

TOUCHPOINT™

BETTER LIVING THROUGH NEUROSCIENCE

QUICKSTART GUIDE



Please visit our website thetouchpointsolution.com for troubleshooting
or email us at hello@theTouchPointSolution.com

877-77-TOUCH





Gentle, non-invasive BLAST (Bi-lateral Alternating Stimulation-Tactile) Technology is embedded in every TouchPoint™ device and can:
Reduce stress by 71% in 30 seconds.



Who do TouchPoints™ help?

Working professionals: Executives can use TouchPoints™ before work to help set the tone for the day, during negotiations and presentations and in stressful conversations. TouchPoints™ can help working professionals stay calm and focused and can promote better outcomes to encourage the most optimal performance.

Students: Students can wear TouchPoints™ during classes and when preparing for exams. TouchPoints™ can improve focus and memory retention and can be an effective way to beat test anxiety.

Children and families: Families can share a set of TouchPoints™. Each family member can take

turns using TouchPoints™ to help them manage stressful situations like homework and bedtime while juggling busy schedules. TouchPoints™ can soothe children with sensory sensitivities while reducing anxiety and improving focus. TouchPoints™ can help couples stay calm and focused during disagreements and when problem solving.

First responders and military: First Responders and members of the military can use TouchPoints™ before, during and after stressful calls, when emotions are heightened. TouchPoints™ can help responders return to a safe baseline and successfully execute difficult duties.

Combat Stress, Improve Focus and Get a Better Night's Sleep with Wearable Technology.

Easy steps to get your **TouchPoints™ original** working:

1. Download the App TouchPoint™ Solution

- Google Play or Apple App Store on your smartphone or tablet.
- App is your remote control for **TouchPoints™ original**.
- CHARGE YOUR TOUCHPOINTS™
- Micro USB charging cable included.
- Charge TouchPoints™ at the same time.
- Red light will appear on **ONE** or **BOTH** TouchPoints™. Red light indicates the device is charging. When fully charged the red light will turn off.
- Charge for approximately **2 hours**.

2. Wear Your TouchPoints™

- **Wristbands:** Attach TouchPoints™ by using the watchband couplers included in your package. Attach the couplers to a TouchPoint™ band or any 22mm spring pin watchband. Slide the coupler onto each TouchPoint™. Video demonstrations can be found on our Youtubechannel- "TouchPoints™"
- **Clips:** Slide clips on the back of each TouchPoint™ and clip on belt, pants, or pockets.
- **Other ways to wear them:** in hands, pockets, tank top straps, or socks
- Skin contact is not necessary to feel the vibration
- One TouchPoint™ must be on each side of the body for the technology to work.
- Share your favorite way to wear TouchPoints™ on social media #ILoveTouchPoints

3. Pair Your TouchPoints™ and Get Started!

- Open App.
- Follow set-up instructions.
- Turn on TouchPoints™. Green light will appear.
- Follow onscreen instructions. Pair TouchPoints™.
- Your App will guide you through the #TouchPoints™ challenge.**

**We strongly recommend you complete the #ILoveTouchPoint Challenge in order to feel and understand the benefit of TouchPoints™.

4. Trouble connecting to TouchPoints™ App.

On the Settings portion of your device, find Bluetooth and forget TouchPoints™ from list of devices listed.

- Uninstall App
- Reinstall App
- Follow set up instructions as per set up instructions

Frequently Asked Questions

How can I tell if my TouchPoints™ are reducing my stress?

TouchPoints™ alter your body's Flight, Fight or Freeze (F3) response. When used in a stressful situation, the first thing someone will notice is the reduction in the body sensations associated with stress. Physical discomfort due to stress may diminish and the user will begin to feel an overall sense of calm. If used preventatively, the user will feel calmer within 30 seconds.

The best way to experience the TouchPoint™ Benefit is by doing the TouchPoint™ Challenge.

**How do I do the TouchPoint™ challenge?

The TouchPoint™ Challenge simulates a stressful event so you can quickly feel the stress reduction. If using TouchPoints™ original, the TouchPoint™ challenge is built into the app. Simply click on the trophy icon in the bottom bar of your app.

If you have TouchPoints™ basic or you want to manually do the challenge, begin with the TouchPoints™ off. Think of an event that was particularly stressful for you. On a scale of 1 to 10 rate the stress level of that event (1- not stressful, 10- most stressful). While thinking about the event notice your body sensations. Where in your body do you feel the stress? Upset stomach, chest tightness? On a scale of 1 to 10 rate the intensity of the body sensation (1-not stressful, 10- most stressful). Turn



your TouchPoints™ On. If using TouchPoints™ original we suggest using the Calm setting the first time. If using TouchPoints™ basic we suggest using the medium speed intensity.

Continue to focus on the stressful event while your TouchPoints™ are on. After 30 seconds turn the TouchPoints™ off and rate the stress of

the event again using a 1-10 scale and rate the intensity of the body sensations using a 1-10 scale. Note the reduction. If you did not feel a significant reduction, turn the TouchPoints™ on and repeat the challenge until the stress level has been lowered.

TouchPoints™ do not need to be used in 30 second increments, it is simply suggested as part of the TouchPoint™ challenge to illustrate how quickly TouchPoints™ work.

Congratulations, you have completed the #ILoveTouchPoint Challenge!





What's the best way to wear TouchPoints™?

There are several options to wearing your TouchPoints™. Skin contact is not necessary as long as you can feel the vibration. They must be worn in a pair with one TouchPoint™ on each side of the body in order for the technology to work.

Wristbands: Attach TouchPoints™ by using the watchband couplers included in your package. Attach the couplers to a TouchPoint™ band or any 22mm spring pin watchband. Slide the couplers onto the TouchPoint™. Video demonstrations can be found on our Youtubechannel- "TouchPoints™"

Clips: Slide clips on the back of each TouchPoint™ and clip on belt, pants, or pockets.

Other ways to wear them: in hands, pockets, tank top straps, Socks

Are watchbands included?

Watchbands are sold separately. Clips and couplers are provided with your order. We recommend either purchasing the bands on our site or any 22mm band will fit the TouchPoints™

How do I use the presets listed in the TouchPoint™ solution App?

Sleep: Use at night for 15 minutes in bed before falling asleep. You may use TouchPoints™ for a longer period of time.

Focus: Use during work or homework, or when attention needs to be paid during a difficult situation. Use as long as needed.

Cravings: Use for 5 minutes at the onset of a craving or before you know you are going to encounter a craving.

Calm: This is a general stress setting that can be used in any situation where you want to feel calmer. It can be used for any length of time.

Performance: Use before a speech, game, test, or performance for 30 minutes.

Anger: When you begin to feel angry, put TouchPoints™ on and leave the situation if possible. Leave TouchPoints™ on until you calm down.

For more tips on presets and controlling frequency, intensity and overlap, please visit the Getting Started section of our website at iloveTouchPoints.com

