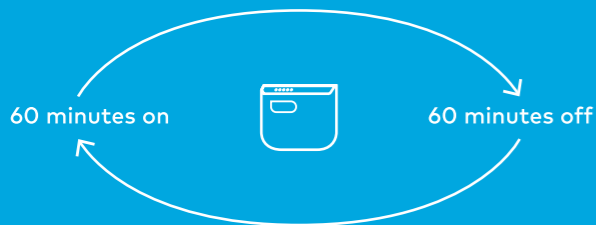


## Therapy

Regular therapy sessions last 60 minutes with a 60 minute break between sessions. Sessions will continue automatically until the device is removed from the leg.



## Manually Adjusting and Stopping Therapy\*

### Start Therapy

Click the button.  
One light will blink.  
The stimulation will increase for 2 minutes until optimal level is reached. 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 Therapy

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.

\*Adjustments can also be made using the app.

## Tips for Success

- Calibrate properly so Quell delivers the right stimulation level for optimal pain relief.
- Use your Quell daily, at least 2 to 3 full therapy sessions, for the first month. Can also be used overnight.
- Give it time as it may take several weeks to experience optimal pain relief from using your Quell.

## Important Guidelines

- The electrode should be making good contact with the skin.
- Remove electrode briefly during the day to reduce risk of skin irritation. After 4 hours of wear, device will pulse on/off for 1 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 or bathing, or while operating a vehicle.
- For tips on customizing therapy, visit [quellrelief.com/quell-user](http://quellrelief.com/quell-user).

## Warnings

Quell is contraindicated if you have a cardiac pacemaker, implanted defibrillator, or other implanted metallic or electronic device. If you have any of these conditions, please discuss with your doctor before using Quell.

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

Terms of Use - visit [quellrelief.com/terms](http://quellrelief.com/terms)

PN 2204113 Rev. K



# Quick Start Guide



Optional App



Quell Device



Sports Band



Electrodes

Customer Care: 1-800-204-6577

# Getting Started

## Option A: App Set Up (Recommended)

The **Quell Relief** app will greatly enhance your Quell experience. You can calibrate, start, stop, and adjust therapy using the app. **If you do not have a smartphone, please follow Option B: Manual Set Up.**



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



Launch **Quell Relief** app. Follow instructions and calibrate.



Start Therapy.

## Let Us Help

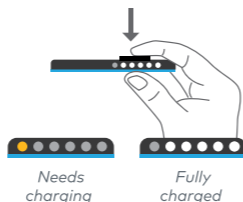
For questions or to troubleshoot issues, contact Customer Care at **1-800-204-6577**, email [CustomerCare@quellrelief.com](mailto:CustomerCare@quellrelief.com), or visit [quellrelief.com/quell-user](http://quellrelief.com/quell-user).

## Option B: Manual Set Up

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

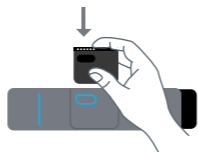
### 1. Check Battery

Click and release the button once.



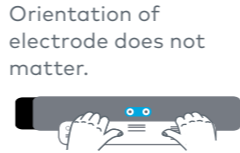
### 2. Insert Device

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. The lights should face up.



Avoid placing device directly on your shinbone.

**Do not place Quell anywhere else on your body.**

### 5. Manual Calibration

**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.**

You may go about your normal activities during a therapy session.