

## Commit to Using Daily for at least 30 Days

The more you use Quell, the better the chance of pain relief.

1. Chronic Pain is different for everyone. Please be patient. It may take several weeks of consistent use before you start to feel relief.
2. Set a daily therapy goal to stay on track – we recommend using Quell for a **minimum** of 3 therapy sessions per day either during the day or while sleeping.
3. Calibrate your Quell properly during setup to experience optimal relief. Once calibrated, therapy should feel strong, but comfortable during use.
4. Track your pain level, activity and sleep through the app. Many people report improvements in mood, activity, and sleep when Quell is working for them.
5. Personalize your Quell to meet your needs. Visit the Settings menu within the app to select from various Therapy, Stimulation, and Sleep options.

## Questions?

Call 1-800-204-6577.

## Electrode Use & Skin Care

1. Attach the electrode to the device with the liner in place to protect the hydrogel. Remove liner before applying electrode to skin.
2. Only apply the electrode to clean, dry skin. Never apply the electrode over irritated or damaged skin.
3. **Air out your skin every 5 hours**, or when you wake up if using overnight, to minimize the risk of skin irritation. Your device will pulse at that time as a reminder. Reposition the device on your leg or switch to the other leg.
4. The electrode gel may show signs of wear with normal use. **Each electrode is designed to last two weeks.** Your electrode does not need to be replaced until stimulation during therapy feels uncomfortable.

Additional electrode options available at [store.quellrelief.com](http://store.quellrelief.com).

## Warnings

Quell is contraindicated if you have a cardiac pacemaker, implanted defibrillator or other implanted electronic device.

Do not use when showering or bathing, or while operating a vehicle.

**Quell** 2.0 Wearable Pain Relief Technology™

PN 2204821 Rev A

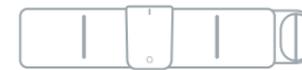
## Quick Start Guide



Quell Relief App



Quell Device



Quell Band



Electrodes

For full User Manual, video tutorials, and FAQs, visit [www.quellrelief.com/quell-user](http://www.quellrelief.com/quell-user).

## Setup Instructions



Charge device before first use.  
Download the **Quell Relief** app from the App Store or Google Play.



Launch the **Quell Relief** app.  
Follow the step by step instructions within the app to setup and calibrate your device. Calibration will set Quell to your optimal therapeutic intensity.



**Start Therapy.**  
The more you use Quell, the better the chance of pain relief. Quell can be worn 24/7, both during the day while active and at night while sleeping. Be patient, it may take several weeks of regular use.

### No Smartphone or tablet?

The Quell Relief app is required for setup and calibration. Once completed, Quell can be programmed for use without the app. Visit [www.quellrelief.com/quell-user](http://www.quellrelief.com/quell-user) for more information.

## Therapy

Standard therapy sessions last 60 minutes with a 60 minute break between sessions. Stimulation will increase for the first 2 minutes of therapy until the target level is reached. Sessions will restart automatically until the device is removed from the leg. To personalize therapy, go to the settings menu within the app.



## How to Start & Stop Therapy

Use the Quell Relief app to Start and Stop therapy. The app provides you with full control of your Quell device. You can start and stop therapy without the app by following the instructions below:

### Start Therapy (setup required)

Open the Settings menu of the app, select Therapy Automation and turn on Automatic Start. Therapy will begin automatically within 30 seconds of placing the device on your leg. You will not need to start therapy within the app.

### Stop Therapy

**Firmly double tap the device with your fingers to stop therapy. Your leg should be still.**

Always stop therapy before removing the device. When the light is off, it is safe to remove from your leg.

## Indicator Lights

### Device On Leg

- *White Double Blinking Light* – Therapy in progress
- *Orange Blinking Light* – Error, check that electrode is securely snapped to the device and smoothly applied to skin

### Device Off Leg – pick up device to check battery

- *White Blinking Light* – Battery charged enough for therapy
- *No Light* – Device must be charged before use

### Device Charging

- *White Blinking Light* – Charging in progress
- *Solid White Light* – Fully charged
- *Orange Blinking Light* – Charging error, call Customer Care

## Let Us Help

Questions? Need help troubleshooting? We're here for you.

**Contact our Boston-based Customer Care team for support.**

*Phone:* 1-800-204-6577

*Email:* [CustomerCare@quellrelief.com](mailto:CustomerCare@quellrelief.com)

*Website Support:* [quellrelief.com/quell-user](http://quellrelief.com/quell-user)

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