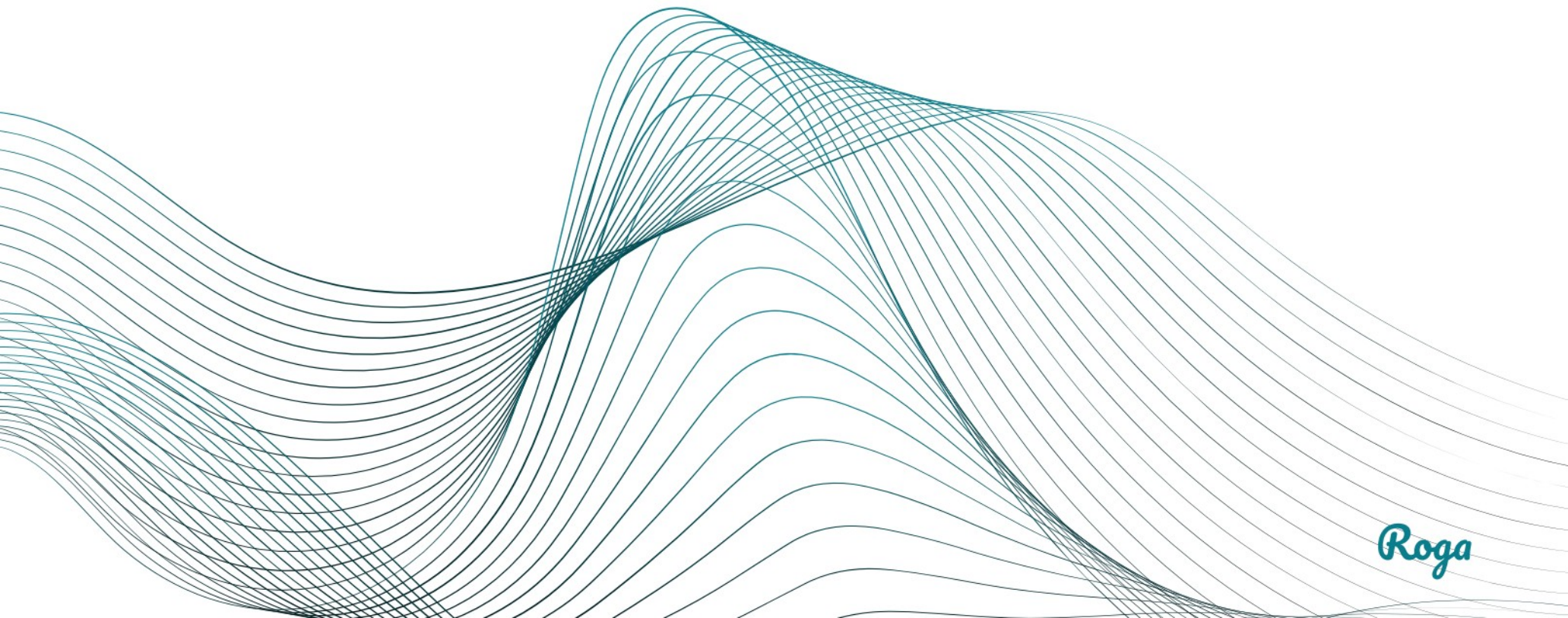


WELCOME TO A
Calmer You



Roga

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Welcome to Roga

At Roga, we provide an effective solution to manage stress. The Roga device uses non-invasive Vagus Nerve Stimulation to combat stress and burnout. Your purchase includes access to the Roga app, which offers exclusive video content to guide and enhance your wellness journey.

This manual outlines essential instructions for optimal device use. Please review it thoroughly to ensure safety, effectiveness, and to maximize your experience with Roga.

