

SOL TEC

HEALTH

for SLEEP & STRESS



QUICK START GUIDE



GEN[™]

*Magnetic
Conditioner*

+



TRACK[™]

Analyst

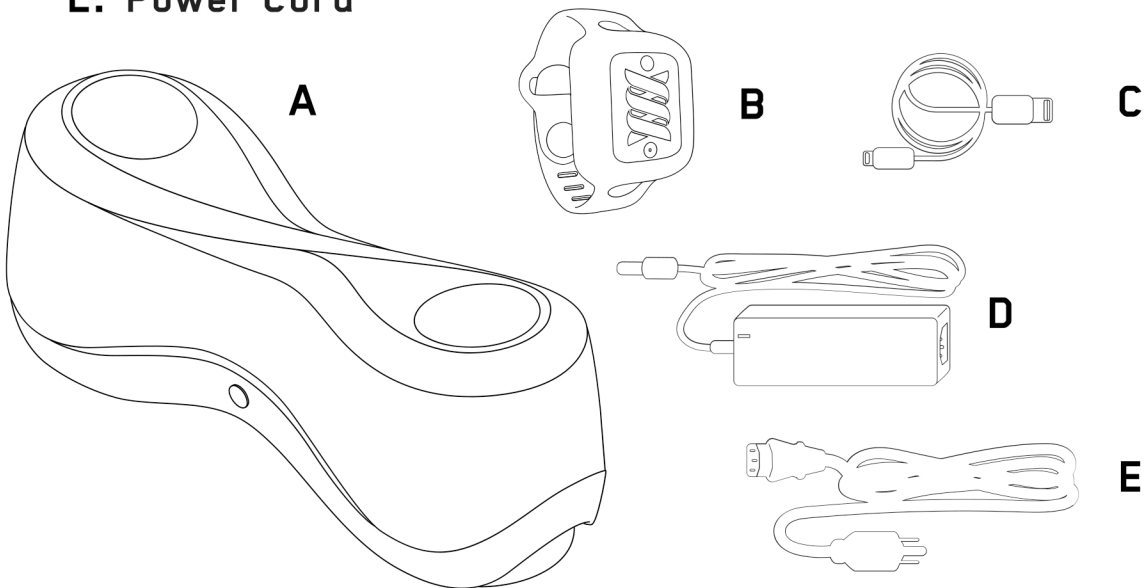
**Approximate Set-Up Time:
15 Minutes**

UNPACKING

Gently unpack and check that all necessary components have been included.

PARTS LIST

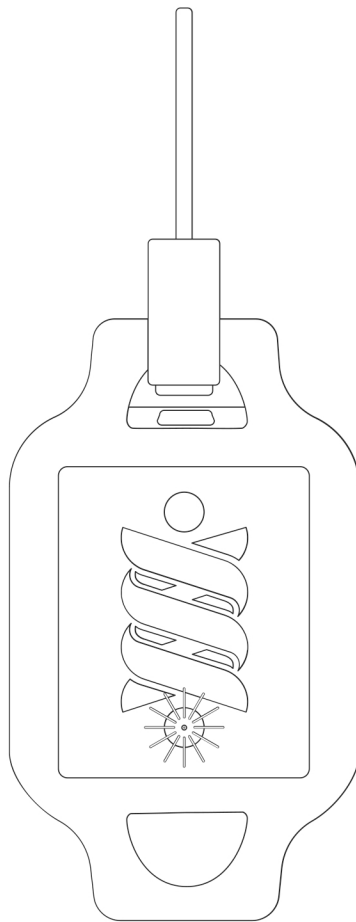
- A. Z•GEN™**
- B. Z•TRACK™**
- C. Charging Cord**
- D. Power Cable & Adapter (Assemble these two components first, firmly insert Power Cord into the adapter, before plugging into Z•GEN.)**
- E. Power Cord**



SET UP Z•TRACK

1. *Charge your Z•TRACK*

Connect your Z•TRACK with included charging cord and plug in the device until fully charged. The blue light on the front of the device will flash slowly when the device is charging and stop flashing when fully charged.



2. Download SOLTEC•Z™ and Pair

Download the SOLTEC•Z App and create your account. Follow instructions in the app to pair Z•TRACK via Bluetooth®.



NOTE: When the app asks to choose your Z•TRACK, just tap on the serial number (the system finds your Z•TRACK and inserts the serial number for you).

3. Place your Z•TRACK on your Wrist and Adjust

Z•TRACK can be worn on either wrist. Make sure the device is snug on your wrist but not uncomfortably tight.

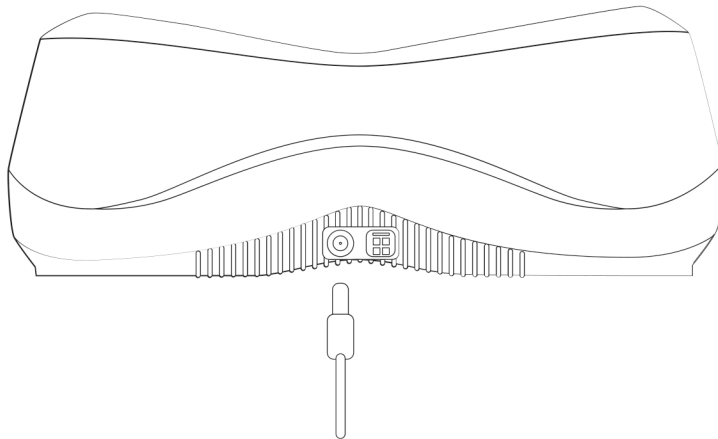
***Video demonstration and more information:
<https://soltechealth.com/sleep-right>***

SET UP Z•GEN

FOR SLEEP AND STRESS

NOTE: Bring Z•GEN to a location where you like to relax, then complete this step.

