

Method for using a portable device to record electrocardiographic changes for monitoring the condition of the cardiovascular system in women who have recovered from COVID-19, with automated risk assessment, involves the use of a remote system for real-time monitoring of vital signs. A portable device based on a programmable microcontroller is used for remote heartbeat recording via electrocardiographic sensors with disposable electrodes, which are attached to the body at three points: the right and left sides of the chest and the lower segment. The electrodes measure the heart rate and transmit the data to a controller, to which they are connected via a 30-inch cable. The controller is placed around the waist or in a pocket, and the data is then transmitted in real time to a computer.