

# Quick Start Guide: 3 simple steps

## 1. PREPARE

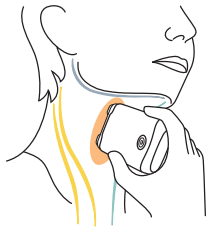
1a



### Find your vagus nerve

- Use your first 2 fingers to locate the pulse on either side of your neck
- The vagus nerve is located in this same area

1b



### With gammaCore off, practice in front of a mirror before your first stimulation

- Remove cap and place gammaCore in the treatment location you identified earlier
- Placing it vertically, slightly angle gammaCore so that the upper stimulation surface is slightly forward, closer to your windpipe and chin

Please read the full Instructions for Use, which contains additional information on storage and caring for gammaCore, as well as Important Safety Information you should know.

## 2. START

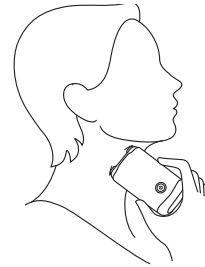
2a



### Apply the provided gel

- Apply a pea-sized amount of conductive gel to each of the stimulation surfaces

2b



### Turn the gammaCore on and position it on your neck

- Turn gammaCore on by pressing the power button
- When gammaCore is ready for use, the device will beep once
- Position gammaCore firmly on your neck like you practiced in Step 1 making sure both stimulation surfaces are firmly against your neck



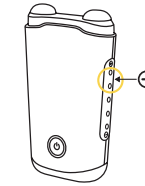
Training is important to your treatment outcome. Call 1-888-903-2673 to schedule a video or phone call for 1:1 training.



To watch the demonstration video on how to use gammaCore, text DEMO to 82605.

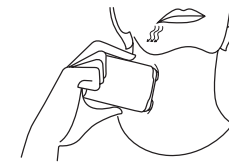
## 3. DELIVER

3a



### Adjust the intensity to the right level

- Holding gammaCore on your neck, increase the intensity by pressing the upper area of the control button until you feel a deep and strong vibration inside your neck



- Continue to press the control button until you also feel some slight muscle contractions. A downward pulling on your lip is the most common muscle contraction seen with gammaCore – This indicates that gammaCore is correctly positioned and that you have likely reached an adequate intensity level
- If you feel pain, simply decrease the intensity level by pressing the lower area of the control button

3b

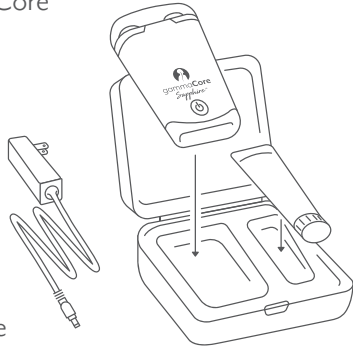


### Completing the stimulation

- Hold gammaCore in place until it beeps twice and stops delivering the stimulation
- gammaCore will automatically stop delivering the stimulation after 2 minutes
- Thoroughly clean the gel off stimulation surfaces and your neck. Clean gammaCore with a soft dry cloth and store

## Charging your gammaCore

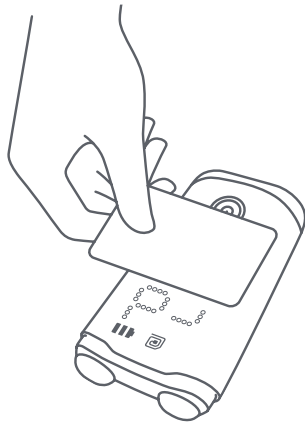
- The charging cord is located on the left side of the packaging in a smaller white box
- Plug the charging cord into the back of the charging case and connect to an electrical outlet
- Ensure that gammaCore is placed into the charging case
- “Ch” will appear on the display indicating that it is placed correctly and charging
- Charge gammaCore for at least one hour prior to first use



## Loading your gammaCore

If your gammaCore Kit includes a Refill Card:

- Turn on gammaCore by pressing the power button and place the device on a hard surface with the display screen facing up
- Place the Refill Card as shown across the device so you can see the display
- Leave the card on the device for a minimum of 10 seconds (Do not move the refill card as it may disrupt the loading process)
- When the Refill Card is detected, gammaCore will display “rd” and this @ icon
- gammaCore will beep twice indicating that therapy has been loaded - this may take several seconds



## Get to know your gammaCore



### How to read your display

When gammaCore is turned on, the display will rotate between days or months of therapy remaining and the number of stimulations available in a 24-hour period.



