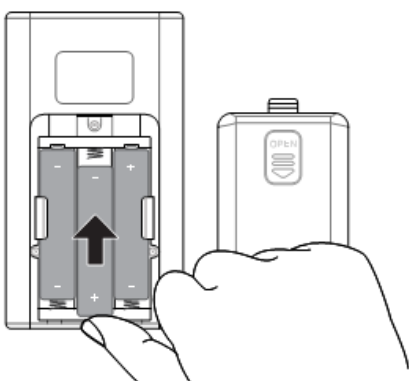


QUICK REFERENCE GUIDE

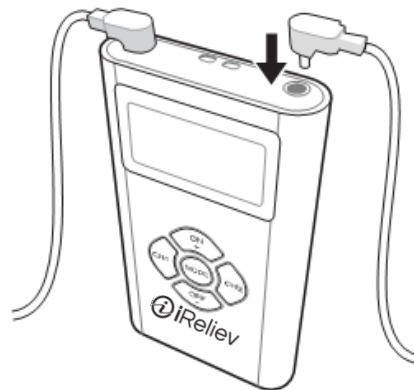


IMPORTANT: Steps 1-4 should be performed with the device turned OFF. Once the iReliev™ unit has been turned ON, do not remove electrodes without first turning OFF the unit.

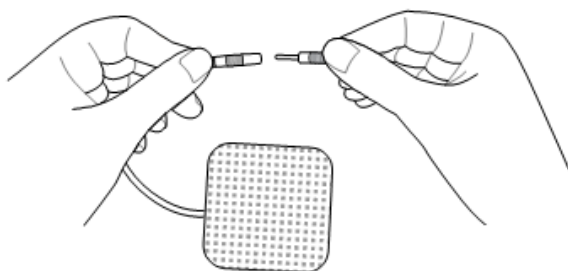
Step 1. Insert 3 AAA batteries, taking care to match up the symbols.



Step 2. Connect lead wire cables to device.



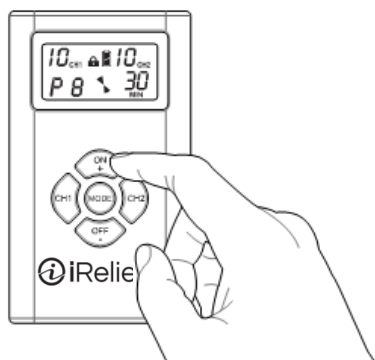
Step 3. Connect the lead wire pins to the electrodes before applying to the skin.



Step 4. Place electrode pads on your skin.



Step 5. Power On/ Select Program/ Timer/ Intensity Level



WARNING:

- Do not use this system if you have cardiac pacemaker, implant defibrillator or any other implanted metallic/electronic device.



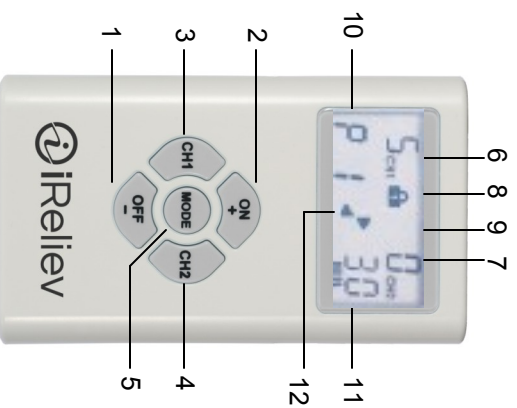
- If pregnant, consult a physician prior to use.
- Do not use the iReliev™ system if you have undiagnosed chronic pain.

DO NOT TOUCH ELECTRODE (S) AFTER TURNING ON

When you are familiar with the operation of your iReliev™ device, use the following steps as a quick reference guide to operate.

For more information, refer to the Operating & Instruction Manual

Quick Reference Guide



- 1 Power off/adjust/decrease key
- 2 Power on/adjust/increase key
- 3 CH 1 (Channel 1) Key
- 4 CH 2 (Channel 2) Key
- 5 Program Mode (Therapy time selection)
- 6 CH 1 intensity level
- 7 CH 2 intensity level
- 8 Lock status indicator
- 9 Battery status indicator
- 10 Program number
- 11 Therapy time remaining
- 12 Therapy duration status

Selecting the Program

The iReliev™ Pain Management System offers eight different preset treatment programs. The programs differ with respect to varying pulse widths and frequencies.

Program Mode	Type of Pain	Benefits	You Should Feel
P1 Mode	Chronic Pain	<ul style="list-style-type: none"> Pain Gate Control Pain relief associated with muscle groups 	<ul style="list-style-type: none"> Continuous comfortable tingling.
P2 Mode	Acute Pain	<ul style="list-style-type: none"> Pain Gate Control Help relieve muscle twitching/spasms 	<ul style="list-style-type: none"> Comfortable pulsing sensation
P3 Mode	Chronic Pain	<ul style="list-style-type: none"> Pain Gate Control Pain relief associated with muscle groups 	<ul style="list-style-type: none"> Comfortable pulsing sensation
P4 Mode	Chronic Pain	<ul style="list-style-type: none"> Achieve endorphin and gate response 	<ul style="list-style-type: none"> Variable comfortable tingling and pulsing sensation (sensation should appear to come in waves) Massage-like feeling
P5 Mode	Chronic Pain	<ul style="list-style-type: none"> Achieve endorphin and gate response Decreased muscle fatigue 	<ul style="list-style-type: none"> Variable mild tingling sensation (sensation should appear to come in waves) Massage-like feeling
P6 Mode	Chronic Pain	<ul style="list-style-type: none"> Decreased muscle fatigue 	<ul style="list-style-type: none"> Variable pulsing and pumping action (action should appear to come in waves)
P7 Mode	Chronic Pain	<ul style="list-style-type: none"> Prevents accommodation of habituation 	<ul style="list-style-type: none"> Variable tingling and pumping action (action should appear to come in waves)
P8 Mode	Acute & Chronic Pain	<ul style="list-style-type: none"> Combination of pain gate control & endorphin release Pain relief associated with muscle groups Helps prevent habituation (reoccurrence) 	<ul style="list-style-type: none"> Massage-like feeling