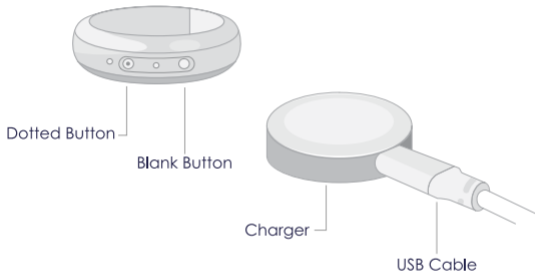


Welcome

°Embr Wave 2

Learn how to use Embr Wave to take control with temperature.

Wake up your Wave and let's get started!



Press the blank button once. If the white light comes on, you're good to go!

If not, charge your Wave by placing it on the charger, using the Embr-provided USB cable. You'll see a solid green light when your Wave is fully charged, which usually takes about **1-2 hours**.

Wear the Wave on the inside of your wrist.



The Wave should be worn about an **inch away** from your hand with the **buttons facing** your elbow.

It should **feel snug** against your skin. Adjust the position until it feels comfortable for you.

Unlock the power of your Wave with the Embr Wave 2 App.



The app allows you to **personalize the sensations** you feel and how long you feel them. It also lets you understand how you use your Wave and configure your device to your preferences.

Connect your Embr Wave to the app to get started.



Download the Embr Wave 2 App for iOS or Android and follow the on-screen instructions to connect your Wave.

Relief comes at the press of a button.



Cooling

Dotted Button

Warming

Blank Button

Control your Wave using the two buttons on its side.

Start Session

Press either button once to **wake up**.

Press the **dotted button** once to start **cooling**.

or

Press the **blank button** once to start **warming**.

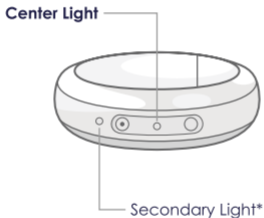
Adjust Temperature

During a session, press the **dotted button** once to make things **cooler** or the **blank button** to make things **warmer**.

Stop Session

Press and hold either button for **1 second** to manually stop a session.

The Wave has two lights on the side.



*The secondary light will only show when your Wave is updating or if an error has occurred.

The center light shows you what your Wave is doing.



White light: **Awake** (ready to cool or warm)



Blue light: **Cooling**



Orange light: **Warming**



Green light: **Charging/charged**



Blinking red light: **Low battery**



Solid red light: **Consult the app** for more information

Your Wave and your body work together to help you feel better.

1. Temperature Sensation



You feel cooling or warming waves come and go on your wrist.

2. Natural Response



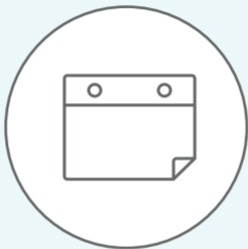
The sensitive nerve endings beneath your skin tell your brain that the temperature is changing.

3. Feel Better Overall



Within minutes, your body balances itself so you can feel relief, naturally.

Give your body and mind time to respond.



Not feeling the relief you expect? **It can take about a week** to get used to the sensations of the Wave and understand how it's working for you.

Embr Wave also **works better over time**. The more you use it, the more effective it can become as you discover what feels best for your body.



Questions?

Download the Embr Wave 2 App for more on how to best use your device.

Explore frequently asked questions, schedule a phone call, or reach our team via chat or email at support.embrlabs.com