1. *Insert Cord into Z•GEN*



2. *Plug Power Cord in Wall Outlet*

3. *Follow instructions in the SOLTEC•Z app to pair Z•GEN with Z•TRACK. The app makes it easy.*

EXPERIENCE Z•GEN

Now comes the fun part! Follow these steps to enjoy a brief relaxation session and experience how to use your system.

1. *Place Z•GEN at your feet (under your desk, or on the floor by a chair or couch).*
2. *Scroll down to the Relax section on the My Night screen, in the SOLTEC•Z™ App and follow the instructions to start a session.*
3. *Choose 30 minutes for the test.*
4. *Choose 100% for the relaxation intensity.*
5. *Tap 'Start Session', and sit back, watch TV, read, work or just relax and enjoy. If possible, try to keep movement to a minimum.*

NOTE: As Z•GEN relaxes you, you may notice a subtle and pleasant sensation in your feet. Some may feel it, others will not, and both are perfectly normal.

You may feel deep relaxation and may become drowsy. This is also normal. Enjoy your session!

TIME to SLEEP

PLACE Z•GEN UNDER THE BED

Now that you have experienced the system for daytime use, it is time to set up Z•GEN for your nightly sessions. Put Z•GEN under your bed or near your feet. Position unit with the button facing out and power cord toward the head of the bed.

START A SLEEP SESSION

At bedtime, place Z•TRACK on your wrist. In the app, tap the Z•TRACK icon then hit the Start Recording button. A purple light on the front of Z•GEN will flash for 10 seconds indicating the session has begun. If Z•TRACK and Z•GEN are not connected, a message in the app will appear. Try moving your wrist to reestablish connection or move within range of Z•GEN. The next morning, use your app and tap 'Stop Recording'.

YOUR FIRST THREE NIGHTS: COLLECT YOUR SLEEP BASELINE

Before Z•GEN can begin to help improve your sleep, Z•TRACK must analyze your current sleep patterns for three nights. This helps the system begin to understand how it can best help you. For the first three nights, just start a sleep session as instructed above (the system knows what to do). On the fourth night, Z•GEN will begin the process of supporting improved sleep.

WHAT TO EXPECT

The SOLTEC•HEALTH System will help you fall asleep faster, stay asleep longer and sleep more deeply. It will also help you to relax and be less stressed. Sleep and stress are complex processes and changing them for the better takes time. Some may see improvements in a month or so, others may take two months or longer. Allow the system to help.

IMPORTANT: Time in bed is not the same as time asleep. We need about 7 ½ hours of sleep, which usually means 8 or more hours in bed. Plan accordingly!

GET THE MOST FROM YOUR SOLTEC•HEALTH SYSTEM

As you will learn when you review how to use the system, sleep and stress are interconnected. If you are stressed, your sleep will suffer, and if you are not sleeping well your stress level will increase. The most effective way to be less stressed and sleep better is to work on improving both.

The SOLTEC HEALTH System does exactly that.

DETAILED INSTRUCTIONS



For more details about using your system, use the QR code by holding your phone's camera onto it and click when prompted.

The PROGRAM

Following the SOLTEC HEALTH Program will provide the best possible results for you. The program has been designed to be as convenient as possible. The best way to get the most out of your system is to make simple daily habits part of your life.

Nightly Sleep Sessions - Every night, just put Z•TRACK on your wrist, have Z•GEN under your bed near your feet, and with two taps, start a sleep session. It's that easy.

Daily Relaxation Sessions - In the morning or early afternoon, make a Relaxation session part of every day. Place Z•GEN at your feet, where you work, read or watch TV (you can also have a session in your bed). Using the SOLTEC•Z app, select the length of the Relaxation session, and the level of relaxation you would like. Read, work, watch TV or simply take a relaxation break.

See the User Instructions for more information.

<https://soltechealth.com/system-user-manual/>

WARNING: Maintain a safe distance of at least six inches between the SOLTEC HEALTH system and a pacemaker, implantable cardioverter defibrillator, deep brain stimulator or other active implantable device. The System may interfere with these devices and increase the risk of injury, illness or death. Consult with a medical provider on whether the System could affect your implantable medical device.

CAUTION: The SOLTEC HEALTH system has not been tested during pregnancy. Consult with a medical provider prior to use during pregnancy.

CAUTION: The SOLTEC HEALTH system has not been tested on persons under the age of 18. Consult with a medical provider before use by anyone under the age of 18.

DISCLAIMER: The SOLTEC HEALTH system is not intended to diagnose, treat, cure or prevent disease. It is not a substitute for professional medical advice. Individual results vary. Consult with a medical provider for solutions that may be appropriate for you.

LEARN MORE

Visit our FAQs page at [***soltechealth.com/faqs***](https://soltechealth.com/faqs) to learn more about the SOLTEC HEALTH System.

Email [**hello@soltechealth.com**](mailto:hello@soltechealth.com) to reach our Customer Experience team.

This product and system protected by one or more of the following patents:

U.S. Pat. Nos. 7,918,308; 8,668,045; 9,949,004; 11,478,604; and other U.S. and foreign patents pending.”

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