

## QUICK REFERENCE

### 1 AREA

Find the starting area (P6) on the wrist. Using either wrist, the correct area is in-between the two tendons on the underside of the wrist – about two finger widths above the wrist crease.

### 2 APPLY

Clean the area first. Apply a small drop of gel and spread in a circle about the size of a large coin with an even sheen (i.e., a thin layer with a shiny appearance).

### 3 ADJUST

Holding the device by the Contact Assembly, place the contacts onto the gel over the P6 location on the underside of the wrist. Fasten device snugly.

### 4 ACTIVATE\*\*

Press and hold the Power ON/OFF/Intensity Down Button (-) for 1.5 seconds to turn on or off. Press the intensity Up Button (+) once to set stimulation to level 1. Increase intensity until tingling is felt in palm and middle fingers. Set to the highest comfortable setting for maximum benefit.

\*\*Please charge for at least 1.5 hours before initial use.

## INTRODUCTION

Nausea, retching, and vomiting are probably some of the worst sensations you can feel – the combination of dizziness, lightheadedness, heightened sensitivity to smells, bloated abdominal discomfort, retching and the ultimate involuntary evacuation of the stomach.

Drug-free, Reliefband® 2.0 uses clinically-proven technology to quickly and effectively relieve nausea, retching, and vomiting. Reliefband® 2.0 is the result of many years of clinical research and development and millions of dollars of investment. It is the first of a new class of Digital Wearable Technologies.

– it's a Wearable that does something other than measure things  
– a "Digital Wearable Treatable"

Reliefband® 2.0 uses patented technology that leverages the body's natural neural pathways to block signals to the center in the brain responsible for the sensation of nausea. It has been used to treat nausea, retching and vomiting in clinical settings and hospitals for many years. Now it is available over-the-counter for the relief of nausea associated with motion sickness from travel, vertigo, VR/Sim, chemotherapy and for morning sickness associated with pregnancy. Reliefband is also an adjunct to antiemetic therapy in reducing postoperative nausea.

### INDICATIONS FOR USE

Reliefband® 2.0 is indicated for use in the treatment of nausea, retching and vomiting due to motion sickness, chemotherapy and morning sickness associated with pregnancy.

Reliefband® 2.0 is also indicated as an adjunct to antiemetics in reducing postoperative nausea.



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Reliefband® 2.0 is a registered trademark of Reliefband Technologies LLC.

Reliefband® technology is protected by US Patent No. 6,076,018; 7,127,288. Japan Patent No. 4,812,810; 4,220,129. Canadian Patent No. 2,449,554; 2,342,873. Australian Patent Nos. 766463, 2004200090 and 2002305786, and European Patent No. 1,109,595-UK, France and Germany (DE 69940405.3).

Designed in USA. Made in Malaysia.  
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## SAFETY INFORMATION



### CAUTION

Pacemaker users - Use this device on the wrist and only as directed to prevent possible interference with your pacemaker. Avoid placing the electrical contacts directly on your chest or near the pacemaker. Consult your doctor before using device.

Nausea, retching and vomiting may be signs of a serious health problem. Contact a doctor if your nausea, retching and vomiting persists.

Reliefband® 2.0 should only be used on the wrist. Do not use it on any other area of the body.

Reliefband® 2.0 does not cure the underlying causes of nausea, retching and vomiting.

The relief you get may vary depending on your body's individual characteristics, and any medications that you may be taking could cause your body to respond differently.

Reliefband® 2.0 should be kept out of reach of young children.

If you are unable to tolerate any food or liquids or are experiencing weight loss you should contact your doctor.

Reliefband® 2.0 is IPX4 splash-resistant. This product is resistant to splashing water (rain, waves).

Avoid splashing water while charging.

Do not immerse Reliefband® 2.0 in water or wear while bathing, showering or swimming.

### SIDE EFFECTS

There are no known side effects for Reliefband® 2.0.

There are no contraindications for Reliefband® 2.0.

