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Scientific**
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WELCOME TO

WATCHMAN™

WATCHMAN™
LEFT ATRIAL APPENDAGE CLOSURE IMPLANT

**ONE TIME.
FOR A LIFETIME.**

The one-time, minimally invasive procedure for people with non-valvular AFib who need an alternative to blood thinners.



**When I was on blood thinners,
it was always a different life.
WATCHMAN was a lifesaver. It
put me back to being who I was.**

—CLIFF, 68

MORE THAN 200,000 PEOPLE HAVE LEFT BLOOD THINNERS BEHIND WITH THE WATCHMAN™ IMPLANT.

Non-valvular AFib can mean a lifetime of blood thinners. It can also mean a lifetime of worry about bleeds from falls, other medical issues, or an unexpected surgery.

The WATCHMAN Implant procedure is a trusted alternative that permanently reduces both stroke risk and bleeding worry. With almost 20 years of clinical and real-world experience—including 10 clinical trials—it is proven to be safe and effective.

Here's what you'll find inside this brochure.

STROKE RISK REDUCTION OPTIONS

WHAT THE WATCHMAN IMPLANT IS AND HOW IT WORKS

BEFORE, DURING AND AFTER YOUR PROCEDURE

LIVING LIFE WITH THE WATCHMAN IMPLANT

HOW TO GET IN TOUCH WITH US



Read on to learn more about the WATCHMAN Implant.

THE GOAL: REDUCING YOUR STROKE RISK. BLOOD THINNERS ARE ONE WAY.

Blood thinners reduce the risk of clots that could lead to a stroke.

The blood thinner warfarin (also known as Coumadin®) has been around for more than 60 years. There are also several newer blood thinners available now, including Eliquis® (apixaban), Pradaxa® (dabigatran), Xarelto® (rivaroxaban), and Savaysa® (edoxaban).

Blood thinners are effective, but can come with challenges and potential bleeding worries.



Major and minor bleeding risks from other medical conditions or falls



Lifestyle activities that carry a risk of bleeding



Difficulty with once or twice-daily pill dosing



Complications during surgery



High ongoing cost



If taking warfarin, regular monitoring and food/drug interactions



WATCHMAN™
LEFT ATRIAL APPENDAGE CLOSURE IMPLANT

THE WATCHMAN IMPLANT IS AN ALTERNATIVE TO BLOOD THINNERS.

It's a one time, minimally-invasive procedure that permanently reduces stroke risk without the worries that come with a lifetime of blood thinners.

For some people, that means an extra measure of safety if they have bleeding due to certain medical conditions, such as an ulcer. For others, it means peace of mind should they need surgery. A more active lifestyle is also less risky, including travel that's not near medical help.



I was restricted on blood thinners and now I can just go to where I want to go and do what I want to do.

—MICHAEL, 79

Is the WATCHMAN Implant right for you?

The WATCHMAN Implant is indicated for people who have AFib not caused by a heart valve problem (also known as non-valvular AFib), have been recommended for blood thinning medicines by their doctor but need an alternative.

The WATCHMAN Implant may be right for you if:

- You have a lifestyle, occupation, or health concern that puts you at risk for serious bleeding
- You've had serious bleeding while taking blood thinners
- You have difficulty taking blood thinners as prescribed by your doctor

Talk to your cardiologist about the benefits and risks. Together, you'll decide if the WATCHMAN Implant is right for you.

1. PINNACLE FLX 12-month primary safety and efficacy endpoint results, Doshi, SK. presented at HRS 2020 Science. 2. Armstrong S, Amorosi SL, Patel P, Erickson GC, Stein K. Medicare beneficiary out-of-pocket spending for stroke prevention in non-valvular atrial fibrillation: a budget analysis. *Value Health (ISPOR)*. 2015;18:A1-A307 (A40,PMD13). [https://www.valueinhealthjournal.com/article/S1098-3015\(15\)00296-X/pdf](https://www.valueinhealthjournal.com/article/S1098-3015(15)00296-X/pdf). Accessed March 28, 2019.



While some people may be able to stop blood thinners immediately after the procedure, in a clinical trial

96% of people

were able to discontinue their blood thinner 45 days after the WATCHMAN Implant.¹



What about cost?

