

Frequently Asked Questions

What’s the difference between TouchPoints™ basic and TouchPoints™ original?

TouchPoints™ original is our best selling product and was the first product The TouchPoint™ Solution produced. Embedded with BLAST technology that can melt away 71% of stress in as little as 30 seconds, TouchPoints™ original is app operated and highly customizable. It includes a host of pre-settings to improve sleep, focus, calm, performance, and to help manage anger and cravings. TouchPoints™ basic is a simpler version of the original model. TouchPoints™ basic also includes BLAST technology that can melt away 71% of stress in as little as 30 seconds. No app control is required. Basic has 3 speeds and is available in multiple fun and fashionable colors.

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

TouchPoints™ alter your body’s stress 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 users typically feel an overall sense of calm in 30 seconds. For people under extreme stress, it may take the TouchPoints longer to produce the calming sensation. If it takes your body longer than 30 seconds, don’t worry, just re-start the TouchPoints or keep them on until



you start to feel a sense of calm.

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

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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 TouchPoints™ 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.

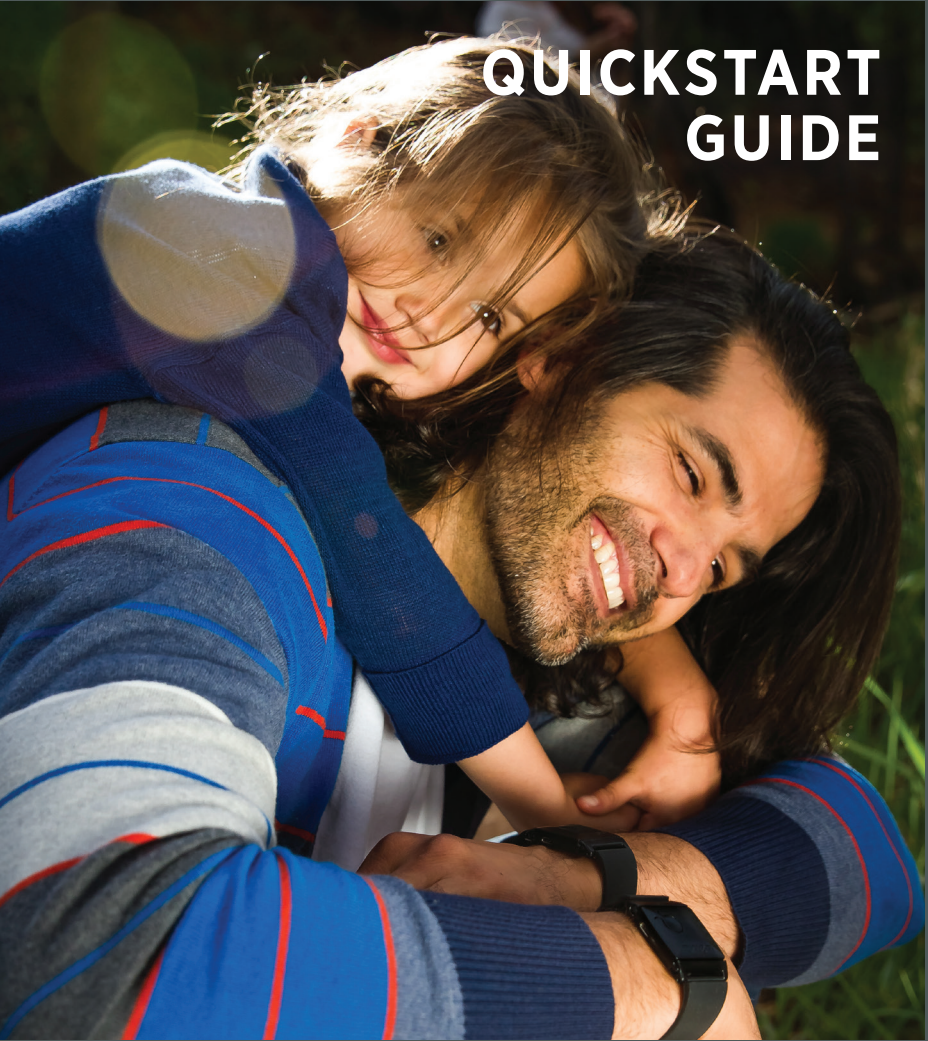
Anger: When you begin to feel angry, put TouchPoints™ on and leave the situation if possible. Leave TouchPoints™ on until you calm down.

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

	TOUCHPOINTS™ basic	TOUCHPOINTS™ original
Blast Technology	✓	✓
Rechargeable Batteries	✓	✓
App		✓
Settings	3 Speeds: Slow Medium Fast	6 Presettings: Reduce Stress Now (Calm) Improve Focus Manage Anger Optimize Performance Sleep Better Reduce Cravings Plus! Fully Customize Your Own Favorite Settings
Colors	Cornflower Blue Marine Green Fuschia Pink Graphite Gray	Black
Ship Date	Beginning August 2017	Immediately
Price	\$135	\$240

TOUCHPOINT™

BETTER LIVING THROUGH NEUROSCIENCE



QUICKSTART GUIDE

ilovetouchpoints.com
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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.

TOUCHPOINTS™
original



TOUCHPOINTS™
basic



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 #ILoveTouchPoint challenge.**

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.

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

1.

Charge Your TouchPoints™

- Micro USB charging cable included.
- Charge TouchPoints™ at the same time.
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3.

Turn Your TouchPoints™ On

1. Turn one TouchPoint™ on by holding down the on button until a green light appears.
 2. Choose your setting by pressing the on button again.
Blue – slow setting
Yellow - medium setting
Purple -fast setting
 3. Once you choose your desired setting, turn the other TouchPoint™ on by pressing the on button until the green light turns on.
 4. Position the second TouchPoint™ close to the first TouchPoint™ and the second TouchPoint™ will automatically pick up the setting of the first TouchPoint™.
- **Note:** To confirm your TouchPoints™ are working correctly you should feel a vibration on one side of the body and then the other side of the body. They should not be vibrating in unison.
 - Complete the #ILoveTouchPoint Challenge in the FAQ section of the Quickstart Guide.

4.

Download the TouchPoints™ App

- The app is not necessary to control your TouchPoints™. Downloading it will give you access to great tips: help you to de-stress, latest neuroscience research, and a community of people who love their TouchPoints™!

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