

## Proprio™ by Accelera Quick Start Guide



### Charge Devices

Charge both Proprio devices for at least **one hour** before first use



### Proprio Setup

Use the Accelera app to set up your Proprio devices and personalize your settings



### Set It & Forget It

Your device settings are saved for daily wear  
*Only use the app to pause vibration or adjust settings*



### Smart Charging

Devices pause when plugged in and resume when unplugged  
*Devices resume at your previous settings*

## What's in the Box

- 2 adjustable bands
  - 2 control modules (inside the bands)
  - 2 USB charging cords
  - 1 dual port charging block
- Visit [www.accelera.us/faqs/](http://www.accelera.us/faqs/) for instruction videos to assist with setup.



## 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](http://www.accelera.us) at the bottom of any page.



App Store

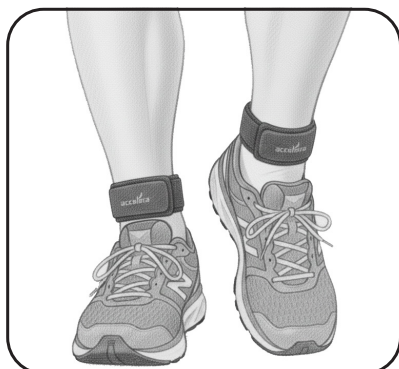


Google Play

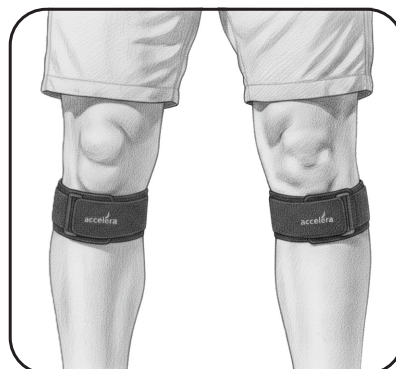
**Note:** To charge, simply plug in the USB-C cable to the port on the module and the other end to the charging block or USB equipped outlet. Devices will turn off when plugged into a charger, and come back on at their prior settings when unplugged.

## 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 band is placed with smooth side to skin, control module and "Accelera" away from the body. You may wear over socks or light clothing.



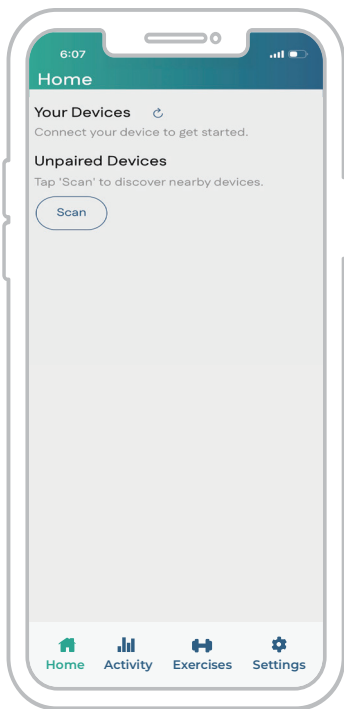
Wear on ankles for balance support.



Wear below knees for balance support.



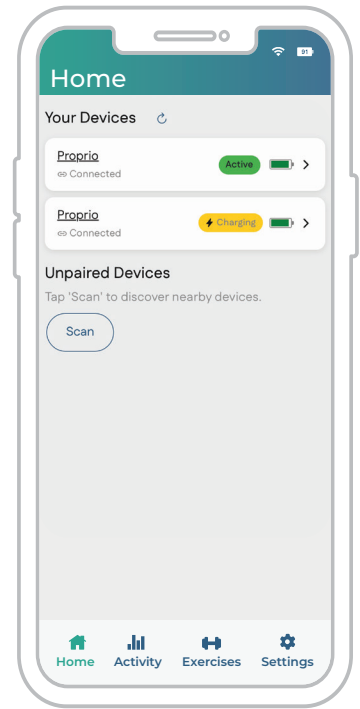
Wear on forearms for reaching and grasping support.



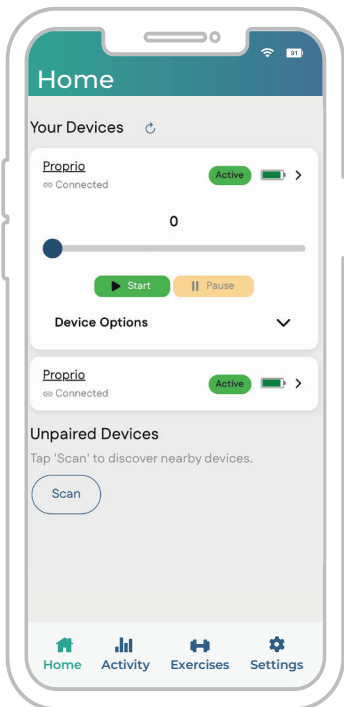
1. Tap **Scan** after making sure device is next to app if no devices are showing.



