detection (Chan, Rea, Gollakota, & Sunshine, 2019). Widespread diffusion of such technology to patients at elevated risk of SCA will be necessary before any potential benefits can be tested.

The ubiquity of mobile phones in society leads to more rapid notification of emergency services, and the possibility of a dispatcher gathering information from a bystander at the patient's side and delivering instructions on care, such as CPR. This was associated with improved outcomes for a variety of emergencies (Wu et al., 2012). Notification of lay first responders in the vicinity of a cardiac arrest is also feasible with current technology. A blinded, randomized trial conducted in Stockholm, Sweden, demonstrated that such a system improved the rate of bystander CPR (Ringer et al., 2015). However, almost 10,000 volunteers were recruited over approximately 18 months, during which 667 activations occurred, emphasizing the large resources needed and the low rate of utilization of trained volunteers, even when alerted by mobile phone.

Whether a trained or novice bystander responds, mobile devices may be further useful to provide voice (or video) instructions from a dispatcher or from the device itself. Studies of prerecorded audio, live video, and animation-based instruction have shown improvements in some aspects of CPR delivery and AED use, although technology continues to evolve (Bolle, Scholl, & Gilbert, 2009; Choa et al., 2008; Merchant et al., 2010; You, Park, Chung & Park, 2008). One limitation is that as such apps are unregulated, many do not convey current basic life support algorithms and may have poor usability (Kalz et al., 2014). In addition, delay in commencing CPR and in calling emergency services due to distraction of the rescuer by using an app is a concern (Paal et al., 2012).

Automated external defibrillator (AED) use in cardiac arrest is associated with improved survival, but AED use remains low (Weisfeldt et al., 2010). Mobile devices have the potential to increase this by assisting with the retrieval and use of AEDs. Multiple apps have been created to locate AEDs in the vicinity of the user, although with mixed results in simulations (Sakai et al., 2011; Hatakeyama et al., 2018; Neves Briard et al., 2019). Barriers include the accuracy of AED location databases, size of the user base, app interface, and the availability of multiple apps instead of a single validated regional, national, or international standard. An emerging approach to circumvent these limitations is the dispatch of an AED via a drone to the location of the cardiac arrest, which is expected to reduce time to defibrillation, especially in rural areas (Boutilier et al., 2017). Feasibility has been demonstrated (Claesson et al., 2017).

The complete chain from activation of citizen responders was tested in the Heartrunner trial (Andelius et al., 2020) in a region of almost 2 million inhabitants. Results showed that citizen responders arrived before emergency services 42% of out of hospital cardiac arrests, accompanied by a threefold increase in bystander defibrillation with a trend to improved 30-day survival. Results were more pronounced when emergency arrival times were longer, for example, in rural areas.

A large proportion of arrhythmias are influenced by coexisting conditions. Their management may directly affect arrhythmia recurrence and outcome. Thus, lifestyle modifications and management of comorbid conditions (Figure 5) is becoming an objective of arrhythmia management (Chung et al., 2020) and received a Class 1 recommendation in most recent guidelines (January et al., 2019). mHealth has significant potential for facilitating these interventions (Figure 6).

Digital applications can integrate patient relayed information of sensor and clinical information with automatic remote analysis, but also permit patients to receive advice and treatment adjustments from physicians directly.

Early management (e.g., primary angioplasty) of acute ischemic syndromes may reduce infarct territory and ventricular arrhythmias, thereby improving outcome. AF after myocardial infarction worsens prognosis (Pizzetti et al., 2001).

ST segment monitoring technology embedded in conventionally indicated ICDs when tested in a randomized cross-over study suggested a reduction in the time from the onset of ischemia to presentation to hospital (Gibson et al., 2019, Holmes et al., 2019). The AngelMed Guardian system (Angel Medical Systems, Eatontown, New Jersey) is approved for use in the United States for patients with prior acute coronary syndrome (ACS) who remain at high risk for recurrent ACS. For lower-risk patients, mHealth may improve symptom recognition and earlier presentation, that is, “symptom-to-door time” (Moser et al., 2006).

Wearable devices that continuously monitor physiologic data promise detection, and possibly pre-emption, of the early stages of MI, by alerting patient and/or healthcare team early. A noninvasive device consisting of a three-lead ECG linked wirelessly to a dedicated mobile device has recently been described (Van Heuverswyn et al., 2019). Three lead ECG tracings (as well as derived augmented limb leads) can be recorded with commercially available smartwatches (Avila, 2019). Limitations of this approach are the need for the patient or a bystander to possess the device or app, and be familiar with its use, before the onset of symptoms.

An emerging technology (www.heartbeam.com) uses a credit card sized device that is pressed against the user's chest (Figure 3). It collects ECG signals using a novel 3D vector approach. The signals are sent to the cloud, where they are analyzed and compared to the patient's asymptomatic baseline reading. A proprietary algorithm combines the signal analysis with the patient's history and reported symptoms. This information, along with a diagnostic recommendation and ECG waveforms, is sent to the patient's physician, who makes a final determination and informs the patient. This system is used by patients in the telehealth setting to assess whether chest pain is the result of an myocardial infarction.

The next step of patient care involved transmission of ECGs by emergency responders in the field to hospitals for review and triage and was shown to result in shorter door-to-balloon time, lower peak troponin and creatine phosphokinase levels, higher postinfarction left ventricular ejection fraction, and shorter length of stay compared with control patients whose ECGs were not transmitted (Clemmensen, Loumann-Nielson, & Sejersten, 2010, Sanchez-Ross et al., 2011). This paradigm has now been widely implemented. Technical factors, such as transmission failure and lack of network coverage, are the main impediments to adoption of such systems.

This is often confusing for patients, who often exhibit a poor understanding of their medications, follow-up procedures, and future appointments (Horwitz et al., 2013; Ziaieian, Araujo, Van Ness, & Horwitz, 2012). This contributes to frequent hospital readmissions. Mobile technologies may enable individualized contact between patients and healthcare providers. Phone calls led to a modest improvement in medication adherence in patients with coronary artery disease in one large randomized controlled trial (Vollmer et al., 2014). Text messaging was shown to increase medication adherence and improved cardiovascular risk factors (Chow et al., 2015; Unal, Giakoumidakis, Khan, & Patelarou, 2018). Available evidence is limited by short-term follow-up and self-reported adherence (Shariful Islam et al., 2019). Success may depend on personalized messages with tailored advice, the ability to respond to texts, timing messages to coincide with medication doses, higher frequency of messages, and the use of additional apps or websites (Park, Beatty, Stafford, & Whooley, 2016). Interoperability with the EMR may facilitate this approach.

This was shown to improve health outcomes among patients with heart disease, but is underutilized. The Million Hearts Cardiac Rehabilitation Collaborative aims to increase participation rates to $\geq 70\%$ by 2022 (Ritchey et al., 2020). Mobile apps and linked sensors to measure heart rate, respiration rate, and exercise parameters may overcome traditional limitations of availability, cost, and convenience and be more acceptable to some patients (Zwisler et al., 2016). A randomized controlled trial center-based and mobile rehabilitation found improved uptake, adherence, and completion with home-based cardiac rehabilitation in postinfarction patients (Varnfield et al., 2014) (See also 4.2.2.)

Heart failure is widely prevalent, costly to manage, and degrades patient outcomes (Benjamin et al., 2017, Albert & Estep, 2019). HF may trigger AF and ventricular arrhythmias. Conversely, AF may precipitate HF. Remote monitoring of, for example, dietary and medication adherence (See Section 4.6.2), detection of arrhythmias (See Section 3), intercurrent ischemia (See Section 4.1), orthopnea, changes in heart rate, activity, and sleep (See Section 4.5) may enable remote adjustment of management to reduce emergency department visits and unplanned HF-related hospitalizations. If scalable, remote monitoring coupled with mobile communication could prove to reduce costs associated with HF.

Despite promise, most large, multicenter randomized trials failed to demonstrate improved outcomes of remote monitoring in HF patients (Table 4) (Boyne et al., 2012, Chaudhry et al., 2010, Dickinson et al., 2018, Koehler et al., 2011, Ong et al., 2016, Takahashi et al., 2012). Combination algorithms based on multiple parameters may be valuable (Ono & Varma, 2017). One trial stands out. The TIM-HF2 trial randomized HF patients to either remote patient management plus usual care or to usual care only and were followed up for over a year (Koehler et al., 2018). The results showed reduction in the combined endpoint of percentage of days lost due to unplanned hospitalization and all-cause mortality. However cardiovascular mortality was similar between remote monitoring and standard care groups. Implanted devices that monitor pulmonary arterial pressure may be beneficial in select patients when used in structured programs (Dickinson et al., 2018). The positive findings of the CHAMPION trial (CardioMEMS Heart Sensor Allows Monitoring of Pressure to Improve Outcomes in NYHA Functional Class III Heart Failure Patients) trial and subsequent FDA approval has renewed interest in remote patient management for HF patients (Abraham et al., 2016, Carbo et al., 2018, Desai et al., 2017). This requires daily download of hemodynamic data and a prespecified medical treatment plan. An app is also available which illustrates patient compliance with monitoring, alerts the patient when transmissions are not received, shows medication reminders, and allows for medication reconciliation and titration.

Randomized trials with neutral results based on external-device remote patient monitoring (RPM)

Abbreviations: BP, blood pressure; HF, heart failure; HR, heart rate; PC, primary care; RPM, remote patient monitoring.

John Wiley & Sons, Ltd 4.2.1 Mobile technologies for managing heart failure The concept of coupling remote monitoring and mobile cellular technologies is attractive for the HF community (Carbo et al., 2018, Cipresso et al., 2012). Heart rate (ECG), BP, and weight were the most frequently monitored parameters. Sensors that detect respiratory rate and pattern by detecting movement of the chest wall, via pressure, stretch, or accelerometry, may have applications in HF. Detecting breathing via microphone (sounds), change in impedance, or pulse oximetry are other possible means to monitor respiratory function. Some of these modalities could be integrated into smart clothing (Molinaro et al., 2018).

Some trials included also alert reminders of medication use, voice messages on educational tips, video education, and tracking of physical activity (See Section 4.6.1). Patients were mostly monitored daily and followed for an average of 6 months. A reduction was seen in HF-related hospital days (Carbo et al., 2018). High rates of patient engagement, acceptance, usage and adherence have been reported in some trials but not others (Chaudhry et al., 2010, Hamilton, Mills, Birch, & Thompson, 2018).

Preliminary results using a disposable multisensor chest patch in the LINK-HF study were encouraging (Stehlik et al., 2020), detecting precursors of hospitalization for HF exacerbation with 76% to 88% sensitivity and 85% specificity, 1 week before clinical manifestations.

Exercise training is recommended for all stable HF patients (Piepoli et al., 2011, Ponikowski et al., 2016). Hybrid cardiac telerehabilitation is a novel approach. Telerehabilitation is the supervision and performance of comprehensive cardiac rehabilitation at a distance, encompassing:

telemonitoring (minimally intrusive, often involving sensors), teleassessment (active remote assessment), telesupport (supportive televisits by nurses, psychological support), teletherapy (actual interactive therapy), telecoaching (support and instruction for therapy), and teleconsulting and telesupervision of exercise training (Piotrowicz, Piepoli, et al., 2016). Various devices have been described, from heart rate monitoring (Smart, Haluska, Jeffriess, & Marwick, 2005) and transtelephonic electrocardiographic monitoring (Kouidi, Farmakiotis, Kouidis, & Deligiannis, 2006) to tele-ECG monitoring via a remote device (Piotrowicz, Zieliński, et al., 2015) and real-time ECG and voice transtelephonic monitoring (Ades et al., 2000).

Home-based telerehabilitation was demonstrated to be safe, effective with high adherence among HF patients. It improves physical capacity (Piotrowicz, Buchner, Piotrowski, & Piotrowicz, 2015) and psychological status (Piotrowicz, Piotrowski, & Piotrowicz, 2016), with similar QoL improvement to standard rehabilitation (Piotrowicz, Stepnowska, et al., 2015). The first randomized, prospective, multicenter study (TELEREHF) showed that hybrid telerehabilitation and telecare in HF patients was more effective than usual care in improving peak VO₂, 6-minute walk distance, and QoL, although not associated with reduction of 24-month mortality and hospitalization except in the most experienced centers (Piotrowicz, Pencina, et al., 2019, Piotrowicz, Piotrowicz, et al., 2019).

The recent Scientific Statement from the American Association of Cardiovascular and Pulmonary Rehabilitation, the AHA, and the ACC indicates that home-based rehabilitation using telemedicine is a promising new direction (Thomas et al., 2019).

Diabetes mellitus is a strong risk factor for the development of morbidity and mortality associated with a range of cardiovascular diseases. Metabolic syndrome (elevated blood glucose and insulin resistance) acts via multiple mechanisms resultant in micro- and macrovascular complications, development of autonomic neuropathy, diastolic dysfunction, renal failure, and AF. Important management goals are lifestyle changes [e.g., diet and activity: see later section] to prevent disease development and tight glycemic control, especially for type 1 diabetes mellitus which demands lifelong rigorous self-monitoring (Balakumar, Maung-U, & Jagadeesh, 2016; Donnelan et al., 2019, Goudis et al., 2015, Wang, Green, Halperin, & Piccini, 2019, Wilkinson, Zadourian, & Taub, 2019; Wingerter, Steiger, Burrows, & Estes, 2020). mHealth modalities self-management was recommended recently by ESC guidelines on diabetes and cardiovascular diseases to (Cosentino et al., 2020).

Glycemic control may reduce AF development and recurrence (Chao et al., 2012; Chang et al., 2014; Gu et al., 2011, Otake, Suzuki, Honda, & Maruyama, 2009).

Mobile apps can facilitate self-management by reminding regular assessment of required parameters and medications to take and provide educational tools and motivational support. Regular transmission of blood glucose levels from patients to their physicians can be based on SMS, email, or diverse web-based services. Bluetooth-enabled glucose meters are frequently used (Andres et al., 2019, Garabedian, Ross-Degnan, & Wharam, 2015). BlueStar (Welldoc, Columbia, MD), first to receive US FDA clearance for diabetes mellitus management, comes with an app which requires a physician prescription and enables patients to titrate insulin dosing by using the proprietary insulin calculator. The Freestyle LibreLink app (Abbott Laboratories, Abbott Park, IL) reads an associated continuous glucose monitoring device and displays trends (Fokkert et al., 2017).

Stand-alone diabetes management apps have recently been reviewed (Fleming et al., 2020). Short-term measures, such as HbA_{1c}, may be improved by such apps in conjunction with clinical support, but many have suboptimal usability (Veazie et al., 2018). Phone-based interventions were associated with improved glycemic control as compared to standard care (Fokkert et al., 2019, Liang et al., 2011, Pillay et al., 2015, Saffari, Ghanizadeh, & Koenig, 2014). Efficacy for improving glycemic control in randomized controlled trials has shown mixed results (Agarwal et al., 2019, Quinn et al., 2011). Meta-analyses indicate that mobile phone interventions for

self-management reduced HbA1c modestly by 0.2–0.5% over a median of 6-month follow-up duration, with a greater reduction in patients with type 2 compared to type 1 diabetes (Pal et al., 2014). A significant impact on clinical outcomes may affect healthcare expenditures by reducing the need for in-person contact with healthcare providers, preventing hospital admissions, and improving prognosis. In a retrospective study, the use of mHealth technologies was associated with a 21.9% reduction in medical spending than a control group during the first year (Whaley et al., 2019). Key determinants to successful uptake of decision-support apps will be their user-friendliness and complexity and the delivery of electronic communications and feedback to the patient.

Hypertension, because of its high prevalence, provides the highest attributable risk for the development of AF (Huxley et al., 2011).

mHealth strategies for hypertension comprise a continuum of solutions, used by consumers or healthcare providers, and includes wireless diagnostic and clinical decision-support tools, aiming to monitor health status and improve health outcomes. BP telemonitoring is one of the most commonly used strategies and includes remote data transmission of BP and clinical information from patients in their home or from a community setting to a central service, where they are reviewed by a managing physician for treatment adjustments. Several clinical trials have shown that BP telemonitoring might be more effective than usual care in achieving target BP (Bosworth et al., 2011, Kim, Shin, Park, & Lee, 2015, McManus et al., 2010). A meta-analysis showed that, compared with usual care, BP telemonitoring improved office systolic BP and diastolic BP by 3.99 mm Hg (95% confidence interval (CI): 5.06–2.93; $P < 0.001$) and 1.99 mm Hg (95% CI: –2.60 to –1.39; $P < 0.001$), respectively (Duan et al., 2017). BP telemonitoring nested in a more complex intervention, including additional support, as face-to-face counseling, telecounseling, education, behavioral management, medication management, and adherence contracts, led to additional and more sustainable benefit (Duan et al., 2017; Tucker et al., 2017).

mHealth has the potential to promote patient self-management, as a complement to the doctor's intervention, and encourage greater participation in medical decision-making. Indeed, the TASMINH4 unblinded randomized controlled trial showed that patients who used self-monitoring of BP to titrate antihypertensives, with or without telemonitoring, achieved better BP control than those assigned to usual care (McManus et al., 2018). The self-monitoring group that used telemonitoring achieved lower BP quicker than the self-monitoring group not receiving telemonitoring support, but readings were not significantly different at 1 year of follow-up. Cost-effectiveness analysis suggests that self-monitoring in this context is cost-effective by NICE criteria, that is, costing well under £20,000 per QALY (Monahan et al., 2019).

Although mHealth options may aid hypertension management, technological barriers, high costs, heterogeneity of solutions and technologies, and lack of standards challenge clinical implementation. The 2019 ESC guidelines on hypertension stress the importance of self-monitoring and underline the potential use of smartphone-based solutions. Nevertheless, they do not recommend the use of mobile apps as independent mean of BP measurements (Williams et al., 2018).

Sleep disorders are widely prevalent and contribute to cardiovascular risk and arrhythmias, especially AF (Daglas et al., 2019, Hirshkowitz et al., 2015, Mehra et al., 2006, May et al., 2016, May, Van Wagoner, & Mehra, 2017), (Institute of Medicine Report: Sleep Disorders and Sleep Deprivation: An Unmet Public Health Problem), (Institute of Medicine (US) Committee on Sleep Medicine and Research// www.ncbi.nlm.nih.gov/books/NBK19961). This maybe because sleep disturbance is intimately tied to circadian rhythms and sympatho-vagal balances (Burgess, Trindert, Kim, & Luke, 1997). Standard sleep disorder diagnostics have been validated but require technical support for data acquisition and scoring. For example, polysomnography has long been considered the gold-standard for acquisition of rich multimodal cardio-neurorespiratory objective physiologic data to ascertain sleep architecture, total sleep time, and cardiorespiratory abnormalities and is primarily used for the diagnosis of obstructive sleep apnea. Actigraphy has the

advantage of collecting objective data over days and nights to characterize sleep–wake patterning and provide measures of total sleep time, sleep efficiency, and sleep onset latency in addition to surrogate circadian measures. However, such tests are obtrusive and expensive. Treating sleep apnea may reduce AF burden (Qureshi et al., 2015, Youssef et al., 2018).

Consumer technology directed to sleep medicine may revolutionize the detection and treatment of sleep disorders. Since such apps are preinstalled on many smartphones, sleep tracking may be among the most widely applied facets of mHealth (Khosla et al., 2018). Applications include mobile device applications, wearable devices, embedded devices (in the individual's sleep environment), rings (<https://bodimetrics.com/product/circul-sleep-and-fitness-ring>), integration of accessory diagnostic monitoring (e.g., oximetry, ECG monitoring), and sleep therapy adherence monitoring. Several commercially available wearable devices measure total sleep time accurately, but not more detailed parameters such as sleep efficiency and different sleep stages (Mantua, Gravel, & Spencer, 2016). Preliminary data suggest that wearable devices may be capable of detecting sleep apnea with good accuracy compared to gold-standard polysomnography (Selvaraj et al., 2014) and transform the approach to sleep disorder screening, diagnosis, and treatment. Sleep irregularity diagnosed by 7 day wrist actigraphy was linked to risk of cardiovascular events (Huang, Mariani, & Redline, 2020). Preliminary studies indicated that use of wearables may permit behavior modifications that improve sleep quality (Berryhill et al., 2020). In this regard, mHealth applications to sleep diagnosis and treatment promise facilitation of rhythm control.

Physical activity is any bodily movement from skeletal muscle contraction to increase energy expenditure above basal level. Athletic activity varies from recreational sports to competitive events. There is a compelling evidence that regular aerobic exercise at the levels recommended by Physical Activity Guidelines Advisory Committee reduces the risk of a variety of cardiovascular conditions, including AF (Everett et al., 2011, Mozaffarian, Furberg, Psaty, & Siscovick, 2008, Piercy et al., 2018). However, the majority of the population is not engaged in physical activity at the recommended levels (Piercy 2018). Among patients with cardiovascular disease, patient activity measured automatically by ICDs correlated with survival following ICD implantation (Kramer et al., 2015). Fitness represents an enormous market for mobile technologies and significant opportunity to improve the health of a wide range of mHealth consumers. In 2017, over 318,000 “fitness and health” apps were available, almost double the number two years prior (IQIIVA Institute 2017). Many of these recreational apps monitor daily physical activity and support a healthy lifestyle by counting the number of steps daily, online training, and motivation coaching (McConnell et al., 2018). Cardiorespiratory fitness has an inverse relationship to AF burden (Faselis et al., 2016).

Improvement in exercise capacity of 2 METs in overweight individuals may double freedom from AF (Pathak et al., 2015).

Consumer-grade fitness technology includes individual fitness trackers that can stand alone, a fitness tracker that is coupled with a companion app, or an app that can be downloaded onto a smartphone, which then utilizes various features of the smartphone to measure activity and sleep. The accuracy of these measurements varies between different products and between measures within the same product (Rosenberger, Buman, Haskell, McConnell, & Carstensen, 2016). Furthermore, while step-counting is long established, measuring the intensity of exercise is more complex. Although fitness technology has the exciting potential to increase physical activity by promoting goal setting and providing feedback, its effectiveness in motivating positive behavioral change remains unclear (Sullivan & Lachman, 2017).

One cautionary tale is the study by Jakicic et al., that examined the effectiveness of a lifestyle intervention with or without a fitness tracker (Jakicic et al., 2016). Two groups received instruction to promote physical activity and dietary restriction. Six months into the intervention, half of the participants were provided with an upper arm fitness tracker and web-based support accompanying the device. The other half logged and tracked their activity and diet on a study website. Of note, the group that wore the tracker lost less weight than the group who did not.

Moreover, changes in physical activity between the two groups were not significantly different. These results cast doubt on the effectiveness of fitness trackers in promoting greater physical activity, and thus, further data are required to assess the impact of this approach (See Section 5).

These are a unique category. Endurance athletes may have increased AF risk (Abdulla & Nielson, 2009, Anderson et al., 2013). Remote evaluation of ECG recordings may be useful in countries that perform preparticipation ECG screening (Brunetti et al., 2014, Orchard et al., 2019). Mobile devices and apps provide complex data which can be used as a self-monitoring tool for managing training (Aroganam, Manivannan, & Harrison, 2019, Li et al., 2016, Peake, Kerr, & Sullivan, 2018, Peart, Balsalobre-Fernandez, & Shaw, 2019, Seshadri et al., 2019). Exercise load and performance level can be accessed on a regular basis by coaches as well as athletes. Training guided by daily monitoring of HRV parameters has also been proposed, but data are limited (Coppetti et al., 2017, Dobbs et al., 2019, Singh et al., 2018). Mobile devices provide the possibility of online real-time monitoring during indoor and outdoor training and competitions. Monitoring of heart rate provides both information on performance and level of training but can also provide valuable information regarding heart rhythm irregularity suggestive of arrhythmias. Any kind of paroxysmal arrhythmia related to sport participation and detected by mobile devices designed merely for heart rate assessment should trigger further cardiological evaluation. Having in mind data indicating that sports participation may be associated with higher risk of development of AF mobile devices may serve as valuable screening tool for AF detection.

Importantly, mHealth solutions enable easy access to athletes' medical data. The latter approach can be of special interest in management of athletes' health during competitions abroad.

In 2010, the American Heart Association promulgated "Life's Simple 7" as a public health strategy to improve cardiovascular health with the motto: "7 Small Steps to Big Changes. It's easy and simple. Anyone can do it. Start with one or two!" Unfortunately, research has shown that this strategy is anything but simple: virtually, no adults (<1%) are compliant with all recommendations and 42% are compliant with only 0-2 recommendations (Folsom et al., 2011). Although there is ample evidence that weight loss and maintaining an ideal weight are beneficial in reducing AF burden and symptoms, compliance with this recommendation is poor; the reasons include among others, inability to track food intake (Abed et al., 2013, Donnellan et al., 2019, Pathak et al., 2015). Weight loss combined with risk factor modification is a Class 1 (B) recommendation in treatment of AF (January et al., 2019)

>10% weight reduction/ target BMI <27 kg/m² reduces AF burden (Pathak et al., 2015).

There are currently many consumer-oriented mobile phone-based applications (apps) designed for tracking food intake, but their utility for use in carbohydrate counting is limited due their design (El-Gayar, Timsina, & Nawar, 2013). Commonly, these consumer-oriented apps require multiple steps. As an example, the user types in the food consumed and then scrolls through the search results to match with the program's food and nutrient database. Next, after finding a matching food type, the user must estimate and enter an amount. These apps require significant user input and time burden along with high possibility of error. In addition, they are also plagued by uncertain accuracy. Recently, research has shown that nutrient calculations from leading nutrition tracking apps tended to be lower than results from using 24-hour recall with analysis by the Nutrition Data System for Research (NDSR), a research-level dietary analysis software (Griffiths, Harnack, & Pereira, 2018).

By contrast, a visual image-based app, such as the Technology-Assisted Dietary Assessment (TADA) system, directly addresses the aforementioned shortcomings (Boushey, Spoden, Zhu, Delp, & Kerr, 2017, Six et al., 2010, Zhu et al., 2010). This is in research phase. The TADA system consists of two main components: (1) A smartphone app that runs on either iPhones (iOS) or Android devices: the Mobile Food Record (mFR), and (2) Cloud-based server that communicates with the mFR, processes, and stores the food images. Using the TADA system, a person takes a photograph of the meal they are planning to eat using their smartphone's camera. The use of

geometric models has permitted the TADA system to use a single image of a meal to estimate portion size to within 15% of the actual amount (Fang, Liu, Zhu, Delp, & Boushey, 2015). Hence, smartphone-based technology such as the TADA system can facilitate tracking of food intake, which in turn can potentially help with weight management.

Despite the profusion of diet- and weight-related apps, and the interest in weight loss in the community, there remains a dearth of high-quality evidence that these apps are actually effective (Dounavi & Tsoumani, 2019). There remains a need for further evidence development before specific apps or other mHealth technology can be recommended or prescribed.

Generally, structured management programs inclusive of intensive patient education may improve outcomes (Hendriks et al., 2012; Lin et al., 2014; Angaran et al., 2015). These may be facilitated by mHealth.

mHealth offers the opportunity to reach more patients more effectively. It may promote patient engagement through ease of access and wider dissemination to regions and communities who may not access health care through traditional modes due to cost, time, distance, embarrassment/stigma, marginalized groups, health inequities, etc. In this way, mHealth may facilitate information sharing and interaction between patients and HCPs without the need for an elaborate infrastructure (Chow, Ariyaratna, Islam, Thiagalingam, & Redfern, 2016, Walsh, Topol, & Steinhubl, 2014) (Figure 6). Apps may aid HCPs to explain the condition and treatment options, utilizing videos, avatars, and individualized risk scores, enabling greater patient understanding and encouraging a two-way exchange of information to achieve a concordant decision about treatment.

A recent HRS statement advocates for transparent and secure access by patients to their digital data (Slotwiner et al., 2019). This enables active participation and appropriate self-management. For instance, many patients with AF are interested in seeing their AF burden and physiologic data, similarly to patients with hypertension tracking their BP or patients with diabetes tracking their glucose. Recent systematic reviews of technology-based patient-directed interventions for cardiovascular disease suggest that engaging elements include self-monitoring of symptoms and measurements, daily tracking of health behaviors, disease education, reminders, and interaction with HCPs (Coorey, Neubeck, Mulley, & Redfern, 2018, Gandhi et al., 2017, Park, Beatty, Stafford, & Whooley, 2016, Pfaeffli Dale, Dobson, Whittaker, & Maddison, 2016). In some cardiovascular conditions, self-management (without any HCP input) improved key outcomes (Hagglund et al., 2015, Varnfield et al., 2014).

The model requires that patients assume responsibility and accountability for tracking conditions effectively and taking corrective measures. Possibly, this may be facilitated by data organization to present salient elements in a format comprehensible to the lay public. Active role of patients in decision-making regarding the choice of treatment has been underlined by AF clinical guidance documents. Patients with AF are encouraged to be involved in decision-taking through better understanding of their disease, which helps to improve communication between patients, their families, and doctors and improves patients' adherence to prescribed therapy. Two applications in AF—one for patients and the other for healthcare providers—have been developed by CATCH ME Consortium in collaboration with European Society of Cardiology (Kotecha et al., 2018), but these have yet to be formally tested. In China, Guo and colleagues (Guo, Chen, Lane, Liu, Wang, & Lip, 2017) demonstrated that the mobile atrial fibrillation (mAFA) app, incorporating decision support, education, and patient engagement, significantly improved AF patients' knowledge, medication adherence, quality of life, and satisfaction to anticoagulation compared to usual care.

Limitations should be recognized: Demands of self-management may be excessive for even well intentioned patients required to be facile with setting up their own medical monitoring device, assessing frequency of download, interpreting and acting on data when required, and troubleshooting. These are not trivial challenges.

Individual health status has been found to be a strong independent predictor of mortality and cardiovascular events (Rumsfeld et al., 2013).

mHealth may catalyze positive behavioral change and facilitate health care. An induced healthy user effect was likely the basis of survival benefit among CIED patients adhering more closely to remote management (Varma et al., 2015). mHealth may support patients with text messaging (Chow et al., 2015) or mobile applications to remind patients of medication doses and times, as well as medical appointments (but synchronization with healthcare providers and/or EMR is generally lacking). The “just in time adaptive intervention” (JITAI) premise is to provide the appropriate type and amount of support to an individual at the correct time, with the ability to adjust depending on the person’s current internal and situational factors (Nahum-Shani et al., 2018). mHealth technology is an ideal platform to facilitate JITAIs by providing “real time” personalized information, which can be utilized to inform the intervention delivered. JITAIs have been widely employed for health promotion and to support behavior change, but evidence of their efficacy is limited (Gustafson et al., 2014, Patrick et al., 2009, Riley, Obermayer, & Jean-Mary, 2008). Timing is integral to the perception of benefit, as is receptivity to accept and use the support (Nahum-Shani et al., 2015). Bespoke, multi-faceted mHealth tools, with motivational messages and incorporating gamification, are most engaging (Coorey, Neubeck, Mulley, & Redfern, 2018, Gandhi et al., 2017, Park, Beatty, Stafford, & Whooley, 2016, Pfaeffli Dale, Dobson, Whittaker, & Maddison, 2016).

