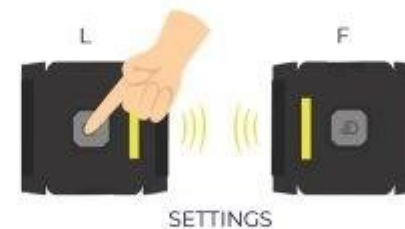


HOW TO USE YOUR TOUCHPOINTS

A step-by-step guide for setting up and using your TouchPoints

- 1** Press the button on the lead device twice to turn on and activate blue setting.
- 2** Face the lights of both TouchPoints together and press the button on follower device once. The light on the follower will match the color of the lead, and the devices will vibrate in an alternating pattern.
- 3** If desired, change settings by pressing the button on the lead device again while both TouchPoints' lights are facing each other.
- 4** Place one TouchPoint on each side of the body and feel the calming vibrations.
Note: The average user wears TouchPoints for 20 minutes in the morning or evening, or as needed throughout the day.
- 5** To turn off, hold the TouchPoints away from each other and press the button on each until you see the green light.



LEAD (L)

First device powered on
- used to select setting

FOLLOWER (F)

Second device powered on
- mimics the setting from the leader

Either device can be lead or follower based on which one is powered on first.