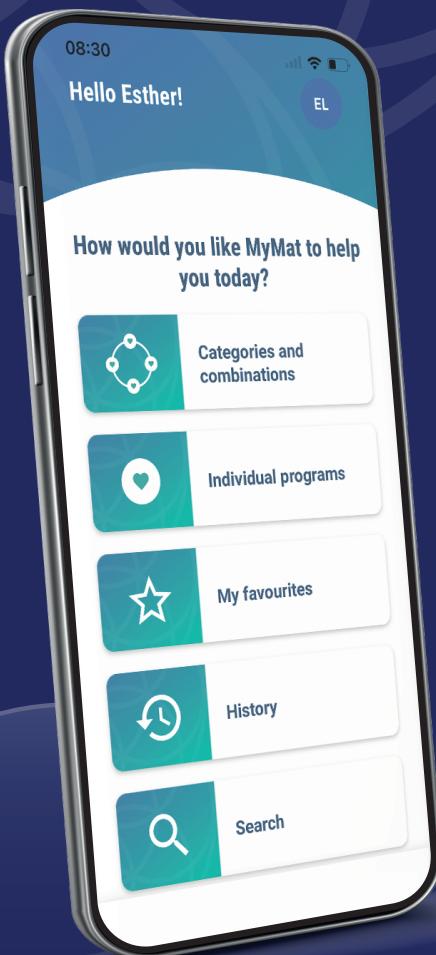


# MyMat®



 INSTRUCTIVE



SWISS  
MADE



2 YEAR  
WARRANTY

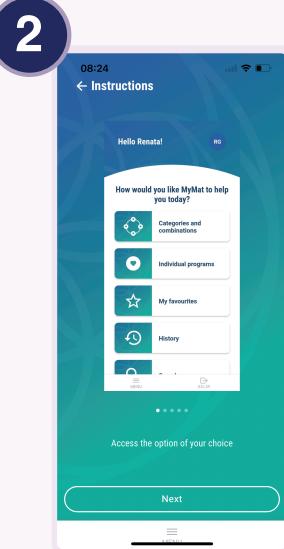




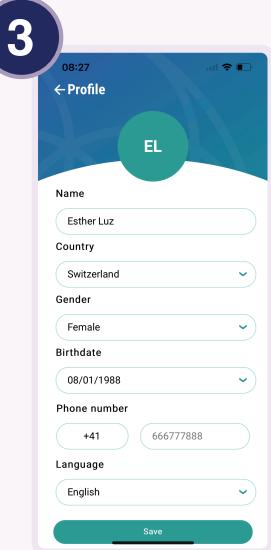
Find and install the MyMat PEMF app in the Google Play Store if you use an Android device or search and install the MyMat PEMF app in the App Store if you use an Apple device.

[GET IN ON Google Play](#)

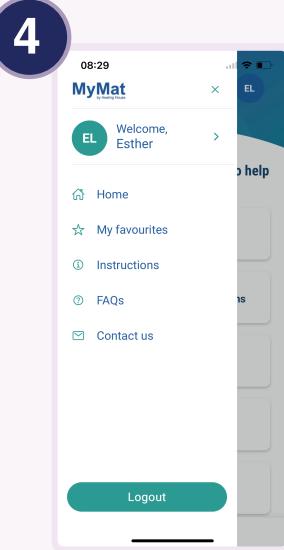
[Download on the App Store](#)



When you open the app for the first time you will see 5 screens with basic instructions on how to use the app. Press the "Next" button on each instruction screen, until you finally press the "Start using MyMat" button on the last screen.

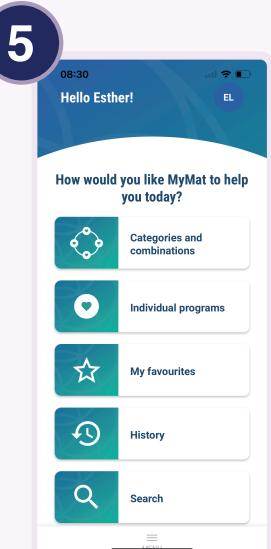


To create a new account, fill in the information on the screen that appears when you press the "Start using MyMat" button. If you have used MyMat before, you can use the email address you use in other MyMat apps to upload your favourites to this app.



By clicking on the "MENU" button at the bottom centre of most screens in this app, you will find the contact us option, your Favourites and FAQ's. By clicking on the circle with the initials of your name or on Welcome + Name, you can change the language.

## SEARCHING AND SELECTING THERAPY PROGRAMS

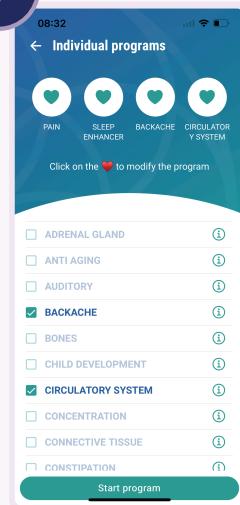


In order to choose the programs for your routine, click on the box of your choice. There are 5 ways to programme your routine.



When entering Categories and combinations click on the category of your choice to view and select one of the preestablished therapy combinations.