Incorporation of gamification strategies (e.g., rewards, prizes, avatars, performance feedback, leaderboards, competitions, and social connection) into mHealth promotes patient engagement and sustains healthy behaviors (Blondon, Meyer, Lovis, & Ehrler, 2017, Cugelman, 2013, Edwards et al., 2016, Johnson et al., 2016, Sardi, Idri, & Fernandez-Aleman, 2017). However, a recent systematic review demonstrated that only 4% (64/1680) of English language “top rated” health apps incorporated ≥ 1 gaming feature (Edwards et al., 2016). There are limited hypothesis-generated data for these mHealth interventions, and their efficacy in this context is as yet unmeasured. Self-regulatory behavior change techniques, such as feedback and monitoring (including self-monitoring), comparison of behavior, rewards, incentives and threats, and social support, are the most common behavior change techniques employed in gamification apps and are frequently utilized in successful nongaming apps targeting health promotion and secondary prevention (Conroy, Yang, & Maher, 2014, Direito et al., 2014, Edwards et al., 2016). Engaging with apps involving gamification can also improve emotional well-being through feelings of accomplishment and social connectivity (Johnson et al., 2016).

Incorporation of a patient as part of a wider community may offer benefits. Social networking is widely used for health (Fox 2011). Online communities enable individuals to “meet,” share their experiences, discuss treatment, and receive and provide support from peers, patient organizations, or HCPs (Fox, 2011, Swan, 2009, Swan, 2012). While crowdsourcing via the Internet and social networks allows collective sharing and exchange of information from a large number of people, the integrity and accuracy of such information remains largely unvetted and as such may be unreliable (Besaleva & Weaver, 2014).

Sustaining healthy behaviors and minimizing intervention fatigue is paramount to long-term maintenance. Although mHealth may help to maintain motivation, available data demonstrate significant attrition with mHealth interventions targeting risk factors and chronic conditions, even when people report liking the intervention and have purchased it (Chaudhry et al., 2010, Flores Mateo, Granado-Font, Ferre-Grau, Ferré-Grau, & Montaña-Carreras, 2015, Fukuoka, Gay, Haskell, Arai, & Vittinghoff, 2015, Morgan et al., 2017, Owen et al., 2015, Simblett et al., 2018, Whitehead & Seaton, 2016, Endeavour Partners, 2017, Perez et al., 2019).

A representative patient's experience is described below: A few years ago (2017), a friend told me about a new app that he had installed on his iPhone that would allow him to measure his heart rate through a fingertip pulse. Having an irregular heartbeat, under control through medication, I was very interested to try the new app. I thought it would provide me the opportunity to know more about

myself, specifically how my heart operated under stress and at different times of day, before, during, and after physical exertion of a variety of my favorite sports and pastimes like tennis, golf, biking, and fly fishing.

At first, I was quite satisfied with the rudimentary calculations. Then, I noticed during my international business travels that the device was often down during US nighttime hours during which time I thought the 'hosts' were making repairs or improvements. I also noticed that there were several radically incorrect readings especially during early morning hours. It simply wasn't performing up to the standards of more traditional monitoring devices. I found as well that the host's increasing attempt to upsell to premium packages and other online health management tools became quite burdensome.

Before long, I felt almost addicted to the device and ultimately quit on it altogether. In retrospect, I believe that if I had had a proper introduction to the device by a trained medical specialist, I might have had a different expectation of this online tool, how to use it and how to interpret its data output.

Understanding the basis for health-protective behavior is vital (Dunton, 2018). Many apps, including those from national heart foundations (American Heart Association, 2019, British Heart Foundation, 2014, Canadian Heart and Stroke Foundation, 2014, National Heart Foundation of Australia, 2014), are available to support healthy lifestyle choices, but their efficacy remains largely untested or is limited by design features (i.e., small sample sizes, selection bias, etc.). Cost, service connectivity, and credibility of information sources are important factors. However, patient engagement may be jeopardized by worries about privacy and personal data security (Burke et al., 2015, Chow, Ariyaratna, Islam, Thiagalingam, & Redfern, 2016, Kumar et al., 2013, Steinhubl, Muse, & Topol, 2015).

The level and duration of clinic support needed will likely depend on condition monitored and goals for treatment. Reduction in compulsory routine in-clinic evaluations and reliance on continuous remote monitoring improved retention to long-term follow-up of patients with CIEDs (Varma, Michalski, Stambler, Pavri, & TRUST Investigators, 2014). In one HF trial, gain was related to the period of remote instruction. Whether this indicates that efficacy of the active program had peaked and stabilized or that it needed to be sustained is unclear (Varma, 2020). Ideally, a training program should be finite in time but its effects durable.

Although mHealth is highly promising in transforming health care, it can potentially exacerbate disparities in health care along sociodemographic lines.

Older people are perceived to engage less with mHealth. A 2017 Pew Research Center survey found that 92% of 18-29 year olds and 74% of age 50-64 year olds own a smartphone (Smith, 2017). However, the lack of familiarity with the technology and access to mobile devices, rather than lack of engagement per se, remain the principal barriers (Coorey, Neubeck, Mulley, & Redfern, 2018, Gallagher et al., 2017, Tarakji et al., 2018). Older users of mHealth prefer personalized information, which is clearly presented and is easy to navigate (Neubeck et al., 2015).

There is also disparity across the educational spectrum, with smartphone usage in 57% of the population with less than high school education and 91% of the population who graduated from college.

Smartphone use differs by income, with smartphone usage in 67% of the population with income annual $\leq$ \$30,000 and 93% of the population with income $\geq$ \$75,000 (Mobile Fact Sheet, 2018). Limited evidence from the USA suggests that, although there is some variation in the mHealth use related to ethnicity, black and Hispanic Americans are not disadvantaged (Martin, 2012). mHealth permits information and apps to be tailored appropriately for language, literacy levels (including "text to speech" technology), and cultural differences to promote engagement (Coorey, Neubeck,

Mulley, & Redfern, 2018, Neubeck, Cartledge, Dawkes, & Gallagher, 2017, Redfern et al., 2016).

There is heterogeneity of mHealth availability among different countries (Varma, 2020) . Even some of the best studied and FDA and CE approved technologies described here may be currently unavailable due to regulatory or marketing rules or simply unaffordable to either individuals or healthcare systems in many other countries.

As healthcare systems leverage and incorporate smartphone-based technology in their workflow and processes, a strategy is needed in parallel to ensure that those who do not have access to smartphone-based technology will continue to receive appropriate high-quality care. This critical initiative will require consensus and action among all stakeholders including HCPs, hospital systems, insurance providers, and state and federal government agencies. Thus enabled, mHealth promises improved patient outcomes in resource-limited areas (Bhavnani et al., 2018).

mHealth may have particular impact on trials of heart rhythm disorders. Traditionally, clinical trials testing drugs and devices for arrhythmias utilized time-to-event outcomes and analyses, such as first recurrence of AF after a blanking period (Piccini et al., 2017). Patients randomized to the control and intervention would be monitored intermittently, either with ambulatory devices and/or in-clinic visit. Such monitoring had limited sensitivity for recurrent arrhythmias, including symptomatic and asymptomatic episodes. Furthermore, time-to-first event may not accurately capture reductions in arrhythmia burden, which have also been shown to be beneficial in recent randomized trials (Andrade et al., 2019). While CIEDs such as pacemakers and defibrillators can be leveraged for continuous monitoring (Varma, Stambler, & Chun, 2005), these studies do not generalize to broader CIED-free populations. ILRs may have a potential role, but are costly and unless used for clinical indications, difficult to justify simply for study event ascertainment.

There are a variety of free-standing handheld ECG monitors, some of which have automated AF detection (Table 1). However, many do not have cellular or networking capability and therefore generally cannot transmit data or findings in real time. This is where smart- or mobile-connected arrhythmia and pulse detection technologies have significant promise. These may enhance detection and measurement of clinical outcomes while also allowing for remote or virtual data collection without the need for site-based study visits. Examples include remote rhythm assessment with single- or multilead ECGs from smartphone or smartwatch-based technologies and automatic ascertainment of hospitalizations using smartphone-based geofencing (Nguyen et al., 2017). These operational enhancements, in turn, can improve participant satisfaction, reduce cost, improve study efficiency, and facilitate or expand enrollment. An example is the ongoing Health eHeart study, a site-free cardiovascular research study that leverages self-reported data, data from wearable sensors, electronic health records, and other importable “big data” to enable rapid-cycle, low-cost interventional and observational cardiovascular research (<https://www.healtheheartstudy.org/>).

Two recent large-scale studies highlight the potential advantages of mHealth for AF screening and treatment. The Apple Heart Study

This was a highly pragmatic, single-arm investigational device exemption study designed to test the performance and safety of a PPG-based irregular rhythm detection algorithm on the Apple Watch for identification of AF (Perez et al., 2019, Turakhia et al., 2019). The study was a siteless “bring your own device” study, such that participants needed their own compatible smartphone and watch to enroll online. All study procedures, including eligibility verification, onboarding, enrollment, and data collection, were performed via the study app, which could be downloaded from the app store. If a participant received an irregular pulse notification, then subsequent study visits were done via video conferencing to study physicians directly with the app. The study enrolled over 419,000 participants without pre-existing AF in just an eight-month period, in large part due to the pragmatic, virtual design, and easy accessibility (Figure 4). The algorithm was found to have a positive predictive value of simultaneous ECG-confirmed AF of 0.84 (Perez et al., 2019). Only 0.5% of the enrolled population received any irregular pulse notification, but 3.2% of those age ≥ 65

years received notifications. However, only 153/450 (34%) patients had AF detected by a subsequent single ECG patches after the irregular rhythm notification was received. This may reflect the paroxysmal nature of early-stage AF rather than explicit false positives. Because the study only administered ECG patch morning to those with irregular rhythm notification rather than then entire cohort or to negative controls, the negative predictive value was not estimated. It should be noticed that the Apple Heart Study was in a population without diagnosed AF; test performance and diagnostic yield could be considerably different in a population with known AF, and this software is not approved for use for AF surveillance in established AF. The Huawei heart study

A similar study was performed using smart device-based (Huawei fitness band or smartwatch) PPG technology (Guo et al., 2019). The algorithm had been validated with over 29 485 PPG signals before commencement of the trial. More than 246,000 people downloaded the PPG screening app, of which about 187 000 individuals monitored their pulse rhythm for 7 months. AF was found in 0.23% (slightly lower than Apple Heart, possibly due to a younger and healthier enrolled cohort). Validation was achieved in 87% (PPV >90%) compared to 34% in Apple Heart. The results indicated that this was a feasible frequent continuous monitoring approach for the screening and early detection of AF in a large population.

A significant observation was that clinical decision-support tools provided enabled management decisions, for example, almost 80% high-risk patients were anticoagulated. Subsequent enrollment into the mAFA II trial showed significantly reduced risk of rehospitalization and clinical adverse events (Guo et al., 2020). These trial results encourage incorporation of such technology effectively into the AF management pathways at multiple levels, that is, screening and detection of AF, as well as early interventions to reduce stroke and other AF-related complications. Fitbit study

Another large-scale virtual study to identify episodes of irregular heart rhythm suggestive of AF was announced by Fitbit in May 2020 (MobiHealthNews, 2020, Varma, 2020).

The next step beyond parameterizing safety could be to actionably guide therapy at the point of care (Figure 6). For example, patients could obtain ECGs before and after taking “pill-in-the-pocket” antiarrhythmic drug therapy such as flecainide to confirm AF, ensure no QRS widening, and confirm restoration of sinus rhythm. A similar approach has been proposed for rhythm-guided use of direct OACs in lower-risk AF patients with infrequent episodes either spontaneously or as the result of a rhythm control intervention including drugs and ablation; a randomized trial is in development (Passman et al., 2016). The use of smartwatch-guided rate control as a treatment strategy could also be tested, as this may provide a more personalized approach rather than prior randomized trials of lenient versus strict rate control that used population level rather than personalized heart rate treatment thresholds (Van Gelder et al., 2010).

This is key to application of results from trials. mHealth is widely available and often simple to apply and wear. Older individuals and those with low health literacy may find technologies difficult to use (5.5 Digital Divide), and this may be compounded by disease state, for example, previous stroke.

Cost and service plans associated with smartphones and smartwatches may preclude their use in lower socioeconomic populations who are already underrepresented in clinical trials and in many geographies.

Thus, patients who volunteer in mHealth studies in the USA are more likely to be a white/non-Hispanic, more educated, and less likely to have disease. Adherence

mHealth-based evaluation of clinical endpoints may be confounded if adherence is low, particularly if there are no secondary means of endpoint assessments (Guo, Vittinghoff, Olgin, Marcus, & Pletcher, 2017). Virtual designs may be more susceptible to the loss of participant engagement. For example, if monitoring is completely reliant upon mobile health technology and there are no traditional measures or in-person visits to assess arrhythmia, then significant missing data due to

low adherence may become a major limitation that could imperil the validity and generalizability of the findings. For example, among the 2,161 of the 419,297 that received an irregular pulse notification in the Apple Heart Study, only 945 completed a subsequent protocolled first study visit. Of these 658 ambulatory ECG patches shipped, there were only 450 with returned and analyzable data (Perez et al., 2019).

Development of effective strategies to increase retention and maintain high engagement remains an unmet need and is an area ripe for more research. Outcomes

These are key to adoption and reimbursement. More specifically, the clinical and prognostic impact of new outcome measures based on mobile health technologies may not be clear.

This is important for AF. For example, how do changes in AF burden compare to reductions in time to symptomatic sustained AF? Should AF identified on near-continuous smartwatch monitoring be considered equivalent to AF diagnosed at hospitalization or in clinic? There is a growing body of literature that the “dose” of AF burden matters for a variety of important clinical endpoints, including stroke, HF, and death (See Section 3.1.3) (Chen et al., 2018, Glotzer et al., 2009, Kaplan et al., 2019, Piccini et al., 2019, Wong et al., 2018). Does pill-in-the-pocket DOAC treatment of PAF adequately cover the risk of stroke? Some measures remain less well studied, like the occurrence of irregularity with a wearable pulse-based monitor system, particularly without ECG confirmation.

Since these mHealth prediagnostic or diagnostic tools may then be directly tied to initiation or termination of treatment, rigorous evaluation of clinical safety and efficacy will be required and, in some cases, warrant a combined drug-device regulatory approval.

Despite these challenges, there is enormous potential for patients to use these technologies to self-monitor their arrhythmia treatment and extend this to manage comorbidities (See Section 4). The process of data transparency and accessibility to the patient may improve the patient's engagement with their overall care, even if the data are not directly actionable by the patient. The restrictions to clinic access during the SARS-Cov-2 pandemic have accelerated the adoption of mHealth solutions (Varma et al., 2020). ECGs for clinical trials were recorded by smart devices and assessed at virtual visits instead of routine in-person evaluations. In some cases, the entire management of clinical trials went online.

A fundamental but as yet unresolved challenge of incorporating mHealth into clinical practice is the channel of data communication between patient and provider. This may differ depending upon whether the data are physician-facing (e.g., for CIEDs) or patient-facing (consumer digital health products, e.g., the Apple Watch (Apple Inc., Cupertino, CA)).

CIEDs: Experience with CIEDs provides a framework. CIEDs generate voluminous quantities of eHealth data. In a single patient, this may be generated from distinct sources, that is, remote monitoring and in-person interrogations. Transmission from remote monitoring has been well worked out: data flow from the CIED to the remote transceiver and then to the manufacturer's server for access by individual practices. Unfortunately, this is usually retrieved in an image format rendering the granular data uninterpretable by the practice's electronic health record (EHR). When shared with the patient, the image file is posted on the EHR's patient portal. These files are difficult for physicians to interpret and practically uninterpretable by the lay public. In order to engage patients and caregivers, the data will need to be provided in a format that enables the lay public to get a high-level summary of key features (such as battery status and remote monitor function status) with explanations and the ability to drill down to the more granular details for those individuals who wish to do so.

Consumer digital health product data: Consumers are rapidly adopting products to monitor their health status for early detection of abnormalities as well as for managing chronic diseases. These tools empower and engage patients in managing their health, but the very basic task of sharing the

data with their healthcare provider presents challenges. From a technical standpoint, many EHR portals do not permit patients to send attachments. Therefore, the patient and provider are left using email, which is not considered secure or HIPAA or GDPR compliant. Even if the EHR portal accepts attachments, incorporating the digital health data into the EHR remains ad hoc and inconsistent. The logistical and practical concerns frighten many care providers into discouraging their patients from using these devices. Concerns among providers include the fear of being inundated with unnecessary transmissions to review as well as the concern that patients may send inappropriate data, for example, BP or glucose monitoring data to their electrophysiologist. Cloud-based storage may avoid some of these challenges.

Assimilating the data obtained from digital health tools, whether implantable or wearable, is proving to be one of the greatest clinical challenges. Clinicians feel increasingly burdened as both the volume of data as well as the sources of data increase. Creating the nomenclature and data models that would enable the information to be incorporated in the electronic medical record is less a technical challenge, but more a political challenge. It requires a consensus from the clinical community regarding definitions of the terminology and agreement on what data are required. For example, for pacemakers, there must be agreement on the definition of battery longevity, pacing thresholds, mode switch, etc. For CIEDs, this work has been done (<https://www.iso.org/standard/63904.html> , Slotwiner et al., 2019). The next step is for EHR vendors to support the agreed-upon nomenclature and the data standard in which it is communicated. With these 2 building blocks, digital health data can be assimilated into the clinical workflow, enabling healthcare providers to review, manage, and document clinical impressions and recommendations within the environment of their EHR. This work is ongoing in the domain of CIEDs but has not started for wearable devices. It requires a coalition of clinicians, engineers, regulatory agencies as well as regulatory and/or financial incentives for vendors. A highly efficient computerized system with huge storage is necessary infrastructure and may provide the platform for predictive analytics.

There is interest in mHealth to support patients with text messaging (Chow et al., 2015) or mobile applications to remind patients of medication doses and times or medical appointments. To be effective, this requires synchronization with healthcare providers, ideally by integration with the EMR, allowing changes in medications and doses, as well as appointments, to flow between patients and clinicians in an accurate and bidirectional manner (Spaulding et al., 2019). However, EMR systems software is lacking such functionality and interoperability at this point (Ratwani et al., 2018).

Interconnection of medical devices and clinical data promises facilitation of clinical care but also creates opportunities for intrusions by malevolent actors (i.e., hackers) to disable systems and/or access private health information (PHI) (Jalali, Russell, Razak, & Gordon, 2019, Kruse, Frederick, Jacobson, & Monticone, 2017). The motivation is largely financial. Healthcare facilities and medical device companies present attractive targets because a number of attack strategies can yield large financial rewards: Ransomware. A hospital's systems can be locked out (e.g., data may be encrypted) until the attacker is paid (Mansfield-Devine, 2016, Network Security 2016)

Theft and sale of patient data (i.e., PHI).

Company attack. A hacker may identify flaws in a system or device, short the company's stock, and then make the flaws public. Alternatively, a malevolent user may try to harvest insider information from a breached company's network. Attackers may compromise a company, but not take any of the above actions. Instead, they may sell their methods or credentials to another group who will use them (Perakslis, 2014)

Scenarios where a cyber attack results in the deaths of individuals or groups (e.g., by corrupting the firmware of a pacemaker or insulin pump) can be easily imagined and have been demonstrated by researchers (Klonoff, 2015), but to date, no such attack is known to have occurred in the real world. It is possible that this is because attacks against organizations yield greater gain than attacks against individuals.

It is essential therefore to establish best practice methods to maintain patient safety and privacy in this new ecosystem of remotely managed devices and mass data collection.

Often times, attackers will not directly compromise the system that they are after; they will instead start by compromising a weaker link. For example, if the goal is to obtain PHI about a specific patient, they may attempt to get the patient (or a staff member) to install a malicious app, compromising the rest of the phone, including email and other credentials. From this point, the attacker is in a better position to attack the actual target. The process of chaining exploits to work through a system is called pivoting . Each pivot or “hop” enables new privileges that bring the hacker closer to desired goals.

The easiest thing to exploit is often a person with phishing campaigns. A compromised email account can be used to reset passwords for other services and to distribute more realistic phishing messages. More technical attack pathways are used to compromise the remote monitoring components of a healthcare system, for example, wireless links (bluetooth, wifi, etc.), Internet and local network communications or servers (databases, web frontends, file servers, etc.)

It is not possible to create systems that cannot be hacked. However, systems/devices should be designed to fail gracefully in conjunction with a plan. This enables rapid correction in the event of intrusion.

Business decisions (e.g., budget, timeline) should not override security which should be the priority. Attempting to close or obscure devices/protocols is not a solution, and the so called security through obscurity , as a defensive measure, has long been rejected as inadequate (Shannon, 1949). A balance between usability and security has to be struck carefully. Securing devices against attackers, while keeping them open to clinicians is a difficult task. In mHealth, this difficulty can be amplified by the dependence on the patient’s devices (e.g., smartphone) and practices, which are outside the control of a healthcare IT system. An example of an engineering compromise in implantable cardiac devices is the requirement for important wireless communications to only work at very short ranges. These communications could be made more secure but less usable (e.g., requiring wires), or less secure but more usable (e.g., using Bluetooth).

The organization should be designed with security in layers (also called defense in depth) , where each system is protected with more than one layer of security. Hence, a breach in one layer will not necessarily result in total compromise. For example, a database may 1) require a password, 2) only grant a minimum level of access to each user, and 3) only accept internal connections. Thus, if a user’s password is compromised (#1 failed), an attacker still cannot use it remotely. If the server is accidentally opened to remote access (#3 failed), the attacker can still only access that one user’s data. Other innovative solutions include delegating security to a personal base station to use a novel radio design that can act as a jammer cum receiver (Gollakotta et al., 2011).

When recommending devices for patients, it is important to consider the potential privacy/security weaknesses compared to alternatives, ensure the patient is informed about these tradeoffs, and review how the manufacturer has responded to security incidents in the past (Saxon, Varma, Epstein, Ganz, & Epstein, 2018). However, the lack of outcome data, combined with the lack of documented real world instances of actual cybersecurity intrusions to these devices or to peripheral products that support device connectivity (programmer, home communicator, database, communication protocols), pose a difficult risk–benefit assessment for clinicians and patients alike.

Regulatory frameworks around cybersecurity are changing rapidly (Voelker, 2018). The FDA (as well as other regulatory agencies worldwide) now includes security as a part of device safety/efficacy checks, and we encourage readers to report security issues to manufacturers and the government (e.g., through FDA Medwatch) (Shuren, Patel, & Gottlieb, 2018).

Clear advice to patients concerning cybersecurity should be followed by a formal patient informed consent.

Reimbursement is a powerful driver of adoption of new clinical pathways and typically instituted once an intervention has been proven scientifically valid and cost-effective (Treskes, van der Velde, Barendse, & Bruining, 2016). This process has only just started in mHealth and may be more complex to measure given the wide scope of telemedicine. Reduced costs

This technology may promote an effective means for early diagnosis and treatment of arrhythmias and associated comorbidities, leading to benefits of screening, prevention, and early treatment, thereby reducing adverse effects related to delayed therapy and utilization of costly healthcare resources (e.g., ER visits or hospitalizations). mHealth may help individuals adhere to health recommendations, empower active participation in lifestyle changes to modify cardiovascular risk profile, and promote adherence to medical therapy (Feldman et al., 2018). Together, these may reduce the burden of chronic disease and associated long-term disability. However, assessment of these longer-term cost advantages is challenging, and value will vary according to country and healthcare system. Increased costs

Conversely, there are costs associated with administering mHealth programs. The widespread availability of smartphones and other commercially available mobile devices will generate a significant amount of inconclusive or false positive findings, which will in turn lead to additional testing for validation, thereby increasing utilization of healthcare resources. Widespread implementation of screening programs would require additional consideration of costs related to detection of arrhythmias in currently unscreened populations. Healthcare providers will also be required to spend time reviewing and interpreting potentially voluminous results (and associated phone calls) prior to making additional evaluation and management decisions. This requires financial compensation in order to maintain a viable practice. Remote monitoring of implanted devices

This provides valuable experience. RCTs conducted over many years that demonstrated safe and effective replacement of traditional in-clinic evaluations, and more effective discovery of asymptomatic clinical events (Varma, Epstein, Irimpen, Schweikert, Love, & TRUST Investigators, 2010). Health-economic studies like EuroEco (ICD patients) showed that clinic time needed for checking web-based information, telephone contacts, and in-clinic discussion when required was balanced by fewer planned in-office visits with remote monitoring, resulting in a similar cost for hospitals vs. purely in-office follow-up (Heidbuchel et al., 2014). From a payer perspective, there was a trend for cost-saving given fewer and shorter hospitalizations, seen also in other trials (Crossley et al., 2011, Guedon-Moreau et al., 2014, Hindricks et al., 2014, Mabo et al., 2012). However, in systems with fee-for-service reimbursement, less in-office visits (and hospitalizations) will lead to less income for the providers (i.e., physicians and hospitals) without adaption of the new remote-monitoring paradigm. This illustrates the complexities in reimbursement.

Currently, remote-monitoring reimbursement (e.g., USA, Germany, France, UK) is implemented in a discrete way following the protocols of randomized trials like TRUST or IN-TIME (Hindricks et al., 2014, Varma, Epstein, Irimpen, Schweikert, Love, & TRUST Investigators, 2010, Varma, Michalski, Epstein, & Schweikert, 2010), with billing after demonstration of a remote contact, with a maximum number per year. Given the technological trend toward more continuous transmissions, and decision-support server systems that alert healthcare providers of potentially relevant information, possibly a subscription-based system providing a lump sum per year per followed patient may be more effective. This should cover costs of hardware, software, and other services (like potential use of third-party data monitoring centers) and would result in a much better prospective budgeting for both healthcare insurers and providers. This scheme may be apt for mobile technology.

It is anticipated that mobile health technology may provide a more efficient and cost-effective approach to healthcare delivery that could improve clinical workflow and enhance clinical care when integrated into clinical practice (Jiang, Ming, & You, 2019). Linking this to improved outcome will be an important driver of reimbursement, for example, for a process leading to an arrhythmia management decision (but not when monitoring the large asymptomatic population without risk factors). Ongoing studies evaluating mobile technology, such as use of a smartphone ECG for AF screening in the AF SMART II (Atrial Fibrillation Screen, Management and Guideline Recommended Therapy) study, include a cost-effectiveness analysis (Orchard 2018). Responsibilities for reimbursement may extend beyond traditional parties in health care and drive novel pathways. Mobile device companies are clearly interested in reimbursement issues, evidenced by contact between Apple health executives and insurance companies (Bruining et al., 2014). Initiatives undertaken in the USA are described in Appendix.

The pace of changes and improvement of digital technology is furiously fast. With the release and spread of the 5G cellular technology, this growth will probably be strengthened, and new frontiers around data streaming and associated analytics will be crossed. Unfortunately, this growth has been slower in the field of digital technologies, particularly in the United States. The reasons are probably linked to the unique relationship between the government and its healthcare system. In the United States, mHealth technologies are primarily led by private organizations operating under constraints linked to financial incentives (CMS reimbursement guidelines), patient privacy (Health Insurance Portability and Accountability Act), and patient safety (Food and Drug Administration, FDA). These constraints have become obsolete with the development of the digital health technologies and novel mHealth devices, and a new regulatory paradigm is being formed.

The FDA released an entirely new section under the Medical Device category called “Digital Health” which is managed by the Center for Devices and Radiological Health (CDRH) (Shuren, Patel, & Gottlieb, 2018, Center for Devices, Radiological Health, 2019). This development was triggered and supported by the 21st Century Cures Act signed into law on December 13, 2016. It is designed to help accelerate medical product development and bring new innovations and advances to patients. The FDA Digital Health policy is currently defined under three main categories: General Wellness, Mobile Medical Apps (MMAs), and Clinical Decision-Support Systems. mHealth devices are present in these three categories which are defined as follows:

A wellness device is developed “for maintaining or encouraging a healthy lifestyle and is unrelated to the diagnosis, cure, mitigation, prevention, or treatment of a disease or condition” (21 CCA Section 3060 (a)(o)(1)(B)). The FDA-regulated MMAs on the other hand as software that is focusing on traditionally regulated health functionalities and is categorized as software as a medical device (SaMD). The SaMD must be developed under well-defined frameworks involving specific software development life cycles (IEC 62304), risk assessment, reliability demonstration, and safety that includes cybersecurity. The clinical decision-support (CDS) systems may rely on mHealth devices, or be included in mHealth devices. The definitions of a CDS are provided in the 21 CCA, Section 520 (o)(1)(E). Briefly, they involve the presentation of medical data, recommendations to physicians about the prevention, diagnosis, or treatment of a condition or disease. It is not the intent that the healthcare professional primarily relies on this information to make a clinical diagnosis or treatment decisions. If wellness devices do not require FDA approval to be commercialized both SaMD and CDS do.

The regulatory policies are changing and adapting over time to fit the technology development of mHealth devices. Today, the time required for approving new technologies is significantly longer than the pace of change of the mHealth technologies. Hence, streamlining the regulatory submission process is of great interest to many stakeholders. One of the very recent initiatives in the USA designed to address this challenge is the FDA’s digital health software Precertification program (Pre-CERT) (Lee & Kesselheim, 2018). The Pre-CERT is developed to shift the current paradigm of SaMD submission. The program is ambitious and proposes to expedite regulatory review for the companies that can demonstrate a series of components that includes process certification, postmarket review, and real-world evidence (among others). It is expected that a

company gaining FDA Pre-CERT could ultimately eliminate or streamline their regulatory submission process depending on the risk associated with their SaMD technologies. Started in 2019, this initiative currently involves international companies that are pushing their wellness technologies into the clinical realm. This type of new regulatory framework will certainly help corporate America to accelerate the commercialization of their products, but the Pre-CERT might be much more difficult to reach by smaller companies that do not have the resources to demonstrate the level of trust, and to implement the level of verification and transparency Pre-CERT requires.

Artificial Intelligence (AI) is a broad term that describes any computational programs that normally require human intelligence such as image perception, pattern recognition, inference, or prediction (www.oed.com ; Kagiya, Shrestha, Farjo, & Sengupta, 2019). Most commonly, AI is implemented using analytical methods of machine learning or deep learning. These methods are well suited for pattern classifications, such as images, including ECG.

The potential synergy between AI and mHealth has excited the healthcare community since this may enable solutions to improve patient outcomes and increase efficiency with reduced costs in health care (Davenport & Kalakota, 2019; Marcolino et al., 2018). Smartphone apps and wearable devices generate a huge amount of data that exceed the human capacity of integration and interpretation (Steinhubl, Muse, & Topol, 2015). Biometric datasets of astronomical proportions may be compiled. This knowledge may be directed to treat an individual or understand populations. For instance, 6 billion nights of surrogate sleep data reflecting global sleep deprivation may potentially inform public health initiatives (Pogue, 2020; <https://aasm.org/fitbit-scientists-reveal-results-analysis-6-billion-nights-sleep-data>). Mobile health with Internet connection enables cloud-based predictive analytics from individual-level information (Bumgarner et al., 2018, Nascimento et al., 2018, Ribeiro, Paixão, et al., 2019).

