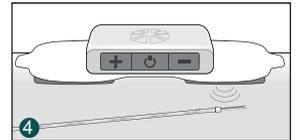# StimR⊛uter®
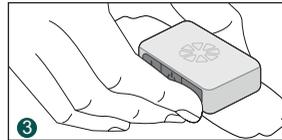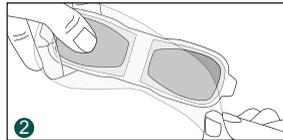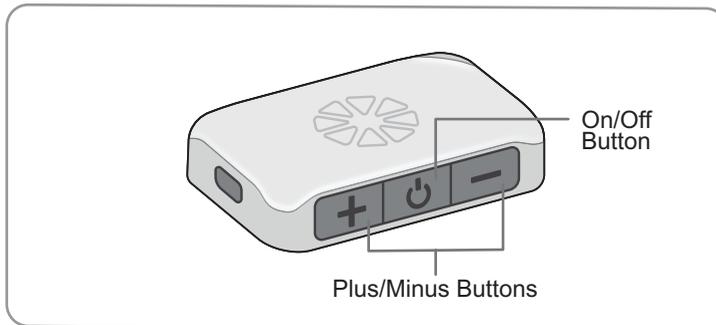neuromodulation system | **User's Reference Card**

Gel Electrode/External Electric Field Conductor (E-EFC) Set-Up

1. After the E-EFC is charged, snap the E-EFC onto the Gel Electrode.
2. Remove the electrode liner and store it in the Gel Electrode Carrying Case.
3. Grasp the edges of the E-EFC attached to the Gel Electrode so the gel pads face down.
4. Adhere the end of the Gel Electrode, that has the E-EFC charging port, directly over the receiver end of the lead. **Note:** The center of the gel pad should be above the receiver end of the lead.

StimRouter E-EFC Operating Instruction

On/Off Button

Plus/Minus Buttons

Turning the System On/Off: Press and hold for 1 full second. The button turns green and a chime sounds, indicating the E-EFC is on and is in standby mode. Press and hold the button for 3 seconds to turn off the E-EFC. The light will go out and a descending chime will sound.
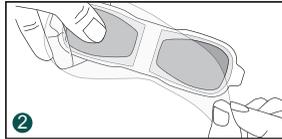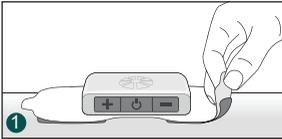
Turning Stimulation On/Off: From standby mode, press the power button briefly until it flashes green indicating that stimulation is on. Press the power button briefly to turn the stimulation off.

Change Stimulation Intensity: Press the plus ➕ or minus ➖ button in stimulation or standby mode to change the active stimulation level.

Silence Mode: The StimRouter E-EFC will enter silence mode after 20 seconds with no interaction. Pressing any button on the E-EFC while the E-EFC is in silence mode will remove E-EFC from silence mode and will not lead to any action by the E-EFC. Press the desired button after the E-EFC is removed from silence mode to initiate the desired E-EFC function.

Gel Electrode and E-EFC Removal

1. Turn stimulation off. Grasp the tab on the Gel Electrode and gently pull the electrode away from the skin. **Note:** Do not grasp the gel pads on the back of the electrode.
2. Attach the Gel electrode liner to the gel pads.
3. Store the Gel electrode and E-EFC in the Gel Electrode Carrying Case.
4. Remove the E-EFC from the Gel Electrode when the gel pads appear worn, can no longer adhere to the skin, or after a maximum of four days of use.
5. Make sure the Gel Electrode liner is on. Hold the E-EFC and gently pull the Gel Electrode away from the E-EFC to unsnap it.

StimRouter Plus Mobile Application (MAPP)

E-EFC Battery Status

Change Program –
Change between stimulation programs saved on your E-EFC.

Default Stimulation Intensity

Change Intensity –
Adjust stimulation intensity of the currently selected program up or down.

Start/Stop Stimulation –
Double-tap to start or stop stimulation.

E-EFC Setup Tab –
Connect and disconnect E-EFCs, choose a new E-EFC.

More Tab –
StimRouter User Guide, system information, and check for system updates.

Controls Tab –
Start, stop , and adjust stimulation change between stimulation programs

Activity Tab –
track your StimRouter use.

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