7



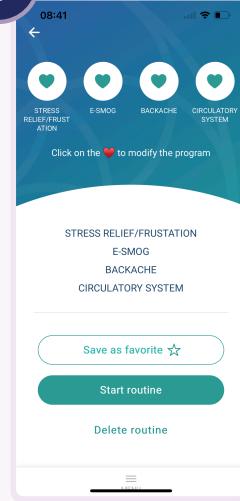
Or go back to the Home screen, open Individual programs, and create your own therapy selecting 4 individual programs from the list.

8



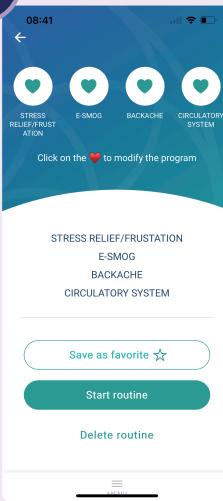
To view detailed program information and suggestions to combine with complementary programs, press the "i" symbol on the right side of each individual program or preestablished combination in Categories. The information will be displayed in the window.

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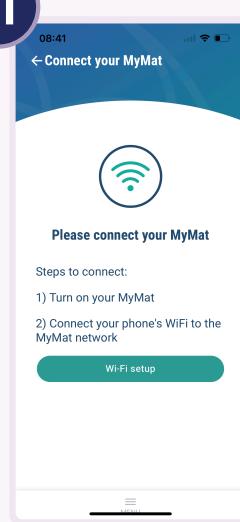
Once all four individual programs or the pre-established combination of your choice has been loaded, press "Start routine". If you wish to change any of the 4 selected programs, press on the heart of this program and select another program.

10



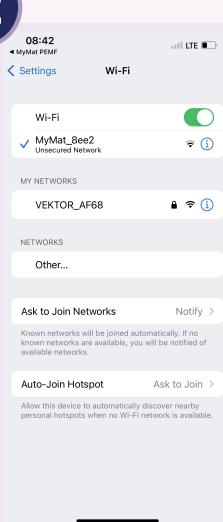
If you wish to change all the programs, press the "Delete routine" button and select 4 other programs.

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To load the programs into your MyMat, the application will ask you to connect your mobile phone's WiFi to the MyMat network. Follow the instructions and Press the WiFi setup button to connect to the MyMat network.

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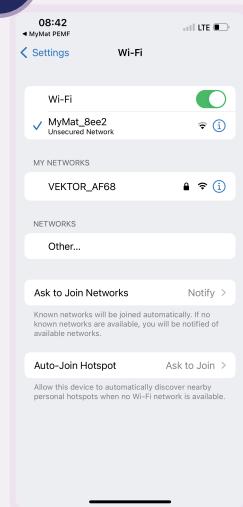


To connect your device's WiFi to the MyMat network:

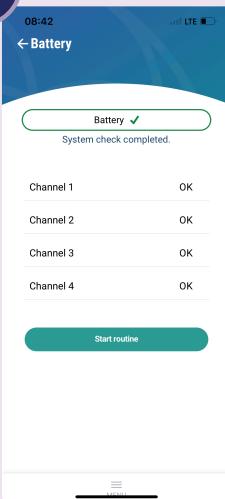
1. Turn on the MyMat by pressing the power button once.
2. Verify that the green light next to the charging connector on your MyMat is on and that the blue light is flashing.



13

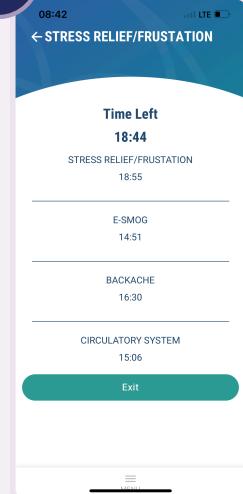


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Note: When connecting to a MyMat for the first time, some Android phones open a box, you need to indicate in the box if you want to stay connected to the network without the MyMat internet. When your mobile device has connected to the MyMat network, return to the app and press "Start routine".

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Once your MyMat has started your therapy, a screen will appear on your mobile device showing your therapy count down run time. The blue light has switched off and the green light is flashing. Now just relax and enjoy the benefits. Your MyMat will continue to work independently and will automatically switch off at the end of the therapy.



Check that the green light next to the charging connector on your MyMat is flashing, indicating that therapy is running. At this time the MyMat Network has been turned off to avoid interference with MyMat so your MyMat will continue to operate independently and will automatically turn off at the end of the therapy.

#### RECHARGING THE BATTERY

If, when you switch on your MyMat, the light next to the charging connector glows red or does not light up, the MyMat battery needs to be recharged. To recharge the battery, plug the charger into the power socket, then connect the charger cable to the charging connector of your MyMat, in the same way as you connect your mobile phone to charge it. Once connected, the light next to the charging connector should flash red slowly, indicating that the MyMat is charging. Leave your MyMat charging for at least 5 hours. If you did the process properly, the next time you turn on the MyMat, the light will turn green again.



[www.mymat.life](http://www.mymat.life)

[@mymat.pemf](http://@mymat.pemf)
  
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