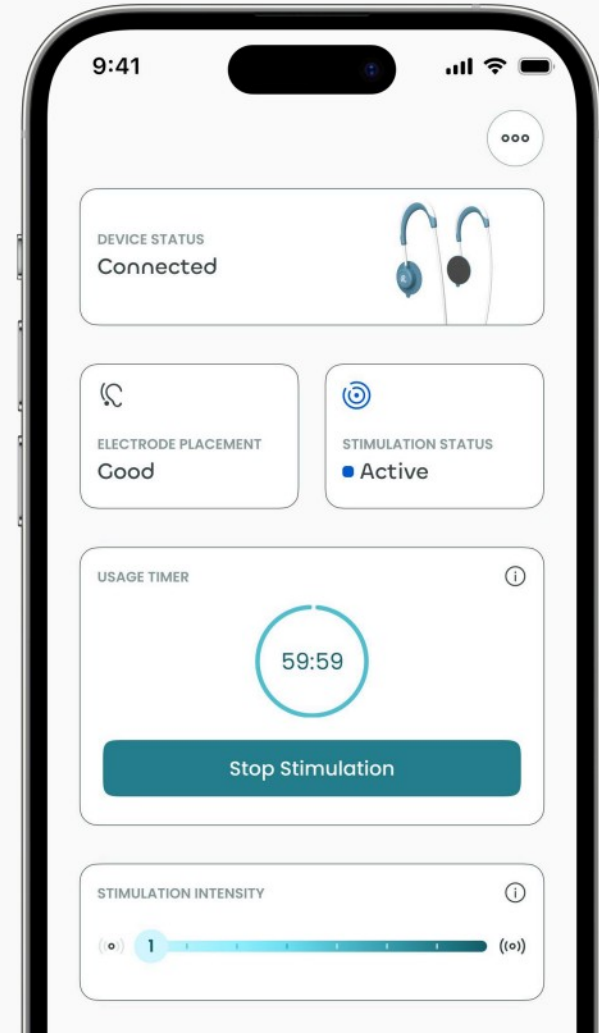


What's in the Box



Get the Roga App

Download the Roga app via the **QR code** below or search "**Roga**" in the App Store (iOS) or Google Play (Android). Install, open the app, and **sign up** to begin.





Device Setup

A step-by-step guide to quickly set up
your Roga device.

Step 1: Clean Behind Your Ears

Gently clean the area behind your ears using soap, water, and a washcloth, then pat dry.



Step 2: Attach Stimulation Pads

Snap a stimulation pad onto each ear hook from the electrode pack.



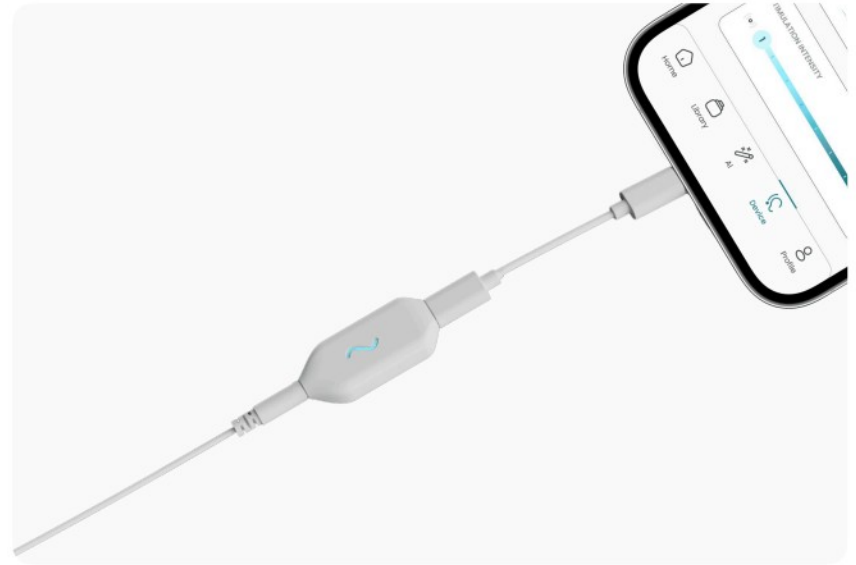
Step 3: Position the Ear Hooks

Position each ear hook over your ear, ensuring the pad touches the bone behind without hair underneath.



Step 4: Plug in the Roga Device

Plug the lead wire and power adapter into your Roga device, then connect the device to your smartphone.



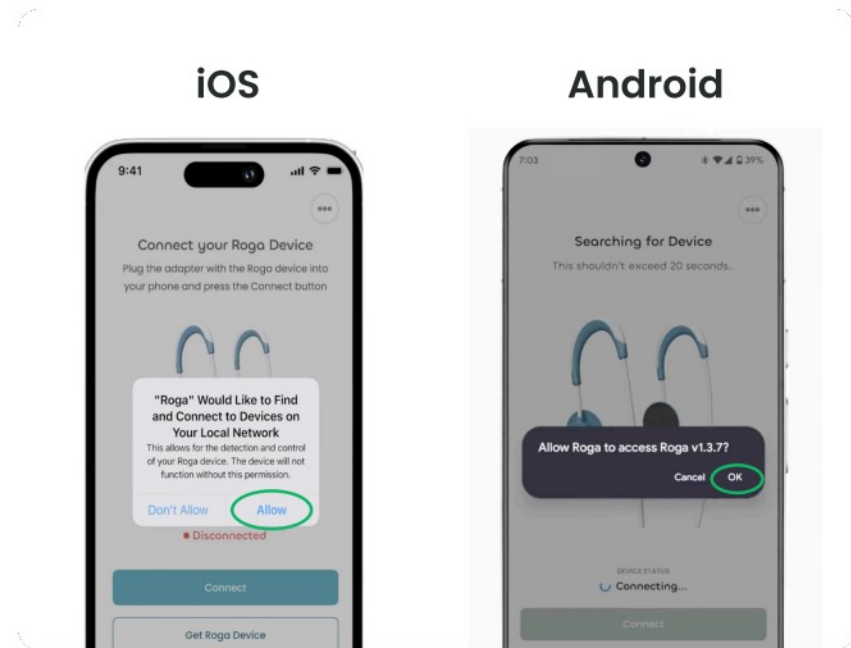
Step 5: Connect & Start Stimulation

Open the Roga app. Navigate to the **Device** tab, tap **Connect**.