Cardiology has been an early area of investigation in AI due to the abundance of data well suited for classification and prediction (Seetharam, Kagiya, & Sengupta, 2019). Neural networks have been tested, trained, and successfully validated to be at least as accurate, if not more, than physicians in diagnosis or classification of 12-lead ECGs and recognition of arrhythmias in rhythm strips and ambulatory ECG recordings (Hannun et al., 2019, Ribeiro, Ribeiro, et al., 2019, Smith et al., 2019). They have also been shown to successfully estimate ejection fraction, identify left ventricular dysfunction, and even diagnosis diagnose diseases such as hypertrophic cardiomyopathy from the echocardiogram (Zhang et al., 2018). More recently, neural networks have also aided in gathering new dimensions of information, such as identifying left ventricular dysfunction (Attia, Kapa, et al., 2019). These methods have the potential for a point-of-use diagnosis of a wearable sensor or consumer device and without delays of requiring clinical conformation, although rigorous safety assessments of unsupervised use will be necessary. More recently, AI methods have also been applied to prediction, not just classification, for example, using 12-lead ECG to predict risk of AF from a sinus rhythm ECG (Attia, Noseworthy, et al., 2019b).

Already, AI has been embedded in mHealth applications, such as smartwatch and smartphone-connect ECG semi-automated diagnosis of arrhythmias (Bumgarner et al., 2018, Halcox et al., 2017). These diagnoses are intended to serve as prediagnostics rather than supplanting a physician interpretation. Application of artificial intelligence techniques to point-of-care ultrasound in the development of machine-learning systems may aid in the optimization of acquisition and interpretation of a high volume of images, reduce variability, and improve diagnostic accuracy (Chamsi-Pasha, Sengupta, & Zoghbi, 2017). AI-based prediction models have been developed for HF and AF, although sometimes the accuracy of the AI-derived models seems to be rather limited or not superior than those derived from conventional methods (Awan, Bennamoun, Sohel, Sanfilippo, & Dwivedi, 2019, Clifton, Niehaus, Charlton, & Colopy, 2015, Frizzel et al., 2017, Goto et al., 2019, Safavi et al., 2019, Tripoliti et al., 2019). mHealth specific investigations are few. Results from the LINK-HF study were encouraging. A cloud-based analytics platform used a general machine-learning method of similarity-based modeling which models the behavior of complex systems (e.g., aircraft engines) to create a predictive algorithm for

HF decompensation, using data streamed from a chest patch sensor.

Several limitations should be considered and roadblocks removed before AI-based mHealth strategies become routinely incorporated in clinical practice (Kagiya, Shrestha, Farjo, & Sengupta, 2019, Powell, 2019, Ribeiro & Oliveira, 2019, Steinhubl, Muse, & Topol, 2015). Studies on AI are still scarce and based on observational studies and secondary datasets. Validation in other clinical settings and a deeper evaluation of their meaning in every day practice are generally lacking. Thus, high-quality evidence that supports the adoption of many new technologies is not available. Most algorithms work with the "black box" principle, without allowing the user to know the reasons why a diagnosis or recommendation was generated, which can be a problem, especially if the algorithms were designed for a different environment than the one that the current patient is inserted (Ribeiro, Ribeiro, et al., 2019, Weng, 2017). Issues regarding cost-effectiveness, implementation, ethics, privacy, and safety are still unsolved.

mHealth is disruptive at multiple levels of health care but requires significant investment in validation, demonstration of clinical utility and value. Stakeholders, each with independent concerns and constraints, (Table 5) lack consensus or coordination with design, use cases, and implementation (Figure 7). Thus, formal recommendations for integration of mHealth into clinical practice cannot be made at this time. This is exemplified by the US Preventative Services Task Forces statement that “evidence is insufficient to initiate therapy for AF detected by mHealth”—despite the fact that AF has been an early use case with strong patient and clinician interest (Curry et al., 2018). Thus, mHealth devices are currently nonprescription devices marketed directly to consumers to track data without enabling interventions.

Conditions, stakeholders and expectations

Excessive focus on data without clinical context

Standardize data flowManage data overload

Mechanism for feedback to patients for treatment decisions;

John Wiley & Sons, Ltd Figure 7 Connectivity and Questions. Multiple levels of cooperation among a variety of stakeholders are needed to capitalize fully on the vast potential of mHealth, but many questions remain unanswered. Healthy consumers (increasing) predominate among mhealth users. Only a minority of patients are prescribed these digital tools. Potential health benefits of mHealth may be realized when manufacturer participates with clinic for validation in defined disease states. Parties responsible for data control—and thereby predictive analytics—need to be defined. Ultimately, the payor and physician need to be convinced of benefits before digital tools are firmly embedded in clinical practice.

Some of the steps needed to standardize mHealth applications are outlined below.

Promote standards and create tools for the comparative assessment of functionality, relative to a medical use device.

Results from different devices applied to the same condition may not match: for example, the diagnosis of AF by ECG or PPG based systems are made very differently. This has significant implications for medical decisions.

Assess value according to the population addressed

Establish a uniform set of criteria for clinical actionability (Slotwiner et al., 2019).

Screening should be medically directed and not driven by commercial interests. Caution should be exercised in extrapolating management strategies learned from cohorts with clinically diagnosed AF (usually from healthcare system data, trials or inpatient registries) to AF detected with mHealth technologies ("healthy consumers"). Data from low-risk populations carry a relatively high risk of false positives, which may generate additional tests with resultant clinical risk to patient (even inducing anxiety rather than reassurance), risk from overtreatment, and costs to the payor. There is a risk that unless directed to a higher risk population, screening for AF using mHealth technologies may fail and follow the trajectory of many medical screening programs throughout history.

Key knowledge gap —Identify characteristics (duration, episode number/ density) and risk factors that justify anticoagulation for mHealth detected AF. Disease management

Identify conditions and schedules for home-based therapeutic strategies that may reduce dependency on clinic evaluations (as shown for CIEDs)

Identify signals that predict decompensation and design pre-emptive interventions

Evidence for benefit of mHealth directed: Arrhythmia treatment

Management of modulating factors (e.g., comorbidities, lifestyle modifications).

Eg impact of improved clinical workflow and enhance clinical care, according to condition (Jiang, Ming, & You, 2019).

Impact on healthcare system and reimbursement

Impact on costs to patient or consumer. Public health and Professional society initiatives

Patients control the intensity of monitoring and act on patient-facing data. Frequency of data acquisition is sporadic determined by, for example, convenience, or following symptoms, or recreational. This strategy is likely insensitive for events and rarely delivers rapid clinical actionability for life-threatening conditions. What is required is as follows: Education on which data are clinically actionable in individual's clinical context and

In one recent example illustrates an on-demand use. The Fibrichk app was utilized by patients to monitor rate and rhythm for a week prior to teleconsultations during the COVID-19 pandemic to enable remote assessment of the disease state and support treatment decisions. This was regulated by a time-limited prescription to use the app for a predefined period, avoiding unnecessary data-load and additional follow-up patients' contacts (Pluymaekers et al., 2020). Patients' legal right to their medical data to include data collected from nonmedical (i.e., consumer) products.

mHealth introduces the manufacturer as a party with significant responsibilities. mHealth tools largely have been developed as consumer-facing technologies accessible to a broader market through retail channels rather than through established medical supply channels. This may make business sense for the technology supplier, given high community penetration of wearable, smart-technology devices (1 in 10 Americans (30 million total)). However, a direct to consumer healthcare delivery bypasses both the clinician, healthcare system, and insurer, without addressing the needs of health professionals—who remain responsible for clinical decision-making on acquired data. Any advance toward medical application (beyond toys for the worried well/ wealthy well) will require manufacturers to: Facilitate accessibility and affordability

Engage with clinicians to engineer devices according to clinical needs and partner in validation. This is vital, since physician carries ultimate responsibility for medical decisions and is best positioned to guide development and application

Define role as data controllers (e.g., GDPR in Europe).

Identify parties (manufacturer, hospital, third party) responsible for cybersecurity, data protection, and liability for misdiagnosis or missed diagnosis

Define standard of care for clinic response time according to condition.

This assumes greater significance as clinical decisions become enabled in real time using cloud processing resources linked to enhanced data transmission rates (5G) and Internet of Things (IoT) and scalability increases. Ethical and societal issues with multiple screening (Yan et al., 2020, Turakhia, 2020).

Interconnectedness between individual applications and with existing healthcare architectures may reshape the current environment. "Exception-based" ambulatory care, that is, see patients as they need to be seen

Centralized (cloud) based processing to forward only clinically relevant data to physician/clinic.

Identify at-risk patients early (even before symptoms develop) and permit pre-emptive care (Boehmer 2017, Rosier et al., 2016).

Pooled population screening—altering the paradigm of individual screening (Yan et al., 2019, Turakhia, 2020)

Extend the role of wearables from ambulatory to in-hospital care, for example, replace traditional wired monitoring of single parameters for individual analysis, to wireless monitoring of multiple parameters.

For example, a waterproof ring technology (Bodimetrics) was used for multiparametric monitoring (heart rate, sleep, oxygen desaturation index, steps, and calories burned) in ICU management for COVID 19 patients. The ring links to a smartphone or centralized hub in hospitals and permits data sharing and cooperative treatment (<https://bodimetrics.com/product/circul-sleep-and-fitness-ring/>). Extend function from monitoring only to intervention

Enable remote programming of therapeutic implantable devices.

For example, CIEDs, emerging wearable cardioverter-defibrillators, are incorporating smartphone Bluetooth® Low Energy (BLE) based connectivity for the transmission, display, and interpretation of transmitted data by patients and their clinicians. This may permit reprogramming of parameters like diagnostic data, detection zones, clearing counters, AV delays/PVARP adjustment, upper rate and lower rate adjustments, reprogram amplitude adjustments; MRI mode, and enable emergency therapies or disable inappropriate therapies due to lead fracture / incessant SVT/ double counting. Enable interventional procedures, for example, Tele-Robotic ablations models which could improve access to patients living in remote areas with highly skilled EPs operating remotely (Choi, Oskouian, & Tubbs, 2018, Haidegger, Sándor, & Benyó, 2011, Shinoda et al., 2020).

Enable precision medicine by incorporation of the wider range of mobile signals seamlessly into genetic and clinical profile, with environmental and lifestyle data ("big data"). (<https://ghr.nlm.nih.gov/primer/precisionmedicine/initiative>).

mHealth application is at different stages of evolution around the world. Few of the technologies described are universally approved and/or affordable in all countries. As a result, this document

reflects largely US perspectives. The experience described may serve to guide other members of the international professional bodies endorsing this collaborative statement. The World Health Organization envisioned that increasing the capacity to implement and scale up cost-effective innovative digital health could play a major role in toward achieving universal health coverage and ensuring access to quality health services, at the same time recognizing barriers to implementation similar to those discussed in this document. Some of these can be resolved rapidly, as seen in response to the recent SARS-CoV-2 global pandemic that forced a need for contactless monitoring and thereby adoption of digital tools (DHSS, 2020, FDA, 2020, Varma et al., 2020). Regulatory bodies were responsive, approving technologies, relaxing rules confining use of telehealth services within borders and to certain patient populations, and creating a reimbursement structure, illustrating that appropriate solutions can be created when necessary.

Demonstration of the clinical utility of mHealth has the potential to revolutionize how populations interact with health services, worldwide.

10.1016/S0140-6736(11)60101-3 21315441 Chung , M. K. , Eckhardt , L. L. , Chen , L. Y. , Ahmed , H. M. , Gopinathannair , R. , Joglar , J. A. , ... Trulock , K. M. (2020). American Heart Association Electrocardiography and Arrhythmias Committee and Exercise, Cardiac Rehabilitation, and Secondary Prevention Committee of the Council on Clinical Cardiology; Council on Arteriosclerosis, Thrombosis and Vascular Biology; Council on Cardiovascular and Stroke Nursing; and Council on Lifestyle and Cardiometabolic Health. Lifestyle and Risk Factor Modification for Reduction of Atrial Fibrillation: A Scientific Statement from the American Heart Association . *Circulation* , 141 , e750–e772 . 10.1161/CIR.0000000000000748 32148086 Hindricks , G. , Taborisky , M. , Glikson , M. , Heinrich , U. , Schumacher , B. , Katz , A. , ... Sogaard , P. (2014). IN-TIME study group. Implant-based multiparameter telemonitoring of patients with heart failure (IN-TIME): A randomised controlled trial . *Lancet* , 384 , 583 – 590 . 25131977 10.1016/S0140-6736(14)61176-4 Slotwiner , D. J. , Abraham , R. L. , Al-Khatib , J. G. , Anderson , H. V. , Bunch , T. J. , Ferrara , M. G. , ... Wilkoff , B. L. (2019). HRS white paper on interoperability of data from cardiac implantable electronic devices (CIEDs) . *Heart Rhythm* , 16 , e107–e127 . 10.1016/j.hrthm.2019.05.002 31077801 Turakhia , M. P. , Desai , S. A. , & Harrington , R. A. (2016). The outlook of digital health for cardiovascular medicine: challenges but also extraordinary opportunities . *Journal of the American Medical Association Cardiol* , 1 , 743 – 744 . 10.1001/jamacardio.2016.2661 27580275 Varma , N. , Epstein , A. E. , Irimpen , A. , Schweikert , R. , & Love , C. (2010). Efficacy and safety of automatic remote monitoring for implantable cardioverter-defibrillator follow-up . *Circulation* , 122 , 325 – 332 . 20625110 10.1161/CIRCULATIONAHA.110.937409 Varma , N. , & Ricci , R. P. (2013). Telemedicine and cardiac implants: What is the benefit? *European Heart Journal* , 34 , 1885 – 1895 . 10.1093/eurheartj/ehs388 23211231 PMC4051258 Varma , N. , Marrouche , N. F. , Aguinaga , L. , Albert , C. M. , Arbelo , E. , Choi , J. I. , ... Varosy , P. D. (2020). HRS/EHRA/APHRS/LAHRS/ACC/AHA worldwide practical guidance for telehealth and arrhythmia monitoring during and after a pandemic . *Journal of the American College of Cardiology* , 76 , 1363 – 1374 . 10.1016/j.jacc.2020.06.019 32534936 PMC7289088 <https://www.fcc.gov> <https://www.fcc.gov/general/five-questions-you-can-ask-your-doctor-about-digital-health#ab> World Health Organization (2011). mHealth New horizons for health through mobile technologies . Switzerland. Available at: https://www.who.int/goe/publications/goe_mhealth_web.pdf World Health Organization (2018). mHealth: Use of appropriate digital technologies for public health . Switzerland. Available at: https://apps.who.int/gb/ebwha/pdf_files/WHA71/A71_20_en.pdf?ua=1 REFERENCES TABLE 2 Bumgarner , J. M. , Lambert , C. T. , Hussein , A. A. , Cantillon , D. J. , Baranowski , B. , Wolski , K. , ... Tarakji , K. G. (2018). Smartwatch algorithm for automated detection of atrial fibrillation . *Journal of the American College of Cardiology* , 71 , 2381 – 2388 . 10.1016/j.jacc.2018.03.003 29535065 Chan , P. H. , Wong , C. K. , Poh , Y. C. , Pun , L. , Leung , W. W. , Wong , Y. F. , ... Siu , C. W. (2016). Diagnostic performance of a smartphone-based photoplethysmographic application for atrial fibrillation screening in a primary care setting . *Journal of the American Heart Association* , 5 , e003428 . 10.1161/JAHA.116.003428 27444506 PMC5015379 Chan , P. H. , Wong , C. K. , Pun , L. , Wong , Y. F. , Wong , M. M. , Chu , D. W. , Siu , C. W. (2017). Head-to-head comparison of the AliveCor heart monitor and microlife watchBP office AFIB for atrial fibrillation screening in a primary care setting . *Circulation* , 135 , 110 – 112 . 10.1161/circulationaha.116.024439 28028066

Cooke, G., Doust, J., & Sanders, S. (2006). Is pulse palpation helpful in detecting atrial fibrillation? A systematic review. *The Journal of Family Practice*, 55, 130 – 134. 16451780 Doliwa, P. S., Frykman, V., & Rosenqvist, M. (2009). Short-term ECG for out of hospital detection of silent atrial fibrillation episodes. *Scandinavian Cardiovascular Journal*, 43, 163 – 168. 19096977 10.1080/14017430802593435 Kearley, K., Selwood, M., Van den Bruel, A., Thompson, M., Mant, D., Hobbs, F. R., Fitzmaurice, D., & Heneghan, C. (2014). Triage tests for identifying atrial fibrillation in primary care: A diagnostic accuracy study comparing single-lead ECG and modified BP monitors. *BMJ Open*, 4, e004565. 10.1136/bmjopen-2013-004565 PMC4025411 24793250 Lau, J. K., Lowres, N., Neubeck, L., Brieger, D. B., Sy, R. W., Galloway, C. D., Albert, D. E., & Freedman, S. B. (2013). iPhone ECG application for community screening to detect silent atrial fibrillation: A novel technology to prevent stroke. *International Journal of Cardiology*, 165, 193 – 194. 23465249 10.1016/j.ijcard.2013.01.220 McManus, D. D., Chong, J. W., Soni, A., Saczynski, J. S., Esa, N., Napolitano, C., & Chon, K. H. (2016). PULSE-SMART: pulse-based arrhythmia discrimination using a novel smartphone application. *Journal of Cardiovascular Electrophysiology*, 27, 51 – 57. 10.1111/jce.12842 26391728 PMC4768310 Proesmans, T., Mortelmans, C., Van Haelst, R., Verbrugge, F., Vandervoort, P., & Vaes, B. (2019). Mobile phone-based use of the photoplethysmography technique to detect atrial fibrillation in primary care: Diagnostic accuracy study of the fibricheck app. *JMIR Mhealth and Uhealth*, 7, e12284. 30916656 10.2196/12284 PMC6456825 Tieleman, R. G., Plantinga, Y., Rinkes, D., Bartels, G. L., Posma, J. L., Cator, R., ... Houben, R. P. (2014). Validation and clinical use of a novel diagnostic device for screening of atrial fibrillation. *Europace*, 16, 1291 – 1295. 24825766 10.1093/europace/euu057 PMC4149608 Wiesel, J., Fitzig, L., Herschman, Y., & Messineo, F. C. (2009). Detection of atrial fibrillation using a modified microlife blood pressure monitor. *American Journal of Hypertension*, 22, 848 – 852. 19478793 10.1038/ajh.2009.98

REFERENCES SECTION 2 2.1.

10.1093/europace/euw181 27702865 Hindricks, G., Pokushalov, E., Urban, L., Taborsky, M., Kuck, K. H., Lebedev, D., ... Pürerfellner, H. (2010). XPECT Trial Investigators. Performance of a new leadless implantable cardiac monitor in detecting and quantifying atrial fibrillation: Results of the XPECT trial. *Circulation Arrhythmia and Electrophysiology*, 3, 141 – 147. 10.1161/circep.109.877852 20160169 Mittal, S., Rogers, J., Sarkar, S., Koehler, J., Warman, E. N., Tomson, T. T., & Passman, R. S. (2016). Real-world performance of an enhanced atrial fibrillation detection algorithm in an insertable cardiac monitor. *Heart Rhythm*, 13, 1624 – 1630. 10.1016/j.hrthm.2016.05.010 27165694 Musat, D. L., Milstein, N., & Mittal, S. (2018). Implantable loop recorders for cryptogenic stroke (plus real-world atrial fibrillation detection rate with implantable loop recorders). *Cardiac Electrophysiology Clinics*, 10, 111 – 118. 10.1016/j.ccep.2017.11.011 29428132 Nölker, G., Mayer, J., Boldt, L. H., Seidl, K., Van driel, V., Massa, T., ... Lewalter, T. (2016). Performance of an implantable cardiac monitor to detect atrial fibrillation: Results of the DETECT AF study. *Journal of Cardiovascular Electrophysiology*, 27, 1403 – 1410. 10.1111/jce.13089 27565119 Sakhi, R., Theuns, D. A. M. J., Szili-Torok, T., & Yap, S. C. (2019). Insertable cardiac monitors: Current indications and devices. *Expert Review of Medical Devices*, 16, 45 – 55. 10.1080/17434440.2018.1557046 30522350 Sanders, P., Pürerfellner, H., Pokushalov, E., Sarkar, S., Di Bacco, M., Maus, B., & Dekker, L. R. (2016). Reveal LINQ Usability Investigators. Performance of a new atrial fibrillation detection algorithm in a miniaturized insertable cardiac monitor: Results from the Reveal LINQ Usability Study. *Heart Rhythm*, 13, 1425 – 30. 10.1016/j.hrthm.2016.03.005 26961298 Steinberg, J. S., Varma, N., Cygankiewicz, I., Aziz, P., Balsam, P., Baranchuk, A., ... Piotrowicz, R. (2017). ISHNE-HRS expert consensus statement on ambulatory ECG and external cardiac monitoring/telemetry. *Annals of Noninvasive Electrocardiology*, 22 (3), e12447. 10.1111/anec.12447 PMC6931745 28480632 Tomson, T. T., & Passman, R. (2015). The Reveal LINQ insertable cardiac monitor. *Expert Review of Medical Devices*, 12, 7 – 18. 10.1586/17434440.2014.953059 25154970 2.2.

10.1016/j.jacc.2020.06.019 32534936 PMC7289088 2.2.1.1.

10.1093/europace/euw025 26893496 Doliwa, P. S., Frykman, V., & Rosenqvist, M. (2009). Short-term ECG for out of hospital detection of silent atrial fibrillation episodes. *Scandinavian*

Cardiovascular Journal , 43 , 163 – 168 . 10.1080/14017430802593435 19096977 Hendriks , T. , Rosenqvist , M. , Wester , P. , Sandstrom , H. , & Hornsten , R. (2014). Intermittent short ECG recording is more effective than 24-hour Holter ECG in detection of arrhythmias . BMC Cardiovascular Disorders , 14 , 41 . 10.1186/1471-2261-14-41 24690488 PMC4234325

Kaasenbrood , F. , Hollander , M. , Rutten , F. H. , Gerhards , L. J. , Hoes , A. W. , & Tieleman , R. G. (2016). Yield of screening for atrial fibrillation in primary care with a handheld, single-lead electrocardiogram device during influenza vaccination . Europace , 18 , 1514 – 1520 . 10.1093/europace/euv426 26851813 PMC5072135

Poulsen , M. B. , Binici , Z. , Dominguez , H. , Soja , A. M. , Kruuse , C. , Hornnes , A. H. , ... Overgaard , K. (2017). Performance of short ECG recordings twice daily to detect paroxysmal atrial fibrillation in stroke and transient ischemic attack patients . International Journal of Stroke , 12 , 192 – 196 . 10.1177/1747493016669883 27694312

Svennberg , E. , Stridh , M. , Engdahl , J. , Al-Khalili , F. , Friberg , L. , Frykman , V. , & Rosenqvist , M. (2017). Safe automatic one-lead electrocardiogram analysis in screening for atrial fibrillation . Europace , 19 , 1449 – 1453 . 10.1093/europace/euw286 28339578

Tavernier , R. , Wolf , M. , Kataria , V. , Philips , T. , Huys , R. , Taghji , P. , ... Duytschaever , M. (2018). Screening for atrial fibrillation in hospitalised geriatric patients . Heart , 104 , 588 – 593 . 10.1136/heartjnl-2017-311981 28883032

Tieleman , R. G. , Plantinga , Y. , Rinkes , D. , Bartels , G. L. , Posma , J. L. , Cator , R. , ... Houben , R. P. (2014). Validation and clinical use of a novel diagnostic device for screening of atrial fibrillation . Europace , 16 , 1291 – 1295 . 10.1093/europace/euu057 24825766 PMC4149608

Vaes , B. , Stalpaert , S. , Tavernier , K. , Thael , B. , Lapeire , D. , Mullens , W. , & Degryse , J. (2014). The diagnostic accuracy of the MyDiagnostick to detect atrial fibrillation in primary care . BMC Family Practice , 15 , 113 . 10.1186/1471-2296-15-113 24913608 PMC4069340 2.2.1.2.

10.1016/j.amjmed.2013.10.003 PMC3882198 24384108 Rooney , M. R. , Soliman , E. Z. , Lutsey , P. L. , Norby , F. L. , Loefer , L. R. , Mosley , T. H. , ... Chen , L. Y. (2019). Prevalence and characteristics of subclinical atrial fibrillation in a community-dwelling elderly population: The ARIC study . Circulation: Arrhythmia and Electrophysiology , 12 , e007390 . 10.1161/CIRCEP.119.007390 31607148 PMC6814387

Rosenberg , M. A. , Samuel , M. , Thosani , A. , & Zimetbaum , P. J. (2013). Use of a noninvasive continuous monitoring device in the management of atrial fibrillation: A pilot study . Pacing and Clinical Electrophysiology , 36 , 328 – 333 . PMC3618372.10.1111/pace.12053 23240827 10.1111/pace.12053 PMC3618372

Stehlik , J. , Schmalfluss , C. , Bozkurt , B. , Nativi-Nicolau , J. , Wohlfahrt , P. , Wegerich , S. , ... Pham , M. (2020). Continuous wearable monitoring analytics predict heart failure hospitalization: The LINK-HF multicenter study . Circulation Heart Failure , 13 , e006513 . 10.1161/CIRCHEARTFAILURE.119.006513 32093506

Turakhia , M. P. , Hoang , D. D. , Zimetbaum , P. , Miller , J. D. , Froelicher , V. F. , Kumar , U. N. , ... Heidenreich , P. A. (2013). Diagnostic utility of a novel leadless arrhythmia monitoring device . American Journal of Cardiology , 112 , 520 – 524 . 10.1016/j.amjcard.2013.04.017 23672988

Turakhia , M. P. , Ullal , A. J. , Hoang , D. D. , Than , C. T. , Miller , J. D. , Friday , K. J. , ... Heidenreich , P. A. (2015). Feasibility of extended ambulatory electrocardiogram monitoring to identify silent atrial fibrillation in high-risk patients: The Screening Study for Undiagnosed Atrial Fibrillation (STUDY-UF) . Clinical Cardiology , 38 , 285 – 292 . PMC4654330.10.1002/clc.22387 25873476 10.1002/clc.22387 PMC4654330 2.2.1.3

10.1519/JSC.0000000000002005 28759538 Eysenck , W. , Freemantle , N. , & Sulke , N. (2019). A randomized trial evaluating the accuracy of AF detection by four external ambulatory ECG monitors compared to permanent pacemaker AF detection . Journal of Interventional Cardiac Electrophysiology , 57 , 361 – 369 . 10.1007/s10840-019-00515-0 30741360

Fabregat-Andres , O. , Munoz-Macho , A. , Adell-Beltran , G. , Ibanez-Catala , X. , Macia , A. , & Facila , L. (2014). Evaluation of a new shirt-based electrocardiogram device for cardiac screening in soccer players: Comparative study with treadmill ergospirometry . Cardiology Research , 5 , 101 – 107 . 10.14740/cr333w 28348705 PMC5358170

Feito , Y. , Moriarty , T. A. , Mangine , G. , & Monahan , J. (2019). The use of a smart-textile garment during high-intensity functional training: A pilot study . The Journal of Sports Medicine and Physical Fitness , 59 , 947 – 954 . 10.23736/S0022-4707.18.08689-9 30024125

Pagola , J. , Juega , J. , Francisco-Pascual , J. , Moya , A. , Sanchis , M. , Bustamante , A. , ... Molina , C. A. (2018). CryptoAF investigators. Yield

of atrial fibrillation detection with Textile Wearable Holter from the acute phase of stroke: Pilot study of CryptoAF registry . International Journal of Cardiology , 251 , 45 – 50 .
10.1016/j.ijcard.2017.10.063 29107360 2.2.1.4

10.1016/j.jacc.2018.03.003 29535065 Chan , P. H. , Wong , C. K. , Poh , Y. C. , Pun , L. , Leung , W. W. , Wong , Y. F. , ... Siu , C. W. (2016). Diagnostic performance of a smartphone-based photoplethysmographic application for atrial fibrillation screening in a primary care setting . Journal of the American Heart Association , 5 (7), e003428 . 10.1161/JAHA.116.003428 27444506 PMC5015379 Chung , E. H. , & Guise , K. D. (2015). QTC intervals can be assessed with the AliveCor heart monitor in patients on dofetilide for atrial fibrillation . Journal of Electrocardiology , 48 , 8 – 9 . 10.1016/j.jelectrocard.2014.10.005 25453194 Desteghe , L. , Raymaekers , Z. , Lutin , M. , Vijgen , J. , Dilling-Boer , D. , Koopman , P. , & Heidbuchel , H. (2017). Performance of handheld electrocardiogram devices to detect atrial fibrillation in a cardiology and geriatric ward setting . Europace , 19 , 29 – 39 . 10.1093/europace/euw025 26893496 Garabelli , P. , Stavrakis , S. , Albert , M. , Koomson , E. , Parwani , P. , Chohan , J. , ... Po , S. (2016). Comparison of QT interval readings in normal sinus rhythm between a smartphone heart Monitor and a 12-Lead ECG for healthy volunteers and inpatients receiving sotalol or dofetilide . Journal of Cardiovascular Electrophysiology , 27 , 827 – 832 . 10.1111/jce.12976 27027653 Halcox , J. P. J. , Wareham , K. , Cardew , A. , Gilmore , M. , Barry , J. P. , Phillips , C. , & Gravenor , M. B. (2017). Assessment of remote heart rhythm sampling using the alivecor heart monitor to screen for atrial fibrillation: The REHEARSE-AF Study . Circulation , 136 , 1784 – 1794 . 10.1161/circulationaha.117.030583 28851729 Lowres , N. , Neubeck , L. , Salkeld , G. , Krass , I. , McLachlan , A. J. , Redfern , J. , & Freedman , S. B. (2014). Feasibility and cost-effectiveness of stroke prevention through community screening for atrial fibrillation using iPhone ECG in pharmacies. The SEARCH-AF study . Thrombosis and Haemostasis , 111 , 1167 – 1176 . 10.1160/th14-03-0231 24687081 Koltowski , L. , Balsam , P. , Glowczynska , R. , Rokicki , J. K. , Peller , M. , Maksym , J. , ... Grabowski , M. (2019). Kardia Mobile applicability in clinical practice: A comparison of Kardia Mobile and standard 12-lead electrocardiogram records in 100 consecutive patients of a tertiary cardiovascular care center . Cardiology Journal . Jan 15. 10.5603/CJ.a2019.0001 . Online ahead of print. PMC8276994 30644079 Tarakji , K. G. , Wazni , O. M. , Callahan , T. , Kanj , M. , Hakim , A. H. , Wolski , K. , ... Lindsay , B. D. (2015). Using a novel wireless system for monitoring patients after the atrial fibrillation ablation procedure: the iTransmit study . Heart Rhythm , 12 , 554 – 559 . 10.1016/j.hrthm.2014.11.015 25460854 Varma , N. , Marrouche , N. F. , Aguinaga , L. , Albert , C. M. , Arbelo , E. , Choi , J. I. , ... Varosy , P. D. (2020). HRS/EHRA/APHRS/LAHRs/ACC/AHA worldwide practical guidance for telehealth and arrhythmia monitoring during and after a pandemic . Journal of the American College of Cardiology , 76 , 1363 – 1374 . 10.1016/j.jacc.2020.06.019 32534936 PMC7289088 [https://supportapple/en/HT208931](https://support.apple/en/HT208931)
<https://apple.com/healthcare/doc/site/apple>
<https://apple.com/healthcare/doc/site/applewatcharrhythmiaadetection> <https://cardiacrhythmnews.com/kardiamobile6lcanbeusedtomeasureqtdurationincovid19> <https://cardiacrhythmnews.com/kardiamobile6lcanbeusedtomeasureqtdurationincovid19> 2.2.2

10.1088/1361-6579/aa8830 28836507 Choi , A. , & Shin , H. (2017). Photoplethysmography sampling frequency: Pilot assessment of how low can we go to analyze pulse rate variability with reliability? Physiol Measurement , 38 , 586 – 600 . 10.1088/1361-6579/aa5efa 28169836 Dörr , M. , Nohturfft , V. , Brasier , N. , Bosshard , E. , Djurdjevic , A. , Gross , S. , ... Eckstein , J. (2019). The WATCH AF trial: SmartWATCHes for detection of atrial fibrillation . Journal of the American College of Cardiology Clinical Electrophysiology , 5 , 199 – 208 . 10.1016/j.jacep.2018.10.006 30784691 Guo , Y. , Wang , H. , Zhang , N. , Liu , T. , Liang , Z. , Xia , Y. , ... Lip , G. P. H. (2019). MAFA II investigators. Mobile photoplethysmographic technology to detect atrial fibrillation . Journal of the American College of Cardiology , 74 , 2365 – 2375 . 10.1016/j.jacc.2019.08.019 31487545 Guo , Y. , Wang , H. , Zhang , H. , Liu , T. , Liang , Z. , Xia , Y. , ... Lip , G. Y. H. (2019). MAFA II investigators. Mobile photoplethysmographic technology to detect atrial fibrillation . Journal of the American College of Cardiology , 74 , 2365 – 2375 . 10.1016/j.jacc.2019.08.019 31487545 McManus , D. D. , Lee , J. , Maitas , O. , Esa , N. , Pidikiti , R. , Carlucci , A. , ... Chon , K. H. (2013). A novel application for the detection of an irregular pulse using an iPhone 4S in patients with atrial

fibrillation . Heart Rhythm , 10 , 315 – 319 . PMC3698570.10.1016/j.hrthm.2012.12.001 23220686
 10.1016/j.hrthm.2012.12.001 PMC3698570 McManus , D. D. , Chong , J. W. , Soni , A. , Saczynski
 , J. S. , Esa , N. , Napolitano , C. , ... Chon , K. H. (2016). PULSESMSMART: PulseSMbased
 arrhythmia discrimination using a novel smartphone application . Journal of Cardiovascular
 Electrophysiology , 27 , 51 – 57 . PMC4768310.10.1111/jce.12842 26391728 10.1111/jce.12842
 PMC4768310 Nemati , S. , Ghassemi , M. M. , Ambai , V. , Isakadze , N. , Levantsevych , O. , Shah
 , A. , & Clifford , G. D. (2016). Monitoring and detecting atrial fibrillation using wearable technology
 . Conference proceedings: Annual International Conference of the IEEE Engineering in Medicine
 and Biology Society IEEE Engineering in Medicine and Biology Society Annual Conference , 2016 ,
 3394 – 3397 . 10.1109/embc.2016.7591456 28269032 Proesmans , T. , Mortelmans , C. , Van
 Haelst , R. , Verbrugge , F. , Vandervoort , P. , & Vaes , B. (2019). Mobile phoneSMbased use of the
 photoplethysmography technique to detect atrial fibrillation in primary care: Diagnostic accuracy
 study of the fibrichk app . Journal of Medical Internet Research mHealth and uHealth , 7 , e12284
 . 10.2196/12284 PMC6456825 30916656 Verbrugge , F. H. , Proesmans , T. , Vijgen , J. , Mullens ,
 W. , RiveroSMAyerza , M. , Van Herendael , H. , ... Nuyens , D. (2019). Atrial fibrillation screening
 with photoSMplethysmography through a smartphone camera . Europace , 21 , 1167 – 1175 .
 10.1093/europace/euz119 31056678 <https://www.mobihealthnews.com/content/study-apple-watch-h-paired-deep-neural-network-detects-atrial-fibrillation-97-percent-accuracy> <https://www.mobihealthnews.com/content/study-apple-watch-h-paired-deep-neural-network-detects-atrial-fibrillation-97-percent-accuracy> <https://mrhythmstudy.org> 2.2.2.2.

