Enjoy regular physical activity. Limit the intake of caffeine A heart attack may last for two to five minutes

## What do they THINK AND FEEL?

what really counts major preoccupations worries & aspirations

## What do they HEAR?

what friends say
what boss say
what influencers say

An arrhythmia means the heart is not beating in the proper rhythm

Anger, Depression will cause arrhythmia

The prevalence of arrhythmia is between 1.5 and 5 percent of the population



Air
pollution
may be
associated
with atrial
arrhythmias.

Ablation procedures can cure some type of arrhythmia completely

The treatment costs around \$1,600 per procedure

What do they SEE?

environment friends what the market offers

Access to information Safety concerns Ease of access to health care

What do they SAY AND DO?

attitude in public
appearance
behavior towards others

## PAIN

fears frustrations obstacles

High cost Likely miss to AF

An invasive procedure

## GAIN

"wants" / needs
measures of success
obstacles

Better adherence (patch recorder)

ICM Long term monitoring

Convenient (no wires)