## PACKAGE CONTENTS



(1) Reliefband® 2.0



(1) Magnetic USB Charging Cable



(1) Reliefband® Conductivity Gel



(1) Instructions For Use

## GET TO KNOW RELIEFBAND® 2.0



- Power On/Off/Intensity Down Button** – press and hold for 1.5 seconds to power on the device. During active therapy, briefly pressing this button will decrease the intensity. Press and hold for 1.5 seconds to turn the device off.
- Intensity Up Button** – Once the device has been turned on, press this button to increase the intensity.
- Therapy Intensity Level Indicator** – 10 levels indicated by blue illuminated LEDs.
- Battery/Charging Indicator** – four blue illuminated LED segments indicate charge level. A single flashing red segment indicates 15% or less battery life remaining.
- Therapy On Indicator** – pulsing blue LEDs indicate the device is delivering therapy.
- Hypoallergenic Contacts** – 316L Stainless Steel, therapy is delivered here.
- Charging Port** – attach the magnetic charging cable here to recharge the device.
- Latch** – locks the Simple Band (11) tight to hold the device in position.
- Cinch Bar** – gently pull the Simple Band (11) against the Cinch Bar to achieve a snug fit on the wrist.
- Smart Band** – unique shape holds the device in place and makes it easy to put on and take off.
- Simple Band** – slide through the latch to adjust the fit to your wrist.
- Contact Assembly** – houses the contacts that deliver therapy.
- Magnetic Connector** – attaches charging cable to the device.
- USB Charging Cable**

## CHARGING THE DEVICE

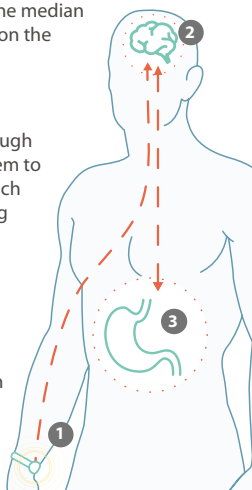
- Ensure Reliefband 2.0 is turned off prior to charging. Do not wear while charging.
- Plug the USB Charging Cable (14) into any standard USB charging port.
- Attach the Magnetic Connector (13) end of the USB Charging Cable (14) to the Charging Port (7) on the body of the Reliefband® 2.0 device.
- Blue LEDs segment(s) will flash when in charging mode:
  - 1 LED segment = 1% - 25% charged
  - 2 LED segments = 26% - 50% charged
  - 3 LED segments = 51% - 75% charged
  - 4 LED segments = 76% - 100% charged
- Full charge is indicated when all four blue LED segments remain constantly illuminated. Typically, it takes about 75 minutes to reach full charge. A 15-minute charge will give about 6 hours of continuous use at the mid-power level or below.
- When turning the device on, the Battery Charge Indicator (4) will indicate how much charge is left in the device.
- A single flashing red LED segment indicates 15% or less battery life remaining.

## HOW RELIEFBAND® 2.0 WORKS

1 Reliefband® 2.0 delivers proprietary pulses from the contacts on the Smart Band that signal the median nerve at the P6 location on the underside of the wrist.

2 These signals travel through the body's nervous system to the part of the brain which controls nausea, retching and vomiting.

3 The signals have a rebalancing effect, normalizing nerve messages from the brain to the stomach and reducing symptoms of nausea, retching and vomiting.



### IMPORTANT

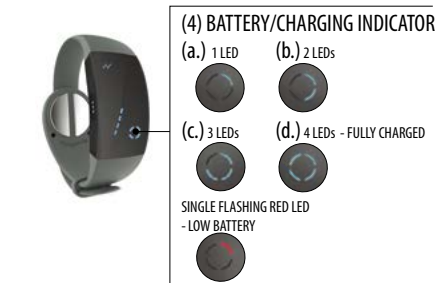
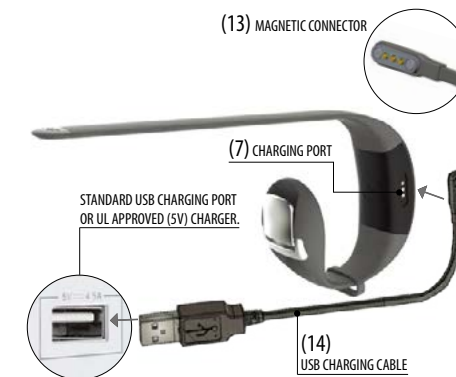
Positioning Reliefband® 2.0 properly on your wrist is essential for relief of your nausea, retching and vomiting symptoms. Before you start using Reliefband® 2.0, please read this Instructions For Use carefully. You must feel a "tingling" sensation in your palm and/or middle fingers for Reliefband® 2.0 to work.

