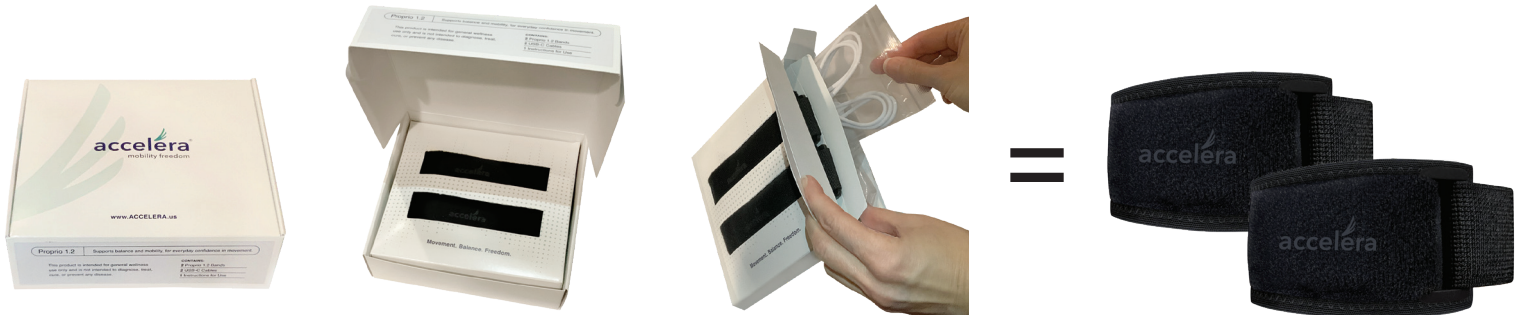


Proprio by Accelera Quick Start Guide

What's in the Box

- 2 adjustable bands
- 2 control modules (inside the bands)
- 2 USB charging cords
- 1 dual port charging block

Note: It is not necessary to remove control modules from the bands unless needed for cleaning or replacing the band.



Remove Accelera box from shipping box.

A removable interior box contains all items within the Accelera box.

Top layer holds the bands. Bottom layer holds the charging cords and block.

Two adjustable bands with the two control modules positioned inside.

Getting Started

Before using the Proprio System for the first time, fully charge both control modules (devices) using the USB-C cables provided. Next, download the Accelera app to get started. See reverse for app instructions.

- Use the QR code on the right to download the Accelera app for your device.
- You can also find links to download the app online at www.accelera.us at the bottom of any page.



App Store



Google Play

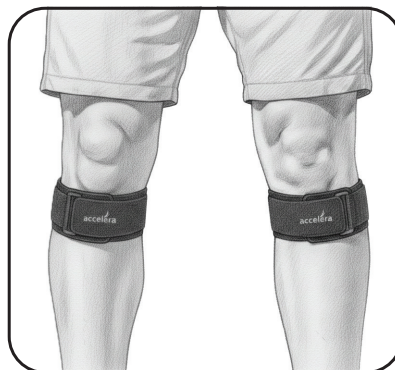
Note: To charge, simply plug in the USB-C cable to the port on the module and the other end to the charging block or USB equipped outlet. Devices will turn off when plugged into a charger, and come back on at its prior settings when unplugged.

Wear Location

After it has been set up, place the device securely on the intended area (e.g., wrist/forearm, ankle/below knee) using the adjustable band. Ensure the band is positioned with the control module away from the skin.



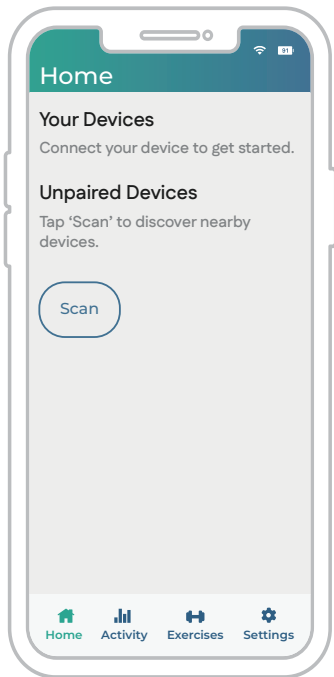
Wear on ankles for balance support.



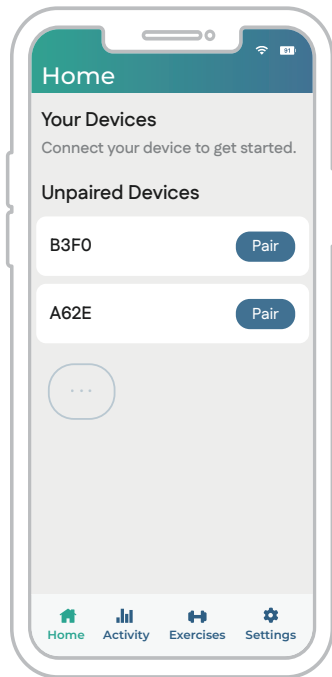
Wear below knees for balance support.



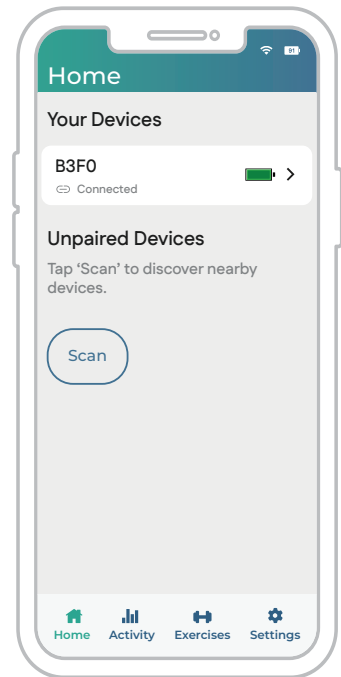
Wear on forearms for reaching and grasping support.