While blood thinners must be taken every day for life and represent an ongoing cost, the WATCHMAN Implant is a one-time procedure and one-time cost. This means you can save you money over time. For example, the total out-of-pocket spending for the WATCHMAN Implant is lower than warfarin by year 2 and half the cost by year 5.²

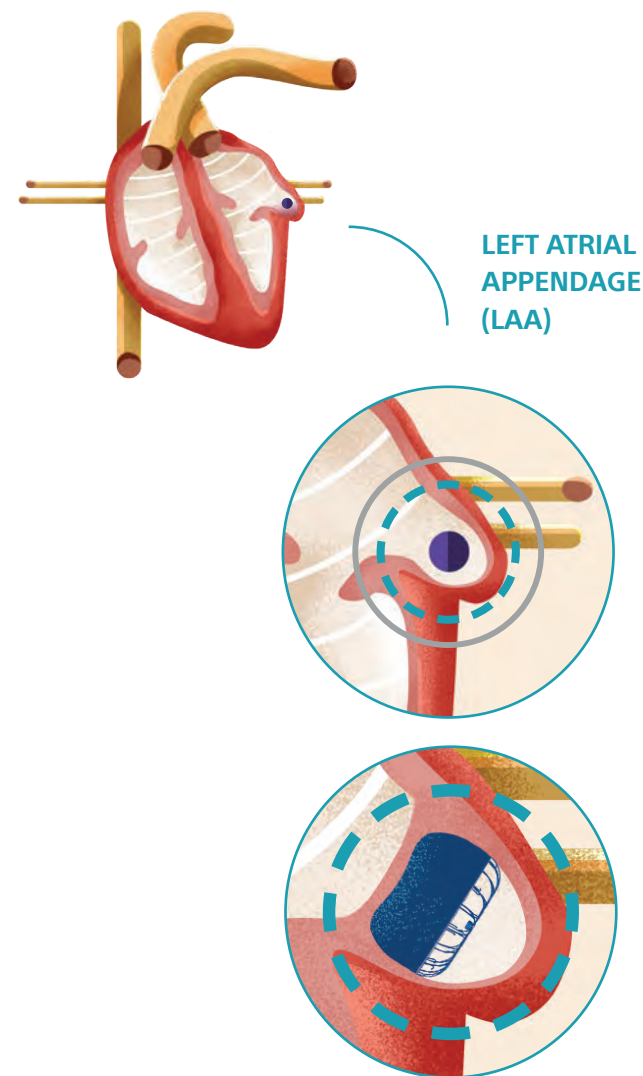
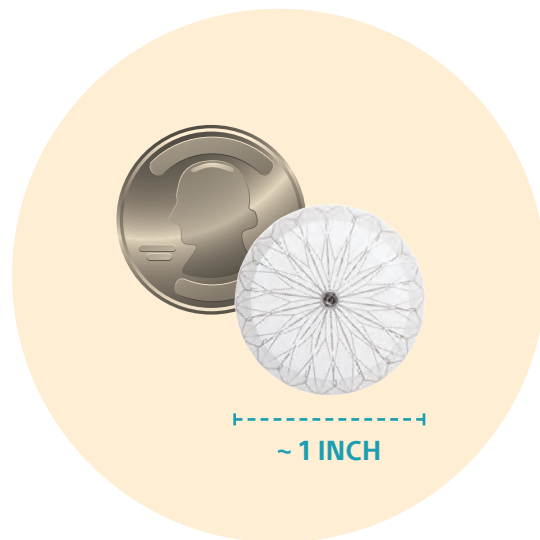
Medicare covers the WATCHMAN Implant for people who meet certain coverage criteria and an increasing number of other insurers do too. Insurance coverage can vary significantly from one plan to another. Be sure to contact your insurance carrier for any specific questions.

TAKING A CLOSER LOOK AT THE WATCHMAN™ IMPLANT.

What is the WATCHMAN Implant?

The WATCHMAN Implant is a small, flexible implant about the size of a quarter. It is made from very light, compact materials commonly used in many other medical implants.

It is placed into your heart during a minimally invasive procedure and never needs to be replaced.



LEFT ATRIAL APPENDAGE (LAA)

How exactly does it work?

To understand how the WATCHMAN Implant works, it helps to understand the connection between AFib and stroke.

