CLASSIC – Operating Supplement

MAIN COMPONENTS of the BEMER Classic:

What comes with your BEMER Classic Set

- B.Box Classic,
- B.Body Classic,
- B.Grip,
- B.Spot,
- B.Scan,
- B. Body Fixing Strap,
- power supply,
- 2 manuals,
- Quick Start Guide,

B. Body (the full body applicator).

You can lie on either side of it.

You can put it on top of your body if that is more comfortable (e.g. for people who are immobile or bed ridden).

It does not have to be totally flat, and can be covered by a sheet or towel for cleanliness.

NOTE:
Lie with your head at the end with the BEMER logo where the power cord exits.
B. Pad (optional) - long belt-like shape with Velcro at both ends -

This local applicator can be used over specific areas of the body. It may be wrapped around a leg, arm, neck or around head, as well as laid out flat along the spine, across the abdomen or across the lower back and shoulders.

This accessory does not come with the BEMER Classic package; there is an additional charge.

It is particularly useful when traveling.

B. Grip holds the B.Spot and B.Light

To hold the B.Spot or B.Light in place over a specific area, you can use the B.Grip fixing strap as shown in the picture below.

B.Spot is used on smaller localized problem areas; it is normal for the B.Spot to make slight whirring and clicking sounds when in use.

B. Light is an optional LED red light that is used directly over the skin. Wear protective glasses.

This accessory does not come with the BEMER Classic package; there is an additional charge.
The **B.Body**, the **B.Pad**, the **B.Spot** and the **B.Light** all connect to one of the 2 magnetic ports on the right side of the B.Box.

A1 is the top port.

A2 is the bottom port.

Suggestion:

**Use A1 only for the B. Body.**

**A2 Port** can be used to connect the B.Pad, B.Spot or B.Light, or the second B.Body.

**NOTE:**

Connect the magnets deliberately so they do NOT “snap” on with full force. The pull of the ports’ as well as the plugs’ magnets is very strong! If any of the 6 six pin on the applicator’s plug are dislodged, the connection to the ports A1 or A2 is lost and the applicator will not work. The B. Box will alert you with a beeping noise and an Error message on the screen.

With the purchase of an additional B.Body, it is possible to **simultaneously run two B. Body applications on the SAME intensities and setting for the sleep mode.**

**The tilting position of the B.Box**

To tilt the B.Box for easier visibility:

Firmly push back with your thumbs on the the top front portion (light grey) of the B.Box (See position of thumbs on the left below).

Let it tilt up on its own.

To put back into flat position, just press down at the top back and gently slide toward the front.
**SETTINGS:**

Push circle shaped power button on the B.Box to start and the screen lights up.

**NOTE:** You need to push firmly, not a light touch as with a Smart Phone.

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**The Basic Plan For Use with B.Body**

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**Plus Signal**

The first screen shows: Plus Signal icon (looks like a “wiggly” N)

This is the default setting.

If it is morning time, you will want the Plus on, later in the day, you will turn it off.
To deactivate Plus, simply press the left arrow next to “SET” and the “plus icon disappears.

**NOTE:**
The Plus Signal can be used with Intensities or Programs.

It is recommended for use earlier in the day, not in the afternoon or evening to avoid possible sleeplessness.

See manufacturer’s Basic Plan.

Other option to activate or deactivate PLUS

Press and hold Set until “Exit” appears.

Press right arrow until you see the “Plus On” screen

Press Set, and ‘On’ starts flashing

Press right arrow again and the setting changes to ‘Off’.

Press “Set” again to save.

Use left arrows<< to get to exit screen and press “SET”.

You are now back in the main screen where you can then select your desired intensity level or program setting.
Adjusting the Volume (unit beeps when an application is finished).

Press and hold “Set” Until “Exit” appears.
Press right arrows >> until you see “Volume”
Press SET; the Volume # will flash
Press the right arrow to change volume setting between numbers 0 and 3 ( 0 = no sound; 3 = loudest)
Press SET to save
Use left arrow to get back to Exit screen and press set.
You are now back in the main screen where you can select your intensity level or program setting.

Brightness of Display Screen

Press and hold “SET” until “Exit” appears.
Press right arrows >> to advance to “Display”
Press “Set” to activate the Display screen. A number between 1 and 4 will blink.
Press the right arrows >> to reach the desired brightness
Press “Set” to Save.
Use left arrow to get back to Exit screen and press “SET”
You are now back in the main screen where you can select your intensity level or program.
High/Low Settings – used primarily when you travel and want the B. Pad to use the lower intensity levels like the B.Body

Press and hold the “Set” ‘Exit’ Displays.
Press right arrows >> to advance to “INT High/Low”
To select ‘Low’, press SET, “High” will blink
To change to ‘Low’, press the right arrow
Press “SET” to save.
Use left arrow to get to exit screen and press “SET”
You are now back in the main screen where you can select your intensity level or program setting.

SAMPLE APPLICATIONS

Connect power cable for B. Body to A1 port

The A1 will be flashing on the right side of the screen.
Push Level 1 button, and then choose whether you want the Plus signal on or off.

NOTE: The Intensity level chosen shows in the middle of the display screen, as well as the duration or number of minutes; in this case 8 minutes.

All Intensities 1 – 10 as well as P1 run 8 minutes.
Programs 2 = 16 minutes; Program 3 = 20 minutes
Press Start and you will see the wavy lines of the BEMER signal flashing on the screen so you know it is operating, and the seconds will start counting backwards.

NOTE: You can operate 2 B.Bodies simultaneously using ports A1 and A2. However, with any other accessory, simultaneous operation does not work. Applications have to be run consecutively.

How to operate 2 B.Bodies:
Connect both B.Bodies to A1 and A2 ports.
Press the SET button 3 times and both ports will start blinking.
Select your application setting press start.
Both B.Bodies are now in operation.
Connect power cable for B.Pad to A2 Port

Connect B. Pad to A2 port
Press the right arrow to move to A2
A2 port is now flashing on the right side
Push Level 1 button
Press Start

Selecting a Program (P1 8 minutes, P2 16 minutes or P3 20 minutes duration)

Connect the plug of any applicator (B.Body, Pad or Spot) to A1
Select Program 1, 2, or 3 and choose whether you want the Plus signal on or off.
Press Start
To Set the Sleep Program after sixth week

Connect B.Body into A1 port — A1 will be flashing

Press the ‘S’ to select the desired number of hours you plan to sleep - choose 6, 7 or 8 hours by keeping on pressing “S”

- S1 = 6 hours
- S2 = 7 hours
- S3 = 8 hours

Press Start

Connect B. Light to A2 Port

Connect B. Light component into B.Grip. Be sure you hear a click to ensure that the B.Light is fully seated in the B.Grip

Wear protective glasses if using on the face and avoid looking directly at the light

Choose Intensity – Note: normally Level 10 can be used except for those with extremely sensitive skin in which case, choose a lower number.

Press Start
These are the basic operations to become familiar with.

NOW YOU CAN START USING THE BASIC PLAN THAT WAS PROVIDED TO YOU IN THE QUICK START GUIDE. It is also in the Tip for Using Your BEMER. Read this document for more suggestions on using your BEMER.

THIS BASIC PLAN WAS DEVELOPED AFTER RESEARCH AND EXPERIENCE INDICATED THAT THESE SETTINGS WERE THE MOST EFFECTIVE FOR THE MAXIMUM BENEFIT, DESPITE INDIVIDUAL AGES AND CONDITIONS.

Don’t be afraid to experiment; you can do no harm to yourself when using the BEMER. Some settings will just be better for some people than others. It is important to listen to your body; it knows what it needs and feels best.