

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 Fibromyalgia for a minimum of three treatment sessions per day (each session is 60 minutes), either during the day or while sleeping.
3. Calibrate your device properly during setup to experience optimal relief. Once calibrated, stimulation should feel strong, but comfortable during use.
4. Track your Quell Fibromyalgia usage, fibromyalgia severity, and sleep through the app. Many people report improvements in mood, activity, and sleep when the device is working for them.
5. Personalize your Quell Fibromyalgia device to meet your needs. Visit the Settings menu within the app to select from various treatment, stimulation, and sleep options.

Questions?

Call 888-903-2673

Electrode Use & Skin Care

1. Attach the electrode to the device with the liner in place to protect the hydrogel. Remove liner before applying the electrode to the 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 for 60 minutes, 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 everyday use. Each electrode is designed to last two weeks.

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. The device cannot be used while driving, operating machinery, or during any activity in which electrical stimulation can put the patient at risk of injury.

Please refer to quellfibromyalgia.com or the Quell Fibromyalgia User Manual for complete safety information.

Quell Fibromyalgia

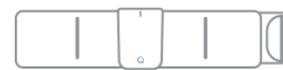
QUICK START GUIDE



Quell Fibromyalgia App



Device



Band



Electrodes

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

Setup Instructions



Prepare Your Device.

Charge the device before first use. Use only the provided cable and charger. Download the Quell Fibromyalgia app from the App Store or Google Play.



Set-Up and Calibration.

Launch the Quell Fibromyalgia app. Follow the step-by-step instructions within the app to set-up and calibrate your device. Calibration will set the device to your optimal therapeutic intensity.



Start Treatment.

Quell Fibromyalgia can be worn for up to 15 hours within a 24-hour period. You can even wear it while sleeping.

No smartphone or tablet?

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

Treatment

Standard treatment sessions last 60 minutes, followed by 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. Typically, the device is worn on the leg for about 5 hours—consisting of three 60-minute active sessions and two 60-minute break sessions. 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 Fibromyalgia device. You can start and stop treatment without the app by following the instructions below:

Start Treatment

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. The device will now start once the band is placed on your leg.

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 it from your leg.

Indicator Lights

Device On Leg

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

Device Off Leg

- **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 Experience

Let Us Help

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

Contact our Customer Experience team for support.

Phone: 888-903-2673

Email: CustomerService@electroCore.com

Website Support: quellfibromyalgia.com/support

Patient Training: calendly.com/quell-fibromyalgia/quell-training

Terms of Use: Visit quellfibromyalgia.com/termsofuse