



Stress Stats

STRESS is the root cause of **80%** of all mental and psychological diseases



77% of people regularly experience physical symptoms caused by stress

48%

of people say stress has a **NEGATIVE IMPACT** on their personal and professional life



48% of people reported **LYING AWAKE** at night due to stress



7 out of 10 adults experience stress every day

TouchPoint Challenge

The TouchPoint Challenge simulates a stressful event so that you can quickly experience stress reduction and understand how TouchPoints are affecting your body's stress response.

1. Think of an event that was particularly stressful for you. On a scale of 0-10, rate the stress level you feel now when thinking of the event.
 2. While thinking about the event, where in your body do you feel the stress (ex. upset stomach, chest tightness)? Rate the intensity of the body sensation on a scale of 0-10.
 3. Turn your TouchPoints on and use the blue setting. Continue to focus on the stressful event while your TouchPoints are on.
 4. After 30 seconds, turn the TouchPoints off and rate the stress of the event and the intensity of the body sensation again on a scale of 0-10.
- If you did not feel a significant reduction in stress, turn the TouchPoints on again and repeat the challenge until you feel stress relief.

Congratulations, you have just completed the TouchPoint Challenge!

Disclaimer:

TouchPoints are non-invasive, and they are not a substitute for medical treatment nor are they intended to cure any medical conditions.

How do you like to

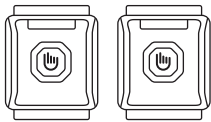
#PressAndDestress?

Share your story for a chance to be featured!

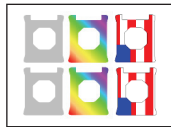


thetouchpointsolution.com

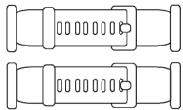
What's Included?



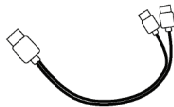
2 TouchPoints



1 Sticker Sheet



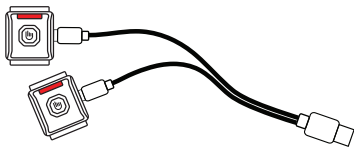
1 Set of Wristbands



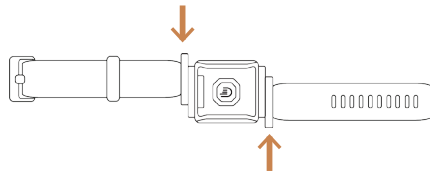
Dual-pronged Charging Cable

Setting Up

1. Charge TouchPoints until red light turns off (Approx. 2hrs)



2. Slide wristbands onto TouchPoints



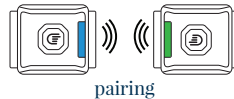
3. Your TouchPoints are ready to use!

Using Touchpoints

1. Choose desired setting—Press the button on one TouchPoint to turn it on and then press again to choose between the three settings: blue (sleep), yellow (calm), purple (anger).



2. Pair TouchPoints—Immediately, turn the other TouchPoint on to the green light and face the lights of both TouchPoints to each other. The second device should change to match the same color as the first and it will begin vibrating in an alternating pattern.



3. Stress Less—Put one TouchPoint on each side of the body. The first time you use your TouchPoints, try each setting for one minute, starting with the blue (sleep) setting. See which setting works best to relieve your stress.

To turn off your TouchPoints, hold them apart from each other and press the button on each until you see the green light, which will turn off when the TouchPoints are off.



Tips on usage:

The average user wears TouchPoints for 20 minutes in the morning or evening or as needed throughout the day. You can wear TouchPoints on your wrists or ankles with the wristbands, hold them in your hands, or slide into your pockets or socks. Stress is as unique as you are, so for more specific ways to use TouchPoints, visit our website.