

## Quell Button

Controls therapy and settings



## LED Lights

Simple indication of therapy and battery life

## Helpful Tips

- The entire electrode should contact the skin.
- Always protect the adhesive by using the liner between uses.
- Air out skin after wearing the device for several hours or overnight. Device will pulse on and off for one minute as a reminder.
- Do not use while showering or bathing.
- Change the electrode every 2 weeks.

## Download the App

Although the Quell App is not required for the use of the device, it greatly enhances its functionality. Download it by searching for "Quell Relief" by NeuroMetrix, Inc.



## Customer Support

For more tips, the complete user manual, how-to videos, reordering electrodes and other supplies, please visit our website.

[www.quellrelief.com/user](http://www.quellrelief.com/user)

1-800-204-6577

# Quell™

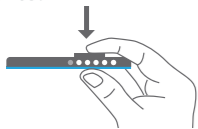
Wearable Pain Relief  
Technology

# Quick Start Guide

## Preparation for use

### 1. Check battery

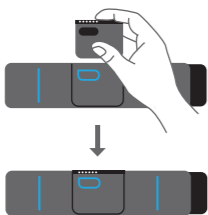
Click the button and check the indicator lights.



The number of white lights indicates the charge remaining in the battery. An orange light indicates the unit needs charging. If the battery needs to be recharged, use the charging cable.

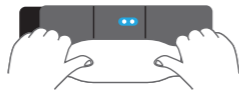
### 2. Insert device

Slide your device into the band pouch so that the button is visible inside the blue-rimmed window, with the lights facing up.



### 3. Attach electrode

Remove an electrode from the bag, and snap it onto the connectors.



Carefully remove the liner, and save it for storing the electrode between uses.



### 4. Place Quell

Place your Quell band **directly** on your upper calf approximately 1 to 2 inches below the knee of either leg. Lights should face up.



### 5. Calibrate

Perform this step only when using the device for the first time.



Hold the button until you see the lights running back and forth.



Every time you feel a slight buzzing sensation, click the button once. The sensation will pause each time you press the button.

You will typically press the button 3-6 times.

When the lights go off, calibration is complete. See next step to begin therapy.

## Therapy Session Daily Use

Each therapy session lasts for 60 minutes with a 60 minute break between sessions. Sessions will continue until the device is removed from the leg.



### Turn on

Click the button. One indicator light will blink. The sensation will increase for 2 minutes until optimal intensity is reached. You should feel a strong but comfortable sensation under the electrode.



### Decrease intensity

Click the button to reduce intensity. Repeat if needed.



### Increase intensity

Hold button down. Intensity increases until you release the button.



### Turn off

To stop the therapy, press the button **four times in sequence**.

