

Tips to Get the Most Benefit from Your Quell

1 Calibrate Properly

This ensures that Quell delivers the right stimulation level for optimal pain relief. You can repeat the calibration if you need to.

2 Use Your Quell Daily

We recommend using your Quell for at least 2 to 3 full therapy sessions per day for the first month. You can use it as much as you need to, as Quell is FDA cleared to be used 24/7.

3 Give It Time

Please be patient as it may take several weeks to experience optimal relief from wearing your Quell.

4 Let Us Help

For questions or to troubleshoot issues, contact Customer Care at **1-800-204-6577** or email **CustomerCare@quellrelief.com**.

Important Guidelines

- The electrode should be making good contact with the skin.
- Remove electrode to air out skin briefly during the day. After 4 hours of wear, device will pulse on and off for one minute as a reminder.
- To get the most use of your electrode, put the liner back on the gel pads when electrode is not on skin.
- Change the electrode every 2 weeks.
- Do not use when showering, bathing, or while driving.
- Quell arrives in "Gentle Sleep Mode." To change this setting, reference the how-to video or User Manual available at quellrelief.com.

Warnings

Quell is contraindicated if you have a cardiac pacemaker, implanted defibrillator, or other implanted metallic or electronic device. Please discuss with your doctor before using Quell.

Download the App

The Quell Relief app is optional; however, it will greatly enhance your Quell experience. Find it by searching for "Quell Relief" by NeuroMetrix, Inc. You can start, stop, and adjust therapy using the app.



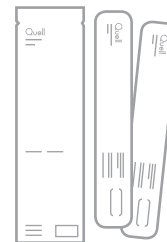
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PN 2204113 Rev. H

Quell[®]

Wearable Pain Relief
Technology™

Quick Start Guide



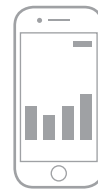
Electrodes



Sports Band



Quell Device



Optional App

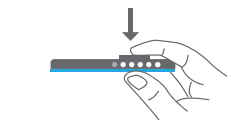
Getting Started and Calibration

Watch the [Calibration Video on quellrelief.com/user](http://quellrelief.com/user) before you use Quell for the first time.

At the site, you can also download a comprehensive User Manual, or reorder supplies.

1. Check Battery

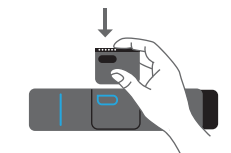
Click and release the button once.



Needs charging Fully charged

2. Insert Device

Slide device into band. The button should align with the blue-rimmed window.



3. Attach Electrode

While keeping liner in place, snap electrode onto the connectors.

Orientation of electrode does not matter.



Carefully remove the paper liner before use, and save it for storing the electrode.



4. Place Band

Place Quell band on upper calf about 1 to 2 inches below the knee of either leg. Device may be located anywhere on calf, but avoid placing device directly on your shinbone. The lights should face up.

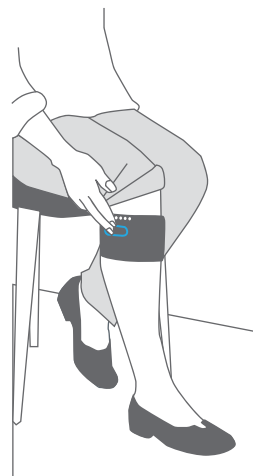


Do not place Quell anywhere else on your body.

5. Calibrate

Read through all the steps below before you begin calibration.

You must calibrate the first time you use Quell, so Quell will learn your nerve sensitivity. Sit in a quiet place where you can focus, with your foot flat on the floor and knee bent at 90° angle as shown.



Step 1:

Press and HOLD button until you see lights running back and forth, then release button. Lights will keep running.

Step 2:

Wait until you feel the slightest tingle under the band, then immediately CLICK the button one time.

Step 3:

Repeat Step 2 until the lights go off, meaning calibration is complete. People typically click the button 3-6 times during calibration.

You are now ready to begin therapy.

Therapy

Each therapy session lasts for 60 minutes with a 60 minute break between sessions. Sessions will continue automatically until the device is removed from the leg.



Start Session

Click the button. One light will blink. The stimulation will increase for 2 minutes until optimal intensity is reached. After the 2 minute ramp-up, stimulation should feel strong, but comfortable.

Decrease Intensity

Click the button to reduce intensity. Repeat if needed.

Increase Intensity

Press and hold button down. Intensity increases until you release the button.

Stop Session

To stop therapy, click the button 4 times in a row.

Always stop therapy BEFORE removing the device.

When the lights are off, it is safe to remove device.

Have Questions? Call Us: 1-800-204-6577.