

Control your dosage

Shimmy **a little**, or Shimmy **a lot!**
(It's all in your hands.)



1. Turn on your Shimmy Home by pressing the power button. The blue LED will flash 3 times.
2. Press and hold the power button for 3 seconds. The purple LED will flash 2 times to show you're now in Settings mode.
3. In Settings mode, press the power button to choose your dosage level:
LOW - Red
MEDIUM - Purple
HIGH - Blue
4. Press and hold the power button for 3 seconds to save your new setting.
5. Shimmy and smile!

