

## Step by Step Guide

Requirements:

- Welltiss device.
- Smartphone (iOS or Android) with Bluetooth LE support.

### Steps:

1. Download the “Welltiss” app from Google Play or the Apple Store.
2. Fasten the device to your arm or leg, wherever you wish to apply the therapy.
3. Turn the device on with a long press of the button. The device will beep once to indicate that it is on.
4. Open the “Welltiss” app.
5. Select one of the therapy programs (Tissue Repair, Pain Relief, Bone Healing, Regeneration) and configure it to your needs (switch between Day/Night modes and choose the Duration with the slider).
6. When ready, press “Start.” The device will beep twice.
7. Then just relax and let Welltiss work its magic!
8. When the program stops in Day mode, the device will beep three times. At the end of program in Night mode, there will be no beep.



# WELLTISS

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### FAQ:

#### **What happens if the device doesn't beep?**

This probably means that the battery is empty, so charge it by using the provided micro USB cable.

#### **Why is my device beeping?**

The device beeps once when you press the button, twice when a session starts and three times when a session stops.

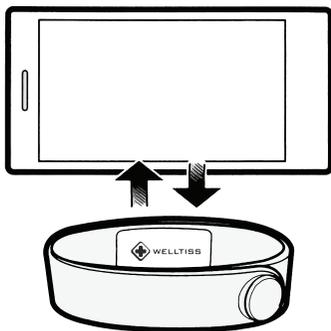
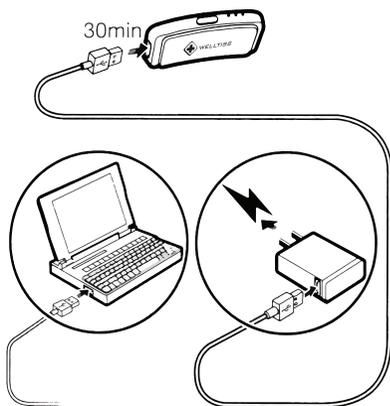
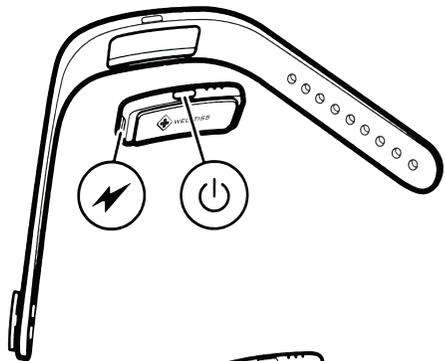
#### **How to reset my device?**

To reset the device, press and hold the button for about 7 seconds.

For more information about the product, please visit: [www.well-tiss.com/support](http://www.well-tiss.com/support)



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### Welcome to the cutting edge of wellness.

Congratulations! You're the proud owner of a gadget that we hope will improve your wellbeing and be a trusted tool that will serve you well, whenever you need it, for many years to come. Now you have become part of a technological movement in which one technology, already critical in many areas of health care, is poised to play an even greater role in medicine and in our everyday lives.

Welltiss is the most advanced wearable PEMF (Pulsed Electro-Magnetic Field) therapy device currently available. It provides physical performance enhancement due to rapid recovery from muscle and bone injuries. In numerous independent tests over decades, PEMF therapy has been proven to promote healing in the tendons, ligaments, skin, and muscle and bone tissues. Welltiss uses this method to influence cell behaviour by inducing entirely safe but effective electrical charges in and around individual cells.

That is how Welltiss:

- Increases communication and interaction between cells
- Stimulates circulation by causing both arteries and capillaries to dilate
- Increases oxygen absorbed by cells, particularly improving oxygen utilization in areas of diseased or damaged tissue
- Increases blood flow, which allows nutrients to reach the cells while allowing a rapid disposal of cellular waste. Blood flow, along with enhanced protein synthesis in cells, aids in reducing pain, swelling and inflammation
- stimulates natural endorphin production, including serotonin, which helps speed up the healing process.
- Innumerable scientific studies have proven that PEMF relieves pain, speeds up tissue repair, and provides regeneration and bone healing.

### Welltiss Programs

Welltiss offers four distinct programs to assist in healing in a natural, non-invasive, safe and proven effective manner:

- Pain Relief
- Tissue Repair
- Bone Healing
- Regeneration

Welltiss uses PEMF (pulsed electromagnetic field) therapy. It's related to magnetic therapy, but instead of a constant magnetic field, our system provides a field that changes with time. Harmless electromagnetic pulses are emitted from the Welltiss device, which you directly apply to whatever part of your body you wish to heal. PEMF therapy has been widely used for decades, and is the subject of FDA-approved therapies, tested and recognized as effective in scores of peer-reviewed medical journals. Welltiss uses this tried-and-true (and above all safe) technology, but in an entirely new way. Apply Welltiss directly to the tissue that is damaged, tired, sore, tight, or aching...you'll feel the difference in no time, healing far more quickly than you would otherwise.

- Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment. (Part. 15.21)
- This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures: (1) Reorient or relocate the receiving antenna (2) Increase the separation between the equipment and receiver (3) Connect the equipment into an outlet on a circuit different from that to which the receiver is connected (4) Consult the dealer or an experienced radio/TV technician for help
- Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment. (RSS-210)
- This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to RSS-210 of the IC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures: (1) Reorient or relocate the receiving antenna (2) Increase the separation between the equipment and receiver (3) Connect the equipment into an outlet on a circuit different from that to which the receiver is connected (4) Consult the dealer or an experienced radio/TV technician for help



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