

Know your gammaCore Sapphire



What to expect when using gammaCore

- **It may take a few tries to get gammaCore (nVNS) in the right place**—Correct positioning on your neck is important for gammaCore to work effectively. Practice before you use it, and perform your first few stimulations in front of a mirror
- **You should feel a strong, deep vibration and some muscle contractions, such as a downward pull on your lip**—This is normal and means that gammaCore is positioned correctly and that you have likely reached an adequate intensity level. Not everyone will feel the lip pull
- **You should not feel pain**—If you experience pain or discomfort with gammaCore, the intensity level may be too high. Decrease the intensity by pressing the lower area of the control button
- **The following effects, if you feel them, should stop after your stimulation is complete**—Shortness of breath; hoarseness or change in voice; muscle twitching, discomfort, or pain; change in taste
- **The gel may feel slick or sticky on your neck**—Simply wipe it off after use
- **You can use other medications with gammaCore**—gammaCore can be used safely with your other medications, as necessary

- **You may need to use gammaCore several times before you get the full benefit**—It's important to keep using gammaCore as instructed by your healthcare provider
- **Follow all your healthcare provider's instructions**—Use gammaCore exactly as instructed by your healthcare provider

Please read the full Instructions for Use, which contains additional information on storage and caring for gammaCore, as well as Important Safety Information you should know.

Authorization by healthcare provider only.



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Quick Start Guide

Let's get started—learn about gammaCore and the 3 steps to using it:

1. PREPARE

2. START

3. DELIVER

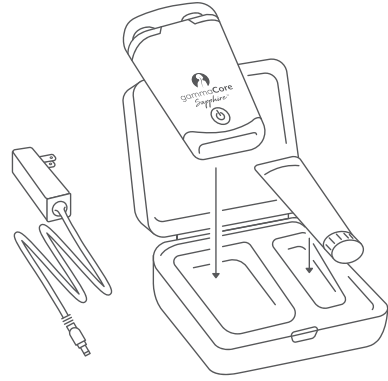
Inside, you'll find abbreviated instructions to help you get started with gammaCore Sapphire™ (non-invasive vagus nerve stimulator).

Be sure to read the full Instructions for Use, which contains additional information on using, storing, and caring for gammaCore, as well as Important Safety Information you should know.

Getting started with gammaCore Sapphire

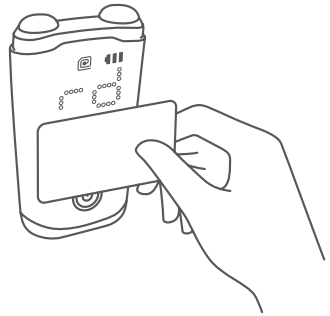
Charging your gammaCore

- Plug the charging cord into the back of the charging case
- Ensure that gammaCore (nVNS) is placed into the charging case
- “Ch” will appear on the display indicating that it is placed correctly and charging
- Charge gammaCore for at least one hour prior to first use



Loading your gammaCore with therapy

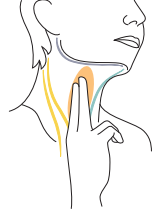
- Turn on gammaCore
- Place the gammaCore Refill Card™ as shown
- When the refill card is detected, gammaCore will display “rd” and an @ icon
- Continue holding the refill card in place until gammaCore beeps twice indicating that therapy has been loaded



Please see the [gammaCore Instructions for Use](#) for detailed instructions on charging and loading your gammaCore

1. PREPARE

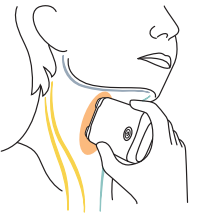
1a



Find your vagus nerve

- Use your first 2 fingers to locate the pulse on either side of your neck
- The vagus nerve is located in this same area

1b



With gammaCore off, practice in front of a mirror before your first stimulation

- Remove cap and place gammaCore in the treatment location you identified earlier
- Placing it vertically, slightly angle gammaCore so that the upper stimulation surface is slightly forward, closer to your windpipe and chin

Position the device correctly

- Over the pulse (orange)
- In front of the large muscle at the side of your neck (yellow)
- Just below your lower jaw (grey)
- Lined up next to your windpipe (blue)

2. START

Be sure your stimulations are loaded before starting treatment
(See “Loading your gammaCore with therapy”)

2a



Apply the provided gel

- Apply a small (pea-sized) amount of conductive gel to each of the stimulation surfaces
- Use only the conductive gel provided in your gammaCore (nVNS) kit. **Do not use other gels**

2b



Turn the gammaCore on and position it on your neck

- Turn gammaCore on by pressing the power button
- When gammaCore is ready for use, the device will beep once
- Position gammaCore firmly on your neck like you practiced in Step 1

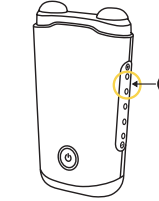
IMPORTANT TIPS

- Make sure both stimulation surfaces are completely and firmly against your neck
- You do not need to apply excessive pressure

Please read the full [Instructions for Use](#), which contains additional information on storage and caring for gammaCore, as well as Important Safety Information you should know.

3. DELIVER

3a

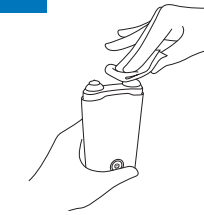


Adjust the intensity to the right level

- Holding gammaCore on your neck, increase the intensity by pressing the upper area of the control button until you feel a deep and strong vibration inside your neck
- Continue to press the control button until you also feel some slight muscle contractions. A downward pulling on your lip is the most common muscle contraction seen with gammaCore
 - This indicates that gammaCore is correctly positioned and that you have likely reached an adequate intensity level
 - Most patients achieve muscle contractions at an intensity level between 15 and 25 (Note: your right intensity level may not be the same at every stimulation)
- If you feel pain, simply decrease the intensity level by pressing the lower area of the control button



3b



Completing the stimulation

- Hold gammaCore in place until it beeps twice and stops delivering the stimulation
- gammaCore will stop delivering the stimulation after 2 minutes
- Thoroughly clean the gel off stimulation surfaces and your neck. Clean gammaCore with a soft cloth and store

IMPORTANT TIPS

- You may need to reposition gammaCore slightly or adjust the intensity level until you achieve the muscle contractions or lip pull
- If the vibration spreads toward your ear, gammaCore is placed too far back on your neck
- Give yourself your first couple of stimulations in front of a mirror to see the muscle contractions and ensure proper positioning

Please see back page for additional important information.