Atrial fibrillation, or AFib, affects your heart's ability to pump blood normally. This can cause blood to pool in an area called the left atrial appendage, or LAA. There, blood cells can stick together and form a clot. When a blood clot escapes from the LAA and travels to another part of the body, it can cut off the blood supply to the brain, causing a stroke.^{1,2} On average, a person with AFib is 5 times more likely to suffer a stroke than someone with a regular heartbeat.³

In people with AFib not caused by a heart valve problem, more than 90% of stroke-causing clots that come from the heart are formed in the LAA.¹ That's why closing off this part of the heart is an effective way to reduce stroke risk.

The WATCHMAN Implant fits right into your LAA. It's designed to permanently close it off and keep those blood clots from escaping.



With WATCHMAN, I can forget about the concern of a stroke. I can forget about the concern of side effects from drugs and just try to live a happy, healthy life.

—AJ, 68



Is the WATCHMAN Implant safe?

Over 200,000 people have already received the WATCHMAN Implant. With almost 20 years of clinical and real-world experience — including 10 clinical trials — WATCHMAN has a proven safety record.

Advanced, Heart-Friendly Design

Science always looks for ways to make effective treatments even better. The WATCHMAN Implant is no exception. The WATCHMAN FLX Implant design is an advancement that enables the implant to fit a greater number of patients, giving more people than ever a safe, effective alternative to blood thinners should they need one.

➤ [Learn more about the WATCHMAN Implant and how it works at watchman.com/video](https://www.watchman.com/video)



1. Blackshear JL, Odell JA. Appendage obliteration to reduce stroke in cardiac surgical patients with atrial fibrillation. *Ann Thorac Surg.* 1996;61:755-759. 2. National Stroke Association. Making the Afib-Stroke Connection. <https://www.stroke.org/sites/default/files/resources/Afib-Connection%20for%20hcp.pdf>. Published 2012. Accessed September 1, 2016. 3. National Stroke Association. Making the Afib-Stroke Connection. <https://www.stroke.org/sites/default/files/resources/Afib-Connection%20for%20hcp.pdf>. Published 2012. Accessed September 1, 2016.

THE WATCHMAN™ IMPLANT PROCEDURE: WHAT TO EXPECT.

The decision to get the WATCHMAN Implant is shared between you and your doctor. You'll talk about what's important to you, your goals, and the procedure's risks and benefits. Together, you'll decide whether the WATCHMAN Implant is the right choice for you. If so, here is what comes next.

BEFORE

GETTING READY.

Get insurance approval. The WATCHMAN Implant is covered for eligible Medicare patients and does not require advance approval. If you have commercial insurance, you may need prior authorization from your plan. Your doctor's office may be able to assist.

Choose a medical center. You and your doctor will decide on a center. You can view options at watchman.com/centers, and your doctor will provide a referral. Typically, the medical center will call you to schedule a consultation, or your doctor's office may schedule it for you.

Have an exam and heart scan. In addition to a physical, you may have a special test called a TEE (transesophageal echocardiogram) which takes pictures of your heart so the doctor can see your LAA and to make sure you don't have an existing blood clot.

Set the date for your WATCHMAN Implant procedure. Your doctor and implant team will tell you how to prepare. Make sure you understand all the instructions, including what medications you should and should not take, and ask any questions you have.

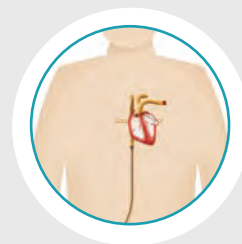
DURING

PROCEDURE DAY.



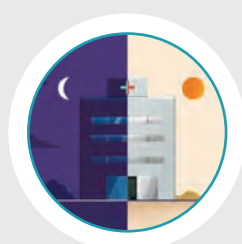
STEP 1

To begin the procedure, your doctor makes a small cut in your upper leg and inserts a narrow tube.



STEP 2

Your doctor guides the WATCHMAN Implant through the tube, into your left atrial appendage (LAA).



STEP 3

The procedure is typically done under general anesthesia and takes about 30 minutes. People who get the WATCHMAN Implant generally stay in the hospital for a day or less.



STEP 4

After the procedure, your own heart tissue will grow over the WATCHMAN Implant to form a barrier against blood clots.



Post-procedure, I was in the hospital for 24 hours with great food and a wonderful staff, and then home relaxing for the next week with a bit of limitation on strenuous activity.

—SEAN, 84

AFTER

YOUR FIRST YEAR WITH YOUR WATCHMAN IMPLANT.

