

Your First Steps with **Healy!**

Congratulations for getting your new Healy!

Starting today, you are on a new path towards health and wellbeing. From now on, you will always have all the necessary frequencies at your disposal, supporting your body and mind as well as your health goals.



HEALY IS **SIMPLE!**

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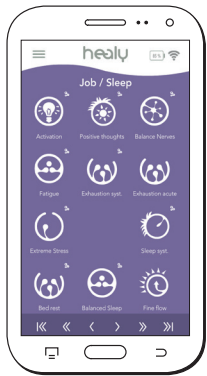
Rest assured: when using Healy, you can never go wrong (as long as you follow the instructions and observe the contraindications in the manual, that is!) As soon as you are familiar with the basic operation of your little helper, gaining your first experience with it is a breeze. The video brochure you received with your Healy, containing five short videos, explains everything you need to know about how to get your Healy up and running and how to download, install and use its app.

So how do you choose the right Healy program?

First, you should know: no Healy program is ever the „wrong one“ – they all are the right ones! In order to find the most suitable program for you, you should proceed in three easy steps:

STEP 1

Select a program that corresponds with your current issues and needs in terms of its name and description. The descriptions can be found in the manual or in an enclosed leaflet.



If, for example, you suffer from stress, choose a program with the appropriate name: if your stress happens to be of the acute kind, choose "Stress acute". If several programs are eligible due to their name or description, you can use them alternately or one after the other.

Another example: if you want to work on your weight, choose the "Weight" program in the "Fitness" group; or choose the "Mental Balance" program if you feel mentally unsteady and unbalanced.

STEP 2

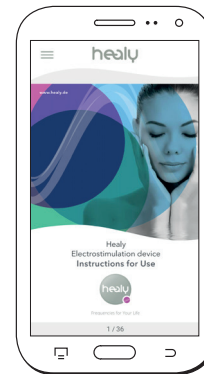


No matter whether or not you have already found suitable programs for you using the hints described above: in any case, you should always use the "Gold Cycle" programs that are included in every Healy Edition for good reason. Simply read the descriptions of the seven Gold Cycle programs and select the ones that may suit your situation. If you feel tired, choose "Energy", choose "Relax" when you are stressed out. In any case, we recommend using the "Balance" and "Being" programs within the Gold Cycle. They are designed to assure and provide basic balance in body and mind, containing frequencies that are applicable to any situation. You can use these programs (which are always applied via the bracelet electrodes) regularly, if needed on a daily basis!

STEP 3

In many cases, these first two steps are sufficient for you to experience the positive effect of Healy on your well-being and on supporting your objectives. But there is more: the HealAdvisor App gives you access to the accumulated experience of our Expert Team and thousands of Healy applications. The HealAdvisor app leads you through a short series of questions to find the Healy programs that suit you; you might as well find these through a convenient and comprehensive search function. If you cannot find what you need, you can also send a request directly from the HealAdvisor app to the expert team.

You see: using your Healy is really easy, and there's nothing you can do wrong! Again, this is as long as you follow the instructions and observe the contraindications in the manual. Once you have found your favorite Healy programs through one or more of those three steps, you can use these (in any order) when and as needed or on a regular basis. Please do pay attention to the following advice:



- Use a maximum of three Healy programs daily, best two in the morning and one in the afternoon or evening.
- Drink enough water when using Healy. We recommend 1.5 to 2 liters of water a day, especially in the morning, to support the effect of the frequencies.
- Adjust the program intensity using the app on your smartphone so that you gently feel the frequencies, but without experiencing any unpleasant or irritating sensations. In this case, less is more!
- You can put away your smartphone, put it in flight mode or turn it off completely once a program is running; Healy will continue working! You only need your phone when you want to select or launch a new program or when you need to change the intensity.
- Make sure that the felts of the ear electrodes are always sufficiently humid.
- You should relax during Healy application, maybe listening to some music that you like. If this is not possible, you can use Healy during any other activity; however, while driving a car or any other vehicle or while operating machinery, you should not use Healy.

This is about it. Now all that remains for us to say is: **we wish you all the best and much success with your new Healy!**