10.1161/CIRCULATIONAHA.116.024439 28028066 Chen , Y. , Lei , L. , & Wang , J. G. (2017).
 Atrial fibrillation screening during automated blood pressure measurementSMComment on
 "Diagnostic accuracy of new algorithm to detect atrial fibrillation in a home blood pressure monitor" .
 The Journal of Clinical Hypertension , 19 , 1148 – 1151 . 10.1111/jch.13081 28942614
 PMC8031283 Gandolfo , C. , Balestrino , M. , Bruno , C. , Finocchi , C. , & Reale , N. (2015).
 Validation of a simple method for atrial fibrillation screening in patients with stroke . Neurological
 Sciences , 36 , 1675 – 1678 . 10.1007/s10072-015-2231-0 25926072 Kane , S. A. , Blake , J. R. ,
 McArdle , F. J. , Langley , F. , & Sims , A. J. (2016). Opportunistic detection of atrial fibrillation
 using blood pressure monitors: A systematic review . Open Heart , 3 , e000362 . 27099760
 10.1136/openhrt-2015-000362 PMC4836305 Kario , K. (2016). Evidence and perspectives on the
 24SMhour management of hypertension: Hemodynamic biomarkerSMinitiated 'anticipation medicine'
 for zero cardiovascular event . Progress in Cardiovascular Diseases , 59 , 262 – 281 .
 10.1016/j.pcad.2016.04.001 27080202 Kearley , K. , Selwood , M. , Van den Bruel , A. , Thompson
 , M. , Mant , D. , Hobbs , F. R. , ... Heneghan , C. (2014). Triage tests for identifying atrial
 fibrillation in primary care: A diagnostic accuracy study comparing singleSMlead ECG and modified
 BP monitors . British Medical Journal Open , 4 , e004565 . 10.1136/bmjopen-2013-004565
 PMC4025411 24793250 Marazzi , G. , Iellamo , F. , Volterrani , M. , Lombardo , M. , Pelliccia , F. ,
 Righi , D. , ... Rosano , G. (2012). Comparison of Microlife BP A200 Plus and Omron M6 blood
 pressure monitors to detect atrial fibrillation in hypertensive patients . Advances in Therapy , 29 , 64
 – 70 . 10.1007/s12325-011-0087-0 22198902 Omboni , S. , & Verberk , W. J. (2016).
 Opportunistic screening of atrial fibrillation by automatic blood pressure measurement in the
 community . British Medical Journal Open , 6 , e010745 . 10.1136/bmjopen-2015-010745
 PMC4838727 27072571 Stergiou , G. S. , Karpettas , N. , Protogerou , A. , Nasothimiou , E. G. , &
 Kyriakidis , M. (2009). Diagnostic accuracy of a home blood pressure monitor to detect atrial
 fibrillation . Journal of Human Hypertension , 23 , 654 – 658 . 10.1038/jhh.2009.5 19279661 Wiesel
 , J. , Arbesfeld , B. , & Schechter , D. (2014). Comparison of the Microlife blood pressure monitor
 with the Omron blood pressure monitor for detecting atrial fibrillation . American Journal of
 Cardiology , 114 , 1046 – 8 . 10.1016/j.amjcard.2014.07.016 25212546 Wiesel , J. , Fitzig , L. ,
 Herschman , Y. , & Messineo , F. C. (2009). Detection of atrial fibrillation using a modified microlife
 blood pressure monitor . American Journal of Hypertension , 22 , 848 – 852 . 10.1038/ajh.2009.98
 19478793 Wiesel , J. , & Salomone , T. J. (2017). Screening for atrial fibrillation in patients $\geq$ 65
 years using an automatic blood pressure monitor in a skilled nursing facility . American Journal of
 Cardiology , 120 , 1322 – 1324 . 10.1016/j.amjcard.2017.07.016 28821351 2.2.2.3

10.1161/circulationaha.117.032804 29526834 2.2.2.4

25179488 10.1016/j.hrthm.2014.08.035 Dautov, R., Savur, C., & Tsouri, G. (2018). On the Effect of Face Detection on Heart Rate Estimation in Videoplethysmography. IEEE Western New York Image and Signal Processing Workshop (WNYISPW). 10.1109/wnyipw.2018.8576439

Takano, C., & Ohta, Y. (2007). Heart rate measurement based on a time-lapse image. Medical Engineering & Physics Journal, 29, 853 – 857. 10.1016/j.medengphy.2006.09.006 17074525

Tsouri, G. R., & Li, Z. (2015). On the benefits of alternative color spaces for noncontact heart rate measurements using standard red-green-blue cameras. Journal of Biomedical Optics, 20, 48002. 10.1117/1.JBO.20.4.048002 25875628

Turakhia, M. P. (2020). Diagnosing With a Camera From a Distance—Proceed Cautiously and Responsibly. JAMA Cardiology, 5 (1), 107. 10.1001/jamacardio.2019.4572 31774448

Verkruysse, W., Svaasand, L. O., & Nelson, J. S. (2008). Remote plethysmographic imaging using ambient light. Optics Express, 16, 21434 – 21445. 19104573 10.1364/oe.16.021434 PMC2717852

Yan, B. P., Lai, W. H. S., Chan, C. K. Y., Au, A. C. K., Freedman, B., Poh, Y. C., & Poh, M. Z. (2020). High-throughput, contact-free detection of atrial fibrillation from video with deep learning. Journal of the American Medical Association Cardiology, 5, 105 – 107. 10.1001/jamacardio.2019.4004 31774461 PMC6902123

Yan, B. P., Lai, W. H. S., Chan, C. K. Y., Chan, S. C., Chan, L. H., Lam, K. M., ... Poh, M. Z. (2018). Contact-free screening of atrial fibrillation by a smartphone using facial pulsatile photoplethysmographic signals. Journal of the American Heart Association, 5 (7), e008585. 10.1161/JAHA.118.008585 PMC6015414 29622592 2.2.2.5

10.1038/s41746-019-0128-7 31304398 PMC6584582 Wang, A., Sunshine, J. E., & Gollakota, S. Contactless infant monitoring using white noise. <https://homes.cs.washington.edu/~gshyam/Papers/whitenoise.pdf>

REFERENCES TABLE 3 Berge, T., Lyngbakken, M. N., Ihle-Hansen, H., Brynildsen, J., Pervez, M. O., Aagaard, E. N., ... Tveit, A. (2018). Prevalence of atrial fibrillation and cardiovascular risk factors in a 63–65 years old general population cohort: The Akershus Cardiac Examination (ACE) 1950 Study. BMJ Open, 8, e021704. 10.1136/bmjopen-2018-021704 PMC6074624 30068617

Chan, P. H., Wong, C. K., Poh, Y. C., Pun, L., Leung, W. W., Wong, Y. F., ... Siu, C. W. (2016). Diagnostic performance of a smartphone-based photoplethysmographic application for atrial fibrillation screening in a primary care setting. Journal of the American Heart Association, 5. 10.1161/JAHA.116.003428 PMC5015379 27444506

Doliwa, R., Sobocinski, P., Anggårdh, R. E., Frykman Kull, V., von Arbin, M., Wallén, H., & Rosenqvist, M. (2012). Improved screening for silent atrial fibrillation after ischaemic stroke. Europace, 2012 (14), 1112 – 1116. 10.1093/europace/eur431 22308086

Engdahl, J., Andersson, L., Mirskaya, M., & Rosenqvist, M. (2013). Stepwise screening of atrial fibrillation in a 75-year-old population: Implications for stroke prevention. Circulation, 127, 930 – 937. 23343564 10.1161/CIRCULATIONAHA.112.126656

Guo, Y., Wang, H., Zhang, H., Liu, T., Liang, Z., Xia, Y., ... Lip, G. Y. H. (2019). MAFA II Investigators. Mobile photoplethysmographic technology to detect atrial fibrillation. Journal of the American College of Cardiology, 74, 2365 – 2375. 10.1016/j.jacc.2019.08.019 31487545

Halcox, J. P. J., Wareham, K., Cardew, A., Gilmore, M., Barry, J. P., Phillips, C., & Gravenor, M. B. (2017). Assessment of Remote heart rhythm sampling using the aliveCor heart monitor to screen for atrial fibrillation: The REHEARSE-AF Study. Circulation, 136, 1784 – 1794. 10.1161/circulationaha.117.030583 28851729

Heckbert, S. R., Austin, T. R., Jensen, P. N., Floyd, J. S., Psaty, B. M., Soliman, E. Z., & Kronmal, R. A. (2018). Yield and consistency of arrhythmia detection with patch electrocardiographic monitoring: The Multi-Ethnic Study of Atherosclerosis. Journal of Electrocardiology, 51, 997 – 1002. 10.1016/j.jelectrocard.2018.07.027 30497763 PMC6278608

Kaasenbrood, F., Hollander, M., de Bruijn, S. H. M., Dolmans, C. P. E., Tieleman, R. G., Hoes, A. W., & Rutten, F. H. (2020). Opportunistic screening versus usual care for diagnosing atrial fibrillation in general practice: A cluster randomised controlled trial. British Journal of General Practice, 70 (695), e427–e433. 10.3399/bjgp20X708161 PMC6988680 31988084

Kemp Gudmundsdottir, K., Fredriksson, T., Svennberg, E., Al-Khalili, F., Friberg, L., Frykman, V., ... Engdahl, J. (2020). Stepwise mass screening for atrial fibrillation using N-terminal B-type natriuretic peptide: The STROKESTOP II study. Europace, 22, 24 – 32. 10.1093/europace/euz255 31790147 PMC6945054

Lowres, N., Neubeck, L., Salkeld, G., Krass, I., McLachlan, A. J., Redfern, J., ... Freedman, S. B. (2014). Feasibility and cost-effectiveness of stroke prevention through community screening for atrial

fibrillation using iPhone ECG in pharmacies. The SEARCH^{AF} study . *Thrombosis & Haemostasis* , 111 , 1167 – 1176 . 10.1160/th14-03-0231 24687081 Perez , M. V. , Mahaffey , K. W. , Hedlin , H. , Rumsfeld , J. S. , Garcia , A. , Ferris , T. , ... Turakhia , M. P. (2019). Large^{scale} assessment of a smartwatch to identify atrial fibrillation . *New England Journal of Medicine* , 381 , 1909 – 1917 . 10.1056/NEJMoa1901183 PMC8112605 31722151 Rooney , M. R. , Soliman , E. Z. , Lutsey , P. L. , Norby , F. L. , Loehr , L. R. , Mosley , T. H. , ... Chen , L. Y. (2019). Prevalence and characteristics of subclinical atrial fibrillation in a community^{dwelling} elderly population . *Circulation: Arrhythmia and Electrophysiology* , 12 (10) , e007390 . 10.1161/CIRCEP.119.007390 31607148 PMC6814387 Steinhubl , S. R. , Waalen , J. , Edwards , A. M. , Ariniello , L. M. , Mehta , R. R. , Ebner , G. S. , ... Topol , E. J. (2018). Effect of a home^{based} wearable continuous ECG Monitoring patch on detection of undiagnosed atrial fibrillation: The mSToPS randomized clinical trial . *Journal of the American Medical Association* , 320 , 146 – 155 . 29998336 10.1001/jama.2018.8102 PMC6583518 Svennberg , E. , Engdahl , J. , Al^{Khalili} , F. , Friberg , L. , Frykman , V. , & Rosenqvist , M. (2015). Mass screening for untreated atrial fibrillation: The STROKESTOP study . *Circulation* , 131 , 2176 – 2184 . 25910800 10.1161/CIRCULATIONAHA.114.014343 Tavernier , R. , Wolf , M. , Kataria , V. , Philips , T. , Huys , R. , Taghji , P. , ... Duytschaever , M. (2018). Screening for atrial fibrillation in hospitalised geriatric patients . *Heart* , 104 , 588 – 593 . 10.1136/heartjnl-2017-311981 28883032 Tieleman , R. G. , Plantinga , Y. , Rinkes , D. , Bartels , G. L. , Posma , J. L. , Cator , R. , Hofman , C. , & Houben , R. P. (2014). Validation and clinical use of a novel diagnostic device for screening of atrial fibrillation . *Europace* , 16 , 1291 – 1295 . 24825766 10.1093/europace/euu057 PMC4149608 Turakhia , M. P. , Ullal , A. J. , Hoang , D. D. , Than , C. T. , Miller , J. D. , Friday , K. J. , ... Heidenreich , P. A. (2015). Feasibility of extended ambulatory electrocardiogram monitoring to identify silent atrial fibrillation in high^{risk} patients: The Screening Study for Undiagnosed Atrial Fibrillation (STUDY^{AF}) . *Clinical Cardiology* , 2015 (38) , 285 – 292 . 10.1002/clc.22387 PMC4654330 25873476 REFERENCES SECTION 3 Gropler , M. R. F. , Dalal , A. S. , Van Hare , G. F. , & Silva , J. N. A. (2018). Can smartphone wireless ECGs be used to accurately assess ECG intervals in pediatrics? A comparison of mobile health monitoring to standard 12^{lead} ECG . *PLoS One* , 13 , e0204403 . 10.1371/journal.pone.0204403 30260996 PMC6160047 Steinberg , J. S. , Varma , N. , Cygankiewicz , I. , Aziz , P. , Balsam , P. , Baranchuk , A. , ... Piotrowicz , R. (2017). 2017 ISHNE^{HRS} expert consensus statement on ambulatory ECG and external cardiac monitoring/telemetry . *Annals of Noninvasive Electrocardiology* , 22 , e12447 . 10.1111/anec.12447 PMC6931745 28480632 3.1

25534423 10.1016/j.amjmed.2014.11.026 Garimella , R. S. , Chung , E. H. , Mounsey , J. P. , Schwartz , J. D. , Pursell , I. , & Gehi , A. K. (2015). Accuracy of patient perception of their prevailing rhythm: A comparative analysis of monitor data and questionnaire responses in patients with atrial fibrillation . *Heart Rhythm* , 12 , 658 – 665 . 25595926 10.1016/j.hrthm.2015.01.012 McCabe , P. J. , Chamberlain , A. M. , Rhudy , L. , & DeVon , H. A. (2015). Symptom representation and treatment^{seeking} prior to diagnosis of atrial fibrillation . *Western Journal of Nursing Research* , 38 , 200 – 215 . 25694177 10.1177/0193945915570368 Strickberger , S. A. , Ip , J. , Saksena , S. , Curry , K. , Bahnson , T. D. , & Ziegler , P. D. (2005). Relationship between atrial tachyarrhythmias and symptoms . *Heart Rhythm* , 2 , 125 – 131 . 15851283 10.1016/j.hrthm.2004.10.042 Verma , A. , Champagne , J. , Sapp , J. , Essebag , V. , Novak , P. , Skanes , A. , ... Birnie , D. (2013). Discerning the incidence of symptomatic and asymptomatic episodes of atrial fibrillation before and after catheter ablation (DISCERN AF): A prospective, multicenter study . *Journal of the American Medical Association Internal Medicine* , 173 , 149 – 156 . 10.1001/jamainternmed.2013.1561 23266597 Wong , J. A. , Conen , D. , Van Gelder , I. , McIntyre , W. F. , Crijns , H. J. , Wang , J. , ... Healey , J. S. (2018). Progression of device^{detected} subclinical atrial fibrillation and the risk of heart failure . *Journal of the American College of Cardiology* , 71 , 2603 – 2611 . 29880119 10.1016/j.jacc.2018.03.519 3.1.1.

10.1161/CIRCULATIONAHA.112.098079 22824434 Ding , M. , & Qiu , C. (2018). Atrial fibrillation, cognitive decline, and dementia: An epidemiologic review . *Current Epidemiology Reports* , 5 , 252 – 261 . 10.1007/s40471-018-0159-7 30148041 PMC6096854 Freedman , B. , Potpara , T. S. , & Lip , G. Y. (2016). Stroke prevention in atrial fibrillation . *Lancet* , 388 , 806 – 817 .

10.1016/S0140-6736(16)31257-0 27560276 Freedman, B., Camm, J., Calkins, H., Healey, J. S., Rosenqvist, M., Wang, J., ... Yan, B. P. (2017). A Report of the AF²SCREEN International Collaboration . *Circulation* , 135 , 1851 – 1867 . 28483832

10.1161/CIRCULATIONAHA.116.026693 Friberg, L. , & Rosenqvist, M. (2018). Less dementia with oral anticoagulation in atrial fibrillation . *European Heart Journal* , 39 , 453 – 460 .

10.1093/eurheartj/ehx579 29077849 Friberg, L. , Rosenqvist, M. , Lindgren, A. , Terént, A. , Norrving, B. , & Asplund, K. (2014). High prevalence of atrial fibrillation among patients with ischemic stroke . *Stroke* , 45 , 2599 – 2605 . 10.1161/STROKEAHA.114.006070 25034713 Giebel, G. D. , & Gissel, C. (2019). Accuracy of mHealth devices for atrial fibrillation screening: Systematic review . *JMIR Mhealth Uhealth* , 7 , e13641 . 10.2196/13641 31199337 PMC6598422

Gudmundsdottir, K. , Fredriksson, T. , Svennberg, E. , Al²Khalili, F. , Friberg, L. , Frykman, V. , ... Engdahl, J. (2020). Stepwise mass screening for atrial fibrillation using N²terminal B²type natriuretic peptide: the STROKESTOP II study . *Europace* , 22 , 24 – 32 .

10.1093/europace/euz255 31790147 PMC6945054 January, C. T. , Wann, L. S. , Calkins, H. , Chen, L. Y. , Cigarroa, J. E. , Cleveland, J. C. , ... Yancy, C. W. (2019). 2019 AHA/ACC/HRS Focused Update of the 2014 AHA/ACC/HRS Guideline for the Management of Patients With Atrial Fibrillation: A Report of the American College of Cardiology/American Heart Association Task Force on Clinical Practice Guidelines and the Heart Rhythm Society in Collaboration With the Society of Thoracic Surgeons . *Circulation* , 140 , e125 – e151 . 10.1161/CIR.0000000000000665 30686041

Jonas, D. E. , Kahwati, L. C. , Yun, J. D. Y. , Middleton, J. C. , Coker²Schwimmer, M. , & Asher, G. N. (2018). Screening for atrial fibrillation with electrocardiography: Evidence report and systematic review for the US preventive services task force . *Journal of the American Medical Association* , 320 , 485 – 498 . 10.1001/jama.2018.4190 30088015 Kirchhof, P. , Benussi, S. , Kotecha, D. , Ahlsson, A. , Atar, D. , Casadei, B. , ... Vardas, P. (2016). 2016 ESC Guidelines for the management of atrial fibrillation developed in collaboration with EACTS: The Task Force for the management of atrial fibrillation of the European Society of Cardiology (ESC) Developed with the special contribution of the European Heart Rhythm Association (EHRA) of the ESC. Endorsed by the European Stroke Organisation (ESO) . *European Heart Journal* , 37 , 2893 – 2962 .

10.1093/eurheartj/ehw210 27567408 Lowres, N. , Olivier, J. , Chao, T. F. , Chen, S. A. , Chen, Y. , Diederichsen, A. , ... Freedman, B. (2019). Estimated stroke risk, yield, and number needed to screen for atrial fibrillation detected through single time screening: a multicountry patient²level meta²analysis of 141,220 screened individuals . *PLoS Medicine* , 16 , e1002903 .

10.1371/journal.pmed.1002903 31553733 PMC6760766 Martinez, C. , Katholing, A. , & Freedman, S. B. (2014). Adverse prognosis of incidentally detected ambulatory atrial fibrillation. A cohort study . *Thrombosis and Haemostasis* , 112 , 276 – 286 . 24953051 10.1160/TH4-04-0383

PMC6374983 Orchard, J. J. , Neubeck, L. , Freedman, B. , Webster, R. , Patel, A. , Gallagher, R. , ... Lowres, N. (2018). Atrial fibrillation screen, management and guideline recommended therapy (AF SMART II) in the rural primary care setting: An implementation study protocol . *British Medical Journal Open* , 8 , e023130 . 10.1136/bmjopen-2018-023130 PMC6252758 30385444

O'Sullivan, J. W. , Grigg, S. , Crawford, W. , Turakhia, M. P. , Perez, M. , Ingelsson, E. , ... Ashley, E. A. (2020). Accuracy of smartphone camera applications for detecting atrial fibrillation: A systematic review and meta²analysis . *Journal of the American Medical Association Netw Open* , 3 , e202064 . 10.1001/jamanetworkopen.2020.2064 PMC7125433 32242908 Ramkumar, S. , Nerlekar, N. , D'Souza, D. , Pol, D. J. , Kalman, J. M. , & Marwick, T. H. (2018). Atrial fibrillation detection using single lead portable electrocardiographic monitoring: A systematic review and meta²analysis . *British Medical Journal Open* , 8 , e024178 . 10.1136/bmjopen-2018-024178

PMC6144487 30224404 Steinhubl, S. R. , Waalen, J. , Edwards, A. M. , Ariniello, L. M. , Mehta, R. R. , & Ebner, G.S.,... Topol, E.J. , (2018). Effect of a home²based wearable continuous ecg monitoring patch on detection of undiagnosed atrial fibrillation: The mSToPS randomized clinical trial . *Journal of the American Medical Association* , 320 , 146 – 155 . 29998336

10.1001/jama.2018.8102 PMC6583518 Svennberg, E. , Engdahl, J. , Al²Khalili, F. , Friberg, L. , Frykman, V. , & Rosenqvist, M. (2015). Mass screening for untreated atrial fibrillation: The STROKESTOP study . *Circulation* , 131 , 2176 – 2184 . 25910800

10.1161/CIRCULATIONAHA.114.014343 Tsigoulis, G. , Katsanos, A. H. , Köhrmann, M. , Caso, V. , Perren, F. , Palaiodimou, L. , ... Alexandrov, A. V. (2019). Duration of implantable cardiac monitoring and detection of atrial fibrillation in ischemic stroke patients: A systematic review and meta²analysis . *Journal of Stroke* , 21 , 302 – 311 . 10.5853/jos.2019.01067 31590474

PMC6780018 Wolf, P. A., Abbott, R. D., & Kannel, W. B. (1991). Atrial fibrillation as an independent risk factor for stroke: The Framingham Study. *Stroke*, 22, 983 – 8. 1866765
 10.1161/01.str.22.8.983 Xiong, Q., Proietti, M., Senoo, K., & Lip, G. Y. (2015). Asymptomatic versus symptomatic atrial fibrillation: A systematic review of age/gender differences and cardiovascular outcomes. *International Journal of Cardiology*, 191, 172 – 177.
 10.1016/j.ijcard.2015.05.011 25974193 <https://www.heartline.com> <https://www.heartline.com/> 3.1.2.

