

Vantage Health V1.0.0

# USER MANUAL



VANTAGE HEALTH *RELIEF*  
DIGITAL PROGRAM +  
TDCS

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**Please read all of the USER MANUAL before  
using the tDCS device.**

## **DISCLAIMER**

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**Do Not Use tDCS if you are pregnant or planning on becoming pregnant.**

**Do Not Use tDCS if you suffer from epilepsy, brain lesions, bipolar disorder, or severe heart disease.**

**Do Not Use tDCS if you have a pacemaker or any other invasive or non-invasive electronic medical devices, electrocardiograph or any other medical screening and monitoring devices.**

Relief has not been reviewed or approved by the Food & Drug Administration and is not intended to diagnose, treat, cure, or prevent any disease or medical condition.

If you experience short term negative effects with the stimulator, you should immediately stop using it. tDCS should not be used by anyone under the age of 18. Do not place the electrodes over cuts or damaged skin. Allow at least 24 hours between each use. Do not directly touch the electrodes without sponges, this can lead to burns. Always use electrodes with wet sponges. It is recommended to use 0.9% saline solution (sold separately).

Do not use relief to communicate any emergency, urgent or critical information. Relief does not include features that can send alerts or warnings to your instructor. Users should seek medical care if they have feelings or thoughts of harming themselves or others while using Relief. If you have feelings or thoughts of harming yourself or others, please dial 911 or go to the nearest emergency room.

The ability to use relief may be limited for patients who have vision or hearing impairments.

Always talk to your health care provider before beginning any new program. Relief does not replace care by your provider and is not intended to be a substitute for chronic pain treatment given or prescribed by your healthcare provider.

In order to use Relief, you must be able to hear, read and understand English, have a mobile phone, tablet or computer with Internet connectivity and be familiar with the use of technological applications.

## **WHAT IS RELIEF?**

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Relief is an 8-Week digital wellness program that may help people reduce pain, improve wellbeing, and increase activity by using evidence-based techniques that address biological, psychological, and social factors that contribute to pain processing.

The program offers a combination of pain neuroscience education, cognitive-behavioral techniques, tDCS (optional), HRV Biofeedback (optional), proprietary *Neurotag Restructuring*, and other evidence-based techniques that can help reduce pain and impact quality of life.