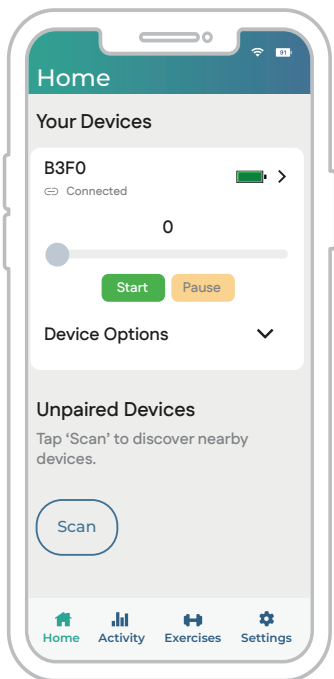
1. Tap **Scan** after making sure device is next to app if no devices are showing.



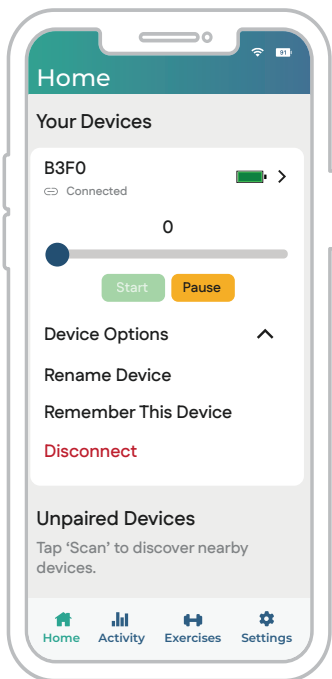
2. First time devices will show under **Unpaired Devices**. Click **Pair** to begin connection.



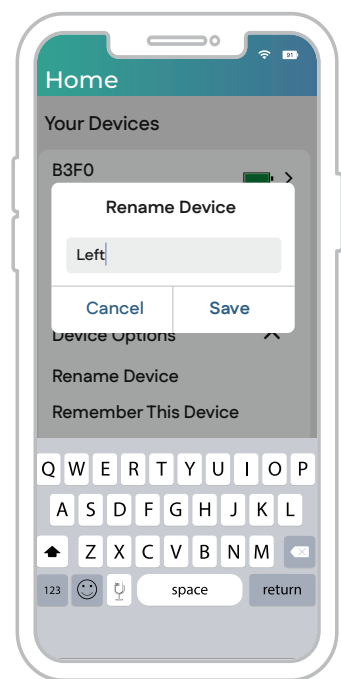
3. Tap on the device that is now connected under **Your Devices** to set it.



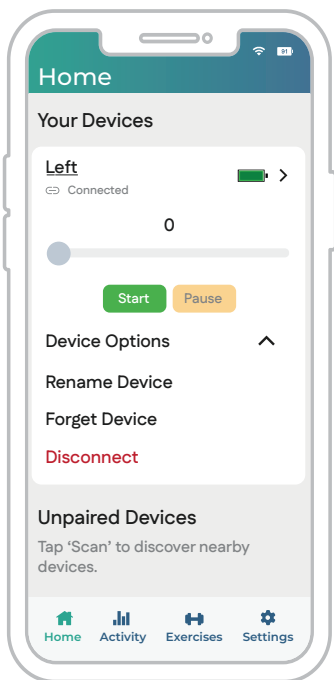
4. Click on **Device Options** to get the drop down menu first before setting output.



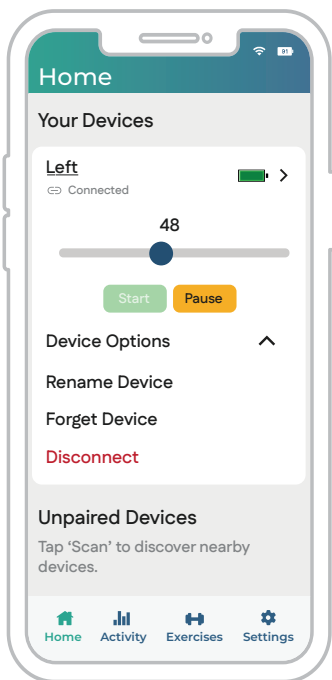
5. Click on **Rename Device**.



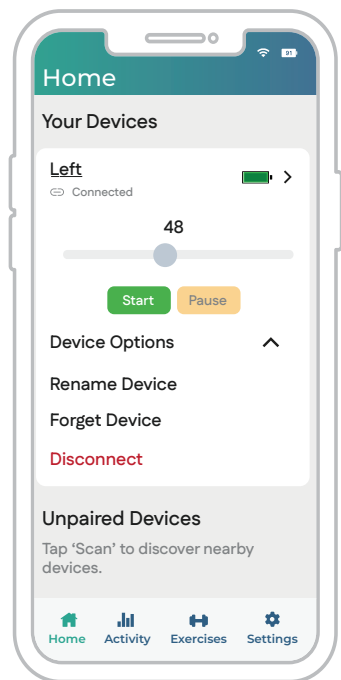
6. Click on **Enter a New Name** and type the desired name (i.e. Left or Right or Arm). Click **Save**.



7. This device will now be under **Your Devices** next time. Proceed to next step. Click **Start**.



8. Slide the bar to the level of vibration desired. Vibration should never be felt while wearing it. More is not better.



9. To stop the vibration either press **Pause** while connected to it or plug in the charger.