10.1136/heartjnl-2016-309993 27733533 Chan, P. H., Wong, C. K., Pun, L., Wong, Y. F., Wong, M. M., Chu, D. W., & Siu, C. W. (2017). Head-to-head comparison of the alivecor heart monitor and microlife WatchBP office AFIB for atrial fibrillation screening in a primary care setting. *Circulation*, 135, 110 – 112. 10.1161/CIRCULATIONAHA.116.024439 28028066
 Charitos, E. I., Stierle, U., Ziegler, P. D., Baldewig, M., Robinson, D. R., Sievers, H. H., & Hanke, T. (2012). A comprehensive evaluation of rhythm monitoring strategies for the detection of atrial fibrillation recurrence: Insights from 647 continuously monitored patients and implications for monitoring after therapeutic interventions. *Circulation*, 126, 806 – 814.
 10.1161/CIRCULATIONAHA.112.098079 22824434 Chen, L. Y., Chung, M. K., Allen, L. A., Ezekowitz, M., Furie, K. L., McCabe, P., ... Turakhia, M. P. (2018). American Heart Association Council on Clinical Cardiology; Council on Cardiovascular and Stroke Nursing; Council on Quality of Care and Outcomes Research; and Stroke Council. Atrial Fibrillation Burden: Moving Beyond Atrial Fibrillation as a Binary Entity: A Scientific Statement From the American Heart Association. *Circulation*, 137, e623 – e644. 10.1161/CIR.0000000000000568 29661944
 PMC8463258 Diener, H. C., Sacco, R. L., Easton, J. D., Granger, C. B., Bernstein, R. A., Uchiyama, S., ... Toyoda, K. (2019). RE-SPECT ESUS Steering Committee and Investigators. Dabigatran for Prevention of Stroke after Embolic Stroke of Undetermined Source. *New England Journal of Medicine*, 380, 1906 – 1917. 10.1056/NEJMoa1813959 31091372 Engdahl, J., Andersson, L., Mirskaya, M., & Rosenqvist, M. (2013). Stepwise screening of atrial fibrillation in a 75-year-old population: Implications for stroke prevention. *Circulation*, 127, 930 – 937. 23343564 10.1161/CIRCULATIONAHA.112.126656
 Furie, K. L., Goldstein, L. B., Albers, G. W., Khatri, P., Neyens, R., Turakhia, M. P., & Wood, K. A. (2012). American Heart Association Stroke Council; Council on Quality of Care and Outcomes Research; Council on Cardiovascular Nursing; Council on Clinical Cardiology; Council on Peripheral Vascular Disease. Oral antithrombotic agents for the prevention of stroke in nonvalvular atrial fibrillation: a science advisory for healthcare professionals from the American Heart Association/American Stroke Association. *Stroke*, 43, 3442 – 53. 10.1161/STR.0b013e318266722a 22858728
 Gudmundsdottir, K., Fredriksson, T., Svennberg, E., Al-Khalili, F., Friberg, L., Frykman, V., ... Engdahl, J. (2020). Stepwise mass screening for atrial fibrillation using N-terminal B-type natriuretic peptide: The STROKESTOP II study. *Europace*, 22, 24 – 32. 10.1093/europace/euz255 31790147
 PMC6945054 Hannon, N., Sheehan, O., Kelly, L., Marnane, M., Merwic, K. A., Moore, A., ... Kelly, P. J. (2010). Stroke associated with atrial fibrillation—incidence and early outcomes in the north Dublin population stroke study. *Cerebrovascular Diseases*, 29, 43 – 49.
 10.1159/000255973 19893311 PMC2914401 Hart, R. G., Sharma, M., Mundl, H., Kasner, S. E., Bangdiwala, S. I., Berkowitz, S. D., ... Connolly, S. J. NAVIGATE ESUS Investigators. *New England Journal of Medicine*, 378, 2191 – 2201. 10.1056/NEJMoa1802686
 January, C. T., Wann, L. S., Calkins, H., Chen, L. Y., Cigarroa, J. E., Cleveland, J. C. Jr, ... Yancy, C. W. (2019). 2019 AHA/ACC/HRS Focused Update of the 2014 AHA/ACC/HRS Guideline for the Management of Patients With Atrial Fibrillation: A Report of the American College of Cardiology/American Heart Association Task Force on Clinical Practice Guidelines and the Heart Rhythm Society in Collaboration With the Society of Thoracic Surgeons. *Circulation*, 140, e125–e151. 10.1161/CIR.0000000000000665. 30686041
 Kamel, H., Longstreth, W. T., Tirschwell, D. L., Kronmal, R. A., Broderick, J. P., Palesch, Y. Y., ... Elkind, M. S. (2019). The Atrial cardiopathy and antithrombotic drugs in prevention after cryptogenic stroke randomized trial: Rationale and methods. *International Journal of Stroke*, 14, 207 – 214.
 10.1177/1747493018799981 30196789 PMC6645380 Kaplan, R. M., Koehler, J., Ziegler, P. D., Sarkar, S., Zweibel, S., & Passman, R. S. (2019). Stroke risk as a function of atrial fibrillation duration and CHA2DS2-VASc score. *Circulation*, 140, 1639 – 1646.
 10.1161/CIRCULATIONAHA.119.041303 31564126 Kirchhof, P., Benussi, S., Kotecha, D.,

Ahlsson, A., Atar, D., Casadei, B., ... Vardas, P. (2016). 2016 ESC Guidelines for the management of atrial fibrillation developed in collaboration with EACTS: The Task Force for the management of atrial fibrillation of the European Society of Cardiology (ESC) Developed with the special contribution of the European Heart Rhythm Association (EHRA) of the ESC Endorsed by the European Stroke Organisation (ESO). *European Heart Journal*, 37, 2893 – 2962. 10.1093/eurheartj/ehw210 27567408

Kishore, A., Vail, A., Majid, A., Dawson, J., Lees, K. R., Tyrrell, P. J., & Smith, C. J. (2014). Detection of atrial fibrillation after ischemic stroke or transient ischemic attack: A systematic review and meta-analysis. *Stroke*, 45, 520 – 526. 10.1161/STROKEAHA.113.003433 24385275

Kolominsky-Rabas, P. L., Weber, M., Gefeller, O., Neundorfer, R. B., & Heuschmann, P. U. (2001). Epidemiology of ischemic stroke subtypes according to TOAST criteria: Incidence, recurrence, and long-term survival in ischemic stroke subtypes: A population-based study. *Stroke*, 32, 2735 – 2740. 11739965

10.1161/hs1201.100209 Lowres, N., Olivier, J., Chao, T. F., Chen, S. A., Chen, Y., Diederichsen, A., ... Freedman, B. (2019). Estimated stroke risk, yield, and number needed to screen for atrial fibrillation detected through single time screening: A multicountry patient-level meta-analysis of 141,220 screened individuals. *PLoS Medicine*, 16, e1002903. 10.1371/journal.pmed.1002903 31553733 PMC6760766

Proietti, M., Mairesse, G. H., Goethals, P., Scavee, C., Vijgen, J., Blankoff, I., ... Lip, G. Y. (2016). Belgian Heart Rhythm Week Investigators. A population screening programme for atrial fibrillation: A report from the Belgian Heart Rhythm Week screening programme. *Europace*, 18, 1779 – 1786. 10.1093/europace/euw069 27170000

Sanna, T., Diener, H. C., Passman, R. S., Di Lazzaro, V., Bernstein, R. A., Morillo, C. A., ... Brachmann, J. (2014). CRYSTAL AF Investigators. Cryptogenic stroke and underlying atrial fibrillation. *New England Journal of Medicine*, 370, 2478 – 2486. 10.1056/NEJMoa1313600 24963567

Schnabel, R. B., Haeusler, K. G., Healey, J. S., Freedman, B., Boriani, G., Brachmann, J., ... Yan, B. (2019). Searching for atrial fibrillation poststroke: A white paper of the AfSCREEN international collaboration. *Circulation*, 140, 1834 – 1850. 10.1161/CIRCULATIONAHA.119.040267 31765261

Sposato, L. A., Cipriano, L. E., Saposnik, G., Ruiz Vargas, E., Riccio, P. M., & Hachinski, V. (2015). Diagnosis of atrial fibrillation after stroke and transient ischaemic attack: A systematic review and meta-analysis. *Lancet Neurology*, 14, 377 – 387. 10.1016/S1474-4422(15)70027-X 25748102

Svensson, E., Engdahl, J., Al-Khalili, F., Friberg, L., Frykman, V., ... Rosenqvist, M. (2015). Mass Screening for Untreated Atrial Fibrillation: The STROKESTOP Study. *Circulation*, 131, 2176 – 2184. CIRCULATIONAHA.114.014343 25910800

10.1161/CIRCULATIONAHA.114.014343 Tsivgoulis, G., Katsanos, A. H., Köhrmann, M., Caso, V., Perren, F., Palaodimou, L., ... Alexandrov, A. V. (2019). Duration of implantable cardiac monitoring and detection of atrial fibrillation in ischemic stroke patients: A systematic review and meta-analysis. *Journal of Stroke*, 21, 302 – 311. 10.5853/jos.2019.01067. 31590474 PMC6780018

Varma, N., Stambler, B., & Chun, S. (2005). Detection of atrial fibrillation by implanted devices with wireless data transmission capability. *Pacing and Clinical Electrophysiology*, 28 (Suppl 1), S133 – S136. 15683480

10.1111/j.1540-8159.2005.00083.x Yano, Y., Greenland, P., Lloyd-Jones, D. M., Daoud, E. G., Koehler, J. L., & Ziegler, P. D. (2016). Simulation of daily snapshot rhythm monitoring to identify atrial fibrillation in continuously monitored patients with stroke risk factors. *PLoS One*, 11, e0148914. 10.1371/journal.pone.0148914 26882334 PMC4755529

Zungsontiporn, N., & Link, M. S. (2018). Newer technologies for detection of atrial fibrillation. *British Medical Journal*, 363, k3946. 10.1136/bmj.k3946 30333105 <https://www.heartline.com>

10.1097/JCN.0000000000000646 32015256 PMC7299739

Hickey, K. T., Hauser, N. R., Valente, L. E., Riga, T. C., Frulla, A. P., Creber, M. R., ... Wang, D. Y. (2016). A single-center randomized, controlled trial investigating the efficacy of a mHealth ECG technology intervention to improve the detection of atrial fibrillation: The iHEART study protocol. *BMC Cardiovascular Disorders*, 16, 152. 10.1186/s12872-016-0327-y 27422639 PMC4947299

[Heartline study](https://www.heartline.com/). <https://www.heartline.com/> 3.1.4

10.3390/medicina55100611 PMC6843329 31547078

Chen, L. Y., Chung, M. K., Allen, L. A., Ezekowitz, M., Furie, K. L., McCabe, P., ... Turakhia, M. P. (2018). American Heart

Association Council on Clinical Cardiology; Council on Cardiovascular and Stroke Nursing; Council on Quality of Care and Outcomes Research; and Stroke Council. Atrial fibrillation burden: Moving beyond atrial fibrillation as a binary entity: A Scientific Statement from the American Heart Association . *Circulation* , 137 , e623–e644 . 10.1161/CIR.0000000000000568 PMC8463258 29661944 Congrete , S. , Bintvihok , M. , Thongprayoon , C. , Bathini , T. , Boonpheng , B. , Sharma , K. , ... Cheungpasitporn , W. (2018). Effect of obstructive sleep apnea and its treatment of atrial fibrillation recurrence after radiofrequency catheter ablation: A meta-analysis . *Journal of Evidence-Based Medicine* , 11 , 145 – 151 . 10.1111/jebm.12313 30091301 Garabelli , P. , Stavrakis , S. , Albert , M. , Koomson , E. , Parwani , P. , Chohan , J. , ... Po , S. (2016). Comparison of QT interval readings in normal sinus rhythm between a smartphone heart Monitor and a 12-lead ECG for healthy volunteers and inpatients receiving sotalol or dofetilide . *Cardiovascular Electrophysiology* , 27 , 827 – 32 . 10.1111/jce.12976 27027653 Glotzer , T. V. , Hellkamp , A. S. , Zimmerman , J. , Sweeney , M. O. , Yee , R. , Marinchak , R. , ... Lamas , G. A. , Investigators , M. O. S. T. (2003). Atrial high rate episodes detected by pacemaker diagnostics predict death and stroke: Report of the atrial diagnostics ancillary study of the Mode selection trial (MOST) . *Circulation* , 107 , 1614 – 1619 . 12668495 10.1161/01.CIR.0000057981.70380.45 Go , A. S. , Reynolds , K. , Yang , J. , Gupta , N. , Lenane , J. , Sung , S. H. , ... Solomon , M. D. (2018). Association of burden of atrial fibrillation with risk of ischemic stroke in adults with paroxysmal atrial fibrillation: The KP-RHYTHM study . *Journal of the American Medical Association Cardiology* , 3 , 601 – 608 . 29799942 10.1001/jamacardio.2018.1176 PMC6145663 Healey , J. S. , Connolly , S. J. , Gold , M. R. , Israel , C. W. , Van Gelder , I. C. , Capucci , A. , ... Hohnloser , S. H. (2012). Subclinical atrial fibrillation and the risk of stroke . *New England Journal of Medicine* , 366 , 120 – 129 . 10.1056/NEJMoa1105575 22236222 January , C. T. , Wann , L. S. , Calkins , H. , Chen , L. Y. , Cigarroa , J. E. , Cleveland , J. C. , ... Yancy , C. W. (2019). 2019 AHA/ACC/HRS Focused Update of the 2014 AHA/ACC/HRS Guideline for the Management of Patients With Atrial Fibrillation: A Report of the American College of Cardiology/American Heart Association Task Force on Clinical Practice Guidelines and the Heart Rhythm Society in Collaboration With the Society of Thoracic Surgeons . *Circulation* , 140 , e125–e151. 10.1161/CIR.0000000000000665 30686041 Kanagala , R. , Murali , N. S. , Friedman , P. A. , Ammash , N. M. , Gersh , B. J. , Ballman , K. V. , ... Somers , V. K. (2003). Obstructive sleep apnea and the recurrence of atrial fibrillation . *Circulation* , 107 , 2589 – 2594 . 12743002 10.1161/01.CIR.0000068337.25994.21 Kaplan , R. M. , Koehler , J. , Ziegler , P. D. , Sarkar , S. , Zweibel , S. , & Passman , R. S. (2019). Stroke risk as a function of atrial fibrillation duration and CHA2DS2-VASc score . *Circulation* , 140 , 1639 – 1646 . 10.1161/CIRCULATIONAHA.119.041303 31564126 Kirchhof , P. , Benussi , S. , Kotecha , D. , Ahlsson , A. , Atar , D. , Casadei , B. , ... Vardas , P. (2016). 2016 ESC Guidelines for the management of atrial fibrillation developed in collaboration with EACTS: The Task Force for the management of atrial fibrillation of the European Society of Cardiology (ESC) Developed with the special contribution of the European Heart Rhythm Association (EHRA) of the ESC. Endorsed by the European Stroke Organisation (ESO) . *European Heart Journal* , 37 , 2893 – 2962 . 10.1093/eurheartj/ehw210 27567408 Kirchhof , P. , Blank , B. F. , Calvert , M. , Camm , A. J. , Chlouverakis , G. , Diener , H. C. , ... Vardas , P. (2017). Probing oral anticoagulation in patients with atrial high rate episodes: Rationale and design of the Non-vitamin K antagonist Oral anticoagulants in patients with Atrial High rate episodes (NOAH-AFNET 6) trial . *American Heart Journal* , 190 , 12 – 18 . 28760205 10.1016/j.ahj.2017.04.015 PMC5546174 Lopes , R. D. , Alings , M. , Connolly , S. J. , Beresh , H. , Granger , C. B. , Mazuecos , J. B. , ... Healey , J. S. (2017). Rationale and design of the apixaban for the reduction of thromboembolism in patients with device-detected subclinical atrial fibrillation (ARTESiA) trial . *American Heart Journal* , 189 , 137 – 145 . 28625370 10.1016/j.ahj.2017.04.008 Martin , D. T. , Bersohn , M. M. , Waldo , A. L. , Wathen , M. S. , Choucair , W. K. , Lip , G. Y. , ... Halperin , J. L. (2015). IMPACT investigators randomized trial of atrial arrhythmia monitoring to guide anticoagulation in patients with implanted defibrillator and cardiac resynchronization devices . *European Heart Journal* , 36 , 1660 – 1668 . 25908774 10.1093/eurheartj/ehv115 Pathak , R. K. , Middeldorp , M. E. , Meredith , M. , Mehta , A. B. , Mahajan , R. , Wong , C. X. , ... Sanders , P. (2015). Long-term effect of goal-directed weight management in an atrial fibrillation cohort: A long-term follow-up study (LEGACY) . *Journal of the American College of Cardiology* , 65 , 2159 – 69 . 10.1016/j.jacc.2015.03.002 25792361 Perino , A. C. , Fan , J. , Askari , M. , Heidenreich , P. A. , Keung , E. , Raitt , M. H. , ... Turakhia , M. P. (2019). Practice variation in anticoagulation prescription and outcomes after

device-detected atrial fibrillation . *Circulation* , 139 , 2502 – 2512 .
 10.1161/CIRCULATIONAHA.118.038988 30880434 PMC6652191 Swiryn , S. , Orlov , M. V. , Benditt , D. G. , DiMarco , J. P. , Lloyd-Jones , D. , Karst , E. , & ...Waldo , A.L. , (2016). Clinical implications of brief device-detected atrial tachyarrhythmias in a cardiac rhythm management device population: Results from the registry of atrial tachycardia and atrial fibrillation episodes . *Circulation* , 134 , 1130 – 1140 . 10.1161/CIRCULATIONAHA.115.020252 27754946 Van Gelder , I. C. , Healey , J. S. , Crijns , H. , Wang , J. , Hohnloser , S. H. , Gold , M. R. , & Connolly , S. J. (2017). Duration of device-detected subclinical atrial fibrillation and occurrence of stroke in ASSERT . *European Heart Journal* , 38 , 1339 – 1344 . 28329139 10.1093/eurheartj/ehx042 Varma , N. , Stamler , B. , & Chun , S. (2005). Detection of atrial fibrillation by implanted devices with wireless data transmission capability . *Pacing and Clinical Electrophysiology* , 28 (Suppl 1), S133 – S136 . 15683480 10.1111/j.1540-8159.2005.00083.x Voskoboinik , A. , Kalman , J. M. , De Silva , A. , Nicholls , T. , Costello , B. , Nanayakkara , S. , ... Kistler , P. M. (2020). Alcohol abstinence in drinkers with atrial fibrillation . *New England Journal of Medicine* , 382 , 20 – 28 .
 10.1056/NEJMoA181759 31893513 3.2.

10.1016/j.jacc.2020.04.073 32616162 Au-Yeung , W. M. , Reinhall , P. G. , Bardy , G. H. , & Brunton , S. L. (2018). Development and validation of warning system of ventricular tachyarrhythmia in patients with heart failure with heart rate variability data . *PloS One* , 13 , e0207215 . 30427880 10.1371/journal.pone.0207215 PMC6235358 Billet , S. , Rollin , A. , Mondoly , P. , Monteil , B. , Fournier , P. , Cariou , E. , ... Maury , P. (2019). Hemodynamic consequences of premature ventricular contractions: Association of mechanical bradycardia and postextrasystolic potentiation with premature ventricular contraction-induced cardiomyopathy . *Heart Rhythm* , 16 , 853 – 860 . 30550835 10.1016/j.hrthm.2018.12.008 Bolle , S. R. , Scholl , J. , & Gilbert , B. (2009). Can video mobile phones improve CPR quality when used for dispatcher assistance during simulated cardiac arrest? *Acta Anaesthesiologica Scandinavica* , 53 , 116 – 120 . 19032569 10.1111/j.1399-6576.2008.01779.x PMC2659378 Boutilier , J. J. , Brooks , S. C. , Janmohamed , A. , Byers , A. , Buick , J. E. , Zhan , C. , ... Chan , T. C. Y. (2017). Optimizing a drone network to deliver automated external defibrillators . *Circulation* , 135 , 2454 – 2465 . 28254836 10.1161/CIRCULATIONAHA.116.026318 PMC5516537 Claesson , A. , Bäckman , A. , Ringh , M. , Svensson , L. , Nordberg , P. , Djärv , T. , & Hollenberg , J. (2017). Time to delivery of an automated external defibrillator using a drone for simulated out-of-hospital cardiac arrests vs emergency medical services . *Journal of the American Medical Association* , 317 , 2332 – 2334 . 28609525 10.1001/jama.2017.3957 PMC5815004 Chan , J. , Rea , T. , Gollakota , S. , & Sunshine , J. E. (2019). Contactless cardiac arrest detection using smart devices . *NPJ Digital Medicine* , 2 , 52 . 10.1038/s41746-019-0128-7 31304398 PMC6584582 Choa , M. , Park , I. , Chung , H. S. , Yoo , S. K. , Shim , H. , & Kim , S. (2008). The effectiveness of cardiopulmonary resuscitation instruction: Animation versus dispatcher through a cellular phone . *Resuscitation* , 77 , 87 – 94 . 18164119 10.1016/j.resuscitation.2007.10.023 Chong , J. W. , Esa , N. , McManus , D. D. , & Chon , K. H. (2018). Arrhythmia discrimination using a smart phone . *IEEE Journal of Biomedical and Health Informatics* , 19 , 815 – 24 . 10.1109/JBHI.2015.2418195 PMC6599713 25838530 Davis , J. C. , Robertson , M. C. , Ashe , M. C. , Liu-Ambrose , T. , Khan , K. M. , & Marra , C. A. (2010). International comparison of cost of falls in older adults living in the community: A systematic review . *Osteoporosis International* , 21 , 1295 – 306 . 20195846 10.1007/s00198-009-1162-0 Hatakeyama , T. , Nishiyama , C. , Shimamoto , T. , Kiyohara , K. , Kiguchi , T. , Chida , I. , ... Iwami , T. (2018). A smartphone application to reduce the time to automated external defibrillator delivery after a witnessed out-of-hospital cardiac arrest: A randomized simulation-based study . *Simulation in Healthcare* , 13 , 387 – 393 . 29659413 10.1097/SIH.0000000000000305 PMC6303130 Heinrich , S. , Rapp , K. , Rissmann , U. , Becker , C. , & König , H. H. (2010). Cost of falls in old age: A systematic review . *Osteoporosis International* , 21 , 891 – 902 . 19924496 10.1007/s00198-009-1100-1 Kalz , M. , Lenssen , N. , Felzen , M. , Rossaint , R. , Tabuenca , B. , Specht , M. , & Skorning , M. (2014). Smartphone apps for cardiopulmonary resuscitation training and real incident support: A mixed-methods evaluation study . *Journal of Medical Internet Research* , 16 , e89 . 24647361 10.2196/jmir.2951 PMC3978555 Kwon , J. M. , Lee , Y. , Lee , Y. , Lee , S. , & Park , J. (2018). An algorithm based on deep learning for predicting in-hospital cardiac arrest . *Journal of the American Heart Association* , 7 , e008678 .

10.1161/JAHA.118.008678 29945914 PMC6064911 Lee, H., Shin, S. Y., Seo, M., Nam, G. B., & Joo, S. (2016). Prediction of ventricular tachycardia one hour before occurrence using artificial neural networks. *Scientific Reports*, 6, 32390. 27561321 10.1038/srep32390 PMC4999952

McManus, D. D., Chong, J. W., Soni, A., Saczynski, J. S., Esa, N., Napolitano, C., ... Chon, K. H. (2016). PULSESMART: Pulse-based arrhythmia discrimination using a novel smartphone application. *Journal of Cardiovascular Electrophysiology*, 27, 51 – 57. 26391728 10.1111/jce.12842 PMC4768310

Merchant, R. M., Abella, B. S., Abotsi, E. J., Smith, T. M., Long, J. A., Trudeau, M. E., & Asch, D. A. (2010). Cell phone cardiopulmonary resuscitation: Audio instructions when needed by lay rescuers: A randomized, controlled trial. *Annals of Emergency Medicine*, 55, 538 – 543. 20202719 10.1016/j.annemergmed.2010.01.020

Neves Briard, J., Grouboileau, F., El Bashtaly, A., Spenard, C., de Champlain, F., & Homier, V. (2019). Automated external defibrillator geolocalization with a mobile application, verbal assistance or no assistance: A pilot randomized simulation (AED GMAP). *Prehospital Emergency Care*, 23, 420 – 429. 30111222 10.1080/10903127.2018.1511017

Paal, P., Pircher, I., Baur, T., Gruber, E., Strasak, A. M., Herff, H., ... Mitterlechner, T. (2012). Mobile phone-assisted basic life support augmented with a metronome. *Journal of Emergency Medicine*, 43, 472 – 477. 10.1016/j.jemermed.2011.09.011 22257600

Praveen Kumar, D., Amgoth, T., & Annavarapu, C. S. R. (2019). Machine learning algorithms for wireless sensor networks: A survey. *Information Fusion*, 49, 1 – 25. Reed, M. J., Grubb, N. R., Lang, C. C., O'Brien, R., Simpson, K., Padarenga, M., ... Coats, T. (2019). Multi-centre randomised controlled trial of a smartphone-based event recorder alongside standard care versus standard care for patients presenting to the emergency department with palpitations and pre-syncope: The IPED (Investigation of Palpitations in the ED) study. *EClinicalMedicine*, 8, 37 – 46. 31193636 10.1016/j.eclinm.2019.02.005 PMC6537555

Rickard, J., Ahmed, S., Baruch, M., Klocman, B., Martin, D. O., & Menon, V. (2011). Utility of a novel watch-based pulse detection system to detect pulselessness in human subjects. *Heart Rhythm*, 8, 1895 – 1899. 21802393 10.1016/j.hrthm.2011.07.030

Ringh, M., Rosenqvist, M., Hollenberg, J., Jonsson, M., Fredman, D., Nordberg, P., ... Svensson, L. (2015). Mobile phone dispatch of laypersons for CPR in out-of-hospital cardiac arrest. *New England Journal of Medicine*, 372, 2316 – 2325. 10.1056/NEJMoa1406038 26061836

Ringwald, M., Crich, A., & Beysard, N. (2019). Smart watch recording of ventricular tachycardia: Case study. *The American Journal of Emergency Medicine*, 38 (4), 849.e3–849.e5. 10.1016/j.ajem.2019.10.040 31785973

Sakai, T., Iwami, T., Kitamura, T., Nishiyama, C., Kawamura, T., Kajino, K., ... Shimazu, T. (2011). Effectiveness of the new “Mobile AED Map” to find and retrieve an AED: A randomized controlled trial. *Resuscitation*, 82, 69 – 73. 21051130 10.1016/j.resuscitation.2010.09.466

Steinberg, J. S., Varma, N., Cygankiewicz, I., Aziz, P., Balsam, P., Baranchuk, A., ... Piotrowicz, R. (2017). 2017 ISHNE-HRS expert consensus statement on ambulatory ECG and external cardiac monitoring/telemetry. *Annals of Noninvasive Electrocardiology*, 22, e12447. 10.1111/anec.12447 PMC6931745 28480632

Waks, J. W., Fein, A. S., & Das, S. (2015). Wide complex tachycardia recorded with a smartphone cardiac rhythm monitor. *Journal of the American Medical Association Internal Medicine*, 175, 437 – 439. 25621880 10.1001/jamainternmed.2014.7586

Weisfeldt, M. L., Sitlani, C. M., Ornato, J. P., Rea, T., Aufderheide, T. P., Davis, D., ... Morrison, L. J. (2010). Survival after application of automatic external defibrillators before arrival of the emergency medical system: Evaluation in the resuscitation outcomes consortium population of 21 million. *Journal of the American College of Cardiology*, 55, 1713 – 1720. 20394876 10.1016/j.jacc.2009.11.077 PMC3008654

Wu, O., Briggs, A., Kemp, T., Gray, A., MacIntyre, K., Rowley, J., & Willett, K. (2012). Mobile phone use for contacting emergency services in life threatening circumstances. *Journal of Emergency Medicine*, 42, 291 – 298. 10.1016/j.jemermed.2011.02.022 22142669

You, J. S., Park, S., Chung, S. P., & Park, J. W. (2008). Performance of cellular phones with video telephony in the use of automated external defibrillators by untrained laypersons. *Emergency Medicine Journal*, 25, 597 – 600. 18723715 10.1136/emj.2008.058503

REFERENCES TABLE 4 Boyne, J. J., Vrijhoef, H. J., Crijns, H. J., De Weerd, G., Kragten, J., Gorgels, A. P., & TEHAF investigators (2012). Tailored telemonitoring in patients with heart failure: Results of a multicentre randomized controlled trial. *European Journal of Heart Failure*, 14, 791 – 801. 22588319 10.1093/eurjhf/hfs058

Chaudhry, S. I., Mattera, J. A., Curtis, J. P., Spertus, J. A., Herrin, J., Lin, Z., ... Krumholz, H. M. (2010). Telemonitoring in patients with heart failure. *New England Journal of Medicine*, 363, 2301 – 2309

. 10.1056/NEJMoa1010029 PMC3237394 21080835 Koehler , F. , Winkler , S. , Schieber , M. , Sechtem , U. , Stangl , K. , Böhm , M. , ... Anker , S. D. (2011). Telemedical Interventional Monitoring in Heart Failure Investigators. Impact of remote telemedical management on mortality and hospitalizations in ambulatory patients with chronic heart failure: The Telemedical Interventional Monitoring in Heart Failure study . *Circulation* , 123 , 1873 – 80 . 21444883 10.1161/CIRCULATIONAHA.111.018473 Ong , M. K. , Romano , P. S. , Edgington , S. , Aronow , H. U. , Auerbach , A. D. , Black , J. T. , ... Fonarow , G. C. (2016). Better effectiveness after transition—heart failure (BEAT—HF) research group. Effectiveness of remote patient monitoring after discharge of hospitalized patients with heart failure: the better effectiveness after transition—heart failure (BEAT—HF) randomized clinical trial . *Journal of the American Medical Association Internal Medicine* , 176 , 310 – 318 . 26857383 10.1001/jamainternmed.2015.7712 PMC4827701 Takahashi , P. Y. , Pecina , J. L. , Upatising , B. , Chaudhry , R. , Shah , N. D. , Van Houten , H. , ... Hanson , G. J. (2012). A randomized controlled trial of telemonitoring in older adults with multiple health issues to prevent hospitalizations and emergency department visits . *Archives of Internal Medicine* , 172 , 773 – 779 . 22507696 10.1001/archinternmed.2012.256 PMC3914200 Stehlik , J. , Schmalfluss , C. , Bozkurt , B. , Nativi—Nicolau , J. , Wohlfahrt , P. , Wegerich , S. , ... Pham , M. (2020). Continuous wearable monitoring analytics predict heart failure hospitalization the LINK—HF multicenter study . *Circulation Heart Failure* , 13 , e006513 . 10.1161/CIRCHEARTFAILURE.119.006513 32093506 REFERENCES SECTION 4 Chung , M. K. , Eckhardt , L. L. , Chen , L. Y. , Ahmed , H. M. , Gopinathannaie , R. , Joglar , J. A. , ... Trulock , K. M. (2020). Lifestyle and risk factor modification for reduction of atrial fibrillation: A scientific statement from the American Heart Association . *Circulation* , 141 , e750–e772 . 10.1161/CIR.0000000000000748 32148086 January , C. T. , Wann , L. S. , Calkins , H. , Chen , L. Y. , Cogarroat , J. E. , Cleveland , J. C. , ... Yancy , C. W. (2019). 2019 AHA/ACC/HRS Focused Update of the 2014 AHA/ACC/HRS Guideline for the Management of Patients With Atrial Fibrillation: A Report of the American College of Cardiology/American Heart Association Task Force on Clinical Practice Guidelines and the Heart Rhythm Society in Collaboration With the Society of Thoracic Surgeons . *Circulation* , 140 , e125–e151 . 10.1161/CIR.0000000000000665 30686041 4.1.

10.7812/TPP/19-025 PMC6636475 31314734 Chow , C. K. , Redfern , J. , Hillis , G. S. , Thakkar , J. , Santo , K. , Hackett , M. L. , ... Thiagalingam , A. (2015). Effect of lifestyle—focused text messaging on risk factor modification in patients with coronary heart disease: A randomized clinical trial . *Journal of the American Medical Association* , 314 , 1255 – 1263 . 26393848 10.1001/jama.2015.10945 Clemmensen , P. , Loumann—Nielsen , S. , & Sejersten , M. (2010). Telemedicine fighting acute coronary syndromes . *Journal of Electrocardiology* , 43 , 615 – 618 . 20832815 10.1016/j.jelectrocard.2010.06.012 Gibson , C. M. , Holmes , D. , Mikdad , I. G. , Presser , D. , Wohms , D. , Yee , M. K. , & Krucoff , M. W. (2019). Implantable cardiac alert system for early recognition of ST—segment elevation myocardial infarction . *Journal of the American College of Cardiology* , 73 , 1919 – 1927 . 30842028 10.1016/j.jacc.2019.01.014 Holmes , D. R. Jr , Krucoff , M. W. , Mullin , C. , Mikdadi , G. , Presser , D. , Wohms , D. , ... Gibson , C. M. (2019). Implanted monitor alerting to reduce treatment delay in patients with acute coronary syndrome events . *Journal of the American College of Cardiology* , 74 , 2047 – 2055 . 31623762 10.1016/j.jacc.2019.07.084 Horwitz , L. I. , Moriarty , J. P. , Chen , C. , Fogerty , R. L. , Brewster , U. C. , Kanade , S. , ... Krumholz , H. M. (2013). Quality of discharge practices and patient understanding at an academic medical center . *Journal of the American Medical Association Internal Medicine* , 173 , 1715 – 1722 . 23958851 10.1001/jamainternmed.2013.9318 PMC3836871 Moser , D. K. , Kimble , L. P. , Alberts , M. J. , Alonzo , A. , Croft , J. B. , Dracup , K. , ... Zerwic , J. J. (2006). American Heart Association Council on Cardiovascular Nursing and Stroke Council. Reducing delay in seeking treatment by patients with acute coronary syndrome and stroke: a scientific statement from the American Heart Association Council on Cardiovascular Nursing and Stroke Council . *Circulation* , 114 , 168 – 182 . 16801458 10.1161/CIRCULATIONAHA.106.176040 Park , L. G. , Beatty , A. , Stafford , Z. , & Whooley , M. A. (2016). Mobile phone interventions for the secondary prevention of cardiovascular disease . *Progress in Cardiovascular Diseases* , 58 , 639 – 650 . 27001245 10.1016/j.pcad.2016.03.002 PMC4904827 Pizzetti , F. , Turazza , F. M. , Franzosi , M. G. , Barlera , S. , Ledda , A. , Maggioni , A. P. , ... Tognoni , G. (2001). Incidence

and prognostic significance of atrial fibrillation in acute myocardial infarction: the GISSI-3 data . *Heart* , 86 , 527 – 532 . 11602545 10.1136/heart.86.5.527 PMC1729969 Ritchey , M. D. , Maresh , S. , McNeely , J. , Shaffer , T. , Jackson , S. L. , Keteyian , S. J. , ... Wright , J. (2020). Tracking cardiac rehabilitation participation and completion among medicare beneficiaries to inform the efforts of a national initiative . *Circulation: Cardiovascular Quality and Outcome* , 13 , e005902 . 10.1161/CIRCOUTCOMES.119.005902 PMC8091573 31931615 Sanchez-Ross , M. , Oghladian , G. , Maher , J. , Patel , B. , Mazza , V. , Hom , D. , ... Klapholz , M. (2011). The STAT-MI (ST-Segment analysis using wireless technology in acute myocardial Infarction) trial improves outcomes . *Journal of the American College of Cardiology* , 4 , 222 – 227 . 10.1016/j.jcin.2010.11.007 21349462 Shariful Islam , S. M. , Farmer , A. J. , Bobrow , K. , Maddison , R. , Whittaker , R. , Pfaeffli Dale , L. A. , ... Chow , C. K. (2019). Mobile phone text-messaging interventions aimed to prevent cardiovascular diseases (Text2PreventCVD): Systematic review and individual patient data meta-analysis . *Open Heart* , 6 , e001017 . 31673381 10.1136/openhrt-2019-001017 PMC6802999 Unal , E. , Giakoumidakis , K. , Khan , E. , & Patelarou , E. (2018). Mobile phone text messaging for improving secondary prevention in cardiovascular diseases: A systematic review . *Heart Lung* , 47 , 351 – 359 . 29803297 10.1016/j.hrtlng.2018.05.009 Van Heuverswyn , F. , De Buyzere , M. , Coeman , M. , de Pooter , J. , Drieghe , B. , Duyschaever , M. , ... Gheeraert , P. (2019). Feasibility and performance of a device for automatic self-detection of symptomatic acute coronary artery occlusion in outpatients with coronary artery disease: A multicentre observational study . *Lancet Digital Health* , 1 , e90–e99 . 33323233 10.1016/S2589-7500(19)30026-3 Varnfield , M. , Karunanithi , M. , Lee , C. K. , Honeyman , E. , Arnold , D. , Ding , H. , ... Walters , D. L. (2014). Smartphone-based home care model improved use of cardiac rehabilitation in postmyocardial infarction patients: Results from a randomised controlled trial . *Heart* , 100 , 1770 – 1779 . 24973083 10.1136/heartjnl-2014-305783 Vollmer , W. M. , Owen-Smith , A. A. , Tom , J. O. , Laws , R. , Ditmer , D. G. , Smith , D. H. , ... Williams , A. (2014). Improving adherence to cardiovascular disease medications with information technology . *The American Journal of Managed Care* , 20 (SP17) , SP502–SP510 . 25811824 PMC6358176 Ziaeeian , B. , Araujo , K. L. , Van Ness , P. H. , & Horwitz , L. I. (2012). Medication reconciliation accuracy and patient understanding of intended medication changes on hospital discharge . *Journal of General Internal Medicine* , 27 , 1513 – 1520 . 22798200 10.1007/s11606-012-2168-4 PMC3475816 Zwisler , A. D. , Norton , R. J. , Dean , S. G. , Dalal , H. , Tang , L. H. , Wingham , J. , & Taylor , R. S. (2016). Home-based cardiac rehabilitation for people with heart failure: A systematic review and meta-analysis . *International Journal of Cardiology* , 221 , 963 – 969 . 27441476 10.1016/j.ijcard.2016.06.207 4.2.

