

# Your First Steps With **Healy!**

## Congratulations on getting your new Healy!

Starting today, you are on a new path towards health and wellbeing. From now on, you will always have access to pain relief as well as all the necessary frequencies to support your body and mind and your health goals.



## HEALY IS **SIMPLE!**

Healy International B.V.  
Paterswoldseweg 806  
BM 9728 Groningen - Netherlands  
[www.healyworld.net](http://www.healyworld.net)

Rest assured: When using Healy, you can never go wrong (as long as you follow the instructions and observe the contraindications in the Instructions for Use, that is!) As soon as you are familiar with the basic operation of your little helper, gaining your first experience with it is a breeze. The video brochure you received with your Healy, containing five short videos, explains everything you need to know about how to get your Healy up and running and how to download, install and use its app.

Healy is a wearable device that contains a range of Individualized Microcurrent Frequency (IMF) programs to harmonize your Bioenergetic Field\*.

### So how do you choose the right Healy frequency program?

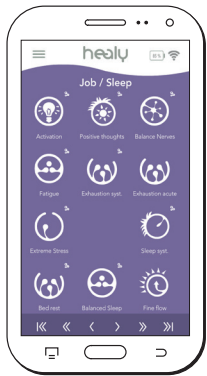
**First, you should know:** No Healy program is ever the “wrong one” – they all are the right ones! In order to find the most suitable program for you, you should proceed in three easy steps:

\* The Individualized Microcurrent Frequency (IMF) programs of the Healy are not medical applications. They are not intended to cure, treat, mitigate, diagnose or prevent disease, have not been reviewed by a notified body and are not part of a conformity assessment procedure under the MDD/MDR. The information on these pages is for reference and educational purposes only. It should not be treated as a substitute for professional medical advice, diagnosis or treatment. You should always seek such advice from a qualified medical professional.

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## STEP 1

Select a program that corresponds with your current issues and needs in terms of its name and description\*\*. The descriptions can be found in the guide for Healy App Individualized Microcurrent Frequency (IMF) applications to harmonize the Bioenergetic Field.



If, for example, you feel that you suffer from stress, choose a program with the appropriate name: if your stress appears to be of the acute kind, choose "Stress acute". If several programs seem appropriate, due to their name or description, you can use them alternately or one after the other.

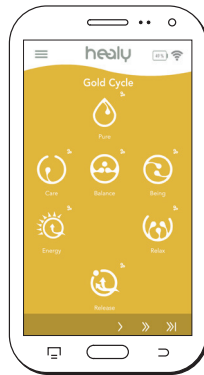
Another example: If you want to work on your weight, choose the "Weight" program\*\*\* in the "Fitness" group; or choose the "Mental Balance"\*\*\*\* program if you feel mentally unsteady and unbalanced to harmonize your Bioenergetic Field to support achieving your goals.

\*\*The descriptions of the Healy Individualized Microcurrent Frequency programs are meant to guide you in getting the best use of the programs, not to diagnose, treat, cure or prevent any disease or provide medical advice. If you believe you may have a medical condition, always consult a healthcare professional.

\*\*\*Healy is not a weight loss program.

\*\*\*\*Healy IMF programs are not intended to diagnose, treat, cure, prevent or mitigate any mental illness or condition.

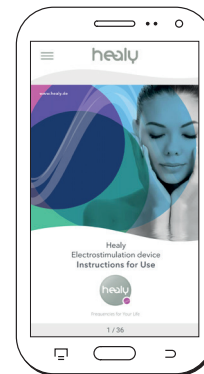
## STEP 2



Regardless of whether you have already found suitable programs for you using the hints described above: You should always use the Gold Cycle programs that are included in every Healy Edition for good reason. Simply read the descriptions of the seven Gold Cycle programs and select the ones that may suit your situation. If you feel tired, choose "Energy", choose "Relax" when you are stressed out. In any case, we recommend using the "Balance" and "Being" programs within the Gold Cycle. They are designed to assure and provide basic harmony in body and mind, containing frequencies that are applicable to any situation. You can use these programs (which are always applied via the wrists) regularly, if you like on a daily basis!

## STEP 3

In many cases, these first two steps are sufficient for you to experience the positive effect of Healy on your wellbeing and on supporting your objectives. But there is more: The HealAdvisor App gives you access to the accumulated experience of our Expert Team and thousands of Healy applications. The HealAdvisor App leads you through a short series of questions to find the Healy frequency programs for harmonization of the Bioenergetic Field that suit you; you might as well find these through a convenient and comprehensive search function. If you cannot find what you need, you can also send a request directly from the HealAdvisor App to the Expert Team.



Please do pay attention to the following advice:



You see: Using your Healy is really easy, and there's nothing you can do wrong! Again, this is as long as you follow the instructions and observe the contraindications in the Instructions for Use. Once you have found your favorite Healy programs through one or more of these three steps, you can use them (in any order) when and as needed or on a regular basis.

- When using your Healy for pain relief, always follow the Instructions for Use that come with it.
- Use a maximum of three Healy frequency programs daily, ideally two in the morning and one in the afternoon or evening.
- Drink enough water when using Healy. We recommend 6 to 8 cups of water a day, especially before using Healy for pain relief and in the morning, to support the effect of the programs.
- Adjust the program intensity using the app on your smartphone so that you gently feel the frequencies, but without experiencing any unpleasant or irritating sensations. In this case, less is more!
- You can put away your smartphone, put it in flight mode or turn it off completely once a program is running; Healy will continue working! You only need your phone when you want to select or launch a new program or when you need to change the intensity.
- You should relax during Healy applications, maybe listening to some music that you like. If this is not possible, you can use Healy during any other activity; however, do not use Healy while driving a vehicle or operating machinery.

This is about it. Now all that remains for us to say is:  
**We wish you all the best and much success with your new Healy!**