

# truvaga™

## Welcome to Truvaga!

We're thrilled you've chosen Truvaga Plus as part of your wellness journey.

Our Truvaga vagus nerve therapy is now better than ever with Truvaga Plus. It has new app-enablement and rechargeable features, along with unlimited\* sessions.

Download the app to get started!



### What's in the box



Truvaga Plus



Charging cord

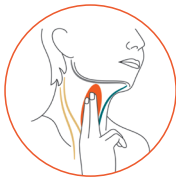


Signa spray

# Getting Started

## Step 1:

### Find your vagus nerve



- After downloading the app, use 2 fingers to locate your vagus nerve.
- It is in the same place as your pulse on either side of the neck.

## Step 2:

### Prepare your Truvaga



- Turn on your Truvaga Plus and open the Truvaga Plus app.
- Choose 'START A SESSION' on the home screen, then select a session type.
- Spray 1-2 pumps of the Truvaga-supplied spray gel on your neck where you found your vagus nerve.

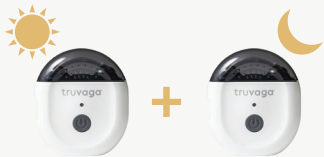
## Step 3:

### Start your session



- Place Truvaga on your neck.
- Using the app, increase the intensity until you feel a strong tingling sensation.
- Hold Truvaga in place until it beeps twice, indicating your session is complete.

## Recommended usage



2X a day, or as often as needed.

## Have questions?

Schedule a complimentary training or contact Truvaga support.

Call **800-643-2036** or email [support@truvaga.com](mailto:support@truvaga.com)



Scan the QR code for full instructions and User Manual.

\*Refer to the Truvaga User Manual.

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