26560249 10.1016/S0140-6736(15)00723-0 Albert , C. , & Estep , J. D. (2019). Economic impact of chronic heart failure management in today's cost-conscious environment . *Cardiac Electrophysiology Clinics* , 11 , 1 – 9 . 30717841 10.1016/j.ccep.2018.11.002 Benjamin , E. J. , Blaha , M. J. , Chiuve , S. E. , Cushman , M. , Das , S. R. , Deo , R. , ... Muntner , P. (2017). Heart disease and stroke statistics-2017 update: A report from the American Heart Association . *Circulation* , 135 , e146–603 . 28122885 10.1161/CIR.0000000000000485 PMC5408160 Boyne , J. J. , Vrijhoef , H. J. , Crijns , H. J. , De Weerd , G. , Kragten , J. , Gorgels , A. P. , ... TEHAF Investigators (2012). Tailored telemonitoring in patients with heart failure: Results of a multicentre randomized controlled trial . *European Journal of Heart Failure* , 14 , 791 – 801 . 22588319 10.1093/eurjhf/hfs058 Carbo , A. , Gupta , M. , Tamariz , L. , Palacio , A. , Levis , S. , Nemeth , Z. , & Dang , S. (2018). Mobile technologies for managing heart failure: a systematic review and meta-analysis . *Telemedicine and e-Health* , 24 (12) , 958 – 968 . 10.1089/tmj.2017.0269 . Online ahead of print. 29608430 Chaudhry , S. I. , Mattera , J. A. , Curtis , J. P. , Spertus , J. A. , Herrin , J. , Lin , Z. , ... Krumholz , H. M. (2010). Telemonitoring in patients with heart failure . *New England Journal of Medicine* , 363 , 2301 – 2309 . 10.1056/NEJMoa1010029 PMC3237394 21080835 Desai , A. S. , Bhimaraj , A. , Bharmi , R. , Jermyn , R. , Bhatt , K. , Shavelle , D. , ... Heywood , J. T. (2017). Ambulatory hemodynamic monitoring reduces heart failure hospitalizations in “real-world” clinical practice . *Journal of the American College of Cardiology* , 69 , 2357 – 65 . 28330751 10.1016/j.jacc.2017.03.009 Dickinson , M. , Allen , L. , Albert , N. A. , DiSalvo , T. , Ewald , G. A. , Vest , A. R. , ... Givertz , M. M. (2018). Consensus Statement. Remote monitoring of patients with heart failure: A white paper from the Heart Failure Society of

American Scientific Statements Committee . Journal of Cardiac Failure , 24 , 682 – 694 .
 10.1016/j.cardfail.2018.08.011 30308242 Koehler , F. , Koehler , K. , Deckwart , O. , Prescher , S. , Wegscheider , K. , Kirwan , B. A. , ... Stangl , K. (2018). Efficacy of telemedical interventional management in patients with heart failure (TIM²HF2): A randomised, controlled, parallel-group, unmasked trial . Lancet , 392 , 1047 – 1057 . 10.1016/S0140-6736(18)31880-4 30153985 Koehler , F. , Winkler , S. , Schieber , M. , Sechtem , U. , Stangl , K. , Böhm , M. , ... Anker , S. D. (2011). Telemedical Interventional Monitoring in Heart Failure Investigators. Impact of remote telemedical management on mortality and hospitalizations in ambulatory patients with chronic heart failure: The Telemedical Interventional Monitoring in Heart Failure study . Circulation , 123 , 1873 – 80 . 21444883 10.1161/CIRCULATIONAHA.111.018473 Ong , M. K. , Romano , P. S. , Edgington , S. , Aronow , H. U. , Auerbach , A. D. , Black , J. T. , ... Fonarow , G. C. (2016). Better effectiveness after transition—heart failure (BEAT²HF) research group. Effectiveness of remote patient monitoring after discharge of hospitalized patients with heart failure: the better effectiveness after transition—heart failure (BEAT²HF) randomized clinical trial . Journal of the American Medical Association Internal Medicine , 176 , 310 – 318 . 26857383 10.1001/jamainternmed.2015.7712 PMC4827701 Ono , M. , & Varma , N. (2017). Remote monitoring to Improve long-term prognosis in heart failure patients with implantable cardioverter-defibrillators . Expert Review of Medical Devices , 14 , 335 – 342 . 28299956 10.1080/17434440.2017.1306438 Takahashi , P. Y. , Pecina , J. L. , Upatasing , B. , Chaudhry , R. , Shah , N. D. , Van Houten , H. , ... Hanson , G. J. (2012). A randomized controlled trial of telemonitoring in older adults with multiple health issues to prevent hospitalizations and emergency department visits . Archives of Internal Medicine , 172 , 773 – 779 . 22507696 10.1001/archinternmed.2012.256 PMC3914200 4.2.1.

10.1089/tmj.2017.0269 29608430 Chaudhry , S. I. , Mattera , J. A. , Curtis , J. P. , Spertus , J. A. , Herrin , J. , Lin , Z. , ... Krumholz , H. M. (2010). Telemonitoring in patients with heart failure . New England Journal of Medicine , 363 , 2301 – 2309 . 10.1056/NEJMoa1010029 PMC3237394 21080835 Cipresso , P. , Serino , S. , Villan , I. D. , Repetto , C. , Sellitti , L. , Albani , A. , ... Rivaet , G. (2012). Is your phone so smart to affect your states? An exploratory study based on psychophysiological measures . Neurocomputing , 84 , 23 – 30 . Hamilton , S. J. , Mills , B. , Birch , E. M. , & Thompson , S. C. (2018). Smartphones in the secondary prevention of cardiovascular disease: A systematic review . BMC Cardiovascular Disorders , 18 , 25 . 29415680 10.1186/s12872-018-0764-x PMC5803998 Molinaro , N. , Massaroni , C. , Lo Presti , D. , Saccomandi , P. , Di Tomaso , G. , Zollo , L. , ... Schena , E. (2018). Wearable textile based on silver plated knitted sensor for respiratory rate monitoring . Conference Proceedings IEEE Engineering in Medicine and Biology Society (EMBC) , 2865–2868 , 10.1109/EMBC.2018.8512958 . 30440999 Stehlik , J. , Schmalfuss , C. , Bozkurt , B. , Nativi-Nicolau , J. , Wohlfahrt , P. , Wegerich , S. , ... Pham , M. (2020). Continuous wearable monitoring analytics predict heart failure hospitalization the LINK²HF multicenter study . Circulation Heart Failure , 13 , e006513 . 10.1161/CIRCHEARTFAILURE.119.006513 32093506 4.2.2.

10689271 10.1016/s0002-8703(00)90100-5 Kouidi , E. , Farmakiotis , A. , Kouidis , N. , & Deligiannis , A. (2006). Transtelephonic electrocardiographic monitoring of an outpatient cardiac rehabilitation programme . Clinical Rehabilitation , 20 , 1100 – 1104 . 17148522 10.1177/0269215506071256 Piepoli , M. F. , Conraads , V. , Corrà , U. , Agostoni , I. P. , Coats , A. J. , Conraads , V. , ... Ponikowski , P. P. (2011). Exercise training in heart failure: from theory to practice. A consensus document of the Heart Failure Association and the European Association for Cardiovascular Prevention and Rehabilitation . European Journal of Heart Failure , 13 , 347 – 357 . 21436360 10.1093/eurjhf/hfr017 Piotrowicz , E. , Buchner , T. , Piotrowski , W. , & Piotrowicz , R. (2015). Influence of Home-based telemonitored Nordic walking training on autonomic nervous system balance in heart failure patients . Archives of Medical Science , 11 , 1205 – 1212 . 26788081 10.5114/aoms.2015.56346 PMC4697054 Piotrowicz , E. , Pencina , M. J. , Opolski , G. , Zareba , W. , Banach , M. , Kowalik , I. , ... Piotrowicz , R. (2019). Effects of a 9-Week Hybrid Comprehensive Telerehabilitation Program on Long-term Outcomes in Patients With Heart Failure. The Telerehabilitation in Heart Failure Patients (TELEREH²HF) Randomized Clinical Trial . Journal of the American Medical Association Cardiology , 5 (3) , 300 – 308 . 10.1001/jamacardio.2019.5006 PMC6865325 31734701 Piotrowicz , E. , Piepoli , M. F. , Jaarsma ,

T. , Lambrinou , E. , Coats , A. J. , Schmid , J. P. , ... Ponikowski , P. P. (2016). Telerehabilitation in heart failure patients: The evidence and the pitfalls . *International Journal of Cardiology* , 220 , 408 – 413 . 27390963 10.1016/j.ijcard.2016.06.277

Piotrowicz , E. , Piotrowicz , R. , Opolski , G. , Pencina , M. , Banach , M. , & Zaręba , W. (2019). Hybrid comprehensive telerehabilitation in heart failure patients (TELEREH-HF): A randomized, multicenter, prospective, open-label, parallel group controlled trial ■ Study design and description of the intervention . *American Heart Journal* , 217 , 148 – 158 . 31654944 10.1016/j.ahj.2019.08.015

Piotrowicz , E. , Piotrowski , W. , & Piotrowicz , R. (2016). Positive effects of the reversion of depression on the sympathovagal balance after telerehabilitation in heart failure patients . *Annals of Noninvasive Electrocardiology* , 21 , 358 – 368 . 26524699 10.1111/anec.12320 PMC6931596

Piotrowicz , E. , Stepnowska , M. , Leszczyńska-Iwanicka , K. , Piotrowska , D. , Kowalska , M. , Tylka , J. , ... Piotrowicz , R. (2015). Quality of life in heart failure patients undergoing home-based telerehabilitation versus outpatient rehabilitation ■ a randomized controlled study . *European Journal of Cardiovascular Nursing* , 14 , 256 – 263 . 24849304 10.1177/1474515114537023

Piotrowicz , E. , Zieliński , T. , Bodalski , R. , Rywik , T. , Dobraszkievicz-Wasilewska , B. , Sobieszka-Mańek , M. , ... Piotrowicz , R. (2015). Home-based telemonitored Nordic walking training is well accepted, safe, effective and has high adherence among heart failure patients, including those with cardiovascular implantable electronic devices – a randomized controlled study . *European Journal of Preventive Cardiology* , 22 , 1368 – 1377 . 25261268 10.1177/2047487314551537

Ponikowski , P. , Voors , A. A. , Anker , S. D. , Bueno , H. , Cleland , J. G. F. , Coats , A. J. S. , ... van der Meer , P. (2016). ESC Scientific Document Group. 2016 ESC Guidelines for the diagnosis and treatment of acute and chronic heart failure: The Task Force for the diagnosis and treatment of acute and chronic heart failure of the European Society of Cardiology (ESC) Developed with the special contribution of the Heart Failure Association (HFA) of the ESC . *European Heart Journal* , 37 , 2129 – 2200 . 27206819 10.1093/eurheartj/ehw128

Smart , N. , Haluska , B. , Jeffriess , L. , & Marwick , T. H. (2005). Predictors of a sustained response to exercise training in patients with chronic heart failure: A telemonitoring study . *American Heart Journal* , 150 , 1240 – 1247 . 16338266 10.1016/j.ahj.2005.01.035

Thomas , R. J. , Beatty , A. L. , Beckie , T. M. , Brewer , L. C. , Brown , T. M. , Forman , D. E. , ... Whooley , M. A. (2019). Home-based cardiac rehabilitation. A scientific statement from the American Association of Cardiovascular and Pulmonary Rehabilitation the American Heart Association, and the American College of Cardiology . *Journal of the American College of Cardiology* , 74 , 133 – 153 . 31097258 10.1016/j.jacc.2019.03.008 PMC7341112 4.3.

30632972 10.2196/10321 PMC6329896

Andrès , E. , Meyer , L. , Zulfiqar , A. A. , Hajjam , M. , Talha , S. , Bahougne , T. , ... Hajjam El Hassani , A. (2019). Telemonitoring in diabetes: Evolution of concepts and technologies, with a focus on results of the more recent studies . *Journal of Medicine and Life* , 12 , 203 – 214 . 31666818 10.25122/jml-2019-0006 PMC6814890

Balakumar , P. , Maung U , K. , & Jagadeesh , G. (2016). Prevalence and prevention of cardiovascular disease and diabetes mellitus . *Pharmacological Research* , 113 (Pt A), 600 – 609 . 27697647 10.1016/j.phrs.2016.09.040

Chang , S. H. , Wu , L. S. , Chiou , M. J. , Liu , J. R. , Yu , K. H. , Kuo , C. F. , ... See , L. C. (2014). Association of metformin with lower atrial fibrillation risk among patients with type 2 diabetes mellitus: A population-based dynamic cohort and in vitro studies . *Cardiovascular Diabetology* , 13 , 123 . 10.1186/s12933-014-0123-x 25106079 PMC4149273

Chao , T. F. , Leu , H. B. , Huang , C. C. , Chen , J. W. , Chan , W. L. , Lin , S. J. , & Chen , S. A. (2012). Thiazolidinediones can prevent new onset atrial fibrillation in patients with non-insulin dependent diabetes . *International Journal of Cardiology* , 156 , 199 – 202 . 10.1016/j.ijcard.2011.08.081 21930315

Cosentino , F. , Grant , P. J. , Aboyans , V. , Bailey , C. J. , Ceriello , A. , ... Wheeler , D. C. (2020). ESC Scientific Document Group. 2019 ESC Guidelines on diabetes, pre-diabetes, and cardiovascular diseases developed in collaboration with the EASD . *European Heart Journal* , 41 , 255 – 323 . 10.1093/eurheartj/ehz486 31497854

Donnelan , E. , Agaard , P. , Kanj , M. , Jabe , R. W. , Elshazly , M. , Hoosien , M. , ... Wazni , O. (2019). Association between pre-ablation glycemic control and outcomes among patients with diabetes undergoing atrial fibrillation ablation . *Journal of the American Medical Association Clinical Electrophysiology* , 5 , 397 – 903 . 10.1016/j.jacep.2019.05.018 31439289

Fleming , G. A. , Petrie , J. R. , Bergenstal , R. M. , Holl , R. W. , Peters , A. L. , & Heinemann , L. (2020). Diabetes digital app technology: Benefits, challenges, and recommendations. A Consensus Report by the European Association for the Study

of Diabetes (EASD) and the American Diabetes Association (ADA) Diabetes Technology Working Group . *Diabetes Care* , 43 , 250 – 260 . 10.2337/dci19-0062 31806649 Fokkert , M. J , van Dijk , P. R , Edens , M. A , Abbes , S. , de Jong , D. , Slingerland , R. J , & Bilo , H. J. G. (2017). Performance of the FreeStyle Libre Flash glucose monitoring system in patients with type 1 and 2 diabetes mellitus . *BMJ Open Diabetes Research & Care* , 5 (1), e000320 . 10.1136/bmjdr-2016-000320 PMC5316912 28243449 Fokkert , M. , van Dijk , P. , Edens , M. , Barents , E. , Mollema , J. , Slingerland , R. , ... Bilo , H. (2019). Improved well-being and decreased disease burden after 1-year use of flash glucose monitoring (FLARE-NL4) . *BMJ Open Diabetes Research and Care* , 7 , e000809 . 10.1136/bmjdr-2019-0008093 PMC6904165 31875133 Garabedian , L. F. , Ross-Degnan , D. , & Wharam , J. F. (2015). Mobile phone and smartphone technologies for diabetes care and self-management . *Current Diabetes Reports* , 15 , 109 . 26458380 10.1007/s11892-015-0680-8 PMC6525331 Goudis , C. A. , Korantzopoulos , P. , Ntalas , I. V. , Kallergis , E. M. , Liu , T. , & Ketikoglou , D. G. (2015). Diabetes mellitus and atrial fibrillation: Pathophysiological mechanisms and potential upstream therapies . *International Journal of Cardiology* , 184 , 617 – 622 . 25770841 10.1016/j.ijcard.2015.03.052 Gu , J. , Liu , X. , Wang , X. , Shi , H. , Tan , H. , Zhou , L. , ... Wang , Y. (2011). Beneficial effect of pioglitazone on the outcome of catheter ablation in patients with paroxysmal atrial fibrillation and type 2 diabetes mellitus . *Europace* , 13 (9), 1256 – 1261 . 10.1093/europace/eur131 21551479 Liang , X. , Wang , Q. , Yang , X. , Cao , J. , Chen , J. , Mo , X. , ... Gu , D. (2011). Effect of mobile phone intervention for diabetes on glycaemic control: A meta-analysis . *Diabetic Medicine* , 28 , 455 – 463 . 21392066 10.1111/j.1464-5491.2010.03180.x Otake , H. , Suzuki , H. , Honda , T. , & Maruyama , Y. (2009). Influences of autonomic nervous system on atrial arrhythmogenic substrates and the incidence of atrial fibrillation in diabetic heart . *International Heart Journal* , 50 (5), 627 – 641 . 10.1536/ihj.50.627 19809211 Pal , K. , Eastwood , S. V. , Michie , S. , Farmer , A. , Barnard , M. L. , Peacock , R. , ... Murray , E. (2014). Computer-based interventions to improve self-management in adults with type 2 diabetes: A systematic review and meta-analysis . *Diabetes Care* , 37 , 1759 – 1766 . 24855158 10.2337/dc13-1386 Pillay , J. , Armstrong , M. J. , Butalia , S. , Donovan , L. E. , Sigal , R. J. , Chordiya , P. , ... Dryden , D. M. (2015). Behavioral programs for type 1 diabetes mellitus: A systematic review and meta-analysis . *Annals of Internal Medicine* , 163 , 836 – 847 . 26414020 10.7326/M15-1399 Quinn , C. , Shardell , M. , Terrin , M. , Barr , E. A. , Ballew , S. H. , & Gruber-Baldini , A. L. (2011). Cluster-randomized trial of a mobile phone personalized behavioral intervention for blood glucose control . *Diabetes Care* , 34 , 1934 – 1942 . 21788632 10.2337/dc11-0366 PMC3161305 Saffari , M. , Ghanizadeh , G. , & Koenig , H. G. (2014). Health education via mobile text messaging for glycemic control in adults with type 2 diabetes: A systematic review and meta-analysis . *Primary Care Diabetes* , 8 , 275 – 285 . 24793589 10.1016/j.pcd.2014.03.004 Veazie , S. , Winchell , K. , Gilbert , J. , Paynter , R. , Ivlev , I. , Eden , K. B. , ... Helfand , M. (2018). Rapid evidence review of mobile applications for self-management of diabetes . *Journal of General Internal Medicine* , 33 , 1167 – 1176 . 29740786 10.1007/s11606-018-4410-1 PMC6025680 Wang , A. , Green , J. B. , Halperin , J. L. , & Piccini , J. P. Sr (2019). Atrial fibrillation and diabetes mellitus . *Journal of the American College of Cardiology* , 74 , 1107 – 1115 . 31439220 10.1016/j.jacc.2019.07.020 Whaley , C. M. , Bollyky , J. B. , Lu , W. , Painter , S. , Schneider , J. , Zhao , Z. , & Meadows , E. S. (2019). Reduced medical spending associated with increased use of a remote diabetes management program and lower mean blood glucose values . *Journal of Medical Economics* , 22 , 869 – 877 . 31012392 10.1080/13696998.2019.1609483 Wilkinson , M. J. , Zadourian , A. , & Taub , P. R. (2019). Heart failure and diabetes mellitus: Defining the problem and exploring the interrelationship . *American Journal of Cardiology* , 124 (Suppl 1), S3 – S11 . 10.1016/j.amjcard.2019.10.024 31741438 Wingerter , R. , Steiger , N. , Burrows , A. , Estes , N. A. M. (2020). Impact of lifestyle modification on atrial fibrillation . *American Journal of Cardiology* , 125 , 289 – 297 . 10.1016/j.amjcard.2019.10.018 31761147 4.4.

21747013 10.1001/archinternmed.2011.276 Duan , Y. , Xie , Z. , Dong , F. , Wu , Z. , Lin , Z. , Sun , N. , & Xu , J. (2017). Effectiveness of home blood pressure telemonitoring: a systematic review and meta-analysis of randomised controlled studies . *Journal of Human Hypertension* , 31 , 427 – 437 . 28332506 10.1038/jhh.2016.99 Huxley , R. R. , Lopez , F. L. , Folsom , A. R. , Agarwal , S. K. , Loehr , L. R. , Soliman , E. Z. , ... Alonso , A. (2011). Absolute and attributable risks of atrial

fibrillation in relation to optimal and borderline risk factors: the Atherosclerosis Risk in Communities (ARIC) study . *Circulation* , 123 , 1501 – 1508 . 10.1161/CIRCULATIONAHA.110.009035 21444879 PMC3181498 Kim , Y.■N. , Shin , D. G. , Park , S. , & Lee , C. H. (2015). Randomized clinical trial to assess the effectiveness of remote patient monitoring and physician care in reducing office blood pressure . *Hypertension Research* , 38 , 491 – 497 . 25787041 10.1038/hr.2015.32 McManus , R. J. , Mant , J. , Bray , E. P. , Holder , R. , Jones , M. I. , Greenfield , S. , ... Hobbs , F. D. (2010). Telemonitoring and self■management in the control of hypertension (TASMINH2): A randomised controlled trial . *Lancet* , 376 , 163 – 172 . 20619448 10.1016/S0140-6736(10)60964-6 McManus , R. J. , Mant , J. , Franssen , M. , Nickless , A. , Schwartz , C. , Hodgkinson , J. , ... Hobbs , F. D. R. (2018). Efficacy of self■monitored blood pressure, with or without telemonitoring, for titration of antihypertensive medication (TASMINH4): An unmasked randomised controlled trial . *Lancet* , 391 , 949 – 959 . 29499873 10.1016/S0140-6736(18)30309-X PMC5854463 Monahan , M. , Jowett , S. , Nickless , A. , Franssen , M. , Grant , S. , Greenfield , S. , ... McManus , R. J. (2019). Cost■effectiveness of telemonitoring and self■monitoring of blood pressure for antihypertensive titration in primary care (TASMINH4) . *Hypertension* , 73 , 1231 – 1239 . 31067190 10.1161/HYPERTENSIONAHA.118.12415 PMC6510405 Tucker , K. L. , Sheppard , J. P. , Stevens , R. , Bosworth , H. B. , Bove , A. , Bray , E. P. , ... McManus , R. J. (2017). Self■monitoring of blood pressure in hypertension: A systematic review and individual patient data meta■analysis . *PLoS Medicine* , 14 , e1002389 . 28926573 10.1371/journal.pmed.1002389 PMC5604965 Williams , B. , Mancia , G. , Spiering , W. , Agabiti Rosei , E. , Azizi , M. , Burnier , M. , ... Desormais , I. (2018). ESC Scientific Document Group. 2018 ESC/ESH Guidelines for the management of arterial hypertension . *European Heart Journal* , 39 , 3021 – 3104 . 30165516 10.1093/eurheartj/ehy339 4.5.

32043961 10.5664/jcsm.8356 PMC7849816 Burgess , H. J. , Trinder , J. , Kim , Y. , & Luke , D. (1997). Sleep and circadian influences on cardiac autonomic nervous system activity . *The American Journal of Physiology* , 273 , H1761 – H1768 . 9362241 10.1152/ajpheart.1997.273.4.H1761 Daghlal , I. , Dashti , H. S. , Lane , L. , Aragam , J. L. , Rutter , M. K. , Saxena , R. , & Vetter , C. (2019). Sleep duration and myocardial infarction . *Journal of the American College of Cardiology* , 74 , 1304 – 1314 . 31488267 10.1016/j.jacc.2019.07.022 PMC6785011 Hirshkowitz , M. , Whiton , K. , Albert , S. M. , Alessi , C. , Bruni , O. , DonCarlos , L. , ... Ware , J. C. (2015). National Sleep Foundation's updated sleep duration recommendations: Final report . *Sleep Health* , 1 , 233 – 243 . 29073398 10.1016/j.sleh.2015.10.004 Huang , T. , Mariani , S. , & Redline , S. (2020). Sleep irregularity and risk of cardiovascular events: The multi■ethnic study of atherosclerosis . *Journal of the American College of Cardiology* , 75 , 991 – 999 . 10.1016/j.jacc.2019.12.054 32138974 PMC7237955 Khosla , S. , Deak , M. C. , Gault , D. , Goldstein , C. A. , Hwang , D. , Kwon , Y. , ... Rowley , J. A. (2018). American academy of sleep medicine board of directors. Consumer sleep technology: An American Academy of Sleep Medicine Position Statement . *Journal of Clinical Sleep Medicine* , 14 , 877 – 880 . 29734997 10.5664/jcsm.7128 PMC5940440 Mantua , J. , Gravel , N. , & Spencer , R. M. (2016). Reliability of sleep measures from four personal health monitoring devices compared to research■based actigraphy and polysomnography . *Sensors* , 16 , 646 . 10.3390/s16050646 PMC4883337 27164110 May , A. M. , Blackwell , T. , Stone , P. H. , Stone , K. L. , Cawthon , P. M. , Sauer , W. H. , ... Mehra , R. (2016). Central sleep■disordered breathing predicts incident atrial fibrillation in older men . *American Journal of Respiratory Critical Care Medicine* , 193 , 783 – 791 . 26595380 10.1164/rccm.201508-1523OC PMC4824932 May , A. M. , Van Wagoner , D. R. , & Mehra , R. (2017). OSA and cardiac arrhythmogenesis: Mechanistic insights . *Chest* , 151 , 225 – 241 . 27693594 10.1016/j.chest.2016.09.014 PMC5989643 Mehra , R. , Benjamin , E. J. , Shahar , E. , Gottlieb , D. J. , Nawabit , R. , Kirchner , H. L. , & Redline , S. (2006). Sleep Heart Health Study. Association of nocturnal arrhythmias with sleep■disordered breathing: The Sleep Heart Health Study . *American Journal of Respiratory Critical Care Medicine* , 173 , 910 – 916 . 16424443 10.1164/rccm.200509-1442OC PMC2662909 Qureshi , W. T. , Nasir , U. B. , Alqalyoobi , S. , O'Neal , W. T. , Mawri , S. , Sabbagh , S. , & Al■Mallah , M. H. (2015). Meta■analysis of continuous positive airway pressure as a therapy of atrial fibrillation in obstructive sleep apnea . *American Journal of Cardiology* , 116 (11), 1767 – 1773 . 10.1016/j.amjcard.2015.08.04 26482182 Selvaraj , N. , & Narasimhan , R. (2014). Automated prediction of the apnea■hypopnea index

using a wireless patch sensor . Conference Proceedings IEEE Eng Med Biol Soc , 1897–900 , 10.1109/EMBC.2014.6943981 25570349 Youssef , I. , Kamran , H. , Yacoub , M. , Patel , N. , Goulbourne , C. , Kumar , S. , Kane , J. , ... McFarlane , S.I. (2018). Obstructive sleep apnea as a risk factor for atrial fibrillation: A meta-analysis . *Journal of Sleep Disorders & Therapy* , 7 , 282 . 10.4172/2167-0277.1000282 29657903 PMC5898401 Institute of Medicine (US) Committee on Sleep Medicine and Research; Colten HR AB, editors. *Sleep Disorders and Sleep Deprivation: An Unmet Public Health Problem*. Washington (DC): National Academies Press (US) (2006). 3, Extent and Health Consequences of Chronic Sleep Loss and Sleep Disorders. Available from: <http://www.ncbi.nlm.nih.gov/books/NBK19961/> 20669438 4.6.1.

