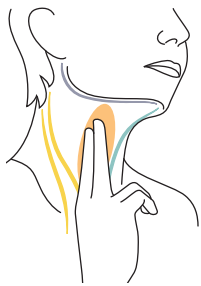


# Quick Start Guide: 3 simple steps

## 1. PREPARE

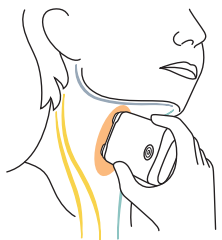
1a



### Find your vagus nerve

- Use your first 2 fingers to locate the pulse on either side of your neck
- The vagus nerve is located in this same area

1b



### With gammaCore off, practice in front of a mirror before your first stimulation

- Remove cap and place gammaCore in the treatment location you identified earlier
- Placing it vertically, angle gammaCore so that the upper stimulation surface is slightly forward, closer to your windpipe and chin

Please read the full Instructions for Use, which contains additional information on storage and caring for gammaCore, as well as Important Safety Information you should know.

## 2. START

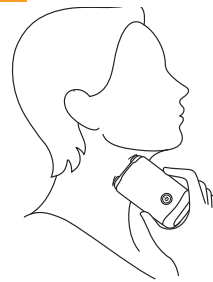
2a



### Apply the provided gel

- Apply a pea-sized amount of conductive gel to each of the stimulation surfaces

2b

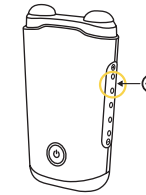


### Turn gammaCore on and position it on your neck

- Turn gammaCore on by pressing the power button
- When gammaCore is ready for use, the device will beep once
- Position gammaCore firmly on your neck like you practiced in **Step 1** making sure both stimulation surfaces are firmly against your neck

## 3. DELIVER

3a



### Adjust the intensity to the right level

- Holding gammaCore on your neck, increase the intensity by pressing the upper area of the control button until you feel a deep and strong vibration inside your neck



- Continue to press the control button until you also feel some slight muscle contractions. A downward pulling on your lip is the most common muscle contraction seen with gammaCore – This indicates that gammaCore is correctly positioned and that you have likely reached an adequate intensity level
- If you feel pain, simply decrease the intensity level by pressing the lower area of the control button

3b

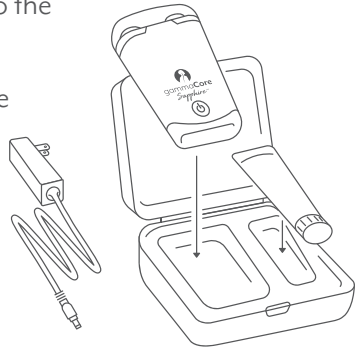


### Completing the stimulation

- Hold gammaCore in place until it beeps twice and stops delivering the stimulation
- gammaCore will automatically stop delivering the stimulation after 2 minutes
- Thoroughly clean the gel off stimulation surfaces and your neck. Clean gammaCore with a soft dry cloth and store

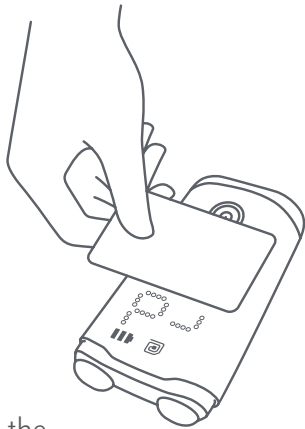
## Charging your gammaCore

- The charging cord is located on the left side of the packaging in a smaller white box
- Plug the charging cord into the back of the charging case and connect to an electrical outlet
- Place gammaCore into the charging case
- “Ch” will appear on the display indicating it is placed correctly and charging
- Charge gammaCore for at least one hour prior to first use



## Loading your gammaCore

- Turn on gammaCore by pressing the power button and then place the device on a hard surface with the display screen facing up
- Place the Refill Card across the device so you can see the display
- When the Refill Card is detected, gammaCore will display “rd” and this “@” icon
- Leave the card on the device for a minimum of 10 seconds (Do not move the refill card as it may disrupt the loading process)
- gammaCore will beep twice indicating that therapy has been loaded - this may take several seconds



## Get to know your gammaCore



### How to read your display

When gammaCore is turned on, the display will rotate between months or days of therapy remaining and the number of stimulations available in a 24-hour period.



#### Months or Days of Therapy

gammaCore offers a set time of therapy. To ensure uninterrupted therapy, request a refill when your device displays 21 days remaining.



#### Intensity Level

Most patients use an intensity level between 15 and 25 for treatment. Your stimulation intensity may not be the same at every use.



#### Stimulations remaining

Within each 24-hour period, you have access to 30 stimulations.



gammaCore  
Sapphire™



electroCore™

## Tips for Success

### Apply gel

Be sure to apply enough of the provided gel to both stimulation surfaces. gammaCore will not work without the gel. Use only the conductive gel provided. Do not use other gels.

### Reach the right intensity level

With the device in the treatment location, slowly increase the intensity until you feel a downward pull on your lip. Most people experience this at an intensity over 15.

You should not feel pain – If you experience pain or discomfort, decrease the intensity by pressing the lower area of the control button.

### Adjust the placement

If you don't feel a lip pull, try making small adjustments to the placement on your neck. Use a mirror to help you. Apply more gel to the stimulation surfaces if it has spread too thin while repositioning.

If the vibration spreads toward your ear, gammaCore is placed too far back on your neck.

### Treat early and as directed

For the best chance at relief, use gammaCore at the first sign of pain and deliver additional stimulations as needed.

Within a single treatment and as tolerated, stimulation should be administered to the same side of the neck where pain is usually experienced.

### Improvement continues over time

You may need to use gammaCore several times before you get full benefit. It is safe to use gammaCore every day.