

Need help getting started?

## MEET YOUR CEFALY COACH

CEFALY®

Whether you're thinking about buying CEFALY or you've just unboxed your device, your CEFALY Coach offers FREE, one-on-one support.

### What does a CEFALY Coach do?

Your coach is an expert member of CEFALY's support team who's trained to help you get the most out of your CEFALY device. Your coach can:

- Walk you through the basics of using CEFALY, such as how to use the ACUTE and PREVENT treatment modes
- Help you find the stimulation intensity level that feels good and is most effective for you
- Assist with troubleshooting, if you're having any problems using the device and/or electrodes
- Show you how to use the CeCe Migraine Management app with your CEFALY Connected to control, track and optimize your migraine treatments

### How does it work?

1. Scan the CEFALY Coach QR code to schedule your coaching call. *Our CEFALY Coaches are available Monday through Friday, from 10 am to 7:30 pm ET.*
2. Your coach will call you at the selected time and ask what your goals are for the session.
3. Together, you'll practice using your CEFALY for optimal migraine relief and prevention!

### CONTACT US

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cefaly.com



*Note: Your CEFALY Coach can't diagnose you or offer medical advice. For medical questions about migraine, consult your healthcare provider.*