



TOUCHPOINTS™ Original QuickStart Guide

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



7 out of 10 adults experience stress every day



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

TouchPoints App



Download on the
App Store

GET IT ON
Google Play

Take our questionnaire to find out your Personalized Stress Profile!

Get lifestyle tips and personalized suggestions for how to use your TouchPoints curated by neuropsychologist and co-founder Dr. Serin based on how you manifest stress.

Disclaimer:

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

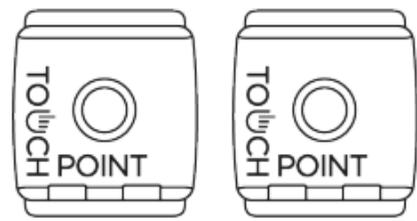


How do you like to
#PressAndDestress?
Share your story for a chance to be featured!

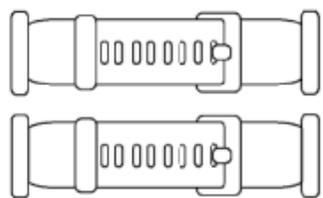


thetouchpointsolution.com

What's Included?



2 TouchPoints



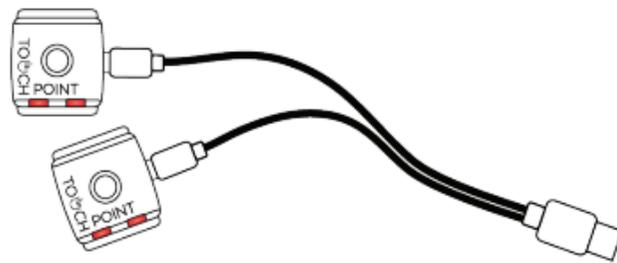
1 Set of Wristbands



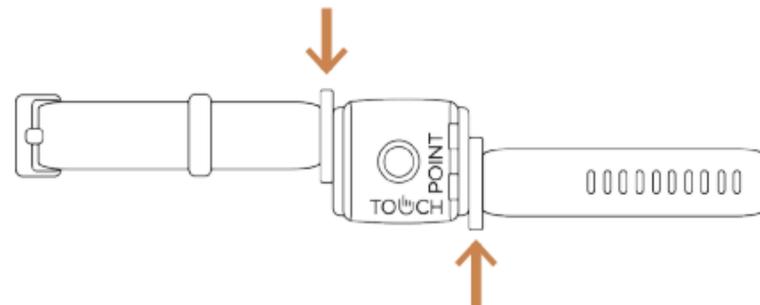
Dual-pronged Charging Cable

Setting Up

1. Charge TouchPoints until red light turns off



2. Slide wristbands onto TouchPoints



3. Your TouchPoints are ready to use!

Using Touchpoints

1. **Download App**— Download the TouchPoints app, set up your account, and take the Personalized Stress Profile questionnaire. Keep the app screen open and make sure your phone or tablet's Bluetooth is on.

2. **Pair TouchPoints**— Turn on both TouchPoints. Blinking green lights will appear on the devices when they are ready to pair. Follow the TouchPoint pairing tutorial on the app. A solid green light will appear on the devices when they are paired.

3. **Choose Setting**— Choose a preset or adjust the dials and press start. TouchPoints should start vibrating in an alternating pattern.

4. **Stress Less**— Put one TouchPoint on each side of the body. TouchPoints will continue to run on the chosen setting even if Bluetooth is disconnected until the batteries drain or the devices are manually turned off.

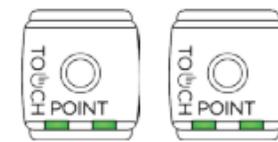
The first time you use your TouchPoints, complete the TouchPoint Challenge through the app to understand how TouchPoints are actively reducing your stress. If results aren't significant at first, try a different setting and repeat the challenge.

Tips on usage:

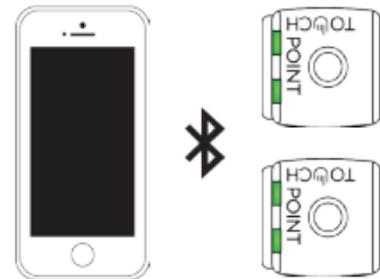
The average user wears TouchPoints for 20 minutes in the morning or evening or as needed throughout the day.

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.



turn on



pair via Bluetooth