

PRINTABLE FLOW TOOL

Flow Tool 14: If Your Watch Flags Possible AFib

PRINTABLE
VERSION

If your watch flags possible atrial fibrillation (AFib), save what it recorded and check how you feel before deciding what to do next.

First: Check for Emergency Symptoms

Call 911 for stroke signs, severe chest pressure, fainting, severe breathlessness, or a fast or irregular heartbeat with dizziness or near-fainting. Do not drive yourself.

If You Feel Well

- Save the tracing or screenshot if your device recorded one.
- Write down the time, how long the alert lasted, any symptoms, what you were doing, and anything unusual such as illness, dehydration, poor sleep, or alcohol.
- Contact your clinician so the rhythm can be reviewed and, when appropriate, confirmed with an electrocardiogram (ECG) or medical monitor.
- Keep taking prescribed medicines unless the prescribing team tells you otherwise.

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Wearable Alert Rule

An isolated alert without emergency symptoms is not, by itself, proof of AFib. Arrange prompt clinical review and do not self-treat. Repeated alerts, a sustained fast or irregular rhythm, new symptoms, or a worsening pattern warrant same-day contact with your clinician; use the emergency instructions above if severe symptoms develop.

A wearable alert is not a confirmed diagnosis, and the absence of an alert does not rule out AFib. Save the tracing when possible. Do not start aspirin or an anticoagulant, take extra heart-rate medicine, or change another prescription based on a watch alert alone.