10.1093/europace/eup197 19633305 Andersen , K. , Farahmand , B. , Ahlbom , A. , Held , C. , Ljunghall , S. , Michaelsson , K. , & Sundstrom , J. (2013). Risk of arrhythmias in 52 755 long-distance crosscountry skiers: A cohort study . *European Heart Journal* , 34 , 3624 – 3631 . 10.1093/eurheartj/eh188 23756332 Aroganam , G. , Manivannan , N. , & Harrison , D. (2019). Review on wearable technology sensors used in consumer sport applications . *Sensors* , 19 , 1983 . 10.3390/s19091983 PMC6540270 31035333 Brunetti , N. D. , DelleGrottaglie , G. , Di Giuseppe , G. , Lopriore , C. , Loiacono , T. , Gardini , G. , Patruno , S. , ... Di Biase , M. (2014). Young football italian amateur players remote electrocardiogram screening with telemedicine (you first) study: Preliminary results . *International Journal of Cardiology* , 176 , 1257 – 1258 . 25124997 10.1016/j.ijcard.2014.07.195 Coppetti , T. , Brauchlin , A. , Müggler , S. , Attinger-Toller , A. , Templin , C. , Schönraht , F. , ... Wyss , C. A. (2017). Accuracy of smartphone apps for heart rate measurement . *European Journal of Preventive Cardiology* , 24 , 1287 – 1293 . 28464700 10.1177/2047487317702044 Dobbs , W. C. , Fedewa , M. V. , MacDonald , H. V. , Holmes , C. J. , Cicone , Z. S. , Plews , D. J. , & Esco , M. R. (2019). The accuracy of acquiring heart rate variability from portable devices: A systematic review and meta-analysis . *Sports Medicine* , 2019 (49), 417 – 435 . 10.1007/s40279-019-01061-5 30706234 Everett , B. M. , Conen , D. , Buring , J. E. , Moorthy , M. V. , Lee , I. M. , & Albert , C. M. (2011). Physical activity and the risk of incident atrial fibrillation in women . *Circulation Cardiovascular Quality Outcomes* , 4 , 321 – 327 . 21487092 10.1161/CIRCOUTCOMES.110.951442 PMC3097307 Faselis , C. , Kokkinos , P. , Tsimploulis , A. , Pittaras , A. , Myers , J. , Lavie , C. J. , ... Moore , H. (2016). Exercise capacity and atrial fibrillation risk in veterans: A cohort study . *Mayo Clinical Proceedings* , 91 (5), 558 – 566 . 10.1016/j.mayocp.2016.03.002 27068670 Jakicic , J. M. , Davis , K. K. , Rogers , R. J. , King , W. C. , Marcus , M. D. , Helsel , D. , ... Belle , S. H. (2016). Effect of wearable technology combined with a lifestyle intervention on long-term weight loss: The IDEA randomized clinical trial . *Journal of the American Medical Association* , 316 , 1161 – 1171 . 27654602 10.1001/jama.2016.12858 PMC5480209 Kramer , D. B. , Mitchell , S. L. , Monteiro , J. , Jones , P. W. , Sharon-Lise Normand , S. L. , Hayes , D. L. , ... Reynolds , M. R. (2015). Patient activity and survival following implantable cardioverter-defibrillator implantation: The ALTITUDE activity study . *Journal of the American Heart Association* , 4 , e001775 . 10.1161/JAHA.115.001775 25979902 PMC4599410 Li , R. T. , Kling , S. R. , Salata , M. J. , Cupp , S. A. , Sheehan , J. , & Voos , J. E. (2016). Wearable performance devices in sports medicine . *Sports Health* , 8 , 74 – 78 . 26733594 10.1177/1941738115616917 PMC4702159 McConnell , M. V. , Turakhia , M. P. , Harrington , R. A. , King , A. C. , & Ashley , E. A. (2018). Mobile health advances in physical activity, fitness, and atrial fibrillation: Moving hearts . *Journal of the American College of Cardiology* , 71 , 2691 – 2701 . 29880130 10.1016/j.jacc.2018.04.030 Mozaffarian , D. , Furberg , C. D. , Psaty , B. M. , & Siscovick , D. (2008). Physical activity and incidence of atrial fibrillation in older adults ■ The cardiovascular health study . *Circulation* , 118 , 800 – 807 . 18678768 10.1161/CIRCULATIONAHA.108.785626 PMC3133958 Orchard , J. J. , Neubeck , L. , Orchard , J. W. , Puranik , R. , Raju , H. , Freedman , B. , ... Semsarian , C. (2019). ECG-based cardiac screening programs: Legal, ethical, and logistical considerations . *Heart Rhythm* , 16 , 1584 – 1591 . 30930331 10.1016/j.hrthm.2019.03.025 Pathak , R. K. , Elliott , A. , Middeldorp , M. E. , Meredith , M. , Mehta , A. B. , Mahajan , R. , ... Sanders , P. (2015). Impact of CARDIOrespiratory fitness on arrhythmia recurrence in obese individuals with atrial fibrillation: The CARDIOFIT study . *Journal of the American College of Cardiology* , 66 , 985 – 966 . 10.1016/j.jacc.2015.06.488 26113406 Peake , J. M. , Kerr , G. , & Sullivan , J. P. (2018). A Critical review of consumer wearables, mobile applications, and equipment for providing biofeedback, monitoring stress, and sleep in physically

active populations . *Frontiers in Physiology* , 9 , 743 . 10.3389/fphys.2018.00743 30002629 PMC6031746 Peart , D. J. , Balsalobre-Fernández , C. , & Shaw , M. P. (2019). Use of mobile applications to collect data in sport, health, and exercise science: A narrative review . *The Journal of Strength & Conditioning Research* , 33 , 1167 – 1177 . 29176384 10.1519/JSC.0000000000002344 Piercy , K. L. , Troiano , R. P. , Ballard , R. M. , Carlson , S. A. , Fulton , J. E. , Galuska , D. A. , ... Olson , R. D. (2018). The physical activity guidelines for Americans . *Journal of the American Medical Association* , 320 , 2020 – 2028 . 30418471 10.1001/jama.2018.14854 PMC9582631 Rosenberger , M. E. , Buman , M. P. , Haskell , W. L. , McConnell , M. V. , & Carstensen , L. L. (2016). Twenty-four hours of sleep, sedentary behavior, and physical activity with nine wearable devices . *Medicine and Science in Sports and Exercise* , 4 , 457 – 465 . 10.1249/MSS.0000000000000778 PMC4760880 26484953 Seshadri , D. R. , Li , R. T. , Voos , J. E. , Rowbottom , J. R. , Alfes , C. M. , Zorman , C. A. , & Drummond , C. K. (2019). Wearable sensors for monitoring the internal and external workload of the athlete . *NPJ Digital Medicine* , 2 , 71 . 31372506 10.1038/s41746-019-0149-2 PMC6662809 Singh , N. , Moneghetti , K. J. , Christle , J. W. , Hadley , D. , Froelicher , V. , & Plews , D. (2018). Heart rate variability: An old metric with new meaning in the era of using mhealth technologies for health and exercise training guidance. Part two: Prognosis and training . *Arrhythmia & Electrophysiology Review* , 7 , 247 – 255 . 30588312 10.15420/aer.2018.30.2 PMC6304793 Sullivan , A. N. , & Lachman , M. E. (2017). Behavior change with fitness technology in sedentary adults: A review of the evidence for increasing physical activity . *Frontiers in Public Health* , 4 , 289 . 10.3389/fpubh.2016.00289 28123997 PMC5225122 IQIVIA Institute (2017). The growing value of digital health: Evidence and impact on human health and the healthcare system . Available at: <https://www.iqvia.com/insights/the-iqvia-institute/reports/the-growing-value-of-digital-health> 4.6.2.

24240932 10.1001/jama.2013.280521 Boushey , C. J. , Spoden , M. , Zhu , F. M. , Delp , E. J. , & Kerr , D. A. (2017). New mobile methods for dietary assessment: Review of image-assisted and image-based dietary assessment methods . *The Proceedings of the Nutrition Society* , 76 , 283 – 294 . 27938425 10.1017/S0029665116002913 Donnellan , E. , Wazni , O. M. , Kanj , M. , Baranowski , B. , Cremer , P. , Harb , S. , ... Saliba , W. I. (2019). Association between pre-ablation bariatric surgery and atrial fibrillation recurrence in morbidly obese patients undergoing atrial fibrillation ablation . *Europace* , 21 , 1476 – 1483 . 31304532 10.1093/europace/euz183 Dounavi , K. , & Tsoumani , O. (2019). Mobile health applications in weight management: A systematic literature review . *American Journal of Preventive Medicine* , 56 , 894 – 903 . 31003801 10.1016/j.amepre.2018.12.005 El-Gayar , O. , Timsina , P. , Nawar , N. , & Eid , W. (2013). Mobile applications for diabetes self-management: Status and potential . *Journal of Diabetes Science and Technology* , 7 , 247 – 262 . 23439183 10.1177/193229681300700130 PMC3692239 Fang , S. , Liu , C. , Zhu , F. , Delp , E. J. , & Boushey , C. J. (2015). Single-view food portion estimation based on geometric models . *ISM: IEEE International Symposium on Multimedia: Proceedings IEEE International Symposium on Multimedia* , 2015 , 385 – 390 . 27672682 10.1109/ISM.2015.67 PMC5035274 Folsom , A. R. , Yatsuya , H. , Nettleton , J. A. , Lutsey , P. L. , Cushman , M. , Rosamond , W. D. , & Investigators , A. S. (2011). Community prevalence of ideal cardiovascular health, by the American Heart Association definition, and relationship with cardiovascular disease incidence . *Journal of the American College of Cardiology* , 57 , 1690 – 1696 . 21492767 10.1016/j.jacc.2010.11.041 PMC3093047 Griffiths , C. , Harnack , L. , & Pereira , M. A. (2018). Assessment of the accuracy of nutrient calculations of five popular nutrition tracking applications . *Public Health Nutrition* , 21 , 1495 – 1502 . 29534771 10.1017/S1368980018000393 PMC10261454 Pathak , R. K. , Middeldorp , M. E. , Meredith , M. , Mehta , A. B. , Mahajan , R. , & Sanders , P. (2015). Long-term effect of goal-directed weight management in an atrial fibrillation cohort a long-term follow-up study (LEGACY) . *Journal of the American College of Cardiology* , 65 , 2159 – 2169 . 25792361 10.1016/j.jacc.2015.03.002 Six , B. L. , Schap , T. E. , Zhu , F. Q. M. , Mariappan , A. , Bosch , M. , Delp , E. J. , ... Boushey , C. J. (2010). Evidence-based development of a mobile telephone food record . *Journal of the American Dietetic Association* , 110 , 74 – 79 . 20102830 10.1016/j.jada.2009.10.010 PMC3042797 Zhu , F. Q. , Bosch , M. , Woo , I. , Kim , S. , Boushey , C. J. , Ebert , D. S. , & Delp , E. J. (2010). The use of mobile devices in aiding dietary assessment and evaluation . *IEEE Journal of Selected Topics in*

Signal Processing , 4 , 756 – 766 . 20862266 10.1109/JSTSP.2010.2051471 PMC2941896

REFERENCES SECTION 5 Angaran , P. , Mariano , Z. , Dragan , V. , Zou , L. , Atzema , C. L. , Mangat , I. , & Dorian , P. (2015). The atrial fibrillation therapies after ER visit: Outpatient care for patients with acute AF: the AFTER3 study . *Journal of Atrial Fibrillation* , 7 , 1187 . 27957150 10.4022/jafib.1187 PMC5135218 Lin , J. S. , O'Connor , E. A. , Evans , C. V. , Senger , C. A. , Rowland , M. G. , & Groom , H. C. (2014). Behavioral Counseling to Promote a Healthy Lifestyle for Cardiovascular Disease Prevention in Persons With Cardiovascular Risk Factors: An Updated Systematic Evidence Review for the U.S. Preventive Services Task Force [Internet] Rockville (MD): Agency for Healthcare Research and Quality (US); U.S. Preventive Services Task Force Evidence Syntheses, formerly Systematic Evidence Reviews . Report No.: 13■05179■EF■1. 25232633

Hendriks , J. M. , de Wit , R. , Crijns , H. J. , Vrijhoef , H. J. , Prins , M. H. , Pisters , R. , Pison , L. A. , Blaauw , Y. , & Tieleman , R. G. (2012). Nurse■led care vs. usual care for patients with atrial fibrillation: results of a randomized trial of integrated chronic care vs. routine clinical care in ambulatory patients with atrial fibrillation . *European Heart Journal* , 33 (21) , 2692 – 2699 . 10.1093/eurheartj/ehs071 22453654 5.1.

10.1016/j.hlc.2016.04.009 27262389 Coorey , G. M. , Neubeck , L. , Mulley , J. , & Redfern , J. (2018). Effectiveness, acceptability and usefulness of mobile applications for cardiovascular disease self■management: Systematic review with meta■synthesis of quantitative and qualitative data . *European Journal of Preventive Cardiology* , 25 , 505 – 521 . 29313363 10.1177/2047487317750913 Gandhi , S. , Chen , S. , Hong , L. , Sun , K. , Gong , E. , Li , C. , Yan , L. L. , & Schwalm , J. D. (2017). Effect of mobile health interventions on the secondary prevention of cardiovascular disease: Systematic review and meta■analysis . *Canadian Journal of Cardiology* , 33 , 219 – 231 . 10.1016/j.cjca.2016.08.017 27956043 Guo , Y. , Chen , Y. , Lane , D. A. , Liu , L. , Wang , Y. , & Lip , G. Y. H. (2017). Mobile health technology for atrial fibrillation management integrating decision support, education and patient involvement: mAF App trial . *The American Journal of Medicine* , 130 , 1388 – 1396.e6 . 10.1016/j.amjmed.2017.07.003 28847546 Hagglund , E. , Lynga , P. , Frie , F. , Ullman , B. , Persson , H. , Melin , M. , & Hagerman , I. (2015). Patient■centred home■based management of heart failure. Findings from a randomised clinical trial evaluating a tablet computer for self■care, quality of life and effects on knowledge . *Scandinavian Cardiovascular Journal* , 49 , 193 – 199 . 25968968 10.3109/14017431.2015.1035319 Kotecha , D. , Chua , W. W. L. , Fabritz , L. , Hendriks , J. , Casadei , B. , Schotten , U. , ... Kirchhof , P. (2018). European Society of Cardiology (ESC) Atrial Fibrillation Guidelines Taskforce, the CATCH ME consortium and the European Heart Rhythm Association (EHRA). European Society of Cardiology smartphone and tablet applications for patients with atrial fibrillation and their health care providers . *Europace* , 20 , 225 – 233 . 10.1093/europace/eux299 29040548 PMC5834097 Park , L. G. , Beatty , A. , Stafford , Z. , & Whooley , M. A. (2016). Mobile phone interventions for the secondary prevention of cardiovascular disease . *Progress in Cardiovascular Diseases* , 58 , 639 – 650 . 27001245 10.1016/j.pcad.2016.03.002 PMC4904827 Pfaeffli Dale , L. , Dobson , R. , Whittaker , R. , & Maddison , R. (2016). The effectiveness of mobile■health behaviour change interventions for cardiovascular disease self■management: A systematic review . *European Journal of Preventive Cardiology* , 23 , 801 – 817 . 26490093 10.1177/2047487315613462 Slotwiner , D. J. , Tarakji , K. G. , Al■Khatib , S. M. , Passman , R. S. , Saxon , L. A. , Peters , N. S. , ... Marrouche , N. F. (2019). Transparent sharing of digital health data: A call to action . *Heart Rhythm* , 16 , e95–e106 . 10.1016/j.hrthm.2019.04.042 31077802 Walsh , J. A. 3rd , Topol , E. J. , & Steinhubl , S. R. (2014). Novel wireless devices for cardiac monitoring . *Circulation* , 130 , 573 – 581 . 25114186 10.1161/CIRCULATIONAHA.114.009024 PMC4135373 Varnfield , M. , Karunanithi , M. , Lee , C. K. , Honeyman , E. , Arnold , D. , Ding , H. , Smith , C. , & Walters , D. L. (2014). Smartphone■based home care model improved use of cardiac rehabilitation in postmyocardial infarction patients: Results from a randomised controlled trial . *Heart* , 100 , 1770 – 1779 . 24973083 10.1136/heartjnl-2014-305783 U.S. Department of Veterans Affairs . VA to provide capability for veterans to access their VA health data on Apple iPhones . Available at: <https://www.va.gov/opa/pressrel/pressrelease.cfm?id55199> 5.2.

10.4414/smi.33.00398 Chow , C. K. , Redfern , J. , Hillis , G. S. , Thakkar , J. , Santo , K. , Hackett , M. L. , ... Thiagalingam , A. (2015). Effect of lifestyle-focused text messaging on risk factor modification in patients with coronary heart disease: A randomized clinical trial . *Journal of the American Medical Association* , 314 , 1255 – 1263 . 26393848 10.1001/jama.2015.10945 Conroy , D. E. , Yang , C. H. , & Maher , J. P. (2014). Behavior change techniques in top-ranked mobile apps for physical activity . *American Journal of Preventive Medicine* , 46 , 649 – 652 . 24842742 10.1016/j.amepre.2014.01.010 Coorey , G. M. , Neubeck , L. , Mulley , J. , & Redfern , J. (2018). Effectiveness, acceptability and usefulness of mobile applications for cardiovascular disease self-management: Systematic review with meta-synthesis of quantitative and qualitative data . *European Journal of Preventive Cardiology* , 25 , 505 – 521 . 29313363 10.1177/2047487317750913 Cugelman , B. (2013). Gamification: What it is and why it matters to digital health behavior change developers . *JMIR Serious Games* , 1 , e3 . 25658754 10.2196/games.3139 PMC4307817 Direito , A. , Dale , L. P. , Shields , E. , Dobson , R. , Whittaker , R. , & Maddison , R. (2014). Do physical activity and dietary smartphone applications incorporate evidence-based behaviour change techniques? *BMC Public Health* , 14 , 646 . 24965805 10.1186/1471-2458-14-646 PMC4080693 Edwards , E. A. , Lumsden , J. , Rivas , C. , Steed , L. , Edwards , L. A. , Thiyagarajan , A. , ... Walton , R. T. (2016). Gamification for health promotion: systematic review of behaviour change techniques in smartphone apps . *British Medical Journal Open* , 6 , e012447 . 10.1136/bmjopen-2016-012447 PMC5073629 27707829 Gandhi , S. , Chen , S. , Hong , L. , Sun , K. , Gong , E. , Li , C. , ... Schwalm , J. D. (2017). Effect of mobile health interventions on the secondary prevention of cardiovascular disease: Systematic review and meta-analysis . *Canadian Journal of Cardiology* , 33 , 219 – 231 . 10.1016/j.cjca.2016.08.017 27956043 Gustafson , D. H. , McTavish , F. M. , Chih , M. Y. , Atwood , A. K. , Johnson , R. A. , Boyle , M. G. , ... Shah , D. (2014). A smartphone application to support recovery from alcoholism: A randomized clinical trial . *Journal of the American Medical Association Psychiatry* , 71 , 566 – 572 . 24671165 10.1001/jamapsychiatry.2013.4642 PMC4016167 Johnson , D. , Deterding , S. , Kuhn , K. A. , Staneva , A. , Stoyanov , S. , & Hides , L. (2016). Gamification for health and wellbeing: A systematic review of the literature . *Internet Interventions* , 2016 (6) , 89 – 106 . 10.1016/j.invent.2016.10.002 PMC6096297 30135818 Nahum-Shani , I. , Smith , S. N. , Spring , B. J. , Collins , L. M. , Witkiewitz , K. , Tewari , A. , & Murphy , S. A. (2018). Just-in-Time adaptive interventions (JITIs) in mobile health: Key components and design principles for ongoing health behavior support . *Annals of Behavioral Medicine* , 52 , 446 – 462 . 27663578 10.1007/s12160-016-9830-8 PMC5364076 Nahum-Shani , I. , Hekler , E. B. , & Spruijt-Metz , D. (2015). Building health behavior models to guide the development of just-in-time adaptive interventions: A pragmatic framework . *Health Psychology* , 34s , 1209 – 1219 . 26651462 10.1037/hea0000306 PMC4732268 Patrick , K. , Raab , F. , Adams , M. A. , Dillon , L. , Zabinski , M. , Rock , C. L. , Griswold , W. G. , ... Norman , G. J. (2009). A text message-based intervention for weight loss: Randomized controlled trial . *Journal of Medical Internet Research* , 11 , e1 . 19141433 10.2196/jmir.1100 PMC2729073 Pfaeffli Dale , L. , Dobson , R. , Whittaker , R. , & Maddison , R. (2016). The effectiveness of mobile health behaviour change interventions for cardiovascular disease self-management: A systematic review . *European Journal of Preventive Cardiology* , 23 , 801 – 817 . 26490093 10.1177/2047487315613462 Riley , W. , Obermayer , J. , & Jean-Mary , J. (2008). Internet and mobile phone text messaging intervention for college smokers . *Journal of American College Health* , 57 , 245 – 248 . 18809542 10.3200/JACH.57.2.245-248 Rumsfeld , J. S. , Alexander , K. P. , Goff , D. C. Jr , Graham , M. M. , Ho , P. M. , Masoudi , F. A. , ... Zerwic , J. J. (2013). American Heart Association Council on Quality of Care and Outcomes Research, Council on Cardiovascular and Stroke Nursing, Council on Epidemiology and Prevention, Council on Peripheral Vascular Disease, and Stroke Council. Cardiovascular Health: The Importance of Measuring Patient-Reported Health Status A Scientific Statement From the American Heart Association . *Circulation* , 127 , 2233 – 2249 . 10.1161/CIR.0b013e3182949a2e 23648778 Sardi , L. , Idri , A. , & Fernandez-Aleman , J. L. (2017). A systematic review of gamification in eHealth . *Journal of Biomedical Informatics* , 71 , 31 – 48 . 28536062 10.1016/j.jbi.2017.05.011 Varma , N. , Piccini , J. P. , Snell , J. , Fischer , A. , Dalal , N. , & Mittal , S. (2015). The relationship between level of adherence to automatic wireless remote monitoring and survival in pacemaker and defibrillator patients . *Journal of the American College of Cardiology* , 65 , 2601 – 2610 . 10.1016/j.jacc.2015.04.033 25983008 5.3.

10.1109/WTS.2014.6835005 Fox , S. The Social Life of Health Information .
<https://www.pewresearch.org/fact-tank/2014/01/15/the-social-life-of-health-information/> Swan
 , M. (2009). Emerging patient-driven health care models: An examination of health social
 networks, consumer personalized medicine and quantified self-tracking . International Journal of
 Environmental Research and Public Health , 6 , 492 – 525 . 19440396 10.3390/ijerph6020492
 PMC2672358 Swan , M. (2012). Health 2050: The realization of personalized medicine through
 crowdsourcing, the quantified self, and the participatory biocitizen . Journal of Personalized
 Medicine , 2 , 93 – 118 . 25562203 10.3390/jpm2030093 PMC4251367 5.4.

26271892 10.1161/CIR.0000000000000232 PMC7313380 Chaudhry , S. I. , Mattera , J. A. , Curtis
 , J. P. , Spertus , J. A. , Herrin , J. , Lin , Z. , ... Krumholz , H. M. (2010). Telemonitoring in patients
 with heart failure . New England Journal of Medicine , 363 , 2301 – 2309 .
 10.1056/NEJMoa1010029 PMC3237394 21080835 Chow , C. K. , Ariyaratna , N. , Islam , S. M. ,
 Thiagalingam , A. , & Redfern , J. (2016). mHealth in cardiovascular health care . Heart Lung &
 Circulation , 25 , 802 – 807 . 10.1016/j.hlc.2016.04.009 27262389 Dunton , G. F. (2018).
 Sustaining health-protective behaviors such as physical activity and healthy eating . Journal of the
 American Medical Association , 320 , 639 – 640 . 29852046 10.1001/jama.2018.6621
 PMC7524543 Flores Mateo , G. , Granado-Font , E. , Ferré-Grau , C. , Ferré-Grau , C. , &
 Montaña-Carreras , X. (2015). Mobile phone apps to promote weight loss and increase physical
 activity: A systematic review and meta-analysis . Journal of Medical Internet Research , 17 , e253 .
 26554314 10.2196/jmir.4836 PMC4704965 Fukuoka , Y. , Gay , C. , Haskell , W. , Arai , S. , &
 Vittinghoff , E. (2015). Identifying factors associated with dropout during prerandomization run-in
 period from an mhealth physical activity education study: The mPED trial . JMIR Mhealth Uhealth ,
 3 , e34 . 25872754 10.2196/mhealth.3928 PMC4411363 Kumar , S. , Nilsen , W. J. , Abernethy , A.
 , Aienza , A. , Patrick , K. , Pavel , M. , ... Swendeman , D. (2013). Mobile health technology
 evaluation: the mHealth evidence workshop . American Journal of Preventive Medicine , 45 , 228 –
 236 . 23867031 10.1016/j.amepre.2013.03.017 PMC3803146 Morgan , J. M. , Kitt , S. , Gill , J. ,
 McComb , J. M. , Ng , G. A. , Raftery , J. , ... Cowie , M. R. (2017). Remote management of heart
 failure using implantable electronic devices . European Heart Journal , 38 , 2352 – 2360 . 28575235
 10.1093/eurheartj/ehx227 PMC5837548 National Heart Foundation of Australia . (2014). My heart,
 my life . Available at <https://myheartmylife.org.au/> Owen , J. E. , Jaworski , B. K. , Kuhn , E. ,
 Makin-Byrd , K. N. , Ramsey , K. M. , & Hoffman , J. E. (2015). mHealth in the wild: Using novel
 data to examine the reach, use, and impact of PTSD coach . JMIR Mental Health , 2 , e7 .
 26543913 10.2196/mental.3935 PMC4607374 Perez , M. V. , Mahaffey , K. W. , Hedlin , H. ,
 Rumsfeld , J. S. , Garcia , A. , Ferris , T. , ... Turakhia , M. P. (2019). Large-scale assessment of a
 smartwatch to identify atrial fibrillation . New England Journal of Medicine , 381 , 1909 – 1917 .
 10.1056/NEJMoa1901183 PMC8112605 31722151 Simblett , S. , Greer , B. , Matcham , F. , Curtis
 , H. , Polhemus , A. , Ferrão , J. , Gamble , P. , & Wykes , T. (2018). Barriers to and facilitators of
 engagement with remote measurement technology for managing health: Systematic review and
 content analysis of findings . Journal of Medical Internet Research , 20 , e10480 . 30001997
 10.2196/10480 PMC6062692 Steinhubl , S. R. , Muse , E. D. , & Topol , E. J. (2015). The
 emerging field of mobile health . Science Translational Medicine , 7 , 283rv283 .
 10.1126/scitranslmed.aaa3487 PMC4748838 25877894 Whitehead , L. , & Seaton , P. (2016).
 The effectiveness of self-management mobile phone and tablet apps in long-term condition
 management: A systematic review . Journal of Medical Internet Research , 18 , e97 . 27185295
 10.2196/jmir.4883 PMC4886099 Varma , N. , Michalski , J. , Stambler , B. , Pavri , B. B. , & TRUST
 Investigators . (2014). Superiority of automatic remote monitoring compared with in-person
 evaluation for scheduled ICD follow-up in the TRUST trial ■ testing execution of the
 recommendations . European Heart Journal , 35 , 1345 – 1352 . 10.1093/eurheartj/ehu066
 24595864 PMC4028610 Varma , N. (2020). Remote Patient Management Of Heart Failure
 Patients – How Long Should It Go On? Lancet Digital health , Volume 2, ISSUE 1, E2–E3
 10.1016/S2589-7500(19)30221-3 33328036 American Heart Association (2019). Sustaining
 healthy behaviours (AHA Simple 7) . Available at
<https://www.heart.org/en/healthy-living/healthy-lifestyle/my-life-check/life-simple-7> British
 Heart Foundation (2014). Our healthy recipe finder app . Available at <http://www.bhf.org.uk/heart-health/prevention/healthy-eating/our-healthy-recipe-finder-app.aspx> Canadian Heart and

Stroke Foundation (2014). Heart and stroke etools for a healthier you . Available at http://www.heartandstroke.com/site/c.iKlQLcMWJtE/b.8324551/k.972C/_30_days.htm?utm_campaign=offline&utm_source=30days&utm_medium=vanity Endeavour Partners (2017). Inside wearables: how the science of human behavior change offers the secret to long-term . <https://medium.com/@endeavourpartners/inside-wearable-how-the-science-of-human-behavior-change-offers-the-secret-to-long-term-engagement-a15b3c7d4cf3> 5.5.

