



# TruePulse A2000®

## Quick Start Guide



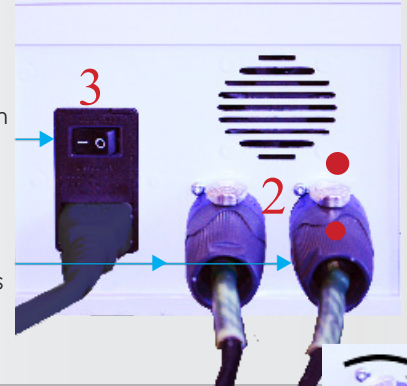
- 1 Each time the AC power cord is connected into the wall socket, it will be necessary to press the **Reset Button** on the GFCI (Ground Fault Circuit Interrupter) as shown to the right. There is an audible snap when the GFI is engaged. Verify your GFCI operation by pressing the TEST button. It should click off. Then press RESET again.

**Reset Button** on the GFCI connection at the end of the power cord.



Power Switch (On/Off)

Applicator Connectors



- 2 Connect the **Applicator Connector** into the mating receptacle on the back of the device: **(a)** Plug the red dot connector into the red dot receptacle to maintain consistent therapeutic effects. Gently push each connector into the device and turn clockwise until it snaps into place.



- 3 Turn on the **A2000**, and set session time and intensity. To remove the connectors from the back of the device, press and slide the silver metal tab back and away from the device, turn counterclockwise, and gently pull apart.

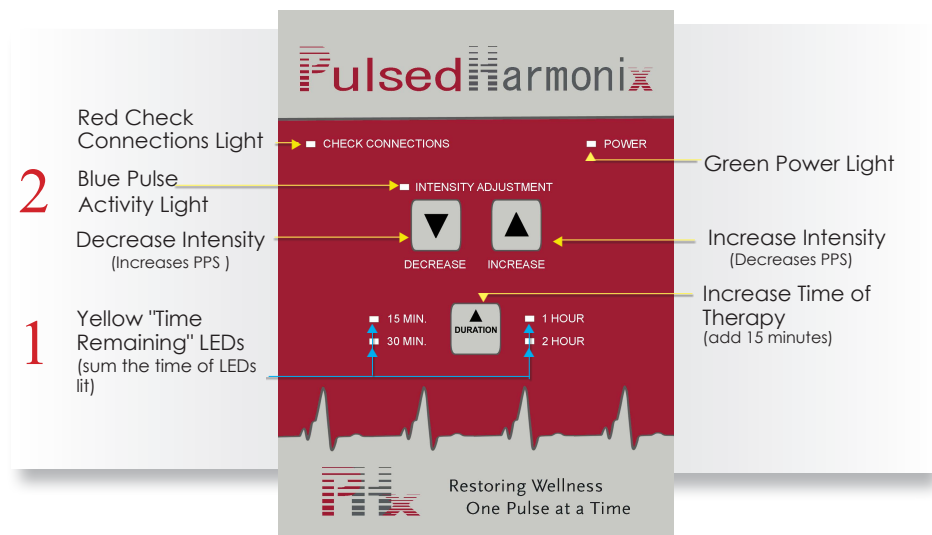
### Note 1:

The Mitt coil is the only reconfigurable coil. For reconfiguration of the **MCAC** after removal from the Mitt, it is vital to follow the procedure demonstrated in the instructional videos. The Mat and Pouch coils are pre-configured. Do not open the sealed **Coil** on the Mat or Pouch. Please see configuration of the **MCAC** in the Mitt shown in the **PHx®** Videos:

[www.pulsedharmonix.com/videos](http://www.pulsedharmonix.com/videos)

## Session Set-Up Procedure

**Important:** The **Duration** (length of session) must be selected before choosing the desired **Intensity** setting.



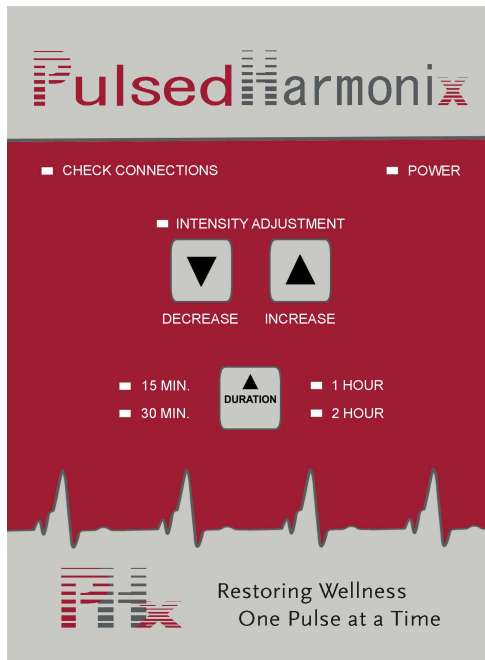
- 1 Press the **Duration** button to set one of the 15 therapy durations lengths. Each button press adds an additional 15 minutes.