#### Months and Days of Therapy

gammaCore offers a set time of therapy. To ensure uninterrupted therapy, request a refill when your device displays 21 days remaining.



#### Intensity Level

Most patients use an intensity level between 15 and 25 for treatment  
Note: Your stimulation intensity may not be the same at every use



#### Stimulations remaining

Within each 24-hour period, you have access to 30 stimulations.

## Tips for Success

### Apply gel

Be sure to apply enough of the provided gel to both stimulation surfaces. gammaCore will not work without the gel. Use only the conductive gel provided. Do not use other gels.

### Reach the right intensity level

With the device in the treatment location, slowly increase the intensity until you feel a downward pull on your lip. Most people experience this at an intensity over 15.

You should not feel pain – If you experience pain or discomfort, decrease the intensity by pressing the lower area of the control button.

### Adjust your placement

If you don't feel a lip pull, try making small adjustments to the placement on your neck. Use a mirror to help you. Apply more gel to the stimulation surfaces if it has spread to thin while repositioning.

If the vibration spreads toward your ear, gammaCore is placed too far back on your neck.

### Treat early and as directed

For the best chance at relief, use gammaCore at the first sign of pain and deliver additional stimulations as needed.

Within a single treatment and as tolerated, stimulation should be administered to the same side of the neck where pain is usually experienced.

### Improvement continues over time

You may need to use gammaCore several times before you get full benefit. It is safe to use gammaCore every day.



gammaCore (nVNS) is FDA cleared for adjunctive use for the preventive treatment of cluster headache in adult patients, the acute treatment of pain associated with episodic cluster headache in adult patients, the treatment of paroxysmal hemicrania and hemicrania continua in adults, and the acute and preventive treatment of migraine in adolescent (ages 12 and older) and adult patients.

## Treatment Guide for Migraine and Cluster Headache

Here are suggested treatment guides for treating and preventing your migraine or cluster headache pain. gammaCore can deliver up to 30 stimulations per day. Please speak to your healthcare provider to determine which plan may be right for you.

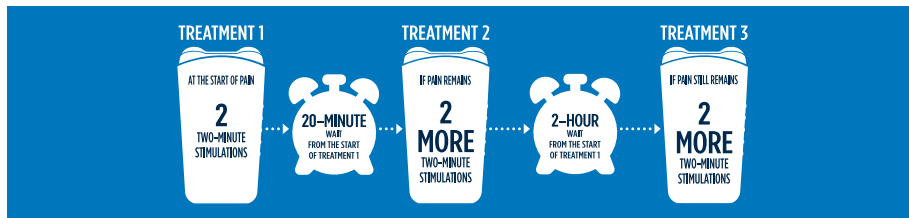
**Apply the conductive gel before each stimulation. After 2 minutes, gammaCore will beep twice and automatically turn off.**

### Acute treatment for **migraine**

#### At the earliest sign of pain:

Give yourself a treatment consisting of 2 two-minute gammaCore (nVNS) stimulations.

- If pain remains 20 minutes after the start of treatment 1, apply 2 more stimulations.
- Two more stimulations may be applied if pain remains 2 hours after the start of treatment 1.



### Preventive treatment for **migraine**

#### Daily:

Give yourself 3 treatments (morning, mid-day, night) consisting of 2 two-minute gammaCore (nVNS) stimulations.

- The first daily treatment should be applied within 1 hour of waking. The second daily treatment should be applied 4-6 hours after the first treatment. The third daily treatment should be applied at night.