10.1016/j.jcmg.2017.06.019 28917688 Coorey , G. M. , Neubeck , L. , Mulley , J. , Redfern , J. , (2018). Effectiveness, acceptability and usefulness of mobile applications for cardiovascular disease self-management: Systematic review with meta-synthesis of quantitative and qualitative data . *European Journal of Preventive Cardiology* , 25 , 505 – 521 . 10.1177/2047487317750913 29313363 Coorey , G. M. , Neubeck , L. , Mulley , J. , Glinatsis , H. , Belshaw , J. , Kirkness , A. , ... Neubeck , L. (2017). Mobile technology use across age groups in patients eligible for cardiac rehabilitation: Survey study . *JMIR Mhealth Uhealth* , 5 , e161 . 29066425 10.2196/mhealth.8352 PMC5676027 Gallagher , R. , Roach , K. , Sadler , L. , Glinatsis , H. , Belshaw , J. , Kirkness , A. , ... Neubeck , L. (2017). Mobile technology use across age groups in patients eligible for cardiac rehabilitation: Survey study . *JMIR Mhealth Uhealth* , 5 , e161 . 10.2196/mhealth.8352 29066425 PMC5676027 Martin , T. (2012). Assessing mHealth: Opportunities and barriers to patient engagement . *Journal of Health Care for the Poor and Underserved* , 23 , 935 – 941 . 24212144 10.1353/hpu.2012.0087 Neubeck , L. , Lowres , N. , Benjamin , E. J. , Freedman , S. B. , Coorey , G. , & Redfern , J. (2015). The mobile revolution—using smartphone apps to prevent cardiovascular disease . *Nature Reviews. Cardiology* , 12 , 350 – 360 . 25801714 10.1038/nrcardio.2015.34 Neubeck , L. , Cartledge , S. , Dawkes , S. , & Gallagher , R. (2017). Is there an app for that? Mobile phones and secondary prevention of cardiovascular disease . *Current Opinion Cardiology* , 32 , 567 – 571 . 10.1097/HCO.0000000000000428 28614104 Smith , A. (2017). Record shares of Americans now own smartphones, have home broadband . Pew Research Center: <https://www.pewresearch.org/fact-tank/2017/01/12/evolution-of-technology/> Tarakji , K. G. , Vives , C. A. , Patel , A. S. , Fagan , D. H. , Sims , J. J. , & Varma , N. (2018). Success of pacemaker remote monitoring using app-based technology: Does patient age matter? *Pacing and Clinical Electrophysiology* , 41 , 1329 – 1335 . 30055013 10.1111/pace.13461 Mobile Fact Sheet (2018). <https://www.pewresearch.org/internet/fact-sheet/mobile/> Redfern , J. , Santo , K. , Coorey , G. , Thakkar , J. , Hackett , M. , Thiagalingam , A. , & Chow , C. K. (2016). Factors influencing engagement, perceived usefulness and behavioral mechanisms associated with a text message support program . *PLoS One* , 11 , e0163929 . 27741244 10.1371/journal.pone.0163929 PMC5065147 Varma , N. (2020). Remote patient management of heart failure patients – how long should it go on? *Lancet Digital Health* , 2 . 10.1016/S2589-7500(19)30221-3 33328036

REFERENCES SECTION 6 Andrade , J. G. , Champagne , J. , Dubuc , M. , Deyell , M. W. , Verma , A. , Macle , L. , ... Khairy , P. (2019). Cryoballoon or radiofrequency ablation for atrial fibrillation assessed by continuous monitoring: A randomized clinical trial . *Circulation* , 140 , 1779 – 1788 . 31630538 10.1161/CIRCULATIONAHA.119.042622 Chen , L. Y. , Chung , M. K. , Allen , L. A. , Ezekowitz , M. , Furie , K. L. , McCabe , P. , ... Turakhia , M. P. (2018). Atrial fibrillation burden: moving beyond atrial fibrillation as a binary entity: A scientific statement from the American Heart Association . *Circulation* , 137 , e623–e644 . 29661944 10.1161/CIR.0000000000000568 PMC8463258 Glotzer , T. V. , Daoud , E. G. , Wyse , D. G. , Singer , D. E. , Ezekowitz , M. D. , Hilker , C. , ... Ziegler , P. D. (2009). The relationship between daily atrial tachyarrhythmia burden from implantable device diagnostics and stroke risk: The TRENDS study . *Circulation: Arrhythmia and Electrophysiology* , 2 , 474 – 480 . 19843914 10.1161/CIRCEP.109.849638 Guo , X. , Vittinghoff , E. , Olgin , J. E. , Marcus , G. M. , & Pletcher , M. J. (2017). Volunteer participation in the Health eHeart Study: A comparison with the US population . *Science Reports* , 2017 (7) , 1956 . 10.1038/s41598-017-02232-y PMC5434039 28512303 Guo , Y. , Wang , H. , Zhang , H. , Liu , T. , Liang , Z. , Xia , Y. , ... Lip , G. Y. H. (2019). Mobile photoplethysmographic technology to detect atrial fibrillation . *Journal of the American College of Cardiology* , 2019 (74) , 2365 – 2375 . 10.1016/j.jacc.2019.08.019 31487545 Guo , Y. , Lane , D. A. , Wang , L. , Zhang , H. , Wang , H. , Zhang , W. , ... Lip , G. Y. H. (2020). Mobile health technology to improve care for patients with atrial fibrillation . *Journal of the American College of Cardiology* , 75 , 1523 – 1534 . 32241367 10.1016/j.jacc.2020.01.052 Kaplan , R. M. , Koehler , J. , Ziegler , P. D. , Sarkar , S. , Zweibel , S. ,

& Passman, R. S. (2019). Stroke risk as a function of atrial fibrillation duration and CHA2DS2-VASc score . *Circulation* , 140 , 1639 – 1646 .
 10.1161/CIRCULATIONAHA.119.041303 31564126 Nguyen, K. T. , Olgin, J. E. , Pletcher, M. J. , Ng, M. , Kaye, L. , Moturu, S. , ... Marcus, G. M. (2017). Smartphone-based geofencing to ascertain hospitalizations . *Circulation Cardiovascular Quality & Outcomes* , 10 , e003326 .
 10.1161/CIRCOUTCOMES.116.003326 28325751 PMC5363280 Passman, R. , Leong-Sit, P. , Andrei, A. C. , Huskin, A. , Tomson, T. T. , Bernstein, R. , ... Zimetbaum, P. (2016). Targeted anticoagulation for atrial fibrillation guided by continuous rhythm assessment with an insertable cardiac monitor: The rhythm evaluation for anticoagulation with continuous monitoring (REACT.COM) pilot study . *Journal of Cardiovascular Electrophysiology* , 27 , 264 – 270 .
 10.1111/jce.12864 26511221 PMC4789135 Perez, M. V. , Mahaffey, K. W. , Hedlin, H. , Rumsfeld, J. S. , Garcia, A. , Ferris, T. , ... Turakhia, M. P. (2019). Large-scale assessment of a smartwatch to identify atrial fibrillation . *New England Journal of Medicine* , 381 , 1909 – 1917 .
 10.1056/NEJMoa1901183 PMC8112605 31722151 Piccini, J. P. , Clark, R. L. , Kowey, P. R. , Mittal, S. , Dunnmon, P. , Stockbridge, N. , ... Ismat, F. (2017). Long-term electrocardiographic safety monitoring in clinical drug development: A report from the Cardiac Safety Research Consortium . *American Heart Journal* , 187 , 156 – 169 . 28454799 10.1016/j.ahj.2017.01.012
 Piccini, J. P. , Passman, R. , Turakhia, M. , Connolly, A. T. , Nabutovsky, Y. , ... Varma, N. (2019). Atrial fibrillation burden, progression, and the risk of death: a case-crossover analysis in patients with cardiac implantable electronic devices . *Europace* , 21 , 404 – 413 . 30462208 10.1093/europace/euy222 Turakhia, M. P. , Desai, M. , Hedlin, H. , Rajmane, A. , Talati, N. , Ferris, T. , ... Perez, M. V. (2019). Rationale and design of a large-scale, app-based study to identify cardiac arrhythmias using a smartwatch: The Apple Heart Study . *American Heart Journal* , 207 , 66 – 75 . 30392584 10.1016/j.ahj.2018.09.002 PMC8099048 Van Gelder, I. C. , Groenveld, H. F. , Crijns, H. J. , Tuininga, Y. S. , Tijssen, J. G. , Alings, A. M. , ... Van den Berg, M. P. (2010). Lenient versus strict rate control in patients with atrial fibrillation . *New England Journal of Medicine* , 362 , 1363 – 1373 . 10.1056/NEJMoa1001337 20231232 Varma, N. , Stambler, B. , & Chun, S. (2005). Detection of atrial fibrillation by implanted devices with wireless data transmission capability . *Pacing and Clinical Electrophysiology* , 28 (Suppl 1), S133 – S136 . 15683480 10.1111/j.1540-8159.2005.00083.x Varma, N. , Marrouche, N. F. , Aguinaga, L. , Albert, C. M. , Arbelo, E. , Choi, J. I. , ... Varosy, P. D. (2020). HRS/EHRA/APHRS/LAHRS/ACC/AHA Worldwide Practical Guidance for Telehealth and Arrhythmia Monitoring During and After a Pandemic . *Journal of the American College of Cardiology* . 10.1016/j.jacc.2020.06.019
 PMC7289088 32534936 Wong, J. A. , Conen, D. , Van Gelder, I. C. , McIntyre, W. F. , Crijns, H. J. , Wang, J. , ... Healey, J. S. (2018). Progression of Device-Detected Subclinical Atrial Fibrillation and the Risk of Heart Failure . *Journal of the American College of Cardiology* , 71 , 2603 – 2611 . 29880119 10.1016/j.jacc.2018.03.519 MobiHealth News . (2020). Fitbit launches large-scale consumer health study to detect a-fib via heart rate sensors, algorithm . <https://www.mobihealthnews.com/news/fitbit-launches-large-scale-consumer-health-study-detect-fib-heart-rate-sensors-algorithm> <https://www.mobihealthnews.com/news/fitbit-launches-large-scale-consumer-health-study-detect-fib-heart-rate-sensors-algorithm> REFERENCES SECTION 7

7.1.
 26393848 10.1001/jama.2015.10945 Ratwani, R. M. , Savage, E. , Will, A. , Arnold, R. , Khairat, S. , Miller, K. , ... Hettinger, A. Z. (2018). A usability and safety analysis of electronic health records: A multi-center study . *Journal of the American Medical Association* , 320 , 1197 – 1201 . 10.1093/jama/ocv088 PMC7646875 29982549 Slotwiner, D. J. , Abraham, R. L. , Al-Khatib, S. M. , Anderson, H. V. , Bunch, T. J. , Ferrara, M. G. , ... Wilkoff, B. L. (2019). HRS White Paper on interoperability of data from cardiac implantable electronic devices (CIEDs) . *Heart Rhythm* , 16 , e107–e127 . 10.1016/j.hrthm.2019.05.002 31077801 Spaulding, E. M. , Marvel, F. A. , Lee, M. A. , Yang, W. E. , Demo, R. , Wang, J. , ... Martin, S. S. (2019). Corrie health digital platform for self-management in secondary prevention after acute myocardial infarction . *Circulation. Cardiovascular Quality & Outcomes* , 12 , e005509 . 31043065 10.1161/CIRCOUTCOMES.119.005509 PMC6697167 7.2.

10.1145/2043164.2018438 Jalali, M. S., Russell, B., Razak, S., & Gordon, W. J. (2019). EARS to cyber incidents in health care. *Journal of the American Medical Information Association*, 26, 81 – 90. 10.1093/jamia/ocy148 PMC7647158 30517701 Klonoff, D. C. (2015). Cybersecurity for connected diabetes devices. *Journal of Diabetes Science and Technology*, 9, 1143 – 1147. 25883162 10.1177/1932296815583334 PMC4667325 Kruse, C. S., Frederick, B., Jacobson, T., & Monticone, D. K. (2017). Cybersecurity in healthcare: A systematic review of modern threats and trends. *Technology Health Care*, 25, 1 – 10. 27689562 10.3233/THC-161263 Mansfield█Devine, S. (2016). Ransomware: taking businesses hostage. *Network Security*, 8–17 Hospitals become major target for ransomware. (2016). *Network Security*, 2016, 1–2. 10.1016/S1353-4858(16)30031-9 Perakslis, E. D. (2014). Cybersecurity in health care. *New England Journal of Medicine*, 371, 395 – 397. 10.1056/NEJMp1404358 25075831 Saxon, L. A., Varma, N., Epstein, L. M., Ganz, L. I., & Epstein, A. E. (2018). Factors influencing the decision to proceed to firmware upgrades to implanted pacemakers for cybersecurity risk mitigation. *Circulation*, 138, 1274 – 1276. 29748188 10.1161/CIRCULATIONAHA.118.034781 Shanon, C. E. (1949). Communication theory of secrecy systems'. *Bell System Technical Journal*, 28. Shuren, J., Patel, B., & Gottlieb, S. (2018). FDA regulation of mobile medical apps. *Journal of the American Medical Association*, 320, 337 – 338. 29971339 10.1001/jama.2018.8832 Voelker, R. (2018). FDA joins new effort to strengthen medical device cybersecurity. *Journal of the American Medical Association*, 320, 1970. 10.1001/jama.2018.17834 30458476 7.3.

10.1177/2047487314552604 25354948 Crossley, G. H., Boyle, A., Vitense, H., Chang, Y., Mead, R. H., & Investigators, C. O. N. N. E. C. T. (2011). The CONNECT (Clinical Evaluation of Remote Notification to Reduce Time to Clinical Decision) trial: the value of wireless remote monitoring with automatic clinician alerts. *Journal of the American College of Cardiology*, 57, 1181 – 9. 21255955 10.1016/j.jacc.2010.12.012 Feldman, D. I., Robison, T. W., Pacor, J. M., Caddell, L. C., Feldman, E. B., Deitz, R. L., ... Blaha, M. J. (2018). Harnessing mHealth technologies to increase physical activity and prevent cardiovascular disease. *Clinical Cardiology*, 41, 985 – 991. 29671879 10.1002/clc.22968 PMC6489886 Guedon█Moreau, L., Lacroix, D., Sadoul, N., Clementy, J., Kouakam, C., Hermida, J. S., Aliot, E., ... Kacet, S. (2014). Costs of remote monitoring vs. ambulatory follow█ups of implanted cardioverter defibrillators in the randomized ECOST study. *Europace*, 16, 1181 – 8. 10.1093/europace/euu012. 24614572 PMC4114330 Heidbuchel, H., Hindricks, G., Broadhurst, P., Van Erven, L., Fernandez█Lozano, I., Rivero█Ayerza, M., ... Annemans, L. (2015). EuroEco (European Health Economic Trial on Home Monitoring in ICD Patients): a provider perspective in five European countries on costs and net financial impact of follow█up with or without remote monitoring. *European Heart Journal*, 36, 158 – 69. 10.1093/eurheartj/ehu339. 25179766 PMC4297469 Hindricks, G., Tabor, M., Glikson, M., Heinrich, U., Schumacher, B., Katz, A., ... Søgaard, P., IN█TIME study group. (2014). Implant█based multiparameter telemonitoring of patients with heart failure (IN█TIME): a randomised controlled trial. *Lancet*, 384, 583 – 590. 25131977 10.1016/S0140-6736(14)61176-4 Jiang, X., Ming, W. K., & You, J. H. (2019). The Cost█Effectiveness of Digital Health Interventions on the Management of Cardiovascular Diseases: Systematic Review. *Journal of Medical Internet Research*, 21, e13166. 10.2196/13166. 31210136 PMC6601257 Mabo, P., Victor, F., Bazin, P., Ahres, S., Babuty, D., Da Costa, A., ... Daubert, J. C. (2012). A randomized trial of long█term remote monitoring of pacemaker recipients (the COMPAS trial). *European Heart Journal*, 33, 1105 – 11. 22127418 10.1093/eurheartj/ehr419 PMC3341630 Orchard, J. J., Neubeck, L., Freedman, B., Webster, R., Patel, A., Gallagher, R., ... Lowres, N. (2018). Atrial Fibrillation Screen, Management and Guideline Recommended Therapy (AF SMART II) in the rural primary care setting: an implementation study protocol. *British Medical Journal Open*, 8, e023130. 10.1136/bmjopen-2018-023130 PMC6252758 30385444 Treskes, R. W., van der Velde, E. T., Barendse, R., & Bruining, N. (2016). Mobile health in cardiology: a review of currently available medical apps and equipment for remote monitoring. *Expert Review of Medical Devices*, 13, 823 – 30. 27477584 10.1080/17434440.2016.1218277 Varma, N., Epstein, A. E., Irimpen, A., Schweikert, R., Love, C., & TRUST Investigators (2010). Efficacy and safety of automatic remote monitoring for implantable cardioverter█defibrillator follow█up: the Lumos█T Safely Reduces Routine Office Device Follow█up (TRUST) trial. *Circulation*, 2010 (122), 325 – 32. 10.1161/CIRCULATIONAHA.110.937409. 20625110 Lee, T. T., & Kesselheim, A. S.

(2018). U.S. Food and Drug Administration Precertification Pilot Program for Digital Health Software: Weighing the Benefits and Risks . *Annals of Internal Medicine* , 168 , 730 – 732 . 29632953 10.7326/M17-2715 Shuren , J. , Patel , B. , & Gottlieb , S. (2018). FDA regulation of mobile medical apps . *Journal of the American Medical Association* , 320 , 337 – 338 . 29971339 10.1001/jama.2018.8832 Center for Devices, Radiological Health (2019). Digital Health. In: U.S. Food and Drug Administration [Internet] . <https://www.fda.gov/medical-devices/digital-health> PRE-CERT <https://www.fda.gov/medical-devices/digital-health/software/precertification/precert-program/precertification-precert-pilot-program-milestones-and-next-steps> .

REFERENCES SECTION 8 Attia , Z. I. , Kapa , S. , Lopez-Jimenez , F. , McKie , P. M. , Ladewig , D. J. , Satam , G. , ... Friedman , P. A. (2019a). Screening for cardiac contractile dysfunction using an artificial intelligence-enabled electrocardiogram . *Nature Medicine* , 25 , 70 – 74 . 10.1038/s41591-018-0240-2 30617318 Attia , Z. I. , Noseworthy , P. A. , Lopez-Jimenez , F. , Asirvatham , S. J. , Deshmukh , A. J. , Gersh , B. J. , ... Friedman , P. A. (2019b). An artificial intelligence-enabled ECG algorithm for the identification of patients with atrial fibrillation during sinus rhythm: a retrospective analysis of outcome prediction . *Lancet* , 394 , 861 – 867 . 31378392 10.1016/S0140-6736(19)31721-0 Awan , S. E. , Bennamoun , M. , Sohel , F. , Sanfilippo , F. M. , & Dwivedi , G. (2019). Machine learning-based prediction of heart failure readmission or death: Implications of choosing the right model and the right metrics . *European Society of Cardiology Heart Failure Journal* , 6 , 428 – 435 . 10.1002/ehf2.12419 PMC6437443 30810291 Bumgarner , J. M. , Lambert , C. T. , Hussein , A. A. , Cantillon , D. J. , Baranowski , B. , Wolski , K. , ... Tarakji , K. G. (2018). Smartwatch algorithm for automated detection of atrial fibrillation . *Journal of the American College of Cardiology* , 71 , 2381 – 2388 . 29535065 10.1016/j.jacc.2018.03.003 Chamsi-Pasha , M. A. , Sengupta , P. P. , & Zoghbi , W. A. (2017). Handheld echocardiography: Current state and future perspectives . *Circulation* , 136 , 2178 – 2188 . 29180495 10.1161/CIRCULATIONAHA.117.026622 Clifton , D. A. , Niehaus , K. E. , Charlton , P. , & Colopy , G. W. (2015). Health informatics via machine learning for the clinical management of patients . *Yearbook of Medical Informatics* , 10 , 38 – 43 . 26293849 10.15265/IY-2015-014 PMC4587065 Davenport , T. , & Kalakota , R. (2019). The potential for artificial intelligence in healthcare . *Future Healthcare Journal* , 94 – 98 . 10.7861/futurehosp.6-2-94 PMC6616181 31363513 Frizzell , J. D. , Liang , L. , Schulte , P. J. , Yancy , C. W. , Heidenreich , P. A. , Hernandez , A. F. , ... Laskey , W. K. (2017). Prediction of 30-day all-cause readmissions in patients hospitalized for heart failure: Comparison of machine learning and other statistical approaches . *Journal of the American Medical Association Cardiology* , 2 , 204 – 209 . 27784047 10.1001/jamacardio.2016.3956 Goto , S. , Goto , S. , Pieper , K. S. , Bassand , J. P. , Camm , A. J. , Fitzmaurice , D. A. , & Kakkar , A. K. (2019). New AI Prediction Model Using Serial PT-INR Measurements in AF Patients on VKAs: GARFIELD-AF . *European Heart Journal Cardiovasc Pharmacother* . 10.1093/ehjcvp/pvz076 PMC7556811 31821482 Halcox , J. P. J. , Wareham , K. , Cardew , A. , Gilmore , M. , Barry , J. P. , Phillips , C. , & Gravenor , M. B. (2017). Assessment of remote heart rhythm sampling using the alivecor heart monitor to screen for atrial fibrillation: The REHEARSE-AF study . *Circulation* , 136 , 1784 – 1794 . 28851729 10.1161/CIRCULATIONAHA.117.030583 Hannun , A. Y. , Rajpurkar , P. , Haghpanahi , M. , Tison , G. H. , Bourn , C. , Turakhia , M. P. , & Ng , A. Y. (2019). Cardiologist-level arrhythmia detection and classification in ambulatory electrocardiograms using a deep neural network . *Nature Medicine* , 25 , 65 – 69 . 10.1038/s41591-018-0268-3 PMC6784839 30617320 Kagiya , N. , Shrestha , S. , Farjo , P. D. , & Sengupta , P. P. (2019). Artificial intelligence: Practical primer for clinical research in cardiovascular disease . *Journal of the American Heart Association* , 8 , e012788 . 31450991 10.1161/JAHA.119.012788 PMC6755846 Marcolino , M. S. , Oliveira , J. A. Q. , D'Agostino , M. , Ribeiro , A. L. , Alkmim , M. B. M. , & Novillo-Ortiz , D. (2018). The impact of mhealth interventions: Systematic review of systematic reviews . *Journal of Medical Internet Research Mhealth Uhealth* , 6 , e23 . 10.2196/mhealth.8873 PMC5792697 29343463 Nascimento , B. R. , Beaton , A. Z. , Nunes , M. C. P. , Tompsett , A. R. , Oliveira , K. K. B. , Diamantino , A. C. , ... Sable , C. (2018). Integration of echocardiographic screening by non-physicians with remote reading in primary care . *Heart* , 105 , 283 – 290 . 10.1136/heartjnl-2018-313593 30181202 Powell , J. (2019). Trust Me, I'm a Chatbot: How Artificial Intelligence in Health Care Fails the Turing Test . *Journal of Medical Internet Research* , 21 , e16222 . 31661083 10.2196/16222 PMC6914236 Ribeiro , A. L. P. , Paixão , G. M. M. , Gomes , P. R. , Ribeiro , M. H. , Ribeiro , A. H. , Canazart , J. A. , ... Macfarlane , P. W. (2019). Tele-electrocardiography and bigdata: The CODE (Clinical Outcomes in Digital

Electrocardiography) study . *Journal of Electrocardiology* , 57S , S75 – S78 .
10.1016/j.jelectrocard.2019.09.008 31526573 Ribeiro , A. H. , Ribeiro , M. H. , Paixão , G. M. M. ,
Oliveira , D. M. , Gomes , P. R. , Canazart , J. A. , ... Ribeiro , A. L. P. (2019). Automatic Diagnosis
of the Short■Duration 12■Lead ECG using a Deep Neural Network: the CODE Study [Internet] .
arXiv [cs.LG]. <http://arxiv.org/abs/1904.01949> Ribeiro , A. L. , & Oliveira , G. M. M. (2019). Toward
a patient■centered, data■driven cardiology . *Arquivos Brasileiros de Cardiologia* , 112 , 371 – 373 .
30994714 10.5935/abc.20190069 PMC6459428 Safavi , K. C. , Khaniyev , T. , Copenhaver , M. ,
Seelen , M. , Zenteno Langle , A. C. , Zanger , J. , ... Dunn , P. (2019). Development and
validation of a machine learning model to aid discharge processes for inpatient surgical care .
Journal of the American Medical Association Network Open , 2 , e1917221 .
10.1001/jamanetworkopen.2019.17221 PMC6991195 31825503 Seetharam , K. , Kagiya , N. , &
Sengupta , P. P. (2019). Application of mobile health, telemedicine and artificial intelligence to
echocardiography . *Echo Research and Practice* , 6 , R41 – 52 . 30844756 10.1530/ERP-18-0081
PMC6432977 Smith , S. W. , Walsh , B. , Grauer , K. , Wang , K. , Rapin , J. , Li , J. , Fennell , W. ,
& Taboulet , P. (2019). A deep neural network learning algorithm outperforms a conventional
algorithm for emergency department electrocardiogram interpretation . *Journal of Electrocardiology*
, 52 , 88 – 95 . 30476648 10.1016/j.jelectrocard.2018.11.013 Steinhubl , S. R. , Muse , E. D. , &
Topol , E. J. (2015). The emerging field of mobile health . *Science Translational Medicine* , 7 ,
283rv3 . 10.1126/scitranslmed.aaa3487 PMC4748838 25877894 Tripoliti , E. E. , Karanasiou , G.
S. , Kalatzis , F. G. , Bechlioulis , A. , Goletsis , Y. , Naka , K. , ... Fotiadis , D. I. (2019). A
knowledge management system targeting the management of patients with heart failure . *Journal of
Biomedical Informatics* , 94 , 103203 . 31071455 10.1016/j.jbi.2019.103203 Weng , S. F. , Reps , J.
, Kai , J. , Garibaldi , J. M. , & Qureshi , N. (2017). Can machine■learning improve cardiovascular
risk prediction using routine clinical data? *PLoS One* , 12 , e0174944 . 28376093
10.1371/journal.pone.0174944 PMC5380334 Zhang , J. , Gajjala , S. , Agrawal , P. , Tison , G. H. ,
Hallock , L. A. , Beussink■Nelson , L. , ... Deo , R. C. (2018). Fully automated echocardiogram
interpretation in clinical practice . *Circulation* , 138 , 1623 – 1635 . 30354459
10.1161/CIRCULATIONAHA.118.034338 PMC6200386 David Pogue (2020). Yahoo! Finance.
Exclusive: What Fitbit's 6 billion nights of sleep data reveals about us . [https://finance.yahoo.com/n
ews/exclusive■fitbits■6■billion■nights■sleep■data■reveals■us■110058417.html](https://finance.yahoo.com/news/exclusive■fitbits■6■billion■nights■sleep■data■reveals■us■110058417.html)
REFERENCES SECTION 9 Boehmer , J. P. , Hariharan , R. , Devecchi , F. G. , Smith , A. L. ,
Molon , G. , Capucci , A. , ... Singh , J. P. (2017). A multisensor algorithm predicts heart failure
events in patients with implanted devices: Results from the MultiSENSE study . *JACC: Heart
Failure* , 5 , 216 – 225 . 10.1016/j.jchf.2016.12.011 . 28254128 Choi , P. J. , Oskouian , R. J. , &
Tubbs , R. S. (2018). Telesurgery: Past, present, and future . *Cureus Journal of Medical Science* ,
10 , e2716 . 10.7759/cureus.2716 . PMC6067812 30079282 Curry , S. J. , Krist , A. H. , Owens , D.
K. , Barry , M. J. , Caughey , A. B. , Davidson , K. W. , ... Wong , J. B. (2018). US Preventive
Services Task Force, screening for atrial fibrillation with electrocardiography: US preventive
services task force recommendation statement . *Journal of the American Medical Association* , 320
, 478 – 484 . 30088016 10.1001/jama.2018.10321 Haidegger , T. , Sándor , J. , & Benyó , Z. (2011).
Surgery in space: The future of robotic telesurgery . *Surgical Endoscopy* , 25 , 681 – 690 .
10.1007/s00464-010-1243-3 20652320 Jiang , X. , Ming , W. K. , & You , J. H. (2019). The
cost■effectiveness of digital health interventions on the management of cardiovascular diseases:
Systematic review . *Journal of Medical Internet Research* , 21 , e13166 . 10.2196/13166 31210136
PMC6601257 Pluymaekers , N. A. H. A. , Hermans , A. N. L. , van der Velden , R. M. , den Uijl , D.
W. , Vorstermans , B. , Buskes , S. , ... Linz , D. (2020). On■demand app■based rate and rhythm
monitoring to manage atrial fibrillation through tele■consultations during COVID■19 . *International
Journal of Cardiology Heart & Vascular* , 28 , 100533 . 10.1016/j.ijcha.2020.100533 PMC7205626
32391412 Rosier , A. , Mabo , P. , Temal , L. , Van Hille , P. , Dameron , O. , Deléger , L. , ...
Burgun , A. (2016). Personalized and automated remote monitoring of atrial fibrillation . *Europace* ,
18 , 347 – 52 . 10.1093/europace/euv234 26487670 Shinoda , Y. , Sato , A. , Adach , T. , Nishi , I. ,
Nogami , A. , Aonuma , K. , & Ieda , M. (2020). Early clinical experience of radiofrequency catheter
ablation using an audiovisual telesupport system . *Heart Rhythm* , 17 (5) , 870 – 875 .
10.1016/j.hrthm.2020.01.018 32354452 Slotwiner , D. J. , Abraham , R. L. , Al■Khatib , S. M. ,
Anderson , H. V. , Bunch , T. J. , Ferrara , M. G. , ... Wilkoff , B. L. (2019). HRS White Paper on
interoperability of data from cardiac implantable electronic devices (CIEDs) . *Heart Rhythm* , 16 ,
e107 – e127 . 31077801 10.1016/j.hrthm.2019.05.002 Turakhia , M. P. (2020). Diagnosing with a

camera from a distance—proceed cautiously and responsibly . Journal of the American Medical Association Cardiol , 5 , 107 . 10.1001/jamacardio.2019.4572 31774448 Varma , N. , Marrouche , N. F. , Aguinaga , L. , Albert , C. M. , Arbelo , E. , Choi , J. I. , & Varosy , P. D. (2020). HRS/EHRA/APHRS/LAQRS/ACC/AHA worldwide practical guidance for telehealth and arrhythmia monitoring during and after a pandemic . Journal of the American College of Cardiology , 76 , 1363 – 1374 . 10.1016/j.jacc.2020.06.019 32534936 PMC7289088 Yan , B. P. , Lai , W. H. S. , Chan , C. K. Y. , Au , A. C. K. , Freedman , B. , Poh , Y. C. , ... Poh , M. Z. (2020). High-throughput, contact-free detection of atrial fibrillation from video with deep learning . Journal of the American Medical Association Cardiology , 5 , 105 – 107 . 10.1001/jamacardio.2019.4004 31774461 PMC6902123 U.S. Department of Health & Human Services . (2020). Notification of enforcement discretion for telehealth remote communications during the COVID-19 nationwide public health emergency . <https://www.hhs.gov/hipaa/for-professionals/special-topics/emergency-preparedness/notification-enforcement-discretion-telehealth/index.html> U.S. Food & Drug Administration (2020). Enforcement policy for non-invasive remote monitoring devices used to support patient monitoring during the coronavirus disease-2019 (COVID-19) public health emergency . <https://www.fda.gov/regulatory-information/search-fda-guidance-documents/enforcement-policy-non-invasive-remote-monitoring-devices-used-support-patient-monitoring-during> <https://bodimetrics.com/product/circul-sleep-and-fitness-ring> <https://bodimetrics.com/product/circul-sleep-and-fitness-ring/> <https://ghr.nlm.nih.gov/primer/precisionmedicine/initiative> <https://ghr.nlm.nih.gov/primer/precisionmedicine/initiative> Appendix 1 In the United States, reimbursement for medical services is guided primarily by the Centers for Medicare & Medicaid Services (CMS). The American Medical Association's Current Procedural Terminology (CPT) Committee develops descriptive codes for each medical service and assigns a CPT code. Each CPT code is then referred to the association's Relative Value Update Committee to develop a recommended relative value unit (RVU) which determines reimbursement. CMS usually accepts the recommendations from the AMA. Presently, the CPT Committee is developing codes to represent the clinical work involved in managing mHealth data. These codes will then be evaluated and assigned RVU values. If accepted by CMS, these will be included in the Medicare Fee Schedule and go into clinical use. This process typically takes 2 years. Once the codes and services are approved by CMS and published in the Fee Schedule, other insurers typically accept them as well (at the time of writing CPT 99091 and CPT 99457 had received approval).

In 2015, the CMS in the USA initiated a new chronic care management code that reimburses primary care practices for non-face-to-face care for chronic care management (CCM) payment. In November 2018, CMS finalized plans to reimburse healthcare providers for certain remote patient monitoring and telehealth services. These changes focused on three new CPT codes that separate remote patient management (RPM) services from telehealth services. The new CPT codes include #99453, 99454, and 99457. The first two codes describe remote monitoring of physiologic parameters, but do not specifically include ECG monitoring. The third code provides management services, 20 minutes or more of clinical staff/physician/other qualified HCP time in a calendar month requiring interactive communication with the patient/caregiver during the month; however, it is not clear that this code could be utilized for ECG monitoring services through mobile devices. The pre-existing CPT code 93040 (used for reporting on a Rhythm ECG, 12 leads, without interpretation and report) would not be appropriate for patient initiated mobile device events as this would require an order that is triggered by an event followed by a separate signed and retrievable report. CMS has also proposed establishing a new virtual service HCPCS code, GRAS1, for "Remote Evaluation of Pre-Recorded Patient Information," which would reimburse for a provider's asynchronous review of "recorded video and/or images captured by a patient in order to evaluate the patient's condition" and determine whether or not an office visit is necessary. This code could be billed separately if there was not an E/M visit within the previous seven days. CMS finalized separate payment for CPT code 99091 (collection and interpretation of physiologic data, e.g., ECG, BP, glucose monitoring) digitally stored and/or transmitted by the patient and/or caregiver to the physician or other qualified HCP, qualified by education, training, licensure/regulation, requiring a minimum of 30 minutes of time. However, there must be a clinically relevant reason for the physician to need to review the data each month.