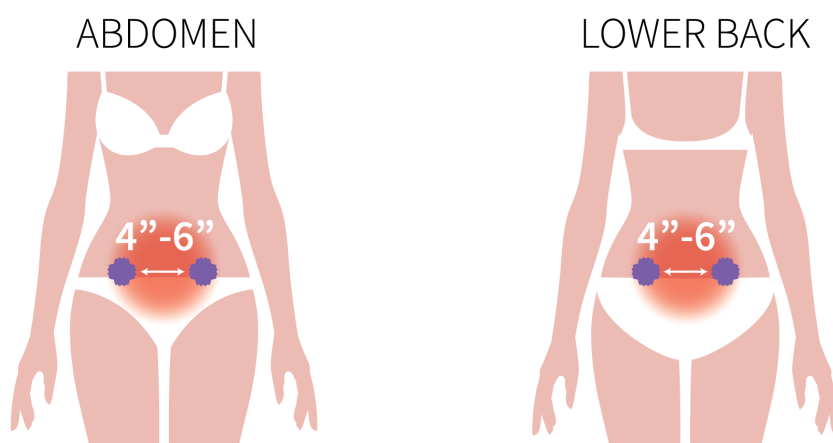


# Tips for Your First Use of Livia

1. Charge the Livia device for 12 hours before your first use. (For all future uses, the device will fully charge in about 75 minutes.)
2. Peel off the plastic backing on the back of the two flower pads (electrodes) to reveal the sticky gel pads attached to the flower pads.
3. Place the two flower pads on the two locations on your abdomen (or possibly on your lower back) where your menstrual pains are coming from. (The flower pads should be the same height and equidistant from the center of your body.)



4. Plug the cable from the flower pads into the Livia device.
5. Turn the device on.
6. Press the “+” button until the intensity of Livia’s signals match the intensity of your pain. If your pain increases, it means you’ve increased Livia’s intensity too much; just click the “-” to return to a comfortable setting.
7. After 1-2 hours, you might feel comfortable turning the Livia device off until the pain starts to return (which could be 2 hours or so). You can leave the flower pads on or take them off. If you do take them off, place the plastic backing on to protect the sticky side. When the pain does return, put the flower pads back on (if you took them off), turn the Livia back on, and click the “+” until the desired setting is reached.
8. After wearing the flower pads for about 2 hours, change their location very slightly (a fraction of an inch in any direction) to minimize the risk of skin sensitivity.