Reliefband 2.0 must be charged before use.

### APPLYING RELIEFBAND® CONDUCTIVITY GEL

Reliefband® Conductivity Gel is an essential component for use and therapy. Hypoallergenic Reliefband® Conductivity Gel makes the delivery of pulses much more efficient.

**Note:** Reliefband® Conductivity Gel should be re-applied every 2-3 hours, or any time after washing, or if stimulation decreases.



## DETAILED OPERATION

- Turn the product to ON by pressing and holding the Power On/Off/Intensity Down Button (1) for 1.5 seconds
  - Upon powering on, the Intensity Level Indicator LEDs (3) will illuminate in sequence of 1-10, then back down to level 0.
  - The current battery charge is displayed for 1.5 seconds before fading away.
- Press the Intensity Up Button (2) once to set stimulation to the first level. At this point therapy is being delivered. If intensity level is not set, Reliefband 2.0 will turn off.
  - Blue LED intensity lights will indicate intensity level:
    - No LEDs illuminated = Level 0 = Power ON but no therapy
    - 1 LED illuminated = Level 1 Therapy
    - 10 LEDs illuminated = Level 10 Therapy
  - The Therapy On Indicator (5) will pulse on and off indicating that the device is delivering therapy.
- Adjust intensity level using the Intensity Up Button (2) until a "tingling" sensation is felt in the palm or middle fingers of your hand.
- If no "tingling" is felt, increase the intensity using the Intensity Up Button (2).
- If "tingling" is still not felt, check the position of the Hypoallergenic Contacts (6) and adjust until you feel "tingling" in your palm and middle fingers.
- Press and hold the Power On/Off/Intensity Down Button (1) for 1.5 seconds to turn the device off.
- If the battery charge has depleted, recharge the device according to "Charging The Device" instructions.
  - Once battery level registers 15% or below, the single LED will switch from static blue to flashing red.
  - A flashing red LED indicates the device will require charging as soon as possible.



## STORAGE AND USAGE INFORMATION

### FCC INFORMATION:

This device complies with Part 15 of the FCC Rules. Operation is subject to the following conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

### MAINTENANCE:

Keep the contacts area clean. Periodically examine the contacts for gel build-up around the perimeter of the contacts, which may interfere with or decrease the delivery of therapy. A moist cloth or cotton swab may be used to remove any gel build-up. Avoid immersion of the device in liquid. Reliefband® 2.0 must not be opened or altered in any way.

### ENVIRONMENTAL USE INFORMATION:

Reliefband® 2.0 should only be used within the environmental ranges of 0°C to 45°C (32°F to 113°F) and 20% to 90% relative humidity (non-condensing).



### ENVIRONMENTAL STORAGE INFORMATION:

The device can be stored and transported in the environmental ranges of 0°C to 27°C (32°F to 80°F) and 20% to 80% relative humidity (non-condensing). If the device has been stored or transported in conditions outside this range, keep it within the normal ranges for at least 30 minutes before using.



### DISPOSAL INFORMATION

Reliefband 2.0 is not regulated as hazardous goods. It can be recycled or disposed with normal household trash.

### TECHNICAL INFORMATION

#### Reliefband complies with:

- IEC 60601-1-2:2005+A1:2012/EN 60601-1:2006 Medical electrical equipment - Part 1: General requirements for basic safety and essential performance
- IEC 60601-1-2:2007/EN 60601-1-2:2007 Medical electrical equipment - Part 1-2: General requirements for safety - Collateral standard: Electromagnetic compatibility - Requirements and tests
- IEC 60601-2-10:2012/EN 60601-2-10:2000+A1:2001 Medical electrical equipment - Part 2-10: Particular requirements for the safety of nerve and muscle stimulators



Reliefband® 2.0 is classified as a TYPE BF Applied Part



Latex Free



### ATTENTION

Reliefband® 2.0 produces physiological effects as described in this guide.

