







**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.)

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

	CYCLE 1					
	WEEK 1	WEEK 2	WEEK 3.	WEEK 4	WEEK 5	WEEK 6
MORNING	Level 1 <i>plus</i>	Level 2 <i>plus</i>	Level 3 <i>plus</i>	Level 4 <i>plus</i>	Level 5 <i>plus</i>	Level 6 <i>plus</i>
EVENING	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6
NIGHT						
	CYCLE 2					
	WEEK 7	WEEK 8	WEEK 9	WEEK 10		
MORNING	Level 3 <i>plus</i>	Level 4 <i>plus</i>	Level 5 <i>plus</i>	Level 6 <i>plus</i>		
EVENING	Level 3	Level 4	Level 5	Level 6		
NIGHT	Sleep Program 1 x per week	Sleep Program 2 x per week	Sleep Program 3 x per week	Sleep Program 4 x per week		

**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.