

Commit to Using Daily

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

1. 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 treatment sessions per day either during the day or while sleeping.
3. Calibrate your Quell properly during setup to experience optimal relief. Once calibrated, stimulation should feel strong, but comfortable during use.
4. Track your Quell usage, fibromyalgia severity, 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 Treatment, 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 treatment feels uncomfortable.

Warnings

The device is contraindicated for use by patients who have a cardiac pacemaker, implanted defibrillator, other implanted electronic device, or implanted metal near the device.

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

Quell Fibromyalgia

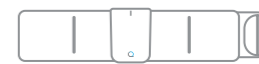
QUICK START GUIDE



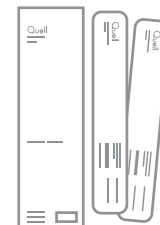
Quell Fibromyalgia App



Quell Device



Quell Band



Electrodes

For full User Manual, video tutorials, and FAQs, visit www.quellfibromyalgia.com/support

Setup Instructions



Charge device before first use. **Use only the provided cable and charger.**

Download the **Quell Fibromyalgia** app from the App Store or Google Play.



Launch the **Quell Fibromyalgia** 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 Treatment.

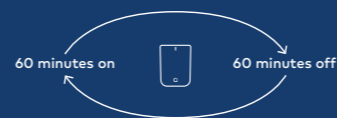
Quell can be worn during the day while active and at night while sleeping. Be patient, it may take several weeks of regular use.

No Smartphone or tablet?

The Quell Fibromyalgia app is required for setup and calibration. Once completed, Quell can be programmed for use without the app. Visit www.quellfibromyalgia.com/support for more information.

Treatment

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



How to Start & Stop Treatment

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

Start Treatment (setup required)

Open the app to the Dashboard, press the Automatic Start icon (letter A) in the top left corner and select Enable. You can also go to the Settings menu and select Treatment Automation to turn on Automatic Start. Treatment will begin automatically within 1 minute of placing the device on your leg. You will not need to start treatment within the app.

Stop Treatment

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

Always stop treatment 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* – Treatment 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 treatment
- *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@quellfibromyalgia.com

Website Support: www.quellfibromyalgia.com/support

Terms of Use – visit www.quellfibromyalgia.com/app_termsOfUse