**IPX4** Reliefband® 2.0 is splash-resistant



**For European Union: Environmental Protection**  
Waste electrical products should not be disposed of with household waste. Please recycle where facilities exist. Check with your Local Authority or retailer for recycling advice.

**California Only:** Perchlorate Material - Special handling may apply. See [www.dtsc.ca.gov/hazardouswaste/perchlorate](http://www.dtsc.ca.gov/hazardouswaste/perchlorate)

## TECHNICAL DATA

<b>Size</b>	Rectangular shape – max case dimensions: 14.5mm H x 23.5mm W x 4.1 mm L, with Smart Band and Simple Band.
<b>Weight</b>	Approximately 50 grams
<b>User Controls</b>	Two Push Buttons: On/Off/Intensity Down and Intensity Up
<b>User Display</b>	Blue LED logo (A) pulsing means device is providing therapy. Ten diagonal blue LED bars indicate therapy power level. Four circular blue LED segments indicate battery charge level.
<b>Low Battery</b>	When battery level registers 15% or less, a single LED segment will switch from static blue to flashing red.
<b>Output Channels</b>	Two hypoallergenic surgical grade (316L) stainless steel contacts.
<b>Maximum Output</b>	40mA
<b>USB Charging Cable</b>	1m length cable with custom magnetic connector
<b>Battery</b>	Rechargeable Li-Ion Polymer - IEC62133 standard. Battery life is approximately three years or 500 charge cycles.

## TROUBLESHOOTING

The Troubleshooting Chart below will help to assist you in handling situations that may arise while you use the product.

Situation	Recommended Solution
Blue intensity LEDs and pulsing blue Therapy On LEDs are illuminated but no stimulation is felt	Move the contacts around the underside of the wrist to ensure proper placement. Increase the intensity using the Intensity Up Button (2). Re-apply a small amount of Reliefband Conductivity Gel. Ensure gel is rubbed into a sheen. Be sure the strap is secure around the wrist. Be sure blue Intensity LEDs (3) are illuminated at one of the ten intensity settings.
No LEDs illuminated	Briefly press the Intensity On/Off/Down button (1) once to check if device is powered on. If power is on, the blue Intensity LED bars (3), the Battery/Charging Indicator segments (4) and the Therapy On Indicator (5) will flash. If nothing flashes, the device may be off. Press and hold the Intensity On/Off/Down button for 1.5 seconds to wake up the device. If no LEDs flash, the battery may be drained. To charge the battery – see the "Charging The Battery" section.
Flashing red, low battery LED illuminated	This indicates a low battery and 15% (2.4 hours at level 5) or less of charge remains. Recharge the battery as soon as possible – see "Charging The Battery" section

## TIPS FOR EFFECTIVE USE

- Reliefband® 2.0 can be worn on either wrist provided tingling is felt in the palm and/or middle fingers.
- For some people, applying and rubbing in the gel twice assists in nerve stimulation.
- Reliefband® Conductivity Gel should be re-applied every 2-3 hours during use, any time after washing, or if stimulation decreases.
- Contact with skin for prolonged periods may contribute to skin irritation particularly for users who have allergies. To reduce irritation, follow three simple wear and care tips: (1) Keep it clean; (2) keep it dry; and (3) after extended wear, give your wrist a rest by removing the band for an hour.
- Regularly clean your Reliefband 2.0 and wrist—especially if perspiring, or before reapplying conductivity gel – before returning the Reliefband to your wrist. Wipe the band and contacts with a clean, damp wipe using water or a small amount of rubbing alcohol. Do NOT use hand soap, body soap, dish soap, hand sanitizers, cleaning wipes or household cleaners which could get trapped beneath the band and irritate skin. Always dry the band well before putting it back on.
- To remove build-up of lotions and oils (such as sunscreen, insect repellent and moisturizers) that can be trapped beneath the band, we recommend that you use a soap-free cleanser like Cetaphil Gentle Skin Cleanser or Aquanil; wipe off thoroughly, and dry well.
- While still on the wrist, turn Reliefband® 2.0 off periodically to determine if you still have nausea, retching and vomiting symptoms. If you still have symptoms, then turn it back on immediately.

