



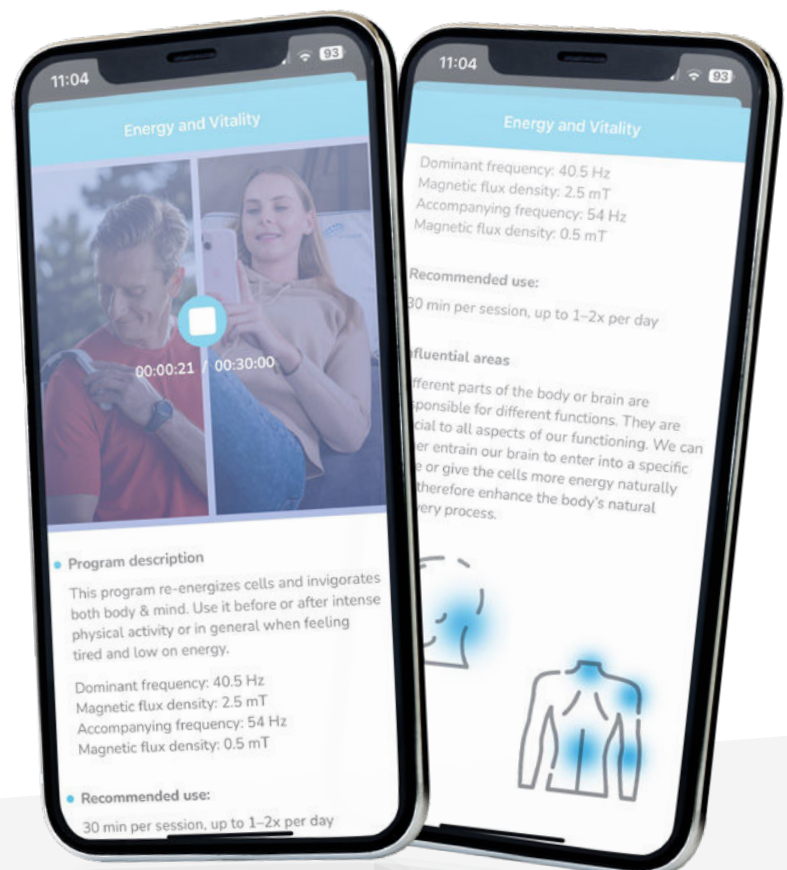
How to set up a program

Want to start a program or choose a custom frequency?

Learn how to set up a program in the Quick Start mode, or how to customize the settings and frequencies in Advanced Mode.

QUICK START

1. Click **Quick Start** and choose your desired predefined program.
2. Select the desired duration and place the NeoRhythm device close to the area represented by the blue dots.
3. Once the program is running, the device will no longer need a mobile device to run (**Bluetooth can also be switched off**).
4. Once the session is finished, the device will signal its ending by **double-vibrating** and a change **from green to orange lights**.
5. There is **no OFF button**, when you are done just place the NeoRhythm device somewhere where you won't bump it.



ADVANCED MODE

1. How to choose frequency?

Advanced Mode allows you to customize your sessions by choosing one frequency from the list. You can follow the Programs Guide for our suggestions, or get the full list of frequencies and their benefits under the Programs Guide tab.

2. How to choose intensity?

NeoRhythm devices operate with the highest intensity of 2.5 mT. This is also the highest intensity for the majority of our Quick Start programs. If you wish to try out a lower intensity, which may have a more beneficial effect on you, you can tone it down to 1.5 mT or 0.5 mT. We recommend starting with 2.5 mT and experimenting with the other two if you do not feel the desired effect after 3 sessions.

3. How to choose the duration?

You cannot overdose on PEMF, nor can you harmfully overstimulate yourself using NeoRhythm devices, since all frequencies are in the extremely-low range. When choosing duration, be mindful of what you are trying to achieve and for how long. The device allows you to choose sessions long from 1 minute - 13 hours.

4. How to choose coil positioning?

For our more advanced users, who want only to stimulate one part of the targeted area, we've created this feature so that they can have total control of the stimulation. If you are new to this, choose all coils, as this is the standard for all of our Quick Start programs and allows for a full-range stimulation.