- **iOS:** **Allow** the prompt to find the device.
If missing, enable in **Settings > Apps > Roga > Local Network**
- **Android:** Tap **OK** on the permission request.

Wait a few seconds until your phone detects the Roga device.

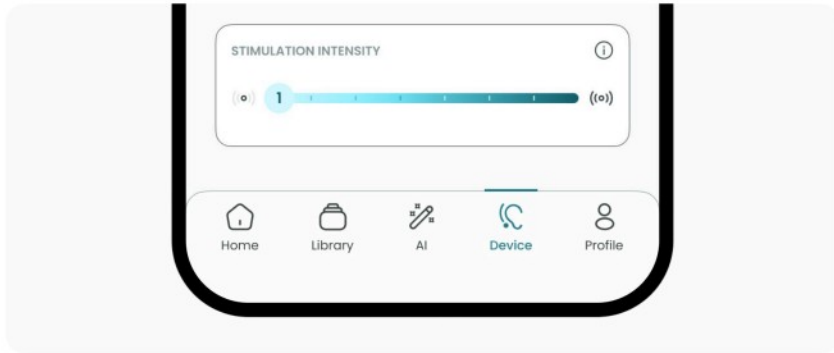
Tap **Start Stimulation**. A blue light 🔵 will confirm your device is active.



Step 6: Adjust Intensity Level

In the app, move the **stimulation intensity** slider left or right to your comfort level. You may or may not feel a slight tingling.

Note: The device remains effective even if you don't feel the stimulation—the blue light indicator confirms it's working.



Step 7: Recommended Usage

Use Roga **daily** for **20–60 minutes** for optimal effectiveness.

You should start noticing the effects within the first few sessions. For optimal results, use for at least **2–4 weeks**.

The device is programmed to shut down automatically after 60 minutes of use.

Step 8: Disconnect and Store

After Device use;

- Unplug the device from your phone.
- Remove the earhooks (with the electrodes) from your skin and reattach them to the plastic liner.
- Store the electrodes in their ziplock bag.
- Keep the device in its carrying pouch.



Troubleshooting

How to tell if the device is working?

The Roga device uses indicator lights to show its current status:

-  Blue: Your device is successfully connected and delivering stimulation.
-  Red: The pads aren't correctly positioned. Check the pads for proper adhesion to the skin behind your ears, ensure no hair is trapped underneath, and confirm that all cables and connections are secure.

-  Pink: The device is in sleep mode. Tap **Start Stimulation** to activate it.

Scan the QR code below for additional device related troubleshooting guides



Cleaning Instructions

Clean all device parts with a cotton pad, cloth, or alcohol wipe. Avoid spray cleaners, bleach, or other abrasive chemicals.

For the earhooks, remove electrodes first by gently pulling them until they detach. Clean separately afterwards.

Avoid water exposure as the Roga device is not waterproof.

Warnings & Precautions

- For external use only.
- Consult your healthcare provider if you have:
 - A pacemaker, defibrillator, or metal implants in the head/neck
 - Epilepsy or a history of seizures
- Do not use if pregnant — effects of vagus nerve stimulation during pregnancy are unknown.
- Keep out of reach of children.
- Avoid operating machinery or vehicles during sessions.

- Remove hearing aids before starting a session.
- Place electrodes only behind the ears — avoid irritated, scraped, bruised, or broken skin.
- Use with Android/iOS devices only — ensure your phone is sufficiently charged before starting.
- Avoid water exposure
- Be mindful of the cable during sessions to prevent it from catching or tangling with nearby objects.

Report device damage, injuries, or incidents immediately to Roga Life Inc. at **info@rogalife.com**

Regulatory Disclaimer: This information **has not** been reviewed or approved by the FDA. The Roga device is a wellness product designed for relaxation and stress management. It is **not** a medical device and does not diagnose, treat, cure, or prevent any disease or medical condition.

Roga Life Inc. is not liable for harm, injury, or damage resulting from improper device use.

Technical Specifications

Parameter	Description
Power Supply	The device is powered by a phone (Android or iPhone) and includes the necessary power adapters.
Timer/Auto Shut Off	The device will automatically shut off after 60 minutes. To turn it off sooner, simply unplug it from your smartphone.
Device Size	48 x 21 x 13 mm
Packaging Size	145 x 80 x 40 mm
Weight	9.2g (0.32oz)

EMC and Electrical Safety Testing Completed:

- AS/NZS CISPR 32:2015 A1:2020
- CFR47 FCC Part 15 Subpart B
- ICES-003, Issue 7:2020
- EN 55032:2015 A1:2020/CISPR 32:2015 A1:2019
- EN 55035:2017 A1:2020/CISPR 35:2016
- CSA C22.2 No. 62368-1:2019
- UL 62368-1:2019
- EN 62368-1:2018



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