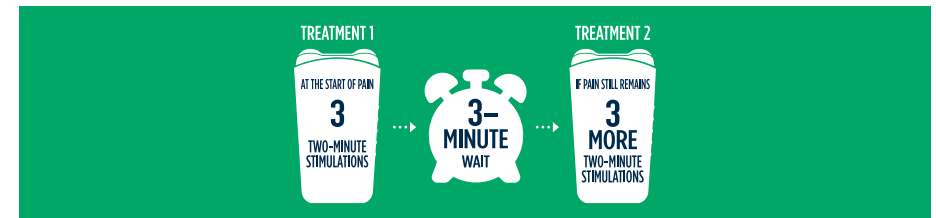


### Acute treatment for **cluster headache**

#### At the earliest sign of pain:

Give yourself a treatment consisting of 3 two-minute gammaCore (nVNS) stimulations.

- After completing the 3rd stimulation, you should wait 3 minutes. If pain remains, apply 3 more two-minute stimulations.



### Preventive treatment for **cluster headache**

#### Daily:

Give yourself 2 treatments (morning and night) consisting of 3 two-minute gammaCore (nVNS) stimulations.

- The first daily treatment should be applied within 1 hour of waking. The second daily treatment should be applied at least 7-10 hours after the first daily treatment.



## Treatment Guide for Paroxysmal Hemicrania and Hemicrania Continua

Here are suggested treatment guides for treating and preventing your migraine or cluster headache pain and treating paroxysmal hemicrania and hemicrania continua. gammaCore can deliver up to 30 stimulations per day. Please speak to your healthcare provider to determine which plan may be right for you.

**Apply the conductive gel before each stimulation. After 2 minutes, gammaCore will beep twice and automatically turn off.**

### Treatment of Paroxysmal Hemicrania

#### Daily:

Give yourself 3 treatments (morning, mid-day, night) consisting of 2 two-minute gammaCore (nVNS) stimulations.

- The first daily treatment should be applied within 1 hour of waking. The second daily treatment should be applied 4-6 hours after the first treatment. The third daily treatment should be applied at night.



### Treatment of Hemicrania Continua

#### Daily:

Give yourself 3 treatments (morning, mid-day, night) consisting of 2 two-minute gammaCore (nVNS) stimulations.

- The first daily treatment should be applied within 1 hour of waking. The second daily treatment should be applied 4-6 hours after the first treatment. The third daily treatment should be applied at night.



## Indication and Important Safety Information

gammaCore™ (non-invasive vagus nerve stimulator) is intended to provide non-invasive vagus nerve stimulation (nVNS) on the side of the neck. gammaCore is indicated for:

- The preventive treatment of migraine headache in adolescent (age 12 and older) and adult patients.
- The acute treatment of pain associated with migraine headache in adolescent (age 12 and older) adult patients.
- Adjunctive use for the preventive treatment of cluster headache in adult patients.
- The acute treatment of pain associated with episodic cluster headache in adult patients.
- Treatment of hemicrania continua in adults.
- Treatment of paroxysmal hemicrania in adults.
- The effectiveness of gammaCore has not been established in the acute treatment of chronic cluster headache
- gammaCore is contraindicated for patients if they:
  - Have an active implantable medical device, such as a pacemaker, hearing aid implant, or any implanted electronic device

- Have a metallic device, such as a stent, bone plate, or bone screw, implanted at or near the neck
- Are using another device at the same time (e.g., TENS Unit, muscle stimulator) or any portable electronic device (e.g., mobile phone)
- Safety and efficacy of gammaCore have not been evaluated in the following patients:
  - Adolescent patients with congenital cardiac issues
  - Patients diagnosed with narrowing of the arteries (carotid atherosclerosis)
  - Patients who have had surgery to cut the vagus nerve in the neck (cervical vagotomy)
  - Pediatric patients (younger than 12 years)
  - Pregnant women
  - Patients with clinically significant hypertension, hypotension, bradycardia, or tachycardia

**NOTE: This list is not all inclusive. Please refer to the gammaCore Instructions for Use for all of the important warnings and precautions before using or prescribing this product available at [gammaCore.com](http://gammaCore.com).**