Your doctor will prescribe you a medication regimen they believe is right for you. Typically, this will be one of two options:

OPTION A

Your doctor will prescribe anti-platelet medicine called clopidogrel (also known as Plavix) and aspirin for 6 months. At your 6-month appointment, your doctor may stop the anti-platelet medicine and you'll continue to take aspirin on an ongoing basis.

OPTION B

You may be prescribed a short-term blood thinner (anticoagulant), typically for 45 days. Then your doctor may stop blood thinners and put you on an anti-platelet and aspirin until 6 months post-procedure. After that, you'll continue to take aspirin on an ongoing basis.

These medications are taken until your left atrial appendage is completely closed off. Whichever option they choose, it's important that you discuss your medications with your doctor and do not change or modify your medications or dosages unless prescribed by your doctor.

Most people can return to work within a few days. Gradually add activities to get back to your normal routine. Check with your doctor before resuming exercise or anything strenuous.

You may have follow-up appointments after your procedure to have an imaging test to check on the implant and make sure your left atrial appendage (LAA) is sealed. Discuss scheduling your follow-up appointments with your doctor.

MEDICATION OPTIONS AFTER YOUR PROCEDURE



WATCHMAN™ IMPLANT. IT'S ONE TIME. FOR A LIFETIME.

The WATCHMAN Implant may provide a lifetime of stroke risk reduction that lets you leave blood thinner worries behind.

After the WATCHMAN Implant procedure, life is a lot less restricted. Without the constant concern of blood thinner bleeds following you everywhere, you're freer to be active, to travel, to go where you want to go and do what you want to do. The WATCHMAN Implant protects you in all these situations.

Out in the world with the WATCHMAN Implant.



TRAVEL

Your WATCHMAN Implant will not set off metal detectors, so you can go through security screenings without worry.



MEDICAL AND DENTAL PROCEDURES

Always tell the doctor or dentist that you have a WATCHMAN Implant so he or she can work with your cardiologist to determine the best way to provide treatment—especially if the procedure requires you to stop taking your medications as prescribed.



MRI

If you need an MRI (magnetic resonance imaging), it's important to show the doctor and MRI technologist your **WATCHMAN Implant Card**. The WATCHMAN Implant is "MRI conditional," which means you can safely have an MRI when your technologist takes certain precautions.

WANT TO KNOW MORE? LET US ANSWER YOUR QUESTIONS.



TALK TO AN EDUCATION SPECIALIST.

Our trained professionals have healthcare experience. They're here to answer your WATCHMAN Implant questions and help you get ready to talk to your cardiologist.

Call 1-855-802-3909
Mon-Fri, 8 am to 5 pm CT



TALK TO A PATIENT AMBASSADOR.

Our ambassadors have the WATCHMAN Implant themselves and have volunteered to share their experiences. We hand-pick someone to talk with you based on your questions.

To learn more, call
1-844-355-9114



GET A CUSTOMIZED DISCUSSION GUIDE.

Ready to talk to your doctor about the WATCHMAN Implant? We make it easy. Answer a few questions and get a discussion guide that's customized to your needs.

Download it at
eligibility.watchman.com



? What is a WATCHMAN Implant Card and why do I need it?

You'll get a WATCHMAN Implant Card from the medical center that performs your procedure. This very important card lets medical personnel know that you have the WATCHMAN Implant. Remember to carry it with you at all times and register it in case it gets lost. Go to watchman.com/register.



I didn't have any problems getting the [WATCHMAN] procedure and I feel so much better since I had it. It makes me feel good that I can get up and go and not worry.

—CAMILLE, 89



Important Safety Information

The WATCHMAN™ and WATCHMAN FLX Devices are permanent implants designed to close the left atrial appendage in the heart in an effort to reduce the risk of stroke. With all medical procedures there are risks associated with the implant procedure and the use of the device. The risks include but are not limited to accidental heart puncture, air embolism, allergic reaction, anemia, anesthesia risks, arrhythmias, AV (Arteriovenous) fistula, bleeding or throat pain from the TEE (Trans Esophageal Echo) probe, blood clot or air bubbles in the lungs or other organs, bruising at the catheter insertion site, clot formation on the device, cranial bleed, excessive bleeding, gastrointestinal bleeding, groin puncture bleed, hypotension, infection/pneumonia, pneumothorax, pulmonary edema, pulmonary vein obstruction, renal failure, stroke, thrombosis and transient ischemic attack. In rare cases death can occur.

Be sure to talk with your doctor so that you thoroughly understand all of the risks and benefits associated with the implantation of the device.

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