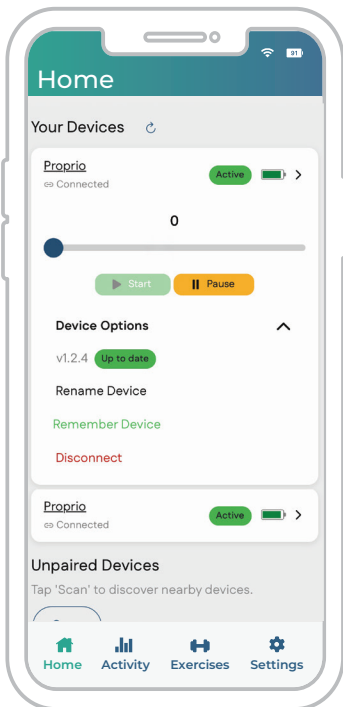
2. First time devices will show under **Unpaired Devices**. Click **Pair** on either device to begin connection.



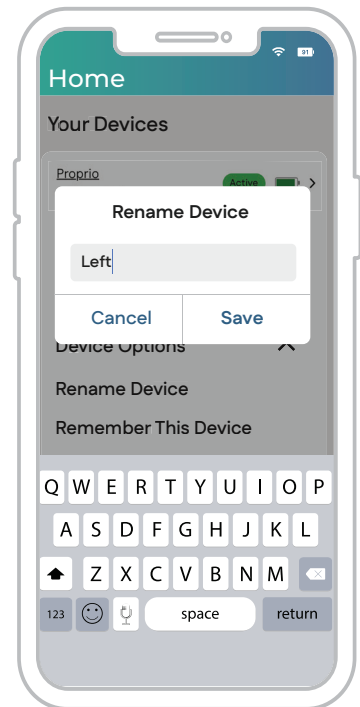
3. Unplug 1 Proprio. Tap on the device that says "Active" in green to set it.



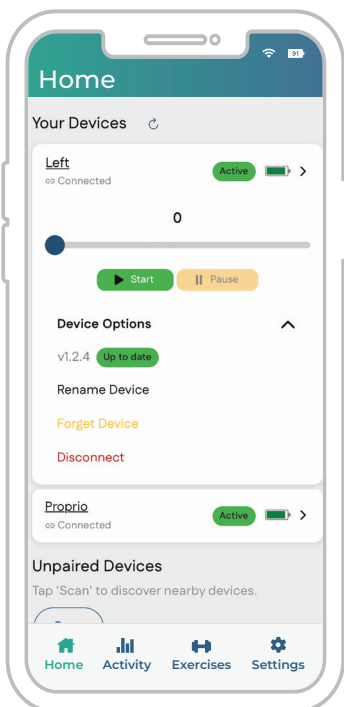
4. Click on **Device Options** to get the drop down menu first before setting output.



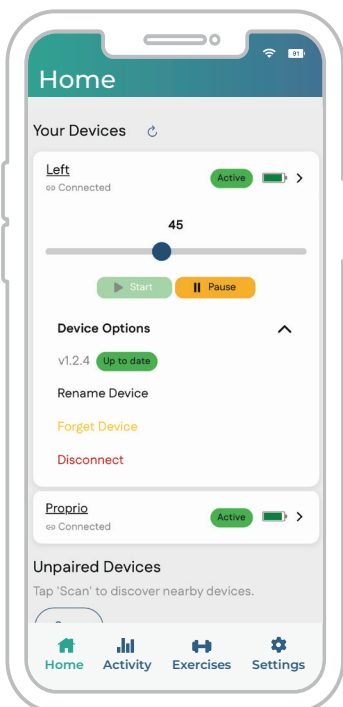
5. Click on **Rename Device**.



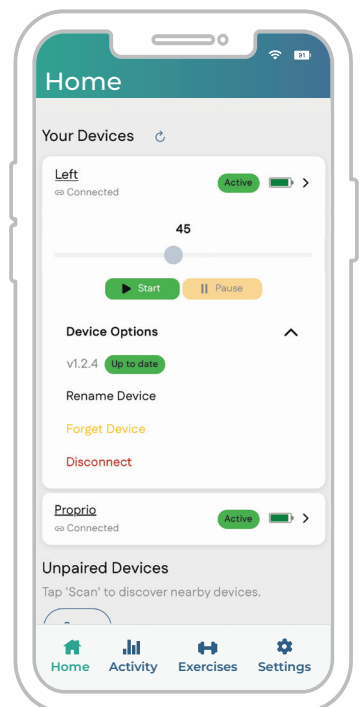
6. Click on **Enter a New Name** and type the desired name (i.e. Left or Right or Arm). Click **Save**.



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.