(See page 10 of the User Guide)

- 2 Press the **Increase/Decrease Intensity Adjustment** buttons to adjust the intensity/pulses per second (PPS). Stop and restart the session, or start a new session at any time, by toggling the **On/Off** button on the back of the unit.

# 1st Setting - Session Duration Options

Each press of **Duration** button increases the session time by 15 minutes. There are 15 timing combinations. The maximum session length is 3 hours and 45 minutes (all four time **LEDs** lit). Pressing the **Duration** button when all **LEDs** are lit, resets the session time to zero - its default standby setting.



A great thing about the TruePulse A2000 is that you can tailor therapy time and intensity to your needs. If you would like to extend or shorten therapy times, you are in control of the settings. Discover what is best for you!

The **PHx**® device has 15 timing combinations. For the first two days, the recommended therapy time is 15 to 30 minutes. Allow at least 4 hours between sessions, for up to 4 sessions per day. This limit should provide a gentle reset of your body's autonomic and parasympathetic systems, while also producing a moderate detoxification at the cellular level. Set the intensity at level 3 to 5 (the lower part of the range), for your first four sessions, depending on your sensitivity. Each click of the **Decrease** arrow will reduce the intensity. It is best to change the intensity setting every few minutes for these initial sessions. After these first few sessions, your body has been prepped, and tuned, for longer sessions.

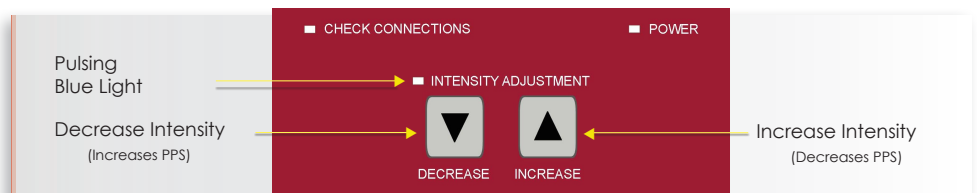
Unless the **A2000** is powered down, the previous session time is remembered and loaded on the first press of the **Duration** button after the previous session ends. If the **A2000** is turned off, the previous session time selection is lost, and the duration is set to the zero default. The first Duration button press will increment the session time to 15 minutes.

## 2nd Setting - Intensity Control

The TruePulse A2000® has 15 intensity pulse settings, which are controlled by the **Increase/Decrease** buttons. The default (start-up) intensity setting is at intensity #3 (14.3 pps). Pressing the **Decrease** button 3 times stops the pulsing (Level 0). From the off position,

press the **Up Arrow (Increase)** button, up to 15 times, to increase the intensity of each pulse by up to 50 times greater than the lowest, 28pps. Pressing the **Increase** button when already at maximum intensity leaves the intensity at its maximum setting, which delivers a pulse about every two seconds. The pulse current lasts for about 1 to 2 thousandths of a second, and never reverses direction.

**Note:** The body cannot feel a pure magnetic pulse, no matter how powerful it is. The **A2000** produces a very powerful pulse, even at the lowest intensity setting. If, for your first session, you set the intensity at the maximum, and place the MCAC or the Mat under or over your mid-section, for an hour or more, you may experience classic symptoms of a rapid detox: nausea, dehydration, fatigue.



Mat

Mitt

Pouch

MCAC

## PHx Accessories - Mat, Pouch, & Mitt

Our design team has created three accessories to house the Applicator Coils. These allow users to comfortably provide therapy to various areas of the body. The coils shipped in the Mat and Pouch are fixed configurations, sealed in heavy plastic. Do not attempt to remove these coils from their clear plastic enclosures. The heavy plastic enclosures containing the Mat and Pouch may be sanitized by spraying with cleaner/antiseptic and wiping dry. DO NOT SUBMERGE AN APPLICATOR IN ANY LIQUID. However, the covers may be removed and washed on gentle cycle and air dried. The stand-alone **Multi-Configuration Applicator Coil (MCAC)**, which is shipped in the Mitt, may be used directly on the body, or slid onto a limb. It can be easily reconfigured to increase, or decrease, the coil circumference, which is accomplished by changing the number of turns and securing with Velcro ties. Thighs & Hips may require larger coil configuration.