

CEFALY®



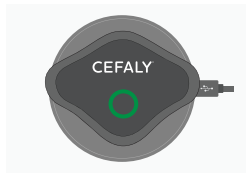
CEFALY Connected Quick Start Guide

Welcome to the CEFALY community! Use this as a guide for your first treatment session, but remember, these are just highlights.

Be sure to read the full user manual before your first treatment as well.

First Things First

1. Fully charge device until indicator light turns a solid green (yellow = low battery)



2. Download CEFALY's CeCe migraine management app at cefaly.com/cece. Once your device is charged, open the app. Use the PIN on the back of the device to pair the app with your CEFALY.












3. Wash just above eyebrows with basic soap and water.



4. Position electrode and attach device.



Starting Your Session Select & confirm a treatment program as follows:	ACUTE Program	PREVENT Program
 When To Use	Use during a migraine attack	Use daily to prevent future migraine attacks
 How To Start Program	Tap button 1X	Tap button 2X (with a slight pause in between each press)
 What You Will Hear	 1 beep	 2 beeps
 What You Will See	 LED indicator flashing turquoise light intermittently	 LED indicator flashing purple light intermittently
 Session Time	60 minutes	20 minutes



Find Your Sweet Spot

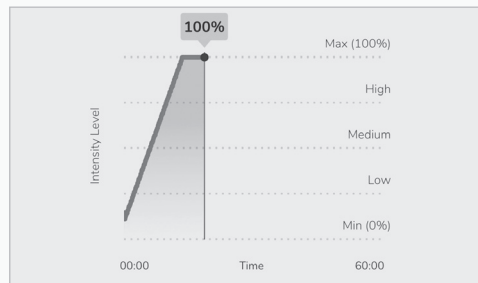
During treatment, you may feel a tingling sensation. This is caused by tiny electrical impulses that stimulate the Trigeminal nerve. This sensation is normal, but using your CEFALY should never be painful.

When you're getting started with CEFALY, use the device at the highest intensity level that's comfortable for you. You can slowly increase intensity during future sessions, when you feel ready.

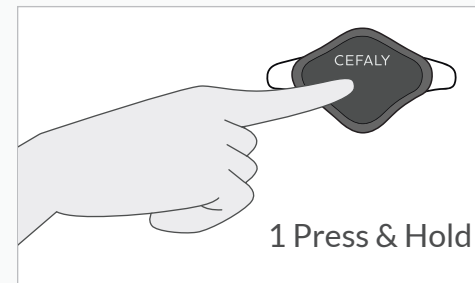


Follow these instructions to set your preferred treatment intensity level.

Intensity for both programs ramps up gradually before reaching full intensity at 14 min.



The intensity will slowly increase during the first 14 minutes of the PREVENT or ACUTE program. During that time, you can press the device button 1X to stabilize the intensity level for the remainder of the session.



To increase the intensity faster during the first 14 minutes, press and hold the device button. This should only be done by experienced CEFALY users.



To end the session early, simply pull the device away from the electrode.

Electrode Care

Proper care of your CEFALY electrodes is key to maximizing the number of treatments each can help perform.

Be sure to wash and dry your forehead before treatments, avoid excessive movement during sessions, and to replace electrodes on the plastic backing before storing in the resealable electrode bag afterward.



Manage Your Migraine Journey

Use the CeCe Migraine Management app with your CEFALY Connected to gain new insight into your unique migraine experience. With the app, you can:

- Monitor your session intensity so you can gradually increase your stimulation over time
- See session time remaining and battery life at a glance

- Automatically log your sessions to help you stay on track with your treatments
- Keep a customized migraine diary to track your triggers, symptoms and treatments
- Generate graphs and trend charts to identify your unique migraine patterns and share with your healthcare provider

Ref: 28017



More Resources

CEFALY Connected User Manual is included with your device

Get Started Page:
cefaly.com/start

Customer Service:
cefaly.com/contact-us

CeCe Migraine Management App:
cefaly.com/cece

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