- When finished using Reliefband® 2.0 take it off your wrist. Remove the gel from your wrist and the device with a tissue.
- When not using Reliefband® 2.0 be sure to turn the power off to extend battery life.
- Store Reliefband® 2.0 in a safe, dry place. Keep it away from young children.
- Avoid an excessive amount of gel; it could decrease the efficacy of the device.

## LIMITED WARRANTY STATEMENT

### Model: Reliefband® 2.0

Reliefband® Technologies warrants each new Reliefband® 2.0 to be free from material defect in workmanship and materials for sixty (60) days from the date of purchase, the "Warranty Period." This limited warranty is subject to (a) the customer notifying Reliefband® Technologies within sixty (60) days of the date of purchase of any material defect in Reliefband® 2.0 workmanship and materials ("Defective Product") during the Warranty Period, and (b) the customer returning the Defective Product to Reliefband® Technologies. Contact Reliefband® Technologies at 877-735-2263 for return or replacement of Defective Product.

Reliefband® 2.0 is indicated for nonprescription (over-the-counter) use in relief of nausea, retching and vomiting due to motion sickness, morning sickness associated with

pregnancy, chemotherapy and postoperative nausea. Reliefband® 2.0 may not be effective for every person because treatment outcomes vary and are dependent upon a myriad of patient profiles and characteristics. Reliefband® Technologies' obligation under this Limited Warranty is expressly limited solely and exclusively to the replacement of the Defective Product.

THE LIMITED REPRESENTATIONS AND WARRANTIES SET FORTH HEREIN ARE RELIEFBAND TECHNOLOGIES' SOLE REPRESENTATIONS AND WARRANTIES WITH RESPECT TO THE 2.0 OR ANY OTHER SUBJECT MATTER HEREOF AND ARE GIVEN IN LIEU OF ANY AND ALL OTHER REPRESENTATIONS OR WARRANTIES, WHETHER EXPRESS OR IMPLIED, INCLUDING, WITHOUT LIMITATION, ANY IMPLIED WARRANTIES OF MERCHANTABILITY OR SUITABILITY FOR A PARTICULAR PURPOSE. THE REMEDIES AFFORDED TO CUSTOMER FOR ANY BREACH OF WARRANTY WILL BE LIMITED TO THOSE SET FORTH HEREIN TO THE EXCLUSION OF ANY AND ALL OTHER REMEDIES. CUSTOMER WILL NOT BE ENTITLED TO PUNITIVE, INCIDENTAL, CONSEQUENTIAL OR SPECIAL DAMAGES, INCLUDING WITHOUT LIMITATION CUSTOMER'S DENTAL AND MEDICAL COSTS, AS A RESULT OF A DEFECTIVE PRODUCT. NO AGREEMENT VARYING OR EXTENDING THE FOREGOING WARRANTIES, REMEDIES OR THIS LIMITATION WILL BE BINDING ON EITHER PARTY UNLESS MEMORIALIZED IN A WRITING SIGNED BY BOTH PARTIES.

Some jurisdictions do not allow the exclusion or limitation of special, indirect, incidental or consequential damages, so the above limitation or exclusion may not apply to you.

This warranty shall not apply to any Defective Product that has been tampered with or repaired and/or altered by someone other than a duly-authorized Reliefband Technologies' representative. Further, this warranty shall not apply to any Defective Product where the defect has been caused by customer negligence, mishandling or any customer use contrary to the enclosed instructions or customer use inconsistent with the stated purpose.

This warranty is expressly limited solely to the original purchaser and does not extend or confer any rights to any transferee, assignee, or subsequent purchaser or user of a Defective Product. Reliefband® Technologies' liability for all claims, (whether based on contract, tort, breach of warranty, or otherwise), which may arise in connection with the purchase and use of any Defective Product is limited to the purchase price paid by the original purchaser.

**reliefband** 2.0

DRUG-FREE RELIEF  
FROM NAUSEA, RETCHING AND VOMITING

INSTRUCTIONS FOR USE



Model: Reliefband® 2.0

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