vagustim

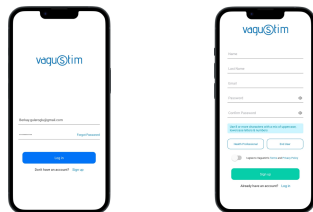Assisting Lives Through Neuromodulation

Quick Start Guide

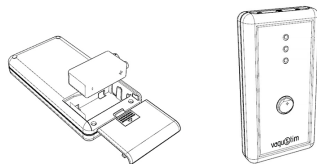## 1. Download the vagustim Mobil App

2. Create an Account

Create an user account for a new user or login into an existing account.
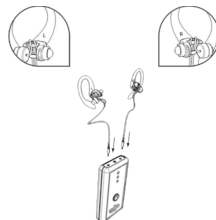

3. Turn On the Device

Place the batteries according to the polarity markings(+/-). Press the switch and the LED number 1 on the device will be constant white.
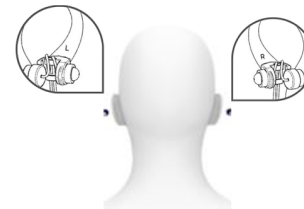

4. Plug the Ear Electrodes

Plug the ear electrodes into the stimulator. Make sure that the left and right ear electrodes are positioned correctly.
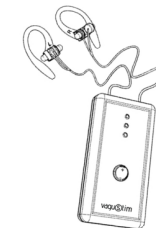

5. Put the Ear Electrodes

Apply conductive gel onto indicated areas (concha and tragus) of your ear. Place ear electrodes into your ear. Check for "L" and "R" labels on your ear holders. Adjust the position of the ear electrodes.
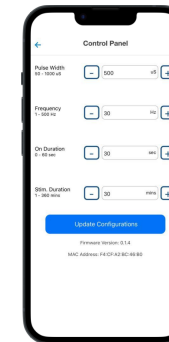

6. Bluetooth Connection

Enable Bluetooth on your mobile phone and pair the Vagustim Stimulator.

If LED number 2 is flashing, the device is searching for a Bluetooth connection. If it is constant blue, connection has been established.

7. Device Control

If the LED number 3 is constant green, stimulation has been started and has been in stimulation for a period.

Pulse Width refers to the length of time each group of pulses of stimulation.

Frequency refers to the number of stimulation pulses delivered per second, measured in Hertz (Hz).

On Duration refers to the active stimulation within a minute.

Stim Duration refers to the total length of the stimulation.

For detailed information, please visit **www.vagustim.io** and download user manual.