

Frequently Asked Questions

CAN I WASH THE GEL INSOLES?

Yes. Remove the device and hand wash with mild soap and lay flat to dry. Do not machine wash the gel insoles.

IS THE SMART INSOLE™ SAFE?

Yes. Smart Insole[™] is safe and comfortable to wear. The low level and sensation free energy that is gently pulsed into damaged tissue is not discernible even though the device is continuously working to help you heal.

Important: please read instructions thoroughly before use.

The Smart Insole [™] comes with two 360 continuous hour devices. If you suffer from Plantar Fasciitis or pain on only one heel, activate only one device and apply to the heel that is requiring pain relief. **Do not activate** the other device so you can save it for future use. Once a device is activated, it cannot be turned off. If you have pain on both heels, activate both medical devices and apply to heels.

TO ACTIVATE

- Remove the white tab from the Smart Insole[™] medical device in the direction of the arrow.
- 2. Push the silver button and hold it down for approximately 2 seconds (you should hear a click). A green LED light will appear on the opposite side of the device to show the device is working properly.

Note: Once the device is activated, it cannot be turned off. Each Smart Insole [™] device lasts for up to 360 continuous hours. If you have pain only on one heel, do not activate the other device when inserting it into the gel insole.

WARNINGS

- Smart Insole[™] should not be used by people with a cardiac pacemaker, cardioverter defibrillator, neurostimulator or any active medical or metallic implant, defibrillator, neurostimulator or any active medical or metallic implant.
- Smart Insole[™] should not be used by women who are pregnant or think they may be pregnant.
- Smart Insole™ is not a sterile device.
- If pain or swelling persist or worsen, discontinue use and seek medical attention
- Smart Insole™ will not interfere with other electronic equipment in use.
- Do not attempt to modify this device or replace the battery.
- Once the LED light doesn't come on the device is no longer operational and can be disposed of.



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GEL & DEVICE ASSEMBLY

Peel back and remove the top protective laver on the gel insole.



With the silver button side up, insert the active device into the cavity of the gel insole. When using the gel insole, the device must be inserted even if it is not activated for balancing purposes.



Reapply the protective gel top layer to cover the device.





DIRECTIONS FOR USE

Your **Smart Insole™** Kit Includes:







(1) Nighttime Wrap





(2) 360-Hour Electro-Pulse Medical **Devices**

Safe for diabetics, arthritics and the elderly. Drug-free. Sensation free.

DAYTIME USE:

Insert the Smart Insole ™ gels with the bubble surface side up and thick side at the rear into your shoes for the heel requiring pain relief.



NIGHTTIME USE:

Remove the entire Smart Insole[™] from your shoe and insert it into the nighttime wrap.

Wear the nighttime wrap throughout the night for continuous pain relief treatment. Repeat the day and night treatment and continue to wear the Smart Insole[™] even after the pain is gone to ensure that the area is healed.

