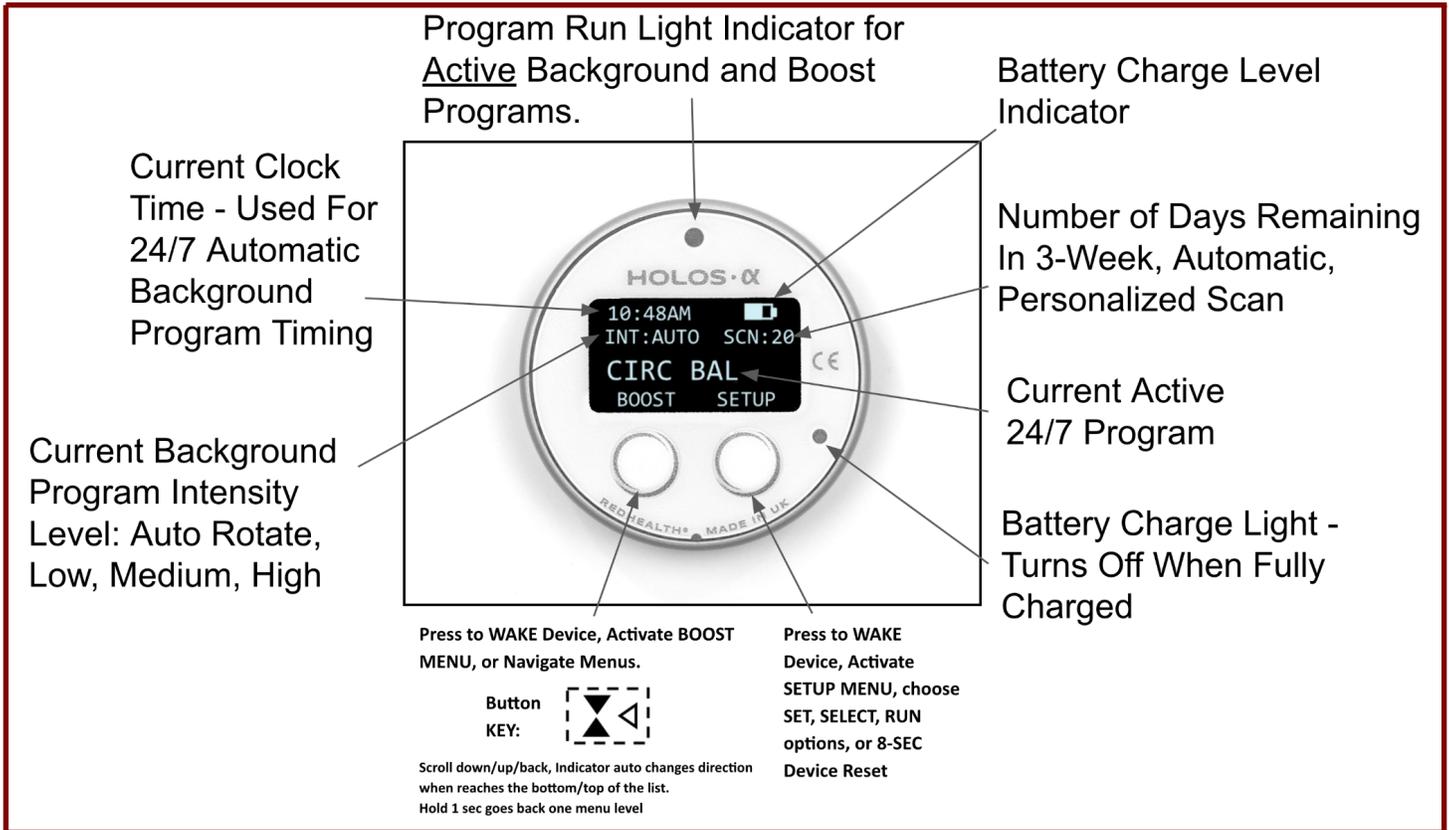




HOLOS ALPHA PEMF Device

Balance and Balance Plus Models - Silver & Black

Quick Start Guide



3 Quick Start Steps to Getting Started with your HOLOS Alpha Device

Step 1 – Press and Hold either the left or right front button for 1 second and release to invoke the **Wake From Sleep** message. Press the **right button** for **YES** to wake now, or press the **left button** for **NO** to wake later.

Results: The OLED screen will turn on and display the default HOME screen (shown above). By default the display will stay lit for 60 seconds and then turn off. To turn the display back on at any time to check the status of the device or see an automatic background program or boost program run status, simply press either of the 2 front buttons. All automatic background programs run regardless of whether the screen display is on or off. Each time an automatic background program runs throughout the day and night, or the user runs a boost program

manually, the amber program indicator light (shown in the diagram above) will turn on until it is completed, and then automatically turn off, **otherwise NO LIGHTS ARE ON to save battery**.

Step 2 - Personalize your HOLOS Alpha device background programs by manually running your first scan. With the OLED Display ON, **press the Right button to invoke the Setup Menu**. From the top of the Setup Menu, with the left menu pointer on Run Scan, **press the right button again to Select Run Scan**.

Results: The device will flash the message: **Scanning**. Place the device near your heart, facing either direction, and allow the device to run a scan on your energy system, calibrate your highest priorities in over 150 areas of the body and mind, and schedule 3 weeks of personalized PEMF programs within the automatic background programs. When complete the menu will return to the Home Screen and SCN: ## will display 20 days remaining. This means that your personalized programs will now automatically run every few hours on an alternating daily schedule for 21 days and the device will automatically scan you again at midnight on Day 21 with the default settings on your device when received. (Note: INT on Home Screen must be set to Auto (default) or High for the 21-Day Auto Scan Function)

Step 3 – Register your Device to Receive the Manufacturer’s 1-Year Manufacturers Warranty

Fill out the online form to **warranty register one or more HOLOS Alpha devices**>
<https://redhealth.myshopify.com/pages/holos-alpha-device-warranty-registration>

Results: Once your device is registered you’ll be **automatically taken to the HOLOS Alpha User Guides and Videos page** link below where the additional HOLOS Alpha Quick Start Video, Full Features Video and Full User Guide reside. All software program information is in the Full User Guide. **To manually access the online Quick Start Video with Debbie Hart go to** <https://redhealth.myshopify.com/pages/holos-alpha-devices-user-guides-and-videos>

Quick Start Video Topics include: (Note: All software program information is in the Full User Guide)

1-Waking your Device from Sleep to Turn on the 7-Day Automatic Background Programs

2-Home Screen and 2 Front Buttons Orientation

3-Basic Menu Navigation with the 2 Front Buttons

4-Personalizing your HOLOS Alpha Device Background Programs using the Setup Menu, Run Scan

5-Removing and Reinserting the Holos Alpha Core Device From or Into a Case

6-Charging your HOLOS Alpha Device

7-Running the User-Activated Boost Programs!

Congratulations on investing in your health and wellness. We hope you enjoy your HOLOS Alpha Balance or Balance Plus for many months and years to come! For any additional questions or for assistance, outside the videos or guides, please visit us on our **live chat/support desk**, available on the bottom right corner of our website help bubble at www.redhealthwear.com or call **720-506-1144** for direct, in-person assistance M-F, 9-5 Mountain Time except for holidays. We’re here to help you live a happier, healthier life!